



Personal Development Requirements

Perseverance

Perseverance is the act of overcoming obstacles that stand between you and your goals. It is the “power to last”. Perseverance is being persistent in obtaining your goals while striving to become a better person. Your assignment will be something pertaining to your martial arts techniques such as the ones listed below.

- Your task is to log 400 repetitions of a technique.
- Write down the technique that you choose and have it approved by an instructor.

Technique: _____ Instructor Initials: _____

Write a brief description below of how this lesson in perseverance helped you grow as a martial artist and more importantly as a person.

“Persist and persevere, and you will find things that are attainable, possible.”

– Lord Chesterfield