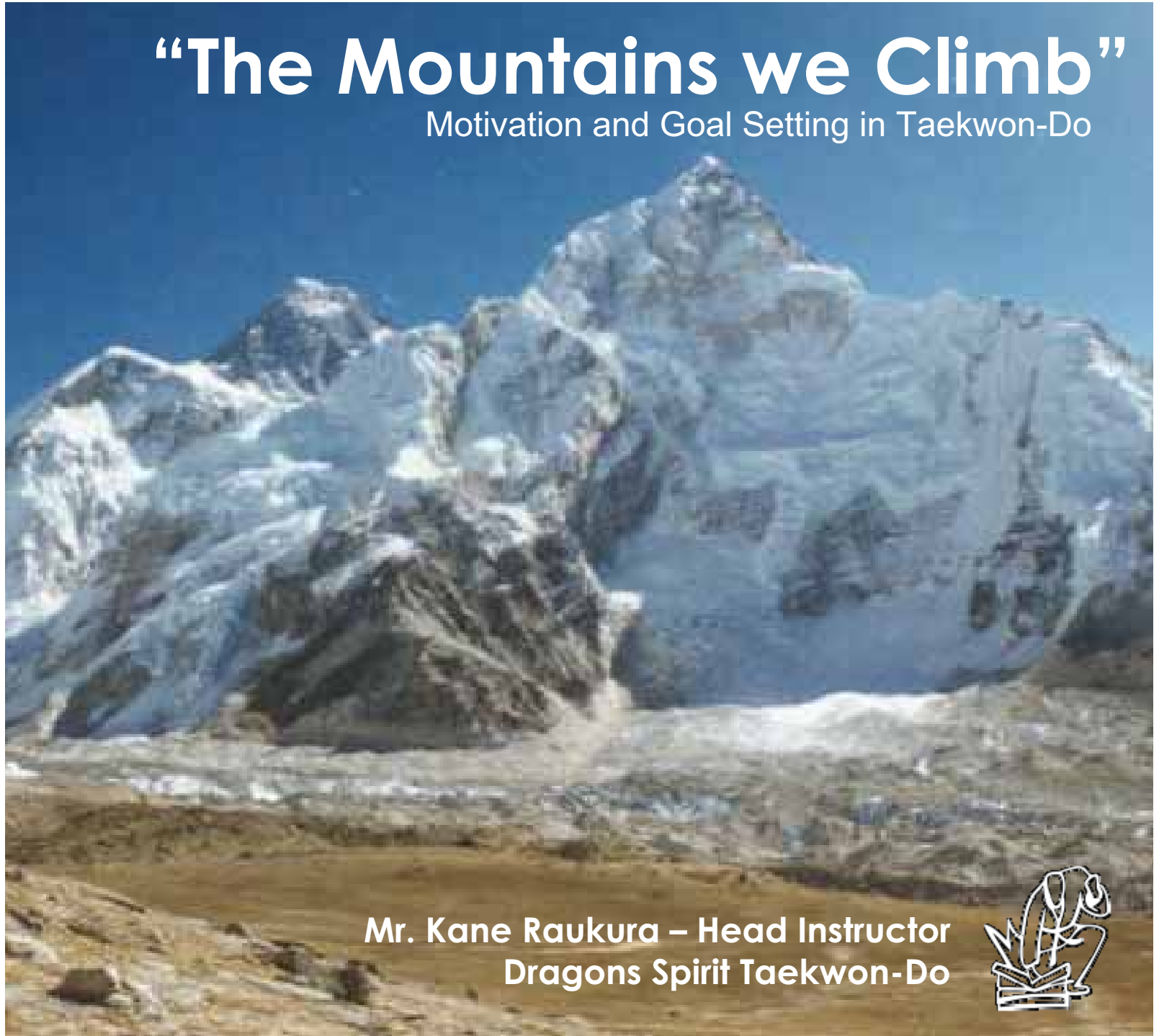


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“The Mountains we Climb”

Motivation and Goal Setting in Taekwon-Do



Mr. Kane Raukura – Head Instructor
Dragons Spirit Taekwon-Do



Introduction



I have been practising Taekwon-Do for approximately 17 years and have been graced with the chance to train with many exceptional people.

These people have been exceptional in many different ways – such as, technical experts, amazing jumpers, fantastic sparrers and great motivators.

Taekwon-Do has transformed me as person, it has given me confidence and a strong belief in my own abilities. It has created an individual who is goal orientated, out-spoken and enthusiastic.

