

Name _____ Belt Rank _____

FEBRUARY ATA TIGERS HOMEWORK

PERSEVERANCE

Circle the correct answer:

Perseverance means to to:

- a. give up when things get hard
- b. try for a while, then find something else to do
- c. never give up

What have you done to show your perseverance? _____

FOCUS

True or False:

_____ Focus also means to concentrate on something.

_____ You can focus on your Taekwondo training by being silly during class.

_____ Sitting in a quiet area without TV or video games can help you focus on your homework better.

_____ Watching what is going on outside of your Taekwondo class instead of watching your instructor will help you learn to do better kicks and punches.

_____ Talking while your teacher is teaching will help you do better in school.

COMMITMENT

A Commitment is like a promise. The ATA Tiger Oath contains promises that we should try to keep every day. List three of the five promises we make when out Tiger Oath:

1. _____
2. _____
3. _____

List three things you are Committed to learn in school:

1. _____
2. _____
3. _____

OVERCOMING OBSTACLES

An Obstacle is something that gets in the way of achieving our Goals.

Circle the word or words to complete the sentences correctly:

1. An obstacle makes reaching our goals HARDER or EASIER.
2. To overcome an obstacle we must GIVE UP or PERSEVERE.
3. Focusing in class will HELP or HURT us in overcoming an obstacle.
4. To overcome some obstacles, we should PRACTICE HARD or NOT TRY.
5. Overcoming an obstacle will make us feel BAD or PROUD.
6. To overcome some obstacles, we have to give our BEST or WORST effort.
7. Overcoming obstacles makes us WEAKER or STRONGER.
8. Trying our best ALWAYS or NEVER helps us overcome obstacles.