

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

ENTHUSIASM

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. When Suzy Sidekick is practicing her kihap, it is very quiet and not exciting. When she does her form she doesn't try to snap and her eyes are half closed like she's sleeping.

Enthusiastic / Not Enthusiastic
2. Frankie Frontkick always tries to challenge himself and his partner. No matter who he works with, he kihaps strong and loud and sets a good example.

Enthusiastic / Not Enthusiastic
3. Robbie Roundhousekick plays on a soccer team. Whenever the ball comes near him, he chases after it as fast as he can.

Enthusiastic / Not Enthusiastic

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

1. How can enthusiasm affect the way we practice repetitive aspects of Tae Kwon Do like warm-up, basic kicks, and forms?
2. How does enthusiasm affect the sound of someone's kihap?
3. Why is it important to apply enthusiasm to everything we do, even if we don't like it at first?

Teens and Adults Please answer in the space below.

1. What level of enthusiasm have you noticed in your instructors and fellow students?
 2. How does the enthusiasm you share with your instructors and fellow students affect your training?
 3. Have you found places to apply this enthusiasm in your daily life? If so, please explain.
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1.

2.

3.