

First Green Tenet Home Sheet

In Taekwon-Do we are trying to become better people. One way we do this is through the tenets. We are trying to be people that:

1. Are polite
2. Are honest
3. Who don't give up when things get hard
4. Who control their tempers
5. Who do the right thing even if it is difficult.

Get someone at home to help you answer the following:

1. What is one way I can be polite at home?

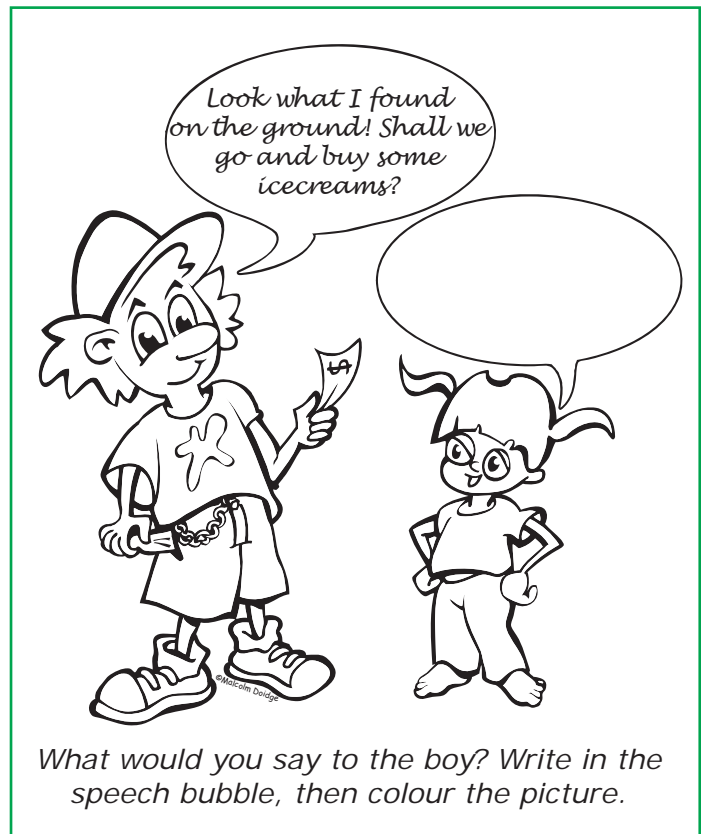
.....
.....

2. What is something I need to be honest about?

.....
.....
.....
.....

3. What is something I find hard to do, but need to get better at?

.....
.....
.....
.....



4. What is something that makes me angry?

.....

What could I do instead of getting angry when this happens?

.....
.....

First Blue Tenet Home Sheet

In Taekwon-Do we are trying to become better people. The Tenets show us how to behave towards other people, and help us to choose right from wrong. We are trying to be people who have:

1. Courtesy (are polite)
2. Integrity (are honest)
3. Perseverance (Don't give up when things get hard)
4. Self control (Control their tempers)
5. Indomitable Spirit (Do the right thing even if it is hard)

Get someone at home to help you answer the following:

1. What is one way I can be polite with my friends?

.....

2. Why should I be honest with my friends?

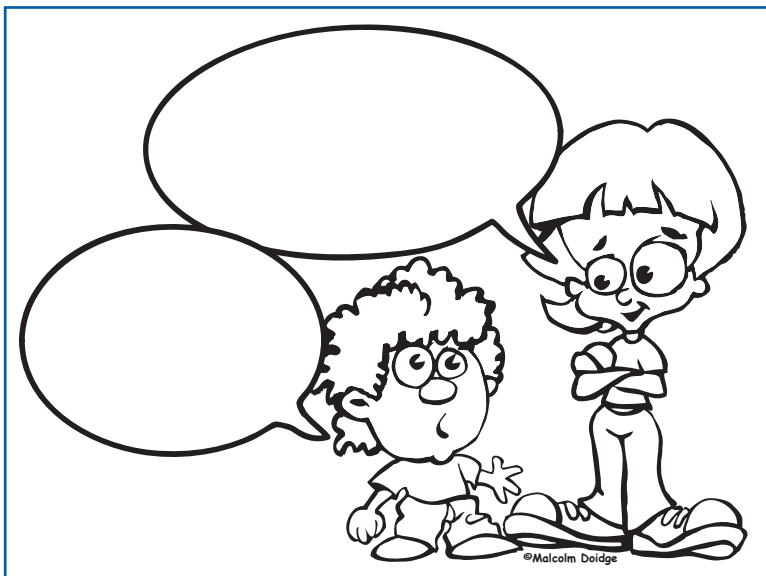
.....

