

I CAN BE A BLACK BELT



BLACK BELT

2024

IN TRAINING

Instructor's Signature

Student's Signature



JSK TAEKWONDO

BBIT: BLACK BELTS IN TRAINING

NEW FOCUS EACH MONTH

1. Characteristics of a Good Black Belt
2. Importance of the Tenets of TKD
3. Effective Assisting
4. Strategy For Obtaining Goals
5. Characteristics of a Good Black Belt
6. Motivation (of ourselves & others)
7. Effective Assisting
8. Importance of the Tenets of TKD
9. Characteristics of a Good Black Belt
10. Strategy for Obtaining Goals
11. Effective Assisting
12. Motivation (of ourselves & others)

END OF EVERY CLASS

- One Goal for the week
- One-Two BB Characteristics they will work on for the week



MONTH 1

NAME _____

CHARACTERISTICS OF A GOOD BLACK BELT LEADER

- 1) OBSERVE TENETS OF TKD
- 2) BE KNOWLEDGABLE OF TKD
- 3) HAVE PATIENCE
- 4) GOES FIRST
- 5) ASKS QUESTIONS
- 6) SHOW HUMILITY
- 7) BE MOTIVATIONAL
- 8) NEVER JUDGE
- 9) ALWAYS GIVE 100%
- 10) BE DETAILED
- 11) SET GOALS
- 12) BE ABLE TO CLEARLY COMMUNICATE
- 13) BE UNSELFISH
- 14) DEMONSTRATE TRANSPARENCY
- 15) BE PASSIONATE
- 16) BE TRUSTWORTHY
- 17) BE PREPARED
- 18) BE DECISIVE
- 19) BE LOUD AND PROUD
- 20) HAVE GOOD POSTURE
- 21) SHOW EYE CONTACT
- 22) BE ENERGETIC
- 23) BE EXCITING (FUN)
- 24) BE GENUINE
- 25) BE FAIR
- 26) HAVE A SENSE OF HUMOR
- 27) BE COURAGEOUS
- 28) EMPATHETIC
- 29) _____
- 30) _____
- 31) _____

} SHOWING
CONFIDENCE

LEAD BY EXAMPLE



MONTH 1

NAME _____

CHARACTERISTICS OF A GOOD BLACK BELT LEADER

DATE / /

WHAT DO YOU PERSONALLY FEEL ARE 3 OF THE MOST IMPORTANT TRAITS?

WHICH OF THESE TRAITS DO YOU FEEL YOU MIGHT ALREADY BE BEST AT AND WHY?

WHICH OF THESE TRAITS DO YOU FEEL YOU NEED THE MOST WORK ON AND WHY?

WHERE ELSE IN OUR LIVES COULD THESE TRAITS BE IMPORTANT TO HAVE?

DATE / /

TO BE A GOOD _____ WE MUST FIRST STRIVE TO BE A GOOD _____.

3 WAYS WE COMMUNICATE ARE BY USING OUR _____, _____, & _____

CONFIDENCE IS LIKE A MUSCLE. IT MUST BE _____. THE MORE YOU DO, THE _____ YOU FEEL ABOUT YOURSELF

_____ GOOD, _____ GOOD, AND ALWAYS _____.

PRACTICE A GOOD SOLID HANDSHAKE AND INTRODUCTION.



MONTH 1

NAME _____

CHARACTERISTICS OF A GOOD BLACK BELT LEADER

DATE ____/____/____

_____ IS AN EXCELLENT CHARACTERISTIC OF A GOOD BLACK BELT LEADER.

THIS IS THE ABILITY TO ACCEPT OR TOLERATE _____, _____ OR EVEN _____
WITHOUT GETTING ANGRY OR UPSET

IN YOUR OPINION, WHATS THE DIFFERENCE BETWEEN A LEADER AND A BOSS?

TO BE AN EFFECTIVE _____ AND GAIN TRUST OF YOUR _____, WHETHER THEY BE YOUR CLASS, OR EMPLOYEES,
YOU MUST ALWAYS BE WILLING TO _____. A GOOD LEADER WILL NEVER ASK
SOMEONE TO DO SOMETHING THEY ARE _____ TO DO.

HAVE EACH STUDENT PRACTICE LEADING THE CLASS INTRO
(ATTENTION, BOW, TURN TO FACE GUESTS, ATTENTION, BOW)

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____



MONTH 2

NAME _____

**IMPORTANCE OF THE
TAEKWONDO TENETS**

DATE / /

THE 5 TENETS OF TAEKWONDO ARE:

COURTESY MEANS TO BE _____, _____, , AND ALWAYS _____

RESPECT IS SHOWING THAT YOU _____. RESPECT IS SOMETHING YOU _____, IT IS NOT _____

INTEGRITY MEANS TO KNOW _____, AND TO BE _____ TO YOURSELF AND _____

INTEGRITY IS DOING _____, AND MEANING _____. OUR INTEGRITY IS _____

WHEN NOBODY IS _____. DO THE _____ THING BECAUSE YOU _____.

