



DUE DATE

July 2021

Remember these sheets are your responsibility, not your parents

Student's Name _____

Student's Belt Rank _____

Yuen's Family Martial Arts Centre

INDOMITABLE SPIRIT



What's Indomitable Spirit?

YES I CAN!

Indomitable Spirit is your internal drive and excitement to achieve excellence. It is a winning spirit to overcome failure.

To develop this spirit, it requires you to learn to get excited and be willing to demonstrate it. The key is to learn to **maintain your spirit even when you encounter difficult times**. It's easy to be happy when things are going well. The tough part is to keep yourself up when you're not feeling well or facing obstacles and challenges.

Indomitable spirit is the will to keep chugging on against all odds. You have a spirit that cannot be crushed.

Activity: Reflection & Answer

Everyone experiences challenges in their life, big and small. Tell us about a challenge you have had in your life.

Sometimes we fail. Sometimes, we fail, and fail, and fail again. As long as we keep trying though, and never give up, we can overcome any challenge. How did YOU overcome your challenge?

Activity: Word-Search

Find the following words from the puzzle on the left

EXCELLENCE

INDOMITABLE

OVERCOME

SPIRIT

TRY AGAIN

YES I CAN

DRIVE

UNBREAKABLE

H	V	D	R	I	V	E	P	M	Z	E
Q	Y	E	S	I	C	A	N	V	L	J
B	G	E	V	S	J	I	J	B	J	K
U	N	B	R	E	A	K	A	B	L	E
E	J	R	P	G	W	T	S	M	F	B
S	A	J	A	P	I	P	L	I	M	Q
P	G	Y	W	M	U	C	B	W	Q	L
N	R	V	O	V	E	R	C	O	M	E
T	F	D	K	P	H	R	H	Z	H	G
O	N	G	S	P	I	R	I	T	T	U
I	E	X	C	E	L	L	E	N	C	E

