



**Choi's Martial Arts**  
**Black Belt Philosophy Exam:**  
**CONFIDENCE**  
**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 was asked to be on the Tae Kwon Do Demonstration Team. She knew she would have to perform in front of hundreds of people and she was very scared. But she also knew that she had worked hard and that she was ready, so she accepted the invitation to join the team.

**Confident / Not Confident**

2. Frankie Frontkick went to a tournament. When he got there, he saw all the other kids he would have to compete against and got scared. He decided to stay in the stands without trying.

**Confident / Not Confident**

3. Robbie Roundhousekick was asked to be in the school play. He was very nervous and worried that he would forget his lines. But he practiced with his mom and dad and on the big day his performance was great!

**Confident / Not Confident**

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

1. List three accomplishments you are proud of in Tae Kwon Do.

2. How do you gain confidence from Tae Kwon Do training?

3. List three accomplishments you are proud of outside of Tae Kwon Do.

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

1. How do you gain confidence from Tae Kwon Do training?

2. What specific challenge did you face and overcome that gave you confidence?

3. What life challenges have you been able to face with greater confidence as a result of your training?

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1.

2.

3.