DATE / /

SELF CONTROL IS TO CONTROL MY _____, MY _____, & MY _____ BY _____

OUR SELF CONTROL IS MOSTLY TESTED IN _____ SITUATIONS. HOW WE _____ IS THE IMPORTANT PART.

SELF CONTROL & _____ HAVE A STRONG _____. _____ IS THE COMBINATION OF SELF CONTROL & INTEGRITY.

3 WAYS I CAN SHOW MY BEST SELF CONTROL ARE:

3 WAYS I CAN SHOW MY BEST SELF DISCIPLINE ARE:



MONTH 2

NAME _____

**IMPORTANCE OF THE
TAEKWONDO TENETS**

DATE ____/____/____

PERSEVERANCE MEANS _____

THE BEST WAY TO GROW _____ AND _____ IS TO PUSH OURSELVES _____

_____ AND CHOOSING _____.

WE ARE ALL _____ PERSEVERANCE. FAILURE AND THE _____ OF FAILURE ARE WHAT STOP US MOST.

INDOMITABLE SPIRIT MEANS _____

WE THINK OF THIS AS _____ PERSEVERANCE. WHAT YOUR MIND _____, YOU CAN _____

ADVERSELY, _____ CAN BE DETRIMENTAL _____. IT IS

IMPORTANT TO ALWAYS _____ OF OURSELVES AND OUR _____

HAVE EACH STUDENT TELL A STORY ABOUT WHEN THEY USED ONE OF THE TKD TENETS.

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____



MONTH 3

NAME _____

EFFECTIVE ASSISTING SETTING EXAMPLES / BEING HELPFUL

DATE / /

WHAT IS THE ROLE OF AN ASSISTANT INSTRUCTOR?

_____ THE INSTRUCTOR. YOU MIGHT JUST _____ TO SET A GOOD _____. YOU MIGHT BE ASKED TO _____ CERTAIN MOVES OR DRILLS. YOU MIGHT BE ASKED TO _____ SOMETHING SPECIFIC. YOU MIGHT BE PUT IN CHARGE OF _____ TO HELP THEM FOCUS.

YOU MUST ALWAYS BE _____ TO WHATEVER IS ASKED OF YOU.

THE MORE _____ THE INSTRUCTOR HAS IN YOU, THE MORE _____ YOU WILL BE GIVEN.

WHAT IS YOUR FAVORITE PART OF TAEKWONDO?

WHAT DO YOU THINK IS THE EASIEST PART OF CLASS TO TEACH?

DATE / /

TO BE AN EFFECTIVE TEACHER, YOU MUST BE ABLE TO _____ TO YOUR STUDENTS. YOU MUST _____ THEIR RANKS, _____, AND MINDSET IN ORDER TO PROPERLY _____.

WHAT ARE THE FIRST 3 BASIC FUNDAMENTALS OF A PROPER PUNCH?

WHAT ARE THE FIRST 3 BASIC FUNDAMENTALS OF A WALKING STANCE?

YOUR ARMS _____ BEFORE YOU BLOCK, AND _____ BEFORE YOU PUNCH. _____ IS THE MOST IMPORTANT PART OF A KICK



MONTH 3

NAME _____

EFFECTIVE ASSISTING

SETTING EXAMPLES / BEING HELPFUL

DATE / /

_____, _____, & ABILITY TO _____ ARE TRAITS MORE IMPORTANT THAN _____.

NEVER TIRE OF _____. YOU NEVER KNOW WHAT _____ YOU MIGHT BE ASKED.

WHAT ARE THE MEANINGS BEHIND THE BELT COLORS? (summarize writing, but know the full meaning)

WHITE _____ YELLOW _____ GREEN _____ BLUE _____ RED _____

BLACK _____

WHAT ARE THE PATTERNS IN ORDER, AND HOW MANY MOVES IN EACH PATTERN?

SHOW WHERE YOUR OUTER-FOREARM IS.

SHOW WHERE YOUR INNER-FOREARM IS.

DEMONSTRATE THE DIFFERENT FOOT POSITIONS FOR THE THREE BASIC KICKS.

WHAT DO THE NUMBERS REPRESENT IN OUR KICKING DRILLS? #1-#7

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____



MONTH 4

NAME _____

GOALS AND STRATEGIES FOR OBTAINING THEM

DATE / /

WHAT IS A GOAL? (DO - BE - HAVE)

WHY SHOULD WE SET GOALS?

