

# You Have But One Body

Everyone knows that they will have only one body during their lifetime; but not everyone conducts their day to day life according to that reality. Generally speaking, people take better care of their physical possessions such as cars and homes than they do their own bodies as evidenced by all the known problems in society associated with bodily neglect. From people who make consistently poor choices with what they eat daily in allowing themselves to become way overweight or obese, to those who smoke knowing full well the inevitable consequences, to those who choose to physically abuse their bodies through illegal drugs/ alcohol, to those who place themselves in misguided physical conduct or activities that lead to injurious consequences to the body; all are examples of people abusing their body in detrimental ways.

As a student of martial arts, you want to give your body the best care possible so that you can live not only a healthier life; but so that you can get the most out of your training as well. The world is full of examples of athletes who had phenomenal talent, but who let their bodies deteriorate, such that the body could only perform at decreased levels of productivity. Your body is a machine, the most impressive machine in the world today. It needs constant care and attention. How do you feed it? How do you grow it in healthy ways? How do you manage it when it has a breakdown due to an injury or illness? What are you doing to be proactive with your health, to prevent problems, not just react to them? If you want to be a good martial artist and train throughout your life, take care of your body each day and learn to adjust accordingly as you grow older.

*Self defense means protecting your person from attack. Why limit it to attacks from bad guys? Why not include protecting yourself from heart disease, HIV, motor vehicle accidents and mental depression from drugs/alcohol to name just a few. The point is to live longer, live better!*



## SHOSHIN RYU

Growing better bodies and better human beings

*You are given one body - like it or not it is yours. Mold it, shape it through your training as you like.*

*As a sincere practitioner of the martial arts - you forge your body in the fire of your will.*