MATIMES
A Way of Life for Martial Arts Students

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Focus On
Sharing

"Share and share alike." It's a common phrase. Seldom, however, do people take the time to reflect on the impact that such a phrase could have.

The world is filled with people who have been conditioned over time to live and act selfishly. A foundational precept of the martial arts is to learn to live selflessly. A beginning student in martial arts may not have a great deal to offer. It is at this time that those who have dedicated years of their life to this study can share with them the knowledge they have gleaned.

As anyone knows, this process is cyclical. Another famous adage, "do unto others as you would have them do unto you," is commonly known as the Golden Rule. In martial arts, it is important to remember this rule. Martial arts are built on respect. Every martial artist knows that the best way to earn respect is to give respect. In this way, everyone shares in the mutual esteeming of each other.

For young students of the martial arts, part of learning to share might still be basic tenets of life. Sharing things such as equipment or practice space teaches young students that the discipline of martial arts is not self-centered. Lessons such as this clearly serve well as a standard by which to live all of life. The reason people all over the world have gravitated to martial arts training goes far beyond the physical fitness they achieve.

The lessons that are learned there from an early age serve well as landmarks throughout a lifetime. To share what you have with others and to have them share with you is fundamental to living a life that is both fulfilling and meaningful.

Tales & Traditions

The Martial Arts Pioneer Bodhidharma

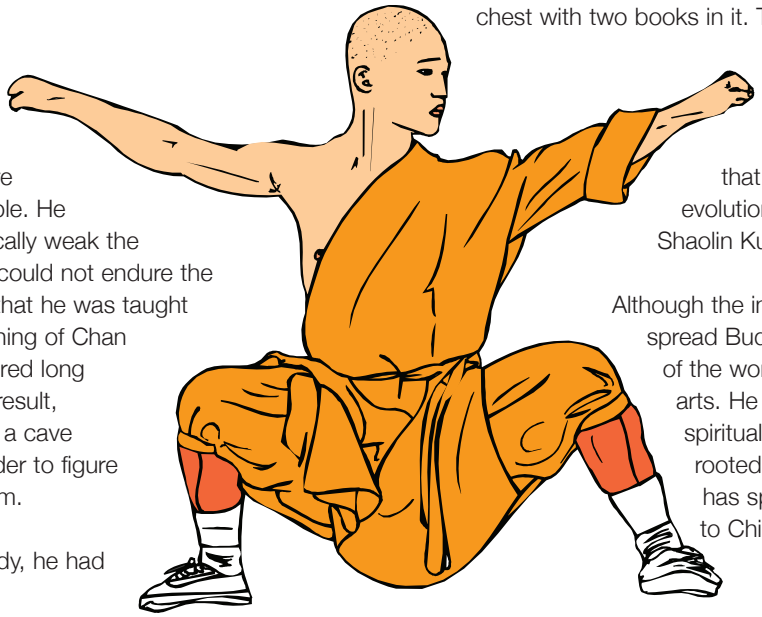
Bodhidharma, also known as Ta Mo, was a prince in a royal family in India, but he chose to give up a life of royalty for more spiritual pursuits in his life.

He studied Buddhism with one of the greatest teachers of his day. Then, his teacher sent him to China to further spread the teachings of Buddhism because it did not have a great influence there any longer.

When he arrived in China around 500 AD, Bodhidharma visited the Shaolin monks that were in the Hunan Province temple. He was amazed by how physically weak the monks were because they could not endure the long periods of meditation that he was taught was necessary to their learning of Chan Buddhism, because it required long fasts and quiet living. As a result, Bodhidharma spent time in a cave meditating in isolation in order to figure out a solution to the problem.

After nine years of hard study, he had created a set of exercises for the monks. The exercises were similar to Indian yoga and were for the purpose of regulating and strengthening the monks' internal energy, strength and endurance.

Traditionally, Shaolin Kung Fu's origin begins with Bodhidharma because it is from these series of exercises the monks used that Kung Fu evolved. It is believed that upon his departure, he left a chest with two books in it. They are today known as the Muscle/Tendon Change Classic and The Brain/Marrow Cleansing.



Classic. It is these two exercises that played a vital role in the future evolution of the fighting system known as Shaolin Kung Fu.

Although the initial goal of Bodhidharma was to spread Buddhism, his efforts developed into one of the world's great treasures, Shaolin martial arts. He traveled a long distance to spread spiritual teachings and develop a martial art rooted in that philosophy, and today that art has spread in distance not only from India to China, but also globally.

Healthy Ways

Men Who Exercise Before Breakfast Burn Double the Fat

A recent study by the universities of Bath and Birmingham, England has revealed that exercising in the morning on an empty stomach burns more body fat than exercising after eating breakfast. This is because we fast while we sleep, which lowers our insulin and forces our bodies to use our fat for fuel instead.



The new findings suggest that exercising before breakfast also lowers risk for developing Type-2 diabetes and cardiovascular disease. The authors mention that the muscles of men who exercised before breakfast responded more effectively to insulin, while showing greater increases in key proteins necessary to transport glucose from the bloodstream to the muscles.

While this does not directly affect weight loss, it does vastly improve health, according to Dr. Javier Gonzalez at the Department for Health at the University of Bath. The next step for the authors of the study is research whether the same is true for women.

Philosophy

Confucius on Enjoyment



Confucius said, “There are three things men find enjoyment in which are advantageous, and three things they find enjoyment in which are injurious. To find enjoyment in the discriminating study of ceremonies and music; to find enjoyment in speaking of the goodness of others; to find enjoyment in having many worthy friends—these are advantageous. To find enjoyment in extravagant pleasures; to find enjoyment in idleness and sauntering; to find enjoyment in the pleasures of feasting—these are injurious.”

Upcoming Events

Type you upcoming events here.



Your School Name
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