

# MATIMES

## MARTIAL ARTS TIMES

*"A sign of intelligence is an awareness of one's own ignorance."*

*~ Unknown*

### Focus On: Intelligence

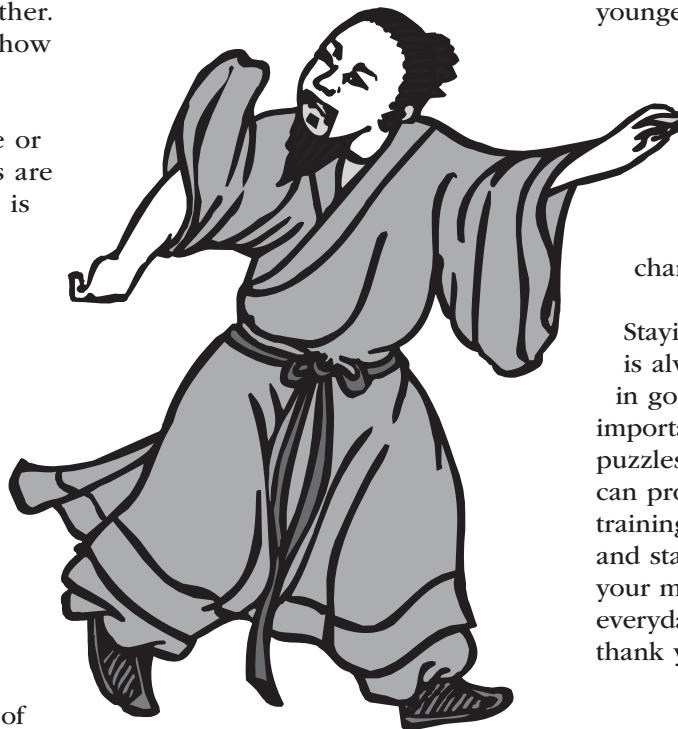
Being intelligent is not necessarily knowing everything there is to know about the world. Ironically, it is an ability to know when you need to know more about everything in the world. No one can know everything. An intelligent person will be able to admit this first hand. Everyone could stand to learn a little something or another. Most people just don't realize how much they may need to learn.

When someone might claim he or she knows everything, chances are there is quite a bit that person is not aware of. A martial artist can have a lot of new and exciting things to learn and practice while learning to become a martial artist. They must always be on top of their game with new techniques and forms.

Most martial artists must practice, practice, and practice! That is what it takes to become great martial artists like Bruce Lee or Jackie Chan.

Everyone always has some sort of lesson to learn. Whether it is just a simple one or even if it is a complex lesson, there is always something to learn. One can never be too old to learn anything either. Even the very old or the very young are capable of learning almost anything. All the elderly have to do is just keep an open mind and learn just as the young would. That's how to stay young at heart.

When we enter this planet, we are but a sponge drinking in nothing but knowledge with our eyes and our limbs. It is amazing what we can learn before the age of two. We keep learning from then on with the use of school and the aid of our family, teachers and friends.



Once most of us are out of college, 42% of us, do not even pick up another book. This is not a good thing. Reading is to the mind, what exercise is to the body. We must exercise our mind to keep it active to ward off memory loss or Alzheimer's Disease. If we just stop learning or just sit in front of the

television mostly, we would rot our minds and our bodies all at once!

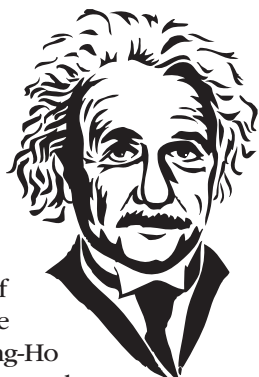
When we grow old, but stay young at heart, we keep learning. We stay open to new and different things by staying active. It is when we close our minds to the new and exciting things, that we grow old to the younger generation. When people of all ages can keep an open mind as to what is happening in the world and be aware constantly of the changing times, it tends to keep them more alert and a part of the changing world.

Staying in good physical shape is always stressed, but staying in good mental shape is just as important. Reading, writing, doing puzzles, and training in Martial Arts can provide us with the proper mind training. Stay sharp all of your life and stay active with your body and your mind. You will grow smarter everyday. Your body and mind will thank you for it in the long run.

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## Tales and Traditions: Intelligences



Chung-Ho and Dong-Min were taking Martial Arts lessons from the Grand Master of Tae Kwon Do in the village, Kwan. Chung-Ho and Dong-Min were good students and just learning the arts. They were very inquisitive. Chung-Ho kept asking Kwan questions about the arts and other various questions about life in general. Kwan knew that it was a good thing to be very inquisitive about things, so he simply answered their questions.

One day, Grandmaster Kwan was meditating near a lake by the village,

*The important thing is to not stop questioning. Curiosity has its own reason for existing. ~ Albert Einstein*

and Chung-Ho and Dong-Min walked up to Grandmaster Kwan. Grandmaster Kwan was silently meditating and the boys started to ask him a lot of questions.

“Grandmaster Kwan, what are you doing sitting with your legs crossed and humming like that?” Chung-Ho asked him in a quiet manner.

