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# Perseverance

*Steady persistence in a course of action, especially in spite of difficulties, obstacles, or discouragement.*

## Dear Parents,

During the month of July we will discuss the importance of perseverance with our students. Perseverance is an essential ingredient for success. It is our goal to help

develop an attitude of perseverance in each student through their martial arts training. As you know, perseverance is an attitude that will impact their lives in a variety of ways.

One part of our discussion of perseverance will require each student to interview someone they know about this topic. This doesn't have to be a lengthy process, but we are looking for brief stories of how others have persevered and overcome obstacles. We're asking you to help your child with this project. Perhaps you know someone that has a good example of perseverance – a grandparent, aunt or uncle, or business associate your child could visit with. This project will provide a time of sharing by each student on what they learned about this important subject.

## Other Things Parents & Caregivers Can Do to Help Their Child Learn Perseverance

Don't let them quit! As parents, it is often very tempting to give in to our children when they want to quit something that is difficult for them. Let's face it, it's a struggle to get them mentally and physically prepared for the activity, there is often whining from the child about having to go, and there are other things you might be more interested in doing. However, acquiescing to their desire to quit sends the wrong message. Help them learn the value of perseverance by having them continue trying.

Encourage them. Words of encouragement from a parent are some of the most impactful aspects of a child's life. Let them know you understand their challenges, want to help, and believe in their ability to overcome and succeed. Just knowing you care and believe in them can give them the motivation to persevere and succeed.

Provide them examples of perseverance. Whether it is personal examples, stories of relatives and friends that persevered, or stories about historical figures, your child will learn the value of perseverance through these examples. These examples will reinforce the lessons we teach them in their martial arts classes, and your own encouragement to them.

**This month our weekly lessons will cover:**

### Week One:

"Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all." – *Dale Carnegie, author, How to Win Friends and Influence People*

### Week Two:

"Once you learn to quit, it becomes a habit." – *legendary NFL coach, Green Bay Packers*

### Week Three:

"No mistake or failure is as bad as to stop and not try again." – *John Wanamaker, founder, Wanamaker Department Stores*

### Week Four:

"I'm hard-nosed about luck ... If you're persistent in trying and doing and working, you almost always make your own fortune." – *Jerry Della Femina, founder, Della Femina Travisano & Partners*

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