



POWERFUL

APRIL 2026

PROJECT

TEAMWORK

AGES: TEENS/ADULTS

First & Last Name: _____ Parent/Guardian: _____

Tip Goal: _____

"Alone we can do so little; together we can do so much." — Helen Keller

This quote reminds us that progress is stronger when we work together. In life, success often comes from collaboration—sharing effort, supporting others, and learning as a team. In martial arts, growth isn't just individual. Training partners push you, teammates keep you accountable, and working together raises everyone's level. A true martial artist understands that while effort starts with you, greatness is built with others.

At Home:

Teamwork at home means doing your part, helping without being asked, and supporting your family. It's recognizing that everyone contributes to the household and working together to get things done. When you practice teamwork at home, you show responsibility, respect, and leadership through your actions.

At School or Work:

In academic or professional settings, teamwork shows up when you collaborate, listen, and contribute to group efforts. It means sharing ideas, supporting others, and working toward a common goal. Strong teams communicate clearly, stay accountable, and help each other succeed. Teamwork separates individuals from those who elevate the group.

With Others:

Teamwork in relationships means supporting, encouraging, and respecting those around you. It's being willing to listen, help, and work through challenges together. Instead of focusing only on yourself, you consider the needs of others and contribute to the success of the group. This builds trust, connection, and strong character.

In the Dojo:

Teamwork means encouraging your training partners, staying engaged, and helping create a positive training environment. It's pushing each other to improve, working together during drills, and holding each other accountable. True martial artists understand that while progress is personal, growth is stronger when the team moves forward together.

Choose one of the reflection questions below and respond on the backside of this paper:

1. In what situations do you tend to work on your own instead of asking for or accepting help? How might the outcome improve if you worked with others instead?
2. Can you think of a time when you worked as part of a team and achieved something better together? What did that experience teach you about teamwork?
3. What is one area of your life—school, work, home, or training—where you could contribute more to a team? What would strong teamwork look like in that situation?