

PERSEVERANCE

(per-seh-VEER-ents)



Why is perseverance so important in kung fu? Did you know the word “kung fu” actually means “the skill that you gain after time and sacrifice”? That’s right. Real kung fu has little to do with punching or kicking and everything to do with PERSEVERANCE!

One way to show perseverance is to be persistent. If you are persistent at something, it means you try regularly or consistently. It means you practice every day having faith that your efforts will be worth it.

Have you ever seen an amazingly talented artist, musician, or athlete perform and think “I wish I could do what they could do!”

Anyone talented enough to perform very well in front of people has spent hours and hours practicing off stage, overcoming failure after failure. Even people born with natural abilities have to overcome other weaknesses in order to have success with their talents.

We can have better results from our efforts by doing something a little bit every day rather than practicing something a lot only one time.

For example, do you think it would be healthier to brush your teeth for 2 minutes, twice a day, or 1 hour once a week?

Developing a skill is like growing a plant. When you water it, does it grow right away? No. It grows very slowly, but surely, sometimes overnight. But we HAVE to water the plant, consistently, or it will not grow. Going to class is like watering your plant. And the amount of effort is like the amount of sunshine you give it.



Bruce Lee once said “I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.”

YOUR ASSIGNMENT IS ON THE BACK ---->

Name: _____

PERSEVERANCE ASSIGNMENT #3

Complete the assignment to earn 1 homework stripe on your belt.

Choose a skill or technique that you want to develop and practice it for 7 Days in a Row for 5-15 minutes per day. The skill should not require you to spend more than a few dollars, if any, on supplies. The skill might be something a family member can teach you. If not, then with your parents' help, you might even be able to find a good tutorial on the internet, youtube for example.

Choose an idea from the list below, or choose your own idea.

IDEAS: Learn to play a song on an instrument that you already have at your house Learn to read aloud to your family Practice scoring goals in your favourite sport with equipment you have at home Learn to follow a recipe Write a short story or a poem every day Learn how to care for a plant	IDEAS: Learn how to draw or paint Increase your high jump or long jump, using chalk to measure. Increase your plank, seeing how long you can get up to Increase you horse stance, seeing how long you can hold it. Practice a foreign language Learn how to repair or build a simple object with proper tools
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Using the space below, record your progress each day. Write a short note about how you are progressing. After each practice session, have a parent or other family member initial that you worked on it that day, NOTE: This assignment CANNOT be done in one day. Use more paper if needed.

EXAMPLE:
Day 1 Brother taught me how to correctly hold a guitar. Parent Initial: DN
Day 2 Learned how to strum the guitar. Practiced 10min. Parent Initial: DN

MY PROGRESS JOURNAL

THE SKILL I CHOSE TO DEVELOP IS _____.

Day 1	_____	Parent Initial	_____
Day 2	_____	Parent Initial	_____
Day 3	_____	Parent Initial	_____
Day 4	_____	Parent Initial	_____
Day 5	_____	Parent Initial	_____
Day 6	_____	Parent Initial	_____
Day 7	_____	Parent Initial	_____

STRIPE AWARDED: *instructor*
sign