



Lakewood Budo Kai

Fujitsu, Karate, and Women's Self Defense

Getting the Most out of Your Training

There are many occasions where a student asks an instructor how they can get more out of their martial arts training. Most of the time we remind them that time spent in the martial arts is a journey, not a destination. We encourage the student to take a step back and look at things from a higher level perspective.

While we encourage students to constantly improve their techniques, there are times when some students feel that they have reached a plateau. All of us reach plateaus during our training. Plateaus test our determination and patience to see if we will continue to train and break through the barriers. Students aren't alone; they have partners and our instructors who will help them get back on the right path. Given more time in the Dojo, students will be able to resume their journey.

Some students believe they have worked on their current techniques long enough and they are ready to learn something new. To these students we explain our philosophy that if a student makes a commitment to study the martial arts, there isn't a pre-determined timeframe to learn new techniques or get promoted to their next rank.

Students will learn new techniques when they:

- Have put in enough time at their current rank (calendar time)
- Attended a sufficient number of classes and put in a sufficient number of hours
- Showed improved execution of techniques they already know
- Know their terminology
- Have the right mental attitude toward class
- Are a good role model for others
- Most of all, a student will learn new techniques when his or her instructor says they are ready

Once in a while we find students who over train and are being held back because their muscles are fatigued and tired and haven't had a chance to rest. For these students we recommend they take it easy for a while until their body has had a chance to recover.

Occasionally we have teenage boys who are dealing with physical changes as they mature into an adult body. We remind them that the changes they are experiencing (i.e. size, shape, and functioning of their body) can lead to balance and strength issues. The changes are normal and, given time, things will get easier for them.

Students face many challenges. We are here to help them along their martial arts journey.