

Thought in Action

Perseverance

Welcome to Thought in Action

The Thought in Action program is designed to help you better understand how to make the lessons that you learn at The White Oak Leadership Institute part of your everyday life. The more you practice and develop the leadership traits, the better a martial artist and person you will be. Remember that the path of the Martial Arts is one of Self Mastery. Work to find harmony within yourself and in everything that you do.

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Be a Black Belt Leader

Task : Perseverance

Lesson: The Power of Perseverance

Bring Your Practices into Your Daily Life

Perseverance is the ability to stick to whatever you are supposed to be doing no matter what. In the art of Ninjutsu the power of perseverance is prized above all else– without there is no chance of you ever achieving the goals that you have set for yourself. Even the symbol of the Ninja means perseverance. In it there is a representation of a sword to a persons throat– the idea being that even when all seems lost you should never give up and always be looking for ways to overcome and persevere.

Your ability to persevere over any obstacle that comes into your path is key to your ability to achieve any success. Life is a test. Anytime you try to accomplish something worth doing there will be obstacles. If you are strong enough to over come them then you will have earned whatever it is that you seek. In turn you will grow enough as a person to have earned whatever the prize is from your hard work and dedication to your cause.

The Yin and Yang of Discipline

As with all things, there are two sides to perseverance and your ability to stick to what you say that you are going to do. It is good to stick to a course that is right and true. On the other hand it is folly to stick to a course that you come to realize is foolhardy.

You must always learn and grow as you walk your path in life. Sometimes things will happen that change your perspective on life. Many times you will feel that you are doing the right thing and indeed be dedicated to persevere through to the end with this objective.

Sometimes, however, in mid-course you come to realize that you were mistaken about that path or course of action. Then the best way to persevere is to change your course. Do not give up and do nothing– no good will come of that. But change your path to what you feel it the right one. Sometimes this means that you will have to change only minor parts of the way you go about reaching your goals, and other times it will mean that you will have to change your entire plan.

The key to perseverance is to always walk your path, but also always watch where you are going just to make sure that the path you are walking is indeed taking you where it is that you want to go.

Task : Perseverance

Lesson: The Power of Perseverance

Task : Perseverance Through Repetition

By doing something over and over again you begin to truly understand what you are learning. By doing your best, you come to truly understand yourself.

You have heard before that “practice makes perfect,” but this is not really true. Only perfect practice makes perfect. Practice makes better. And this is a good thing. Every time that you do something– even something that you think you are not good at– you will get better at it. The only way to stop getting better at something is to stop trying. This the true power of perseverance comes from simply doing your best and never giving up. Eventually your practice to get better will become perfect practice to maintain seek even higher perfection.

To explore this idea pick out any Kata, form, or self defense application that you wish (whatever you pick, it must have at least 10 techniques in the set). Do 1000 repetitions of whatever you have chosen. When you have finished show Shifu your log of perseverance to receive your yellow tip on your belt.

Goals : Targets

My Target Date For My Next Belt is
_____ month _____ year.

My Black Belt Target Date is
_____ month _____ year.

Now set a goal for yourself to be more respectful to your parents. Pick an area of your relationship with your parents that you should improve, and set a goal to improve that.

My Goal to improve my relationship with my parents through respect is to

Dear Parents and Teachers,

It is our main objective to develop Black Belt Leaders at home, at school, and in the community. We would appreciate your feedback, and deeply value your opinions as success coaches at home and /or at school.

Students

Name: _____

Teachers:

1) How well do you feel this student has been able to persevere through adversity?

Excellent Good Average Poor

2) Please rate this students effort towards improvement.

Excellent Good Average Poor

Coments: _____

Parents:

1) Do you feel that your son/daughter has shown improvement in attitude, behavior, and character?

Yes No

Coments: _____

Checklist for Belt Promotion

- | | |
|--|--------------------------|
| 1) Have you completed your Task (50 Respectful Acts) | <input type="checkbox"/> |
| 2) Have you improved your conduct at home, school , and in the community? (Target Goal) | <input type="checkbox"/> |
| 3) Do you have, or are you close to having 4 Blue Tips on your belt (16 classes)? | <input type="checkbox"/> |
| 4) Have you signed up for the Belt Ceremony? | <input type="checkbox"/> |
| 5) Have you paid your Graduation Fee(s)? | <input type="checkbox"/> |
| 6) Have you brought a friend to class, or recommended someone during this testing cycle? | <input type="checkbox"/> |

When your checklist is complete, please present everything to Shifu Petrush or Master Croley to earn your gold tip for your belt.

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