

Karate training is important but good Judgment is more important

Karate is probably the best form of self defense due to its nature but we must never forget we are human beings and as humans we have our limitations.

One of the most important never underestimate our opponents when we are faced by some one we must consider the fact that they are as good or maybe better than we are and never thinking that we are due to the fact that learning karate are superior to any one.

A trained karateka will be only as good as he or she can evaluate a situation and act accordingly. Think of your opponent as being as good or maybe better than you, this will eliminate the surprise. It does not matter how good you are there is always someone better or stronger, angrier, more evil than you.

As I think back I always remember Sensei Okazaki's response to a TV program announcer question. Sensei, what would you do if someone came up behind you and put a gun in your back, Sensei Okazaki responded, well if he wanted my wallet or asked me to give him my pants I would give them to him but if he was going to kill me anyway there are a few things I could do, with that he turned around and grabbed the man's hand putting him on the ground. I looked at this situation and think 'look at all the alternatives' before you act, this is the time when self control comes into play this is the time when you need to exercise discipline and if you remember this is what training is all about discipline.

So my opinion is train as hard as you can never give up but don't think about karate as fighting think about being smarter and knowing what to do under all conditions this is really what karate and self defense is all about.

Sensei Safar Technical Director AJKA-I

L.B. 