

## **ITF BLACK BELTS EXCELLENCE MENTAL DISCIPLINE**

- ***HAPPY BUT NEVER SATISFIED:*** Process is a sense of enjoyment, the awareness of improvement, awareness of other areas to be improved. A person who finds way to enjoy this process will strive further and become closer to perfection.
- ***COMPARE YOURSELF, NOT WITH OTHERS, BUT WITH YOUR OWN POTENTIAL:*** Comparison of self to others makes one feel either incompetent or overconfident. Not every black belt is equal in skills. All students are dissimilar in the levels of skill, everyone has different strengths and weaknesses. Comparing yourself to your potential helps you to get realistic goals and not to expect too much or demand too little from your training. It generates reliable feedback.
- ***KEEP EMOTION IN BALANCE:*** Channel them in construction ways, make them the driving force in the accomplishment of all worthy tasks. Respond with the appropriate emotion at the appropriate time, place. There's time to be stern and a time to be compassionate. If we become overly emotional, or if we mix these times and place up, we lose our ability to act appropriately.
- ***DEVELOP SELF-DISCIPLINE:*** Know what to do and then do it. Do get around to doing it. Develop ability to push yourself while maintaining focus and concentration and knowing that this is what it takes to become proficient and successful.
- ***WHEN LIFE HANDS YOU LEMONS, MAKE LEMONADE:*** Look for good in every situation. Make the most out of it. While Training in TAEKWON-DO everyone experiences occasional setbacks. I.E: busy schedules, difficult maneuvers, sore muscles etc. Instead of asking "why is this happening to me? You should ask" what is good about this? And how can it benefit me?". With this attitude, everything becomes a learning experience, and we are able to cope with the day-to-day challenges that life rewards us with.