WHAT IS THE DIFFERENCE BETWEEN A LONG TERM GOAL AND A SHORT TERM GOAL?

NAME ONE TIME WHEN YOU SET A GOAL AND ACHIEVED IT.

DATE / /

A GOAL WITHOUT A _____ IS JUST A _____. WE USE OUR _____ TO TAKE _____

PART OF YOUR _____ SHOULD ALWAYS BE TO _____

AND THEN _____ SO WE CAN BE KEPT ACCOUNTABLE.

THE BIGGEST GOAL IN MY LIFE RIGHT NOW IS... _____

WHAT IS YOUR PERSONAL DEFINITION OF SUCCESS?



MONTH 4

NAME _____

GOALS AND STRATEGIES FOR OBTAINING THEM

DATE ____ / ____ / ____

HOW DO I FEEL WHEN I ACCOMPLISH MY GOALS?

ONE "SEEMINGLY UNREACHABLE" GOAL I HAVE IS _____

WHAT MAKES IT SO "UNREACHABLE?" _____

WHAT IS THE DIFFERENCE BETWEEN FAILING AND BEING A FAILURE?

IF YOU DO NOT ACCOMPLISH YOUR GOAL, DOES THAT MAKE YOU A FAILURE? _____

WHY? OR WHY NOT? _____

HOW CAN A FAILURE BE TURNED IN TO A SUCCESS?

HAVE EACH STUDENT DEMONSTRATE A MOVE OR PATTERN THAT WAS DIFFICULT FOR THEM BEFORE, BUT IS NOT ANYMORE

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____



CHARACTERISTICS OF A GOOD BLACK BELT LEADER

- 1) OBSERVE TENETS OF TKD
- 2) BE KNOWLEDGABLE OF TKD
- 3) HAVE PATIENCE
- 4) GOES FIRST
- 5) ASKS QUESTIONS
- 6) SHOW HUMILITY
- 7) BE MOTIVATIONAL
- 8) NEVER JUDGE
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- 29) _____
- 30) _____
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} SHOWING
CONFIDENCE

LEAD BY EXAMPLE



MONTH 5

NAME _____

CHARACTERISTICS OF A GOOD BLACK BELT LEADER

DATE / /

WHAT DO YOU PERSONALLY FEEL ARE 3 OF THE HARDEST TRAITS TO IMPROVE?

ARE THERE ANY OF THE TRAITS THAT YOU FIND PARTICULARLY EASY, AND WHY?

NAME ONE TIME WHEN YOU HAVE BEEN PUT INTO A POSITION OF LEADERSHIP?

DID YOU RISE OR FALL TO THE CHALLENGE? EXPLAIN.

WHAT IS THE BIGGEST, OR MOST IMPORTANT TALK (PRESENTATION, SPEECH, ETC) THAT YOU HAVE HAD TO MAKE?

BEING ABLE TO _____ IS A HUGE PART OF BEING AN EFFECTIVE LEADER. WHEN YOU CAN CLEARLY _____ ABOUT WHAT YOU EXPECT FROM OTHERS, THEY WILL _____ IN WHAT YOUR ASKING OF THEM.

THREE FACTORS THAT HELP US _____ OURSELVES MORE CLEARLY ARE...

WHAT IS YOUR PASSION FOR TAEKWONDO? (WHAT DRIVES YOU AND MOTIVATES YOU?)



MONTH 5

NAME _____

CHARACTERISTICS OF A GOOD BLACK BELT LEADER

DATE / / _____

PRACTICE TEACHING SOME OF OUR BLACK BELT LEADERSHIP TRAITS:

BLACK BELT LEADERSHIP ATTITUDE - _____

BLACK BELT LEADERSHIP INTENSITY - _____

BLACK BELT LEADERSHIP FOCUS - _____

BLACK BELT LEADERSHIP EFFORT - _____

DO YOU UNDERSTAND? _____

CAN YOU DO IT? _____

LET'S GET STARTED!

EVERYONE TRIES THEIR OWN BB LEADERSHIP TRAIT INTRODUCTION



MONTH 6

NAME _____

MOTIVATION OF YOURSELF AND OTHERS

DATE ____ / ____ / ____

WHAT IS MOTIVATION?

THE _____ SOMEONE HAS FOR _____ IN A PARTICULAR WAY. IT IS AN INTERNAL
_____ TO WANT TO DO SOMETHING. MOTIVATION IS WHAT _____.

COMMON FACTORS THAT MOTIVATE US:

THE BEST MOTIVATION IS WHAT COMES _____.

