



# SHOSHIN RYU CORE CURRICULUM SERIES

## The Mind & Body are One

If we think the mind as separate from the body then first the mind must work then send the message to the body which then must act. This takes time. In martial arts time is precious and the difference between getting hit or not is mere thousandths of a second.

However if we think of the mind and body as one then there is no – mind has a thought then sends the message to the body and then it act. Rather this all happens at once. Thus you are faster.

You are also more coordinated, more harmonized. You don't have different parts acting out of synch with others. One arm waiting for mind to tell it what to do rather than both hands and feet acting in unison.

The first step is for the Mind to lead the Body. This is for mudansha, for beginners. Your mind controls you body. Consider if you get embarrassed you blush. The mind controlled the body.

You have bones which are moved by muscles which are connected to the brain. Thus in martial arts you are training your brain as well as your body.

Now bring them all back together as One!

## Your Training Schedule for Home

Day	Time	Focus
Sunday	am	kata
Monday	pm	self defense
Tuesday	am	kihon
Wednesday	pm	rest day
Thursday	am	kihon
Friday	pm	self defense
Saturday	am	your choice



## The Mind & Body are One

Outside thought, worries, greed, lies and general internal talk – all inhibit the mind & body from uniting. These 'illness', as one Kensei (great swordsman) once said, keep the mind in the mind.

Thus the goal of this training is to quiet the mind and allow it naturally to unite with the body. Focusing on what we want helps set up that situation up. Focusing so the whole world drops away and there is only the kata or technique you are doing. Then you wonder 'am I doing the kata or is the kata doing me?'

