

# MATIMES

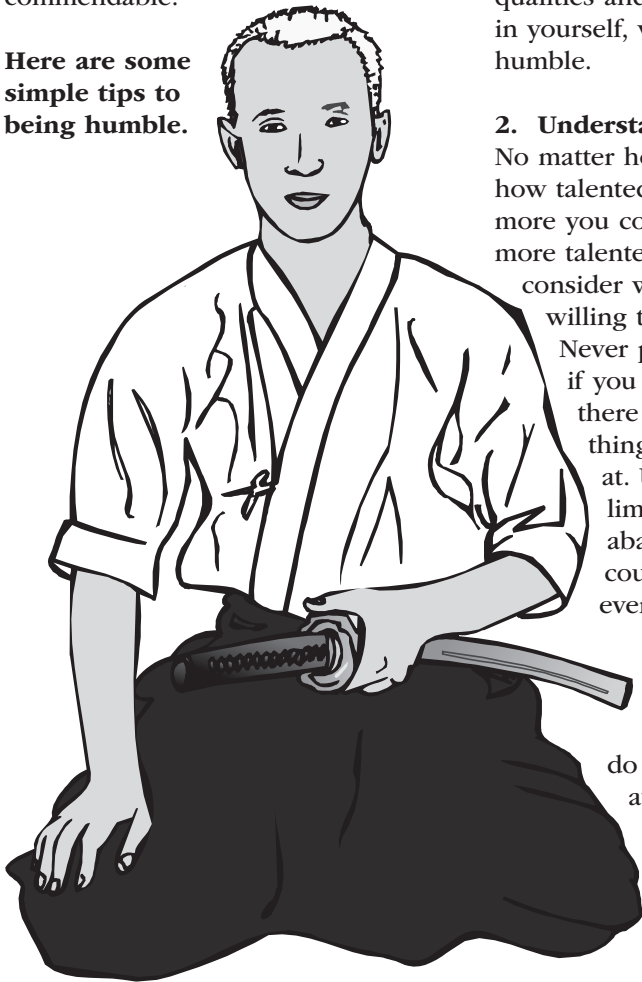
## MARTIAL ARTS TIMES

### Focus On: Humility

*"He is a very humble man, that thinks not himself better than some others." ~Joseph Hall*

Being humble does not mean to not have pride in one's own abilities. No matter how hard one might try to stifle one's own pride, it will show up in his or her own pride in being humble. However, in today's society, it is hard to be humble when there is so much competition and individuality. It is often said that if your talents are brought out by others and not by you, it is more commendable.

Here are some simple tips to being humble.



**1. Appreciate your talents.** Be thankful of the abilities you have accumulated. You have worked hard for them, appreciate them. Being humble does not mean you can't feel good about yourself, it just means to not have too much pride. The kind of pride that is rooted from insecurity and arrogance. Be humble with a high self esteem is stemming from a recognition from your talents and qualities and you will have pride in yourself, while still remaining humble.

**2. Understand your limitations.** No matter how much you know, or how talented you are, there is always more you could learn, or someone more talented than you. Always consider ways to improve and be willing to learn from anyone! Never place judgement. Even if you are great at one thing, there may be many other things you may not be good at. Understanding your limitations does not mean abandoning your dreams. It could mean just going after even more!

**3. Recognize your own faults.** Do not judge others. It is easier to do that than it is to look at ourselves. But it is completely unproductive and could be harmful. When we judge others, it could put a strain on relationships and prevent new ones.

When we judge others, it prevents us from improving ourselves too! Unfortunately, we judge others without even realizing it. Try to make a conscious effort to stop doing it when you might catch yourself judging others, then judge yourself on what you could do to improve.

**4. Appreciate the talents and qualities of others.** Make this challenge and make a conscious effort to look at what talents others have and try to appreciate those talents. Such as the dance of a ballerina or the painting of an artist, these are some talents most people do not possess yet must be appreciated. Understand everyone is different, even if you do not particularly like the painting or the ballet dancing. Train yourself to separate your opinions from your fears and you will appreciate others more and you will be humbler.

**5. Help others.** One of the biggest parts of being humble is to help others who may not be able to help you in return. Always treat others as your equal and help them because it is the right thing to do. It's been said that when you can help others who cannot possibly help you back ever, you have learned humility.

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## Tales and Traditions: Humility

*"Knowledge is proud that it knows so much; wisdom is humble that it knows no more." ~ William Cowper*

Once in a village long ago, there was a famous writer, a very talented writer. His name was Chin-Ho. Chin-Ho was very well known among his peers and literary scholars for his work at that time.

However, one day he had to pass his civil service examination that consisted of many different questions and long essay answers,



in which he did not pass. After finding out he had failed the test, he started to throw a temper tantrum and asked the examiner if he was blind! A Taoist stood near by and was smiling at him and told him he really must have written a terrible examination.

Chin-Ho looked at the Taoist and asked him, "How would you know? You didn't even read it!"

The Taoist answered very calmly, "If you are not at peace, you cannot write a quality work."

Chin-Ho studied the Taoist carefully,

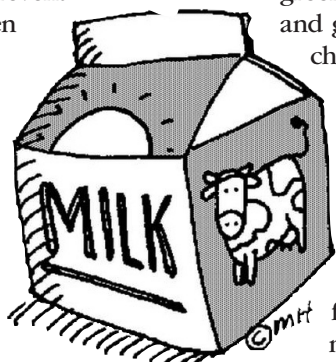
then asked him how he could pass the exam.

