

Yellow Belt – Focusing During Activities

Name: _____ Date: _____

Focusing during activities is extremely important. Accomplishing tasks with focus will improve the quality of your work, reduce the time required, and help you learn more

There are many ways to focus during activities at the dojo.

1. Keeping “Zanshin” fire eye focus while the instructor is speaking.
2. Always paying attention to your partner while doing technique.
3. Doing techniques slowly, concentrating on doing the best you can.
4. Focus on lining up quickly, quietly, and with the proper spacing.

Can you come up with 3 more ways to show focus during activities at the dojo?

1. _____
2. _____
3. _____

There are many ways to show yellow belt focus at home.

1. Listening and following rules while playing games at home.
2. Cleaning the table, or play area when done.
3. Making sure schoolwork is ready for the next day.
4. Doing homework.
5. Cleaning your room/house.

Can you come up with 3 more ways to show yellow belt focus at home?

1. _____
2. _____
3. _____

Can you come up with three other places you can use yellow belt focus?

1. _____
2. _____
3. _____

Why is focus during activities important to you? _____

Parent Name: _____

Parent Comments: _____

