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PHILOSOPHY

TIGER TIP

In Chinese it is called Ying/Yang. In Korean it is called Um/Yohng.

Can there be male and no female? Can there be left and no right? Can there be hot and no cold? How about day and no night, or anger and no happiness? Of course not. Although each is a counterpart of the other, each is also dependent on the other's existence. Separate but together Um/Yohng illustrate the evolution of all things. Um and Yohng provide the central premise around which the venerable Yi Ching (Book of Changes) is based. Despite Yi Ching's antiquity, its fundamental laws of Um and Yohng and other principles are as relevant today as when they were first developed thousands of years ago.

Master the Principle of Um and Yohng and you will forever change the way you interact with people, your living and working environments, and the external world.



Um is the Way of the Earth. It contracts and condenses. Um represents the passive principle in nature exhibited as darkness, cold and wetness. On a human level, Um symbolizes femininity and inertia. Um is quiet and inward. The realm of the dead.

Yohng is the Way of Heaven. Yohng expands. It represents the active principle in nature exhibited as light, heat and dryness. On a human level, yohng represents masculinity and the positive side of our emotions. The land of the living.

The dot is a seed of knowing awareness. It symbolizes the potential for change. Nothing can be wholly Um, just as nothing can be wholly Yohng. For example, night inevitably changes into day; death and decay always gives rise to new life. Strive to balance Um and Yohng and you will improve the harmony in your life.



WHAT IS TAEKWONDO?

Pronounced Tay-kwon-doe. As it is literally translated from the Korean, TAE meaning "to kick" or "to strike with the foot." KWON meaning "fist" or "to strike with the hand", and DO meaning "path of discipline" or "Art". Taken together, Taekwondo means "the art of kicking and punching" - "the art of unarmed combat". Modern day

Taekwondo, as it has come to be developed over the years, is a unique Martial Art incorporating both the quick, straight-line movements that characterize the various Japanese systems and the flowing circular movements of most Chinese styles. But what truly distinguishes Taekwondo are its varied and uniquely powerful kicking

techniques. It is this prominent use of leg and kicking techniques that sets Taekwondo apart from all other Martial Arts. Taekwondo is far more than simply a system concerned with physical prowess, it is also an Art directed toward the moral development of its practitioners.

TAE

MEANS "KICK"
OR
"TO STRIKE WITH
THE FOOT"



踢

拳

KWON

MEANS "FIST"
OR
"TO STRIKE WITH
THE HAND"



DO

MEANS "ART",
"METHOD"
OR
"PATH OF
DISCIPLINE"



道

BASIC PRINCIPLES OF TRAINING

PAY ATTENTION.

CONCENTRATION:

Associated with "Key", power, promotes a calm mind. The ancient Masters taught, "With a calm mind, one is free from hesitation."

TIGER TIP

You may hem your sleeves or pant legs if they are too long, but it is considered disrespectful to roll them up for training.



PATIENCE AND ENDURANCE

"If one's mind is made up to learn, then there will be success."

SINCERITY IN PRACTICE:

"If one does not practice regularly, then do not face the enemy." Perfection in the Martial Artist is like a jewel, it is merely a rough stone until polished.

SPEED:

There are counter defenses to all known offenses. "Judge the chance and take the opportunity. Take the first opportunity and be quicker than the opponent."

CONSERVATION OF ENERGY:

"The inner force is concealed until it is released." Tension is the greatest consumer of energy.

RESPECT AND OBEDIENCE:

All things in nature operate according to rules. Mankind is one with nature.

VANITY:

Large egos are carried by small minds. When a fish is in a cup, the cup seems to be the whole world. We are small compared to the infinite universe. There are more than 4,000 techniques to learn, taking over 10 years to master.

