

# TINY TIGER HOMEWORK

Name \_\_\_\_\_ Belt \_\_\_\_\_

## SELF-CONTROL

SELF-CONTROL is a way to show that we can act properly in any situation.

Name two ways we can show SELF-CONTROL during our Taekwondo class:

1. \_\_\_\_\_

2. \_\_\_\_\_

Someone wants you to do something you know is wrong. How does SELF-CONTROL help us in this situation?

\_\_\_\_\_

Give an example of what you would say to someone who asks you to do something you know is not right:

\_\_\_\_\_

\_\_\_\_\_

## DISCIPLINE

SHARING helps us with learning or training because it keeps us on the right path. Discipline keeps us going when we want to give up.

TRUE or FALSE

\_\_\_\_\_ Discipline helps us reach our goals.

\_\_\_\_\_ Discipline is not always easy.

\_\_\_\_\_ Discipline stops us from improving our skills.

\_\_\_\_\_ Discipline means we have to work hard.

\_\_\_\_\_ Discipline gives us a feeling of doing something well.

## PATIENCE

*Patience is a virtue, possess it while you can...*

PATIENCE is the ability to wait without complaint for someone or something.

Why is PATIENCE an important quality to have as a student of Taekwondo?

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How do you feel when someone is patient with you? \_\_\_\_\_

Name a way you can show patience with a friend or family member:

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## RESPONSIBILITY

RESPONSIBILITY means that you can take care of some job without being reminded or told what to do.

Name one thing for which you are RESPONSIBLE: \_\_\_\_\_

How do you show RESPONSIBILITY for this thing or job?

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Name a person you feel is very RESPONSIBLE: \_\_\_\_\_