

Sensei Says

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Here is an actual testimonial written by a member of Best Martial Arts Institute:

"Since I began my martial arts training I have undergone many changes in my physical condition and health. I came to the arts seeking what I considered "positive" benefits from training, and here is an honest account of what has actually happened to me since I began martial arts:

Despite my best efforts to maintain a healthy weight, I have put on over 100 pounds since I started karate! This weight gain might be the cause of the many joint pains that I now experience. I never had joint problems before my training began.

Also, I have noticed other decreases in physical condition, which might be considered secondary "benefits" of training - like subtle losses in vision. I conceal the problem by wearing contact lenses, but the loss in vision is real. And then there is the hair loss. Sure, it is a common problem among most men, but I had no such problem before I started karate. I have also noticed this problem affecting other men I train with.

Of course, everyone has heard about the "other" benefits that come from the discipline of martial arts training – how it enhances your life outside the dojo and makes you a better person. Well, this is how my personal life has gone since I began...

My entire life is affected by martial arts training. It has consumed me. I eventually became so obsessed that I quit going to school, left home, and did nothing else but practice martial arts. I live all alone, I can't hold down a regular job, and when I do go to work I routinely don't show up until noon.

Despite the art's emphasis on patience and respect for others, I've become a rather pushy and impatient person. All day long I tell people what to do – and yell at them if they don't do it fast enough! I find myself acting like a real know-it-all. It's gotten so bad that I even boss little kids around and yell at them.

Perhaps karate is not the right thing for me. Actually, I think I might even be allergic to it! Every time I practice I have a serious allergic reaction. First I begin to feel tingly and my face gets flush, then I start to sweat and my heart races, soon after that my whole body begins to overheat and I begin to feel tired. I usually experience heavy breathing followed by shortness of breath. Afterwards I am plagued with muscle soreness and fatigue. These problems do not occur to such a degree at any other time. When I cease training the symptoms subside and my body returns to its normal state.

I know this all sounds pretty bad, but it gets worse. What frightens me the most is that I have noticed that the longer I practice karate, the older I get! I am sincerely afraid that if I continue to train for long enough I will eventually die."

- Alan Best