



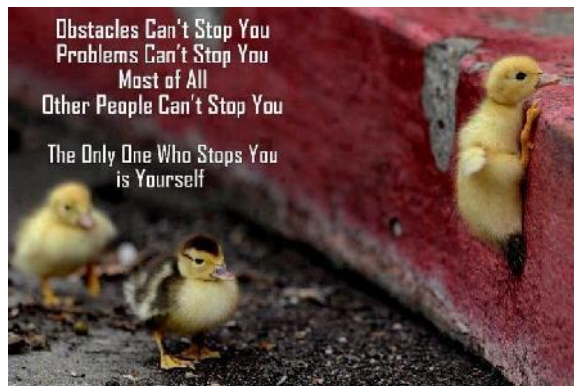
Black Belt EXCELLENCE

Perseverance

Steady persistence in adhering to a course of action, a belief, or a purpose; steadfastness.

The Chinese plant the seed: they water and fertilize it, but the first year nothing happens. The second year they water and fertilize it, and still nothing happens. The third and fourth years they water and fertilize it, with no apparent results. Then, sometime during the course of the fifth year, in a period of six weeks, the Chinese Bamboo Tree grows roughly ninety feet.

The question is, did it grow ninety feet in six weeks or did it grow ninety feet in five years? The obvious answer is that it grew ninety feet in five years because if they had not applied the water and fertilizer each year, there would be no Chinese Bamboo Tree. All of us have had those “Chinese Bamboo Tree” experiences. We might have had a difficult assignment in math, social studies or science. We had to work at it again and again without coming up with the correct answer. Once we did finally get the answer it seemed simple and obvious. We came up with the answer not because of our intellectual brilliance but because of our perseverance.



This month my son/daughter has demonstrated both at home and at school those qualities of Black Belt Excellence required for students seeking to earn belt advancement.

Student Name: _____

Student Rank: _____

Date: _____

Parent Signature: _____

DUE BEFORE DECEMBER 15TH

5 Requirements of the BBE Stripe

-) Responsible behavior at home
-) Responsible behavior and passing grades at school
-) Overall performance and attendance at the dojo
-) Participation in BBE Mat Chats in class
-) Returning the BBE monthly activity

“The greatest glory in living lies not in never failing, but in rising every time we fail.”
~Nelson Mandela

Please answer the following questions:

1. What does perseverance mean to you?
2. Name a time that you had a problem and persevered.
3. Name a time that you quit and regretted it.
4. Who is a role model for perseverance for you? Why?
5. How would you teach someone to persevere?