

THEME: CONFIDENCE



Student's Name: _____

Belt Color/Rank: _____

Today's Date: _____

How many times have you practiced your Songahm #1 form and one-steps this session?

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 38 39 40+

What is CONFIDENCE?

- Confidence is the feeling that you can do or accomplish anything.
- The more you practice, the more confident you will become.

What are some examples of CONFIDENCE?

- At home: Looking people in the eye when I'm speaking to them.
- At school: Getting up and speaking clearly in front of my class for book reports.
- At Tae Kwon Do: Doing my strongest moves when I do my form in front on the class.

I am going to show CONFIDENCE this session in these areas:

At home:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

At school:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

At Tae Kwon Do:

Week 1 ✓	Week 2 ✓	Week 3 ✓	Week 4 ✓	Week 5 ✓	Week 6 ✓

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

Student: _____ Parent: _____