

## 4<sup>th</sup> Dan Thesis

# SUCCESS & TAEKWON-DO

### **INTRODUCTION**

Success is a process that is universal across so many fields in life and not just specific to any one area of life. I am going to give you my perspective on this subject based on my experiences. It is my aim that in reading this you will be able to find inspiration that will allow you to achieve greater success in your Taekwon-Do, or in fact, in any area of your life.

### **ABSTRACT**

In this thesis it is my intention to outline my Taekwon-Do story. You may use this and your own story to understand the content of this thesis. We will be taking a look at 'The Dream' and how you need to have a dream to succeed. We shall be having a look at what a dream is and what it isn't. We will be looking at the difference between dreams and wishes and how you can turn wishes into dreams. We shall be looking at how dreams can be broken down into achievable units we call goals. Then we will have a look at what success is, how to become successful and what it is that prevents people from becoming successful. We will take a closer look at fear and how to overcome it. We will look at the importance of rewarding success and finally we will look at the responsibility that goes along with success.

### **MY STORY**

This is my story, and I will use it to illustrate how you too can be successful in Taekwon-Do. I am not, however, saying that I am perfect in anyway. Far from it. It's just that I believe that I have achieved a measure of success and that I wish to pass that onto others. Also my story is given so that you can see that it is possible for you to succeed because I have had challenges to overcome. And it is my hope that you will be able to see that success is possible for you too.

When you are reading the rest of this thesis think back to my story and see if any of it fits into what I'm telling you. Also think of your own story and how it can fit into what I am saying.

Before Taekwon-Do I was very active at soccer and squash. I then had an accident, on the soccer field, that damaged my knee. After the surgery the doctors said that I was never to participate in any contact sport ever again. I was devastated. My mental state changed from the optimist to the pessimist. I became lazy and fat.

For 3 years I did nothing. I finally got fed up with this and had decided to do something about it. I was not going to let myself turn into one of those do nothing fat guys. Then, as fate would have it, due to Shirley's (my wife) acquaintance at her work I was introduced to my future Taekwon-Do instructor, Mr Graeme (Rocky) Rounthwaite. It was at a work function, where, over dinner, Mr Rounthwaite told me how Taekwon-Do worked on the legs, making them strong and flexible.

This is what I had been looking for, something to make my legs strong again. So I decided that I would give it a go. (I had always wanted to do a martial art but never seemed to get around to looking at one.) That the very next week, on the 18<sup>th</sup> of August 1985, I started. I have never looked back. My leg got stronger. I lost a heap of weight, and was thinking optimistically again.

It wasn't long before I started to dream about becoming a Blackbelt, a 4<sup>th</sup> Dan. I don't know why I decided on that rank. There weren't any in NZ at that time, 1985. (The highest rank then was 2<sup>nd</sup> Dan.). Mr Rounthwaite was heavily involved in New Zealand (NZ) Taekwon-Do and acted as a fantastic role-model. It wasn't long before I dreamt of being like him. I still dream of being like him.

I started associating with the Blackbelts (I was a yellow belt), and dreaming of the day that I will be a Blackbelt. I then started dreaming of being in a position of influence. I wanted to give something back to Taekwon-Do.

I had my ups and downs, in terms of my gradings. I always tried my hardest but didn't always produce the top levels of pass. But I didn't let failing grades stop me. I was stood down for going for my blue belt. I failed my 1<sup>st</sup> attempt at 2<sup>nd</sup> Dan due to an injury sustained during the grading. My self-defense partner was over enthusiastic and dislocated my shoulder. I continued with the grading only to fail, by 1 point. I was actually devastated as I know I would have passed with flying colours, but with one arm not functioning I could not do my patterns properly nor the sparring and it made the destructions a mission. I also failed my 3<sup>rd</sup> Dan on my 1<sup>st</sup> attempt. I simply wasn't good enough this time. I had an injury of some kind, but that should never be an excuse.

