



Style Development

Speaking last week with one of our advanced members – he came to the conclusion that he needs “more fight realism” in his training.

Considering that this is all we do at the ShoRi dojo – I asked him to elaborate this statement... He questioned whether people really fight the way we train in the dojo... Meaning if attacks and situations are real compared to the dynamic flux of combat environment... I assured him that it is close enough.

I was intrigued and a bit surprised at this coming from such an advanced member... Usually such a comment is expected from the lower ranks - I pressed him further ---

It came to the point that he is beginning to understand the essences of our martial art. And the truth is everyone must learn on their own in order to really KNOW anything. As an instructor I can only open up and show a student everything going through my mind and why – Also to ask them what they are thinking and why

... Consider it like a game of chess – When one is taught the game – one first learns The movements of the pieces – then one is shown tactics of how pieces work together. Along the way you are shown “sucker moves” to win against the uninitiated --- when one gets a handle on these basics – the instructor tells you what they are thinking and why... This gets into strategy of movement and style of play...

There is no easy way for an instructor to “teach” this level of understanding.

A student must be forced into experimentation at this level and develop their style and their way of thought... It becomes a discipline of self-discovery through personal honesty. This is the “art” within the martial. And it takes work.

Understanding both your strengths and your weaknesses – using both to find out what will really work for you – This same idea perforates throughout the entire human condition – Body, Mind and Spirit.

“What do you need?” “Why do you need it?” “What is the value?”

After the student gets to this point - they begin to develop a personal foundation from which to continue. Then everything becomes much more interesting and fun.

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