

cut out and save for a martial artist you know

A MARTIAL ARTS EDUCATION

**Tony Annesi, head instructor,
BUSHIDO-KAI, 92 Blandin Ave., Framingham
The Subject of Self-control 2**

Control, as used in the martial arts, is beneficial limitation. It is not only a result of training but also a prime training tool. One limits oneself to create a learning atmosphere that is challenging yet safe.

Restricted triumph, like deferred gratification, is not only better for others but indirectly for oneself.

Control is one of the "Five C's" of self-development along with Conditioning (mental and physical), Commitment, Courage and Civility. In fact, one could argue that is the root of the other four.



Without self-control, one cannot stick with a Conditioning or any training regimen. One therefore will not have any sort of Commitment toward one's goals.

Without self-control one cannot face the challenges of attaining one's goals with Courage and one cannot deal with others with Civility, especially those one finds unpleasant.

With self-control...

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The Subject of Self-control 3**

If you visit a school that shows a lack of physical control that seems to be habitual rather than incidental, walk out. If you meet a practitioner who seems to care more about his rank, his speed, his power, his victories than the quality of his training or what it has done to enhance his life, find out where he studies and avoid the entire neighborhood.

If, on the other hand, you find a school in which there are challenging and even potentially dangerous exercises handled with caution and

care for others, give it serious consideration as the school you want to make your own.

If you meet a practitioner who seldom talks about his school but, if he does, talks with pride and without bragging, find out where he trains and make an appointment to watch a class or two. This could be the place for you.

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