

Martial Arts

Reflection

Did you learn martial arts this year and want to collect hours? Answer the questions below to earn ten hours in your *Passport to Learning*.

- 1 Imagine you could create your own martial arts style. What would it be called and what would it focus on?

- 2 Write about a time you helped a fellow student learn a new technique. Describe how it felt to guide someone else.

- 3 Describe a time when you felt like you mastered a new technique. What did you achieve, and why was it special to you?

- 4 Describe a moment during your martial arts practice when you faced a challenge. How did you overcome it, and what did you learn from that experience?

- 5 How challenging did you find martial arts this year?
(Colour in the letter)

A Very
challenging

B Just right

C Too easy

Martial Arts

Reflection

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Explain your answer in at least one sentence. Use the word 'because' in your sentence.

7

Complete the T-Chart to show what you've learned and what you'd still like to learn about martial arts. Use dot points.

The skills and knowledge I've learned are...

I'd still like to understand and know about...

Complete this form and return it to your CU Coordinator to earn up to ten hours in your *Passport to Learning*. **Limit of ten hours per activity per year.**