

# **Becoming aware of the “Guiding Principles”**

Just like with any other activity – if a person wishes to be successful at something, then it makes sense for them to be aware of the rules. Karate is fun, it’s exciting and exhilarating but it is also a weapon, and each time a student comes into class they are sharpening that weapon.

Ideally, martial arts training would lead to people having more confidence in approaching any situation without fear, but it can also result in unnecessary acts of misguided violence. This is why it’s our responsibility as martial arts teachers to instil rightful approach, right from the beginning.

Here are the guiding principles that all students must be aware of when they choose to start karate training with our club:

## **Approach with compassion**

Whatever the situation may be, it’s important to remember that there is goodness in everyone. Some people may have picked up beliefs that result in misaligning behaviours, but that’s not who they really are. So, begin to see the behaviour as a separate issue, and give the other person the best chance of taking positive choices by your example. Approach with care and compassion regardless of what the past actions may have been and you create space for a positively-aligned experience from that point forward.

## **Proceed with comfort**

To know whether a particular situation is likely to produce a positive outcome, we need to look closely at how we feel about it. This is our inner guidance system. If something happens and we are really uncomfortable about it, then it’s our right to stop and take a different path. It’s also important to look at things from another perspective – when you begin to take a particular action and you see that it’s not being welcomed by others, then it is a sign that there’s another way to proceed which can be comfortable for all involved.

## **Respect all aspects of life**

Life is a gift, and all living things have the right to express themselves and to lead their life in the way they believe best serves them. Each person is here to follow their own path and to have their own experience. Having respect for life includes looking after the environment, being mindful of how our actions affect other people, and most importantly – being true to ourselves.