



January 2007

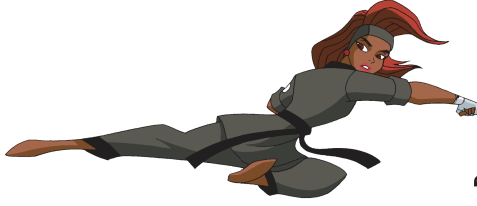
CPC TAEKWONDO
CHILDREN'S PERSONAL CONDUCT
BODY & MIND

STARTING SOMETHING NEW

Try your best to keep learning Martial Arts as a CPC student.



Parents raise their children with love.
Teachers provide children with education.
Martial Arts Instructors provide children with character and personal conduct development.



“STARTING SOMETHING NEW”

When we begin a new activity it is important that we have an excellent attitude.

Whether we are starting a new martial arts program or joining a new sports team, we must put forth our best effort. We should learn with eagerness, work with diligence, and practice with confidence. We should set personal goals to work towards and always strive to do our best. Beginning something new may be difficult, but with the right attitude and hard work we will always be able to accomplish our goals.

Martial Arts is not a seasonal activity and should be practiced throughout the year.

MONTH:

YEAR:

SUN	MON	TUE	WED	THUR	FRI	SAT
/	/	/	/	/	/	/
/	/	/	/	/	/	/
/	/	/	/	/	/	/
/	/	/	/	/	/	/
/	/	/	/	/	/	/

Draw a smiley face ☺ or a star ★ for completed jobs only. Stickers or stamps may also be used.

Starting Something New

- 1) Make a new friend
- 2) Read a new book
- 3) Eat healthy today
- 4) Put your clothes in the laundry
- 5) Clean your room without being asked

Ten Home Rules For Children

- 1) Be polite and thoughtful when speaking to others
- 2) Always respect your parents, teachers, and elders
- 3) Be kind to your brothers and sisters
- 4) Keep your room neat and tidy
- 5) Keep your hair, teeth, and body clean daily
- 6) Never interrupt adult conversations
- 7) Review, study and finish your homework on time
- 8) Ask your parents to arrange family time
- 9) Join school activities
- 10) Read a new book every month

Help your child memorize the ten home rules for children. Use them as reminders when needed.

IMPORTANT HOME RULES PARENTS SET UP FOR THIS LESSON!

(Parents can write down guidelines or tasks for your children to follow along with this lessons.)

WRITE DOWN THE TASKS THAT YOU WANT YOUR CHILD TO DO FOR THIS LESSON.



COMMENTS

WRITE DOWN SHORT COMMENTS ON YOUR CHILD'S PERFORMANCE.

**CHILDREN'S PERSONAL CONDUCT
CHARACTER BUILDING EDUCATION**



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To Parents: Read through the training sheets with your children and discuss them thoroughly. Complete the "Question of the Week" together at the end of the sheet. Help your children stay focused when they work on school projects. Be sure to turn off any television sets or radios that may interfere with concentration.

TRAIN WITH A FRIEND AND MAKE NEW FRIENDS!

Sometimes it's a good idea to begin a new adventure with a friend. Together friends can challenge each other to work harder and accomplish more. Friends can also help each other focus when the material is difficult. Of course, friends always make starting something new more fun and interesting.

Students achieve many things by studying the martial arts which may contribute to excelling at other activities and sports. They are always winners. So as you start learning the martial arts, try and make some new friends who you can learn with, help along the way, and have some fun with too.



Q. What do you do if your friend gets frustrated and wants to quit?

a. _____

b. _____

c. _____

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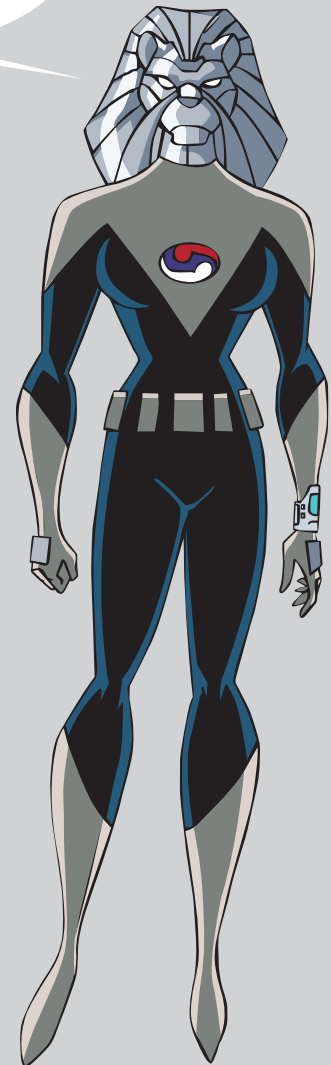
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Great attitude and strong mind will lead to a great start

