

# THE KARATÉ SPORTIF CREDO

小林流



**BLACK BELT**  
excellence through  
**RESPECT**

- ▶ SELF-RESPECT
- ▶ RESPECT FOR OTHERS
- ▶ RESPECT FOR THE COMMUNITY

# THE KARATÉ SPORTIF CREDO

## THEME OF THE MONTH

Word of the week

1

The credo

## WHAT IS A CREDO?

A credo is a set of principles that lays out for you attitudes and behaviors to follow. It helps the karateka sportif to make good decisions linked with an ideal to attain: the black belt attitude. In Japanese, we say a "Dōjō kun" which means "dojo rules". These are rules that apply as much in the dojo as outside the dojo.

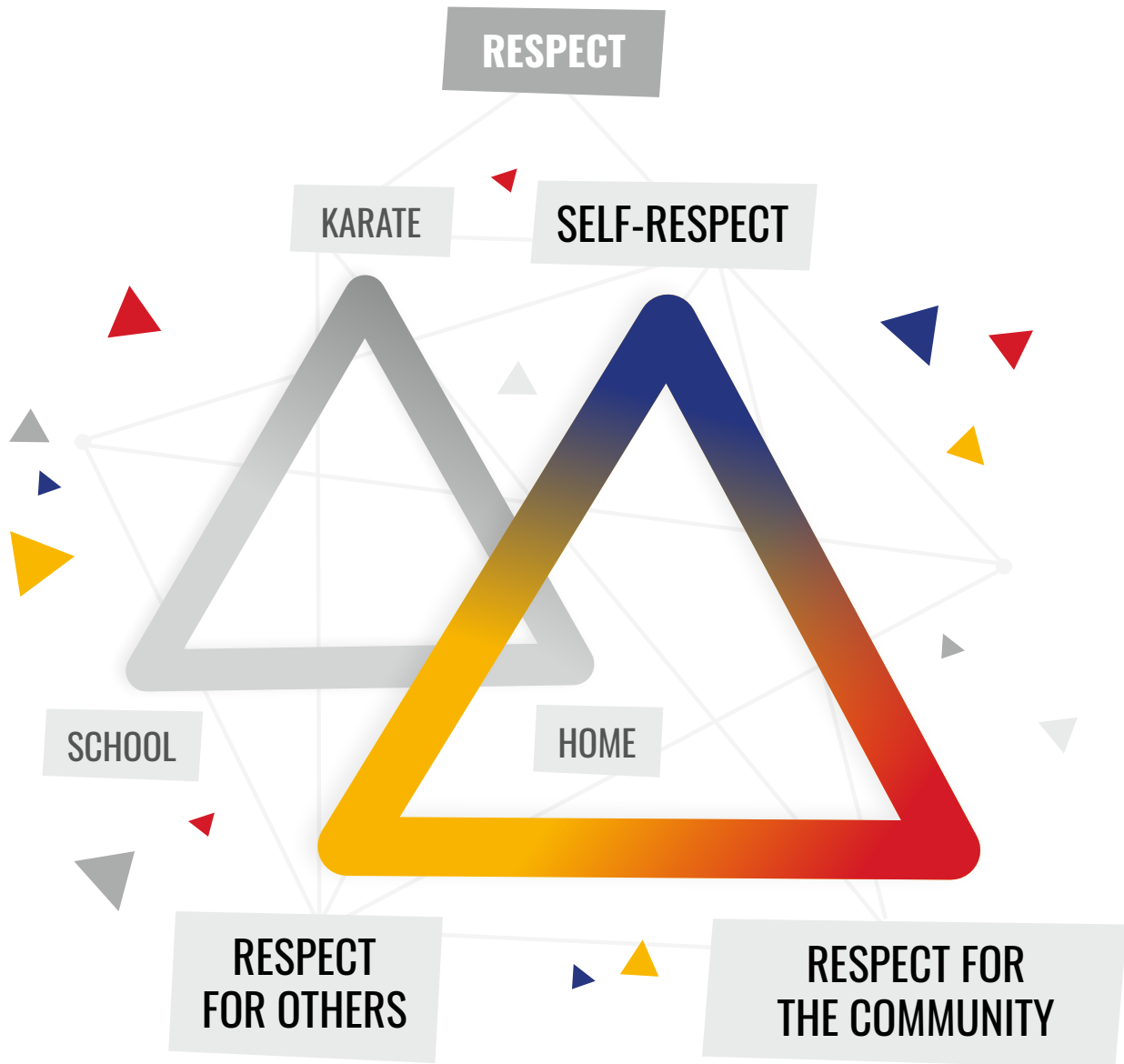
The credo of Karaté Sportif is based on respect. Through their own experience with karatekas and fighters, the 4 founders of Groupe Karaté Sportif have very much observed and learned about different karate practices. They developed a style of karate based on respect:

