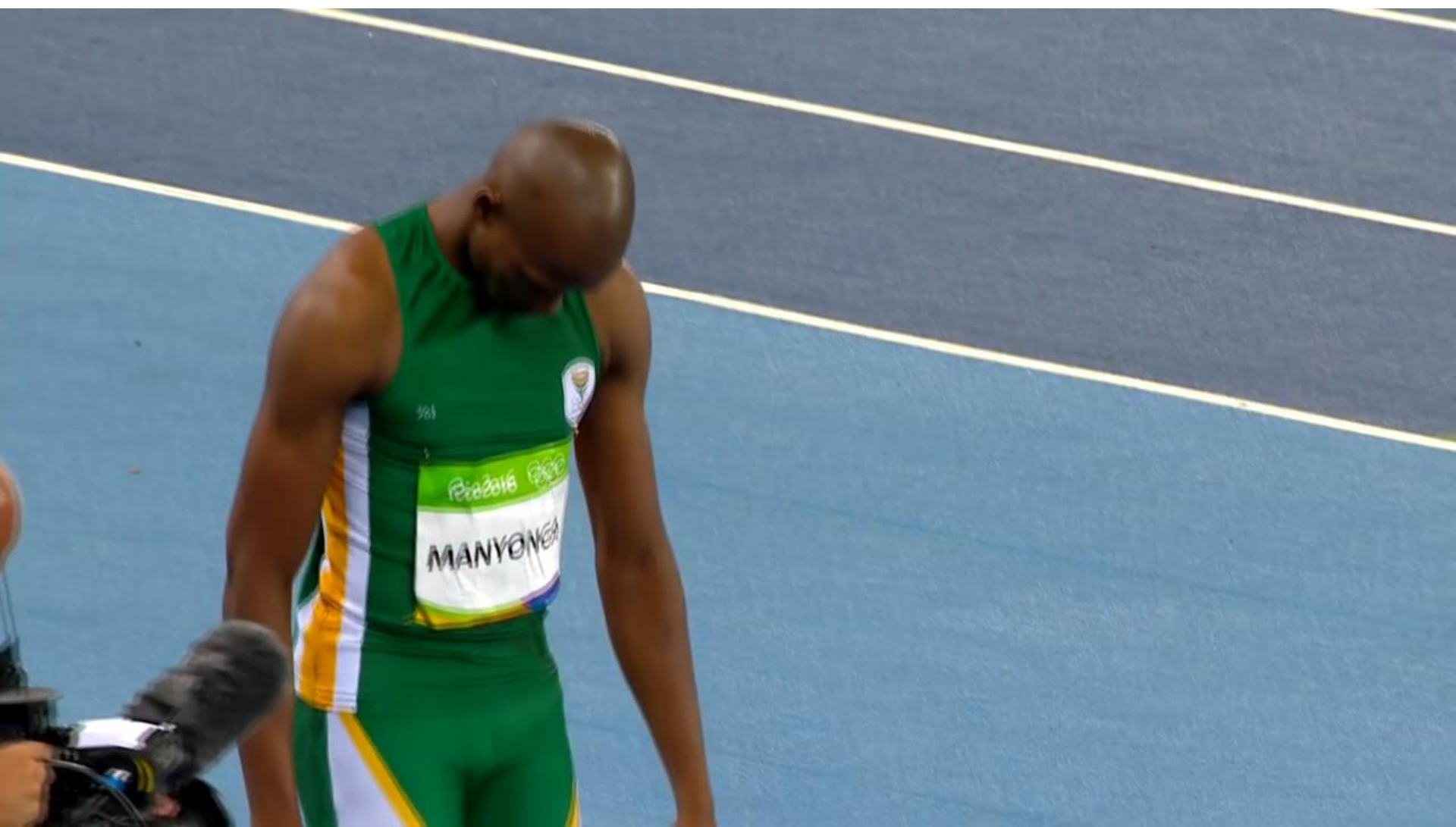


“Man is like iron.
Full of impurities that weaken it. But
through constant FORGING,
it becomes steel and is transformed into
a RAZOR SHARP SWORD.”