Along the way I became an instructor and that has had its ups and downs too. I have organised camps and tournaments. I have been on the Promotions Sub-Committee, I have been Chairperson of the Standard & Discipline Sub-Committee. And currently I am Secretary for ITFNZ and have accomplished what I set out to do all those years ago, I am an executive committee member. And now the reason for writing this thesis the attainment of my 4<sup>th</sup> Dan. I will have achieved my dreams in Taekwon-Do. Where to from here. Well I have set other dreams in motion and am in the process of achieving them also.

### **DREAM TO SUCCEED**

Before you can succeed at something you need to have something that you want to succeed at. You need a dream. You need a why. Your dream is your why. The reason for wanting success.

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“To be successful, you must decide exactly what you want to accomplish, then resolve to pay the price to get it.” – Nelson, Bunker, Hunt<sup>1</sup>

“The key to my success has been to give up everything for my dream” – John Johnson<sup>2</sup>

Having a dream is the single most important aspect to succeeding. But you must absolutely believe that you will achieve or obtain your dream. Belief is very critical. Your dream must make the hair on the back of neck stand up every time you think about it. Your whole being must shake when you think about your dream. It is not merely something that you hope will happen some day nor is it something that would be nice. The dream, you absolutely know will happen. It's just a matter of time. Putting a time on your dream will turn it into a goal. I will achieve my dream by such and such a date. However, it doesn't matter if you don't achieve or obtain your dream by that date. The date merely gives you something to aim for.

So what is a dream? A dream is something that you have a burning desire to succeed at or something that you must absolutely do, be, or have. Do you recognise this dream? “My dream ... the ultimate fantasy of spreading and teaching Taekwon-Do with no regard to considerations of religion ideology, national boundaries, or race.” – General Choi Hong Hi<sup>3</sup>. Later on, in an interview on TV, General Choi went on to say that his dream was to take Taekwon-Do to the moon and stars.

Dreams are powerful, and the bigger your dream is the greater your success will be in the end. “Men are not prisoners of fate, but only prisoners of their own minds.” – Franklin Delano Roosevelt<sup>4</sup>. So you must let your mind go free. Allow yourself the privilege of dreaming big dreams. Allow yourself the privilege of dreaming of success. I am dreaming about owning my own dojang. I am going to give it to ITFNFZ so that we have a headquarters. Something that our members have been thinking about for some time now. This really fires me up. It's going to be the best equipped dojang in NZ.

Ah ... the Dream!

You have to be able to visualise the dream as reality. You need to be able to see the dream in all its colourful glory in your mind's eye, down to the minutest details. This way the mind will be activated into attaining the dream. This will promote you into becoming a success. It will make you do the things that you must do in order to become successful. I will discuss these things a little later on.

So the dream must excite you. It must occupy your thought most of the time. You see there is not a single day goes by that I don't think about Taekwon-Do. About the joys that its techniques hold. I think about what I'm going to teach my students. I think about specific techniques and how I can perform them better. I think about my students and how I can help them to improve. Of course I don't think about all these things in a single day. But every day I am thinking about something to do with Taekwon-Do. Taekwon-Do is a part of my everyday life. It is my dream to be the very best at Taekwon-Do that I can be, as a practitioner and as an instructor. I have always (since about 8<sup>th</sup> gup, yellowbelt) wanted to be a part of the Executive committee of ITFNFZ. I have wanted to make a difference in ITFNFZ. I have achieved that dream, I am currently a member of the Executive committee.

There you have it, a dream is something that has to be a burning desire of yours. Something that gives you goose bumps. Something that fires you up. Something you think about all the time. It is the act of thinking about it constantly that will eventually lead you to accomplishing the dream.

### WHAT A DREAM ISN'T

A dream is not something that would be nice, nor is it a wish. Something that's nice isn't urgent. It's not a burning desire. Something that's nice you can do without, and wishes remain unaccomplished. Either of these states of mind will not induce you into action. They don't activate your mind into thinking of possibilities in terms of solutions to hurdles that may need to be overcome. They don't activate you into making the changes in yourself that you are going to have to make in order to become successful.