I sincerely believe that it has assisted me in all aspects of life, including my current job as the Head of Senior Chemistry and Director of International Students at De La Salle College, Auckland, New Zealand.



We train with others in the Dojang but Taekwon-Do is very much a challenge to the individual. Your own thoughts, beliefs and visions must drive you to succeed.

The sole purpose of this Powerpoint Presentation is to present to you, ways of developing your own internal motivation. To train your mind to believe in itself and to portray methods of goal setting that you can apply directly to Taekwon-Do.

May you gain some insights from this work, no matter how small.

This presentation is dedicated in its entirety to our late Founder General Choi Hong Hi.

Yours in Taekwon-Do, Mr.Kane Raukura.





“The Mountains we Climb”

Motivation and Goal Setting in Taekwon-Do

Setting the scene..... “What about you?”

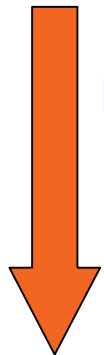


Above
the
Line

- Take **Ownership**
- **accountable**
- **responsible**

“**Own ship & Oar**”

YOUR LIFE LINE



Below
the
Line

- **Blame**
- **Excuse**
- **Deny**

“**B. E. D.**”





Above
the
Line

“The Learning Team”

- Take ownership of their actions and decisions
- Show accountability in all that they do
- Take the responsibility of gaining the knowledge they need

YOUR LIFE LINE



Below
the
Line

“The Victim Team”

- Blame others for all their misfortunes or failures
- Make excuses to cover their poor efforts
- Deny they knew, heard or didn't try



**“THE ONLY FAILURE
IS THE FAILURE
TO PARTICIPATE”**



“F.E.A.R. -False Expectations Appearing Real”





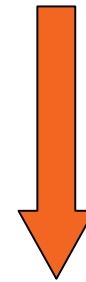
The Success Cycle



BELIEFS



ACTION



RESULT



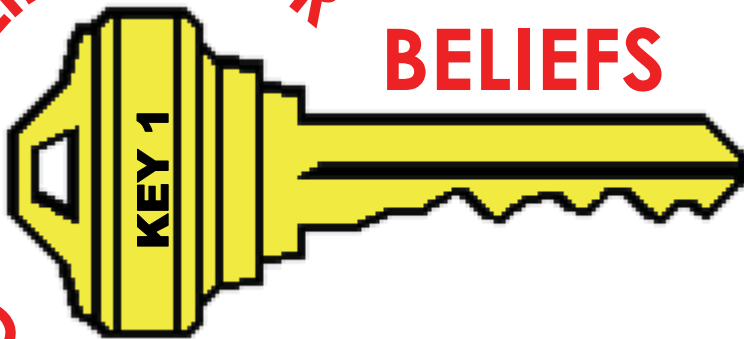
THOUGHT



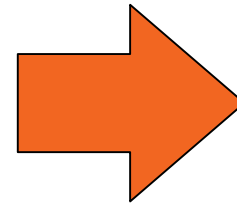


The Golden Keys to Mastering the Success Cycle

CONTROLLING YOUR

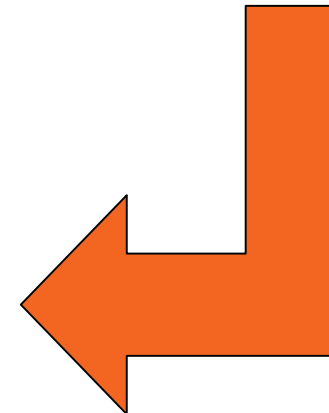


BELIEFS



R.A.S.

