## Niagara Kung Fu Academy LEADERSHIP

## PERSEVERANCE

Perseverance is a law of nature. You can think of perseverance like running water through the land. Every great river was once a trickle that never stopped long enough to evaporate or get soaked up into the soil.

As a Leadership student, it is one of the most important tools you can have on your path to Black Sash. Want to know how to be a Black Sash? It's very simple. All you need is to never give up. When you became a Leadership student, you and your family made a decision that the Black Sash Leadership Values were ones you wanted to continue to develop. You knew that the path to Black Sash would take you to a place of true confidence, real wisdom, deep self-respect, good health, and strong self-discipline.



It's a path not many people choose. In fact, most people you meet live day-to-day, feeling-to-feeling, not really aiming for anything in particular and letting how they feel at the time determine their habits. This is one of the most dangerous ways to live as it will usually result in unhappiness and poor health.

This is why Black Sashes choose what they want most over what they want now. If you always choose what you want based on your temporary emotions, you can actually end up being trapped by how you feel at any given moment.

If you have a craving for ice cream, and you immediately give into the craving, every single time you feel like having ice cream, then who would you say is in charge of your life? You? Or the Ice Cream?

It is the same as when you have a temporary feeling of laziness. Black Sashes have all had days where instead of training that day, they really just felt like staying at home. Perhaps it was snowing outside and the couch is warm and cozy. Or perhaps it's a warm summer evening, and the pool looks so inviting! Do you think anyone gets to Black Sash if they give in to these distractions?

The answer? Absolutely not. The superior student knows that there will be a time later to rest and relax, but right now is the time for working towards one of the most important goals they will achieve in their life: The Black Sash.

Why is Black Sash Perseverance so important? Because as you reach your goal, you can take that perseverance and use it anywhere you want in life. All great pursuits require perseverance.

YOUR ASSIGNMENT IS ON THE BACK --->

Name:\_

## **PERSEVERANCE ASSIGNMENT #2**

Complete the assignment to earn 1 homework stripe on your belt. Each one of us has had to overcome some difficult times in order to be where we are. You have probably already showed perseverance in your life before. Our examples of perseverance can help others see that just because life gets you down, it doesn't mean that you can't get right back up and keep going.

For this assignment you will complete the the fill-in-the-blank questions below to write a short auto biography. Use more paper if you need to,

My name is	One time I felt like giving up at because I felt
However, I did NOT give up becau	
As a result,	
If someone was going to give up would tell them	because they felt discouraged, lazy, or tired, l

instructor sign