

BLACK BELT EXCELLENCE

APRIL 2023

SELF CONTROL,
PERSEVERANCE,
& INDOMITABLE SPIRIT

NAME:

TRY • FAIL • TRY AGAIN • LEARN • SUCCEED!

5 AWESOME WAYS YOU CAN DEVELOP AN INDOMITABLE SPIRIT:

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 having an indomitable spirit.

YOU HAVE AN INDOMITABLE SPIRIT!

Sarah is a beginner. She's a kid just like you. She's a yellow belt and she takes her martial arts lessons very seriously. One day she decided she wanted to try sparring. She hoped to one day compete in a tournament and win herself a trophy. She learned all the basic techniques and practiced with her instructor whenever she could. It was finally time for her first match. She was confident and she thought she was ready to shine, but it didn't go her way. Her opponent scored three points in a row and she lost the match. She was devastated, but only briefly.

Sarah is a black belt. Well, she's not one yet, but she's well on her way. She already has the black belt mindset. That means persevering and not letting anything get in her way. The next day after the match she was worried she would never be good enough to win, but she pushed that idea from her mind. She got back to work. She asked for some extra help. She practiced in front of her mirror whenever she could. She knew that next time it would be different. She would learn from her mistakes and keep trying.

Sarah is a mountain climber. Well not literally, but she had a mountain of adversity and setbacks in her way and she climbed over them. When she got knocked down, she got right back up again. She kept pushing forward. It was time for her next match and this time she was ready. She took a failure and turned it into a positive. She won the match!

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.

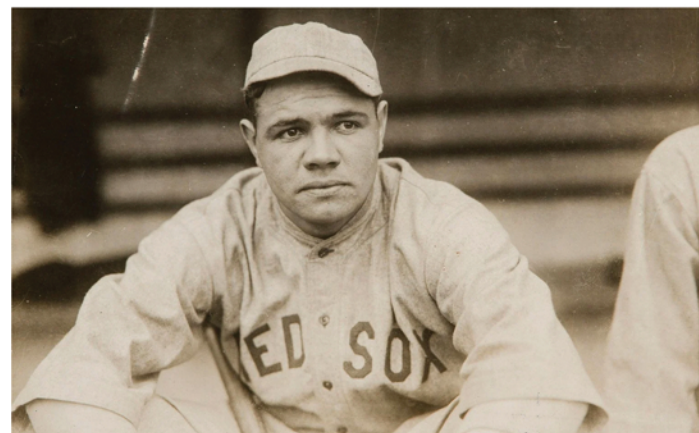
Your instructors may have talked to you before about having an indomitable spirit. Resilience is the same thing. Having an Indomitable spirit means being incapable of being overcome, subdued or vanquished. Indomitable spirit is that part of a person which makes them unique, that part of a person which 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 working on your INDOMITABLE SPIRIT!



**"EVERY STRIKE BRINGS
ME CLOSER TO THE NEXT
HOME RUN."**

- Babe Ruth



I CAN'T BE STOPPED:

COMPLETE THE 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?

4. IS THERE A GOAL YOU'RE CURRENTLY WORKING TOWARDS? WHAT IS IT AND HOW IS YOUR PROGRESS?



WHEN HAVE YOU SHOWN YOUR INDOMITABLE SPIRIT?

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!

NEXT MONTH: TEAMWORK & CIVILITY

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' kid 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: / /