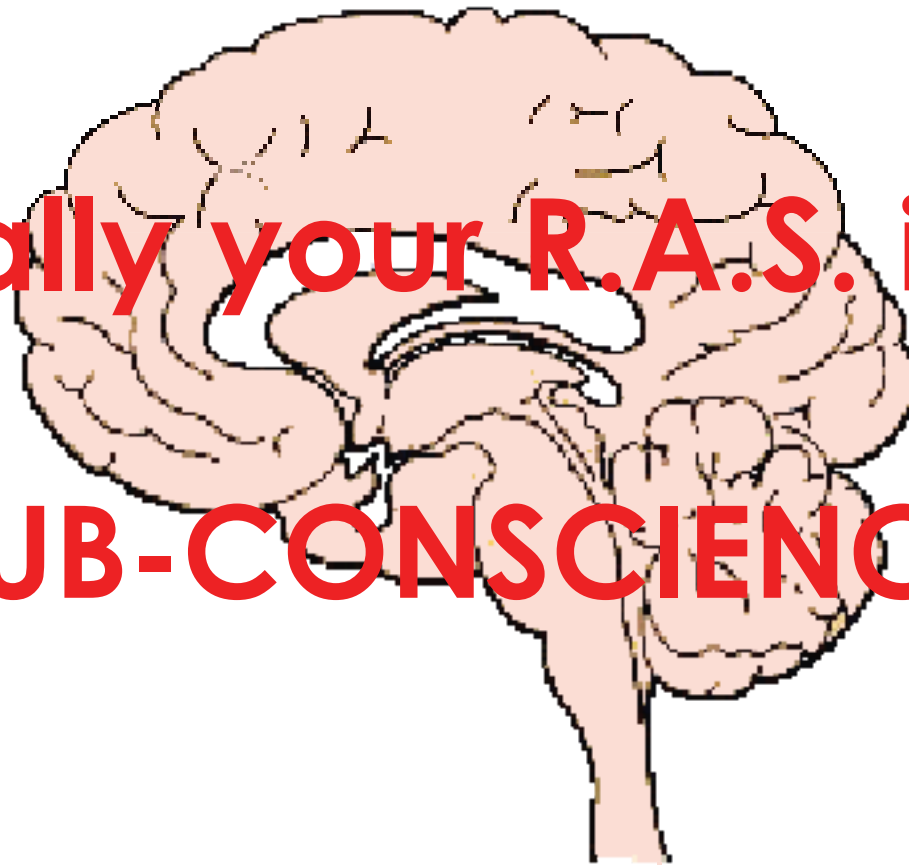
**RETICULAR
ACTIVATING
SYSTEM**





What is your R.A.S. ?

Basically your R.A.S. is your
SUB-CONSCIENCE





Your R.A.S. is responsible for...

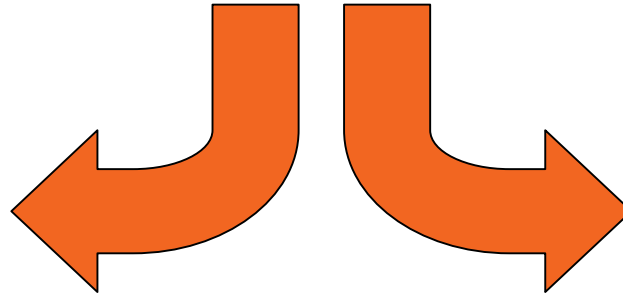
- Picking up your name across a crowded room.
- Deleting things you don't need e.g. smells and sounds.
- Proving your beliefs.





Your R.A.S.

Can be told
to believe
anything!



Will prove
anything
you believe!

Examples



• I am bad at flying kicks ,
you do a bad job at a
grading. Yup..... Proved
it!!





DEMONSTRATION



DEMONSTRATION



DEMONSTRATION



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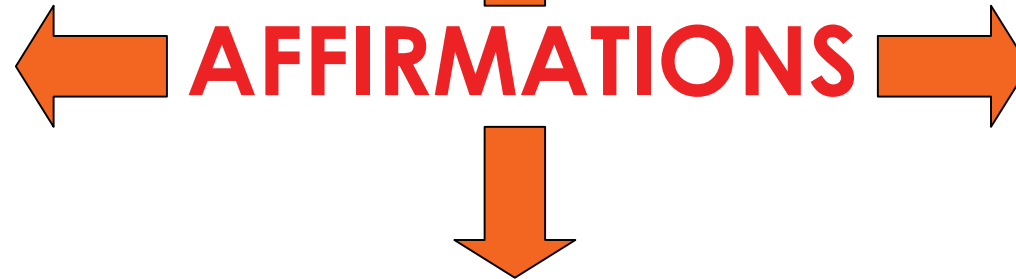




Tackling your R.A.S.

