Name: _____ Age:_____

Karate Kid Star Worksheet

GOALS IN TAEKWONDO

A goal is something you want to achieve. The only way to reach a goal is to make sure you're working towards it! If you aren't working towards your goal, then it's only a wish. Don't just hope for things to happen, take action! Becoming a better martial artist takes practice. To build muscles, make learning your form easier and improve your technique, you should not only practice in class, but at home too! Earn 1 star for each goal you complete below. Make sure you practice in front of a parent though, they need to initial each time you work towards your goals! Earn a bonus star for setting your own Taekwondo goal and achieving it.

Perform 100 Pushups!

These exercises help you build muscles that make your blocks and punches stronger! Parents record the number of correct pushups your child does each day until they've reached their goal! Add extra boxes if you need them!

#										
Parent Initials										

Perform 100 Situps!

Situps makes your stomach muscles stronger, which helps you stand up straighter, hold strong stances and make all your moves more stable. Parents record the number of correct situps (hands on their chest or behind their head) your child does each day until they've reached their goal! Add extra boxes if you need them!

#										
Parent Initials										

Practice Your Taekwondo Form At Least 10 Days!

Practicing your form at home between classes helps you remember it better and gives you a chance to improve your techniques and stances. If you're having trouble remembering the moves you learned, have a parent print them from the Student Area on our website and read them to you as you perform them! Parents record the date and initial each time your child diligently practices their form until they've reached their goal! Encourage them to improve their form as they practice and not just go through the motions! Add extra boxes if you need them!

Date Practiced										
Parent Initials										

Bonus: Set Your Own Taekwondo Goal!

Choose a goal you can achieve by the end of the month. Explain how you plan to achieve it. Share this goal with your parents and have them initial below each time you work towards it. For example a goal could be to kick higher by stretching for a few minutes each day and doing kicks as high as you can after you stretch. Or maybe to make your leg muscles stronger for better stances and powerful kicks by doing 100 squats. Choose a Taekwondo goal important to you.

My Goal is _____.

I plan to achieve it by _____.

Date Practiced										
Parent Initials										