

# MASTERS

MAGAZINE



## Budo's Transformative Process

### The Way

By Eddie Garcia

**W**hy do we embark on these rough martial ways? Why do we endure tough workouts and practice techniques and forms so fervently? I've always referred to Budo arts as a transformative process.

In a moment of self introspection I asked myself why has this been such an obsession? Why have I trained so many hours and made such an effort to learn these skills?

Well, the simple answer is that those of us in martial arts just love many aspects about it. We love the purposeful forms, the artful yet coordinated sequences of focused power of its techniques. We admire the historical and cultural context, and we are amazed at its originality and effectiveness.

The history these arts holds a special interest for me, since I believe historical understanding can often explain the development of its unique methods.

There are manifold benefits as well, both physical, and mental; skill, confidence, and camaraderie. You get in great shape, and improve mind body coordination.

I believe there are also deeper reasons for our fascination.

According to Nobio Tomio in his book *The Bodhisattva Warriors* he postulates that ancient monks discovered that recognizing patterns was enlightening. This combined with disciplined learning, focus, concentration and coordination exercises lead to a kind of mental and physical transformation. This can be a valuable asset in our lives.

Recognizing patterns provides benefits in many ways.

In Intelligence tests we are asked to recognize patterns either in designs, numbers or in other ways.



Pattern recognition is a transferable cognitive skill that trains our minds in a myriad of subjects, processes and behaviors. This all can lead to better decisions on many subjects. In martial arts identifying patterns of movement and technique can be vital.

There is another aspect to this transformative development and that is the arduous journey we undertake. Martial arts are hard work just like any craft, the skills we acquire are only earned through great effort often accompanied with some personal risk.

We go through a learning process of overcoming a series of personal challenges that culminate in a kind of developmental personal transformation.

It is possible that these processes may be part of the mystical aspects of martial arts that cultivate intuition.

Intuitive responses in martial arts can be critical to survival. 🐅