Controlling
Brain
your
reprogramming
beliefs

Repeat
20 x daily



Repeat
for 20
days

4 things to include :
“I” , “postive” , “present tense” ,
“action”





Positive Affirmation Examples

“My life is perfect & all my needs are met”

“I’m awake, I’m alive, I’m outstanding”

“I shine at flying side kicks”



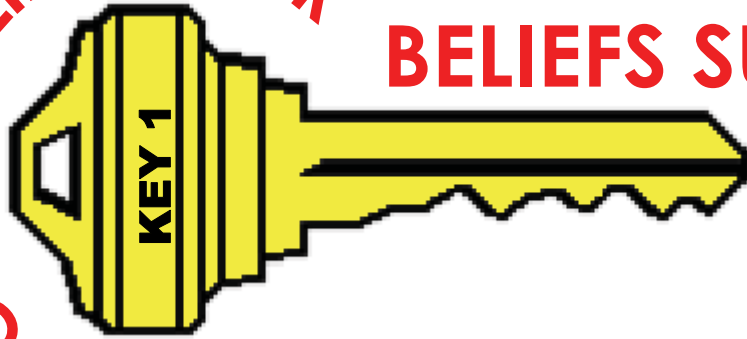


IT'S YOUR
TURN!





CONTROLLING YOUR

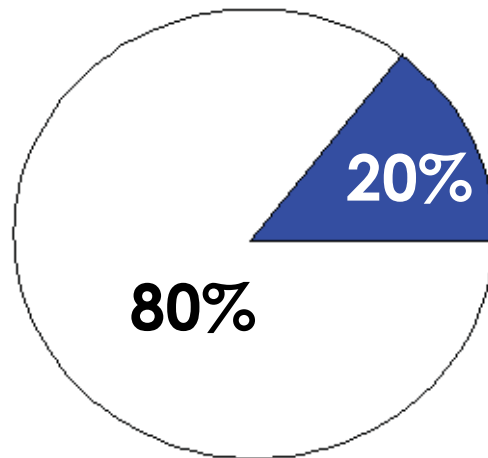


BELIEFS SUMMARY

- R.A.S. focuses on the good things.

- Repeat affirmations over and over to raise self-esteem

- Self-esteem raises **SUCCESS!!**



“LIFE”





The Golden Keys to Mastering the Success Cycle

If you exceed your **BELIEFS** you may sabotage your **ACTIONS**



Whether you take **ACTION** depends on your **BELIEF**





Example

Belief [1 night a week is enough preparation for Black Belt]



Action [Do 1 night a week]



Result



Pass



Failure

Thought [it worked]



Thought [Return to life line]

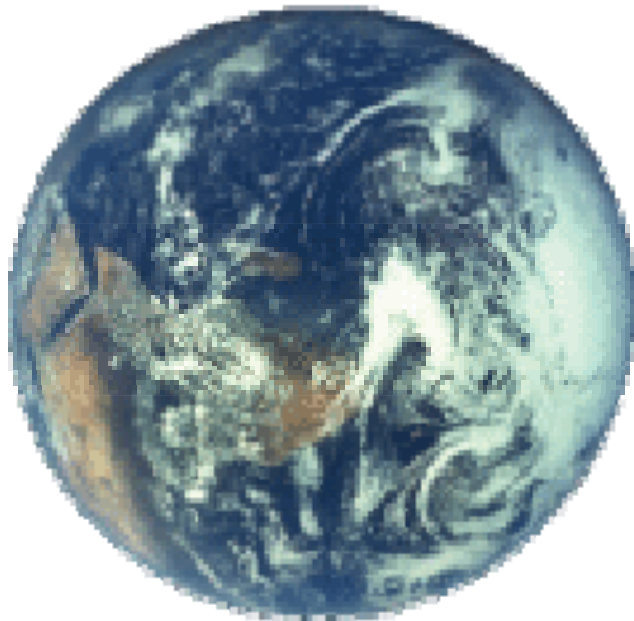


Your Actions and You

“Course Correction”

3% of the
time
actually
on-course

97% of the
time spent
correcting



“Apollo Missions”



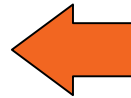


Your Actions and You

“Keep shooting scenes until they get it right”



