

Martial Arts & Philosophy.

We who train in the martial arts have a core of self-discipline and conduct that is a main principle for all participants. Martial arts philosophy has been a cornerstone in many Communities and promotes unity at all levels.

Chinese arts have Confucius, Japanese the Budo code, elements of which is the same philosophy. To adapt and understand that no one ever really loses, we often learn more from a loss than a win. Our inability of understanding can lead to a loss. Living our lives to the fullest is everyone's ambition and understanding with compassion is the ultimate answer.

From the moment of conception we are heading for a final destination of life, through this journey we will see shame, death, misery and children born. If we understand we can be a product of our experience. This will allow us to offer advice to our fellow members of the community and lead to the ultimate harmony & respect.

Finally when we depart the circle of life we will be left with the respect of others and our Philosophy lives on.

There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually dwindled down.

He discovered it was easier to hold his temper than to drive those nails into the fence. Finally the day came when the boy didn't lose his temper at all. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to hold his temper.

The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like this one. You can put a knife in a man and draw it out. It won't matter how many times you say I'm sorry, the wound is still there."

A verbal wound is as bad as a physical one. Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share words of praise and they always want to open their hearts to us."

A friend is a person who knows all about us and still likes us.

Life has the same properties as a box, you can only get out of it what you put in it.

The person who answers is the cause of any argument.

Treat every day as if it's you're last, one-day you will be right.

Have the courage to change the things we can change, have the serenity to accept the things we cannot, but above all the wisdom to know the difference.

No one likes a clever clog, and clever is not wise. A wise man will always walk with his head bowed. Some wise men intentionally lose to gain more friends.

Instructors are all familiar with the student who attends their class from the club down the road. Upon demonstrating a technique this student remarks that's not how my other instructor does it? This student is like a full cup of tea, no more will go in and before they will learn anything more they must first "empty their cup".