

**THEME: DISCIPLINE**



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

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

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

How many times have you practiced your Choon Jung #1 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 DISCIPLINE?

- Discipline is having the strength to do what you need to do when you need to do it.
- One way you demonstrate discipline is by using good self-control.

What are some examples of DISCIPLINE?

- At home: Keeping my Tae Kwon Do uniform neat and clean and not in a pile in the corner.
- At school: Behaving in class even when the other kids are playing around.
- At Tae Kwon Do: Trying my best during stretching and not talking through it.

I am going to show DISCIPLINE 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 discipline and have demonstrated it in my actions this session.

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