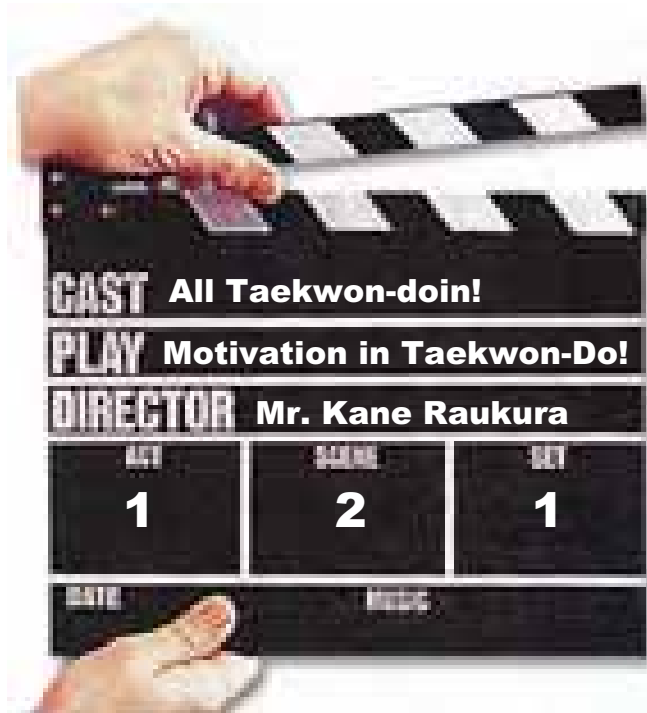
“Shoot again and again”



“Make Mis-takes, not mistakes”

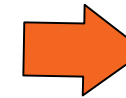


“MIS - TAKES”



“Successful people just keep trying”

“Learn from your mis-takes and experiences”



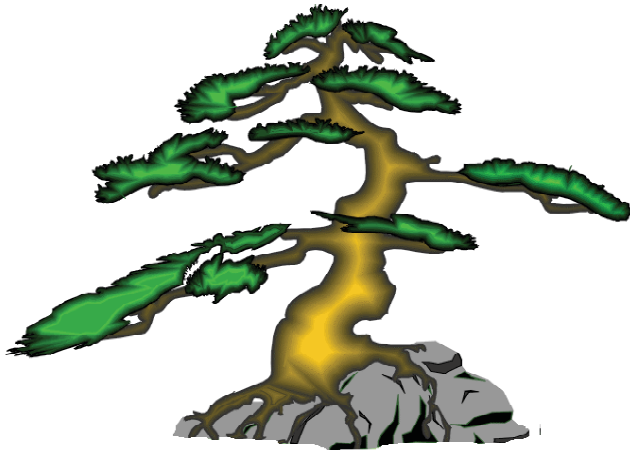
“Babe Ruth, 714 H-runs, 1330 S-outs”





How to stay On-course and manage your Mis-Takes

“GOAL SETTING”



- Anyone can reach the top!
- If we use the SMART system for Goal setting we can identify the Steps we need to take!
- It is important to recognise and identify the Steps we take towards achieving our Goals!
- The Steps we take to reach our Goals are not always in the upwards direction!





S.M.A.R.T. GOAL SETTING

Specific – goals must be specific, you must ask for what you want.

Measurable – goals must be measurable, they must have a finish line.

Achievable – goals must be reachable, you need to be able to reach the finish line.

Realistic – can you realistically do what it takes, have you got the resources needed.

Timeframe – you must put a boundary on your goal, this creates a sense of urgency for the brain.



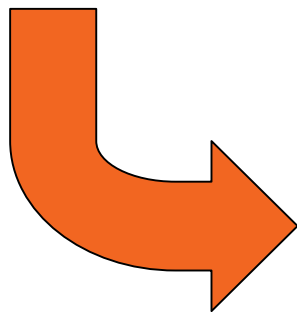
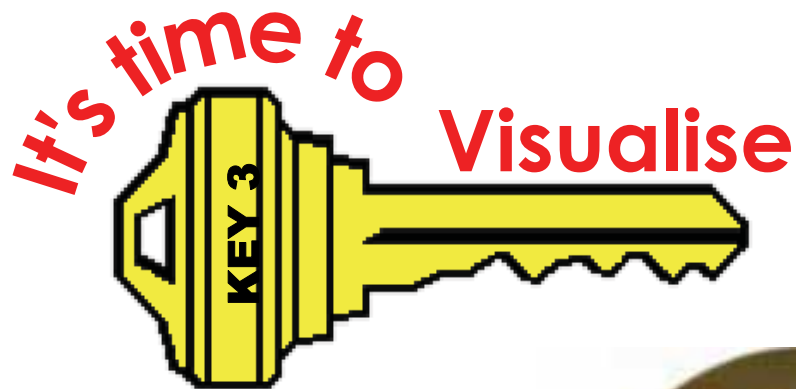


TIME TO
SET YOUR
BIG GOAL
FOR THIS
YEAR!



