

Shoshin Ryu = Truthful Heart Traditional

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Don't let anyone... Push Your Buttons

Pushing buttons – This is the precursor to fudoshin. A student allows another to push his buttons causing the student to respond in predictable ways, thus creating favorable situations to the opponent. This can be seen over and over again in so called friendly teasing, “Hey chubby, how ya doin today?” Someone tries to move another with a comment that has been proven to rile up that individual. If the individual gets emotionally moved by the comparison of “chubby,” the button has been pushed.

In looking at a more serious situation, perhaps a potential attacker uses vulgar and abusive language to attempt to cause fear and doubt in YOU, the intended target. If the words move you, the button has been pushed. The danger to you should be obvious. You is now in a more emotional state of mind which inhibits the mind and body from doing what needs to be done to overcome the situation. The focus is moved from solving a problem to worrying about what someone has said or thought.



No one can move you without your permission.