

cut out and save for a martial artist you know

A MARTIAL ARTS EDUCATION

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Commitments

Commitment is become a lost art in today's world. People move residences, change jobs, and dissolve marriages more like Dilettantes of Life than Students of Life Mastery. In order to operate your life to your own best self-interest you need to understand the value of commitment. Implicit in this statement is that you not enter long-term commitments casually; but, once you do enter, you give it your all. Just as when you were a baby, you did not give up on learning to walk despite the fact that you fell on your diaper more times than mommy could count. A commitment means that the job will be



completed if not sooner then later, if not easily then with effort, if not for its rewards then for the rewards of knowing you can stick with it when so few can even take the first step.

A balanced martial arts school should expect commitment from its students but only after a relatively long and low-risk period of trial and acclimation. The school should extend itself to help acclimate students who eventually will extend themselves to strengthen the school.

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The subject of Self-control 1

One's first test of self-control, at least in a traditional school, is the willingness to conform to the etiquette required. This etiquette, often having to do with bowing to show respect, is often misunderstood by both non-traditional martial artists and Westerners in general. To the Asian, bowing or other such symbol is like the Western handshake or nod or wave. It is more formal and used more frequently, but it bears striking similarity. Bows are used to acknowledge that one is beginning an activity, to recognize one's training partner, to show respect to one's senior and for various less important occurrences. To a traditional martial artist, bowing

becomes so automatic, s/he may find her/himself doing it when walking into any place of authority or impressiveness, like a town hall or a library. "I'll never be caught doing that silly junk," the non-traditionalist says. Ask yourself, however, if you would rather be in the company of people who outright refuse any deference or those who recognize that there are things more important than themselves.



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