

Martial Arts

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This script is designed to help you develop deliberate, precise and disciplined techniques in martial arts. It utilizes an analogy of the precise movements of a cat during the hunt. First you will observe and study what this discipline looks like so you can later imagine yourself moving in the mindset of the same discipline with your martial arts practice. This is both a unique and enjoyable method to attain perfection.

(Script)

Today we will be working to improve your confidence and your skills in the area of the martial arts. Your martial arts instructor will help you develop the techniques and the skills you need to excel in this area. What we will do today is to help you become more receptive and more confident in this training, and it all begins with the ability to simply clear your mind and relax. Take a moment now to relax even more deeply...

Let yourself enjoy this sensation. Being relaxed and at peace helps you to enter into the state of mind needed to reflect on the help you will receive...that's right. You're doing so well.

Excellence in martial arts requires training in body and mind. It requires a fit body and a disciplined mind. If you have ever watched a cat at play or in the hunt, you will see what this discipline looks like. Picture yourself now, observing a cat. Watch its every move. Take a moment now, and imagine a cat here, in front of you. See it completely, in every detail. Note the color and the appearance of the fur. Is it a long haired cat, or a short hair? Is it dark or light in color? Is it sleek and lithe, or is it stocky and solid...?

Now picture the cat in motion. See how precise, how calculated each move is. Notice how it uses every movement to its best advantage. Picture the efficiency of its movements; no movement is wasted. See how the cat is a perfect acrobat...

Continue watching the cat, and as you do, imagine yourself becoming the cat. Picture your muscle tone improving, your body more taut and muscular. See how your movements become more fluid and precise. You know exactly how you need

to move to achieve a goal. You find yourself able to perform the necessary movements more quickly and quietly. Everything you do, like the cat, is geared toward a goal. And you can accomplish this goal with complete confidence...

As you practice your skills, you find your focus sharpening. Your posture is continually improving, your agility and stamina increasing. If you use weapons as part of your martial arts training, you can picture them as extensions of your own body, like the claws of the cat. Feel the changes occurring. Day by day you find your muscle tone improving. Like the cat, your body instinctively knows how to move to defend itself. Like the cat, you know when to defend, when to attack, when to evade. Your attention sharpens; your senses heighten.

These are the disciplines and skills you see in the cat and are now finding within yourself. Use this confidence to help you in your training and in your exercises. Remember that like the cat, you are quick, precise and focused. Use the cat as your model as you develop your martial skills. You have the inner tools and the confidence now. Your martial arts instructor will provide the necessary training. Trust the training, and trust in your ability to perform the tasks set to you.

Now you find yourself returning to your own human body, but feeling more alert and invigorated. You have learned from the cat. You are able to make its skills your own. You have learned from the cat the art of self-discipline. You know the value of precision of motion. As you reflect on this experience, you will find it easier and easier to merge these lessons into your own personal skill set. As you train and practice, you may find yourself able to perform your given tasks more easily and with more confidence. Remember the discipline and the precision of the cat, and make these qualities your own. That's right. You've done very well.