

# Championship Martial Arts Values Curriculum

*...Cultivating high character in the lives of individuals*

**Based on Grand Master Chuck Norris' Code of Ethics (Value #12)**

**I will remain highly goal-oriented throughout my life because that positive**

**Attitude helps my family, my country and my-self**

## “PERSEVERANCE”

**December 2025**

The pickle jar as far back as I can remember sat on the floor beside the dresser in my parents' bedroom. When he got ready for bed, Dad would empty his pockets and toss his coins into the jar.

As a small boy I was always fascinated at the sounds the coins made as they were dropped into the jar. They ended with a merry jingle when the jar was almost empty. Then the tones gradually muted to a dull thud as the jar was filled. I used to squat on the floor in front of the jar and admire the copper and silver circles that glistened like a pirate's treasure when the sun poured through the bedroom window.

When the jar was filled, Dad would sit at the kitchen table and roll the coins before taking them to the bank. Taking the coins to the bank was always a big production. Stacked neatly in a small cardboard box, the coins were placed between Dad and me on the seat of his old truck. Each and every time, as we drove to the bank, Dad would look at me hopefully. "Those coins are going to keep you out of the textile mill, son.

You're going to do better than me. This old mill town's not going to hold you back." Also, each and every time, as he slid the box of rolled coins across the counter at the bank toward the cashier, he would grin proudly.

"These are for my son's college fund. He'll never work at the mill all his life like me." We would always celebrate each deposit by stopping for an ice cream cone. I always got chocolate. Dad always got vanilla. When the clerk at the ice cream parlor handed Dad his change, he would show me the few coins nestled in his palm. "When we get home, we'll start filling the jar again."

He always let me drop the first coins into the empty jar. As they rattled around with a brief, happy jingle, we grinned at each other. "You'll get to college on pennies, nickels, dimes and quarters," he said. "But you'll get there. I'll see to that."

The years passed, and I finished college and took a job in another town. Once, while visiting my parents, I used the phone in their bedroom, and noticed that the pickle jar was gone. It had served its purpose and had been removed. A lump rose in my throat as I stared at the spot beside the dresser where the jar had always stood. My dad was a man of few words, and never lectured me on the values of determination, perseverance, and faith. The pickle jar had taught me all these virtues far more eloquently than the most flowery of words could have done.

When I married, I told my wife Susan about the significant part the lowly pickle jar had played in my life as a boy. In my mind, it defined, more than anything else, how much my dad had loved me. No matter how rough things got at home, Dad continued to doggedly drop his coins into the jar. Even the summer when Dad got laid off from the mill, and Mama had to serve dried beans several times a week, not a single dime was taken from the jar.

To the contrary, as Dad looked across the table at me, pouring catsup over my beans to make them more palatable, he became more determined than ever to make a way out for me. "When you finish college, Son," he told me, his eyes glistening, "You'll never have to eat beans again...unless you want to."

The first Christmas after our daughter Jessica was born, we spent the holiday with my parents. After dinner, Mom and Dad sat next to each other on the sofa, taking turns cuddling their first grandchild. Jessica began to whimper softly, and Susan took her from Dad's arms. "She probably needs to be changed," she said, carrying the baby into my parents' bedroom to diaper her. When Susan came back into the living room, there was a strange mist in her eyes. She handed Jessica back to Dad before taking my hand and leading me into the room.

"Look," she said softly, her eyes directing me to a spot on the floor beside the dresser. To my amazement, there, as if it had never been removed, stood the old pickle jar, the bottom already covered with coins. I walked over to the pickle jar, dug down into my pocket, and pulled out a fistful of coins. With a gamut of emotions choking me, I dropped the coins into the jar. I looked up and saw that Dad, carrying Jessica, had slipped quietly into the room. Our eyes locked, and I knew he was feeling the same emotions I felt.

**Must return by this due date**

**12/31/2025**

**Remember these sheets are your responsibility not your parents'. Late work sheets will not be accepted.**

PERSEVERANCE

This month my son/daughter has demonstrated both at home and at school those qualities of PERSVERANCE required by the Chuck Norris System.

Student's Name \_\_\_\_\_

Dated this \_\_\_\_ day of \_\_\_\_\_

Belt Rank \_\_\_\_\_

Parent Signature \_\_\_\_\_

Requirements for  
Championship Martial Arts...Chuck Norris System  
Values Curriculum Students

- \* Responsible behavior at home.
- \*Responsible behavior and passing grades at school.
- \*Overall performance and attendance in CNS classes.
- \*Completion of the monthly Values activity sheet.
- \*Returning this signed activity sheet on time.

## PERSEVERANCE

Everyone knows that perseverance is important. You've probably heard the quote "If at first you don't succeed, try again" or fall down 7 times and stand up 8. The lesson, of course, is that few people achieve anything great without first overcoming a few obstacles. Preaching about the importance of perseverance is easy. Actually experiencing failure and then continuing on your quest without giving up; now that's tough. Developing your perseverance through your martial arts training will inspire you to overcome whatever obstacle that may stand in your way in life as well.

Remember **winning is an attitude**, to be successful you must always keep your **winning attitude** even when you experience life's setbacks or obstacles.

**Winners never quit ! Quitters never win !**

**Do you choose to win?**

### **You are showing perseverance when you...**

- Give up your television time and spend hours studying for the school spelling bee, next belt test or whatever you set your goals on.
- Try something that's difficult for you, a puzzle, a game, a book, then you don't give up until you make it happen and you succeed.
- Are having a problem at school learning something new, but you keep studying...even though you are feeling discouraged.
- Are near the end of a difficult race and then, just when you think you not going to be able to finish, you look deep inside and find a burst of energy and cross the finish line.
- Have lost a leg because of cancer and still learn how to surf.
- Save money and make sacrifices for a long time in order to buy something you really want.
- Take the time necessary and even spend weekends practicing your New Belt Curriculum to prepare for your next belt rank.
- Test for your next martial arts belt rank for a second time after you don't make it the first time around.

**Master Chuck Norris Fact....Did you know that Grand Master Norris FAILED his first Black Belt Test?...it's TRUE....good thing he never gave up !**

1. Successful people get that way by being lucky.....TRUE or FALSE.....Please explain.

\_\_\_\_\_

2. If I try hard and don't succeed it's not my fault, and I should quit..... TRUE or FALSE.....Please explain

\_\_\_\_\_

3. What qualities do you have that will help you in reaching your goals?

\_\_\_\_\_

4. How does your attitude affect your success?

\_\_\_\_\_

5. How can a failure turn into success?

\_\_\_\_\_

6. Why do you think people give up and stop trying?

\_\_\_\_\_

7. It is better to set high goals that are challenging rather than low goals that are easy. Do you agree? Why?

\_\_\_\_\_

8. Have you ever felt that pressures from your friends (peers) prevented you from accomplishing something you wanted? Have you ever been affected by negative comments people have made about your abilities? What can you do about these kinds of negative external pressures when they get in the way of your success \_\_\_\_\_

\_\_\_\_\_