

## "Happy New Year 2017!"



I wanted to express my sincere thoughts and well wishes to EACH of you ...Happy New Year!

Let us put the mistakes, the shortfalls and failures of 2016 behind us and work towards learning from those experiences and applying their lessons to being successful and accomplishing our objectives in 2017. I know I will! I thought back over the last few days, I have been training in THIS KoRyu Budo Martial Art since I was 15! Over 28 years and I have been training in martial arts (thanks to my older brother Jaye) since I was around 6. This structured "road map" of how to live and my personal life experiences continue to give me a compass on how to achieve, how to be compassionate how to be a "productive member" of my community.

I challenge all of you, all of us, to strive on a daily basis to be the best we can in all we do. Be the BEST in our relationships with others, our personal physical health, our finances, our Budo, our careers, our involvement in our community. Be the BEST you can be for yourself first. Through training, hard work, sweat of body and mind and you WILL be the BEST for those that count on you. If you do not take care of yourself, you cannot take care of anyone else.

Gi Yu, Justice and Courage, is the name my teacher Fumio Manaka gave our dojo many years ago. I often reflect on that well thought out and deep representation. To have Justice, one must have Honor. Honor of oneself, Honor of others, Honor of your environment. Without Honor, there cannot be Justice in the Worlds wrong doings. Courage is only viable through strength. Strength of body, strength of mind, strength of spirit. Without strength, you cannot stand up for what is wrong; in fact you may become an enabler or a detriment to doing the "right" thing whn you are weak, a liability.

"Justice through Honor" ... "Courage through Strength". Something I repeat in my mind's eye before and after every training session in the dojo.

There are times we feel ashamed, embarrassed or intimidated by falling short, making the wrong decision, or letting someone down (either perceived or real). If you follow what I am saying above, you can and WILL overcome these feelings through self-Honor and strength of Courage by facing up to what you deem as a short coming. Attack your short falls head on, have the needed conversation or apology directly. I know I have acted or made many mistakes in my life, but I always acknowledged my poor behavior and discussed directly with whomever I may have slighted. I have taken responsibility and asked for forgiveness and moved forward with another building block for my character. Never, NEVER, forget those that helped you at a time of need in your life, that to me is Dis-Honorable. Regardless of where paths may have lead through time, NEVER forget. What you decide is important everyday , IS what is IMPORTANT EVERYDAY.

Our Gi Yu Kyo Kai is ALWAYS waiting in the background of folks lives... with open arms, without reservation, but with accountability.

No matter where you are in your life and why you are where you are... you can always be better.

I usually create a template for myself at the beginning of each year. A template of "objectives", some materialistic, some not. My categories are as follows:

- Family/Friends Relationships with my Wife, Kids, Parents, Siblings etc.
- My Faith and implementation of it in daily life
- My Budo, what I want to accomplish in my training physically, mentally, spiritually
- Health and fitness, for my body, mind and spirit
- My finances of paying off debt, not spending more than I earn etc.
- My Career/Job being successful for my boss, helping my employees be successful etc.



These items may give you a roadmap to gauge your objectives throughout 2017. Write them up, post them in your bathroom where you have to look at them EVERYDAY when you brush your teeth and know you carry those ideals with you throughout your day. Surround yourself with likeminded positive people who are climbing their path of success and let that energy permeate your soul!

Happy New Year!

Sukh