

Martial Arts "A Path of Service"

The journey within the Martial Arts provides a great avenue of development and progress on all levels. Through perseverance and dedication upon the path of disciplined training it gives us all an opportunity to continually develop qualities that will serve us as individuals and also together in comradeship and unity.

Humans are an interdependent species, it is natural to the human instinct to give and to share. We are evolving from a predisposition of competition, clashing and rivalry to a heightened awareness of co-operation, harmony and equality. The greatest progress and development occurs in life when empowered individuals join forces with one another within a field of co-operation. It is then we can synchronise our energies together to make the most powerful contributions in our world.

One of the best things about training in Martial Arts is that it is very symbolic to the bigger picture of life. It is because of this fact that the Martial Arts is often referred to as a "path" or a "way". I personally feel it is very character building for a student to be given the opportunity to participate in regular events that are specifically aligned with making a positive contribution into the community. This can provide a sense of personal empowerment, inspiration and deeper purpose that adds quality and meaning to a student's journey upon their chosen path of Martial Arts.

There are some actions in life that cannot necessarily be seen with the eye but are nevertheless of the most vital significance. Some of the greatest attributes of a Martial Arts warrior are found in the form of virtue. For example: Valour, Courage, Humility, Integrity, Kindness, Compassion, Generosity and Honour. These are elements of our true nature that are discovered within the strength of the Heart. Every time the essence of these virtues is given with a genuine intention of selfless service, it sets in motion an exponential ripple effect that can be extremely far-reaching.

Another important benefit of an Academy's involvement in community and charity events is that it helps to dissolve any misunderstandings and preconceived notions that some people have about the Martial Arts. By revealing its true nature of benevolence, the Martial Arts can then serve as a catalyst for mutual respect and appreciation throughout the wider community. I find it very uplifting to see a growing number of people converging together, realising the true power and potential of positive unity. It is also refreshing to observe an ever-increasing amount of young people in the world who understand that as a true warrior in life, it takes much more courage and strength to rise up to be a leader on a path of development and unity than to be a follower on a path of destruction and separation.

As a Martial Arts Instructor and youth mentor, it is an honour to be in a position where I am able to provide an environment of warrior spirit that also encourages an atmosphere of generosity and service. As Martial Artists we all walk a kindred path of self-development... and upon the way we also have many opportunities to contribute to the lives of others. In order to truly receive one must first be willing to give... and that which is given is never lost.