



SWANSON'S MARTIAL ARTS

RED BELT TENENT REQUIREMENT

NAME: _____

SELF CONTROL

Do something you are afraid of.

Think of something you have always wanted to do, but fear was stopping you or holding you back.
NOT something dangerous, but something you were afraid to just because it was new or different.

Description of what you decided to do:

Why did you choose this?

What did you do?

What did you learn?