



May 2007

CPC TAEKWONDO
CHILDREN'S PERSONAL CONDUCT
BODY & MIND

GOOD FOCUS

Try to focus on each and every task for the best result.



“FOCUS”

It is very important to focus on what you wish to accomplish. If you do, you will always succeed. When you begin an assignment, it is important to focus your thoughts and energy on that task. If we allow ourselves to become distracted, we will not put forth our best effort. We must always try our hardest to reach our goals, focusing all our attention on the job we are trying to do. Place all other thoughts aside, and use all your energy to accomplish your goal.

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.



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

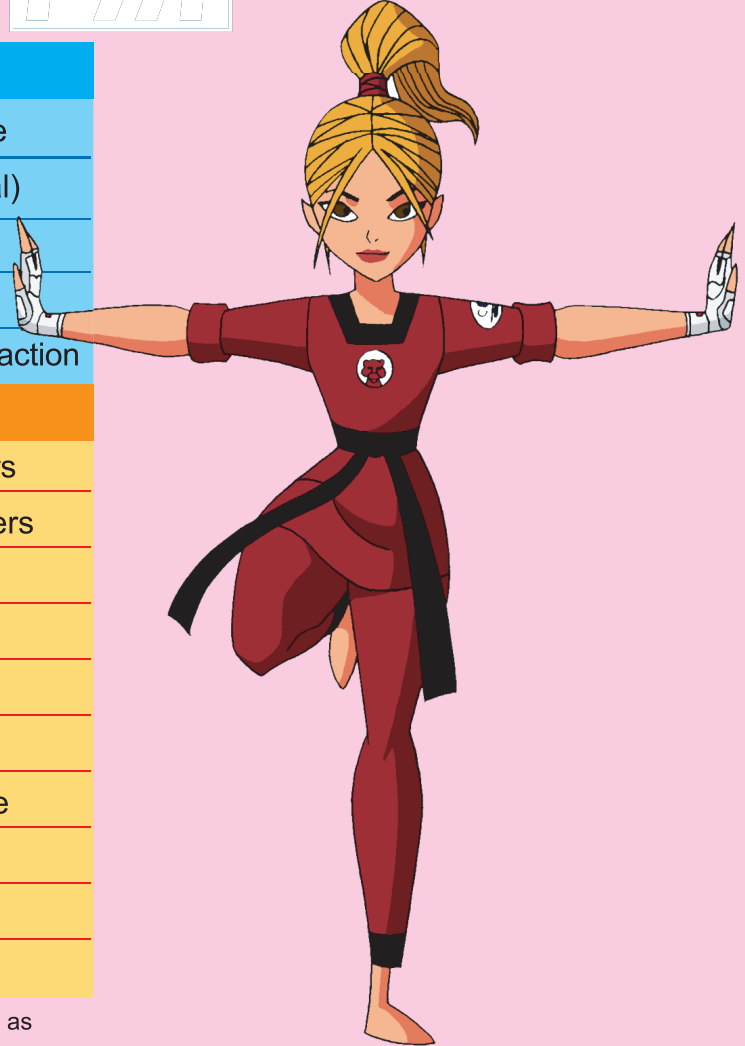
FOCUS

- 1) Help your parents carry groceries into the house
- 2) Try writing a daily journal (or draw a daily journal)
- 3) Try doing two favors everyday for your parents
- 4) Pick up litter
- 5) Concentrate on your homework without any distraction

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.

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CHARACTER BUILDING EDUCATION**



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FOCUS IN FRIENDSHIP

Keeping a friendship strong requires focus and effort. We must always act fairly, and do our best to play with a good attitude. We should strive to be happy. Some days, we may get frustrated at a friend, and other days, we may feel like fighting with a friend. It is important to focus on the good points of the friendship and work out whatever is making you unhappy. Friends help make your life fun and interesting; therefore, focus on keeping your friendships strong.

When you put effort into your friendship then it will last forever.



