



MY TAEKWONDO

PROGRESS & MEMORY BOOK

TRAIN ★ LEARN ★ GROW ★ REMEMBER



STARTER EDITION
AGES 4-8

12 ACTIVITY PAGES
COLOUR YOUR BELTS
DESIGN YOUR OWN NINJA
CAPTURE YOUR MEMORIES

YOUR JOURNEY

YOUR STORY

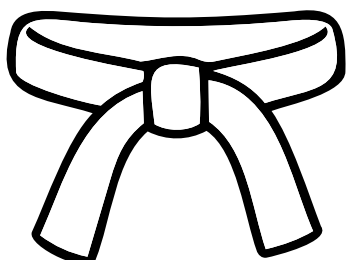
YOUR SUCCESS



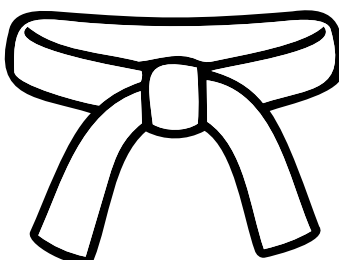


MY BELT JOURNEY

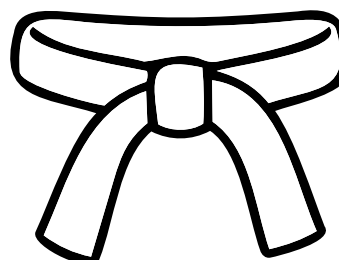
Colour in each belt as you earn it!



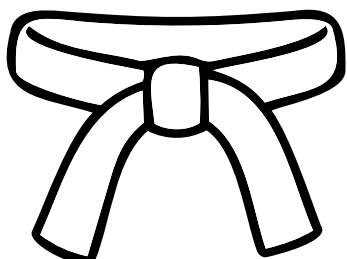
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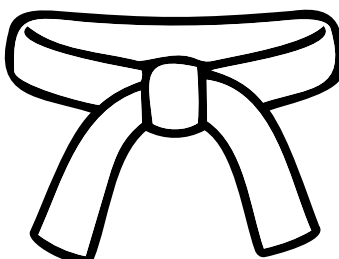
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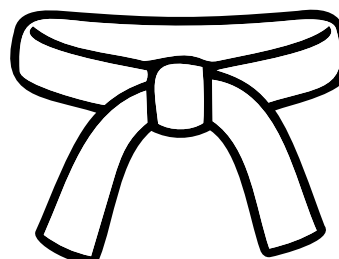
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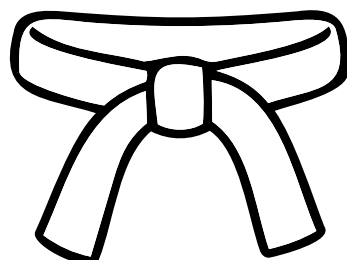
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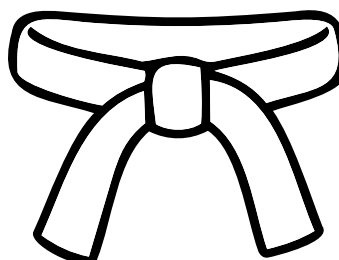
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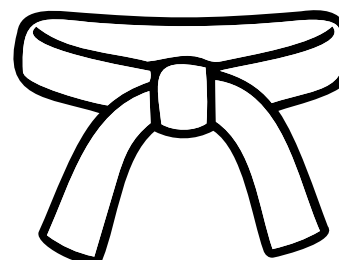
Earned:



Earned:



Earned:



Earned:

THE LITTLE NINJA CODE

EVERY LITTLE NINJA PROMISES TO TRY THEIR BEST EVERY DAY!

1 LISTENING



I listen carefully when my instructor or someone else is speaking.

2 RESPECTFUL



I listen to my instructor and show good manners.

3 KEEP TRYING



I never give up, even when something is difficult.

4 BE BRAVE



I have the courage to try new things.

5 BE DISCIPLINED



I stay focused and always try my best.

6 BE KIND



I help others and cheer on my friends.



MY LITTLE NINJA PROMISE



I promise to be **respectful**, **kind** and **brave**.
I will **work hard**, **never give up** and **always** do my best.



