

MATIMES

MARTIAL ARTS TIMES

Focus On: Value

"Try not to become a man of success, but rather try to become a man of value." ~ Albert Einstein

These are the times we should always focus on value. But, what is value? There are several meanings of the word value. Having valuable things does not mean you are a valuable person, not technically. You may be valuable to your banker, but only for your money and possessions. This does not necessarily mean he values you as a person.

The goal is to be valued as a person, such as Mr. Einstein said in the quote above. However, every story of success is based on the implementation of personal, social, and other values of one variety or another. But we as humans cannot be bought or sold technically, that has been abolished a long time ago. So, how do we put a value on ourselves without it being monetary? Always having a positive attitude is a great way to start.

Being positive should have these aspects to become a person of value:

- 1. Continuous Improvement:** Any attempt to improve a situation will invoke a positive response from life.
- 2. Maximum Utilization of Resources:** Fully utilizing one's current resources in terms of efficiency, productivity, organization, cleanliness, etc.
- 3. Honesty, Integrity:** True honesty and integrity attracts positive responses from life.

4. Cleanliness and Orderliness:

Attempts to bring a greater level of cleanliness and orderliness tends to attract sudden abundant responses from life.

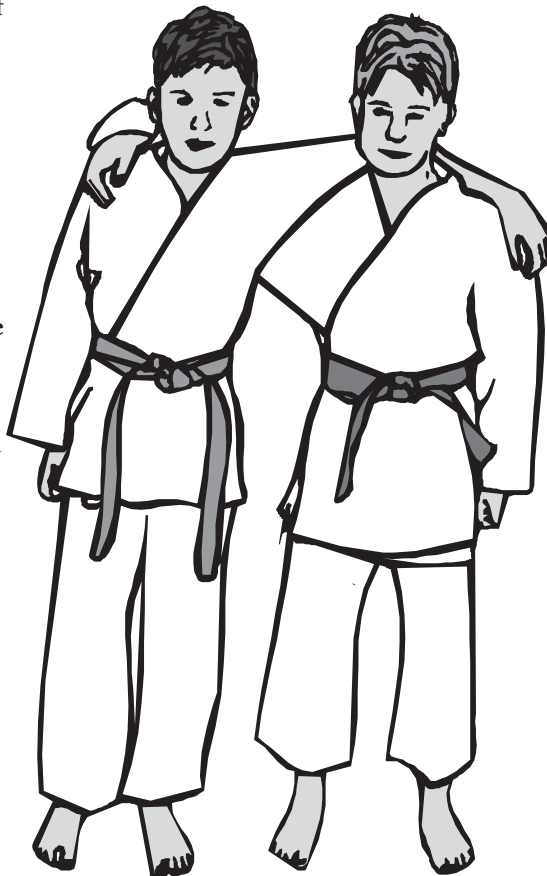
When practicing your martial arts everyday, you are becoming more valuable as a martial artist. Also, you are learning much more than you may realize at life as a whole. When attempting to keep kicking that punching bag, the first attempt wasn't that great. But after a few times, you began to hit the bag more squarely

and faster. Your skills are becoming more defined and honed. This talent cannot be bought with money. Yes, you may pay an instructor to teach you the ways of the martial arts, but he cannot do the many kicks for you or the many forms and exercises for you either. That has to be done only by you. Naturally, success at tournaments may follow if you worked hard before hand. As another saying goes, "The harder you sweat during practice, the less you bleed in battle." It matters not if winning the tournament happens, the fact that you were able to compete and spar is worthwhile enough.

In fact, if you do lose, it will help you to really learn that in life there will be times of disappointment. There will be obstacles that you will have to battle and may leave some scars. How will you overcome? Will you give up or come back even stronger? That choice is only yours. Taking martial arts builds great values.

Values are a wonderful thing to have.

Value: Worth in usefulness or importance to the possessor; utility or merit: the value of an education.



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Tales and Traditions: Value

*"Knowledge is of no value unless you put it into practice."
~ Anton Chekhov*

Chin Ho and Dong-Min were sparring with each other after the lessons were taught at martial arts practice that day. They were all sweaty and hot from the work-out.



Kwan happened to walk by them as they were practicing outside on the grass. Kwan had Myung-Hee, his girlfriend and Yun, her friend with him.

"Hey Kwan, why aren't you practicing the lessons for today? We should be getting ready for the tournament coming up," said Chin-Ho as

he stopped to rest for the moment as Kwan was walking by.

"Oh, no. Not today for me. I have plans, as you can see. I have to do some stuff for my girlfriend and her friend. I won't be able to practice all week. I remember what he taught us though. I will over it tonight when I get home," Kwan reassured Chin Ho and Dong-Min.

"You better make sure you do. The tournament is next week. We will need you to do well and you should practice with us though. Maybe you should tell sensei that you won't be able to fight this tournament," Dong-Min suggested to Kwan.

"Practice, practice! I will practice on my own!" Kwan was persistent to convince

the others he will be able to fight without sparring before the tournament.

