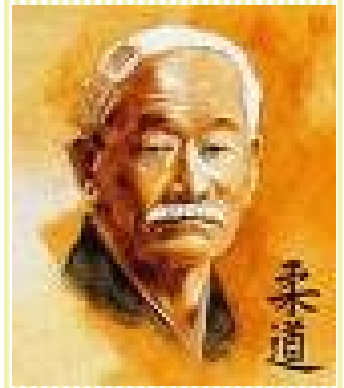




# The Judo Compass

January – February 2012



## Philosophy in Action

Hang on for a philosophical judo ride.

If you look into the mirror, you always see yourself, the you that you know as yourself. Barring facial or mental damage, or weight change, this is true for a lifetime. Then, you see a picture of yourself from ten years back, and you realize that day by day, you changed - right before your very eyes. As much as we know this is simply true, it can provide a startling moment of awareness, when it happens.

We think we are always the same person. Not so. We change. As *ourselves*, we change based upon the things we do. (Sometimes, that can also be the things that are done to us.) The changes that occur to ourselves can be as subtle as the change in the mirror, or they can be determined by us.

Lao Tsu said, "The way to do, is to be." How does one "be"? How does this effect our judo, and how does our judo effect this?

1. Nothing is ever a constant. Everything changes. "Be" is not static.
2. Like your image in the mirror, "Be" seems static.
3. The way to "be" is to have an internal, four dimensional, awareness of what the "be" is.
4. The way to have an internal awareness means to seek the essence of that being.
5. Say to yourself, "I am judoka."

- ◆ What does a judoka do that is different from what non-judokas do?
- ◆ Does a judoka train in a special way, or just show up and work out?
- ◆ What is the inner spirit of the judoka?
- ◆ Does being a judoka have a certain feeling to it? Can you feel it when you say it?

What is a judoka? What is the essence of judoka? What are the many parts?

There is another saying, "You are the room you're in." True enough; and, you are the mental room you are in. The way to do is to be.

A bonus: This will also improve your physical judo skills. To answer the question, you must also envision yourself doing good judo, not just sitting like a Buddha in your judogi.

## Philosophical Nage Komi – Opportunities to Practice Being

1. When you put on your judogi.
2. When you see the little note you left yourself for a daily reminder.
3. When you are stuck in traffic.
4. Whenever.



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