

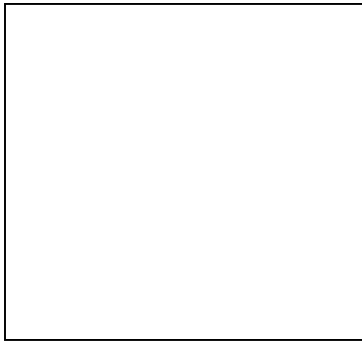
Name _____

Age _____

GOALS in Martial Arts

Blue Star Worksheet
Ages 4-6

A goal is a target you strive to reach. Some goals are short, while other may take a long time to accomplish. Below, draw a picture of each of your goals with a description next to it. Parents may assist in writing. Make sure your goals are things that are important to you. Choose goals for your Taekwondo training.



Short Range Goal – A goal that takes very little time to accomplish.
Example: Memorize my self defense.



Mid Range Goal – A goal that you must work a little longer at.
Example: Make all my kicks as high as my nose.



Long Range Goal – A goal that takes a long time to reach.
Example: Working hard to earn your Black Belt.
