

Training In The Zone

By Shihan Ken Hoggart- April 18, 2003

In one of my previous articles, I wrote a sentence that resulted in a few instructors commenting on the concept. The sentence was, "Work hard and play hard ... be strong yet relaxed ... be focused - both short and long term". Allow me to elaborate a little more.

When we train, we should work hard and not just be there to put in time. This is more mentally than physically however, both are equally important. Our mental state, when in the Dojo, sets a tone or spirit for all those present. Obviously, our physical training is important to polish our skills and us keep physically tuned.

To play hard is to enjoy life with our family, friends, and associates. Enjoy life, be happy, and contribute to society in a positive manner. Be nice, be courteous, be inspiring, and be the type of person that others would like to be around.

To be strong yet relaxed is to be confident of your skills without arrogance by having a strong mental focus. We can be firm in our beliefs along with our opinions yet not be stubborn and close-minded. To do all of this while being relaxed, both mentally and physically is a challenge however, a challenge worth pursuing.

To be focused - both short and long term is to know what you want and what you are willing to give to achieve your goals as a group and personally. Know that if our goals and accomplishments were easy, and without certain compromises and sacrifices, anyone would be able to achieve them without hard work.

This is all about attitude. It is a little thing that makes a big difference in everything that we do in life. Some have described this attitude or mind set as the Zone. When you are training in the zone, many things become more clearly understood and life starts to make sense, both the good and the bad. Sort out your thoughts, check your attitude, and get in the Zone. It will help your training a great deal and assist many others around you at the same time. Train in the Zone!