Something that's nice wouldn't fire you up. “Wouldn't it be nice to be a Blackbelt.” Does this inspire you? It won't get you to do something extra or something that's perceived to be difficult. It won't keep you going if you might fail or if it might make you look foolish. How many times have you felt reluctant to practice a difficult kick with your bad leg because you don't look as good using that leg? Don't we tend to favour our good leg because we know that we can perform the kick better with that leg?

A dream is not a wish. Wishes don't have belief. Listen to this statement, “I wish I could kick like she does!” What does it conjure up in your mind? Do you think this will lead to being able to do the kick? Wishing will not lead to success. Wishing just tells your subconscious mind that you don't really believe. So in order for you to succeed you have to really believe that you will succeed. You have to turn your wish into a dream. To do this you need faith in yourself that you can succeed. So if you have a dream to be a great sparrer, instructor, or to be able to do a fantastic reverse turning kick, that is different! It is different because you believe that you can do it, given time and persistence. You are saying, to yourself, “I will be a fantastic Instructor!”, “I will be a Blackbelt.”, “I will have the ultimate reverse turning kick.” But with a wish you are convinced that you can't really have, do or be what you want.

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<sup>1</sup> Nelson, Bunker, Hunt – Texas Billionaire

<sup>2</sup> John Johnson - American magazine and book publisher, the first black American to attain major success in those fields

<sup>3</sup> General Choi Hong Hi – 9<sup>th</sup> Dan, President of the International Taekwon-Do Federation (ITF), Father of Taekwon-Do.

<sup>4</sup> Franklin Delano Roosevelt - Thirty-Second President, 1933-1945.

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There are many reasons why people don't believe that can have, do or be what they want. We will have a look how you might be able to do get the belief.

### TURNING WISHES INTO DREAMS

As eluded to earlier, in order to succeed you need to turn your wishes into dreams. It's all in the wording. Your self-talk determines the eventual outcome. You have to stop thinking like something is unobtainable and be more positive about the outcome. You will speak your dreams into existence. If you say you can't your right if you say you can your right. Which every way you think, your right. You decide how your going to think. For example compare these statements:

"I wish I could jump as high as he can."; "I will be able to jump as high as he can.",

"I wish I was as good at doing reverse turning kicks."; "I have not yet attained the ability to do a good reverse turning kicks but will.",

"I wish I could instruct."; "I am going to be an excellent instructor.".

You decide wish of these statements indicate a more definite possibility of attainment. The first or the second. I think you would agree with me that it is the second of the statements. So it's your thoughts, your self-talk, that will eventually determine the degree of belief that you have in your dreams and their for the degree of success that you will achieve.

### GOALS, THE DEFINED DREAM

Now you may have difficulty thinking in terms of dreams, so I'm going to describe the relationship between dreams and goals. Goals are dreams that you attach definite dates to, i.e. "I will become a Nationals Gold Medallist by the 2003 Nationals". This is good as it states the goal in a manner which demands that success will be achieved and it gives a definite date by which the goal will be achieved. A goal is a dream that has an action plan. The goal states how you are going to achieve your dream. Goals can be monitored. They can be put into small manageable sizes. The goal needs to be realistic but by the same token the goal needs to extend you a little. If your goal is too big or grandiose then you have a greater chance of talking yourself out of being able to attain your dream.

Think of General Choi's goal of bring Taekwon-Do to the world. He would have broken this down into small easy to attain goals. He introduced Taekwon-Do to the world country by country and within that city by city. By starting one or two clubs off in the country and letting them grow. He had the goal of setting up a demonstration team that he took to various countries. Ones with large population bases where he was most likely to find enough people willing to participate in Taekwon-Do. He then had people who had been train naturally immigrating to other countries and introducing Taekwon-Do to those new countries. That is how Taekwon-Do arrived in NZ. General Choi then set about supporting Taekwon-Do in the various countries by setting up the ITF and producing his encyclopaedias and doing instructors courses. The dream was to have the whole world doing Taekwon-Do. And bit by bit that is what has happened. As Taekwon-Do is in many of the world developed countries and it is still growing.

