

SUCCESS THROUGH KENSEIKAN KARATE-DO

One of the world famous Karate Master once said “ **Thousand days** of training will teach you what is the meaning of KARATE and **Ten thousand days** of Training will tell you what **KARATE IS ?**” How many years of actual TRAINING have you had or been trained for? - Not simple calendar years. Attending regular Dojo training and practising daily is a must to understand the “Meaning of Karate” and “What Karate is” all about.

Now the technology is freely available, please try to videotape yourself practising, notice common mistakes, and see where you are at and to see how many mistakes you do, even though you may think that you are perfect and/or know everything at your Belt level. You also must develop your inner spirit; in order to do that you must have good intentions always.

Reading and developing your knowledge important, but that alone will not make you ‘KNOW EVERYTHING about Karate’. So, you understand that there are many simple things in the world and around us that we do not know and that they do exist; and, somebody else may know more than us. Therefore, it is important to RESPECT (Rei) the “unknown”-even to your enemy because, you might destroy the worst enemy who had many talents that could have been used for good things. Why do we bow at the beginning/end of Kata/Kumite? Isn’t it for the same reason? - To respect the unknown who may have unknown talents. This same theory and reality apply to respecting Parents and Teachers. You do not know the amount of sacrifices have they done in their lives especially for you or because of you.

Remember KARATE / ANY BOUT and any KATA start with a bow and finish with a bow. This is the first lesson in Karate. If you have not learnt to respect, you have not learnt much. Knowledge, Success and Excellence should come out of respect: The “REI”

“REI” is not simply a “Bow Down” by itself...It is also to say Good Morning Evening/Afternoon/ Night, Hi, Hello Good Bye etc. and most importantly kind of simply saying thank you as well. If you have lived in Japan even for a short while learning karate, you will realize how much importance is given this subject.

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