

cut out and save for a martial artist you know

## A MARTIAL ARTS EDUCATION

**Tony Annesi, head instructor,**

**BUSHIDO-KAI, 92 Blandin Ave., Framingham**

### ***Conditioning Does not Equal Training 2***

We think of martial artist as a mentally and physically honed young master reacting against a very evil opponent within a precisely calculated distance from lethality. That's the movies, folks, not reality.

Contemporary martial arts training is only partially "getting ready for the street." Sure, we have a more and more dangerous society around us, but how many of us really expect that we will be attacked by some very evil opponent in our lifetimes. Let's assume we will each be attacked once. As martial artists we will be more ready than the non-martial artist, to be sure, but



please don't assume that training 2 to 5 days a week for 5, 10, even 30 years is only for that one purpose. If so, it would be a bad investment. Although a conditioning of the body and the reactions is an important part of martial arts training, it is, I believe, only the tool by which we achieve other benefits. It is also the standard by which we measure how well we are progressing.



**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 3***

Some wealthy businessman once said that money was not an end in itself, it was just a way of keeping score. Similarly, good physical conditioning, accurate reactions, speed and power that are extraordinary for one's age are not the end in themselves but a way to measure progress. (No, ranks don't *measure* progress — they reward it publicly.)

Therefore, full martial arts training is not conditioning although it contains conditioning. Full martial arts training covers a lot more, much of it very rational, or at least "mindful." I do not mean that "mindful" equals rigid Western logic for it is an Asian concept, too, but I definitely mean that full martial arts training

educates the mind, not just the body. The word "education" comes from the Latin *e ducere* or "to lead to." There are 2 ways you can lead someone: by a leash that pulls the body, or by making an argument that convinces the mind. If martial arts are to be as educational as they can be, teachers must minimize the leash and maximize the cogent explanations. Not only should techniques make sense and be explained in sufficient detail so that students know how they work, but the training goals and methods should be explained so that they students know where the road leads and can choose to follow willingly. **508 879-7622**

