Name: _____ Age:_____

ATA Tigers Star Worksheet

GOALS IN TAEKWONDO

A goal is something you want to achieve. The only way to reach a goal is to make sure you're working towards it! If you aren't working towards your goal, then it's only a wish. Don't just hope for things to happen, take action! **Cheeri** does some of the best moves in the ATA Tigers class because she sets Goals and practices often. Practice at home to get stronger and do great moves like **Cheeri**! Earn 1 star for each goal you complete below. Make sure you practice in front of a parent though, they need to initial each time you work towards your goals! Take your time and practice doing each thing well. Don't count your messy moves, only your good ones!

Do 10 Strong Punches on 10 Different Days!

Do 10 of your very best punches with tight fists. If you do 10 good punches on 10 different days, you'll have done 100 punches when you reach your goal! Parents date and initial each day your child shows you 10 strong punches. Punches should have a tight closed fist and start on your child's side near their waist and end when their arm is fully extended.

Date Practiced										
Parent Initials										

Do 5 High Front Kicks With Each Leg on 10 Different Days!

Do 5 of your highest front kicks with each leg. If you do 5 high kicks on 10 different days, you'll have done 50 kicks with each leg when you reach your goal! That's 100 kicks total! Parents date and initial each day your child shows you 5 high front kicks with each leg. Encourage your child to try to bend their knee at the beginning and end of each front kick!

Date Practiced										
Parent Initials										

Do 50 Pushups!

These exercises help you build muscles that make your blocks and punches stronger! You can practice good pushups by laying on your belly with your hands flat on the ground near your body. Try to straighten out your arms until only your hands and the bottoms of your toes are touching the ground! See if you can do 5 good pushups on 10 different days to get to 50! Parents date and initial each day your child shows you 5 good pushups.

Date Practiced										
Parent Initials										

Do 100 Jumping Jacks!

These exercises use lots of muscles and make your heart stronger! You can practice good jumping jacks by standing with your feet together and hands at your sides. Jump and land with your feet apart and clap your hands over your head. Jump again and land with your feet together and hands and your side again. See if you can do 10 good jumping jacks on 10 different days to get to 100! Parents date and initial each day your child shows you 10 good jumping jacks.

Date Practiced										
Parent Initials										