

ADAPTABILITY

uh-dap-tuh-buh-la-tee

(able to adjust oneself readily to different conditions)



"Life is 10% what happens to me and 90% how I react."

John Maxwell

Survival in the natural order is governed by adaptability. In nature the ability to change in accordance with the seasons or to modify diet to align with available sources of food; or to migrate thousands of miles to more hospitable lands, are key qualities to survival. It is these qualities that define the continued success of some of the oldest species of animals and plants found on our planet.

In the social life of mankind the same natural law applies. Those who are the most adaptable are far more successful than those who are not. This holds true, for business, relationships, education, sports, and in any human interaction or endeavor.

The Traditional Martial Arts, in addition to its physical development, promotes a mindset that is extremely adaptable to dynamic changes. The open or adaptable mindset is receptive to the changing stimulus that defines most self defense situations.

It is extremely important that you train in all conditions, against different types of attacks and attackers. If an opponent is stronger we must adapt with skills of distraction, timing, and leverage in order to "flow with the go!"

This is just one of many reasons that you should attend seminars, train at home, and practice outside too. Different times of the day and different environments are key to your Martial Arts training.

Shihan Cyr

FOREVER STRONG.

THE ACADEMY OF MARTIAL ARTS • AMADOJO.COM