

# JUKIDO-KAI NEWS

ISSUE 104

## "Motivation & Discipline"


APRIL 2019

The Way of the Martial Arts! What an exciting life! I am excited every day to learn something more by diving deeper into the study of the martial arts. I have been excited about this for as long as I can remember. I know the martial arts contain the lessons that I need to live a good life. I know the secrets to achieving higher frame of mind and an expanded awareness are contained in the martial arts. I know the methods of finding a deeper connection with people and animals and nature are part of this study. Seeing these things work in any life keeps me excited about my practice. I admire the warriors and heroes from the past who lived during such challenging times in history and applied the winning methods of martial arts to their lives. This makes staying motivated to practice the martial arts an easy matter for me.

Don't get me wrong, running a dojo every day, assisting our other instructors with programs in various locations, working as a therapist for a local hospital, scheduling and working with personal clients, having a family and trying to take of myself and advance my own training is constant work. This is the point where motivation can start to fade and discipline must kick in. Reminding myself of my goals and what I want to accomplish in life helps. Setting new goals to achieve helps. None of this can be achieved without discipline. When you are excited and interested motivation comes easy, but when it's time to get down to hard work discipline is required.

This is often where I see students and parents fail. Everyone is excited when they start karate training. Tying on a new Gi and that new white belt is exciting. Motivation is high and everyone is eager to get to class and practice. After the first few months and after achieving the yellow and orange belt, students are moving along. Then about midway through blue belt training something happens to students. Some get highly motivated to take the next step, others start to see the hard work required for the next step and motivation begins to fade. This is where discipline must kick in. parents need to remind students to continue to work hard and to not shy away from a challenge. To keep going! Instructors are trained to motivate and encourage students but they have to be at class for that. Adopting a "Can Do" attitude is a great attribute to develop early on in life. The person that doesn't see quitting as an option will always reach their goals. I have been asked many times, how long it takes the average person to achieve a black belt. The answer is an average person does not achieve a black belt. Only the above average person with discipline and motivation will develop that "never quit" attitude required for great things. So be disciplined and stay motivated!





## SENSEI SAYS...

Thank you to all of the parents and family members who got out on the mat in March to practice Self Protection skills with us. Everyone had a good time and enjoyed the training. It's important to practice basic self-defense skills with family to have some understanding of how your loved ones may respond to a threat. Whatever the threat, we should have some plan in place and practice or drill how to apply that plan. Whether we are practicing a fire drill or escaping from an attacker, the principle is the same. I hope to see more family coming out to practice with us in future sessions.

**Sensei Topp**



### Who Knew?

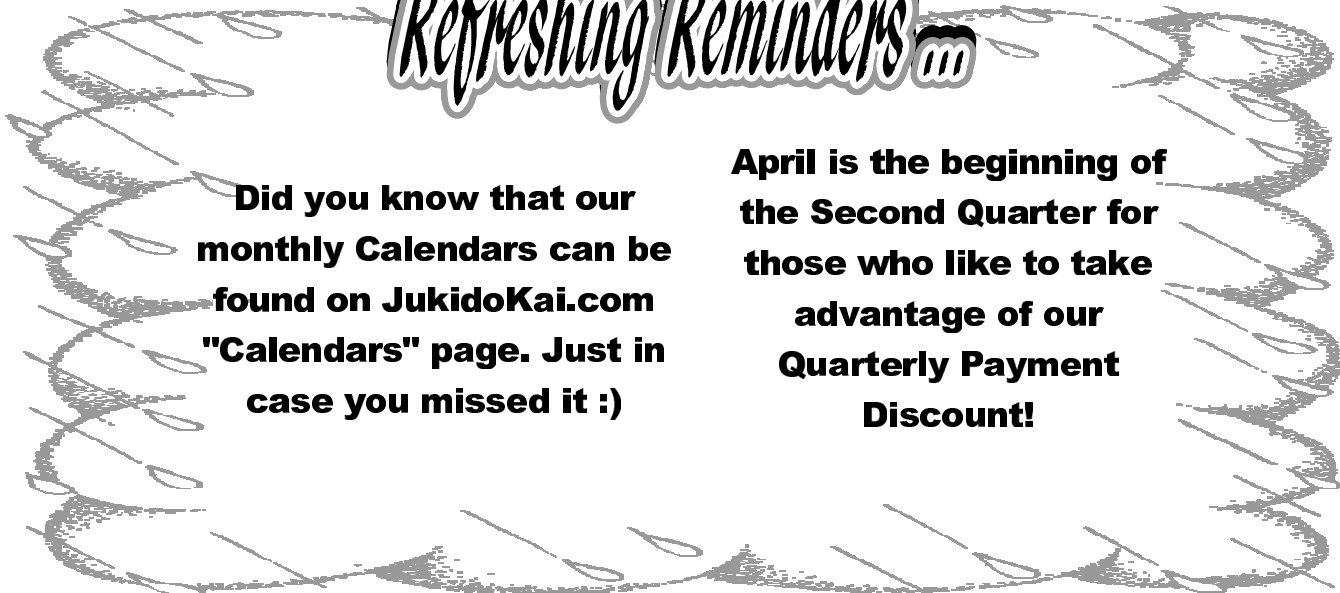
**Children actually grow faster in the spring than during other times of the year.**

### QUOTE OF THE MONTH:

**"Discipline divorced from wisdom is not true discipline, but merely the meaningless following of custom, which is a disguise for ignorance."**

~ Tagore

### Refreshing Reminders



**Did you know that our monthly Calendars can be found on [JukidoKai.com](http://JukidoKai.com) "Calendars" page. Just in case you missed it :)**

**April is the beginning of the Second Quarter for those who like to take advantage of our Quarterly Payment Discount!**

**[WWW.JUKIDOKAI.COM](http://WWW.JUKIDOKAI.COM)**