Morihei Ueshiba



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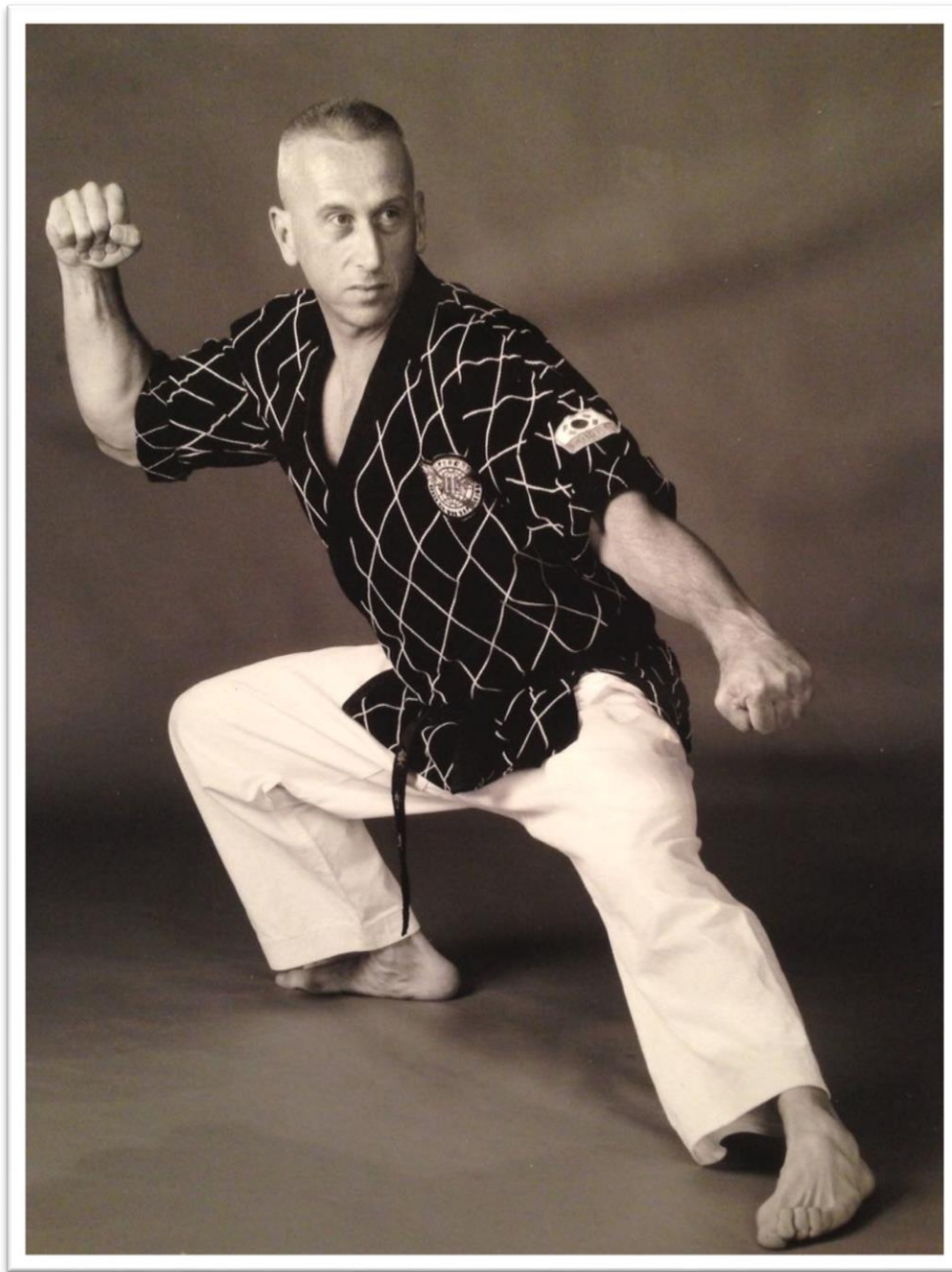
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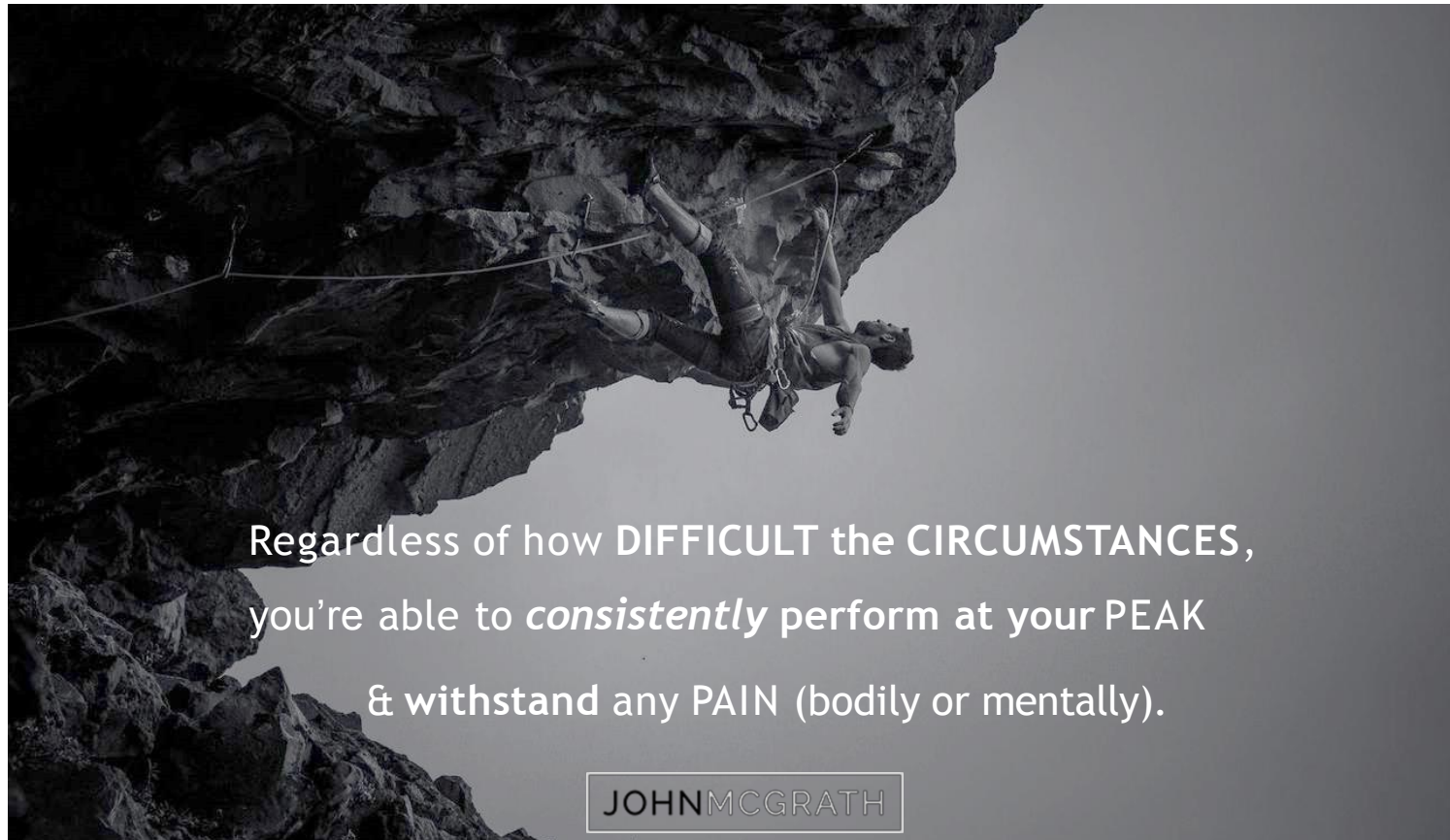
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TOUGHNESS, TENACITY +TEAM TOGETHERNESS

