

Name \_\_\_\_\_ Belt Rank \_\_\_\_\_

## SEPTEMBER KARATE FOR KIDS HOMEWORK

### SELF-IMPROVEMENT

What is the dictionary definition of Self-Improvement? \_\_\_\_\_

\_\_\_\_\_

How would you describe Self-Improvement in your own words? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What is one thing in your taekwondo training that you would like to improve?

\_\_\_\_\_

List one way to improve your body:

\_\_\_\_\_

List one way to improve your mind:

\_\_\_\_\_

What is something that you have improved about yourself in the past year? \_\_\_\_\_

\_\_\_\_\_

### EDUCATION

Write down your age, grade, and the name of your school: \_\_\_\_\_

\_\_\_\_\_

What subject in school do you feel is your best subject? \_\_\_\_\_

\_\_\_\_\_

What subject do you wish you were better at? \_\_\_\_\_

\_\_\_\_\_

List 3 ways that you can improve in that subject:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## EXERCISE

Exercise can make many parts of our body stronger. Name five exercises that you can do every day to become stronger:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List five ways exercising can improve a person:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

What is your favorite exercise? \_\_\_\_\_

Do this exercise 10 times every day for a week.

Parents, sign here when your child does these exercises correctly for a week: \_\_\_\_\_

## NUTRITION

What is the dictionary definition of Nutrition? \_\_\_\_\_

\_\_\_\_\_

List 10 healthy foods:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

How can eating healthy foods improve a person's life? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Name your favorite healthy food: \_\_\_\_\_