



The New Compass Setting

It has been some time since the last Judo Compass. The reason, I suspect, is that after so many of them, it became difficult to find new topics and items of value without getting redundant and perhaps somewhat preachy.

A simplified concept will be in place for the next several Compasses. This will reflect my own personal quest for keeping my compass aligned. Hopefully, it will be useful for you. Like judo and other skills, awareness of a need for improvement is only the beginning. A success secret lies in the judo method of learning the skill; that is, doing uchi komi, then nage komi, and kata, testing the skill in randori /shiai, and then refining it via the results and doing the process over and again. So it would seem to be for self improvement.

I believe one of the most judo-like self improvement gurus was Dale Carnegie. On a monthly basis, *The Judo Compass* will take a single Carnegie maxim and see it from a judo-in-life perspective. Hopefully, some of the Compass's added suggestions for implementation will be of value.

POSSIBLE TECHNIQUES FOR ENHANCEMENT OF THE SKILL

1. Keep a daily log, using your calendar, computer, separate journal, with a simple entry for the endeavor and or successful implementation.
2. Add to that, or simply use it as the only item logged, but create a grading system for your own evaluation and give yourself a grade a day. Just put the grade or number in a calendar date box.
3. Share the project with a friend and compare notes.
4. Put it on your Facebook page. Let the world know, and maybe you'll be passing on something they can do, too.
5. Make a sign or reminder of some fashion that reminds you first thing each day.

MAY SKILL

Do not criticize, condemn or complain.

Instead, say nothing, or give positive input first, then suggest an improvement, but ask if the suggestion is acceptable. "I think you made some really good calls reffing today." Wait for acknowledgment. "I've a thought on something you could consider that might make it even better, Care to hear?"

Instead of condemning, start with a sincere question about what makes the problem exist. "I don't understand why...how... what creates the desire for..." Obviously, this can go to extremes, in that we can condemn infanticide, genocide, etc. However, if something has two sides or more to it, a query to oneself might be a better place to start.

Complaining is never of value. Figure out alternatives.

Somebody once noted that what you say is often an expression of how you *feel* inside, and if your expression is of anger, complaint, or dissatisfaction, you are angry, unhappy and dissatisfied within your self, and are carrying that with you all the time. The specifics you choose to verbalize are only the tip of your internal discontent's iceberg.

Fixing the tip when it emerges, however, sounds like an uchi komi to randori judo development plan.

