

Probation Blue Belt Theme

SELF CONTROL

“Lose control of your emotions and your opponent has an ally.”

Self-Control is the ability to control your actions and emotions. It is a mighty person who makes friends of enemies and always maintains control of their emotions. In Martial Arts self-control also applies to your level of contact when training with your partners in class.

One of the first keys to developing self-control is the ability to identify when you are losing control, whether that be in your life or in training. The second thing to do is view this loss of control as a sign of weakness, which is not acceptable. Finally, remember to breathe deeply. This sounds simple, but often it's enough to keep us calm and in control.

During training, in martial arts, and in life, remember not to allow your emotions to control you. Aim to remain calm and focused in tough or emotional situations. This will help to make every encounter work to your advantage. “Control your emotions or they will control you!”