WHAT MOTIVATES YOU TO DO YOUR WORK/SCHOOL WORK? WHAT MOTIVATES YOU TO DO YOUR FAVORITE HOBBY?

DATE ____ / ____ / ____

MOTIVATION IS LIKE A _____. ON ANY GIVEN DAY, MOTIVATION COULD VERY WELL BE _____ OR EVEN _____.

DO NOT ALLOW A LACK IN MOTIVATION TO BECOME A _____ OR HABIT. TEND TO YOUR _____ AS OFTEN AS POSSIBLE.

WHAT WOULD CAUSE SOMEONES "MOTIVATIONAL FIRE" TO GO OUT?

HOW CAN I BUILD MY OWN MOTIVATION?



MONTH 6

NAME _____

MOTIVATION OF YOURSELF AND OTHERS

DATE ____ / ____ / ____

WHY DO WE LOSE OUR MOTIVATION?

HOW CAN YOU HELP SOMEONE ELSE WITH MOTIVATION?

DATE ____ / ____ / ____

1. _____ 2. _____

3. _____ 4. _____ 5. _____

6. _____ 7. _____ 8. _____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____



MONTH 7

NAME _____

EFFECTIVE ASSISTING SETTING EXAMPLES / BEING HELPFUL

DATE / /

WHAT IS THE ROLE OF AN ASSISTANT INSTRUCTOR?

_____ THE INSTRUCTOR. YOU MIGHT JUST _____ TO SET A GOOD _____. YOU MIGHT BE ASKED TO _____ CERTAIN MOVES OR DRILLS. YOU MIGHT BE ASKED TO _____ SOMETHING SPECIFIC. YOU MIGHT BE PUT IN CHARGE OF _____ TO HELP THEM FOCUS.

WHEN IT COMES TO THINGS LIKE _____ OR WORKING IN _____, IT IS VERY IMPORTANT THAT YOU STAY _____ AT ALL TIMES. _____, _____, & EVEN JUST _____ WILL MAKE ALL THE DIFFERENCE.

WHAT IS YOUR FAVORITE PART OF TAEKWONDO? _____ WHAT DO YOU THINK IS THE EASIEST PART OF CLASS TO TEACH? _____

DATE / /

TO BE AN EFFECTIVE TEACHER, YOU MUST BE ABLE TO _____ TO YOUR STUDENTS. YOU MUST _____ THEIR RANKS, _____, AND MINDSET IN ORDER TO PROPERLY _____.

WHAT ARE THE FIRST 3 BASIC FUNDAMENTALS OF A PROPER PUNCH?

WHAT ARE THE FIRST 3 BASIC FUNDAMENTALS OF A WALKING STANCE?

YOUR ARMS _____ BEFORE YOU BLOCK, AND _____ BEFORE YOU PUNCH. _____ IS THE MOST IMPORTANT PART OF A KICK



MONTH 7

NAME _____

EFFECTIVE ASSISTING

SETTING EXAMPLES / BEING HELPFUL

DATE / /

THE MORE _____ THE INSTRUCTOR HAS IN YOU, THE MORE _____ YOU WILL BE GIVEN.

NEVER TIRE OF _____. YOU NEVER KNOW WHAT _____ YOU MIGHT BE ASKED.

WHAT ARE THE MEANINGS BEHIND THE BELT COLORS? (summarize writing, but know the full meaning)

WHITE _____ YELLOW _____ GREEN _____ BLUE _____ RED _____

BLACK _____

WHAT ARE THE PATTERNS IN ORDER, AND HOW MANY MOVES IN EACH PATTERN?

SHOW WHERE YOUR OUTER-FOREARM IS.

SHOW WHERE YOUR INNER-FOREARM IS.

DEMONSTRATE THE DIFFERENT FOOT POSITIONS FOR THE THREE BASIC KICKS.

WHAT DO THE NUMBERS REPRESENT IN OUR KICKING DRILLS? #1-#7

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____



IMPORTANCE OF THE TAEKWONDO TENETS

DATE / /

THE 5 TENETS OF TAEKWONDO ARE:

COURTESY MEANS TO BE _____, _____, , AND ALWAYS _____

RESPECT IS SHOWING THAT YOU _____. RESPECT IS SOMETHING YOU _____, IT IS NOT _____

INTEGRITY MEANS TO KNOW _____, AND TO BE _____ TO YOURSELF AND _____

INTEGRITY IS DOING _____, AND MEANING _____. OUR INTEGRITY IS _____

WHEN NOBODY IS _____. DO THE _____ THING BECAUSE YOU _____.

DATE / /

SELF CONTROL IS TO CONTROL MY _____, MY _____, & MY _____ BY _____

OUR SELF CONTROL IS MOSTLY TESTED IN _____ SITUATIONS. HOW WE _____ IS THE IMPORTANT PART.