The Golden Keys to Mastering the Success Cycle

🔊 “If we **VISUALISED** success more often, how far could we go?”



**General Choi Hong Hi -
Founder and Father of
Taekwon-Do**

**Visualised Taekwon-Do
spreading world-wide
and having no
boundaries.**



Visualisation Exercise

**“Surround yourself with
successful people.
People that give you
strong visualisations”**



DEMONSTRATION



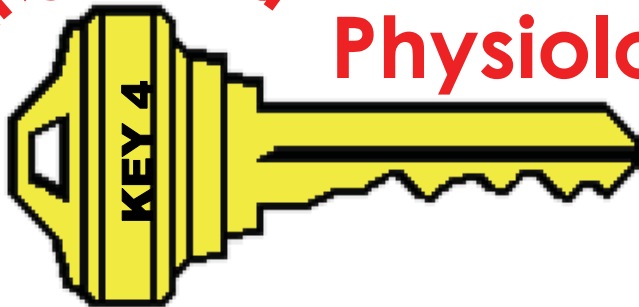
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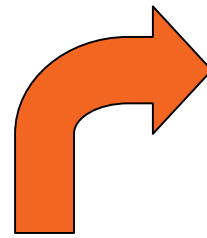
The Golden Keys to Mastering the Success Cycle



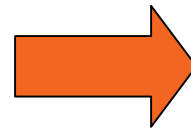
Creating good



Physiology

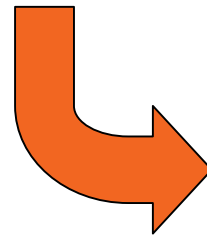


Body Language



Words

"Ko mup sum
neda"

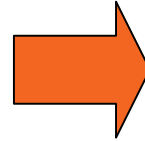


Tonality





“ACT AS IF”



On those days that you don't feel like, Make out that you do!!! ACT AS IF!!!

Just the act of “ACTING AS IF” releases endorphins.

Within 15 minutes you will naturally feel much better.



Endorphins are your bodies natural feel good drug – they stem pain and improve your mood



ENDORPHINS

“Changing F.E.A.R. into FUN!”



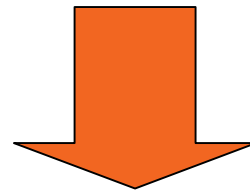
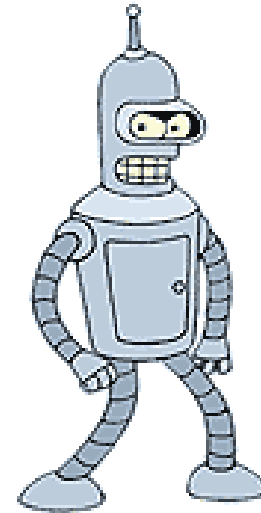
**“F.E.A.R.
-Fantastic Experiences
Always Required ”**





HOW TO SIT AND WALK

“How we sit and walk can directly effect our learning and general mood”



Correct Physiology for Sitting Down

- **Legs to the seat and feet flat**
- **Bend fully, back to the seat**
 - **Sit down**
- **Backside to the rear of the seat**



The Golden Keys to Mastering the Success Cycle



“A correct attitude to life and learning develops a positive outlook towards all lifes challenges”

