

## **Karate as budo is also the best way to keep mentally/physically fit**

**What makes Karate into an effective martial art is what makes it a tool to keep the body and mind fit, healthy and in peak performance.**

What is fascinating to me about karate, is obviously the fact that it is an intelligent martial art, which is based on skill rather than brute force, and even an average person can become proficient if he puts his mind into it.

But to me it is really beautiful that the same principles that make karate into an effective martial art also make it into a great method of conditioning, pre-habilitation, and one can use karate to get and stay in shape functionally through a lifetime and karate can give a person the tools to be at a mental peak.

Differently than most martial arts karate can be trained by young athletic people and by older person, children, women and men.

Karate did not start as an exercise program, or for physical therapy, but as martial arts, from survival necessities, but the same concepts that make it into a great martial art also make it into a great therapeutic exercise, which is good for both the physical and mental well being, and will help anyone to perform at their peak at whatever they choose to.

For karate technique and application to be effective, optimal posture is important, muscle balance, the full range of motion of all joints and segments in all three planes, the sacrum and lumbar spine, which are the body center have to be stabilized, and one has to learn to move from that stable center by putting the intention in the center and using the breath to initiate the spinal muscles.

One has to teach the nervous system to sequence movement correctly so all actions initiate as chain reaction from the ground up, and each segment move the right amount and in the right time, so the whole system is in sync.

In applications one has to learn to have no judgment and no interference of conscious brain, yet one has use the mind to make strategy and at the same time allow the intuitive mind to take over when necessary, this balance is what can make a person perform at his best, be in flow or what some call in the zone.

Thos are exactly the concepts that top physical therapists and conditioning experts are now realizing and discovering to be most important for optimal performance and for keeping a person injury free.

Most important, karate journey is always a process, never a finished product, and if we look at life like that, every obstacle and every experience is an opportunity to grow.

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