STUDENT'S ATTITUDE:

- Never tire of learning. A good student can learn anywhere, anytime. This is the secret of knowledge.
- A good student must be willing to sacrifice for his art and instructor. Some students feel that their training is a commodity bought with monthly dues, and are unwilling to take part in demonstrations, teaching and working around the *doe-jahng*. An instructor can afford to lose this type of student.
- Always set a good example for lower rank students. It is only natural they will attempt to emulate senior students.
- Always be loyal and never criticize the instructor, Taekwondo, or the methods.
- If an instructor teaches a technique, practice it and attempt to utilize it.
- Remember that a student's conduct outside the *doe-jahng* reflects on the Art and instructor.
- If a student adopts a technique from another *doe-jahng* and the instructor disapproves of it, the student must discard it immediately or train at that school.
- Never be disrespectful to the instructor. A student is allowed to disagree with the instructor, but the student must first follow the instruction and then discuss the matter later.
- A student must always be eager to learn and ask questions.

MORAL PHILOSOPHY - MAXIMS

RIGHT EFFORT:

- It's the will that makes men, success takes perseverance.
- A man is born to achieve great things, if he has the strength to conquer himself.
- He who wants to succeed should learn to fight, to strive, and to suffer.
- If you want to do your duty properly, you should do just a little more than that.

IGNORANCE:

- Empty heads have long tongues.
- A fat belly cannot believe that such a thing as hunger exists.
- Showing off is the fool's idea of glory.
- If you make a jackass of yourself, there will always be someone ready to ride you.
- Those who are unaware they are walking in darkness will never seek the light.

LEARNING:

- A good teacher protects his pupils from his own influence.
- Wise men can learn more from a foolish question than a fool can learn from a wise answer.
- Self-education makes great men.
- Learn today and enjoy that pleasure tomorrow.
- If you know how you lost a fight, you are not a loser, but a winner.

TOMORROW:

- If you don't want to slip up tomorrow, speak the truth today.
- Yesterday's dreams are often tomorrow's realities.
- A goal is not always meant to be reached, it often serves simply as something to aim at.
- If you spend too much time thinking about a thing you'll never get it done.

RIGHT ATTITUDE:

- Knowledge will give you power, but character, respect.
- Character is to the soul what outward appearance is to the body.
- Mistakes are always forgivable; if one has the courage to admit them.
- One great cause of failure is lack of concentration.
- It's not what you give, but the way that you give it.
- Patience is not passive; on the contrary, it is concentrated strength.
- If you think a thing is impossible, you'll make it impossible.
- Pessimism blunts the tools you need to succeed.
- Optimism is a faith that leads to success.

TIGER TIP

When at ease, hold your hands at your belt. The right hand - your yohng or weapon hand is sheathed by your left hand.



THE GOOD LIFE:

- Real living is living for others.
- If every man would help his neighbor, no man would be without help.
- True refinement seeks simplicity.
- You can acquire a lot in life, if you are prepared to give up a lot to get it.
- If you love life, don't waste time, for time is what life is made up of.
- To strive actively to achieve some goal gives your life meaning and substance.

Take these words to heart, make them the essence of yourself, and live by them. The benefit to yourself and to others will be immeasurable.

MORAL PHILOSOPHY - TENETS

TENETS OF TAEKWONDO

Respect and Courtesy (*Ye Ui*)

Integrity and Humility (*Yom Chi*)

Perseverance (*In Nae*)

Self-Control (*Guek Gi*)

Indomitable Spirit (*Baek-jul Bool-gool*)

THE STUDENT OATH

I shall observe the tenets of Taekwondo.

I shall respect the instructor and seniors.

I shall never misuse Taekwondo.

I shall be a champion of justice and freedom.

I shall build a more peaceful world.

STUDENT CREED

(and its meaning)

Taekwondo for Myself.

(I am not competing against or trying to keep up with others, this is something I will learn at my own pace. The more effort I give, the more I will learn.)

Taekwondo for White Tiger.

(Every student at White Tiger is a living representative of the school. My actions inside and outside the school affect all of the students and the overall reputation of the school. I will never do anything that would dishonor my classmates, instructors or the school.)

Taekwondo for my Country.

(My training has a purpose greater than my own personal benefit. My training can be used to benefit the community I live in. Through demonstrations, teaching, mentoring, and my own moral development, I can enhance my life and the lives of the people around me.)

Peace on Earth begins with Peace within yourself.

MORAL PHILOSOPHY - TENETS

The tenets of Taekwondo should serve as a guide for all serious students of the Art.



