



SHOSHIN RYU

Kokoro Series: Rank

Why rank?

Feedback

Encouragement

Organization of class

To challenge

As a Milepost along the way

The individual makes the belt. It is never the belt that makes the individual. Rank is a milepost of where one is along the martial path; as encouragement that one is improving in skill and quality of motion. Over time,

with training, students become less motivated or impressed by rank. Understanding the goal is the change within. One does not await sensei's decision to promote or not, but by diligent daily practice earns their rank.

Over time, students learn that if one gets promoted, one trains; if one does not get promoted, one trains. In Shoshin Ryu, the emphasis is on one's training and making the Art their own.