

*New England's*



*Action Karate*  
*www.MccoysActionKarate.com*

*Best Karate School!*

*Everyone has  
Fear. Courage is  
doing your best even  
with Fear.*

*Do YOU have Coruage?*

# **COURAGE**

*“You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing which you think you cannot do.”*

**Eleanor Roosevelt**