

WARRIORS VISION HOMEWORK

PURPLE STRIPE

PART ONE: FOR ALL BELTS

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) COURAGE

- 1 - Write down what courage means in your own words.
- 2 - Think of something that you are either scared of or are worried you might not be able to do. Write it down. Will courage help you with this fear(s)? Write down how courage might help you get through this fear.

INTERMEDIATE BELTS (Green/Purple/Blue) SELF-CONTROL

- 1 - Write down what self-control means in your own words.
- 2 - Imagine that you are in sparring class and a new student comes in to class. This student is bigger than you and kicks really hard. You are paired up together, and the other student keeps kicking you in the leg very hard instead of the chest guard making you quite frustrated. Write down 3 things you could do to help the situation, rather than react to it emotionally. Why is this important?

ADVANCED BELTS (Red/High Red/Brown) RESILIENCY

- 1 - Write down what resiliency means in your own words.
- 2 - Imagine that you have been training for months to compete in sparring at a big tournament and are really excited. At the tournament however, things don't go as planned, and you lose both matches. You leave the tournament feeling defeated. How could you use resiliency in this situation? Why is resilience important when you don't succeed?