



# Snapkick

Dojo student newsletter

## WEST VALLEY MARTIAL ARTS



"Everyone may not be good, but there is always something good in everyone. Never judge anyone shortly, because every saint has a past and every sinner has a future." ~Oscar Wilde

November, 2018

### How to Master Karate with Shu Ha Ri

There is a secret formula for mastering the lifelong process of Karate. In Japanese it is called "Shu-Ha-Ri."

#### Step 1: Shu ("Follow The Rules")

The first step to mastery is to follow the rules. In Japanese, "Shu" literally means "to obey", "keep intact" or "protect." *In other words...* Do EXACTLY what your sensei says! Follow the lines. Copy the forms. Imitate the moves.

At this stage, your only job is to observe and memorize what you are being taught. *Just like a child, learning to write the alphabet on a blackboard.* At the Shu stage, you are constantly processing, collecting and memorizing information that is being presented to you. Then you repeat it, over and over again. *From a neuroscientific viewpoint, Shu is your **conscious** mind.* Eventually, you begin to float to the next stage.

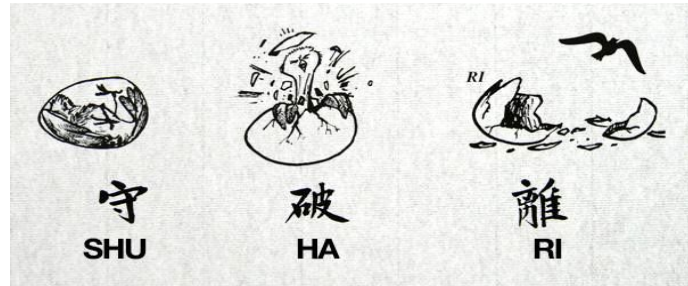
#### Step 2: Ha ("Break The Rules")

In Japanese, "Ha" literally means "to detach", "let go" or "break away". This might seem paradoxical. But once you have memorized important details, forms and techniques, you need to STOP thinking about them. You need to break free from the constraints of imitating, memorizing and copying (Step 1, "Shu") and take charge of your continued learning process.

*This is hard for people, because change is scary!* For this reason, many Karate-ka never make it past the "Shu" stage. They're stuck...*an endless loop of technical nitpicking.* So instead, let go of what you know. Only then can your Karate skills become second nature. You stop thinking. *You just react.*

*From a neuroscientific viewpoint, Ha is your **subconscious** mind.*

This is what people often refer to as "muscle memory," because your techniques have transferred from your relatively slow & heavy conscious mind to your fast & instinctive subconscious mind, through gazillions of repetitions in the "Shu" stage.



Lastly, you flow into the final level of mastery.

#### Step 3: Ri ("Make The Rules")

In Japanese, "Ri" literally means to "leave", "go beyond" or "transcend". And that's exactly what you're doing now. After you've slavishly "followed the rules" (Shu) and rebelliously "broken the rules" (Ha) it's time to masterfully "make the rules" (Ri).

This means, you finally transcend the obvious by connecting the dots and seeing the unseeable – tapping into your supreme, absolute, limitless depth of creativity. You finally make Karate your own! *From a neuroscientific viewpoint, Ri is your **superconscious** mind.*

This whole Shu-Ha-Ri process; where you transcend from the conscious mind to the subconscious mind to the superconscious mind, can be applied to all skills – not just Karate.

For example, cooking food using a recipe:

At first, you follow the recipe exactly (**Shu**). But once you've memorized the recipe, you don't recite it anymore (**Ha**). Eventually, you start freestyling, substituting ingredients according to your own taste, creativity and feeling (**Ri**).

You've just "mastered the dish", using the 3 steps of Shu-Ha-Ri. **Just like Karate.**

~ Jesse Enkamp

# Kata Competition!!!

Saturday, November 10th

10:00am

Rod Sanford's Traditional Martial Arts

4626 Soquel Drive, Soquel, CA 95073

(831) 475-9676



Competitors will be judged on all aspects of their kata. So, select your favorite kata and practice!

The cost to participate is \$20.00 for the first division and \$5.00 for each additional division.

All competitors will receive a trophy or a medal!

Please bring your full gi and belt.

Pay the day of the competition at Rod Sanford's Traditional Martial Arts

## Mat Chats

### Stranger Alert/ No-Go-Yell-Tell

Week 1. What is a stranger?

Week 2. What is a lure?

a. Bribery lure                      b. Job lure

Week 3. c. Assistance lure        d. Directions lure

Week 4. e. Internet lure            f. Kids are strangers too

This month we will be getting our students prepared for a kata competition that is being held in Soquel on Nov. 10th. Whether or not a student wishes to compete, this is a great time to work on refining their techniques and refine details.

We will focus on proper body mechanics and power development. To develop these skills we will have many exercises including working on heavy bags and striking mitts to help get a true feeling of power and precision.



(408) 871-8180

**November 2018** [wvmadojo.com](http://wvmadojo.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4 Practice at home!	5 Leadership Class	6	7	8	9	10
11 Practice at home!	12 Closed for Veteran's Day	13	14	15 <u>Testing</u> Regular class times Thurs & Fri	16	17
18 Practice at home!	19 Adult Advanced Class	20	21	22 Closed for Thanksgiving	23 Closed for Thanksgiving	24
25  (You know what to do!)	26 Leadership Class	27	28	29	30	