

## Wilkes Martial Arts Belt Themes

### **Red Belt Theme**

### **PERSEVERANCE**

“Press on. Nothing can take the place of persistence. Talent will not; nothing is more common than unsuccessful people with talent. Genius will not; the world is full of educated derelicts.

Perseverance and determination alone are omnipotent.” - John Calvin Coolidge - 30th President of the United States

To persevere is to maintain your best effort, in spite of whatever hardships you may face. To persevere in your martial arts training is to maintain 100% effort in the face of extreme physical and / or mental stress. Perseverance is a vital part of achieving black belt and your set goals.