

Train

Goshinjutsu = self defense



Goshinjutsu Series

Self defense is learning to return to harmony when someone intends to cause you or a loved one injury or death. It is learning not to be where bad things often happen. Learning to be aware but not paranoid. And should you ever have to face an attacker; you can and will survive.

Your greatest tool is your mind so be open to developing it. Consider the 110 lb. woman who is being attacked by a 200 lb. man and thinks there is little she can do. Then consider an 8 lb. cat dunked in water and given to that 200 lb. man to hold on to. What harm can this little 8 lb. cat do? Let go of your preconceived limitations and step by step grow your mind and skills to achieve things you never thought possible. Train! You can become skilled like the little, elderly, Japanese man who throws the ruffian around at will - but you will have to work for it.

At this point I give you permission to do what it takes to survive a life threatening situation...

Defend yourself.

Be rude when necessary.

Survive, no matter what it takes.

Always keep going.

Now train the curriculum, come to class regularly, and follow your Sensei's instructions. And never, never give up!