

## *Indomitable Spirit*

**What is Indomitable Spirit?** *It's a hard word to pronounce but an incredible trait to foster. If we look at the historical figures, modern heroes, and family members we revere, odds are they have indomitable spirit! Let's look at this a little more.*

Indomitable spirit is your *dynamic energy* and inner strength for development of true character, leadership and valor. It is being incapable of being overcome, subdued or conquered! Indomitable spirit gives you the courage and confidence to try again and overcome in the face of fear or failure. Think of the words to *Stronger*: "What doesn't kill you makes you stronger, stand a little taller . . ."

Indomitable spirit is related to both perseverance and self-control. To a martial artist, it is the most important tenet, and one we should work to develop as a tool to help overcome difficult tasks and obstacles in every aspect of your life. Closely related to perseverance, it conveys an even stronger idea of staying strong and sticking to your beliefs and convictions against seemingly insurmountable odds. It also contains the idea of rising above our failures and weaknesses. A person with an indomitable spirit may get knocked down, but they get back up each time and keeps going in pursuit of their goals. Think of the words to Roar "*I've got the eye of the tiger, I am a champion and you are going to hear me roar loader, loader than a lion 'cause I am a champion.*"

To have indomitable spirit is to "never say never," when faced with a difficult goal to accomplish. To not stop in the face of an enemy or an overwhelming obstacle or situation, once a just path has been chosen.

Developing an Indomitable Spirit will help you reach our goals in the martial arts, but it will also help us in all areas of our lives. All of us face challenges in our jobs, in our families and personal struggles. If we develop an Indomitable Spirit, we can face these challenges and overcome our own failures and weaknesses. Think of the ancient proverb "fall down seven times, stand up eight."

**To work on indomitable spirit, please complete these questions and work on your challenge # 3 below:**

1. Think of a famous person that has/had the quality of indomitable spirit, and write their name here:  
\_\_\_\_\_
2. Think of someone in your life that you know personally that has the quality of indomitable spirit and write their name here: \_\_\_\_\_
3. Work on a way to develop your indomitable spirit (see below).
4. Do you understand how important indomitable spirit is? \_\_\_\_\_

STUDENT/PARENT STATEMENTS:

I/my parent has read and I understand what this information means.

My Indomitable Spirit Challenge: \_\_\_\_\_

How I did: \_\_\_\_\_

Student: \_\_\_\_\_ Parent(s) \_\_\_\_\_

Directions: Review and discuss these ideas with your child. Guide them in understanding what indomitable spirit is, and suggest ways they can take up this challenge or have them come up with their own ideas. Help check their progress in meeting this challenge. Once they have completed the Challenge, have them turn in this completed sheet.