

BALANCE



Professor James Muro

Good balance is the result of proper training and thought. The moment you start to move from one stance to another, one technique to another, or one throw to another, you are essentially risking all that you have in the hope of achieving something better: an advantage over your opponent – this takes commitment.

Balance is the sum of all movement added together. Only when the body, mind and spirit are in complete harmony can proper balance be achieved.

KIME

Kime is the sum of all your efforts: the conceptual focus of all your physical, mental, and spiritual actions combined at a specific moment and place in time. The moment you make any kind of movement, your true level of Kime (timing) will be reflected in the accuracy and the quality of your technique, and any errors in judgment will be clearly visible to see.



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In your training you must believe in what you are doing, and that belief must have a definitive beginning and ending; an ending that you will find you can only reach by using all of your focus in order to achieve your goal – commitment.

Without this encompassing belief – commitment – in the success of what you are attempting to do, your techniques will become nothing more than physical actions without any mental substance. This is often the difference between victory or defeat over oneself.

James Muro

