

## **Indomitable Spirit and Courage**

*by Dr. Dennis McCain*

**Indomitable Spirit involves many areas of life. One of these areas is courage. I know of a number of strong and tough men who are afraid of heights. They could never picture themselves climbing on sheer rocks or mountains. However, these men would hazard their lives for others or even climb that mountain if it were required! How could they overcome such fear? The answer to this question lies in the understanding of Indomitable Spirit. Virtually hidden in this tenet is the concept of personal responsibility.**

**As we grow in TKD and in our personal character, we also develop a sense of acute responsibility which challenges us to accept individual areas of responsibilities that we would normally shun. Strength to act above the norm, to finish the course that is set before us, is initiated by accepting personal responsibility. This takes courage and demonstrates the concept of indomitable spirit. Always be ready to act on a higher plain.**