

JU YOKU GO WO SEI SU



“ju yoku go wo sei su”. Softness can eventually overcome hardness, such as rain and wind on a mountain. Softness in this case is a virtue and not necessarily a sign of weakness.

A key factor in mastering the techniques of the martial arts is the conscious increase in self-control through patience in bearing pain and defeat. Although physical training is emphasized in learning, the body, mind and soul must act as a unit.

The end result is that it is possible for a person of eight units of strength to overcome an opponent with ten units of strength by using proper techniques. Mathematically, if the eight units of strength can reduce the ten units of strength to five units, yet in the process maintain seven units of strength and apply it to the five units with proper timing, the foregoing can be achieved.

Good timing can be achieved with lots of practice and physical development. The highest ideals and thoughts of action cannot be realized without a sound body.



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Cultivating the mind, body and soul are the primary objectives of the martial arts. Softness and giving way to eventually overcome hardness is the fundamental principle of training.

James Muro

