

Judo

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Judo is the water in the stream in constant motion, never stopping to get stale. Moving forward, side to side, over and under, but always in motion. Seeking the easiest path and never resisting. No matter how great the rock it will always find its way around. The water flows down the stream to new rocks and paths in constant motion, finding its way. However, not all the water is in the stream. The water is always moving and therefore always changing. Rain to stream, stream to river and so on, until it becomes the ocean. It is always giving, and always constant. Finding it's way; water like judo is gentle and yet can make great power.

As the water has lakes and streams so are we judoka. Although some are at greater levels than others, the principles are unchanging. Judo, like water, must always give way to the rock in order to find its path. Either victory in contest, or dealing with life, resisting is a waste of energy and goes against the principals of judo. Just as water flowing up hill, even with all its power it is an impossible feat.

Judo has shown me that it is not the outcome of the match, nor is it the color of the belt. Judo like water must always be moving. When we see the rock we must move around it. Up or down, side to side but never resist. To win or loose then is irrelevant. To compete and try, to face the rock and be constant is the goal. We must not give up even when rock seems too great. By applying the principles of judo the rock soon becomes a pebble, and we will move on to find others, always looking for the path of least resistance. Overcoming the rocks in life as well as on the mat, like the water in the stream.

No matter the level of judoka, like the stream, lake, and the ocean, the water is still water, one body, trying to find its way in harmony. Just as we judoka try in life. Finding our true selves in training and contest day by day. Harmony in motion, never stale and always constant. Even as we become the rain that gives back to the streams and lakes, the drops of water that will set in motion the future of judo.