

The Schools Philosophy

As humans we have tremendous potential to reach a higher degree of understanding.

Through straight knowledge and continuous practice we can discover our inner self.

For some, martial arts can be one of the many ways of finding their inner selves.

The School has developed a system of martial arts training based on methods in which the positive aspects of humans are brought out.

Fighting is a small part of our curriculum as we understand that some experience is needed. We do not concentrate on fighting. When the student is physically and mentally ready he will enter the ring or grading a number of times until he has understood how to work with his own ego, anger and fear.

According to our experience, the teachings recognize at least three different stages of training.

Each stage should be completed if you wish to grow further. Each stage is not based on how long we train, instead it is based on the ability of each student to learn from his experiences.

The Physical Stage

In the first stage of training the student will learn the following 3 basic concepts.

Gratitude

Be grateful for your health, the air, the food, water, clothes, medicine, and shelter that you have. Remember that there is always someone who has less than you.

Self Respect

To understand the difference between actions that helps or hurt our body. Through moderation, balance can be discovered.

Determination

To overcome the limits of tiredness, pain, and fear.

The approach of our teachings is to develop a solid foundation within the body based in a balanced center of gravity (correct distribution of the body weight according to our position) and balanced footwork patterns (correct distribution of the body weight while moving in any direction according to our distance from the opponent). From the understanding of these two concepts a constant flow of skills can happen. Later methods of breathing, center line concepts and timing will be added to the training.

The Mind Stage

The three concepts of the second stage help us to better understand how to work with our emotions and how to calm the mind.

At this stage also some fighting is needed to put the student under high pressure and teach him how to breathe and how to be calm.

Our approach is not based on a secret formula in which the student will become calm just before entering the ring. Instead it is based on a way of life grounded in mediation and in a progressive and positive chain of actions. This will create awareness. Awareness is the main tool that teaches us how to calm the mind.

Aggressiveness, anger, ego fear and many other emotions are the main obstacles to mislead us on the inner growth path of martial arts.

In the second stage of training the student will learn the following 3 concepts.

Gratitude

Be grateful for what you have and for what you don't.
Be grateful when you are happy so that you can see your possibilities.
Be grateful when you are sad so you can learn from the suffering.

Self Control

To recognize the negative emotions of ego, anger, greed and jealousy as they arise. Accepting them and learning from them can lead you to a state of inner balance.

Meditation

Calming the mind down makes our inner self rise.

Meditation is perhaps one of the more important parts of the system. It is something which we already do in everyday life allowing us to focus on the task at hand - but the depth of meditation is superficial. The events around us in the world soon rob us of our attention and our concentration is gone. The mind that wanders outside our own body is the source of all types of suffering. By deepening our meditation until our mind comes to a standstill we can unlock the potential and unused ability within. We maintain a balance of mindfulness and happiness for ourselves bringing contentment and direction to life in a way not possible through any other technique. Meditation in one respect is like many other activities: sports, crafts and skills of all types. For all of these activities, you will never become skilled just by talking about it or reading about it. Like any skill, you gain expertise by doing it. Meditation will be of only limited use if you practice it on-and-off, so the key to success in meditation is the commitment to meditate once or twice a day. Like embarking on a new career with a new employer, if you turn up for work only when you feel like it, you are unlikely to go very far in your career.

The Spiritual Stage

The third and most advanced stage of training can be perhaps one of the most amazing experiences that a human being can achieve.

The spiritual training is the path of the internal warrior; that means that the student gives up the idea of fighting against anyone and concentrates in finding the source that stops him from reaching his true self.

Reaching this point, compassion can be understood. Helping others is perhaps the most direct way of helping ourselves.

Success at this stage may be due to the accumulation of good actions and many hours of mediation during many lifetimes.

The following 3 concepts are used by the School for healing purposes. The results of this practice can be profound, if you need further information you are welcome to come and ask us.

Gratitude

Be grateful to the universal source from where you came.
Through awareness our actions become meaningful.
Be grateful that you have teachers and parents.

Self Awareness

To be present and aware of each moment of our life.
As my understanding goes, self awareness is the most important task in everyday life.

Compassion

Not to hurt others.
To help others when they ask for it

Spiritual Teachings

The spiritual teachings are based on working with the spirit through meditation and good actions. The student needs to keep the five precepts (not to kill, not to steal, not to lie, to be faithful to your partner and not to use drugs or any other form of intoxication).