COURTESY AND RESPECT

Taekwondo students should attempt to practice the following elements of etiquette:

1. To promote the spirit of mutual concessions.
2. To be ashamed of one's vice condemning that of others.
3. To be polite to one another.
4. To encourage the sense of justice.
5. To distinguish the instructor from student and senior from junior.

TIGER TIP

It is considered disrespectful to turn your back to higher ranking - especially Black Belts or judges. When competing in tournaments, take three steps backward to leave the ring to prevent turning your back.



INTEGRITY AND HUMILITY

In Taekwondo, the word integrity assumes a looser definition than the one usually presented in Webster's dictionary. One must be able to define right and wrong, and have the conscience, if wrong, to feel guilt. Listed are some examples, where integrity is lacking:

1. The instructor who misrepresents himself and his art by presenting improper techniques to his students because of a lack of knowledge or apathy.
2. The student who misrepresents himself by "fixing" breaking materials before demonstrations.
3. The instructor who camouflages bad techniques with luxurious training halls and false flattery to his students.
4. The student who requests rank from an instructor or attempts to purchase it.
5. The student who gains rank for ego purposes or the feeling of power.
6. The instructor who teaches and promotes his art for materialistic gains.



PERSEVERANCE

There is an old Oriental saying, "Patience leads to virtue or merit, one can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal then constantly persevere. Robert Bruce learned his lesson of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwondo is to overcome every difficulty by perseverance.



SELF-CONTROL

This tenet is extremely important inside and outside the doe-jahng, whether conducting oneself in free sparring or in personal affairs. A loss of self-control in free sparring can prove disastrous to both student and opponent. An inability to live and work within one's capability or sphere is also a lack of self-control.



INDOMITABLE SPIRIT

"Here lie 300, who did their duty", a simple epitaph of one of the greatest acts of courage known to mankind. Although facing the superior forces of Xerxes, Leonidas and his 300 Spartans at Thermopylae showed the world the meaning of indomitable spirit. It is shown when a courageous person and his principles are pitted against overwhelming odds. A serious student of Taekwondo will at all times be modest and honest. If confronted with injustice, he will deal with the belligerent without any fear or hesitation at all, and with indomitable spirit, regardless of whosoever and however many the number may be.

MORAL PHILOSOPHY - ATTITUDE

PERSONAL GOALS

KNOWLEDGE of the mind

HONESTY of the heart

STRENGTH of the body

PROPER ATTITUDE

A winner never quits, a quitter never wins.
Strive to maintain a positive winning attitude.

The winner is always part of the answer.
The loser is always part of the problem.

The winner always has a goal.
The loser always has an excuse.

The winner says, "Let me do it for you."
The loser says, "That's not my job."

The winner sees an answer in every problem.
The loser sees a problem in every answer.

The winner says, "It may be difficult, but it's possible."
The loser says, "It may be possible, but it's too difficult."

The winner listens...
The loser just waits until it is his turn to talk.

When a winner makes a mistake, he says, "I'm sorry, I was wrong."
When a loser makes a mistake, he says "It wasn't my fault."

A winner says, "I'm good, but not as good as I could be."
A loser says, "I'm not as bad as a lot of other people."

A winner knows that experience in the ring is more valuable than
winning a trophy or medal.
A loser says, "I was cheated by the referees."

A winner pays attention, seeks information and is aware;
A loser says, "How was I supposed to know, nobody told / taught me."

MORAL PHILOSOPHY - COMMANDMENTS

COMMANDMENTS OF TAEKWONDO

- Be Loyal to your country.
- Be Obedient to your parents.
- Be Loving to your family.
- Be Cooperative with others.
- Be Faithful to friends.
- Be Respectful of your elders.
- Be Honest in personal affairs.
- Show Concern for others.
- Never Attack without reason.
- Finish what you start.

LOYALTY

OBEDIENCE

LOVE

COOPERATION

FAITHFULNESS

RESPECT

HONESTY

COMPASSION

MERCY

PERSISTENCE

Taekwondo is not just training in kicking, punching and self-defense. It is far more, even, than training in mental and physical coordination.

A major feature of our Art is the development of a certain SPIRIT which carries over to all aspects of life.

