

**Choi's Martial Arts
Black Belt Philosophy Exam:**

FOCUS

Choi's Martial Arts, Teaching Success Skills for Life!

Children 5-7 Please choose the word that best describes the main character's actions. Parent assistance and discussion is encouraged.

1. Suzy Sidekick wants to become a black belt someday. When she is in Tae Kwon Do class she looks in the mirror, pulls on her belt and thinks about playing outside.

Focused / Not Focused
2. Frankie Frontkick wants to pass his yellow belt test. When he trains in Tae Kwon Do class he looks at the instructor, stands still in the attention position and concentrates on what he's learning.

Focused / Not Focused
3. At school Robbie Roundhousekick sits up straight at his desk, listens carefully to his teacher, and takes good notes on what she is saying.

Focused / Not Focused

Children 8-12 Parent assistance and discussion is encouraged. Please answer in the space below.

1. What are the three types of focus?
2. How do you practice them?
3. Why are they important?

Teens and Adults Please answer in the space below.

1. Which of the three areas of focus has Tae Kwon Do helped you to improve the most?
 2. Please explain how it has improved your Tae Kwon Do training.
 3. Please explain how it has improved your daily life.
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1.

2.

3.