

Student Name: \_\_\_\_\_

**NEVER GIVE UP!**

# PERSEVERANCE

February's theme for Martial Arts Kids is *Perseverance*. *Perseverance* is the power to hold on in spite of everything; to endure. This is the winner's quality. *Perseverance* is the ability to face defeat again and again without giving up; to push on in the face of great difficulty. *Perseverance* means taking pains to overcome every obstacle, doing all that's necessary to reach our goals. As you practice this month and move toward your Black Belt or higher, don't let other people or obstacles stop you or move you from your chosen path. Once you have set your goal and have chosen a path to reach that goal....

**NEVER GIVE UP!**



## Weekly Lessons



### Focus

Never lose sight of what you want - Make every moment of every day count as you work towards your goals. For February, list two ways that you stayed focused.

1

2

### Commitment

Making a commitment means making a decision, sticking with that decision no matter what, coming back to that decision after being distracted, and giving it all you have.

For February, list two ways that you showed commitment this month.

1

2

### Overcoming Obstacles

Obstacles are what you see when you take your mind off your goals. List two ways that you overcame obstacles in February.

1

2

### Perseverance

List two ways that you showed Perseverance this month and refused to give up!

1

2