This spirit was partly illustrated by the character traits a student of Taekwondo aims to develop, the tenets of Taekwondo. It is also illustrated more briefly, but perhaps even more essentially by the commandments of Taekwondo.

To throw further light on the moral philosophy and spirit of Taekwondo, see the next page for a collection of maxims, or rules of conduct,

which convey a part of the philosophy underlying our Art.



THEORY OF POWER

The average person only uses 10 to 20 percent of his potential power. But through Martial Arts training, a high level of REACTION FORCE, CONCENTRATION, EQUILIBRIUM, BREATH CONTROL, and SPEED can be obtained. These are the foundations of power.

REACTION FORCE

If your opponent is rushing towards you at a high speed, the force with which you strike him would be that of his own onslaught plus that of your blow. The two forces combined, his and yours, are quite impressive. This, then, is the reaction force from the opponent.

CONCENTRATION

By applying the impact force onto the smallest target area, it will concentrate the force and, therefore, increase its effect. It is very important that you unleash your strength at the beginning, and focus it on a particular point of contact on your opponent's body. The shorter the time for the concentration, the greater the power of the blow. This is why we punch with only the first two knuckles, not the entire fist.

EQUILIBRIUM

In Taekwondo, balance deserves special consideration. By keeping the body always in equilibrium, that is, well balanced, a blow is more effective and deadly. The stance should always be stable yet flexible for both offensive and defensive movements.

BREATH CONTROL

Controlled breathing not only affects one's stamina; but can also condition a body to receive a blow, and augment the power of a blow directed against an opponent.

SPEED

Speed is the most essential factor of force. Reaction force, breath control, looseness, relaxation of muscles and concentration cannot be ignored, rather coordinated to attained maximum efficiency.

MASS

Mathematically the maximum kinetic energy of force is obtained from maximum body weight and speed. It is all important that the body weight be increased during the execution of the blow. Maximum body weight is applied with motion by turning the hip or by utilizing the springing action of the knee joint.



ZEN MIND

Training in Martial Arts is more than the study of fighting technique and self-defense. The study of technique is not the task of a day or of ten thousand days. It is rather the path of a lifetime. Through regular practice and sweat one may attain the first level of development. Beyond technique, however, is the cultivation of the inner person.

The exercises of Martial Arts develop strength and flexibility of the body. Poom-say (forms) develop patience, concentration and attention to detail. Sparring develops quick reflexes, spirit and humility. Meditation develops inner awareness and confidence. In the end, however, only by balancing all of these can one reach beyond the Black Belt to the true virtue of Taekwondo. Only a few will attain Black Belt rank, and fewer still will reach beyond it to a mature understanding of self and Martial Arts.

Through Martial Arts we aim to master ourselves as the first step toward mastering the world around us. We practice physical technique which helps our understanding and leads us toward virtue.

THE MODEL OF VIRTUE

All sports have a common code of sportsmanship. A Martial Artist's ideas can be described in terms of the Oriental lady or gentleman: *Kun-Ja* - the model of virtue.

In the Orient, the ultimate goal or ideal of every *Kun-Ja*

is to arrive at a harmony with nature. *Kun-Ja* is an ideal person, a man or woman, of learning and experience. A person with the virtues of wisdom or knowledge, human heartedness and courage. These virtues can be understood through *Key*, *Yin*, *Yohng* and *Doe*.

Key is the wisdom of intelligent decision and correct recognition. It requires clarity and contact with the world. *Key* is a sail and an anchor. It is the driving force that moves the Martial Artist and it is the anchor which connects him or her to the world, keeping him from being swept away by the storm of illusion and false enlightenment.

Yin is human heartedness. Clarity without humanity begets brutality and death of the spirit. It is not enough to have contact with the world. The Martial Artist must first and foremost be a human being, moved by love and compassion for other persons. It is this compassion that is at the focus of the relationship between parent and child, student and teacher. It is this human heartedness that passes the spirit of Martial Arts from generation to generation.

Yohng is humanitarian love and benevolence. The person who has a compassionate heart does not worry. He who gives love always has peace of mind. Courage is decisive practicality; the fearlessness in action when

action must be taken.

