

2019 Commitments

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By:

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In reflecting on 2018 and seeing where I fell short in my own personal development, I decided to rededicate myself to what is important to me. The new year, is a time to reflect on the past and set goals for the future. It is like being reborn. Let go of the issues and challenges of yesterday, the ego and negativity and move to the brightness of what is ahead of us. One of my objectives has been to attend more Monday night classes in 2019. In addition, I have been more regular with training on Kihon Happon on my own. Every night for the last few weeks, before I go to bed each night, I train on the Kihon Happon and the Go Gyo No Kata. On weekends I have been working on bo staff basics and of course working through my next rank of Ni Dan.



Monday Nights have been great so far. Last week Senpai Matt Wooton worked us methodically through all Kamae for Koto Ryu and Gyokko Ryu. We then worked on basic strikes. That then turned our focus on techniques for various belt levels by request. This started with Omote Gyaku and Ura Gyaku, and a lot of time was spent working with different partners. We finished up with Shittou for Ni Dan. I must applaud Matt Senpai because he is a very patient and effective teacher. He

helped us focus on the standard methods for the techniques so that we can all be on the same page.

This past Monday was taught by Dojo-cho Chuck Van Dine. All I can say, an excellent class! Senpai Chuck challenged us in multiple ways during class. Class was focused on the basics of course, but he brought us through various levels of movements to help our understanding our strengths and weaknesses. We covered all kamae for Gyokko Ryu and Koto Ryu. We worked on distance, timing, effective full body technique for receiving, hence Tai Jutsu.

He changed things up throughout the class so that each student from white belt to Shodan was challenged. Included as well was working on being able to take a hit to various targets to toughen us up physically and mentally. Also, he gave us a task to work on "clobbering" the uke with upper or lower level receiving Koto Ryu style. Some of us, myself included, got tripped up on that one task and lost sight of other tasks, namely awareness, Zan Shin. I believe each of us had moments that class that showed us our progress we have made, and also weaknesses we definitely have to work on with very intentional training. This recommitment can only be effective if we let our egos go, take advice from those around us, believe in our art form, believe in Sukh Sensei, believe in The Gi Yu Dojo's philosophy, show up to classes, review our notes (we should all be taking) and work on our skill sets outside of class on our own.

I know I have been reborn in 2019, I hope this gives you some inspiration to also be reinvigorated with your 2019 renewed friendships, budo training and life.

