



EXPLODE



Name: _____

To explode with power, black belts need energy, strength and focus.

Name three things (activities, foods, people) that give you energy:

1. _____
2. _____
3. _____

Describe how your black belt training (so far, even after a few classes) has helped you build strength: _____

Describe how your black belt training (*again so far--even after a few classes!*) has helped you build focus (*for example, how do you focus in karate class? How can that help at home or school?*): _____

Think about a challenge you have: What does it look like when you explode through it!