The ITFNZ grading syllabus, which is based on General Choi's syllabus, provides you with goals and then gives you dates by which you need to attain them. The syllabus outlines what actions you need to perform in order for you to attain success at each goal (each new rank). The belt ranking system is a method by which General Choi has introduced the goal setting process into the Taekwon-Do students attainment of their dream; Blackbelt. Without realising it the student is learning to set goals and take action in order to attain their dream. By the time a student has reached Blackbelt they should be able to set their own goals and reach for the next level without as much guidance. You are being taught the principles of goal setting.

So the goal puts action into the dream, which in turn provides the driving force behind the realisation of the dream and therefore the attainment of success.

So, in order to succeed at something you must first DREAM about the thing that you wish to succeed at. Then you need to set GOALS so that you can take action. Then the action will lead to SUCCESS.

My dream before I started TKD was to fix a knee injury and I would loose weight. Then further down the line it was to become a 4<sup>th</sup> Dan. I never took my eyes off my dream or if I did it was strong enough that it always brought me back.

You need to find such a dream if you are to succeed in Taekwon-Do. And remember, the bigger you dream the greater your success will be. Don't be afraid to dream big dreams.

What is YOUR Dream?

### DEFINING SUCCESS

Let's assume that now that you what you want to succeed at. You have the dream sorted out. You have the reason why you are going to go ahead and step outside of your comfort zone. But what is success? It will be important here to define success a little bit as success means different things to different people.

Here are some ideas as to what success is:

"Success ... means the opportunity to experience ... to the maximum the forces that are within us." – David Sarnoff<sup>5</sup>

"It's simply a matter of doing what you do best and not worrying about what the other fellow is going to do." – John R Amos<sup>6</sup>

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<sup>5</sup> David Sarnoff - The Father of Broadcasting.

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“Success is the sum of small efforts, repeated day in and day out...” – Robert Collier<sup>7</sup>

“Success... it's what you do with what you've got.” – Leroy Van Dyke<sup>8</sup>

“It is only as we develop others that we permanently succeed.” – Harvey S Firestone<sup>9</sup>

“Successful people are successful because they form the habits of doing those things that failures don't like to do.” – Albert Gray<sup>10</sup>

“There are no secrets to success. It is the result of preparation, hard work, learning from failure.” – Colin Powell<sup>11</sup>

“Success is doing what you want to do, when you want, where you want, with whom you want, as much as you want.” – Anthony Robbins<sup>12</sup>

“Success is a journey, not a destination.” – Ben Sweetland<sup>13</sup>

“The only true measure of success is the ratio between what we might have done and what we might have been on the one hand, and the thing we have made and the things we have made of ourselves on the other.” – H.G. Wells<sup>14</sup>

“Success is peace of mind, a direct result of self-satisfaction in knowing that you did your best to become the best that you are capable of becoming, and not just in a physical way: seek ye first the kingdom and His righteousness and all these things will be yours as well.” – John Wooden<sup>15</sup>

“Success is the maximum utilization of the ability that you have.” – Zig Ziglar<sup>16</sup>

In Taekwon-Do it might be very simple. For most Taekwon-Do students, (those of us who don't really think too much about attaining great success) it may be the attainment of the next rank. But for me success is more than that. For me, success is a feeling of self-worth. An inner peace that you have when you know you have done your best to make other people's lives happier. This is the reason why I am an instructor and why I have been on the various committees, as mentioned in 'My Story'. It's important for me to mention here that my dreams are centered around this concept of success. Your dreams and your concept of success need to be in harmony.