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Q. What resolution can you make that would help you grow into a better person?

a. _____

b. _____

c. _____

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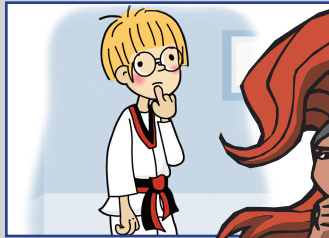
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STARTING SOMETHING NEW - HOW DO YOU BEHAVE?

Starting something new can be difficult. Sometimes we must put aside our fears and doubts, and just go for it! We have to trust who is teaching us, develop confidence, and work hard. It is always difficult to take the first step, but once we begin, we can work it out.

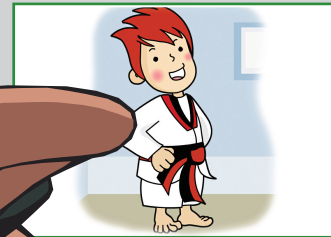
Inappropriate Behavior : One has a fearful attitude as he begins a new project.

Rick is afraid to try new things.



Appropriate Behavior : One has a great attitude as he begins a new project.

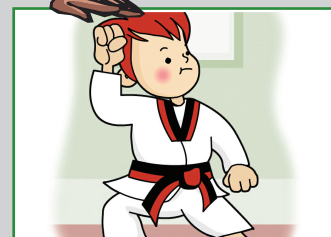
Tim is excited to start something new.



Rick does only what the teacher asks of him.



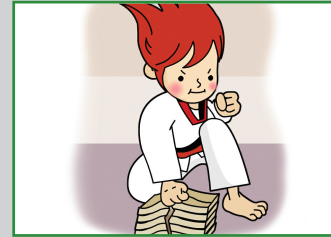
Tim sets goals for himself so he succeeds.



Rick is unwilling to try his best and never learns.



Tim works his hardest and develops confidence.



Q. What helps you succeed when starting something new?

a. _____

b. _____

c. _____

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Skittle and the Flying Test

In a lush green swamp there lived a dragonfly family. The youngest dragonfly was named Skittle, and he was just old enough to start flying. Swamp flying is very hard because there are so many hazards. Fish can jump up out of the water and catch you. You can get tangled up in the ferns or lost in the mist. Frogs can catch you with their long sticky tongues. Because of all these things, each dragonfly had to learn from the Dragonfly Master, and then pass a flying test before he could zip and dart freely about the swamp.

Skittle was excited about his flying lessons. He knew how important it was that he train hard and practice his moves each day. He set goals for himself and worked to meet them. The dragon master praised him for his great attitude, and his hard work. On the day of the big test,

the Dragonfly Master set up an obstacle course for the young dragonflies to speed through. They had to fly their fastest, make tight turns, avoid branches and leaves, and land safely on a cattail reed. Everyone felt ready and confident.

At the far end of the swamp a hungry frog was watching the class. He quickly jumped to the cattail reed and hid down in the mud, his tongue ready to grab the first dragonfly to reach the finish. Luckily, Skittle was the first dragonfly to test. He flew his fastest and zoomed just above the water. He maneuvered around the ferns, over the rocks and between the bushes. He was just about to land when he spotted the hungry frog. He twisted around quickly as the frog lunged at him. All the other dragonflies watched in horror as the frog tried to eat Skittle. Because Skittle had learned so many flying tricks from the Dragonfly Master, he was able to twirl and spin and make the frog dizzy. The frog fell with a loud splash back into the swamp where a hungry fish was waiting to gobble him up! All the dragonflies cheered for Skittle!

When we start something new, it is important to have a great attitude. We must set goals, be confident, and work hard to succeed.

Q. What goals can you set for yourself in your martial arts program?

a. _____

b. _____

c. _____