





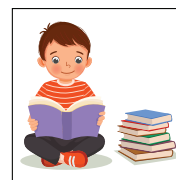
# F O C U S

At Karate, we teach you to focus your , , , and !

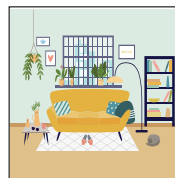
Lets learn how to focus well!

# F

**Figure out what distracts you.**  
Put an X on the distracted kid.

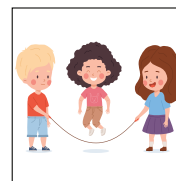
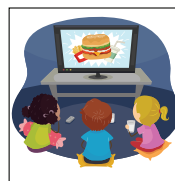


**Organize your stuff.**  
Put an X on the messy room.



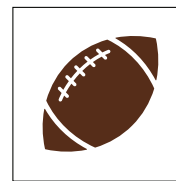
# C

**Care for body.**  
Put an X on the unhealthy activity.



# U

**Use the right tools.**  
Put an X on the item  
that is not used in karate.



# S

**Split large tasks into smaller ones.**  
Put an X on the kid doing too much.



## FAMILY DISCUSSION

You can build your focus skills by strengthening your senses. Go for a silent family walk. Spend the first half listening for things. Point to the sounds. Switch 1/2 way through and point to new things you see. When you get home, discuss your experiences. How did focusing on one sense at a time enhance your walk?

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