



POWERFUL

PALLEN'S MARTIAL ARTS™ **OCTOBER 2021**

PROJECT

SPORTSMANSHIP

Teens/Adults

FIRST & LAST NAME: _____ PARENT SIGNATURE: _____

TIP GOAL: _____

The Powerful Word of the month is sportsmanship. Sportsmanship means; “showing respect for the rules, the participants and the spirit of the competition.” Imagine you are standing in front of a team of young athletes. Before the competition, you plan to go over 3 main rules that underscore the spirit of competition. What rules would you make sure to discuss? Why is each rule you mention so important?

#1:

#2:

#3:
