

BLACK BELT EXCELLENCE

FEBRUARY 2022

NEVER,
NEVER,
NEVER
GIVE UP.



NAME:

NEVER, NEVER, NEVER GIVE UP!

5 AWESOME TIPS FOR HELPING YOU PRACTICE PERSEVERANCE:

1. WORK HARD! Nothing comes easy. If you want to achieve success you need to put in the hours. Practice makes perfect!
2. Be confident with your abilities. If your friends kick higher than you, it just means you need to put in more work.
3. Sometimes that little voice in your head will tell you it's impossible. Talk back to that voice and say, "YES I CAN!"
4. Stay focused. When your mind wanders off task, take some quiet time to regroup. Be 100% focused on your goals!
5. Be optimistic! Maintaining a positive attitude is an important part of resiliency.

IT'S NOT OVER TILL IT'S OVER!

There have been times I have given up. I used to compete in tournaments all across the country. My favorite was musical forms. At one point I noticed all of my competition started doing flips and all kinds of crazy acrobatic kicks in the air. It looked so cool! I knew I wanted to be able to do the same. I went to a gymnastics school and practiced and practiced, but I could just never get it right. I guess I gave up. If I kept going I know now I would have been doing 720 kicks and backflips at my next tournament. I think about that all the time and I've pushed through everything else ever since. Giving up on a positive goal or dream will never produce a positive result.

At times things really do get tough. Sometimes it may seem there's no possible way that you're going to win or finish the task. You may think to yourself that it would be much easier to just give up. However, just like the basketball team down with only a few seconds left on the clock, real champions know it's always worth going for it. I'm sure a player or two might briefly think it would be easier to just stop trying and go home, that there is no possible way to win, but they don't. Instead they choose to never give up and to fight to the buzzer. They understand that it's a competition and that the only way to become a champion is to never lose hope or drive. Earning a black belt is not easy and you will never reach that level if you let yourself give up. Keep in mind that a black belt was once a white belt with the attitude that one day they would become a black belt.

Martial Arts teaches us to persevere. Sometimes it may seem there's no possible way that you're going to win or reach your next rank. You may think to yourself that it would be much easier to just move on. DON'T! Never, never, never give up.

HAVE A BLACK BELT EXCELLENCE MINDSET!

Martial Arts teaches us to persevere. Sometimes it may seem there's no possible way that you're going to win or reach your next rank. You may think to yourself that it would be much easier to just move on. DON'T! Never, never, never give up.

Your instructors may have talked to you before about having an indomitable spirit. Resilience is the same thing. Having an Indomitable spirit means being incapable of being overcome, subdued or vanquished. Indomitable spirit is that part of a person which makes them unique, that part of a person which provides hope, strength and courage to get up and face each day with a smile. Indomitable spirit is perseverance on a long term basis.

We try and sometimes we fail. We don't get discouraged. We try again. We learn from our mistakes. We put in the work. Just keep pushing and success will be yours. Keep having that resilient mindset!



"STRENGTH DOES NOT COME FROM WINNING. YOUR STRUGGLES DEVELOP YOUR STRENGTHS. WHEN YOU GO THROUGH HARDSHIPS AND DECIDE NOT TO SURRENDER. THAT IS STRENGTH."

- Arnold Schwarzenegger



LET'S WORK ON NEVER GIVING UP:

Complete the following **INDOMITABLE SPIRIT** activity below. Answer the questions and have some fun!

1. **TO BE MORE PERSISTENT, YOU HAVE TO BELIEVE IN YOURSELF. DESCRIBE HOW BELIEVING IN YOURSELF WILL HELP YOU BECOME MORE PERSISTENT.**

2. **WHAT BAD HABITS DO YOU NEED TO AVOID TO HELP YOU BECOME MORE RESILIENT? WHY?**

3. **HOW DO YOU HANDLE HAVING A SETBACK? WHEN YOU GET KNOCKED DOWN, WHAT'S THE BEST WAY TO GET BACK UP AGAIN?**



WHEN HAVE YOU SHOWN YOUR RESILIENCE?

We're talking about never giving up, persevering, and being resilient. Do you have an example of a time you failed, but kept working and trying until you finally succeeded? Tell us all about it on the lines below!



Never
give
up!

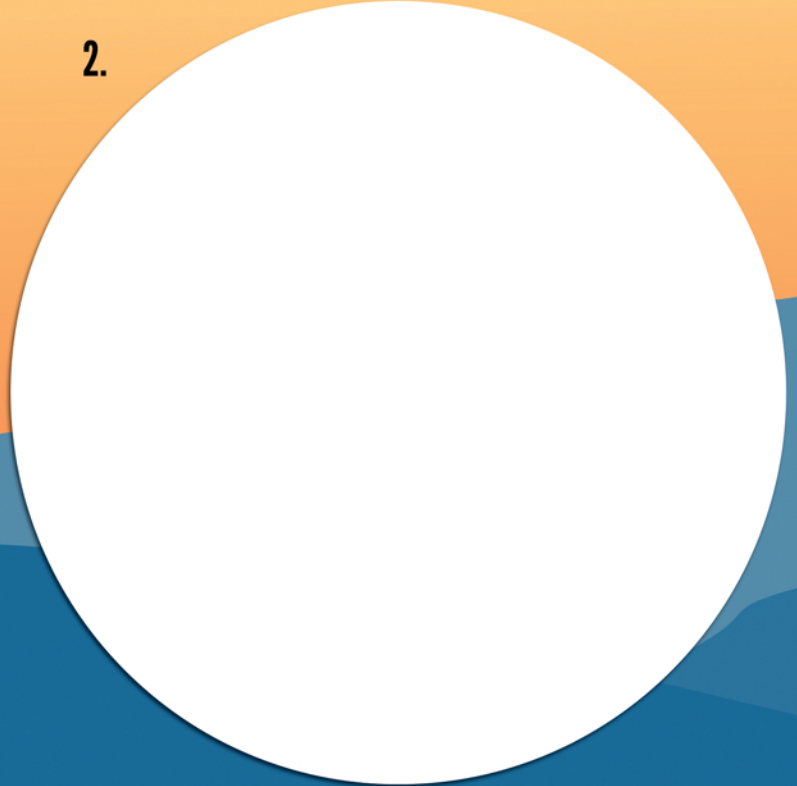
TIME PERSEVERE THROUGH PRACTICE!

