

Paying Attention

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I want to stress in this paper how important “Paying Attention” is to the student of the Martial Arts.

First, we must realize that Martial Arts training is at least 90% mental. Most Instructors and students alike fail to realize how important the mental aspect is to become a good Martial Artist. The student must develop the mind as well as the body in the Martial Arts. All of us have heard this but how many truly understand what this means?

Not paying strict attention to a student’s Instructor makes learning so much harder. For example, take an Attorney. If he / she does not pay attention to a seemingly unimportant detail could lose a court action and his / her client could be convicted of a crime they did not commit. How about a carpenter building a house and forgetting to read the blueprint codes or an electrical engineer not paying attention to his / her diagrams while wiring a project. These require strict detail to do the job. This also applies to the Martial Art student.

The principle is that the Martial Art student must study continuously. The legitimate Instructor must teach the student correct techniques or they will not work. If the student does not pay attention, the student alone is at loss. Most mistakes the student makes when they practice is due to not “Paying Attention” to their Instructor. An Instructor must be very strict in teaching the student whether it is the basics, forms, self-defense or sparring. This the building blocks of an Instructor.

I want you to understand this goes for Instructors as well as students. No matter how much an Instructor repeats him / herself, the student who does not pay attention will learn nothing. I see students who think they know the technique but in reality does not do the technique properly because they would not pay attention. The student will react in a real situation by what he / she has learned in their mind. Reaction is spontaneous. If the techniques are learned correctly, the student will defend themselves properly. Statistics show that an attack lasts only 7 seconds. The student must be prepared. This is in direct principle of “Paying Attention”.

There is a fine line between a good student as well as a good Instructor. A bad student gives the Martial Arts a bad name. It is up to you as a student and me as the Instructor to “Pay Strict Attention” to become good Martial Artists.

For those who are truly wanting to learn the Martial Arts, I suggest this for a reason. “Pay Attention” to your Instructor. Listen carefully to his / her description of techniques. Remember, the Instructor has spent many years studying their discipline (discipline means their style of Martial Arts) and when the student does not pay attention, they waste their own time as well as the Instructor.

The Martial Artist who does not pay “Strict Attention” gets his or her head handed to them on the street!