

Name: _____

Self-Control

There are 9 major life skills that we teach along with our forms, one-steps/sparring and self defense. They are Courtesy, Integrity, Goals, Honor, Self-control, Respect, Attitude, Loyalty and Perseverance. What is self-control? The dictionary defines self-control as having restraint over your impulses, emotions or desires. What does it mean to you?

Give an example of controlling your thoughts _____

Give an example of controlling your words _____

Give an example of controlling your actions _____

Why is it important to have self-control in TaeKwonDo? At school? At home?
List these on the back of this sheet.

This cycle keep in mind the things you can do to show self-control and be sure to turn this sheet in before testing.

Parent signature: _____