

# ***“Apply karate to all things” (1)***

Reflections by Bob Young, Nidan



A successful dojo helps us bridge the gap between the “outside” and the “inside”, between the world “out there” and the world “in here”.

Joe Hyams, in his book ***Zen in the Martial Arts***, tells us what a dojo is:

*A dojo is a miniature cosmos where we make contact with ourselves—our fears, anxieties, reactions, and habits. It is an arena of confined conflict where we confront an opponent who is not an opponent but rather a partner engaged in helping us understand ourselves more fully. It is a place where we can learn a great deal in a short period of time about who we are and how we react in the world. The conflicts that take place inside the dojo help us handle conflicts that take place outside. The total concentration and discipline required to study martial arts carries over into daily life. The activity in the dojo calls on us to constantly attempt new things, so it is also a source of learning—in Zen terminology, a source of self-enlightenment.<sup>(2)</sup>*

A successful dojo can be a model for how your small business or organization can be a bridge between you and the world.

## **The Dojo Model for your Small Business<sup>(3)</sup> or your Organization**

Like a Dojo, a Small Business or Organization can be a place...

- \* ...that responds instantly to any action we take
- \* ...where we can practice implementing ideas in a way that changes lives
- \* ...where we can begin to test all of the assumptions we have about ourselves
- \* ...where questions are at least as important as answers, if not more so
- \* ...where generalizations must give way to specifics
- \* ...that demands our attention
- \* ...where rules must be followed and order preserved
- \* ...that is practical, not idealistic
- \* ...where idealism must be present for the practical to serve
- \* ...where the world is reduced to a manageable size
- \* ...that is small enough to be responsive, big enough to test everything we have
- \* ...where we commit to never-ending learning and progress
- \* ...where we acknowledge our progress
- \* ...where others help us, in return we help others
- \* ...where we show respect for our Instructors/Leaders

Where short-term and long-term objectives help us progress towards our next level

**Where at the end of every day, we review the concepts and principles  
we need to work on**

Footnotes:

(1) *The Essence of Karate*, by Gichin Funakoshi 2013 by Kodansha USA, Inc.

(2) *Zen in the Martial Arts*, by Joe Hyams 1979 by J.P. Tarcher, Inc, Los Angeles p.12

(3) *The E Myth Revisited*, by Michael E. Gerber 1995 by HarperCollins Books, New York, NY p.262-263