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black and blue belt

Taekwondo

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HONESTY

What honesty is to me is telling the truth about something that you have, do, or think.

Example: if you don't have something that everybody else has, then don't say you have it. Just be honest and say I want it but I don't have it.

In taekwondo you use honesty. For example, when my instructor tells me to do 100 jumping jacks on your own count. I could cheat and do less or don't do them right, but that is not honest. Plus when you cheat in taekwondo, you're cheating yourself.

So honesty is basically telling the truth.