



Life Skills/Homework Sheet

Perseverance

“Never Give Up.”

Once upon a time, there was a young man in a poor family whose mother died when he was only 9 years old. As he grew up, some people made fun of him for being ugly and too tall. They called him stupid because he hadn't had the opportunity for a good education. As an adult, he failed in business twice. He went into politics and lost 8 elections. At every failure, he had to pick himself up and start again. When he finally achieved public office, he was criticized constantly. But through perseverance, that young man grew up to be the President of the United States who held our country together and abolished slavery. That young man was Abraham Lincoln.

Overcoming obstacles builds our character and strengthens us from the inside out. If we gave up every time something was difficult, we would never learn to walk, read or even survive, for that matter. Succeeding in life requires perseverance—period. But all too often, we let excuses get in our way and we give ourselves permission to quit before we reach our goals. Understanding the concept, of not giving up until you have reached your goal — no matter how long or how many tries it takes—is one of the most important life skills that a student can learn. As we work towards our next rank and eventually black belt, students are earning more than just a piece of cloth. With each obstacle they overcome, they are building the character and experience needed to succeed in and out of the dojo.

Tell us about 5 times this cycle that you have overcome something difficult by showing perseverance. It can be in at Taekwondo at school or at home.

1. _____
2. _____
3. _____
4. _____
5. _____



Intent to Promote

Dear Parents and Teachers,

Our main objective at ATAFMA is to develop well rounded students, not only at our school, but also in life. That's why our school teaches the principles of Black Belt Excellence. Not only do students become Black Belts in martial arts, but also strive to become academic Black Belts and other areas of their lives.

In order to monitor our student's progress towards these goals, we respectfully request that you complete the following:

School Teacher	The student is doing satisfactory work and receiving passing grades	
	_____	Agree
	Teacher's Signature	(Circle One)
	_____	Disagree
	Date	

Parents	My son or daughter has been behaving in a respectful manner and is cooperative at home.	
	_____	Agree
	Parent's Signature	(Circle One)
	_____	Disagree
	Date	

If one of our students does not meet these standards, we will hold their testing until there has been satisfactory improvement. If you have any other direct feedback beyond the scope of this form, please feel free to contact us.

Student Name: _____

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