The Taoist replied, "If you were to be humble, it wouldn't cost you anything. Why not look within yourself as you failed the exam instead of accusing the examiner?"

Chin-Ho began to think more clearly and began to suppress his arrogance. He learned from the Taoist's wise words and began to improve on his peacefulness and his ways of writing for the examination. He was vigilant at all times not to go astray again. He tried hard to be kind and do good deeds every day and to help others. Later he took the examination again and passed with flying colors!

## You Are What You Eat: Benefits of Calcium and Vitamin D

Calcium is an indispensable mineral for our body. The intake of calcium is critical for men, women and children of all ages. Calcium is needed throughout their lifetime and its daily intake value increases with age. Teenagers and children need more calcium than young adults. Older women need more calcium to prevent Osteoporosis. When individuals do not consume enough calcium foods then they should take a calcium supplement. You can get most of the calcium required by three cups of low



fat milk or even fat free but calcium supplements are also needed to get the 1,300 mg needed for strong bones.

Some excellent sources of calcium are: dairy products (milk, cheese, plain yogurt, cottage cheese), fruits and vegetables (broccoli, cabbage, turnip greens, okra and oranges), beans and grains (white beans, navy beans, chickpeas, soy beans and instant oats), nuts (almonds and sesame seeds) and fish.

Most people think that calcium is only essential for strong bones and teeth, but it is also important for many other functions of the body such as: minimizing bone loss, preventing

osteoporosis, lowering blood pressure, blood clots, kidney stones and reduces the risk of colon cancer. Calcium also reduces the symptoms of premenstrual syndrome as well as regulating the digestive system, fat metabolism and energy production and muscular movements.

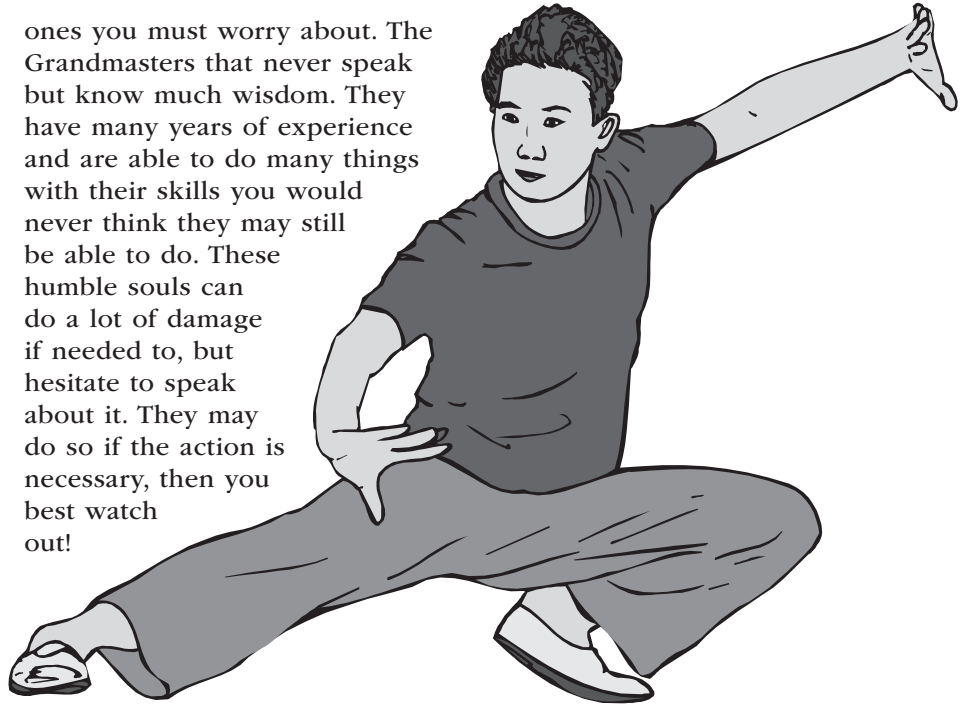
Increase your calcium intake to help prevent any of the above diseases. There are many different foods to choose from which you can have for breakfast, lunch, dinner and even for a snack. You can also increase your vitamin D intake with sunlight, so enjoy a game of hide-n-seek with some friends before the sun goes down. Eat healthy and it will increase your calcium intake.

## Philosophy: Humility

*Humble souls are fearful of their own strength. ~William Gurnall*

When being humble, it is to be grounded as the above definition states. Also to be secure with oneself to the point there is no need to boast or brag. Your skills will speak for themselves when necessary. Being a martial artist, you should know that your skills could be very dangerous and you could really hurt someone if you had the option to. However, this would be your last resort. That is why humility is very important when possessing the martial art skills. A martial artist rarely brags about how great he is or how talented his skills are in the martial arts. If he does, then he is most likely very insecure about his skills so he never has to use them. Usually it is the quiet

ones you must worry about. The Grandmasters that never speak but know much wisdom. They have many years of experience and are able to do many things with their skills you would never think they may still be able to do. These humble souls can do a lot of damage if needed to, but hesitate to speak about it. They may do so if the action is necessary, then you best watch out!



**“A person can achieve everything  
by being simple and humble.”  
~ Rig Veda**



# Humility

