

# Focus

Have you ever really thought of what it means to be focused?

Focus, according to the dictionary, is “the center of interest or activity”.

To me it means much more.

Take a look at your karate class for example. If your Sensei tells you to do something, you had better do it. If you aren't paying attention you will probably get in trouble. If you are a yellow belt, or higher, you might have to go down a belt. You might even have to go to a white belt. You'll have to earn your belt back, which means extra training! If you aren't focused on bringing all of your gear, especially your belt, you'll have to borrow the things the dojo already has. You will have to wear the pink belt, which is basically the belt of shame. It isn't good to wear that belt because it shows that you were unfocused when preparing your items to go to karate!

Consider this quote by George Lucas: “Always remember, your focus determines your reality”. He is right. For instance, think of driving. If you're driving your focus should be on driving and being aware of the road. You should NEVER be focused on your phone while driving. No matter what! If you aren't focused on the road you could crash or make other people crash. That isn't good. You could endanger somebody's life, or your own. You could be texting someone and accidentally run a red light and run into someone else. You could severely injure, or

maybe even kill someone if you are focused on your phone instead of the road. My point is that sometimes when you focus on the wrong thing it can lead to many different consequences in life.

Having good focus is when you are ALWAYS paying attention NO MATTER WHAT. If you are in school and your teacher gives you homework you have to be focused on that homework when you get home. Being focused will show your teacher that you are responsible. This responsibility will set a trend for yourself as you go through life.

Being focused really does impact your life a lot. As you go through life it is important to learn where to place your focus and to make sure you focus on the things in life that will make you succeed and that will lead to a successful future. Karate training is a great way to learn this concept of “focus”. Every time you show up to train you should give all of your focus to that training. In fact, that goes for most everything in life. At home you should focus on your family and at work you should focus on work and if you go to school you should focus on school.

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