

## Don't break the training habit

By John Hackett, Chief Instructor, Authentic Shotokan Karate Australia



Those of us who train on a regular basis know the pleasure that we receive not only from the physical and mental aspects of our training but also the social interaction that occurs during a class.

One can go on to list all the benefits associated with regular karate training but to achieve those benefits you must attend class. Actually being committed and turning up at the dojo for set training sessions can in itself become habit forming and this is the whole point of this particular article.

Just as turning up for training is habit forming, when students break their training routine for any number of reasons this too i.e. not training, can become habit forming. This is the same as not going to the gym can become a habit, you can always think of a hundred reasons not to go to the gym. But you must go if you want to attain the benefits that going to the gym provides.

Some reasons for missing training are valid and must take priority over attending a karate class. However some reasons for not attending training are really simply an excuse for having the night off, e.g. "it is too cold" or "it is raining".

If you think, oh it was too cold last week and it is cold again tonight, I think I will give karate training a miss; I will go back next week. Before you know it you cannot remember when the last time you attended a training session was. When or if the student does return they wonder why their skill level has fallen to such an extent.

Breaking the training habit can occur at any time. You must be aware that this is happening and take steps to redress it i.e. "don't break the training habit".

If you wish to maintain or improve your skill level or progress to higher grades then karate training requires commitment i.e. attending training sessions. Don't break the training habit and you will succeed.

"The way to success has no short cuts" **Mukin Shori**