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Olympic gold medallists Tessa Virtue and Scott Moir of Canada are artists on ice, but behind their performance is years of training to be mentally tough during competition. THE CANADIAN PRESS/Paul...

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The Mental Toughness  
of a Champion “I’ve  
missed over 9,000  
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lost almost 300 games.  
26 times I’ve been  
trusted to take the  
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After I lost a lot of matches, I became inspired to learn more about developing other parts of my game, specifically my mental game. I also took a high school writing course while in 8th grade. My teacher allowed me to write a research paper on the

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subject of my choice. I chose finding the zone and strengthening mental toughness.

## **About Kobe**

A 5-year-old girl, Anweshia Spehia won the gold medal in the online International E-Kata Championship 2020 which was held on August 29-30 in the female five-year Kata category.

## **5-year-old bags gold**



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Chandigarh (Punjab)  
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