Practicing a new skill is a great way to learn more about never giving up. It can be frustrating at first, but if you persevere you can do anything. Study the drawing of the kickin' tiger in circle #1. In circle #2 try to copy the drawing. In circle #3 learn from your mistakes and try again! Circle #4 should look far better than your first attempt. Never give up. Keep practicing until you get it perfect.

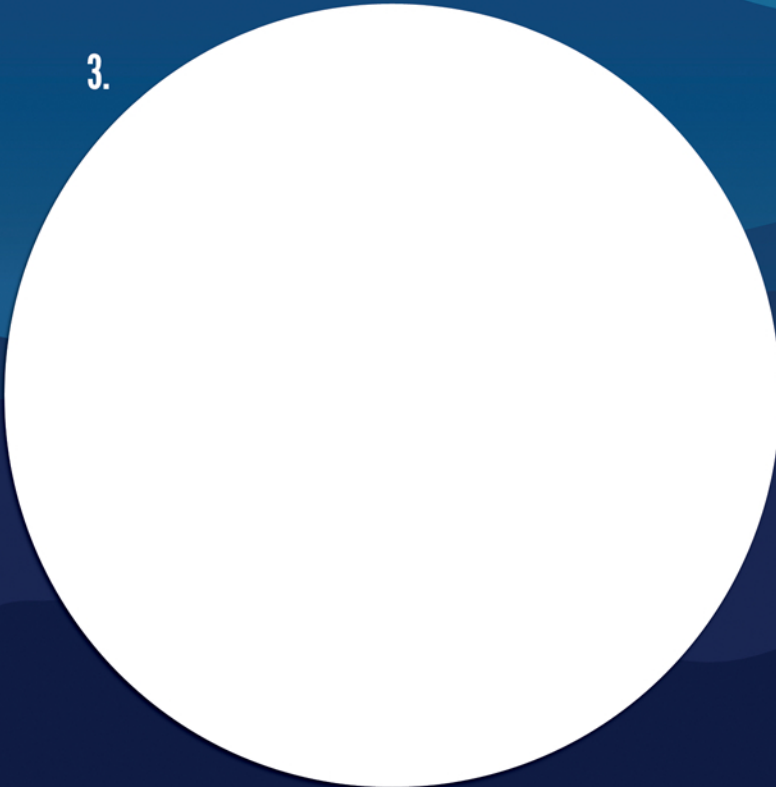
1.



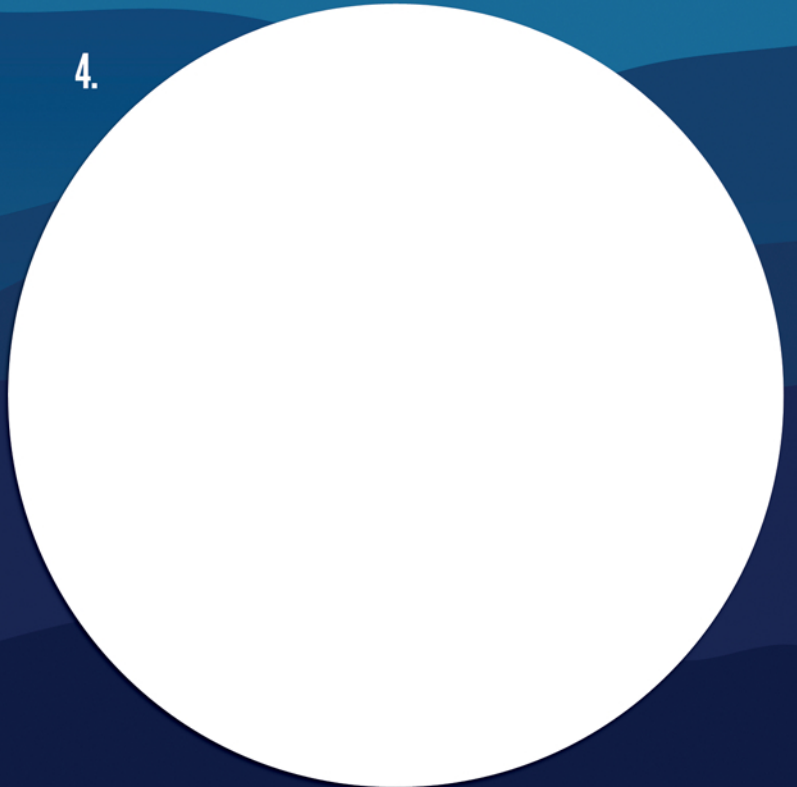
2.



3.



4.



Parent's Signature:

Date of Completion: / /