

**MASTER  
CONNELL'S**



**TAEKWONDO**

204 Sunset Drive  
Butler, PA 16001  
724-283-5999  
[www.ata-k4k.com](http://www.ata-k4k.com)

**CONGRATULATIONS NEW  
BLACK BELT CLUB MEMBERS!**

*Gunnar Hammonds  
Finnegan Hallam  
Skylar Weichey*

**HAPPY  
BIRTHDAY!**

*Kathy McNally  
Andrew Heltsley  
Aaron Edwards  
Mason Swidzinski  
Luke Geiger  
Caleb Blasko  
Christian Zier  
Danica Ball  
Leland Blackwell  
Grayson Bacher*

**UPCOMING EVENTS**

- *Halloween Party  
October 14th  
5-8pm*
- *ATA Fall Nationals Orlando Florida  
October 19-21*
- *Testing  
October 19, 20 & 21st*
- *Regional Tournament  
November 4th  
Sewickly, PA*
- *Holiday Shopping Day  
November 18th*
- *Thanksgiving  
November 23, 24 & 25th  
CLOSED*

# HONOR

Do you think about this word when we say the Songham Spirit? At the end of every class we promise to “have honor with others and integrity within myself”. Honor means deserving the trust and faith others have in you. It is a gift a person gives themselves. Integrity means having a moral code to guide your thoughts and actions. To have integrity is to be loyal to yourself. Without integrity, honor is not possible.

In many cultures, honor is considered more valuable than money. A person could be the richest in the world, but without honor, no one could trust in them. Without trust there can be no friends and no love. A person without honor is often very angry or unhappy and lonely.

To keep your honor, always be sure to follow the golden rule. If you treat other how you would like to be treated, they will in turn see you as a good person and usually treat you well. This is true even if you don't like a person. Keep you honor by avoiding things like name calling and spreading rumors. A person with good honor and integrity does the right thing, even when it's not what they want to do. It's not easy!

## Defend you honor!

- Honesty is very important. Liars can't be trusted. Liars have no honor.
- Show respect by treating others as important people.
- Practice integrity by only doing what you know is right.
- Work hard and always do what you are supposed to do.
- Speak up if you feel something is wrong. Never just do what everyone else is.

Don't forget your star worksheet! [www.ata-k4k.com](http://www.ata-k4k.com)