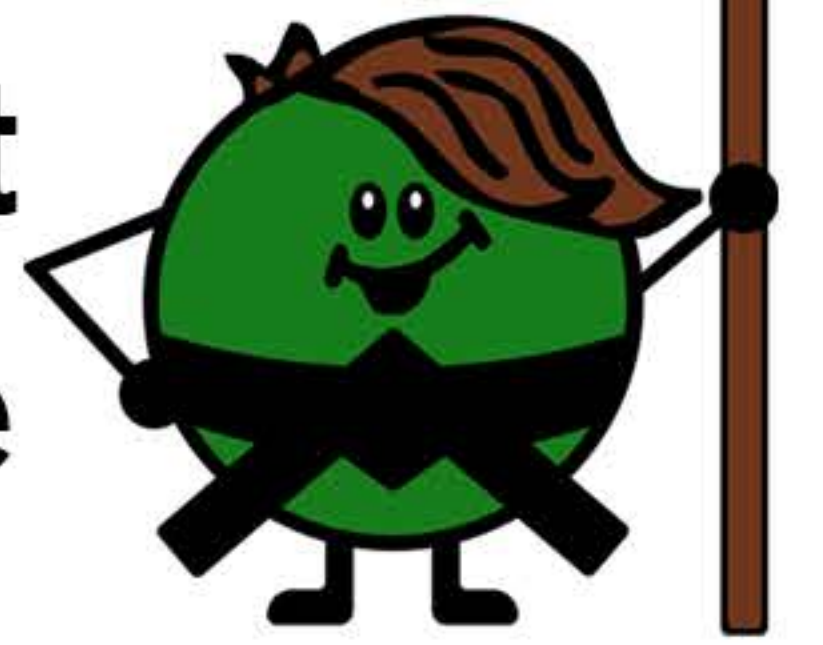


Black Belt Character Development Character Chart: Perseverance



FIRST NAME: _____ **LAST NAME:** _____
AGE: _____ **BELT COLOR:** _____

Each time you practice at home, write down how many minutes and what you practiced. Once you have practiced *five times for 15 - 20 minutes*, turn in your sheet to receive a Perseverance stripe.

1. Date: ___/___/___ MINUTES OF : _____
2. Date: ___/___/___ MINUTES OF : _____
3. Date: ___/___/___ MINUTES OF : _____
4. Date: ___/___/___ MINUTES OF : _____
5. Date: ___/___/___ MINUTES OF : _____

Parent Signature: _____ Date: _____ Stripe
Instructor Signature: _____ Date: _____

6. Date: ___/___/___ MINUTES OF : _____
7. Date: ___/___/___ MINUTES OF : _____
8. Date: ___/___/___ MINUTES OF : _____
9. Date: ___/___/___ MINUTES OF : _____
10. Date: ___/___/___ MINUTES OF : _____

Parent Signature: _____ Date: _____ Stripe
Instructor Signature: _____ Date: _____

11. Date: ___/___/___ MINUTES OF : _____
12. Date: ___/___/___ MINUTES OF : _____
13. Date: ___/___/___ MINUTES OF : _____
14. Date: ___/___/___ MINUTES OF : _____
15. Date: ___/___/___ MINUTES OF : _____

Parent Signature: _____ Date: _____ Stripe
Instructor Signature: _____ Date: _____

When you promote to your next belt, if you have earned 5 or more Perseverance Stripes then you will earn the Perseverance Award! You can also receive UNLIMITED Perseverance stripes.

Tomorrow's victory comes from today's practice.