



Shoshin Ryu

Truthful Heart Tradition

Core Curriculum

Take Responsibility for YOUR Training

It is the teacher's (sensei) responsibility to present knowledge in a way that a student (deshi) can comprehend and train it. It is the student's responsibility to retain and grow the information both in and out of class. As a Sensei, one of our goals is to get the deshi to train at a very high level without Sensei having to manage that process; Sensei provides the direction, but the work or training happens independent of Sensei being present or not. No one can really make the deshi better, but the deshi. The Sensei trains the deshi to ultimately be able to train oneself. The thought of taking responsibility for one's training manifests its way into one's life outside of martial arts as well. Learning to take charge of one's life – you are starting that process now!

Take Responsibility for YOUR Happiness

Deshi are taught to be responsible for one's own happiness as well as the decisions and paths chosen in life. From the first day of class, students are encouraged to learn and train on their own. For a white belt, what are the most important points that they should be learning? Is it the specifics about a punch or a kick or a throw? Those are not so important in comparison to the mindset the Deshi must develop: if you come to class, you will improve; and that you will learn to take responsibility for yourself in all aspects of your life.

How can you start?

- Come to each class offered - if you train you get better!
- Take 10 minutes each day at home to practice basics.
- Once you get your basics down do self defense against an invisible opponent.
- Come to class 10 minutes early and do wrist techniques with a partner.
- Let go of blaming others. Be responsible for your actions. If you are wrong - realize you can correct it!
- Strive toward personal excellence. Do not compare yourself to others but rather strive to do better at whatever you do. This is the secret of Mastery.

Below: What Your Shoshin Ryu Blackbelt Certificate will look like. Take responsibility for your training and it will most certainly happen.

