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Fear is human

A lot of things scare me when I think about them. However, what scares me the most is failure. How is someone so sure they'll fail at something without even trying? You may ask, but I am almost certain I would fail if I ever tried to become an athlete. The sport that scares me in particular is Rhythm Gymnastics. When I watch some shows and performances of rhythm gymnasts, all I can do is stare in awe. How do they always look like they are flying? How do their feet not stay on the ground for long? How are they always so in tune with their bodies? How do they manage to maintain such a light weight physique despite how tall some of them are? I mean, their bones account for some of their mass, right? Or do they even have any bones? They seem extremely flexible. Do they even eat? Do you have to be born with a talent for gymnastics before you can venture into it? How do they float around the arena with such ease? How can someone balance a ball with just the tip of their toes? Can you really touch your head with your toes? Do they have to learn ballet too in their younger years? Do they really enjoy what they do? How exactly does Rhythm Gymnastics count as a profession? Do they also take exams and aptitude tests or do their bodies do the answering? What makes someone suddenly decide to be a rhythm gymnast? How is a Rhythm Gymnast's success defined? By only the medals?

Rhythm gymnastics used to seem like an easy thing to accomplish. I mean it's just learning movements and moving to the music, right? Not at all. The first time I realised how difficult it is to be a Rhythm Gymnast (or any kind of athlete) was when I watched a movie that had a Rhythm Gymnast as its antagonist. Judging from what I saw in that movie, Rhythm Gymnastics takes years and years of practice. It's not something you get up from bed and decide to do on a random day. These athletes maintain rigorously controlled diets and train intensely. They are judged by how freely and fluidly their bodies move to the rhythm of the song. They could easily transition to become ballerinas if they wanted to so they actually have a flexible profession, except that the professional ballet world is not that easy to be welcomed into.

After considering all these, I questioned if I could flourish as a Rhythm Gymnast. Maybe, maybe not, but I know for one that managing my weight is going to be my major problem.