SELF CONTROL & _____ HAVE A STRONG _____. _____ IS THE COMBINATION OF SELF CONTROL & INTEGRITY.

3 WAYS I CAN SHOW MY BEST SELF CONTROL ARE:

3 WAYS I CAN SHOW MY BEST SELF DISCIPLINE ARE:



IMPORTANCE OF THE TAEKWONDO TENETS

DATE ____ / ____ / ____

PERSEVERANCE MEANS _____

THE BEST WAY TO GROW _____ **AND** _____ **IS TO PUSH OURSELVES** _____

_____ **AND CHOOSING** _____.

WE ARE ALL _____ **PERSEVERANCE. FAILURE AND THE** _____ **OF FAILURE ARE WHAT STOP US MOST.**

INDOMITABLE SPIRIT MEANS _____

WE THINK OF THIS AS _____ **PERSEVERANCE. WHAT YOUR MIND** _____, **YOU CAN** _____

ADVERSELY, _____ **CAN BE DETRIMENTAL** _____. **IT IS**

IMPORTANT TO ALWAYS _____ **OF OURSELVES AND OUR** _____

HAVE EACH STUDENT TELL A STORY ABOUT WHEN THEY USED ONE OF THE TKD TENETS.

__/__/__ **My Goal this week is** _____ **and I will tell** _____ **to help.** ____

__/__/__ **My Goal this week is** _____ **and I will tell** _____ **to help.** ____

__/__/__ **My Goal this week is** _____ **and I will tell** _____ **to help.** ____



CHARACTERISTICS OF A GOOD BLACK BELT LEADER

- 1) OBSERVE TENETS OF TKD
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- 27) BE COURAGEOUS
- 28) EMPATHETIC
- 29) _____
- 30) _____
- 31) _____

} SHOWING
CONFIDENCE

LEAD BY EXAMPLE



MONTH 9

NAME _____

CHARACTERISTICS OF A GOOD BLACK BELT LEADER

DATE / /

3 IMPORTANT TRAITS WE ARE GOING TO DISCUSS ARE?

WHY DO YOU THINK THESE 3 TRAITS WERE CHOSEN?

WHICH OF THESE TRAITS DO YOU FEEL YOU NEED THE MOST WORK ON AND WHY?

WHERE ELSE IN OUR LIVES COULD THESE TRAITS BE IMPORTANT TO HAVE?

DATE / /

TO BE A GOOD _____ WE MUST FIRST STRIVE TO BE A GOOD _____.

3 WAYS WE COMMUNICATE ARE BY USING OUR _____, _____, & _____

CONFIDENCE IS LIKE A MUSCLE. IT MUST BE _____. THE MORE YOU DO, THE _____ YOU FEEL ABOUT YOURSELF

_____ GOOD, _____ GOOD, AND ALWAYS _____.

PRACTICE TELLING A SHORT STORY USING YOUR BEST COMMUNICATION.



CHARACTERISTICS OF A GOOD BLACK BELT LEADER

DATE ____/____/____

_____ IS AN EXCELLENT CHARACTERISTIC OF A GOOD BLACK BELT LEADER.

THIS IS THE ABILITY TO ACCEPT OR TOLERATE _____, _____ OR EVEN _____
WITHOUT GETTING ANGRY OR UPSET

DESCRIBE ONE TIME WHEN YOUR PATIENCE WAS TESTED, AND YOU OVERCAME.

TO BE AN EFFECTIVE _____ AND GAIN TRUST OF YOUR _____, WHETHER THEY BE YOUR CLASS, OR EMPLOYEES,
YOU MUST ALWAYS BE WILLING TO _____. A GOOD LEADER WILL NEVER ASK
SOMEONE TO DO SOMETHING THEY ARE _____ TO DO.

HAVE EACH STUDENT PRACTICE LEADING THE CLASS INTRO
(ATTENTION, BOW, TURN TO FACE GUESTS, ATTENTION, BOW)

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____



MONTH 10

NAME _____

GOALS

AND STRATEGIES FOR OBTAINING THEM

DATE / /

THERE ARE 3 TYPES OF GOALS

_____, _____, & _____

PROCESS GOALS ARE 100% _____ BY THE INDIVIDUAL. PERFORMANCE GOALS ARE BASED ON PERSONAL STANDARDS AND ARE _____ CONTROLLABLE. OUTCOME GOALS ARE BASED ON WINNING OR ACHIEVING, AND ARE _____ TO CONTROL BECAUSE OF _____.