Doe, the way, is the correct course which people should follow; the principles of action and spirit...absolute goodness. *Doe* is not a place, but a path. Understanding of the path helps us understand that virtue is never complete. Just as you cannot count a person happy until his death, you cannot comprehend a life of virtue until its path is run. If *Key* is a sail, then *Doe* is the wind that tills it. Without wind, the sails are slack and useless. When you step from the path and think you have attained virtue, your *Key* hangs limp and you are listing on the waters of your life. The life with no path is aimless and pointless.

By following the path, we may gain virtue. The practice of *Doe* produces action which becomes virtue.



BLACK BELT CHARACTER LIFE SKILLS

Every student should strive to attain the Black Belt Life Skills. The skills are intended to help guide you in Martial Arts, create better relationships at home, with your friends and family and provide you with the tools for success in school and in your career.

An additional Black Belt Life Skill will be introduced each week during the beginning meditation portion of class. This skill will be incorporated into the lesson and during "mat chats" giving examples on how the skill can be used outside the doe-jahng.



PATIENCE

The basics are a beginner's foundation upon which one builds, if it is rushed and not broad enough without strong understanding, all above will crumble. As a beginner, with hard work and patience; you will achieve all goals.

The basics...

once you know them, you never think of them. If you don't know them, you can never get past them. If you know them, they are nothing. If you don't know them, they are everything. Take the time to make them nothing, for they are all.



CONCENTRATION

For children, developing a habit of focus will improve their success in any area of learning. The goal of the focus curriculum is to create carryover to the academic classroom, playing field and other activities. When a child develops strong focus habits, they will be rewarded with greater knowledge and faster progress.

For adults, the focus curriculum is not a revelation but a reminder. With consistent focus you can achieve more in your personal and professional life. As a skilled Martial Artist, you will develop the ability to be

focused on the moment, whether it be breaking a board, making a presentation or listening to your child.

As a beginner, one of the most important habits a student can develop to facilitate faster learning is the habit of focus.

- EYE FOCUS • BODY FOCUS
- MIND FOCUS



INTEGRITY

In Korean, "Tae" means to strike or kick with the foot, "Kwon" means to strike or punch with the hand, and "Do" means the path of discipline – the right way of doing things. It is this focus on the moral development of its practitioners that makes Taekwondo truly an "Art" form. In the quest of the "Do", Martial Artists always strive to achieve perfection of technique, knowledge of the mind and honesty of the heart.

BLACK BELT CHARACTER LIFE SKILLS

Martial Arts are not only about competition or even self-defense, ultimately Martial Arts are about self-improvement of the body, mind and spirit



ASPIRATIONS

Martial Arts are distinct from all other forms of sport and recreation by virtue of providing a built-in goal system. The White Tiger Black Belt curriculum provides short - and long - term goals represented by the different color belts. Preparation for the Black Belt exam varies by a student's age, individual ability and effort, and consistency in training. Take the time to set both short- and long-term goals for yourself or your child. Determine the exact date you wish to achieve the different belt ranks. By pushing themselves to stay on schedule, most students find themselves to be more excited and motivated about their training.

A winner is someone who set goals, commits to those goals, and then pursues those goals with all the ability given to them.



COOPERATION

One of the strongest benefits of receiving group instruction is the feelings of teamwork and camaraderie that it develops. We consider that a Martial Artist belongs to several teams: their school team - White Tiger Team, their color belt team and perhaps a demonstration, competition or leadership team. At different times you will work along with members of your team to accomplish individual and team goals. Cooperation skills are essential to achieve these goals efficiently.

While it is important to be self-confident and self-motivated, it is also important to be aware of your teammates' needs (Martial Arts team, work team, project team or family members) and look

for opportunities to cooperate with them to achieve greater success.

**T.E.A.M. =
TOGETHER EVERY-
ONE ACHIEVES
MORE**



SELF-CONTROL

Without self-control, the practice of the Martial Arts can be truly dangerous to both you and your training partners. However, unlike the violent and fighting-oriented atmosphere seen all too often in video games and on television, the legitimate practice of Martial Arts is founded upon nonviolent premises such as respect, courtesy and self-control. Students at White Tiger are expected to exhibit absolute self-control regarding the use of their Martial Arts skills both in and out the training school. Closely related to physical self-control is emotional self-control. Letting one's temper, excitement or

BLACK BELT CHARACTER LIFE SKILLS

disappointment get out of control can be as harmful as a kick. Remember that our words can hurt someone else just as much as our actions.

