



Crush Kickboxing: Mat Chat Words

Respect

- Definition: Treating others with kindness and valuing their feelings, opinions, and belongings.
- Example: When your friend shares their favorite toy, you handle it carefully and thank them

Teamwork

- Definition: Working together with others to achieve a common goal.
- Example: During a game, you pass the ball to a teammate instead of trying to score all by yourself, helping your team win.

Confidence

- Definition: Believing in yourself and your abilities, even when things are challenging.
- Example: Even if you're nervous about trying a new kick, you step up and give it your best shot, trusting that you will improve

Discipline

- Definition: Controlling your behavior to follow rules or work hard toward a goal.
- Example: You practice your Muay Thai techniques every day, even when you don't feel like it

Courage

- Definition: Facing your fears and doing something challenging, even when it feels scary
- Example: If you're nervous about sparring with a tougher opponent, you step on the mat anyway and give it your all, showing bravery

Thankful

- Definition: Being grateful for the people and things in your life. Having an attitude of gratitude
- Example: You thank your coach for teaching you a new move, appreciating their effort to help you grow

Sportsmanship

- Definition: Being gracious whether you win or lose and treating opponents with respect.
- Example: After losing a sparring match, you shake your opponent's hand and say, "Great job!"

Kindness

- Definition: Being friendly, caring, and helpful to others without expecting anything back.
- Example: You help a younger student get their shinguards on before class, making them feel included

Toughness

- Definition: Staying strong and pushing through difficulties without giving up.
- Example: When you're tired during training, you keep going even though you want to give up.

Humility

- Definition: Staying modest and not bragging, even when you're really good at something.
- Example: If you win a sparring match, you say, "Thanks for the great fight," instead of boasting about how awesome you are.

Integrity

- Definition: Doing the right thing, even when no one is watching or it's hard.
- Example: If you accidentally break a rule during a game, you tell your coach honestly instead of hiding it, even if you might lose points.

Empathy

- Definition: Understanding and caring about how someone else feels and putting yourself in their shoes
- Example: If your teammate is upset after losing a match, you say "I know it's tough, but you did great"