

JMB BLOG



WHY 'GLADIATOR'?

Because we are Gladiators. Each rise of the sun we are thrown into the coliseum and presented with a new, unknown challenge that we must face. The opponent looks different from under your helmet than that of those around you. The tools and weapons we have to fight them may well vary. But every warrior standing, waiting for the gates to open to charge into the arena, all have one opponent in common to conquer – the self. It starts with the discipline to make the decision to fight today; to fight *for* today; to fight for yourself; to fight for who or what you love.



Of course, you may decide to set down your arms and surrender on bended knee. That choice is always available, and is easy to make on any day you aren't required to step into battle. But your external opposition isn't going to rest.

Life is always cooking up a lesson for you in the form of a challenge. Anytime you skip your practice; anytime you don't give one-hundred percent of what you have that day; everytime you don't care; everytime you make EXCUSES; *you make it easier to beat you.* Is your mind ready for today? Is your body ready for tomorrow? To find a solution is to survive. To make an excuse is to bring yourself one step closer to your demise.

LIFE IS YOUR COLISEUM, AND THERE ARE ONLY TWO WAYS OUT...

Nobody chooses to be thrown into the coliseum. We are all here for different reasons. I may be going out to fight a lion, you may be going up against a swarm of armored chariots; your neighbor has a spiked mace, and all you have is your bare hands...it may not seem fair. Unfortunately, it was never meant to be fair [as you surely must have heard about 'life' at least once before]. Although, should you survive today, tomorrow you may find yourself in a more manageable position. Not only that, but you now have the confidence that you've conquered a day far beyond the difficulty of the impending trial.

To find a solution is to believe in yourself. To make an excuse is to let doubt and fear reign supreme in your mind. And what can aggravate that noise even louder? The crowd – who it's all for (right?). There will be those all around you rooting for you and against you, either shouting praise and encouragement or nonsense about how you're 'too this' or 'not enough that.' Even when you win the day and prove the hecklers wrong, there will be those who refuse to recognize your success. Through your tenacity and triumph, the emperor may decide that your performance was not up to snuff, and drop the dreaded thumb down upon your fate.

**“TO MAKE AN EXCUSE IS
TO LET DOUBT AND FEAR
REIGN SUPREME”**



There maintains the good fortune about life, however, that you are always offered another chance as a new dawn commences. Even when it appears there isn't any use for holding hope, remember that you have your tribe – your community of warriors – to stand alongside you; like the three-hundred Spartans who stood their ground, wave after wave against the vastly insurmountable Persian battalions. When the numbers look all too formidable and the odds are stacked against you, it comes down to the quality of character and connectedness among your circle. What we [as coaches] do at JMB is not what strengthens you, it is what you are all willing to put forth that keeps us strong, proud, thriving, and altogether fearless as a small group of gladiators.

“FEARLESS AS A SMALL GROUP OF GLADIATORS”

So really then, why Gladiators? Because when you walk up the stairs at JMB for the first time [and every time after], you've chosen to persevere another day. To prepare your mind and your body to march back out with the confidence that you have already survived each day before, and the strength to do it again. The coliseum is the life that chose us – the title of Gladiator is only awarded to those who stick it out and stay in the fight!

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