

Kaizen- The Path of Constant Never Ending Improvement

Today, the modern man/woman lives in a world that edifies mediocrity. They spend their times either playing computer games, where he/she loses, they just hit replay and try again. They may watch a TV or play where a person dies and next week he/she is back on the screen again.

Instead of taking on personal responsibility, modern man/woman looks for others to blame for his/her problems (either the government or society, it doesn't really matter which). On the other hand the modern day karate-ka, understands the concept of one encounter, one chance. The karate-ka knows that in a life and death encounter, there is no second place, and they never take these things lightly (and would never engage in a situation where they are not assured victory).

The karate-ka believes in the saying, "If it is to be, it is up to me." Moreover, constantly strives to increase their abilities and understanding of any obstacles that should happen to surround them. The karate-ka believes that there is truth to the statement that they are either getting better or are getting worse all the time, and therefore works everyday to improve mentally, physically and spiritually.

This concept is not trying to be better than someone else, but to improve a little everyday. Kaizen is the Japanese word for constant and never ending improvement. In our quest for black belt excellence, there is no time off. This is a 24/7 venture. If you witness senior students and instructors, they are always working on improving their mind, body, and spirit. Winners feel they are destined for success and are constantly trying to grow and prepare for that goal. Successful people constantly read and listen to positive and inspirational books and tapes. They know that reading 30 minutes everyday, within a few years they will be in the top 10% in their chosen field.

In the dojo, the karate-ka gives it all he/she has during every class, forging his/her spirit and attitude. An old Chinese proverb says, "A journey of 1000 miles begins with one step." Kaizen is all about making that first step towards improvement, everyday in everyway.

Remember - "a black belt is simply a white belt who never gave up"

