



THEME: CONFIDENCE

Student's Name: _____

Belt Color: _____

Today's Date: _____

How many times have you practiced your form this session at home?

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19

20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37+

What is confidence?

- Confidence is the feeling you can do something and believe in yourself no matter what.
- Self-confidence gives you the ability to finish what you started.

What does it look like?

- Good eye contact, firm hand shake, high/strong/fast kick & hand techniques, loud yell, willingness to participate, demonstrate, answer questions.

What is it for?

- To have good relations with others, to defend against criticism, to stay positive through hard times, and to make your family proud.

I am going to show CONFIDENCE in these areas:

At home:

Week 1	Week 2	Week 3

At school:

Week 1	Week 2	Week 3

At Taekwondo:

Week 1	Week 2	Week 3

I understand confidence and have demonstrated it in my actions this session.

Student: _____

Parent: _____ **Date:** _____