

**THEME: ATTITUDE**



Student's Name: \_\_\_\_\_

Belt Color/Rank: \_\_\_\_\_

Today's Date: \_\_\_\_\_

How many times have you practiced your Songahm #2 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 ATTITUDE?

- Your attitude is how you react to things around you.
- If you have a good black belt attitude, it can make others feel good too.

What are some examples of a good ATTITUDE?

- At home: Being positive about doing my homework and not complaining.
- At school: Doing my best on my science project even though it's hard work.
- At Tae Kwon Do: Always doing my form like a black belt every time I practice.

I am going to show good ATTITUDE 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 having a positive attitude and have demonstrated it in my actions this session.

Student: \_\_\_\_\_ Parent: \_\_\_\_\_