

Training Goals for Dragon Gym Students

Based on personal motivations above and beyond the Martial Arts

<i>Category</i>	<i>Description</i>	<i>90 Day Goals</i>	<i>12 Month Goals</i>
Physical Conditioning	Achieving and maintaining an optimum state of personal health and fitness, including weight, strength and energy level.		
Technical Development	The skill with which a particular technique or subset of techniques is performed. (Speed, Power, Reaction time, Quality of Movement, etc)		
Social Interaction	Meeting and interacting with new people outside of existing spheres of social engagement.		
Self Control	Managing anger, related physical responses, and generally negative behavior regardless of cause or provocation.		
Stress Relief	Relieving personal tension and aggravation through healthy and constructive mental and physical activity.		
Self Confidence	Believing in self, based on the acquisition and application of new knowledge and physical skills.		

Name: _____

Program/Rank: _____

The goals worksheets will be kept 100% confidential