



A Blue Cottage Taekwon-Do Group

SELF-CONTROL

Control over behavior,

Control over thoughts and body, Etc.

Example:

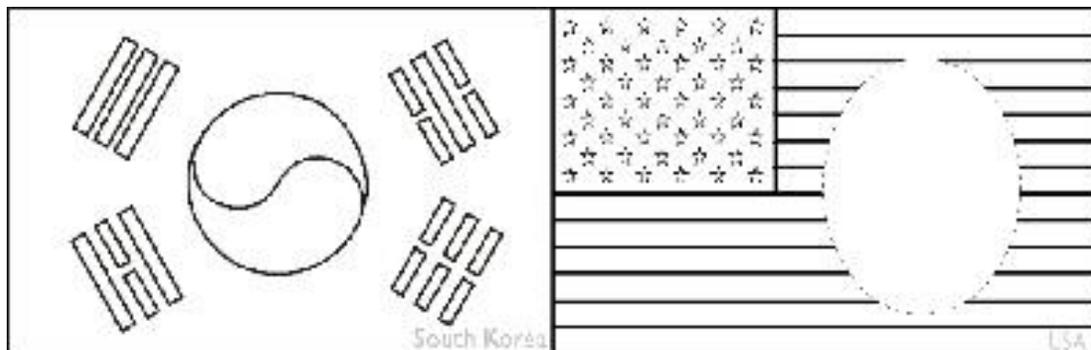
Take a deep breath and think about the consequences of your acts before reacting to a conflict situation.

This word can be translated as "self-denial", "self-abnegation", "self-restraint", "self-discipline", "self-mastery" or selflessness.

As a tenet of Taekwon-Do, this is often used with the title "self-control".

Activity

Ornament craft. Click on the image below, then print. Cut out oval and insert a picture of yourself. Add a string or ribbon, fold and glue together for a Cultural Holiday Ornament! One side is the flag of the USA, and the other is the flag of South Korea.





There was once a lion without a roar. The lion had always been this way, he had never been able to roar. But no one on the plains knew this. Since from an early age he realised he could not roar, he had learnt to talk softly with everyone, and to listen to them. He learned to convince others of his point of view without having to raise the volume levels. This won him the affection and trust of all the inhabitants of the plain. But one day the lion spoke to a pig who was so stupid and stubborn, that

the lion could not find a way to make the pig be sensible. He felt a strong urge to roar at the pig, but the fact that he could not made the lion feel at some disadvantage. To try to solve this problem, he spent a few months inventing a roaring machine which he could use whenever he might need it. A short while after completing the roaring machine, the stupid and stubborn pig turned up. He annoyed the lion so much that the lion used the machine. It sent out a truly terrifying roar. "GRRRRRRRRROAUUUUUUUURRRR!!!"

Not only did this give the pig a terrible fright, it also shocked all the animals on the plain. So much so that for months none of them dared to come out. The lion became sad and lonely, and had plenty of time to realise that he didn't need to roar in order get others to pay attention to him. Without knowing it, his lack of a roar had made him good at talking to others and convincing them.

So, little by little, using his kind and cordial tone of voice he managed to restore the animals trust in him, and never again did he consider returning to roaring or shouting.

Moral of the story

Shouts and threats are not the best way to make friends, nor to get what you want.