WORK ON SETTING **S.M.A.R.T.** GOALS

_____; _____; _____; _____; _____

HOW CAN THE GOAL "I WILL GET MY BLACK BELT" BE REWRITTEN AS A **S.M.A.R.T.** GOAL

DATE / /

A GOAL WITHOUT A _____ IS JUST A _____. WE USE OUR _____ TO TAKE _____

_____ COULD BE CONSIDERED THE "SECRET" TO OBTAINING OUR GOALS. WITHOUT IT, YOU ARE STILL ONLY

_____. EVERY GOAL IS A _____. A TEST OF _____, _____, AND _____.

THE BIGGEST GOAL IN MY LIFE RIGHT NOW IS... _____



MONTH 10

NAME _____

GOALS

AND STRATEGIES FOR OBTAINING THEM

DATE ____ / ____ / ____

ONE "SEEMINGLY UNREACHABLE" GOAL I HAVE IS _____

WHAT MAKES IT SO "UNREACHABLE?" _____

WHAT IS THE DIFFERENCE BETWEEN FAILING AND BEING A FAILURE?

REMEMBER TO LEARN _____ FROM IT, WHETHER THEY BE _____ OR _____

" _____ " IS A SAYING THAT IS NOT ENTIRELY TRUE. _____ YOU PRACTICE MAKES ALL THE DIFFERENCE.

_____ IS KEY, AND YOUR EFFORT WILL DETERMINE YOUR _____. INSTEAD, THINK

" _____ " TO MENTALLY PREPARE YOURSELF TO ALWAYS _____.

HAVE EACH STUDENT DEMONSTRATE A MOVE OR PATTERN THAT WAS DIFFICULT FOR THEM BEFORE, BUT IS NOT ANYMORE

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____

__/__/__ My Goal this week is _____ and I will tell _____ to help. ____



MONTH 10

NAME _____

WORK ON SETTING S.M.A.R.T. GOALS

SPECIFIC - SET A CLEAR SPECIFIC NUMBER OR RESULT YOU'RE AIMING FOR. "I WANT TO MAKE AT LEAST 80 OUT OF 100 FREE-THROWS" INSTEAD OF "I WANT TO MAKE A LOT OF MY FREE-THROWS" OR "I WANT TO GETAN 'A' IN MY SPANISH CLASS AND CHANGE MY 'C' IN MATH TO A 'B' THIS SEMESTER" INSTEAD OF "I WANT TO GET GOOD GRADES"

MEASURABLE - BE ABLE TO TRACK YOUR PROGRESS. HOW DO YOU KNOW WHEN YOU'VE SUCCESSFULLY ACHIEVED YOUR GOAL? INSTEAD OF "PRACTICE MY PATTERNS THIS WEEK" YOUR MEASURABLE GOAL MIGHT BE "DO EVERY COLOR BELT PATTERN 3 TIMES THIS WEEK." THIS ALLOWS YOU TO SEE YOUR DEVELOPMENT

ATTAINABLE - THIS MEANS SETTING A GOAL THAT, WHILE IT REQUIRES YOU TO PUSH YOURSELF, IT IS ALSO ACHEIVABLE. IF YOU'RE NOT VERY FLEXIBLE, A GOAL OF "I WILL DO THE SPLITS IN 30 DAYS" MAY BE UNNATTAINABLE AND THEREFORE MIGHT DEMOTIVATE YOU, CAUSING YOU TO GIVE UP. SET YOUR GOALS SO THAT YOU CAN ACHIEVE TANGIBLE PROGRESS AND AVOID SETTING YOURSELF UP FOR FAILURE WITH OUT-OF-REACH GOALS.

RELEVANT - YOU'VE GOT TO KNOW WHAT YOU'RE TRYING TO DO, WHY YOU'RE TRYING TO DO IT, AND WHAT YOUR SKILL SETS ALLOW. GOALS ARE HARD TO KEEP MEANINGFUL IF THEY AREN'T BASED ON YOUR REALITY RIGHT NOW.

TIMELY - ALWAYS HAVE A CLEAR TIMEFRAME, AND MAKE SURE TO GIVE YOURSELF A REASONABLE AMOUNT OF TIME TO ACCOMPLISH YOUR GOAL. WILL YOUR GRADES DRASTICALLY CHANGE THIS WEEK, THIS MONTH? WILL YOU REALLY BE ABLE TO DO THE SPLITS IN 30 DAYS? WILL 60 OR 90 DAYS BE MORE REALISTIC FOR YOU TO SET AS YOUR TIME FRAME? HAVING A CLEAR TIME FRAME IS ESSENTIAL FOR CHECKING YOUR PROGRESS ALONG THE WAY TO REACHING YOUR GOAL. IF YOU DON'T REACH YOUR GOAL WITHIN THAT TIME FRAME, THEN IT IS TIME TO REASSESS; IS THIS GOAL ACHEIVABLE AND REALISTIC? WAS THE TIME FRAME TOO SHORT? DID YOU JUST NOT GIVE YOUR ALL??