Q. How can we focus on the good parts of our friendships?

a. _____

b. _____

c. _____

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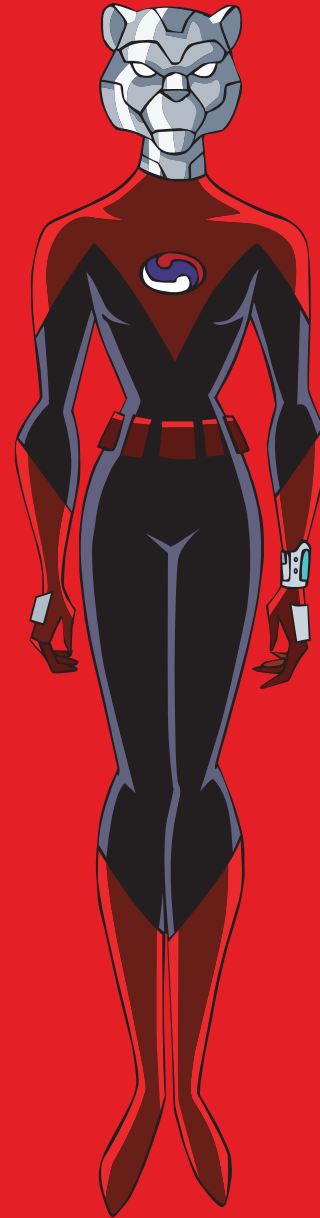


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Q. How can we stay focused on a given task?

a. _____

b. _____

c. _____

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KEEPING OUR FOCUS

"Keeping our focus," means trying our best to work without being distracted. When we "keep our focus," we pay attention to details and we give our best effort. We "tune out" the thoughts of play and fun and we get our job done completely.

Inappropriate Behavior : One does not focus and does a poor job

Appropriate Behavior : One focuses on work, and does a great job.

Bill watches television while he does his homework.



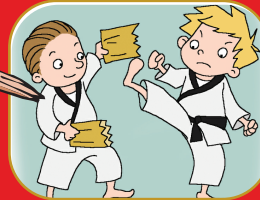
Bill tries to practice his movements while his friends are over playing.



Bill does his work as quickly as he can so he finishes first.



Clark goes to a quiet room and concentrates on his homework.



Clark sets aside time to practice when he can concentrate fully.



Clark works carefully and pays attention to all the details so his work is perfect.

Q. How can we set up a quiet area to work and keep our focus?

a. _____

b. _____

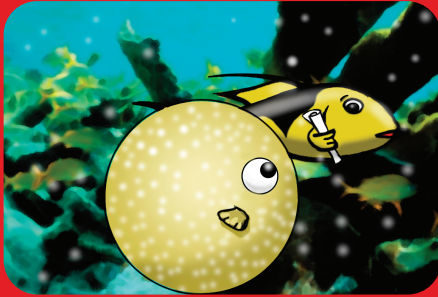
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Dasher Swims On



Deep in the ocean there are millions of colorful fish, wandering crabs, and mysterious creatures of all kinds. Schools of brave fish patrol the salty waters to make sure all the sea animals are alive and well. In one school of fish there swam a very smart little striper named Dasher. He was always doing his best to keep up with his school. He knew to look out for danger and always swam in the right direction. One day, the leader of the school asked Dasher to deliver a message to the King of the Sea. He gave Dasher a sealed envelope and told him, "Swim quickly, and do not stop for ANYTHING!" Dasher felt honored to be chosen for this special mission, and he swam off as fast as he could.

As Dasher swam through the beautiful coral reef, three yellow angelfish called to him and asked him to stop and play. "No, I cannot delay, friends." Dasher replied. "I must deliver this message to the King!" A short while later, a huge puffer fish asked him to stop and have a bite to eat. "No, kind friend, I cannot. I must not be distracted, for there is an important job that I do!" He told the puffer fish. At the edge of the wavy seaweed forest, a group of dark eels asked Dasher to go with them to see a show of sea horses. "That sounds like fun for sure, but I must stay focused on the task before me. The King is waiting for my arrival, and I must complete my mission!"

Dasher swam all through the vast ocean and never once slowed down to visit with any of the other sea animals. When he finally arrived before the King, and handed over the sealed envelope, the King just smiled and winked at Dasher. "Congratulations young Dasher!!" The king exclaimed. "You have proven that you are ready to be the leader of your school. All through the ocean you kept your focus, and would not be distracted or kept from your job.

From this day forward, you shall lead your school of fish, and all the sea creatures will look up to you!"

Q. Was it difficult for Dasher to keep his focus? Why?

a. _____

b. _____

c. _____