My Signature: _____



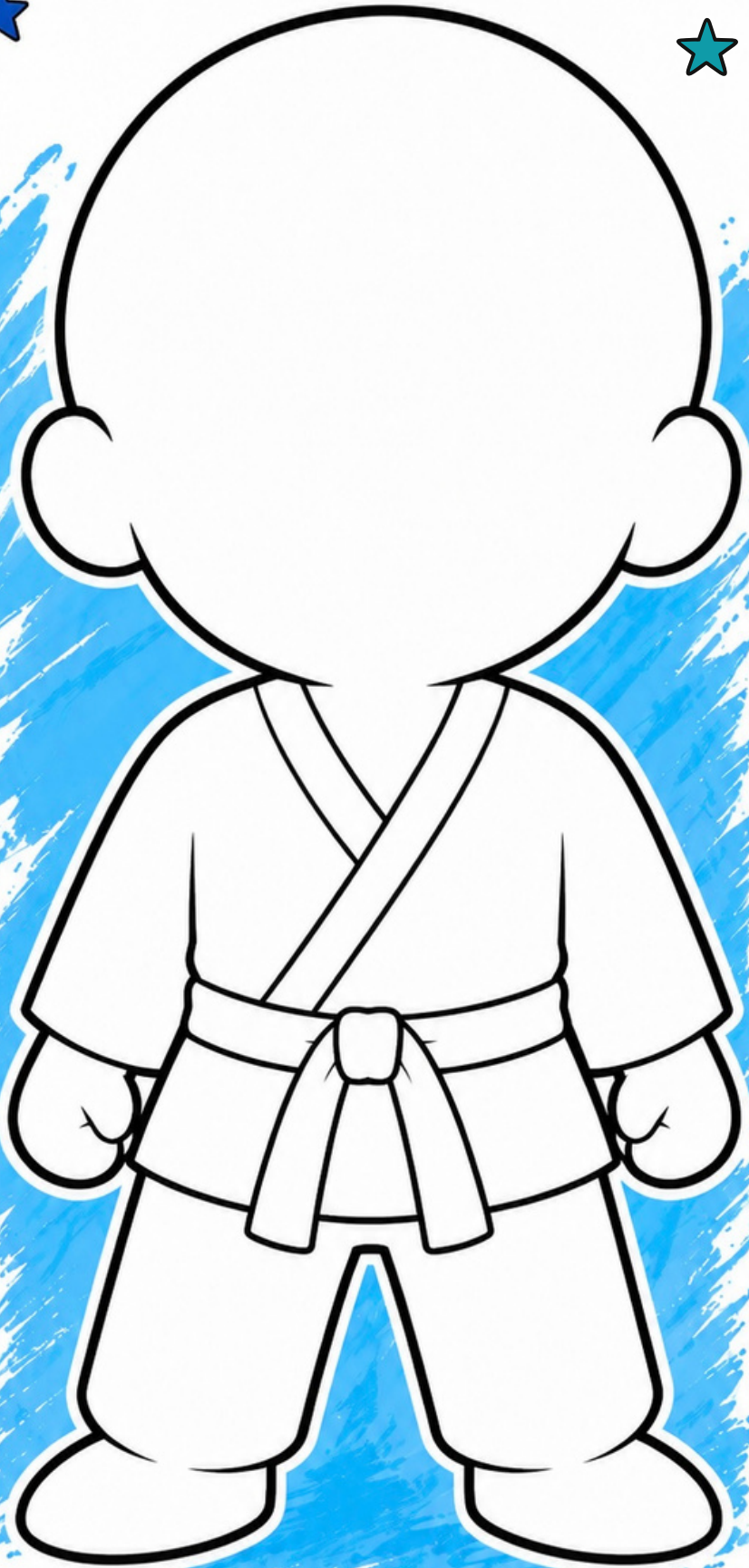
Date: _____





DESIGN NINJA

YOUR
OWN



Your Ninja... Your Way

Name:

Age:

Super Power:

Favourite Colour:

**Together We'll Earn Our
BLACK BELTS!**





LITTLE NINJA MISSIONS

COMPLETE THESE FUN NINJA CHALLENGES



1

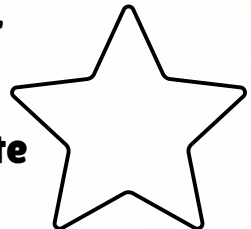


DO 20
FRONT KICKS

Show off your kicking power!



Colour when complete



2

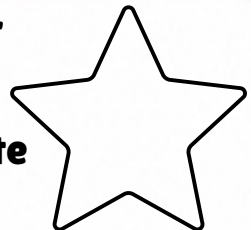


DO 5
PRESS-UPS

Strong body, strong ninja!



Colour when complete



3

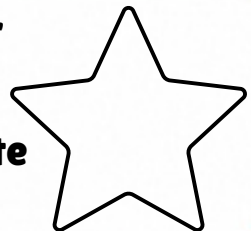


TIE YOUR OWN BELT

Independence is a ninja skill!



Colour when complete



4

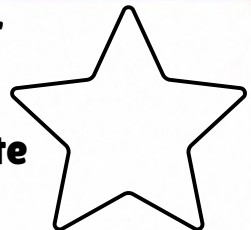


CREATE A NINJA PATTERN

Be creative and design a pattern of your own!



Colour when complete



5

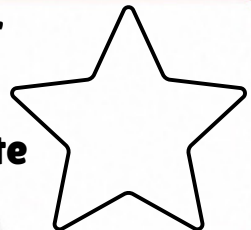


STAND LIKE A FLAMINGO

Can you keep you balance for 30 seconds?



Colour when complete



YOU DID IT!

Every mission completed!
What an awesome Little Ninja!

CONGRATULATIONS LITTLE NINJA!

Colour Your Trophy To Celebrate!



THANK YOU, LITTLE NINJA!

Thank you for letting Little Ninja Co. be
part of your Taekwondo journey.

We hope you've had fun colouring, learning,
creating and capturing some amazing memories.



**KEEP
LISTENING.**



**KEEP
TRYING.**



**KEEP
BELIEVING IN
YOURSELF.**

Your journey is only just beginning...
and we can't wait to see where it takes you!

EVERY KICK. EVERY BELT. EVERY MEMORY.



With love,
Stewart, Kai &
the Little Ninja Co. team