



A Bushido Center

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Goal Sheet

In the Dojo we learn to deal with being attacked. Sometimes the attacks are obvious and sometimes unexpected things happen. This is also true outside the dojo. Life will attack you and throw unexpected obstacles your way. We have to defend ourselves by dealing with and overcoming life's obstacles.

Also, in martial arts it is just as important to learn to attack such as punching and kicking. When you attack you should do it with heart and skill. The same rules in the dojo also apply outside the dojo. People should set goals and attack their goals with all their skill and heart. The lessons in the dojo should be applied to all aspects of life.

1. Specific - know exactly what you want and how to achieve it.
2. Motivating - keep a positive attitude and believe in yourself
3. Achievable - set high goals and develop steps to make it easier to reach them
4. Relevant - Remember why your goal is important to you
5. Track able - Make sure that you can measure how you are progressing

“Setting a goal in the main thing. It is deciding how you will go about achieving it and staying with the plan” - Tom Landry

Goal Setting is very Important in Life and in the Martial Arts!

My short term goal in martial arts: _____
The three things that I am going to do to achieve this goal are:

1. _____
2. _____
3. _____

My Long term goal in martial arts: _____
The three things that I am going to do to achieve this goal are:

1. _____
2. _____
3. _____

My Current life goal is: _____
The three things that I am going to do to achieve this goal are:

1. _____
2. _____
3. _____

To achieve my martial art goals, I _____ understand that it is my responsibility to continually increase my knowledge and broaden my horizons. Through continual effort and perfect practice. I will become skillful and powerful in the martial arts. I accept responsibility to willingly attend my required classes and participate with a positive and enthusiastic manner.

Student Signature
This I Promise to Myself
Sensei and my Family

Parent/ Guardian/Spouse
I promise to support the student
to the best of my ability

Instructor Signature
I promise to teach, guide and inspire
the student to the best of my ability.