- ▶ SELF-RESPECT
- ▶ RESPECT FOR OTHERS
- ▶ RESPECT FOR THE COMMUNITY

By respecting themselves and others, each karateka has the opportunity to develop at his own pace. In your mind as a karateka sportif, others, whether a person or a place, must inspire respect and attention. Respect applies wherever you are: in at karate, at home or at school. Each of your karate classes and each of your graduations remind you to cultivate this attitude here at karate but also everywhere in your life.

These 2 triangles of Karaté Sportif remind you of our credo. In the following pages, you will see in more detail each of the foundations of respect of our credo. Apply yourself to read it often and use it in your everyday life.

# The **KARATÉ SPORTIF** credo



## THE **KARATÉ SPORTIF** CREDO:

- ▶ I RESPECT MYSELF
- ▶ I RESPECT OTHERS
- ▶ I RESPECT MY COMMUNITY
- ▶ AT THE DOJO
- ▶ AT SCHOOL
- ▶ AT HOME

# THE KARATÉ SPORTIF CREDO

## THEME OF THE MONTH

Word of the week **2**

**Self-respect**

One of our goal at Groupe Karate Sportif, is to become a better person. Each karateka is encouraged, by our teachings, to develop his physical, intellectual and emotional aspects. Even if it is a lifelong goal, have the daily curiosity and passion to become a better person.

### ► SELF-CONFIDENCE

In combats as in katas, karate teaches you to make the best decisions for yourself. It is an inner strength that you develop: making the right choice for yourself. Even if others discourage or devalue you, don't succumb to negative pressure from others. This confidence allows you to respect yourself and establish your boundaries. No one can make you do something you don't want to.