Achieving self-control is the first step in controlling the world around you.



PERSEVERANCE

Even with the best instructors, most cooperative classmates and clearly defined goals, it is not uncommon for a Martial Art student to undergo setbacks and disappointments. As a result, Martial Arts training must cultivate a spirit of determination, perseverance and indomitable spirit. At each level of training, you can expect your instructors to recognize your abilities and potential and to work to help you realize them. Remember, not only have your instructors lead thousands of students through the challenge you are facing, they went through it themselves.

Breaking boards, learning an advanced form, or sparring with a highly skilled partner are challenges at first, but if you rely on your instructors' guidance, success is not a question of "if", but "when".

If one's mind is made up to learn, then there will be success.



ATTITUDE

The translation for the word "key-hahp" is "spirit shout" or "confidence yell". While many visitors to our school are somewhat surprised or even startled by the amount of noise in the class, our students have grown to treat it as second nature. A class full of loud, directed *key-hahps* is also a class full of enthusiasm, confidence and positive attitude.

Enthusiasm adds to your learning experience. In fact it adds to all interaction between people. On a daily basis, realize that a positive attitude is more of a habit than a personality, more of a

conscious decision than a spontaneous action. Optimism is a faith that leads to success.

Attitude is a little thing that makes a big difference.



CONFIDENCE

How does someone develop confidence? Although the praise and positive motivation of the instructors can be a factor, true confidence exists and lasts through accomplishing a challenging task. In other words, confidence has to be earned. Consider the most difficult form you had to learn, the most intimidating board break, or the most exhausting class. It is because of those experiences that you have a right to be confident of your physical, mental and emotional strength.

Applying the confidence you have earned through Martial Arts should be of major benefit to your daily life. Try to compare Martial Arts chal-

BLACK BELT CHARACTER LIFE SKILLS

allenges to daily ones: face public speaking as confidently as you do your best at testing, learn a new skill with the enthusiasm that you learn a new form and break a limiting habit like you break a board.

Build the confidence to be your best!



RESPECT

The first thing a new student may notice when learning Martial Arts are all the external signs of respect evidenced during training. Students remove their shoes before entering the training floor, they bow to one another and use honorary terms such as "Sir" and "Ma'am". However, these external actions are only the surface of the respect involved in Martial Arts.

At the core of respect lies understanding and acceptance. It is when we truly appreciate another person's abilities, challenges, needs

and contributions that we can be said to respect them. In Martial Arts training, you have worked with literally hundreds, perhaps even thousands, of other students. Training side by side, you come to realize who they are as a Martial Artist: how fast, how flexible, how focused and how determined. As a result, you also gain insight into who they are as a person. The result is not only camaraderie, but respect.

To receive respect, you must give respect



RESPONSIBILITY

As a high ranking student, it is important to set an example for your junior belts. Always show respect, effort, sincerity and perseverance when you train. After years of being a student, you may now realize just how difficult instructing others can be. It is important to continue to show respect to your seniors and be humble even

as your skills advance. As you approach Black Belt status, it is important to remember that you are a representative of White Tiger and of Martial Arts as a whole. Continually make a strong effort to carry yourself with the confidence, pride and sincerity that is representative of your training.

Responsibility throughout all areas in one's life builds admiration and respect from others. Be dependable, keep your word, and be timely in your commitments. By consistently setting a responsible example, you can encourage others to do the same.

