

Sword and Spirit

The eNewsletter of Itten Dojo

July 2016



— Why Budo? —

Regardless of the times you live in, or the circumstances of your life, success largely depends on things you actually can control:

- **Building strong relationships in a community of achievement.**
- **Forging a disciplined and positive mindset.**
- **Enhancing your physical health and capabilities.**

These are exactly the things membership in a dojo provides.

Life Hacks from the Martial Arts...

The Gold Watch

One day, as he was shopping at the local mall, a karate instructor — my old instructor, in fact — was approached and greeted by a gentleman in his early thirties.

“Sensei,” the gentleman began, “I don’t know if you remember me, but I trained with you for about three years, almost twenty years ago.”

As the instructor tried to picture the gentleman as a teenager, and thereby jog his memory, the former student extended his left arm, rolled back his sleeve to display a gold Rolex and said, “I just wanted to say ‘thank you’ for this watch.”

The instructor was confused. Although he was only beginning to recognize his former student, the instructor was pretty certain he had never taken enough shots to the head to cause him to forget giving away a gold Rolex.

Noting that his old instructor didn’t know what to make of all this, the gentleman offered, “Maybe I’d better explain. As I said, it has been almost twenty years since I studied karate with you. As time passed, I forgot the kata we practiced, and my techniques lost any semblance of power and grace. But one thing you taught me I have never forgotten, even after all these years. I remember taking promotion exams, and the way we were always told, ‘Pick a spot on the floor that is advantageous to you, and begin your kata.’

“To this day, I use that teaching. Any time I have gone into a business meeting, made a presentation, been interviewed or conducted an interview, I have always been careful to pick the spot that is most advantageous to me. Not only in terms of physical location, but with regard to my statements, attitude, and demeanor as well.

“As a direct result, I am now vice-president of the company I work for. This gold watch is a symbol of the lifestyle I enjoy as a result of my success — success I would not have achieved without the lesson you taught me, so long ago.”

