

Maria Korpela is 17-years old karateka who studies in high school and likes to spend time with her friends in her spare time. She has been into karate for about 10 years, so she started at the age of 6. She wanted to start karate because she wanted to start some kind of martial arts. First she thought about starting judo, but then she ended up starting karate because of utilisation of kiai. Maria practiced regularly for years and she is now in the finnish national team and competes in Finland and abroad. She practices karate pretty much every day. Maria says she has never regretted starting karate, but every once in a while she gets annoyed because of injuries that sometimes happen and not always having enough time to spend with friends. I asked Maria some questions related to motivation and karate overall.

What is mentally the most difficult in karate? "Thinking way too much what others think about you, though it also brings negative motivation (motivation which comes from a negative thing, because you want to do your best to show your skills)."

Do you ever have periods when you don't have motivation? Why and how do you deal with it?

"I have, plenty of times. When I was forbidden to exercise, life turned upside down. When I could continue again I was very slow and I missed all the punches. Also when I win too much in competitions although I don't feel like I'm good demotivates me a lot."

When I don't have motivation I still exercise because it's just makes you feel worse if you quit.

What brings you more motivation?

"When you lose in competitions and realize you weren't as good as you thought so you want to become better. Also seeing other people succeed and doing their best brings motivation."

How do you balance karate and other things in your life?

"I just do everything. That's why I have so little spare time and all the spare time I have I spend with friends. Karate isn't the only thing in my life and I think it's very important to have other things you like to do as well to keep the balance. For example I play the violin and music is very important for me in addition to karate."

