

THEME: PERSEVERANCE



Student's Name: _____

Belt Color/Rank: _____

Today's Date: _____

How many times have you practiced your In Wha #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 PERSEVERANCE?

- Perseverance means never giving up even when things get difficult.
- Earning your next belt is hard – that's part of what makes it worth doing.

What are some examples of PERSEVERANCE?

- At home: Practicing piano lessons even if it's a nice day outside.
- At school: Finishing all my homework before turning on the TV.
- At Tae Kwon Do: Practicing that tricky part in my form until I can do it really well.

I am going to show PERSEVERANCE 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 perseverance and have demonstrated it in my actions this session.

Student: _____ Parent: _____