

## Training, On and Off the Tatami

By Sensei Steve Shaw

We have all read, heard or watched motivational speakers, therapists and consultants expound the virtues of a positive attitude to help you achieve your life goals. Recently, while driving past a "Wellness Clinic" I read their sign that listed the services they provide. The list included a number of things from massage and aroma therapy to (and I loved this one) "Behaviour Enhancement Engineering" and written in brackets after it (Psyco therapy). My opinion is that you can call it whatever you want but when it comes down to it it's about having a positive attitude.

Much is made these days about people having little say in their lives or that we are slaves to "the system". That is a topic for vast debate. But here is one important thing of a number of things I believe you have a choice in. Everyday you wake up you decide what kind of attitude you will greet "the system" with. Make a positive choice. It will help you get over, around or through life's hurdles.

Bring that attitude and a willingness to learn to the Dojo when you train and let your Sensei and the system of training we all share do the rest...