



# SHOSHIN RYU

Truthful Heart Tradition

*When you walk, walk. When you sit, sit. Whatever you do, don't wobble.*

This saying speaks to us about commitment to our action in the moment - being focused on what we are doing. Letting go of worry, indecision and doubt. If 'this' is what you have decided to do then do it! The more mindfulness we have - the freer we become. Start with counting your breath 1-10 for 3 minutes once each day & doing 10 sidekicks once each day. Focusing only on doing that one thing only. Letting go of all other concerns except breathing or doing a kick.