The weak spot of Tradition: old is not always better.
The weak spot of Progress: new is not always better.

The Threat of militant secularism (little or no religion) in a post-Christian West: “It is as if a tsunami has swept across the cultural landscape, taking with it such societal markers as marriage, family, the concept of the common good and objective right and wrong.”
~Cardinal Donald W. Wuerl (Washington)

“Tradition means giving votes to the most obscure of all classes, our ancestors. It is the democracy of the dead. Tradition refuses to submit to that arrogant oligarchy who merely happen to be walking around.” ~G.K. Chesterton

“It is a fine thing to establish one's own religion in one's heart, not to be dependent on tradition and second-hand ideals. Life will seem to you, later, not a lesser, but a greater thing.”
— D.H. Lawrence

“Tradition:' one of those words conservative people use as a shortcut to thinking.”
— Warren Ellis, Transmetropolitan, Vol. 4: The New Scum

“Tradition becomes our security, and when the mind is secure it is in decay.”
-Jiddu Krishnamurti

City of Temecula, CA billboard motto: “Old Traditions, New Opportunities”

“Tradition is a guide and not a jailer.”
— W. Somerset Maugham
“Sometimes tradition and habit are just that, comfortable excuses to leave things be, even when they are unjust and unworthy. Sometimes—not often, but sometimes—the cranks and radicals turn out to be right. Sometimes Everyone is wrong.”
— Matthew Scully, Dominion: The Power of Man, the Suffering of Animals, and the Call to Mercy

“As never before, he understood the vitality of tradition, the dignity of the worship of what had existed before one's own self had come into being. There was no shame in awe; there was exaltation. ("Cafe Endless: Spring Rain")
— Nancy Holder, Love In Vein: Twenty Original Tales Of Vampiric Erotica

“Tradition does not mean a dead town; it does not mean that the living are dead but that the dead are alive. It means that it still matters what Penn did two hundred years ago or what Franklin did a hundred years ago; I never could feel in New York that it mattered what anybody did an hour ago.”
— G.K. Chesterton, What I Saw in America

Tradition is living and active, but convention is passive and dead. Tradition does not form us automatically: we have to work to understand it. Convention is accepted passively, as a matter of routine. Therefore, convention easily becomes an evasion of reality. It offers us only pretended ways of solving the problems of living - a system of gestures and formalities. Tradition really teaches us to live and shows us how to take full responsibility for our own lives. Thus tradition is often flatly opposed to what is ordinary, to what is mere routine. But convention, which is a mere repetition of familiar routines, follows the line of least resistance. One goes through an act, without trying to understand the meaning of it all, merely because everyone else does the same. Tradition, which is always old, is at the same time ever new because it is always reviving - born again in each new generation, to be lived and applied in a new and particular way. Convention is simply the ossification of social customs. The activities of conventional people are merely excuses for NOT acting in a more integrally human way. Tradition nourishes the life of the spirit; convention merely disguises its interior decay.”
— Thomas Merton, No Man Is an Island

“Each time a language dies, another flame goes out, another sound goes silent.”
— Ariel Sabar, My Father's Paradise: A Son's Search for His Jewish Past in Kurdish Iraq

“Traditions have been replaced by lifestyles.”
— Lars Fr. H. Svendsen, A Philosophy of Boredom

“Tradition was safety; change was danger.”
— Mary Doria Russell, The Sparrow
“When people criticize me for not having any respect for existing structures and institutions, I protest. I say I give institutions and structures and traditions all the respect that I think they deserve. That's usually mighty little, but there are things that I do respect. They have to earn that respect. They have to earn it by serving people. They don't earn it just by age or legality or tradition.”
— Myles Horton, We Make the Road by Walking: Conversations on Education and Social Change

“The best men in all ages keep classic traditions alive.”
— George Santayana

“When tradition is thought to state the way things really are, it becomes the director and judge of our lives; we are, in effect, imprisoned by it. On the other hand, tradition can be understood as a pointer to that which is beyond tradition: the sacred. Then it functions not as a prison but as a lens.”
— Marcus J. Borg, The God We Never Knew: Beyond Dogmatic Religion To A More Authenthic Contemporary Faith

"Dance is a key part of Basque identity. Progressively freed from traditional practices, today it has been given a new meaning: participation, integration, social interaction and conviviality. The coexistence of different customs, from spontaneous festive dancing to folklore including renewed ancient rituals (carnivals, processions and parades) as well as contemporary creations show how this practice is constantly evolving."
~www.batekmila.net

If our culture waited until it was clear which new things were actually better, and gave more status to the creators and early adopters of those things, culture would promote innovation. But alas culture instead mainly showers status on those who merely create and use new things, regardless of whether they are better. While in small amounts even this status effect can promote innovation, in larger amounts it can hurt. ~Robin Hanson
http://www.overcomingbias.com/2011/06/new-is-not-better.html

We all want progress, but if you're on the wrong road, progress means doing an about-turn and walking back to the right road; in that case, the man who turns back soonest is the most progressive.
-C. S. Lewis

Progress is impossible without change, and those who cannot change their minds cannot change anything.
~George Bernard Shaw
There are no constraints on the human mind, no walls around the human spirit, no barriers to our progress except those we ourselves erect.
~Ronald Reagan

It doesn't matter which side of the fence you get off on sometimes. What matters most is getting off. You cannot make progress without making decisions.
~Jim Rohn

If 'pro' is the opposite of 'con' what is the opposite of 'progress'?
~Paul Harvey

Civilization is the progress toward a society of privacy. The savage's whole existence is public, ruled by the laws of his tribe. Civilization is the process of setting man free from men.
~Ayn Rand

Without deviation progress is not possible.
~Frank Zappa

The fatal metaphor of progress, which means leaving things behind us, has utterly obscured the real idea of growth, which means leaving things inside us.
~Gilbert K. Chesterton

It is not strange... to mistake change for progress.
~Millard Fillmore

The power to question is the basis of all human progress.
~Indira Gandhi

Teach thy tongue to say 'I do not know,' and thou shalt progress.
~Maimonides

The direction of the mind is more important than its progress.
~Joseph Joubert