What is success to you?

### **BECOMING SUCCESSFUL**

But how are you going to achieve success. One of the underlying themes of the quotes above is that success does not come without some form of action. I will discuss this a little later on. What I want to do now is look at the mental side of succeeding. What do you need to be doing mentally in order to succeed. You will need to put in some effort into doing something you have not yet achieved. You will need to stretch yourself and this means going outside of what you think is comfortable. But what will give you the ability to do this.

Your attitude.

Your attitude determines the belief that you will succeed. And as discussed earlier belief is vital in determining the attainment of your goals and dreams. So your attitude will determine if you will attain success or not.

And guess what? Attitude is a choice. You choose how you are going to think. You choose what you say to yourself. If you are going to be happy or angry or sad or disappointed. You can go around feeling sorry for yourself, or you can go around with the positive attitude, that you will not let anyone determine what your state of mind is going to be. So therefore, success is a choice.

The moment that you decide, with all your heart, that you are going to succeed, is the moment that you succeed, because now the outcome is a forgone conclusion, and only time is needed for you to see the realisation of your dream.

The attitude is that you will do what is needed in order to succeed. You will take action. You will do the things that others decide not to do. You can choose to be successful or not. It's your choice if you get up early to do 20min of training. It's your choice if you go to club in the pouring rain or not. It's your choice if you train as hard as you can. It's your choice if you practice with your off leg or hand. It's your choice if you practice the difficult techniques. It's your choice. You decide. No one else can. YOU make the choice to succeed. To what it takes to realise success.

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<sup>6</sup> John R Amos - African-American Actor

<sup>7</sup> Robert Collier - Author of "The Robert Collier Letter Book"

<sup>8</sup> Leroy Van Dyke - auctioneer and professional entertainer.

<sup>9</sup> Harvey S Firestone - Rubber Baron, Founder of the Firestone Company.

<sup>10</sup> Albert Gray – Author.

<sup>11</sup> Colin Powell - Chairman of the U.S. Joint Chiefs of Staff (1989–93).

<sup>12</sup> Anthony Robbins – Founder of Person Power

<sup>13</sup> Ben Sweetland – Author of 'Grow Rich While You Sleep'.

<sup>14</sup> H.G. Wells – Famous Science Fiction Author

<sup>15</sup> John Wooden – American Basketball player and USLA Coach.

<sup>16</sup> Zig Ziglar - Author and Speaker

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You can say to yourself, “I will be a 4<sup>th</sup> Dan.”, “I will win gold at the World Championships.”, “I will have 40 members in my club.”, “I will become the best umpire.”. What ever it is you dream to be, do or have, can be yours. All you have to do is make the choice, and along with this choosing, take action.

Success demands belief and commitment. Without them you’re not going to succeed. Without them your dream is merely a wish. You have to truly believe that you will succeed. Then you have to make the commitment to do whatever it takes to succeed. Whatever it takes!

This is the hard part because quite often this will involve hard work and discipline. It will involve making changes in your life. Maybe changes in your habits. Maybe changes in your behaviour. And finally it requires action. You have to take action in order to succeed. Without it you won’t get anywhere.

### **WHEN HAVE YOU ACHIEVED SUCCESS.**

There are several ways in which success can be measured. Some measure success through Achievements, others through Possessions, and still others through Relationships. How do you measure success? Because success is a very individual thing it doesn’t matter how you measure success. What success is to one person will not be the same for someone else. You will have success in many different areas of your life. And every one who has ever lived have succeed. It’s unfortunate that most people either don’t realise it or have forgotten it. Don’t forget the very basic things that you have succeed at. Walking, talking, writing, reading. There have been hundreds if not thousands of successes in your life. You need to look for them.

