

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: For ALL Belts

BEGINNER BELTS (White/Yellow/Orange)

PERSEVERANCE

- 1 - Write down what perseverance means in your own words.
- 2 - Think about a time when you may have wanted to quit, but didn't. What did you gain from not quitting? Write down one thing that you can tell your future self when you may want to quit.

INTERMEDIATE BELTS (Green/Purple/Blue)

CONFIDENCE

- 1 - Write down what confidence means in your own words.
- 2 - Write down any 10 things that you are good at (Not perfect, but good). Were you always good at these things or did you make a lot of mistakes before you became good at these things? Now, think of something that you would like to be better at and write down one way you can build your confidence as you are working on becoming better.

ADVANCED BELTS (Red/High Red/Brown)

INDOMITABLE SPIRIT

- 1 - Write down what indomitable spirit means in your own words.
- 2 - Think of someone that has an indomitable spirit. What are some admirable traits that this person has? Choosing one of those traits, write down three ways that you can build that trait within yourself.