

# Learning Motobu Udundi

Motobu Udundi is not just a collection of techniques. Practice also includes philosophy, strategy, etiquette, history, rituals and many other things that may inadvertently be lost. In order for proper transmission from teacher to student, techniques must be practiced in context of the proper culture of a Motobu Udundi Dojo. Our culture at the Kodokai must be conducive to supporting the unique characteristics of our martial art. Because we are separated, both culturally and geographically, from our fellow practitioners we must be particularly mindful of our actions and thoughts while at the Dojo (and elsewhere). It is very easy to miss or lose important elements of Motobu Udundi if we are not diligent.

The methods used for teaching and practice have a direct bearing on your development. In addition, the attitude, customs, organization and mindset of our activities will either bring us closer to correct understanding or further. In order for the art to remain true, we must maintain a culture that respects and accepts the conditions and methods used for teaching.

Motobu Udundi requires an atmosphere conducive to generating unique results. In Motobu Udundi, we discard unnecessary formality and organization. Strict formality is viewed as a hindrance to seamless, fluid and spontaneous thinking. While discipline and respect are essential to safe practice, they must come from within you. Strive to develop a sincere appreciation for your teacher, your sempai, your training partners and the Dojo. Your actions, manners and expressions of respect should be a sincere expression of gratitude, not simply a following of rules. Going through the motions of etiquette can actually be a detriment to your development.

Teach yourself to use the right hemisphere of your brain when possible and to avoid analytical or sequential thinking. Instead, develop a feel for your techniques and try to listen to your intuition. Train with an open mind (beginners mind). Listen, watch and accept techniques as if you have never seen them before- even if you have been practicing them for years. Never assume that you understand correctly, or that the technique that you did yesterday should be performed the same way today. Let yourself progress by responding to what is happening rather than clinging to your idea of what something is or should be.

Try to practice without any idea of gaining results. Don't worry about rank, keeping up with someone else, or learning a technique that someone else knows. Just wholeheartedly concentrate your energies on whatever it is you are doing. Wanting results does not produce results. Consistent effort produces results. Inconsistent attendance and effort, however, is the most common weakness of practice. So many times the folks who come to me asking about rank or about learning some special technique are the ones who are the most sporadic in their attendance. Disciplined attendance, hard work, a humble attitude and an open mind are the keys to learning Motobu Udundi. Let's work hard together.