



THEME: FOCUS

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 FOCUS?

- Students should FOCUS on physical and mental goals. *Know your limits, then break them!*
- Focus in martial arts means 3 things: direction (left from right, low from high), target training (start with large target, continually making target smaller), and penetration by targeting strike beyond actual target (aka: "kicking *through* the board vs stopping *at* the board").

What are some examples of staying focused?

- At Home: Completing a project to the best of your ability before moving on. Following directions the first time.
- At School: Pay attention with your eyes, ears, and heart by doing your best.
- At Taekwondo: Focus can be eye contact on a target, or setting goals something you strive for, like getting your black belt or kicking a target high above your head.

My FOCUS goals for this session are:

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 focus and have achieved my personal goals for this session.

Student: _____

Parent: _____ Date: _____