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Student Name



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## Stripe 4: Homework Sheet

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# BELIEF

**"Yes I Can!"**

Belief is having the "YES I CAN" attitude always and no matter what. It is the ability to see the invisible and look beyond the obvious. Belief is the total commitment to a goal so that no possibility of any end, other than the desired one, exists.

We learn most of our beliefs in our community , environment, or the country we grow up in. We learn them mostly from our parents, teachers, and mentors.

Often the beliefs we are most influenced by in our lives are negative, and tend to limit us. Positive beliefs, however, are the best way to achieve total happiness and success in life. We must get rid of negative, limiting beliefs. which bring us negative or limited results. We must always choose positive, empowering beliefs , which bring us closer to our goals.

*"Believe you can, and you're halfway there."  
- Theodore Roosevelt*

### Working through the stages of Belief

In our leadership program, students learn about the seven pillars of belief: trust, consistency, dream, vision, determination, courage, and humility. To earn your red stripe, please fill out the questions below, and return your sheet to the front desk.

**Trust- Who is someone in your life worthy of trust?**

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**Consistency- Name something you do every time you come to taekwondo class that helps you improve .**

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**Dream- Whats is your biggest Taekwondo dream?**

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# Life Habits - Consistency

As Robert Collier said, "Success is the sum of small efforts - repeated day in and day out." In order to become a great martial artists, we must practice our moves outside of class. The final step to receive your belief stripe is to practice your taekwondo form at home 7 days in a row.

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## Intent to Promote

Dear Parents and Teachers,

Our main objective at "Thrive Martial Arts" is to develop well-rounded students, not only at our school, but also in life. That's why our school teaches the principles of Black Belt Excellence. Not only do students become black belts in martial arts, but also strive to become academic black belts and eventually corporate black belts or black belt employees. We use the term "black belt" as a metaphor for personal excellence.

In order to monitor our students' progress toward these goals, we respectfully request you complete the following:

<b>School Teacher</b>	The student is doing satisfactory work, and is a positive part of my classroom.	
	_____	<b>Agree</b>
	Teacher's signature	(Circle one)
	_____	<b>Disagree</b>
	Date	

	My son or daughter has been behaving in a respectful manner and is cooperative at home.	<b>Parents</b>
<b>Agree</b>	_____	
(Circle one)	Parent's signature	
<b>Disagree</b>	_____	
	Date	

If one of our students does not meet these standards, we will hold their testing until there has been satisfactory improvement. If you have any other direct feedback beyond the scope of this form, please feel free to call us at the number below. We encourage you to look over this sheet to see all the hard work this student is doing and to encourage them in the Life Skills and Life Habits we are talking about with them in class. Thank you for your help!

Sincerely,

Master Kenny Overby  
[K.Overby@thriveata.com](mailto:K.Overby@thriveata.com)  
970-674-0321