In Taekwon-Do you can have also succeeded. There are many things that you can do now that you couldn’t before starting Taekwon-Do. Not all of these things need be physical either. I have seen many students develop in confidence and relationships with others. Taekwon-Do Student oath and Tenets as well as the physical syllabus go along way in developing success in all three areas mentioned above. You can succeed in attaining a particular rank. You can succeed in obtaining a trophy at a tournament. You can succeed in gaining many new friends. Some even find their life long partner through Taekwon-Do.

But for me, a successful person is one who tries and tries and tries. A successful person is someone who never ever quits. A failure is a person who tries and quits, or doesn’t try at all. You see you never fail at anything until you give up or quit. Only quitters are failures. That, for me, is the true nature of success. To make mistakes is natural and to be expected. To have setbacks is also normal. “A setback is a setup for a comeback.” – Willie Jolley<sup>17</sup>. Most of the great people in this world have had setback after setback before they have achieved greatness. Adversity breed success, if you choice to learn from it. General Choi has had setback a many. His parents treated him poorly, he was in trouble with the Japanese authority, he has been imprisoned, he has had people try to assassinate him, he has had masters work against him. General Choi could have let any one of these adversities stop him for realising his dream but he did not. And because of his conviction you are able to read this. You have the same opportunity to effect the world as General Choi. If you choose to.

Does it matter WHEN you succeed? So long as you continue to try the answer is No. In fact, as mentioned earlier, you have succeeded as soon as you have made the decision and committed yourself 100% to your dream. It doesn’t matter how long it takes for the realisation of your dream to occur. Besides, people don’t remember or even know how long it took someone to realise their success. How many hours did General Choi spend perfecting all the techniques of Taekwon-Do? How long did it take Grandmaster C.E. Sereff<sup>18</sup> to attain 9<sup>th</sup> Dan? Would it matter if he took the minimum length of time or the longer? There is no time limit on when you have to get your Blackbelt by. You can do it in 1yr, 3yrs or 20 yrs it doesn’t matter. And when someone gets there Blackbelt, do we look down at them if they take longer. NO we don’t, if anything we think more highly of the person for sticking at it and not giving up, for not being a quitter.

### **WHAT IS PREVENTING YOU FROM BECOMING SUCCESSFUL**

“Failure is not about trying and not achieving. Failure is about not trying, or giving up after trying too little.” – Mike Hernacki<sup>19</sup>

But why do people quit, why do they not try hard enough or long enough? What is it that stops them from succeeding. The answer is usually FEAR. And the number one fear of all is the fear of what other people think. This is closely followed by the fear of failure, and strangely enough the fear of success.

How many times have you not done something because you were considering what someone else might think, if they saw you doing what ever it was you wanted to do. How many of you have done patterns on the side of the road while waiting for a bus or practiced a technique while in a queue? Way haven’t you? Is it because the people who see you might think your strange? And do you know what the silliest thing is? Most of the people who see you don’t even know who you are, and within 10 minutes they will have completely forgotten about you. So does it really matter what they think? Why does it matter? How is what they think going to affect your life? It’s not going to have any effect on you!

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<sup>17</sup> Willie Jolley - Award Winning Speaker, Singer and Author.

<sup>18</sup> Grandmaster C.E. Sereff – 9<sup>th</sup> Dan, President of the United States Taekwon-Do Federation (USTF).

<sup>19</sup> Mike Hernacki - Author of ‘The Forgotten Secret to Phenomenal Success’.

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This is the next thing. How many of you have negative thoughts, about what the other people might be thinking about you? Most of you thought the worst. That the other people were thinking that you were weird or strange or an idiot or something similar. Not many of you would have thought that the other people were thinking highly of you. And if you did then that is fantastic because you must have a positive attitude.

And what if you fail? How will you feel? You will be a loser, and you can't cope with that. Being useless! Looking like an idiot! How will you be able to live with yourself? Too many people think like this. What does it matter if you don't get it right the first time?

Here's what Dexter Yager<sup>20</sup> has to say about success and failure – "Success is not luck, nor is it a gift. Here's how I define success: work plus failure. We have failed more times than anyone else I know. One hundred percent of the people who are willing to keep working and keep failing make it."

