

# MATIMES

## MARTIAL ARTS TIMES

### Focus On: Mastery

*"Only one who devotes himself to a cause with his whole strength and soul can be a true master. For this reason mastery demands all of a person."*

*~Albert Einstein*

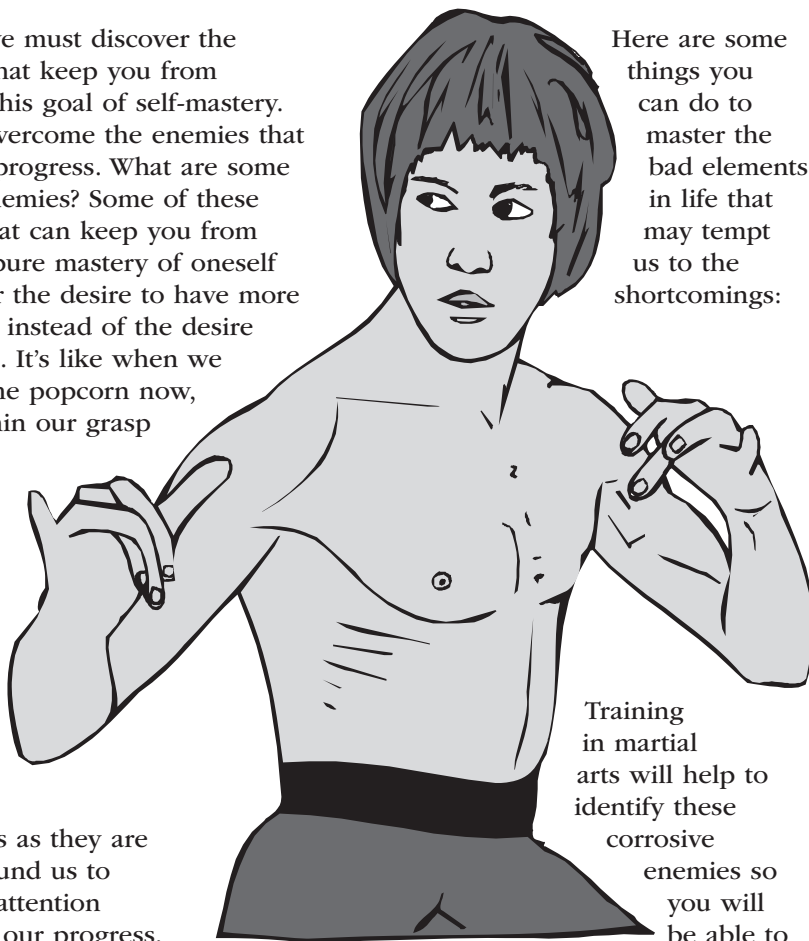
The struggle with oneself is the greatest struggle we will take part in, but the rewards for winning the battle are even greater. Self-mastery brings freedom, security, self-respect, and power and control over our destiny. Taking martial arts can help you achieve this mastery within yourself.

us from really mastering our lives. We must always try to look at the long term goals of our lives and not the quick easy fixes we may have. We must always turn away from these enemies of ourselves, however fleeting and comforting they may seem, there is nothing more corrosive and destructive.

to think more clearly. You will begin to feel more confident with what you have been able to accomplish physically. Your mind will become stronger with the concentration you must have to remember the moves of the form and the techniques of the fighting and balance. You will learn life balance and leadership. You will begin to learn the ways of the master.

But, first we must discover the obstacles that keep you from achieving this goal of self-mastery. We must overcome the enemies that block our progress. What are some of these enemies? Some of these enemies that can keep you from achieving pure mastery of oneself is greed, or the desire to have more right away, instead of the desire to be more. It's like when we settle for the popcorn now, that is within our grasp right away, if only we could wait and work harder to feast among the kings. We should always try to avoid temptations as they are always around us to divert our attention away from our progress. Temptation is another obstacle that lies in our way of true mastery of oneself. Self-pity and bad habits can enslave us and keep

Here are some things you can do to master the bad elements in life that may tempt us to the shortcomings:



Training in martial arts will help to identify these corrosive enemies so you will be able to master your positive destiny. You begin training your body for physical strength and endurance and your mind will begin

Training in Martial Arts is a never ending process if you really want to be a true martial artist. Most of the Masters or Grandmasters will say they train or are training still. Martial Arts is a way of life and is full of never ending life lessons. You cannot become a Master of anything overnight. It takes practice and lots of it. There will be obstacles in the road along the way. They are to make your weaknesses stronger. You will also discover your strengths and where they lie.

So, do not give in to the temptation of giving in before you have learned the true meaning of feasting with the kings. Do not settle for the popcorn. You will only short change yourself in the long run.