3. Why do I need to keep trying at something that is difficult, when it is so easy to give up?

.....

4. When we get angry we can sometimes say things we don't mean. What could I do when I feel like saying hurtful or angry things to one of my friends?

.....



5. Your friend wants you to do something that you know is very naughty. What could you say to them?

.....
.....
.....

Write in the speech bubbles, then colour the picture.

First Red Tenet Home Sheet

In Taekwon-Do we are trying, through the Tenets, to become better people.
 The first two tenets are Courtesy (being polite) and Integrity (being honest)
 For each question below, decide if your answer is :



Always



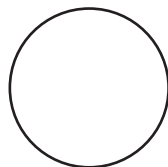
Usually



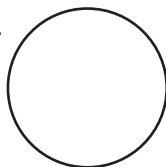
or Sometimes

*Draw a face on each of the circles to match your answer and colour the face in.
 You can use any colour you like, not just yellow!*

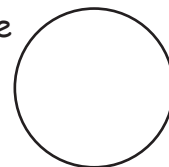
1. I am polite
to my
family



2. I am polite
to my
teacher



3. I am polite
to my
friends



Who is it the easiest to be polite to?

.....

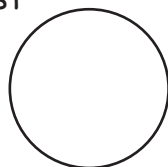
Who is it the hardest to be polite to?

.....

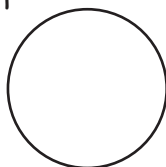
Why?

.....

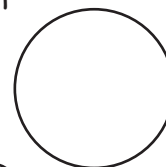
4. I am honest
with my
family



5. I am honest
with my
teacher



6. I am honest
with my
friends



Who is it the easiest to be honest with?

.....

Who is it the hardest to be honest with?

.....

Why?

.....

.....

.....



First Black Tenet Home Sheet

Through learning Taekwon-Do we are trying to become better people. We can work on our courtesy, and help people who need it.

1. Courtesy is the First Tenet

For one week you need a grown-up at home or at school to give you a mark out of 10 every day for how polite you have been:

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
_____	_____	_____	_____	_____	_____	_____
10	10	10	10	10	10	10

You need to get at least 8/10 on five of the days.

2. We can build a more peaceful world by helping people

Think of someone you know who needs some help. Write a little story about them, and what you have done to help them. Next to the story, draw a picture or take a photo and glue it in.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Yellow Stripe Tenet Home Sheet

Here are some activities to help you practise the theory for your grading. Practise saying the Oath and the Tenets too!

1. Write Chagi, Magki or Jirugi under each picture

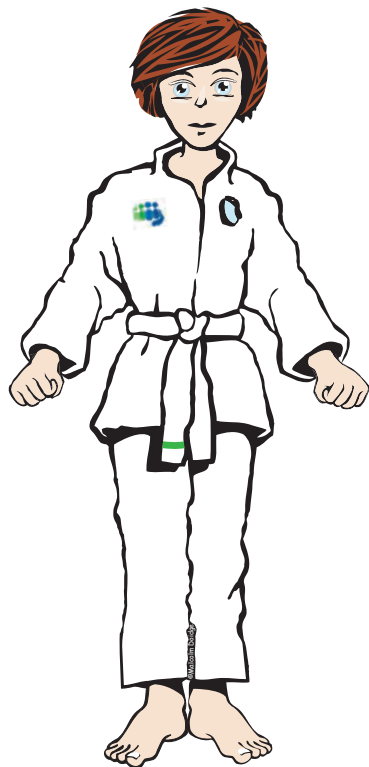


.....

.....

.....

2. Draw arrows to show where the words match to the body:



Nopunde

Kaunde

Najunde

3.



Who is this man?

.....

When was he born?

.....

When did he die?

.....

4. What is a do bok?

5. What is a do jang?

6. What does the white belt mean?

Double Yellow Stripe Tenet Home Sheet

Through learning Taekwon-Do we are trying to become better people. The tenets help us to do this.

Integrity is the Second Tenet

Integrity is being honest, feeling sorry if you have done something wrong, and trying to make it right. It is also about being fair to everyone by taking turns and following the rules .

