



**Adult**  
**Message of the Week**  
**PERSEVERANCE**

The Principles of Black Belt that we recite each class are Modesty, Courtesy, Integrity, Perseverance, Courage, and Indomitable Spirit. Every one of these is a cornerstone of Black Belt Excellence. Let's take a closer look at Perseverance. It means to not give up on something, regardless of how difficult things become. Everyone has shown perseverance in their life. Things we take for granted like reading, tying our shoes, riding a bike and even the simple art of walking, were things at one time we did not know how to do. The attribute that helped develop these skills and that will help to develop other skills in the future is PERSEVERANCE. Practicing determination, endurance, and believing in ourselves can help us master Perseverance in our lives.

KOVAR'S