

CONFIDENCE

kon-fi-duhns

(belief in oneself and one's powers or abilities)



"It is not the courage to be that we must develop as much as the courage to become."

Paul Kurtz

Confidence is cultured through knowledge and skill. It is a firm belief in the result of years of trials and tribulations. It is developed by accomplishing something today that you did not feel or know you could do yesterday.

Students of the Traditional Martial Arts are presented with challenges on a daily basis. This is a basic part of the training. Things that could not be done yesterday are considered normal or common tomorrow. This is why the Traditional Martial Arts are recognized for their ability to mold or develop self confidence. Not to be mistaken for cockiness, as typically portrayed by popular media, a confident Martial Artist is a humble person who will have doubts and make mistakes, but will continue to stand by their beliefs.

Confidence does not come easy however; it can only be developed if you are willing to face your fears. Most people when faced with a challenge will look for a way out instead of a way through, this is what makes confidence such a rare quality. Everyone is faced with challenges as we travel through life. The difference between a confident person and one who isn't lies not in what happens, but rather in what they choose to do about it.

Shihan Cyr



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