Failing is essential to succeeding. It is through failure that you learn what works and what doesn't work. You have to fail in order to succeed. Failing is simply making mistakes.

You are only a failure if you give up. You are never a failure if you continue to try. For who can tell you that you have failed when you haven't even stopped attempting to succeed. Never accept failure. Not achieving is just a temporary condition. It is a condition that ALL successful people have tasted. No one can succeed greatness with having first experienced failure.

Every great writer or sportsperson has failed on their way to success. And that is what you must do. You must fail your way to success. That is because it is through the failures that you learn. You learn how you should do something better, more efficiently, more economically, more perfectly. Fail is necessary in order to learn.

Learning is a process where by you try things out, and over a period of time, you find out what works and what doesn't. You do something and it doesn't work, that is you fail, so you try something else and succeed. You do a particular technique, but the movement or timing is not quite right so you repeat it again, and again, and again, until eventually you are satisfied with the performance of the technique. You have failed your way to success.

The most difficult fear to overcome may arguably be that of the Fear of success. That is when you do things and get a degree of accomplishment, but just before you experience the success, you sabotage the project, or the event, or the relationship. There are many ways that people do this. But it boils down to stopping taking appropriate action. You procrastinate, or you say the wrong things, or you forget things, or you blame others, or you keep refusing to accept responsibility for the way things are, or you set impossible tasks, or you set impossible time schedules, or you don't do the very things you know you must do. There are a myriad of different ways in which people sabotage their success.

Fears are so limiting.

### OVERCOMING FEAR

In order to succeed you must conquer your fears. FEAR is simply False Evidence Appearing Real. And the secret to conquering fear is ACTION. That is, do what you have to do to get over the fear. Just take action. In the immortal word of Nike slogan<sup>21</sup> – "Just do it." Action cures fear and leads to success.

Taking action requires one important thing. Keeping your word. "In order to have success at anything, keep your word" – Mike Hernacki. You must say what it is you are going to do, and then keep your word, and do what you have said you will do. Walk the talk, don't just talk the walk.

"Dream your biggest, most terrific dreams. Then work your ass off." – Judi Missett<sup>22</sup>. So there's no getting around it, there is work to be done and you will have to do it. You will have to keep trying and trying and trying until you succeed, until you have perfected the technique or achieved your instructors certificate or CNZ level one or what ever it is that you are aiming for. Your 4<sup>th</sup> Dan?

"The paradox of life is that success is always built on inconvenience, never convenience. Those that have a will to struggle and grow from it, win. Those who are not, lose!" – Dexter Yager. You have to keep trying even when you don't feel like it. Even if you have a cold or a niggly little ache. You might need to modify what you are doing in the case of injury, but you can always be doing something towards your dream. Never let a day go by without you doing something towards obtaining your dream.

You have to develop the habits of a winner. You have to do the things you need to, until they become second nature to you. "We first make our habits, and then our habits make us." – John Dryden<sup>23</sup>.

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<sup>20</sup> Dexter Yager - Founder of International Distributors Association (IDA)

<sup>21</sup> Nike slogan – Advertising slogan of the world wide Nike corporation.

<sup>22</sup> Judi Missett - Founder and CEO of Jazzercise, Inc.

<sup>23</sup> John Dryden - Poet, dramatist, critic, and translator; 1631- 1700.

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In the end you can not help but to succeed because you will have developed the habits of a winner, of a successful person. But you must first behave like a successful person, and then you will become one. It does not work the other way round. It is never the case, that a person makes it, and then they develop the success habits. If you don't have the success habits before you become successful, you won't remain successful.

There are lots of examples where a person has won 1 million dollars, but before too long, everything is gone, and they are back to where they started from. That is because they did not have the success habits before they won the money. So they squandered the money and they end up back in debt, with no money to their name. You first become the person you need to become in order to succeed and then you will succeed.

