

THEME: FOCUS



Student's Name: _____

Belt Color/Rank: _____

Today's Date: _____

How many times have you practiced your In Wha #2 form 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 FOCUS?

- Focus is concentrating on one goal or activity at a time.
- If you are being silly in class, it makes it hard for everyone to focus on their work.

What are some examples of FOCUS?

- At home: Turning off the TV when my parents are trying to talk to me.
- At school: Concentrating on our science project instead of socializing during group time.
- At Tae Kwon Do: Paying attention to my instructor and not watching what's happening on the other side of the room during class.

I am going to show FOCUS 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 focus and have demonstrated it in my actions this session.

Student: _____ Parent: _____