

Probation Purple Belt Theme

COMPLETION

“Many of life’s failures are by people who did not realise how close they were to success when they gave up!”

Completion is the ability to continue and finish anything important that you may start. We almost always know what we should do, however we do not always do it. ‘Follow through’ is the ability to do what we know we should do, until the task is completed.

In martial arts training, a partially completed technique or combination can be dangerous. It demonstrates to your opponent a lack of commitment and confidence, and can leave you in an awkward position, off balance and open to attack.

‘Following through’ with your strikes is also especially important for maximum effectiveness and power. Think of some projects you have started but not finished and take action to finish them before you start any new projects.

During your martial arts training there will always be ‘hills and valleys’. Hills are times when you are highly motivated such as after being promoted in rank. Valleys are when you temporarily lose motivation until the next hill is visible - we all experience valleys but understand they are only temporary!

Think back to the reasons why you began Wilkes Martial Arts and re-committ to those original goals.