What is mental toughness?



Regardless of how DIFFICULT the CIRCUMSTANCES,
you're able to *consistently* perform at your PEAK
& withstand any PAIN (bodily or mentally).

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The World Games
2013 C A L I



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Sullivan Photography

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GOALS, DREAMS,
FIT-MAC
FUNCTIONAL INTENSE TRAINING & MARTIAL ARTS CENTRE

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NATIONAL

The impossibility of loving Luvo

Luke Alfred 01 Aug 2014 00:00



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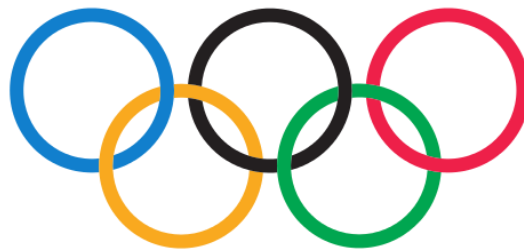
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Inspired by Health

STRONG PEOPLE DON'T PUT OTHERS DOWN



THEY LIFT THEM UP

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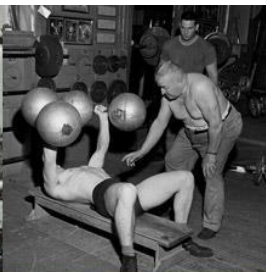
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] --- **The Troubles** = tenacity + toughness



] --- **Strongmen** = inspiration
 +
 principles



ROWING
 for
 IRELAND

MARTIAL
 ARTS

FEATS
 of
 STRENGTH

HIGH
 PERFORMANCE
 MOTIVATION



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