

METHODS OF LEARNING THE MARTIAL ARTS

Observation: A Student of the Martial Arts must focus on all key essential elements of the Sensei's teaching points. (Explanation & Demonstration). If a student begins to try the technique without observing the student will often make mistakes causing bad habits to develop early in the learning process. These mistakes and bad habits can hinder the learning process and possibly injure someone if not corrected early in the learning process. Students should observe all aspects of the technique shown including what the Sensei explains and does not explain. Certain elements are not easy to explain such as timing and distance and must be observed by the watchful eye of a dedicated student.

Patience and Perseverance: All students of the Martial Arts must show these in their studies. It requires many steps and time to climb a mountain, (Ju-Jitsu, Judo & Karate). There are specific steps that must not be skipped and have to be followed. Learning a technique completely will mean taking time to allow the knowledge and skill to soak in and remember everyone learns at different speeds. Also be patient with yourself and do not get frustrated and quit or shut down. If you give up in training you will certainly give up in real life.

Technical Knowledge: Learning the Martial Arts require having a qualified instructor. Knowledge through books and videos are a supplement to training. Students must take the time to listen to what their instructor is explaining so that they gain a complete understanding of each technique. This is a critical element and cannot be rushed. Learning the why, what, where, and how of each technique allows the student the opportunity to understand both the technical aspect as well as the foundation that you are trying to build. You will receive many tools for your toolbox of techniques. Take them all as you learn them and use the ones you are most familiar with. You cannot use the tools unless you know how they work. This is the foundation of your training.

Repetition: In order to learn the techniques properly the student must practice and execute the techniques at least a thousand times to truly understand how each one works. The student must then continue to practice the techniques to keep them fresh in their mind. The techniques must be automatic in order to work. Another key is to be a good training partner for your fellow students. Let the student first feel how the technique works and execute the technique properly. Do not interfere with that process. The time to test your techniques or offer resistance will be in sparring or when the Sensei deems appropriate. Learning the technique correctly will also put away any fear in the student whether or not the technique works for them. Learning is a way of life, or a road to travel not an end or a destination.

Experimentation: After repetition comes experimentation. Once you have gained the skill and confidence with a technique, it is important to experiment with various situations where the technique could be used in self-defense. Under the guidance of your Sensei, you should experiment with different variations and combinations of each technique as well as the escapes and defenses to the techniques. You should also practice the technique forwards and backwards from the left and right side. This will give you a greater knowledge as well as depth and understanding of each technique.

Self-Evaluation: As a student of the Martial Arts, you will be evaluated by your Sensei on many aspects of your "growth" in the Martial Arts. As you progress in rank you should evaluate yourself in areas such as attitude, sincerity, limitations, representation, demonstrations, and technical skill. You should ask yourself questions and keep a log of your evaluations so you can actually see your growth. You are your own best critic.