

Probation Brown Belt Theme

FOCUS

The ability to concentrate on something specific and block out distractions. The three rules of concentration are : - Focus your eyes - Focus your mind - Focus your body What you focus on determines your outcome.

Focus on problems and you will have more of them. Focus on weaknesses and they will grow. Focus on solutions and you will find them. Focus on strengths and you will become stronger.

Focus is crucial in martial arts training whether it be in class, at a grading, or during a street attack. When a martial artist is focused, their mind and body operate in harmony, allowing maximum effectiveness.