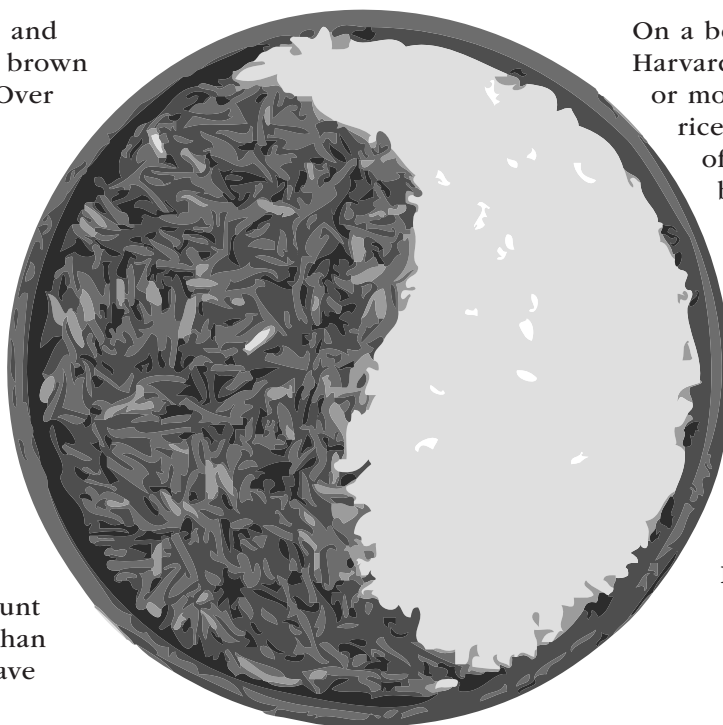
"Well, time will tell, Kwan. But just because a doctor might read a book about how to do a heart transplant doesn't mean he knows how to do one unless he has done one!" Chin Ho reminded him.

Next week came and the tournament began and Kwan was next to fight. Kwan was fighting for the team's top honor. Kwan studied his notes at home and did some moves by himself, but did not practice with a sparring partner all week. Needless to say his performance faltered.

The next tournament Kwan said he is definitely going to practice a lot more!

You Are What You Eat: Brown Rice vs White Rice

When you remove the bran and germ from whole grains or brown rice, white rice is created. Over 70% of rice that is eaten takes place in the United States. Did you know, people who consume five or more servings of white rice weekly have 17% increased risk of diabetes compared to people who eat less than one serving per month? White rice has a higher glycemic index than the brown rice, which means how fast a certain food raises the glucose levels compared to the same amount of sugars. There are more than 18 million American that have type 2 diabetes.



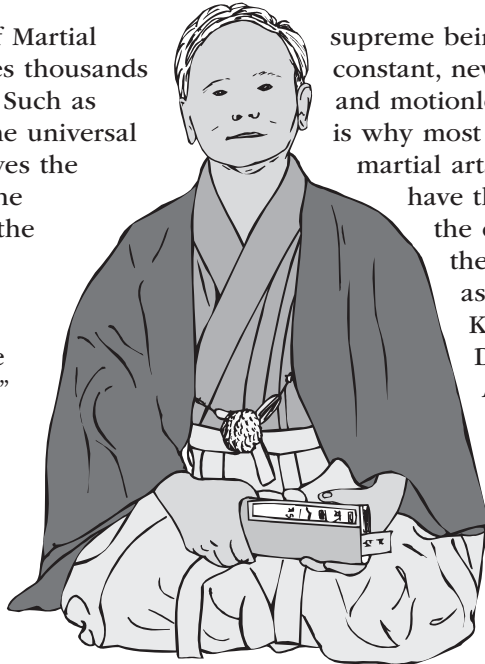
On a better note, researchers at Harvard indicate when eating two or more servings of the brown rice weekly it reduces the risk of developing type 2 diabetes by 11%. One better than that, when you replace your white rice with brown rice same amount for the same amount you will reduce the risk of type 2 diabetes by a whopping 16%! Woo Hoo! Now, how is that for eating right?

Healthy Tips for Happy People!!!!

Philosophy: Value

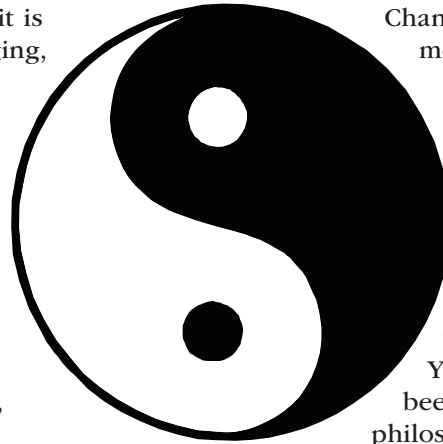
"The value of an idea lies in the using of it." ~ Thomas A. Edison

The values of Martial Arts originates thousands of years ago. Such as the Tao, or the universal code, also gives the meaning to the word Do, or the way. Oriental philosophy believes that the Tao is the "ultimate law" that governs the universe. One ancient philosopher, Lao Tzu, describes Tao as the



supreme being, as in it is constant, never changing, and motionless. This is why most of the martial arts styles have the 'do' at the end of them, such as, Tae Kwon Do, Aikido, Hapkido, etc.

Derived from the value of Tao is the Yin Yang which is also the Law of



Change. "Yang" literally means firm or hard, and "yin" means yielding or soft. Since the martial arts often include hard and soft principles, offensive and defensive techniques, the Yin-Yang has long been an appropriate philosophy.

These values of martial arts are used to symbolize this great art for a very good reason and date back to its original times. This is why.

Give Unto Others the Most Precious Gift!

Give the Gift of Martial Arts Health!



- › Get in Shape!
- › Get in Control!
- › Get the Gift that keeps on giving!

