



PRACTICE AT HOME POINT CHALLENGE

True Champions find a way to succeed, while others make excuses! Our goal for each of you in this challenge is for you to learn the importance of setting personal goals and finding a way to achieve them, even if no one is watching. You are expected to demonstrate the tenets of Tae Kwon Do, as you all should be doing. Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit!

WEEK 1

- Attend a virtual TKD class (10 Points)
- Post a video of yourself practicing your form (5 Points)
- Post a video of yourself practicing your favorite move (5 Points)
- Post a video of yourself counting in Korean (5 Points)
- Instructor Challenge - To be announced in one of the virtual classes during the week (10 Points)

TOTAL _____

WEEK 2

- Attend a virtual TKD class (10 Points)
- Post a video of yourself practicing your weapon (5 Points)
- Post a video of yourself doing as many pushups as you can in a minute (good ones) (5 Points)
- Post a video of yourself counting to 20 in Korean (5 Points)
- Instructor Challenge - To be announced in one of the virtual classes during the week (10 Points)

TOTAL _____

WEEK 3

- Attend a virtual TKD class (10 Points)
- Post a video of yourself teaching a family member to block (5 Points)
- Post a video of yourself practicing good moving front stances (5 Points)
- Post a video of yourself counting to 25 in Korean (5 Points)
- Instructor Challenge - To be announced in one of the virtual classes during the week (10 Points)

TOTAL _____

WEEK 4

- Attend a virtual TKD class (10 Points)
- Post a video of yourself making a creative form (5 Points)
- Post a video of yourself saying the student creed (5 Points)
- Post a video of yourself of your favorite tenet and why (5 Points)
- Instructor Challenge - To be announced in one of the virtual classes during the week (10 Points)

TOTAL _____