



BLACK BELT
EXCELLENCE

TRY • FAIL • TRY AGAIN • LEARN • SUCCEED!

NEVER GIVE UP! KEEP ON PUSHING!

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

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

3. David is a mountain climber. Well not literally, but he had a mountain of adversity and setbacks in his way and he climbed over them. When he got knocked down, he got right back up again. He kept pushing forward. It was time for his next match and this time he was ready. He took a failure and turned it into a positive. He 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 having that resilient mindset!



THERE ARE NO LIMITS TO WHAT YOU CAN DO:

“If you always put limits on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there. You must go beyond them.”

- Bruce Lee



5 AWESOME TIPS FOR HELPING YOU PRACTICE RESILIENCE:

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.

YOUR NAME:

YOU'VE READ THIS MONTH'S STORY ABOUT RESILIENCE, NOW LET'S DO SOME WORK: *Answer the following questions and have some fun!*

1. DAVID DIDN'T WIN HIS FIRST SPARRING MATCH. HOW DO YOU THINK HE KEPT FROM BEING DISCOURAGED?

2. DAVID KEPT WORKING TOWARDS HIS GOAL. HE ASKED FOR HELP AND PUT IN EXTRA WORK. WHAT ELSE COULD HE HAVE DONE TO REACH HIS GOAL?

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!

Parent's Signature:

Date of Completion: / /

**NEXT MONTH:
POSITIVE THINKING**

LET'S PRACTICE A SKILL AND HAVE SOME FUN!

Practicing a new skill is a great way to learn about resilience. It can be frustrating at first, but if you persevere you can do anything.

Study the picture of the girl doing a flying sidekick in box #1. In box #2 try to copy the drawing. In box #3 learn from your mistakes and try again!

Box #4 should look far better than your first attempt. Never give up. Keep practicing until you get it perfect.

1.



MY FIRST ATTEMPT:

2.

I SEE WHAT I DID WRONG, LET ME TRY AGAIN:

3.

I DIDN'T GIVE UP, LOOK HOW I'VE PROGRESSED:

4.

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