This is indeed the hard part, because you will need to develop habits other than the ones you have now. That is because the habits you have now have gotten you to where you are now, and if you are not where you want to be, then you may need to change some things about the way you go about your daily life.

You will need to step outside the comfort zone. You will need to do things that you will fail at, in the first instance, so that you can get better at them, until you succeed at them. Now this may mean that you will need to develop many little habits to allow you to achieve success. It may be that you need to develop the habit of going to bed earlier, or getting up earlier, or not eating quite as much, or not watching so much TV, or spending 30minutes a day reading, or 30minutes a day practicing.

All these little habits will slowly change you into the successful person you want to become. The habits you need to develop will differ depending on your situation, and the success that you desire. The dream that you have.

Now here's an excellent way of finding out which habits are the best to develop in yourself. Find a mentor. Someone who has done what you want to do, and copy them. Some one to get advise from. You will need to associate with the winners. To observe them and to do what they do. To hang around them until you become just like them. When you have done this. When you have become just like them, in term of the habits you have developed, then you too will be a success, or you will be on your way to becoming a success. This is exactly what I did associated with the Blackbelts and leaders in the organisation. Eventually I became a Blackbelt and a leader in the organisation. Who knows where I would be now if I hadn't have done that?

On of the biggest habits you may need to do is to eliminate one word, can't, from your vocabulary. There are far too many people who say that they can't do this, or they can't do that. The word can't is the most destructive word, in terms of preventing people from succeeding, because you are reinforcing, all the time, in your mind, the belief that you will not achieve something. "Oh, I can't jump like that.", "I can't do reverse turning kicks.", "I can't spar."

People are always putting themselves down. If you want to be successful, then you will have to remove this word from your vocabulary. You will have to replace it with a question. How? "How can I jump like that?", "How will I be able to do reverse turning kicks?", "How can I become a better sparer?". By asking the question "How?", you are allowing your mind to come up with solutions. Your mind will think about the challenge, and in due course, it will provide you with the solution. Just try it. You'll be amazed.

You need to avoid negative talk of any kind. Negative talk sows seeds of doubt, and that will cripple you. You need to always stay positive. This will allow your mind to think more clearly about the questions you put to it. It also determines the tone of the question.

### **REWARDING SUCCESS**

You have one more thing to do in order to succeed. And this is something most of us don't do enough. And that is reward yourself for attaining goals we have set ourselves. Behaviour that is rewarded is repeated. Reward yourself when you have achieved a goal.

To increase likelihood of success – set a course of action that 1) you know you will follow, 2) you will enjoy doing, and 3) has a reward attached to each task.

One important thing to remember about rewarding yourself, is that the rewards has to match the effort needed to achieve the goal.

### **RESPONSIBILITY**

Now the bigger your dream the greater will be your success. And the more success you have, the more responsibility that generally goes along with it. For this reason the underlying reason why your dream is what it is as to be moral and just.

You need to know this also, because if your reason is not noble, or if it is self-destructive, or goes against your moral beliefs, then your subconscious mind will not allow you to succeed. Whether you realise this or not. Oh, you may gain a measure of success, and be rewarded for it, in the short term, but ultimately it will back fire on you, and you will not sustain the success or retain the reward. We are all familiar with the saying "What goes around comes around".

That it why it is very important to have a strong moral base. Which, of course, is why General Choi puts so much emphasis on Moral culture in his teachings. With a strong moral view point behind you, you will succeed for the rest of your life.

## 4<sup>th</sup> Dan Thesis

Courtesy, integrity, self-control, perseverance, indomitable spirit, humanity, righteousness, propriety, wisdom, and trust, these are most of teachings that General Choi emphasises, and they are also a part of what every culture upholds as being good and virtuous. If you ultimately have these morals behind your dreams then there is no reason why you won't succeed and remain a success for the rest of your life.

Remember, Taekwon-Do is more than just a Martial Art, it is a way of life.

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