

**THEME: INTEGRITY**



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

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

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

How many times have you practiced your Choong Jung #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 INTEGRITY?

- Integrity means doing the right thing even when no one is looking.
- Integrity is standing up for what you believe in.

What are some examples of INTEGRITY?

- At home: Really eating my vegetables and not secretly slipping them to the dog.
- At school: Not talking about kids behind their backs even when everyone else does.
- At Tae Kwon Do: Doing all 250 round kicks on the bar even when everyone else finished five minutes ago.

I am going to show INTEGRITY 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 integrity and have demonstrated it in my actions this session.

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