What are two rules at your house that help you to be fair?

1.
2.

What are two rules at school that help you to be fair?

1.
2.

Playing games with our friends helps us to practise following rules and taking turns. We have the most fun when everyone is honest, follows the rules and takes turns.

What is your favourite game?

Sometimes things that can happen when games are played that don't show good integrity. What could you do instead of the ones below to practise your integrity?

Instead of shouting at each other we could

.....

Instead of pushing in to have an extra turn I could

.....

If I accidentally break a rule I could

.....

Triple Yellow Stripe Tenet Home Sheet

Through learning Taekwon-Do we are trying to become better people. The tenets help us to do this.

Perseverance is the Third Tenet

Perseverance is about deciding on something that you would like to do and never giving up until you do it. You have already shown great perseverance by keeping training to get your Yellow Stripes, because it took a lot of training sessions and some of the things were not easy to do. Perseverance means you have to practise a LOT!

For this home sheet you need to show perseverance by practising your balance to make it better.

1. Stand on your right leg and get someone to time how long you can keep your balance for.

Write the time for the Right Leg

2. Now do the same thing standing on your left leg.

Write the time for the Left Leg

3. Now you have to practise every day for a whole week. The more you practise the better you will get!

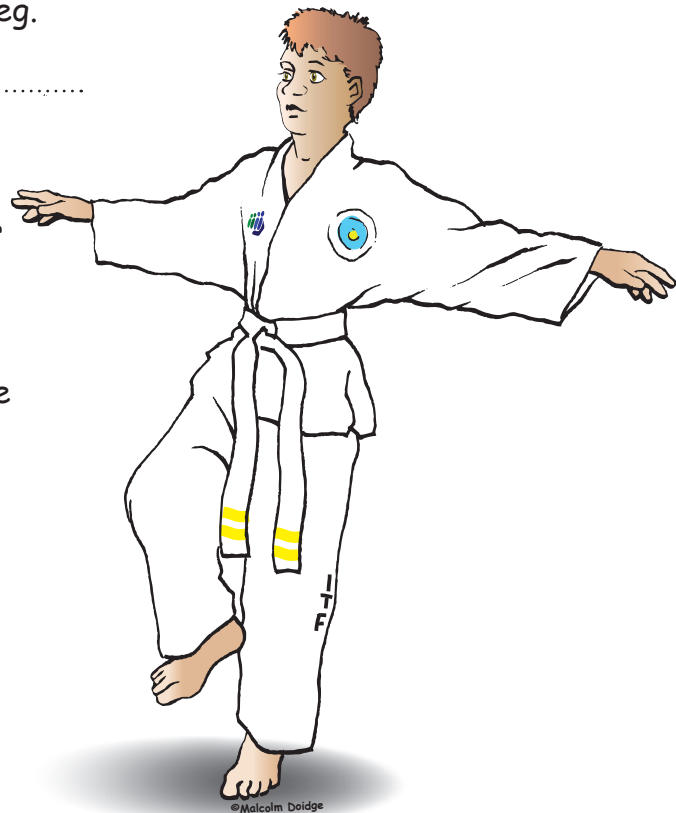
4. After a week, you need to get someone to time you again for each leg. Write the times here:

Right Leg

Left Leg

Did you get better? If you did Well Done!

If you didn't you might need to do more practise!



Yellow Belt Tenet Home Sheet

Here are some activities to help you practise the theory for your grading. Practise all your yellow stripe theory too!

1. Draw arrows to match the stance names with the pictures

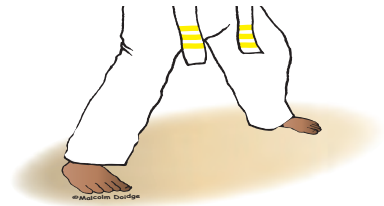
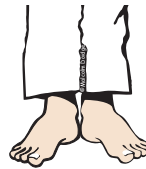
Charyot Sogi

Narani Sogi

Gunnun Sogi

Annun Sogi

Niunja Sogi



2. Fill in the gaps:

Chon-Ji means "The The, or the
..... of the It is the
Pattern learnt by a beginner. It has parts.

3. How many movements does Chon-Ji have?

4. What shape (diagram) does the pattern Chon-Ji make on the floor?

