

## **Probation Orange Belt Theme**

### **CONSISTENCY**

Lack of consistency contributes more to failure than just about anything. On the other hand, consistency can do a lot to make up for a lack of talent. To be consistent, it is important not to 'bite off more than you can chew'.

Chunk projects into bite size pieces that are realistic and attainable. This will help you to keep in the rhythm. Remember, motivation follows action. Action on a consistent basis will keep you motivated and on track.

Consistency in martial arts training is one of the most important keys to success. Almost without exception, today's black belts were not superstar white belts. Nor did they train for four hours a day every day.

Often, they were of average ability, but they trained on a consistent basis twice a week. If you can make a habit of being consistent with your training, you are halfway to making black belt.

"Motivation is what gets you started. Habit is what keeps you going."