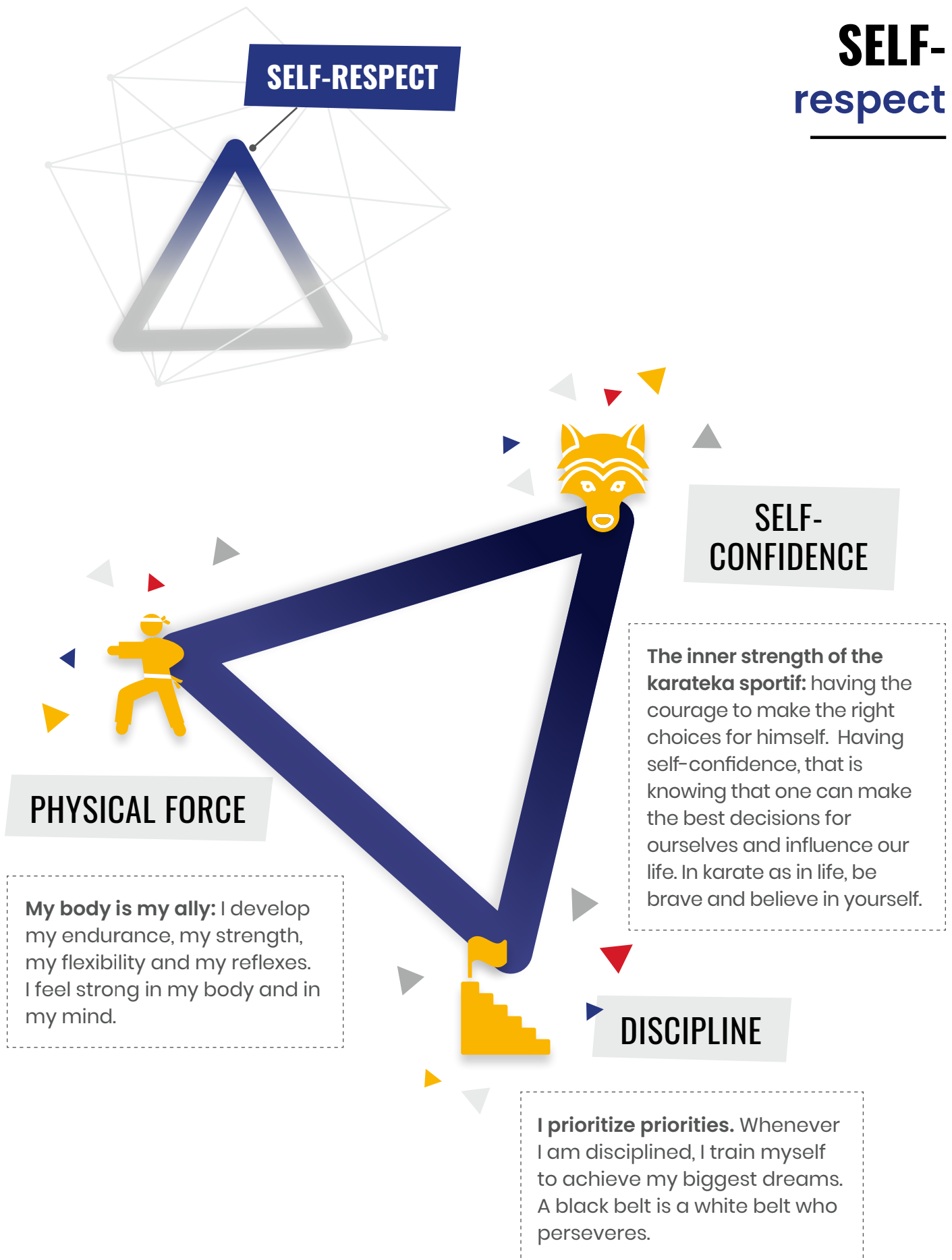
### ► DISCIPLINE

Your mind can lead you towards the easy path: don't fall into its trap. Do not postpone for tomorrow what you can do today. Take care of your priorities first. Whenever you come to your karate class, you prove your discipline. The effort you make today opens the way to achieving your biggest dreams. Even if you fall down, you have the strength to get back up. Remember: a black belt is a white belt who perseveres.

### ► PHYSICAL FORCE

Feeling competent with your body is at the heart of the teachings of Groupe Karaté Sportif. Each karateka sportif must develop his cardiovascular capacity, endurance, flexibility, reflexes and coordination. Each student pushes their limits. To be in shape, the karateka must also learn to respect his body and take care of it. Our strength is an ally that allows us to meet the greatest challenges with our body and with our mind.

# SELF- respect



# THE KARATÉ SPORTIF CREDO

## THEME OF THE MONTH

Word of the week **3**

**Respect for others**

At Groupe Karaté Sportif, in addition to becoming a better person, we also aim for black belt excellence. This goal is possible for everyone. It requires training and effort, depending on each individual's pace and development. It also involves adopting a black belt attitude. This attitude contributes to respect for others and making the karateka sportif a positive leader.

### ► HUMILITY

A karateka sportif is able to recognize his skills and be proud of his accomplishments, without boasting or belittling others. He knows that a karateka is always learning, whatever the level of his belt. Interacting with more advanced belts, he draws inspiration from their skills and wisdom. Faced with less advanced belts or those who demonstrate certain difficulties, the karateka is compassionate since he knows what it is to learn and make an effort. When the karateka sportif greets his training partner, he says, "Thank you for making me better."

### ► HONESTY

When you do katas and combat, you must not cheat. You give everything you have, and you do the best you can. Adopt this attitude in your relationships. With others, be committed to what you say and what you do. Be honest. Being honest keeps you away from negative consequences and gives you positive outcomes in the short and long term, such as the trust of others.

### ► CONTROL YOUR EMOTIONS

A karateka sportif wants to keep a clear mind at all times, a mind not confused by too strong emotions or by negative thoughts. Like a good ninja, the karateka sportif is observant, calm and acts efficiently. By remaining in control of his emotions and his actions, he makes good decisions, even in situations of stress or conflict. He can also protect himself and others and take care of his relationships. His karate belt reminds him that when his emotions escalate, he must breathe to regain control.

# Respect FOR OTHERS

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**RESPECT FOR OTHERS**




**HUMILITY**

Be proud of your accomplishments, without boasting or belittling others. When you say: "Thank you for making me better" to your training partner, it reminds you of this respectful humility.



**HONESTY**

Be sincere in what you say and what you do with others. Honesty helps you create relationships of trust with others.



**CONTROL YOUR EMOTIONS**

Your karate belt reminds you to breathe to calm yourself down. Stay in control of your emotions, even in situations of conflict.