The price of greatness is responsibility

BLACK BELT RESPONSIBILITIES

- Judge at Testings
- Referee at Tournaments
- Participate in Special Events

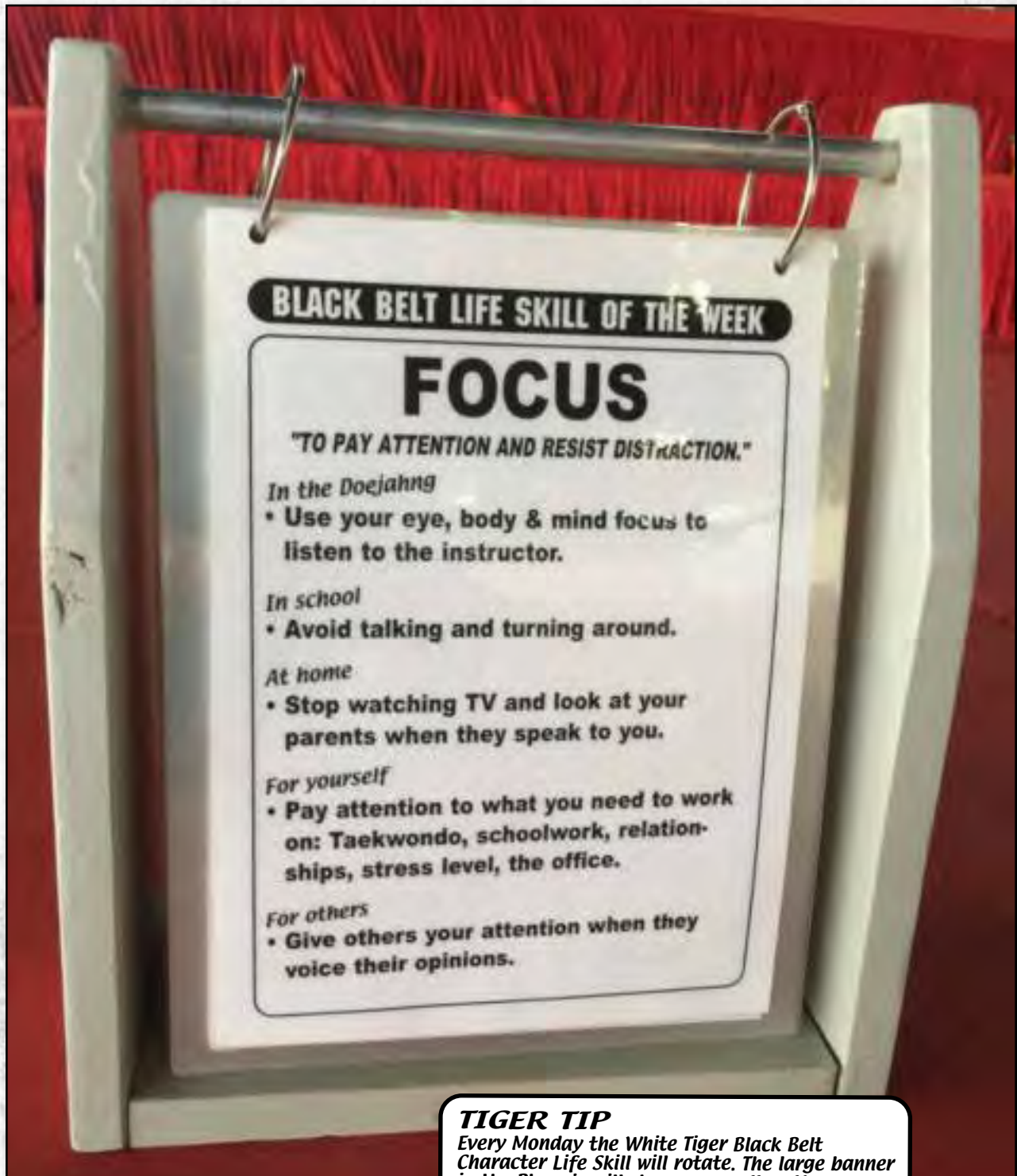
...to provide support and motivation, just as your seniors did for you.

TIGER TIP

Life skills practiced within the doe-jahng do not stop the minute you walk out the door. They are to become a part of your everyday life.



BLACK BELT LIFE SKILL OF THE WEEK



TIGER TIP

Every Monday the White Tiger Black Belt Character Life Skill will rotate. The large banner in the Phoenix will change as well as the Instructor's flip charts in each room. The Instructors and students will have "Mat Chats" to discuss how each Life Skill can be integrated into their daily lives as they strive for improvement. Chats will include how they can use the Life Skill in the Doejahng, in school, at home, for themselves and to benefit others.

