

Viewing Your Published Goal

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Basic Goal Information

Goal Owner: GTPV Support
Goal Phrase: Tae kwan do - 3 fights - no rest
Parent: Strategy
KRA: [Physical/Health](#)
Goal Status: Published/Active
Start Date: 2007-12-27
Target Date: 2008-12-31 <Target date has passed>
Finish Date:

Goal Creation Data

Step 1. - Crystallization:

Build stamina
 Perfect techniques
 Practice kicks
 Get coaching
 Practice time
 Tournament apprehension and metal toughness

Step 2. - Goal Statement:

To be properly coach, trained and conditioned to fight 3 fights (each is 3, 3 minute rounds with 30 second breaks) at USTU 2008 Senior Nationals (and possibly AAU) so that I can effectively fight with all my offensive techniques and defensive skills, use of my mental/competitive skills to be successful, relax be confident, and have fun in the ring.

Step 3. - Rewards and Benefits:

WIN AT LEAST ONE FIGHT AT SENIORS
 Medal at Seniors
 Achieve MY personal best
 Finally fight a fight that challenges me
 Be a role model for other "older" athletes

Steps 4. and 5. - Obstacles and Solutions:

Road Blocks to this Goal

1. Working with a coach who can bring out my potential
2. Upgrade current conditioning/technical skills program
3. Master elite footwork moves

Solutions to the Road Blocks

- 1-1. Discuss practicality of this with JHA
- 1-2.*** Ask Mike to commit
- 1-3. Spend no more than 90 days looking for someone else
- 2-1. Find a challenging training partner
- 2-2. get feedback from others to help improve my conditioning

2-3.*** Get specific critiques from respected others and suggestions to help improve

3-1. Convert info on training tapes to drills
 3-2.*** Include drills in classes I teach and participate for portions of training sessions
 3-3. Get help from my coach

Step 6. - Action Steps



Date Due	Status	Action Step	Who
12-06-2007	Not Started	Call Mike for an appt.	RL
12-06-2007	Not Started	Review current curriculum	RL
12-07-2007	Not Started	Make list of techniques	RL
12-19-2007	Not Started	Create checklist for partners	RL
12-29-2007	Not Started	Schedule weekly session with Mike	RL
01-02-2008	Not Started	Modify class content	RL

Manage Your Goal's To Do List... 

Display/Print To Do List

Step 7. - Tracking:

Measurable Criteria List






#	Measurable Criterion	Sig Exceed	Target	Unable	Rollup
1	 Number of no-break fights	4	3	1	
2	 Number of techniques mastered	38	35	30	

Indicator Key

Criterion Definition			
Description:	Number of no-break fights		
Frequency:	Bi-Weekly	Graph Title:	Number of no-break fights
Units:	#	Horizontal Axis Title:	Week
# Decimals:	0	Vertical Axis Title:	Number of Fights
Start Recording on:	2008-03-01	End Recording Data on:	2008-12-31
Stretch:	4	Parent Criterion:	
Overall Target:	3	Target Type:	Rate (Pace)
Unsuccessful:	1	Target Tolerance:	+/- 0.00%

Criterion Targets and Results

Measurement Date	Target	Actual	Difference
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1	2008-03-01	1	0 	-1
2	2008-03-15	1	1 	0
3	2008-03-29	2	2 	0
4	2008-04-12	3	3 	0
5	2008-04-26	3	4 	1
	Total:	NA	NA	NA
	Average:	2	2 <input type="checkbox"/>	0

This is a Rate Criterion

Graph this Criterion

Step 8. - Affirmations:

I am a tournament champion!

Step 9. - Resources:

Resources Available

Tenacity

Resources Needed

Committed Coach

Goal Annotations

Annotations