# THE KARATÉ SPORTIF CREDO

## THEME OF THE MONTH

Word of the week **4**

### Respect for the community

The community represents all the groups you are a part of: your family, your class, your karate group, your neighborhood, your country and even your planet! At Groupe Karaté Sportif, we are a community and our mission is to inspire everyone with our attitude of respect. Demonstrate an attitude of contagious respect in your community. At Groupe Karaté Sportif, we prepare the future generation.

#### ► RULES MASTER

At the dojo, we teach you to understand instructions. Understanding helps you respect. The Salutation at the start of class reminds you each time of this commitment you make to follow the instructions and to give your best. In the community, being a rules master makes a huge difference. Making an effort to understand and follow the rules facilitates efficiency and harmony between people. Be a positive leader by following rules.

#### ► ATTITUDE OF GRATITUDE

Gratitude is the feeling we get when we appreciate something. Appreciating the work that is done to keep the dojo clean and comfortable is an example of this. Get involved every day recognizing the contribution of others for the proper functioning of your community. Take part in this collective assistance: get involved by taking action to provide kindness and services. The karateka sportif says thank you to his community through his actions.

#### ► OPEN MINDEDNESS

Cultivate curiosity about your community, especially when you are faced with values or customs different from yours. Instead of judging people in your community and creating conflicts, be curious. Get informed, ask questions, and try to see the situation through the eyes of these people. Through his peaceful and respectful attitude, the karateka sportif helps create bridges between people in his community.

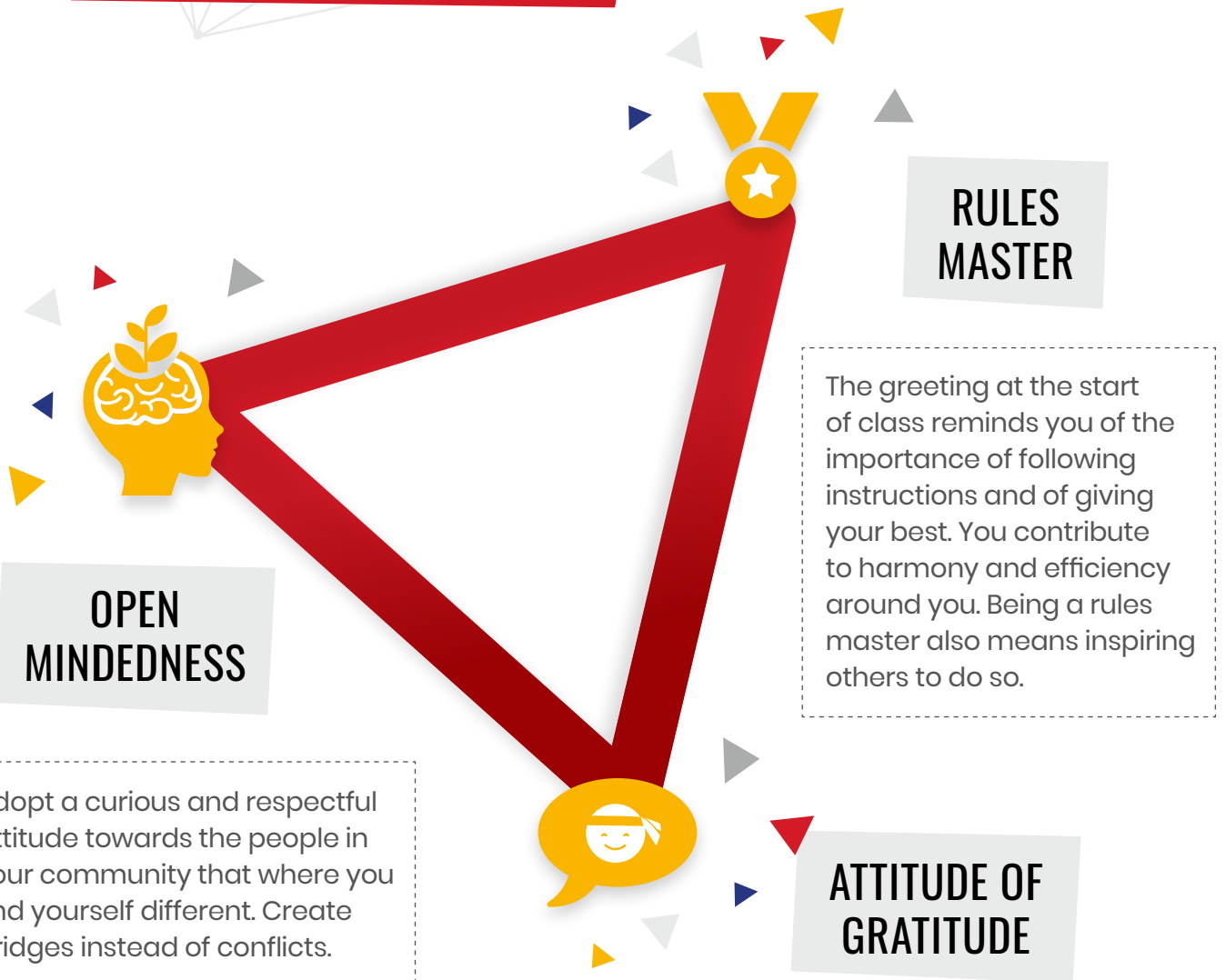


# Respect FOR THE COMMUNITY

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**RESPECT FOR THE COMMUNITY**



**RULES  
MASTER**

The greeting at the start of class reminds you of the importance of following instructions and of giving your best. You contribute to harmony and efficiency around you. Being a rules master also means inspiring others to do so.

**OPEN  
MINDEDNESS**

Adopt a curious and respectful attitude towards the people in your community that where you find yourself different. Create bridges instead of conflicts.

**ATTITUDE OF  
GRATITUDE**

Appreciate, thank and get involved. Be a positive leader and influence others in this mutual aid movement.

# Support your child with **THE CREDO OF KARATÉ SPORTIF**

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The credo summarizes the values of Karaté Sportif. It guides our words and our actions. It helps us to become better people. With the credo, each karateka develops the black belt attitude. The credo applies in the dojo but also outside the dojo. Both at the dojo and at home, we can prepare the next generation.

## 5 TIPS FOR PARENTS

Here are some **TIPS** to support your child in applying the credo:

- 1.** I take the time to read the credo. This reading allows me to reflect on the values and codes of conduct in our family. I observe my own words and actions. Are they consistent with my values? Are there certain aspects that are not? What would it bring to me and what would it bring to my family if they were more consistent? How does this reflection inspire me?
- 2.** I encourage my child to read the credo and discuss it with me. I'm curious to see his perception of it in his life: in karate, at home, at school and elsewhere. Is he ok with the values of the credo? What importance does he give to it? What does he see? These discussions allow us to share precious moments where everyone learns to know each other and communicate.
- 3.** I invite him to share with me what he finds easier and less easy to do in the credo. I can set small goals that will encourage him to move forward. Does he wish to develop his self-confidence at school? Or rather become a rules master at his karate class? What first small step could he start with? I accompany him in his reflection and throughout his journey.
- 4.** As a parent, I regularly remind myself that it is a lifetime story to become a better person. Becoming a better person is not about becoming perfect. It's a desire to have attitudes and behaviors in line with one's values. Even if sometimes we move away, the credo always brings us back to the right path. Every little step counts, both for the child and the parent. Personal growth is about trial and error but above all, a desire to be consistent with one's values and dreams.
- 5.** I print the credo poster and search with my child for a place to hang it. As a daily reminder, it will guide our attitudes towards ourselves and between us. During challenges, difficulties or conflicts, it will show us the road to follow.

**CREDO POSTER TO  
DOWNLOAD HERE** ►



# THEME OF THE MONTH: **THE KARATÉ SPORTIF CREDO**

## Taming the credo one step at a time

*This table allows your child to regularly practice the behaviours and attitudes valued by the Karaté Sportif credo.*

### Self-assessment by the child

Each time you do what is written in the table, put a checkmark. ✓

	MON	TUE	WED	THU	FRI	SAT	SUN
1. I develop my courage.							
2. I develop my endurance and physical strength through physical activity (karate, etc.).							
3. I choose to do what is a priority first.							
4. I train myself to calm my strong emotions, even in conflicts.							
5. I encourage people who have more difficulty.							
6. I am a rules master at the dojo, at school and at home.							
7. I thank others with my words and my actions.							

Comments:

Parent's signature: \_\_\_\_\_

Teacher's signature: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**DON'T GIVE UP! YOU CAN DO THIS!**



Designed and written by Groupe Karaté Sportif,  
in collaboration with Studio Grif, infographics.

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