

# CHAMPIONSHIP MARTIAL ARTS

Developing leaders for the 21<sup>st</sup> Century



*Based on Grand Master Chuck Norris' Code of Ethics*

*(Value #2)*

*I will forget the mistakes of the past and press on to greater achievements.*

February 2026

## FOCUS

**Definition:** Concentration of ones attention, To direct toward a particular point or purpose: *focused all their attention on finding a solution to the problem.*

When you think about the word Focus, think about or Grand Master and founder Chuck Norris. Did you know that Grand Master Norris failed his first black belt Test? Here is a true story on how he focuses on his goals and not his mistakes, overcame obstacles to pass his black belt test and continued on to become our mentor and a true world champion.

After almost a year of daily practice, Mr. Shin told me I was ready for my black belt test. Now every move I made during training was observed by critical eyes. Mr. Shin and the other black belts mercilessly drilled me over and over on the various techniques on which I might be tested, and that I already practiced to exhaustion hundreds of times.

I was nervous and physical wreck by the time I was scheduled to face the board of examiners in Seoul. It was the dead of winter, the roads were icy, and the drive took hours. I arrived stiff with cold at the training hall where the test was to be held. The *dojang* (training Hall) was a big unheated building with wind blowing through open spaces in the walls. It was freezing inside as well as out. I changed into my *gi*, my white uniform, and sat down cross-legged on the bare wooden floor, along with the other people testing. I was the only student from my school among two hundred strangers testing for various ranks. The board of examiners sat stoned-faced at the table.

I watched as the others exhibited their forms and free-sparred with selected black belts. At first I passed the time by comparing myself to the other novices, whom I watched with great interest. Within half an hour however, my mind could focus only on how cold and stiff I was from sitting on the floor waiting to test. After about three hours of sitting my body was numb. Then I heard my name called. I walked over to the examiners, bowed, and heard someone tell me in Korean to do the form *bassai*. *Bassai* was the final form a student must learn to qualify for the black belt exam. Although I had done the routine countless times before, my mind suddenly went blank. I could not for the life of me, remember how to do *bassai*. My concentration had been broken by the cold and my nervousness. After a few embarrassing moments, I confessed to the examiners I could not remember the form. "Go sit down," one of the examiners said. I returned to my spot on the cold floor, where I sat for the next four hours, until the others had finished testing. I had failed the examination.

I was miserable on the drive back to the base. Over and over again I thought about the form I had forgotten. Still frustrated and angry with myself, I knew I had to put the failure out of my mind. If I continued to dwell on it, I would be setting myself up to fail again. I had to prepare to succeed. I trained for an additional three months before Mr. Shin said I was ready to take the exam again. By then I had put the first failure out of my mind and visualized myself doing perfectly any form requested. I saw myself completing the test successfully. This time I was ready when my name was called. I did my forms, one-steps and board breaking; then I free-sparred against a black belt. Everything went as I had visualized in my mind.

A few weeks later Mr. Shin took me aside after class. Smiling broadly, he told me, "You have passed the black belt exam." (Just think...If Grand Master Norris lost his focus and quit because he failed his first Black Belt test, there wouldn't be Chun Kuk Do, Millennium Martial Arts or you and me completing this work sheet ☺)

Must return by this due date

02/28/2025

Remember these sheets are your responsibility not your parents'. Late work sheets will not be accepted.

# CHAMPIONSHIP MARTIAL ARTS

# Values Curriculum

Please answer the following questions about *FOCUS*:

This month my son/daughter has demonstrated both at home and at school those qualities of FOCUS required by Championship Martial Arts.

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

Dated this \_\_\_\_ day of \_\_\_\_\_

Parent Signature \_\_\_\_\_

- Requirements for Championship Martial Arts Values Curriculum Students
- \* Responsible behavior at home.
  - \* Responsible behavior and passing grades at school.
  - \* Overall performance and attendance in Championship Martial Arts classes.
  - \* Completion of the monthly Values activity.

Write down three personal target areas that you need to *focus* on to improve your education at school or work place:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down three personal target areas you need to *focus* on to improve yourself and your family at home:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write down three personal target areas you need to *focus* on to improve yourself at martial arts training:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Your mental mission this month is to *focus* on only one thing that you could do to make your community a better place to live. Write down what it is you would like to change, and how you could change it, Now change it!

What I would change is... \_\_\_\_\_

How did I change it is... \_\_\_\_\_

Staying *focused* on your goals is not easy; many times, in your life things and people will try to lead you away from your dreams and goals. Describe a time in your life where staying *focused* has helped you succeed where others have failed.

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