

SELF IMAGE



From the moment of birth, a person is busy forming mental images or pictures of himself as inferior and of little value. He will convince you that he is inferior and of little value. Eleanor Roosevelt once said “the only person that can make you feel inferior is yourself”.

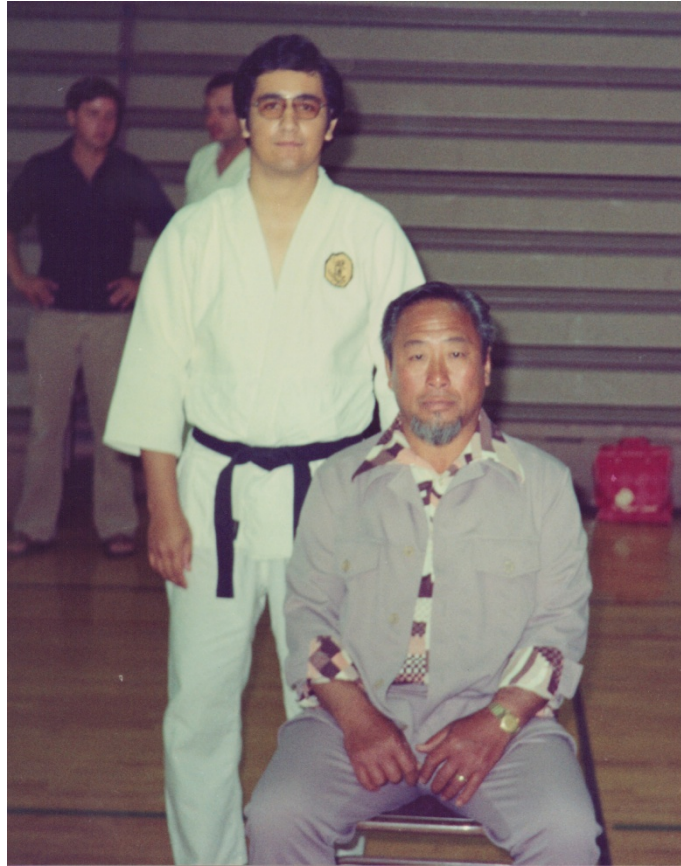
If a person sees himself as having value, then by his actions, he will gain respect from others.

By observing the class going through the work-out, you can see some students throw everything they have into each technique and exercise, being prepared to “drop dead” with exhaustion before giving up on any technique. Others will go at the same pace for only half or only a portion of the class, then fall apart and loaf around the rest of the time because they could not summon the concentration or the courage to finish the class.

Others feel that once they hit the mat or the workout area they will suddenly get the ability to become “Mr. Martial Arts”, oblivious to the technique or the intrinsic power of the art. These people are just fooling themselves. Poor technique and poor practice habits are the result of poor self image. It is up to the instructor to try changing this, if you don’t, then



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you are letting your students down. They have come half way just by participating. They have made the effort by taking up the martial arts. They just don't have the self discipline and the inner image and sometimes the motivation is not yet developed.

The instructor's job is not only to teach technique and concepts but they got to teach self motivation as well. They must push the student beyond the self image that they already perceive of themselves. They must be made to see that the secret to improvement of the inner image is hard work. They must be made to understand that you're trying to change the work of many years in most cases, which will take a little time to effect.

The Martial Arts in general, gives a distorted picture to the novice, it appears as a great lie in order to reveal a greater truth. The intrinsic values, the building or exposure of character and the building of self image will in the end add something positive to society, to your surrounding community that benefits us all.

James Muro

