

SEPT.

week 1

"BIG SHOTS ARE ONLY LITTLE SHOTS WHO KEPT SHOOTING."

- CHRISTOPHER MORLEY

week 2

"IF YOU'RE WALKING DOWN THE RIGHT PATH AND YOU'RE WILLING TO KEEP WALKING, EVENTUALLY YOU'LL MAKE PROGRESS."

- BARACK OBAMA

week 3

"IT'S NOT THAT I AM SMART, IT'S JUST THAT I STAY WITH PROBLEMS LONGER."

- ALBERT EINSTEIN

week 4

"THERE ARE NO SECRETS TO SUCCESS. IT IS THE RESULT OF PREPARATION, HARD WORK, AND LEARNING FROM FAILURE."

- COLIN L. POWELL

PARENT/GUARDIAN LETTER



Dear parents and/or guardians...

This month we are learning about perseverance, or not giving up when situations become difficult. This is an important skill for children to learn at a young age when they are more prone to frustration and outbursts in the face of problems. Students are encouraged to practice perseverance in martial arts where they must learn new skills daily. There are many ways they can practice perseverance in their daily lives, too.

- Help your child with their homework, but do not do it for them. Allow them to figure out as much as they can on their own without your intervention.
- Do not scold your child for getting frustrated or upset when faced with challenges they can not immediately resolve. Instead, use positive encouragement, for example: "I know this is difficult for you, but I know you can do it if you don't give up."

PERSEVERANCE

PERSEVERANCE MEANS THAT WE DON'T GIVE UP, ESPECIALLY WHEN THINGS GET TOUGH! THIS IS AN IMPORTANT PROBLEM-SOLVING SKILL, BECAUSE WITHOUT PERSEVERANCE, WE COULD NEVER GET ANYTHING DONE.

Championship Martial Arts
Racine, WI 262-205-5929

Championship Martial Arts
Oak Creek, WI 414-250-7615

Championship Martial Arts
Kenosha, WI 262-288-9919

HOW CAN YOU HELP?

- Encourage your students to continue their martial arts training, as well as any other hobbies they are seriously involved in.
- Help your students practice martial arts at home.



Week 1
Due by Friday, Sept. 4



Definition: Perseverance means not quitting, even when things get rough!

*NEVER GIVE UP, FOR THAT IS JUST THE PLACE AND TIME THAT THE TIDE WILL
TURN. – HARRIET BEECHER STOWE –*

WHAT IS PERSEVERANCE?

Perseverance means not quitting even when things get rough. Remember the first day you took a karate class? Everything was new. You didn't know any martial arts. You didn't know any of the movements. Remember the first time you really struggled to learn a new move? You might have gotten frustrated, but you didn't quit! You showed PERSEVERANCE!

Questions:

1) How have you shown perseverance in karate class?

2) What is a problem you have outside of class? How can you use perseverance to help solve that problem?

Week 1
Due by Friday, Sept. 4



All good Karate students are responsible for their actions inside and outside the Dojo. To earn your monthly patch, you will need to do three jobs at home without being told by your parents every week. These could include washing the dishes, picking up your room, or feeding the dog.

Fill in the three jobs that you have done at home without being told and ask your parents to sign below.

Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (Please Print)

Parent Name (Please Print)

Week 2
Due by Friday, Sept. 11



A PROBLEM IS A CHANCE FOR YOU TO DO YOUR BEST.
– DUKE ELLINGTON –

PERSEVERANCE GIVES YOU THE STRENGTH TO FACE YOUR PROBLEMS!

Think of some problems you have. Maybe the problem is a class you don't like or a really hard homework assignment. Maybe the problem is that there is one rude person in your class that you do not get along with. Whatever the problem is, you have two choices: give up, or face the problem. Perseverance means that when you face a problem, you try your best to solve it!

Questions:

1) What happens if you ignore your problems?

2) How can you show perseverance when facing your problems?

Week 2
Due by Friday, Sept. 11



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2. _____

3. _____

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Parent Name (Please Print)



*STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY. IT
COMES FROM AN INDOMITABLE WILL. – MAHATMA GANDHI –*

PERSEVERANCE SHOWS MENTAL STRENGTH!

How much weight do you think you can lift? Five pounds? Ten pounds? Fifty pounds? One hundred pounds? Maybe not now, but if you stay healthy and train hard, one day you could easily lift more than 100 pounds! The same thing is true with mental strength. There are problems right now that you probably can't solve. But if you have perseverance and build your mental strength, eventually you'll be able to solve almost anything!

Question:

1. How will perseverance make you stronger mentally?

2. Why is mental strength important?

3. Why do we need perseverance?

Due by Friday, Sept. 18



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Three Jobs I Did Without Being Told:

1. _____

2. _____

3. _____

Student Name (Please Print)

Parent Name (Please Print)

Week 4

Due by Friday, Sept. 25



ALTHOUGH THE WORLD IS FULL OF SUFFERING, IT IS ALSO FULL OF
OVERCOMING IT. – HELEN KELLER –

PERSEVERANCE KEEPS US MOVING FORWARD!

There are times when we all feel stuck. Do you know the feeling? Maybe you are stuck on a homework problem. Maybe you are stuck inside because of bad weather. Maybe you feel stuck because you got into a fight with your friend and neither of you wants to apologize. Perseverance means that instead of sitting around feeling stuck, you go out and work on your problems!

Questions:

1) When is a time you have felt stuck?

2) How did you get un-stuck? How did you show perseverance?

Week 4
Due by Friday, Sept. 25



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