

Probation Green Belt Theme

COURAGE

“True courage is not fearlessness, it’s overcoming fear.”

Courage is commonly thought of as the ability to face insurmountable odds without a hint of fear. More accurately however, courage is doing the right thing, even when it is not popular.

It is about feeling the fear but doing it anyway. It’s facing new challenges with your head up and your eyes focused. Courage plays an important role in martial arts training. It takes courage to perform in front of your peers or at a grading, attempt a difficult kick, or to spar with a tough classmate.

Through these little acts of courage, our confidence grows, and we are able to accept even greater challenges. “What would life be if we didn’t have the courage to attempt anything?” - Vincent Van Gogh