

# TAEKWONDO QUESTIONNAIRE

1. When you began Taekwondo, what were you (or your family member) looking to get out of Taekwondo?
  - a. Competitive/sport
  - b. Mental/Discipline
  - c. Physical & Self Defense
  - d. Weight Loss

What goals did you (or child) set: \_\_\_\_\_

---

---

---

2. For those that have been practicing for a year or more, have your expectations/goals for taekwondo changed? If so, how? \_\_\_\_\_

---

---

---

3. Do you think the cardio in the classes is:
  - a. To easy
  - b. Moderate
  - c. To intense

4. Do you think the discipline in the classes is:
  - a. To lax
  - b. Moderate
  - c. To intense

5. Do you think what is expected from your performance in the classes is:
  - a. To easy
  - b. Moderate
  - c. To intense

6. What would you like to see more/or less of in the classes if anything?

---

---

7. Do you have any suggestions? \_\_\_\_\_

---

---

