

First Dan Black Belt Essay

Grant Stewart

One of the things I really like about training at KMAC is that we have three master instructors that teach classes regularly. I've heard of schools where the grandmaster is rarely seen, and the masters rarely instruct. At KMAC not only do the masters teach, they all have different styles of teaching the same techniques?

Grandmaster Jung has forgotten ten times more than I could ever learn. In his classes he likes to give you a number of different techniques to practice. He also gives you allot of different ways to use these techniques. One thing I like about the way Master Jung teaches is that your techniques don't have to work perfectly right away. He likes you to learn first and refine later. As you practice more and more, you find that certain things work better for you than others.

Master Forrest is another great instructor to work with. Learning from a high ranking law enforcement official and tactical instructor is great. Master Forrest show us allot of techniques that have been tried and proven effective in real situations. He advises to practice a large volume of techniques, and practice your favorite ones harder so that you will be able to use them without thinking. After training in certain tenuous with Master Forrest, I feel that if needed I could employ them immediately.

Master Goldstein offers a unique approach to training. I really like learning how weapons training improves your empty handed techniques. He is excellent at explaining how movements without a weapon manipulate the body in the same manner as they do with a weapon. I like that weapons forms also teach the importance of body positioning. Master Goldstein also has us explore the energetic and causal effects of martial arts, not just the physical. I feel training in weapons is essential to becoming an advanced martial artist.

Overall I think we are all very privileged to train under three world class Masters who are willing to share well over 100 years of knowledge and experience. I also believe that they are the reason that our students and competitors rank amongst the best in the nation. Grandmaster Jung, Master Forrest, and Master Goldstein are truly building a strong foundation that will carry martial arts into the next generation.