

# SZYSZKA CALISTHENICS

## 01 / UNDERSTANDING THE DIFFERENCE

### BELIEF

### AND CERTAINTY

Do you have to believe before you can know?

At first, you may see something in yourself that you can't yet demonstrate. Belief allows you to take that possibility seriously. Certainty comes when "I can" becomes something familiar and concrete to you.

### BELIEF

### CERTAINTY

"I believe I'll succeed."

"I know I'll do it."

You don't yet have full confirmation. But you see meaning in your goal and trust that you can reach it. That's enough to begin something you have yet to learn.

In your mind, you're no longer deciding whether you're capable of doing it. You know your abilities and rely on them.

You move from convincing yourself to doing it.

### WHAT ACTUALLY CHANGES?

The basis of your conviction changes. At first, it may be an image of who you could become. Later, it's joined by things you've already done, understood and mastered.

Belief doesn't have to mean weakness or naivety. It matters precisely when you take on something new. You can be certain of one movement and need belief again for the next.

BELIEF GETS YOU STARTED. CERTAINTY GIVES YOU SOMETHING TO RELY ON.

POWER / DISCIPLINE / CONTROL / FREEDOM

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## 02 / BUILDING THE FOUNDATIONS

### WHERE DOES THAT

### "I KNOW" COME FROM?

Conviction gains weight when experience stands behind it.

Simply repeating "I can do this" can give you courage. But a deeper "I know" has a story of its own: specific attempts, adjustments and moments when you saw that

you really could do it.

01

BELIEF

I give myself  
a chance.

02

ACTION

I put myself  
to the test.

03

EXPERIENCE

I understand  
what I can do.

04

CERTAINTY

I know.

I'll do it.

This is what the journey from possibility to conviction can look like.

01

YOU SEE YOUR OWN EVIDENCE

Your first success shows you that something is possible. Further attempts let you see whether you can repeat it. It becomes easier to base your trust in yourself on facts.

02

YOU UNDERSTAND WHAT YOU'RE DOING

You know the preparation, technique and conditions in which you perform well. You can identify what gives you control. Your "I know" has a concrete basis.

03

YOU CAN RELY ON YOURSELF

You return to the work and follow through on what you planned. You build trust in both your skills and your own decisions.

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03 / FEELING CERTAIN

"I KNOW

I'LL DO IT."

What you once believed in is now a skill you possess.

Certainty is a strong inner conviction: "I know I'll do it." It feels almost like a guarantee. You don't need another reassurance to begin. You have something

within yourself

to rely on.

This describes how you feel, not a promise that you can predict the future.

FROM QUESTIONING TO DOING

“Can I even do this?” gives way to “I know what to do”. Certainty can be quiet: you know your abilities, make a decision and focus on the execution.

PULL-UP BAR / A MOVEMENT YOU KNOW

Before your first pull-up, you think: “I believe I'll do it one day.” After many controlled repetitions, you walk up to the bar and simply pull yourself up. Your old goal has become a skill you can rely on.

HANDSTAND / MY JOURNEY

Many times, I believed it would work. I kept trying, and many times it didn't. But I came back. That belief allowed me to keep trying, learn and gradually master the movement.

Today, I know it'll work. I go and do it. Behind that “I know” are all the earlier attempts, including the failed ones. The belief I had back then, turned into work, created the certainty

I have today.

I USED TO BELIEVE. NOW I KNOW.

POWER IS CERTAINTY

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