



National ★ Karate

Sportsmanship – Ability to be gracious in winning and losing.

Celebrating others victories as our own.

Instructions: Parents, please help your child with this worksheet.

When it is finished, return it to your instructor to earn a stripe.

Name: _____

There were two boys who liked to play checkers named Sam and Dave. Sam would get mad when he lost and tip the checker board over onto the floor. And when he won at checkers he would do a little dance and make fun of the other player. Dave on the other hand behaved differently than Sam when he won or lost. Although Dave did not like to lose, he would always reach his hand over the board to shake the other players hand and tell him or her “good game”. And when he won at checkers he would not brag about how good he was, he would just reach his hand across the board and shake the other players hand and say, “good game”.

Homework for 4 year olds and older: (Circle the best answer.)

1. Which boy showed good sportsmanship? Sam or Dave?
2. Which boy would you rather play checkers with? Sam or Dave?
3. If one of your friends got a bigger trophy than you at the karate tournament, how would you act?
 - a. Be mad and jealous of your friend.
 - b. Shake your friends hand and say “good job”.

Additional homework for 8 year olds and older: (Write your answers on the back.)

1. What do people think of you if you act like a poor sport?
2. What should you say to your opponent after a karate match if you lose? If you win?
3. Vince Lombardi who was a famous football coach once said, **“The price of success is hard work, dedication to the job at hand and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.”** How would this apply to karate? How would this apply to life?



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