

# EXCELLENCE IS NOT AN ACTION, *IT IS A HABIT!*

*Tammy Parlour*

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During the summer months, or possibly after a grading, you often see a drop in attendance at classes. Fact is, the warm weather is very good at drawing people outdoors for a game of football! As their excuse, students will variously claim that it is too hot/too cold whichever and if this is the case, when exactly is it time to practise?

Gedo Chang (8th dan hapkido) believes that allowing factors like the weather to dictate your training schedule shows a level of immaturity which is incompatible with serious martial practice. If we truly wish to become expert martial artists, then we must never lose focus and allow ourselves to be controlled by circumstance. For it is a fact that the expert martial artist will always be disciplined and will never permit circumstances to divert him.

Through discipline, we take control of our lives. Total obedience to the instructor plus the traditional etiquette of bowing to the flags and instructor are ways through which we defeat our ego, and only by defeating our ego do we open up our true self to the unlimited potential within. And when we succeed in uncovering our true potential (ki) we realise that it is we who control and create each situation, not circumstances controlling us. Through this realisation comes confidence and self-esteem.



Master Chang often reminds his students that 'Excellence is not an action. Excellence is a habit!' Discipline creates habits, which lead in turn to excellence.

