

May - August

EXCELLENT

Teamwork

Teamwork is the ability for a group to work together as one unit to achieve levels of excellence that cannot be reached individually. An athletic team does not require having the best players to win the championship, but rather have a group of individuals who can communicate and perform effectively together.

Youth 7-10

“How do I become a **team** player?”

EXERCISE

• Become a Team Player:

- Help a sibling at home with something they need.
- Help your parents clean the garage, yard or shed.
- When a teacher or coach needs a volunteer, be the first to offer your help.
- If there is a less than desired job or task to be completed, do it willingly.

• On the parent card in your binder, have a teacher, parent or relative write their comments on how you did:

- Becoming a team player
- Extra effort toward work you put in to help someone else out
- What was your attitude while doing this exercise



1. **Think about the end result.** How will it turn out? Are you laying your personal opinion aside to see the **team** vision accomplished?
2. **If you are on the “team” then start playing or working with 100% effort.**
3. **Communicate!** You have to speak to your **team**, do not assume anything. If difficulties arise, discuss them right away. Be willing to alter the plan to accomplish the **team** goal.

May - August

Building **SELF-CONFIDENCE** is not something that can be done in a 3-week homework assignment. It is something that is built up over time. Think of your **SELF-CONFIDENCE** as a tree that continues to grow with roots getting deeper and deeper with time. Initially the tree is small and fragile, and with time and nourishment, the tree becomes very large and strong.

Seek things that will challenge you then pledge to yourself that you will accomplish your goal. Don't live your life being complacent. If your tree is not growing, then it is rotting. This is the nature of life. Humans are no different and therefore must continue to improve physically and mentally.

Youth 7-10



"Success comes in cans, not cant's."

~Author Unknown

"If we all did the things we are capable of doing, we would literally astound ourselves."

~Thomas Alva Edison

ASSIGNMENT

Youth 7-10

Make a plan to accomplish something you have never done or decide to get better at something you already do.

* Get straight "A's" in school

* Perform in a play

* Participate in class

* Teach someone, not in Martial Arts your Poomse.



What did you choose? Was it difficult to try something new? How did you overcome the obstacles?

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P A R E N T S P A G E

Our direct involvement and level of excitement in our children's activities is of paramount importance to their mastery of that activity.

As the parent of a Taekwondo student we ask that you assist them in the accomplishment of each homework assignment.

TEAMWORK

How did you help or what changes did you witness in the completion of this homework assignment?

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SELF CONFIDENCE

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