BEING PURPOSEFUL AND LIVING WITH INTENTION IS WHAT S.M.A.R.T. GOALS ARE ALL ABOUT.

"I WILL GET MY BLACK BELT" AS A S.M.A.R.T. GOAL...

I WILL BE EARNING MY BLACK BELT ON MARCH 19TH, 2022. I WILL EARN IT BY COMING TO CLASS EVERY MONDAY, WEDNESDAY, AND SATURDAY AS LONG AS THERE ARE NO OTHER COMMITMENTS. WHILE IN CLASS I WILL ACT AS IF EVERY CLASS IS THE BLACK BELT TEST, SO THAT I ENSURE THAT I AM GIVING MY ALL AND BEHAVING APPROPRIATELY. I WILL TRAIN AT HOME FOR 1 HOUR, 3 DAYS A WEEK (NOT CLASS DAYS) SO THAT I CAN IMPROVE ON THE THINGS SPECIFIED IN CLASSES. I WILL SPEND 30 MINS, 5 DAYS A WEEK STUDYING THE EDUCATION AND WORKING ON MY BLACK BELT BOOK SO THAT I COMPLETE MY ASSIGNMENTS WHEN THEY ARE DUE, AND SO THAT I PASS THE WRITTEN EXAM WITH AN 85% OR BETTER. (I AM DEFINITELY GOING FOR 100% THOUGH!) I WILL BE SURE TO TALK TO MY SPONSOR NO LESS THAN ONCE EVERY WEEK TO MAKE SURE I AM ON TRACK AND HAVE NO QUESTIONS.



MONTH 11

NAME _____

EFFECTIVE ASSISTING SETTING EXAMPLES / BEING HELPFUL

DATE / /

WHAT IS THE ROLE OF AN ASSISTANT INSTRUCTOR?

_____ THE INSTRUCTOR. YOU MIGHT JUST _____ TO SET A GOOD _____. YOU MIGHT BE ASKED TO _____ CERTAIN MOVES OR DRILLS. YOU MIGHT BE ASKED TO _____ SOMETHING SPECIFIC. YOU MIGHT BE PUT IN CHARGE OF _____ TO HELP THEM FOCUS. MOST IMPORTANTLY, KEEP YOUR _____ & _____ OPEN FOR OPPORTUNITIES THROUGHOUT EACH CLASS. USING ONE'S _____ RATHER THAN ALWAYS _____ FOR A TASK IS HIGHLY RATED BY THE INSTRUCTOR. THIS IS ANOTHER WAY OF BUILDING _____ & _____.

WHAT IS YOUR FAVORITE PART OF TAEKWONDO?

WHAT DO YOU THINK IS THE EASIEST PART OF CLASS TO TEACH?

DATE / /

TO BE AN EFFECTIVE TEACHER, YOU MUST BE ABLE TO _____ TO YOUR STUDENTS. YOU MUST _____ THEIR RANKS, _____, AND MINDSET IN ORDER TO PROPERLY _____.

ONE OF THE BEST EXAMPLES YOU CAN SET IN CLASS IS HOW YOU _____.

THE OTHER STUDENTS WILL MIMICK THAT _____, _____ THAN THEY WILL DO AS YOU TELL THEM TO.

IT IS IMPORTANT THAT YOU _____ UNDERTAKE ANY TASK GIVEN TO YOU, NO MATTER HOW _____ OR _____. YOUR _____ IS HIGHLY VALUED BY YOUR INSTRUCTOR.



MONTH 11

NAME _____

EFFECTIVE ASSISTING SETTING EXAMPLES / BEING HELPFUL

DATE / /

THE MORE _____ THE INSTRUCTOR HAS IN YOU, THE MORE _____ YOU WILL BE GIVEN.

NEVER TIRE OF _____. YOU NEVER KNOW WHAT _____ YOU MIGHT BE ASKED.

SOMETIMES AFTER WORKING WITH CERTAIN STUDENTS, YOU WILL BE ABLE TO GIVE THE BEST _____ IN REGARDS TO THEIR
_____ OR THEIR _____ IN THEIR TRAINING. IT IS IMPORTANT TO ALWAYS BE _____ & _____.

ONE VERY SIMPLE, BUT SOMETIMES _____ TASK THAT WILL GREATLY INCREASE YOUR _____ AS AN
ASSISTANT INSTRUCTOR, IS TO _____. TRY TO DO THIS _____ WHEN
WORKING WITH SOMEONE _____.

TEST YOUR KNOWLEDGE OF WHAT YOU ARE TEACHING...

