

"Going on one more round,  
when you don't think  
you can, that's what makes  
all the **difference**."

- Sylvester Stallone



# P • E • R • S • E • V • E • R • A • N • C • E

## Teen and Adults Student Life Skills Packet

What is perseverance?

- Perseverance is commitment, hard work, patience, endurance.
- Perseverance is being able to bear difficulties calmly and without complaint.
- Perseverance is trying again and again.

Ask your parents, teachers, or accountability partners to grade you on this topic, and other important character traits, on the enclosed Stripe Sheets. Don't turn them in until required. Your instructors will remind you when it's time to turn in your Stripe Sheets.

You must receive a Merit Stripe on your belt, to be able to test for your next rank...so do your best!

Students enrolled in our training programs are introduced to Life Skills Training as part of a complete program that builds confidence, character and positive self-esteem.

Merit Stripes are awarded based on the student's attitude, attendance and over-all improvement at Legends Martial Arts, home and school.



August– September 2021

# Silver Merit Stripe

The **Silver Merit Stripe** is earned from the parent or yourself. Please discuss the Life Skill topic, then complete the student and parent portions. Merit Stripe Sheets won't be accepted early.

## Put perseverance into action

- ★ When something doesn't work right, try again and again.
- ★ Don't lose your temper when something upsets you.
- ★ Always finish what you start.
- ★ Keep working at something that is difficult until you complete it.
- ★ Don't give up on difficult jobs or situations.
- ★ Work a little harder or a few minutes longer on a task that you do not like.

## You show perseverance when you ...

- Try a new sport that is very difficult but you don't give up
- Have a learning disability but keep studying even when discouraged
- Have missed a week of school but you work hard to catch up
- Are at the end of a difficult race but you cross the finish line
- Save money and make sacrifices to buy something
- Spend hours practicing your music
- Study and work hard to raise your grade
- Try out for something you weren't successful at the first time

## To be completed by the student (use back if necessary)

1. Give an example of when you've demonstrated PERSEVERANCE:
2. How did it make you feel?
3. Have you ever given up on something? Explain:
4. How did it make you feel?
5. What is something you need to work on right now to demonstrate PERSEVERANCE:

STUDENT NAME: \_\_\_\_\_

## To be completed by the parent or yourself

Student is demonstrating PERSEVERANCE at home (circle one)

Excellent    Good    Fair    Needs Improvement

Other Comments:

I have read the above and confirm the above named student is performing satisfactorily at home.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Silver Stripe due between Sept 9th—14th

# Bronze Merit Stripe



A student will earn a Bronze Merit Stripe on his or her belt when his or her teacher feels the student is showing leadership qualities in the classroom, or to their accountability partner.

Instructors will award this Merit Stripe in class when the student returns the signed sheet from his or her teacher.

Note: this is a great tool for helping children improve in the classroom!

**Note to Teachers: Thank you for taking time to help this young martial artist improve as a well-rounded martial artist who shows Black Belt effort both inside the Martial Arts studio, at home, and at school. We are currently studying PERSEVERANCE. Please grade the student accordingly and return to the student or parents.**

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

Grades            Excellent    Good    Fair    Needs Improvement

Concentration    Excellent    Good    Fair    Needs Improvement

Listening            Excellent    Good    Fair    Needs Improvement

Respect            Excellent    Good    Fair    Needs Improvement

Citizenship        Excellent    Good    Fair    Needs Improvement

Demonstrating PERSEVERANCE    Excellent    Good    Fair    Needs Improvement

*Other Comments:*

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I have read the above and confirm the above named student is performing satisfactorily at school, is treating myself, other teachers, and fellow students with courtesy and respect and is demonstrating PERSEVERANCE.

Signed \_\_\_\_\_ Date \_\_\_\_\_

**Bronze Stripe due between Sept 23rd—28th**