



# SWANSON'S MARTIAL ARTS

RED BELT WITH STRIPE TENENT REQUIREMENT

NAME: \_\_\_\_\_

## INDOMITABLE SPIRIT

*Volunteer 2 hours.*

Indomitable Spirit is about having a positive attitude and standing up for what you believe in. Help someone else's day be better and put your effort into something you believe in.

Description of volunteer project:

Why did you choose this particular project?

What did you do?

What did you learn?