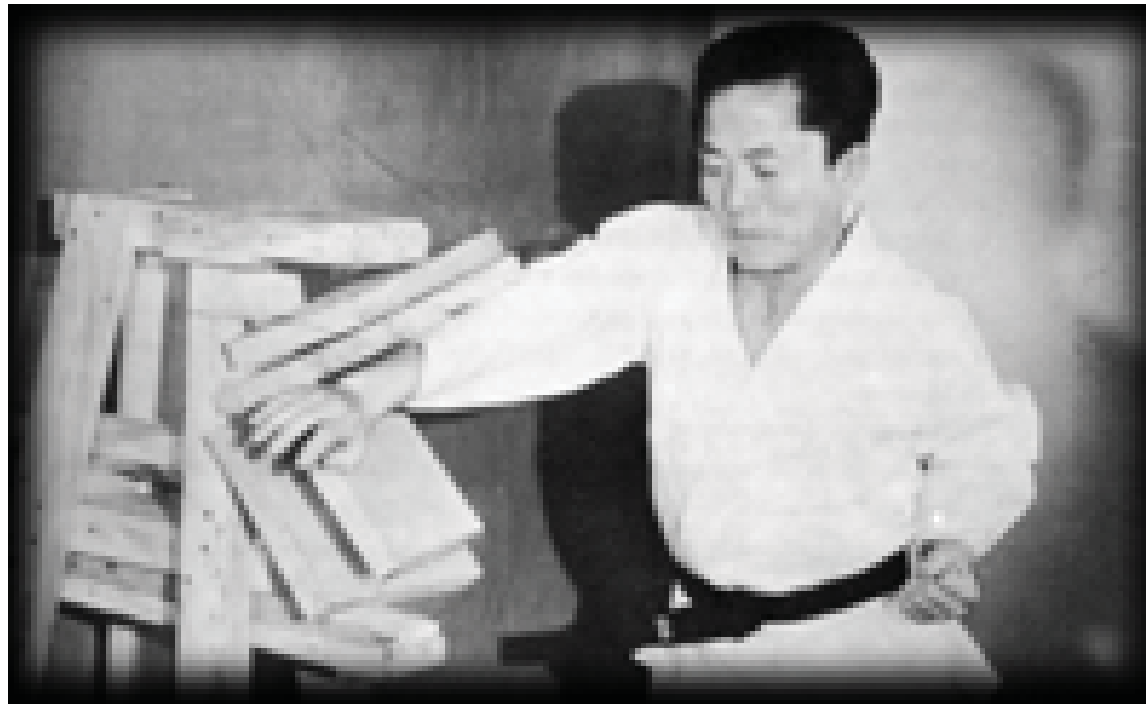


A T T I T U D E

1 20 20 9 20 21 4 5

태권도 태권도 태권도 태권도

100%



태권도 태권도 태권도 태권도

ATTITUDE





The Last word

“Words to avoid in day to day life as you work to stay above the line and tackle the 5 Golden Keys!”

“Try”

- “Do or do not, there is no try” – Yoda
- Try is to have another attempt
- But isn’t that what you have already done? – attempted it.
- Instructors and teachers must give specific feedback, not just say try again

“Can’t”

- Not a success word
- Shuts down the brain from seeing other possibilities
- Eg. The can’t see the salt scenario

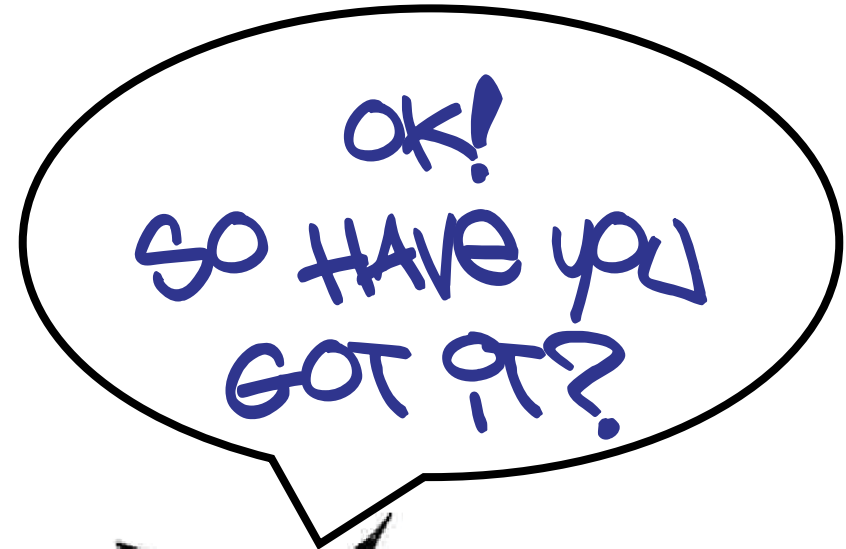
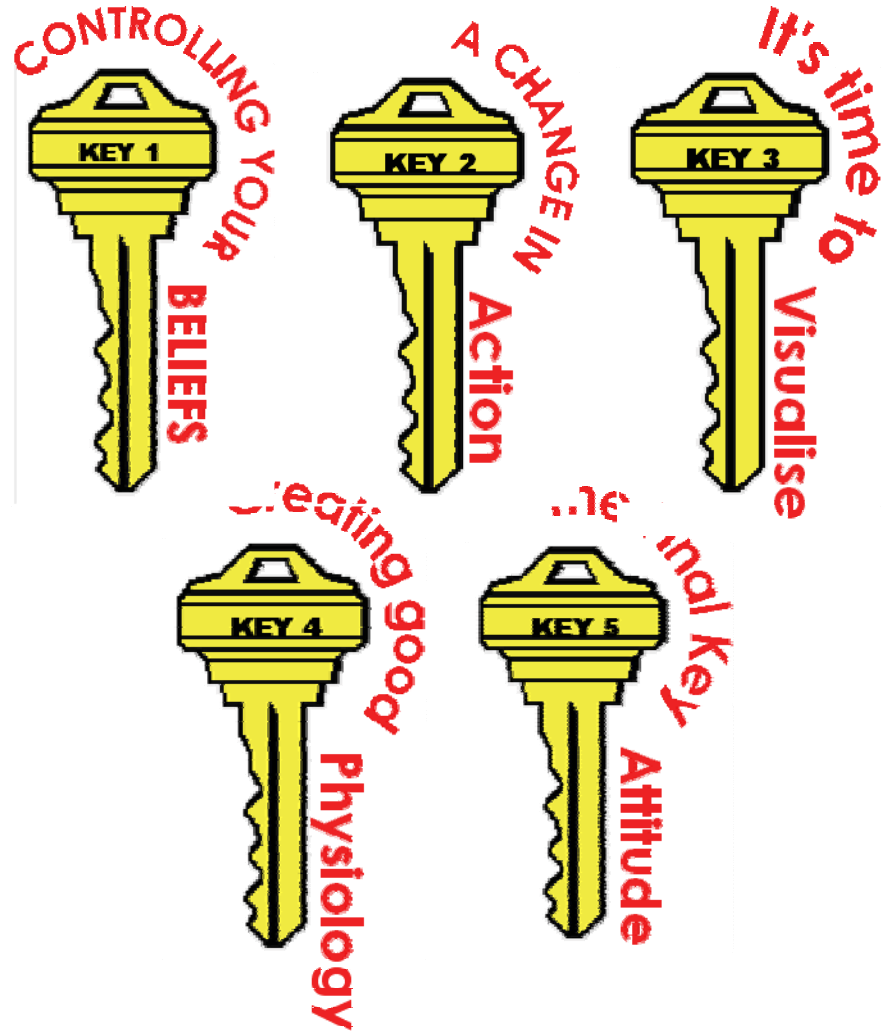
“Don’t”

