



守破離



Wendi Dragonfire

Weezenhof 91-119
6536 AB Nijmegen, NL

SNS 209097210

Telefoon/Fax: +31 (0) 24 3444349
Mobiel tel :+31(0) 6 53581440

www.wendidragonfire.com
e-mail : wdshuri@chello.nl

Emotions and Karate

What place do emotions have in the practice of Martial Arts? How do we allow the recognition of our feelings without acting inappropriately? What does "Control" mean?

It is impossible to be active in ones own life without emotions. However, emotions do not always express a realistic or accurate assessment of what is happening. In a Martial Arts setting or in a Self Defense situation it is imperative that we practice control ALL THE TIME. In the same way as we learn that there is an appropriate time for emotions when we are defending ourselves we must realize that the emotional responses that we have during the practice of Karate are very rarely a direct result, at least in magnitude of the situation at hand.

It is very important that we learn to control our emotional responses. Once an emotion has surfaced it is important to examine that emotion without projecting it onto the person who may have triggered the response. That doesn't mean that we should suppress or repress our feelings. The worst thing we can do is to ignore our emotions...they don't like being ignored and find a way to come back, usually in an extremely inappropriate way. We do however need to explore our emotions at a time when we are no longer feeling triggered and are able to honestly explore what happened and why we reacted so strongly.

Control...the paramount lesson in Karate training permeates all levels of our training...Body-Mind-Spirit. It is natural to project our emotional baggage onto others when we are young, but part of the process of becoming an adult is to stop projecting and start being honest. Turning outwards to blame another for our responses, although normal is a sign of lack of personal maturity and growth. Part of our process as Karateka is to grow and embody the principles of Body-Mind- Spirit and that includes taking personal responsibility for our emotions and actions.

Karate training often works to help us become aware of our triggers. The next step is to acknowledge and deal with the issues that trigger us. Part of the true JOY of training is to be able to experience and recognize our personal growth.

Emotions belong in our lives. Controlling and understanding our emotions is paramount.