

## **Size and Strength**

Remember, in Taekwondo each individual is graded by their individual performance, based upon their age, size, physical and mental limitations, and their ability to execute the techniques for their belt rank, not a comparison of their ability and strength compared to another student. We should be thankful for the power and ability of other students and thankful for their achievements, and at the same time, be satisfied with our own hard work and effort to achieve the best results in our endeavors. Comparing causes jealousy, does not promote school harmony and destroys the development of humility. When we desire the position at the expense of humility and service to others, we fail to grow in our character. This lack of growth results in continued failure and prevents us from learning the real meaning of Choong Sil Kwan Taekwondo.