



**Choi's Martial Arts**  
**Black Belt Philosophy Exam:**  
**GOAL SETTING**  
**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 be a black belt. She has decided that to do this she will need to train two times per week for three years or even more. She always works hard in class, focusing and doing her best.

**Working towards her goal / Not working towards her goal**

2. Frankie Frontkick comes to Tae Kwon Do class only once a week. He doesn't practice his form and missed the last two green belt tests.

**Working towards his goal / Not working towards his goal**

3. Robbie Roundhousekick wants to be a fireman when he grows up. He asked his father to take him to the library so he could read some books about firemen.

**Working towards his goal / Not working towards his goal**

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

1. Name a specific Tae Kwon Do goal you are working on.
2. What is your plan to achieve that goal?
3. Why is achieving this goal important to you?

**Teens and Adults** Please answer in the space below.

1. Which of your goals in Tae Kwon Do have you already achieved?
  2. Which goal are you currently working on?
  3. What outside goals has Tae Kwon Do helped you to achieve?
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1.

2.

3.