

## Top 10 Traits of Great Martial Artists...

1. Take notes every time you train, & write down whatever you learn or ideas you come up with.
2. Always show up for training ...even when you don't feel like it, and even when you physically can't train. Show up, observe, take notes, ask questions.
3. When you have a question about your techniques or your Kata, seek answers. Don't leave a "good question" unasked!
4. Strive to always be the most focused person in the training session.
5. Study (don't just "practice") your Kenpo in between training sessions.
6. Practice outside of class far more than you practice in class (otherwise, you CAN'T possibly expect to be any better than anyone else in class)
7. Recognize that training partners will come and go, but insist that you stay constant. Don't let your success be limited by someone else's level of commitment. Show up to class for yourself!
8. Develop (or learn) a philosophy relating martial arts to your life. How can you generalize the things you learn in class like goal setting, self-control, caring for others, and generosity into your outside life?
9. Call yourself a Kenpo-ist rather than saying "I take Kenpo". Embrace the art as part of who you are.
10. Insist that you become the most skilled (martial arts-wise) person you know. Forever be a student!

If you don't see these traits in yourself, tape this list up on your mirror and become the person I just described.

Train Regularly, Practice, and Make no Excuses!