

JUKIDO-KAI NEWS

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"Luck"



Luck? Have you ever had someone tell you that you were lucky and they were quite off the mark? Not long ago I had a guest here at Jukido Kai who was an instructor from another state. When he entered the dojo, following protocol, he bowed and introduced himself. Feeling the need to "break the ice" he said "Wow, you are lucky to have such a great dojo!" Knowing that he was paying complement our place, I simply responded "We put a lot into providing our students a great dojo to train in". He simply didn't have deeper insight to see the amount of work and large number of obstacles that must be overcome to provide such a place of luck! Sometimes when we only see what someone has achieved we fail to see what they have had to overcome and we label that "Lucky". What about when we see someone who is great at something and we say "They are a natural" without recognizing the countless hours that they have put into intensely practicing to achieve such a skill. This point of view can quickly cause us to place unreal limits on ourselves. We just accept that we do not possess the same ability to achieve such skill. This point of view can not only be limiting but could become dangerous for a martial artist as suspicious eyes will always see a threat! This lack of understanding is also why we can hear others speak about their own bad luck. We have all heard others talk about their "String of bad luck". Do you suppose this could be connected to their own "string of bad decisions"? How much has your own "bad luck" been caused by your "bad decisions"? What is it that would cause us to make that decision instead of following one of the many other possibilities? The masters of the martial arts developed a method to help them minimize mistakes and increase the likely hood of creating their own favorable outcomes. In other words, they took charge of creating their own "good luck". The first step of this method is known as Shingan. Shin in Japanese means the mind and the heart. Gan means eye. So Shingan means the correct vision of the mind and the heart. In Jukido Kai we define shingan as "inner vision". There is a specific training method for developing shingan that begins with understanding of Onate of "what you can see" and "Ura" what is unseen. The ability to correctly analyze what you know and to investigate what you don't know will go a long way in helping you

create "good luck"



JUKIDO-KAI SCHOOL OF MARTIAL ARTS
13145 WAPAK-FRYBURG RD. WAPAKONETA, OH 45895
(419) 738-9490 WWW.JukidoKai.com

SENSEI SAYS..



Congratulations to the many students that were promoted over the past few months. We have had several important promotions including many hard fought green belt tests. Several brown belt promotions were awarded including our youngest Black Belt Candidate Riley Steinke. We also had many successful Black Belt promotions including our first fourth generation Black Belt Tray davidson from our Marysville group. Congrats to all!

Sensei Topp

::REMINDERS::

**3/17 = TENSHO KATA
for Ikkyu and ranks above.**

3/24 = Kata Workshop

::REGISTRATION::

~First week of April~

April begins the second quarter. When you sign up for 3 months you receive \$15 off.

This discount can also be used in conjunction with our "Family Discount" which gives \$5 off each person in the same household. Please remember that payment is expected within the first week of the month of registering.

Happy St. Pattys Day!!

3/17/19

Daylight Savings

"Spring Forward"

3/10/19

Who Knew?

A million dollars in twenty dollar bills weighs 102 pounds.

QUOTE OF THE MONTH:

"The wildest colts can make the best horses."

~ Plutarch (46-120) Greece

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