



Benefits of Martial Arts Training

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Outline

- **Disclaimer**
- **Martial Arts Myths**
- **What are the Martial Arts?**
- **Benefits of Martial Arts training?**
- **Choosing a Martial Arts program that's right for you.**
- **Q&A.**



Disclaimer

- The subject of martial arts is immense.
- I don't know everything, and can present only a very small, personally biased glimpse of the very large picture.
- My objective: to share my excitement.



Martial Arts Myths

- The main point of Martial Arts is pugilism.
- When people learn martial arts, they become more violent.
- Martial arts is a “silver bullet.”
- Martial arts is a religion.
- My style of martial art is better than yours.



What are the Martial Arts?

- **Self-defense systems refined over the millennia.**
- **Sun Tzu, The Art of War, circa 500BC.**
 - The supreme art of war is to subdue the enemy without fighting.
 - An army may be likened to water: water leaves dry the high places and seeks the hollows; an army turns from strength and attacks weakness.
 - The flow of water is regulated by the shape of the ground; victory is gained by acting in accordance with the state of the enemy.
 - The 36 Stratagems.





What are the Martial Arts, ctd.

- **(Intellectual/philosophical) Fifth Century BC: Confucious**
 - Moral principles, framework for relationships: father-son, teacher-student, husband-wife, ruler-subject, etc.
- **(Mystic/philosophical) Fifth Century BC: Lao Tzu (Taoism)**
 - “Tao” means “the way.” (or “do” in Japanese, Korean).
 - Water is an example of “the way.” It is passive, it never strives nor seeks to be something it isn’t. It always settles to its own level, according to nature. You can strive against water, resist it with force, and for a time you may think you’ve succeeded. But in the end, water will always have its way. That is *the Tao*.





What are the Martial Arts, ctd.

- **Sixth Century A.D.: Bodhidharma arrives in China and founds the Shaolin Temple.**
 - System of breath and meditation exercises to physically and mentally strengthen monks.
 - Later combined with other principles to form the basis for kung fu, tai chi and related systems.
- **Many centuries of notable history that I'm completely skipping over.**



What are the Martial Arts, ctd.

- **From Taoism:**
 - Harmonizing with your environment.
 - A path towards self-perfection.
- **From Confucianism:**
 - Respect is the foundation of relationships.
- **From Sun Tzu:**
 - Systematic principles for achieving objectives.





What is Martial Arts?

- **Not a hobby, sport, or occasional pastime.**
 - A way of life – the objective is self-perfection by whatever means available.
- **The “real action” is internal, not external.**
- **The only visible part, however, is external.**
- **Benefits are both internal and external.**



Species of Martial Arts

- **“Hard styles”**: kicking, punching, grappling, throwing, etc.
 - Karate, taekwondo (traditional), kungfu, hankido, judo, jiu-jitsu....
- **“Soft styles”**: disruption, redirection, frustration, etc.
 - Tai chi, bagua, aikido,
- **Performance and sporting styles**:
 - Wushu, taekwondo (contemporary), “kickboxing,” taichi “push hands,” etc.





Benefits of Martial Arts Training

- **Physical:**

- Power, speed, flexibility, stamina, agility, coordination.

- **Mental:**

- Peace and clarity of mind.
- Develop an immense capacity for focus.





Benefits of Martial Arts Training

- **Anecdotes:**
 - The schoolyard.
 - The neighborhood.
 - The office.
 - The spouse/family.
 - The traffic jam.
 - The community.





Choosing a Suitable Program

- **What are your objectives?**
 - Physical conditioning, self-defense, etc.
- **The Most Important Factor:**
 - The teacher.
- **After you begin:**
 - Keep in mind that studying martial arts can (and should) be a life-long pursuit.
 - You will branch out with an insatiable appetite to learn more.





LBL's Martial Arts Clubs

- **LBL Martial Arts Club**
 - E. Esarey, President (x5925)
 - Meets M & W 17:00-18:30, Building 71 basement.
- **Karate/Arnis Club**
- **Archery**
 - See <http://www.lbl.gov/Workplace/HumanResources/EAA/>





Other Martial Arts Clubs

- **UC Berkeley Martial Arts Program**
 - www.ucmap.org (Taekwondo, TaiChi, Wushu, Hankido, Karate, Judo)
- **E.Y. Lee, San Francisco CA**
 - Choy lay fut (kung fu), Yang tai chi, bagua, etc.



The End

