



# WORLD CUP KARATE & FITNESS

This week during classes we have been going over how to have a **"Whatever it Takes" Attitude!**

We start off by asking 3 simple questions & the students repeat the answers:

- 1) What does it mean to have a good attitude? *Obey cheerfully and be polite.*
- 2) Why is it important to have a good attitude? *You will be more successful, have more friends, and your family will be proud of you.*
- 3) What is an example of having a good attitude? *If it doesn't work the first time, try again & don't give up.*

One of the most important parts of becoming a Black Belt is that it teaches us how to be successful in life. A Black Belt is a White Belt that never gave up. Getting your Black Belt is having a "Whatever it Takes" attitude. For example, Black Belts don't just come to class when they felt like it – they come to class regularly – especially when they don't feel like going. You can use that "Whatever it Takes" attitude to accomplish anything.

What would you like to accomplish:

- In Martial Arts?
- In sports?
- In school/work?
- In life, what would like to become or what is a goal you have?

What are you willing to do to get there?

**Having a "Whatever it Takes" attitude can be used no matter if you're a kid or an adult. It's the first step in accomplishing great things!**