- Never use the word don’t, eg. “don’t do that” – your mind will focus on the that and make it happen
- Use a positive frame of suggestion, eg. “don’t fall” should be “hold on tight”




“The Mountains we Climb”

Motivation and Goal Setting in Taekwon-Do




Appendix 1


My POSITIVE AFFIRMATIONS
NAME: _____ 테
_____ 천
_____ 도

_____ 


My POSITIVE AFFIRMATIONS
NAME: _____ 테
_____ 천
_____ 도

_____ 

My POSITIVE AFFIRMATIONS
NAME: _____ 테
_____ 천
_____ 도

_____ 

My POSITIVE AFFIRMATIONS
NAME: _____ 테
_____ 천
_____ 도

_____ 



Appendix 2


MY TRD GOALS

NAME: _____ 테천도

TECHNIQUE GOAL _____

S&D GOAL _____

PERSONAL GOAL _____




MY TRD GOALS

NAME: _____ 테천도

TECHNIQUE GOAL _____

S&D GOAL _____

PERSONAL GOAL _____




MY TRD GOALS

NAME: _____ 테천도

TECHNIQUE GOAL _____

S&D GOAL _____

PERSONAL GOAL _____




MY TRD GOALS

NAME: _____ 테천도

TECHNIQUE GOAL _____

S&D GOAL _____

PERSONAL GOAL _____



Appendix 3

References and Acknowledgements

**Karen Boyes – Head Facilitator of Learning to Learn
CEO of Spectrum Education Limited
PO Box 40 912, Upper Hutt**

(Karen facilitated a professional development course I attended as a school teacher in 2002, many of the things presented here come from what I learnt on that course. The concepts were not new and were rehashed from many sources. My purpose with this presentation was to place these concepts into a Taekwon-Do context.)

Graphics and pictures – obtained via personal digital photography, club photos and various websites. All ownership lies with the original authors. If the use of any image in this presentation offends any author, please notify me and it will be removed from any future copies.

Certain images of General Choi Hong Hi taken from the Full Encyclopedia – Legacy CD-Rom.

I would like to thank everyone who helped in the creation of this work, especially my wife, Meredith, for her love and patience.



Appendix 4



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