



The next several times you practice judo, ask yourself, “What improved?” Keep a little notebook or journal of your judo practice\*, and after each, answer that question. Your judo experience and rank have no bearing on this. Improvement can happen at every practice, and in many ways.

The dojo is a place where physical, mental, and spiritual / moral victories can be won. Improvement can be the tiniest, “little bit better” thing. If you are among the very best judokas at the dojo, what can you improve? If you are among the very least skilled, what? One's first response is to think in the physical skills area, but what about the other areas of personal development judo can improve?

*Seiryoku zenyo*, best use of your energies –

Did you apply this to learning a skill? Can you create a better practice drill? Can you improve your ability to observe and learn? If you change a particular position of your hands, will it improve a *waza*? If you are highly skilled and content to do things exactly the same way, practice after practice, simply because that works, you are missing the chance for *seiryoku zenyo*. There is no level of judo where this does not apply. The more advanced in judo you become, the more you should be able to apply this, while at the same time, the more there is a danger of being content. More importantly, there is no requirement to wait for judo longevity. As soon as you start this quest, at any level, your judo will improve more rapidly.

This concept works well outside the dojo. The dojo is where you practice skills in the judo manner; outside the judo dojo, you can practice life skills in the judo manner.

Kano makes an all-encompassing statement above. He says a judo principle is a complete pre-emptive against despair and undue anxiety. He doesn't even say one must succeed at his prescription, only believe the best endeavor has been made.



The secret keys to victory are not hidden, merely cloaked in simplicity.

“As long as they believe that they have used their mental and physical energy most effectively, human beings will never lose hope, nor will they suffer undue anxiety.”

Jigoro Kano –

*Mind Over Muscle*

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