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## Tales and Traditions: Mastery

*"Courage is not the absence of fear, but the mastery of it"*  
 ~ Unknown

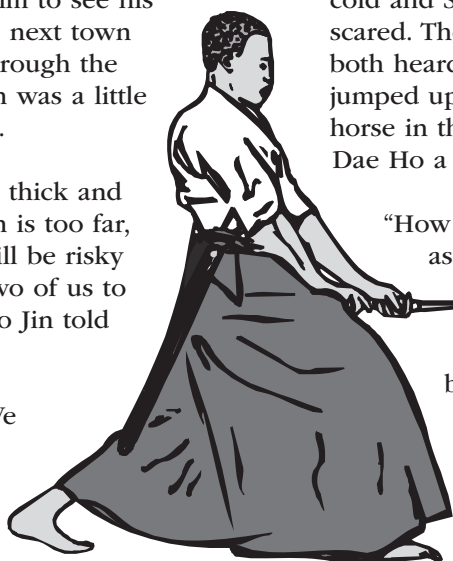
Once in an ancient land, a young warrior, Dae HO, was learning the ways of the katana. He was going to go to the next town to visit his friends, Chung-Hee and Hana. Dae Ho was to soon wed his best girl, Soo Jin. Dae Ho asked Soo Jin to accompany him to see his friends in the next town which was through the forest. Soo Jin was a little apprehensive.

"The forest is thick and the next town is too far, Dae Ho. It will be risky just for the two of us to go alone," Soo Jin told him.

"Nonsense. We shall go on my horse and make it within

a day. We should see them by supertime. Do not worry." Dae Ho reassured her.

They ventured off through the forest and it was getting late and night had come. It was very dark. The air grew cold and Soo Jin was becoming very scared. Then, all of the sudden they both heard a loud howl and both jumped up a bit as they rode the horse in the dark. Soo Jin hugged Dae Ho a little bit tighter.



"How much longer?" Soo Jin asked.

Just then, a bandit jumped out of the trees with a knife and demanded they give up the horse and all of their belongings. Dae HO stood his ground. The

man came at them with his knife to stab the horse, then to stab and attack Dae Ho! Before the man could do anything, Dae Ho jumped off of the horse and drew his katana and stopped the bandit from stabbing his horse. The two men were eye to eye in a dueling match. Soo Jin was terrified as was Dae Ho.

"Go old man, before I slice your hand off where you hold your knife!" Dae Ho yelled to the bandit. Dae Ho went and stepped closer to the bandit and the bandit ran away into the forest. Dae Ho got back onto his horse and looked at Soo Jin. "Are you all right?"

"Yes, I am fine."

"Good. Now let's get out of here fast!" Dae Ho kicked the horse to a full run and they reached his friends' house quickly.

## You Are What You Eat: The Greatest Mastery



Benefit your body in more ways than one by drinking water. The Journal of General Internal Medicine states, natural water contains magnesium, calcium, and sodium minerals that we need to include in our daily diets.



These compounds are very much needed to aid with the functions of our body's nervous system. Pure water is water that has went through a purification process through a water purification system. This is called

distilled or de-ionized water. This kind of water even though it has no toxins or elements that will harm the body, will not benefit the body. Tap water is not as hygienically cleaned as they say it is. It could cause more harm to the body due to the chemicals added through water treatments that change the natural minerals. Hard water has extremely high proportions of ions that can reduce the risk of all types of heart disease, if drank. Distilled water is less likely to benefit the body except to quench our thirst. The next time you decide to drink a glass of water, think about what's in your water, thus the importance your water mastery.

Healthy tips for happy people!

# Philosophy: Mastery

*When the student is ready, the master appears. ~Buddhist Proverb*

The Mastery of what we all want to accomplish is the mastery of one or many certain things. The true mastery we should be striving for is the mastery of oneself. When would one know that is accomplished? We all go to school to learn the basics of life. Then if we study hard enough, we may go to college and learn more, maybe even get a Master's Degree in some subject, but is that mastering oneself?

The saying above is the big confusing question most people wonder about. When the student is ready, the master will appear. The meaning of this is really very simple. It is all within you and when you have reached the final destination of your learning, about

yourself, you have mastered yourself. The teacher is your own intuition. The teacher or master appearing is in reality a block in your mind disappearing. Your mind opening up to push you forward a new path of self awareness. This information is not right or wrong, good or bad, it's just your insight to use as your resource to allow you to exist in your own awareness.

So, now your actions, your decisions and your being with the world around you will generate an equal and opposite reaction. You will have mastered yourself so it will have a positive reaction.





# **What's UP Partner? MARTIAL ARTS!**

that's what!



**Have Fun!**  
**Make Friends!**  
**Get inspiration!**



**February is the month of friendship and we are celebrating  
with TWO for ONE! Bring a friend and Sign up FREE\* before February 28th!**