



ADVENTURES AT ODYSSEY

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Courage

To become a true master in Tae Kwon-Do one must have the courage to dream the dream and then take action.

• • • Courage is the resistance of fear, the mastery of fear, not the absence of fear. It is the capacity for taking action despite your fear. You see fear and courage are brothers; fear has to be present for courage to exist.

All of our dreams can come true, if we just have the courage to pursue them and life shrinks or expands in proportion to our courage. When we use courage we can keep on going long after we think we can't. The light of courage brightens even your darkest moment.

Hope, faith and courage are often heard together but have very different meanings.

Hope is wishing something will happen.

Faith believes something will happen.

Courage is making something happen.

It's like a muscle; it is strengthened by use.

Courage is that one quality of mind and spirit that enables us to face difficulty, danger, and pain without fear.

To develop our courage is just a choice. Understanding that it gets stronger each time we choose to exercise it. When we get the action signal of fear we need to feel it, accept it and at that moment choose to visualize a positive outcome.

The difference between who you are and who you want to be is what you do with courage. Life is death without adventure, adventure is nothing without risk. So if you do not risk you do not live life.

UPCOMING EVENTS

11
FEB

Board Breaking Seminar

Saturday, February 11th

12:30 pm

Some spaces are still open!

25
FEB

Formal Grading

Saturday, February 25th

10:30 am

25
FEB

Bully Busting FREE Seminars

Saturday, February 25th

12:30 & 3:00 pm

12:30 pm is full. Some spaces are still open in 3:00 pm.

Odyssey students must bring a guest.

MASTER'S THOUGHTS:

You will never discover new horizons unless you are willing to lose sight of the shore.