DEMONSTRATE THE DIFFERENT FOOT POSITIONS FOR THE THREE BASIC KICKS.

WHAT DO THE NUMBERS REPRESENT IN OUR KICKING DRILLS? #1-#7

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____



MOTIVATION OF YOURSELF AND OTHERS

DATE / / _____

THERE ARE 3 TYPES OF MOTIVATION

1. _____ WHEN SOMETHING IS DONE IN ORDER TO ATTAIN SOME SEPERABLE OUTCOME - _____
2. _____ WHEN SOMETHING IS DONE FOR FUN OR FOR THE CHALLENGE - DOING A THING BECAUSE _____
3. _____ CAN BE BOTH EXTRINSIC AND INTRINSIC. MOTIVATION BROUGHT ON BY THE _____

THERE ARE 3 COMPONENTS OF MOTIVATION

1. _____ IS THE DECISION TO INITIATE A CERTAIN BEHAVIOR OR ACTION. 2. _____ IS THE CONTINUED EFFORT TOWARD A GOAL, EVEN WHEN THERE ARE _____.
3. _____ IS THE AMOUNT OF CONCENTRATION AND _____ THAT GOES INTO PERSUING A GOAL.

DATE / / _____

WHAT ARE SOME FACTORS THAT I CAN USE TO MOTIVATE OTHERS?

INSTEAD OF TRYING TO MOTIVATE OTHERS, WHAT REALLY HELPS IS TO FIND OUT WHAT _____ MOTIVATES THEM, AND _____.

EXTERNAL MOTIVATION REALLY ONLY TAKES PEOPLE SO FAR. WITH IT, WE CAN ONLY HOPE TO _____ THEM WITH SOMETHING THAT WILL LEAD INTO A DEEPER _____ FOCUS. REMEMBER... WHAT MOTIVATES SOME, MAY NOT MOTIVATE _____.



MONTH 12

NAME _____

MOTIVATION OF YOURSELF AND OTHERS

DATE / /

WHAT ARE SOME FACTORS THAT MAKE US LOSE OUR MOTIVATION?

WHAT CAN I DO TO RE-MOTIVATE MYSELF?

SOMETIMES _____ CAN BREAK UP YOUR LACK OF MOTIVATION.

THE _____ RULE MEANS THAT NO MATTER HOW _____ YOU ARE, IF YOU JUST DO _____

YOU HAVE A HIGH CHANCE OF SUDDENLY FEELING MOTIVATED ENOUGH TO _____. YOU CANNOT ALWAYS COUNT ON

_____ FIRST, SOMETIMES OUR MOTIVATION COMES _____ WE START WHATEVER IT IS WE NEEDED THE

MOTIVATION FOR.

WHERE IN YOUR LIFE COULD YOU TRY THE 2 MINUTE RULE? _____

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____

 / / My Goal this week is _____ and I will tell _____ to help. _____



FUNDAMENTALS OF A PROPER WALKING STANCE MIDDLE PUNCH

- 1) ONE FOOT STEPS
- 2) FEET FLAT ON THE FLOOR
- 3) FRONT LEG BENT
- 4) BACK LEG STRAIGHT
- 5) BACK FOOT SLIGHTLY TURNED (15*)
- 6) FEET SHOULDER WIDE
- 7) FEET SHOULDER & 1/2 LONG
- 8) WEIGHT DISTRIBUTED 50/50
- 9) STRAIGHT ARM
- 10) TIGHT FIST
- 11) OPPOSITE HAND ON BELT
- 12) SHOULDER LEVEL
- 13) PUNCH ON CENTER LINE
- 14) EQUAL OPPOSITE MOTION
- 15) HANDS TWIST BEFORE IMPACT
- 16) EYES ON TARGET
- 17) SHARP BREATHE
- 18) EYES, HANDS, FEET, & BREATHE COORDINATED
- 19) BACK STRAIGHT (TALL)
- 20) SHOULDERS FULL FACING
- 21) FEET COME SLIGHTLY IN THEN OUT IN MOTION
- 22) HANDS RELAX SLIGHTLY WHILE IN MOTION
- 23) RELAX SHOULDERS
- 24) KNEES BEND SLIGHTLY
- 25) ELBOWS BEND SLIGHTLY
- 26) BALANCE IN CENTERING MOTION
- 27) SINE WAVE
- 28) REACH WITH OPPOSITE HAND
- 29) SLIGHT BACKWARDS MOTION
- 30) ACCELERATION
- 31) TENSE ABDOMEN
- 32) PUNCH WITH REALISM (POWER & INTENT)
- 33) FINISH
- 34) HIT WITH PROPER ATTACKING TOOL