

Black Belt Mind

(these are a few Ideas but not limitations)

2018

Foundation (earth):

Memory
Clarity
Physical balance
Grounding/rooting
Spacious timing
(Lots of room between parts; no run-on sentences, so to speak)

Continuity (water):

Water-like
Rough edges eliminated within techniques
Smooth connection between techniques
(connecting groups of techniques)
Various levels (styles) of power and speed

Consume (fire):

Especially of fire - completely destroy (the fire consumed houses)
Soft yet deadly (in a sudden way)
Unpredictable/capricious but deadly (like flames)
Willowy/lithe: supple, and graceful - yet powerful
Power and movement react to mind (change of mind= change of power: power is from thought - power is sudden - power is
Whim - once again, power is thought not just muscle and size)
Complete conviction supports technique and power, both a genuine hunger to survive

Forget (void):

Literally forget what you know (don't dwell on it)
Don't think about being tough (will to survive is toughness) (develop your will)
Live peacefully yet consume when the time comes
Be a surprise (fire is warming, enjoyable; yet dangerous)
Do not boast.
Arrogance is a weakness, not a strength
Bragging is a weakness, not a strength
Be empty of which allows fullness
Strength comes from knowing (it does not come from empty words)
We do not always "know what we know." there is forgetting involved that is still knowledge.

(a special thanks to Peter "Fu" for his keen Insights)