“Yes, Grandmaster Kwan, why are you just sitting with your eyes closed? Aren’t you afraid someone will come up to you and hit you while you are not looking?” Dong-Min inquired as well.

Grandmaster Kwan stayed meditating

on the rock and humming with his eyes closed and did not break his concentration. “Why are you boys trying to disturb me?” Grandmaster said with his eyes still closed.

“We want to know the secrets of being a Grandmaster! Can you tell us more like you have been teaching us?” Chung-Ho asked him.

“Chung-Ho, my young man, you must pay attention and listen to me very carefully. While you are learning, pay attention to what I am telling you at all times. It will prove to be very valuable. I know you are curious in your own right. If you weren’t, you wouldn’t be human. Always keep that in mind.”

## You Are What You Eat: Intelligent Foods

Dr. Mercola, a nationwide, well-known physician and surgeon, wrote a blog called the ‘Top Five Foods to Increase Your Intelligence’.

First, he starts with the benefits of fish. As some of you are already aware of, fish oil is very good for us. It promotes heart health, clear skin, brain development, and many more advantages. Yet, there is mercury in fish. It can be harmful to pregnant women and children’s nervous systems. Aside from that, fish has only positive health benefits, especially for our minds. Fish oil can be bought in the vitamin section at any local store.

Second, are vegetables and fruits. They’re always a great side to any meal and better than any alternatives. However, organic fruits and vegetables

are even better than store bought ones.

The third food he spoke about was eggs. Raw eggs and cooked eggs both have health advantages, so choosing which to eat for yourself depends on how your body takes it. Raw eggs have been said to increase energy levels, but they also increase the chance for salmonella poisoning and biotin (vitamin H) deficiency which is when the biotin can’t be absorbed by the body. On the contrary, cooked eggs allow the biotin to be absorbed and have a 91% bioavailability of protein opposed to 51% in raw eggs. Still, you may eat them raw at your own risk. Either way, eggs are a healthy choice.



The fourth food is “foods without sugar”. Even though sugar is not really considered a food, we consume it in our diets too much. The high amounts of sugar will impair your body’s insulin levels and homeostasis, in return you could acquire diabetes and the sugar turns into fat, putting you out of shape.

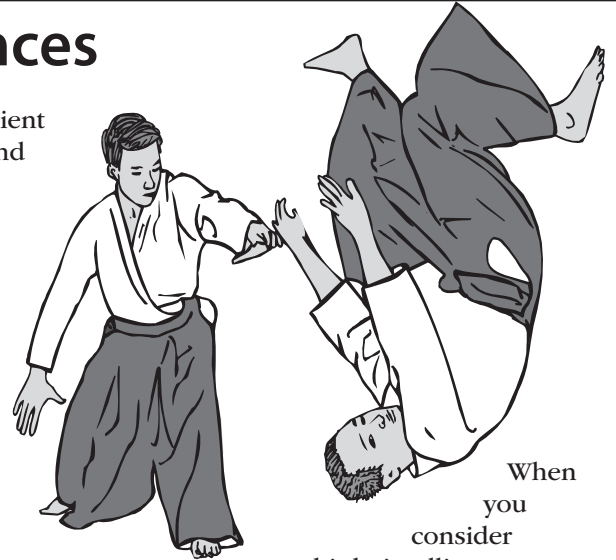
The fifth and final food are blueberries. They should rate a 15 on a scale of 1 to 10 in anyone’s book. No matter the size of these little things, they pack a huge punch of antioxidants. They are so beneficial with the variety of phytochemicals, that they will normalize and improve your health increasing benefits to the brain and reverse some of the aging that can occur in the brain as well. How is that for Intelligent Foods?

# Philosophy: Multiple Intelligences

In the past, people believed that a person's IQ, based on standardized testing, was the only true measure of a person's intelligence. Over the years, different ideas began to arise for what intelligence actually is, so different categories of intelligence began to arise. The famed Harvard University psychologist Howard Gardner pioneered studies in and the concept of multiple intelligences.

Gardner's has identified seven distinct intelligences rather than the old measure of the IQ test. He has suggested that people can be intelligent in the areas of:

1. Visual-spatial – adept at thinking in terms of space. (Architects and graphic designers)
2. Bodily-kinesthetic – proficient at using the body. (Athletes and surgeons)
3. Musical – competence in regard to rhythm and sound. (Musicians and singers)
4. Interpersonal – capacity for understanding and interacting with others. (All people)
5. Intrapersonal – mastery at understanding one's own interests and goals. (All people)
6. Linguistic – skill in using words effectively. (Politicians and preachers)
7. Logical – ability to reason and calculate well. (Scientists and engineers)



When you consider multiple intelligences, any one of us can be considered intelligent. The truest sign of our intelligence is to further develop any area of intelligence that we are inclined toward. We all have the capacity to show intelligence, it's often just a matter of how hard we work toward it.

# I N T E L L I G E N C E

“KNOWING OTHERS IS INTELLIGENCE; KNOWING YOURSELF IS TRUE WISDOM.  
MASTERING OTHERS IS STRENGTH; MASTERING YOURSELF IS TRUE POWER.  
IF YOU REALIZE THAT YOU HAVE ENOUGH, YOU ARE TRULY RICH.”

-TAO TE CHING

