

THEME: EXCELLENCE



Student's Name: _____

Belt Color: _____

Today's Date: _____

How many times have you practiced your form this session at home?

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+

What is excellence?

- It's about giving it your all every day. Excellence is all about attitude, the best attitude.
- It's more than just doing well, or being good. It is being outstanding and superior in all we do.
- Anything worth doing is worth doing right!

What does it look like?

- Moving from good to great!
- Getting better at something everyday.
- Doing your best at what you put your mind to

What is it for?

- Perfect practice makes excellence.
- Excellence is all about making dreams happen and living your best life.
- Following your vision without wavering is a key to excellence.

I am going to show EXCELLENCE to earn my next belt in these areas:

At home:

Week 1	Week 2	Week 3

At school:

Week 1	Week 2	Week 3

At Taekwondo:

Week 1	Week 2	Week 3

I understand confidence and have demonstrated it in my actions this session.

Student: _____

Parent: _____ **Date:** _____