

cut out and save for a martial artist you know

### A MARTIAL ARTS EDUCATION

**Tony Annesi, head instructor,  
BUSHIDO-KAI, 92 Blandin Ave., Framingham  
Teaching in Detail 3**



Can a modern martial arts school embrace both depth of knowledge and still keep its students happy? Well, first let's admit that no method of instruction keeps everyone happy. Not everyone who went to college got into Harvard—some because they simply could not qualify, others because they preferred other types of education. Each school exists because it makes some students happy. And that is as it should be. But there are ways to balance detailed instruction with variety and training in the rank requirements. At BUSHIDO-KAI, we do it every week and in three martial arts.



To get this balance, one must first attend a school in which the instructor is not just highly ranked, but very knowledgeable, has excellent teaching skills, and believes in teaching in detail. If the instructor does not present the knowledge, there is nothing to study. Second, in-depth study really takes only a little more time and effort than it does to attend a superficial training session but the result is the difference between a college degree in English Literature and an elementary school spelling bee.

**Higher Education in the  
Martial Arts  
508 879-7622  
[www.bushido-kai.net/com](http://www.bushido-kai.net/com)**

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Conditioning Does Not Equal Training**



Traditional martial artists refer to their work-outs or classes as "training." In many of those sessions, physical conditioning is the prime emphasis: (1) the training helps exercise the body so it is capable of reaction, speed, power and resiliency, and (2) the training helps "condition" specific reactions so that they can be called forth in a split second.

No one can argue that a non-rational, non-deliberate response is essential in a crisis situation, but with the modern martial arts' embracing of Asian ideas, we have forgotten that (a) someone *deliberately* thought out which exercises to do and how to do them before they were presented as that-which-is-to-be-automatic, and (b) that every practitioner must *rationally* determine if he should take action, which action to take, against whom and when. This sort of unconditioned learning often takes place after training and yet is part of it. *More next time.*



The Asian masters who initiated most of the martial arts were very big on something called, in Japanese, *mushin* or no-mind. They claimed that in all combat, one could not afford to *think*; instead, one had to condition one's response so that one could react "mindlessly."

**Mindful Martial Arts  
508 879-7622**