

SUCCESS THROUGH KENSEIKAN KARATE

THE RIGHT PATH: two

“REAL” KNOWLEDGE AND WISDOM.....Oss!

Can be attained through Karate practise, Reading and most importantly through meditation (Insight Knowledge) We all are born with average knowledge, same as NATURAL MIND POWER-(not manifested); some have more than others but, we all need to develop in order to be successful.

The **MIND** is led by **DETERMINATION**, which is continuous; following factors will promote such continuity. Therefore, do not look for excuses not to practice or postpone our daily important tasks and training that have been scheduled (i.e. your once a week training which barely meets expectations.) you will keep finding plenty-just before SATURDAY, your mind will start directing you to the wrong path, if that is what you want. But, if you are determined the Richmond Hill dojo is open for you at any time with no cost. Only cost would be sum of your determination and efforts; look at our Olympians and Karate Champions and their achievements.

1. FAITH

You should have faith in yourself that you are capable, without faith mind and body cannot continue in full spirit. Same as a Car cannot run without gas. Keep faith on what you learn and practise.

‘DOUBT ANYTHING BUT YOURSELF’

2. EFFORT

If you do not try, you cannot accomplish anything. With exhaustion, you cannot succeed in performing any task. With effort, you can be full of energetic in mental and physical endeavours.

3. MINDFULNESS

Being ready will protect us at any ‘unexpected’ time. With mindfulness, you can see the clarity of our being and existence and value of our lives and live to its best **with principles**. Do what ever you have to do **on time**. ‘Balance’. I.e. do not borrow, if you cannot repay. BASSAI DAI= Credit where it is due. Be responsible, respect and do your duties towards others. Respect your parent’s opinion, so they will do the same for you.

4. CONCENTRATION

Pay attention to what ever you are doing. Every time you punch, kick or block, think about and do it attentively for what you are doing. Even at school or at work.

5. WISDOM

Thorough knowledge obtained through training at the state of the **AUTHORATIVE MIND, EYE OF THE TRUTH or EYE OF WISDOM**, which enables us to differentiate between RIGHT and WRONG. Always, what we think is RIGHT is not RIGHT, that is one reason why you need guidance from your parents, elderly, teachers and schools to learn different things. So respect them. Karate starts with a bow and finishes with a bow (respect).....Rei.....**OSS !!!!!!!!!!!!!!!**

This document should also be in your file. If you need clarification or deeper understanding of these, please do not hesitate to contact me.

HAPPY READING.....Is karate training deeper than seen and thought?

Sensei Nandana Wijewardana

Black Belt 3rd Dan

© copyright

06 March 2006