

WARRIORS VISION HOMEWORK

PURPLE STRIPE

PART ONE:

In your Taekwondo journal, write out each stripe with its skill and what you had to do for your stripe test. You will not need to turn this section in, but you do need to show it to your instructor to earn the stripe.

Example: Black Stripe - Strength: Perform 20 of each active warm up exercise.

PART TWO:

BEGINNER BELTS (White/Yellow/Orange) **COURTESY**

- 1 - Write down what courtesy means in your own words.
- 2 - Why is being courteous to others important? Give 5 examples of ways you can show courtesy at home, at school, and when you are in public.

INTERMEDIATE BELTS (Green/Purple/Blue) **INTEGRITY**

- 1 - Write down what integrity means in your own words.
- 2 - Imagine that you have a new Taekwondo Instructor in Warriors class. The Instructor asks everyone to do 100 push ups and then goes to the back room. What might a student with and without integrity might do?

ADVANCED BELTS (Red/High Red/Brown) **MOTIVATION**

- 1 - Write down what motivation means in your own words.
- 2 - Write down something that you would really like to accomplish. What could get in the way of you accomplishing your goal? What are some things you could do to maintain your motivation?