

Shirley Ann Gonzales
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Refocus on My Focus

Grandmaster Kim Soo taught a private lesson last Saturday morning for the students who did not leave class due to bad weather. I was among those who stayed and had the privilege to train with and be given personal guidance by one of the best Grandmasters in the world. I believe we all walked away that day with something that will help each of us be better martial artists. Grandmaster Kim Soo's message to me was to ***refocus on my focus!***

To me, ***refocus on my focus*** means I need to open my mind and concentrate on what I am doing in the moment. When I focus, I become more relaxed. When I am more relaxed it is most noticeable in my shoulders. I have always had a tendency to be stiff and hold my shoulders up and not relaxed. When your shoulders are stiff your power comes from the shoulders and arms and not where it should—the “key” (abdominals).

My personal training session with Grandmaster Kim Soo has helped me to ***refocus on my focus*** when I'm training. His powerful message to me is very practical and natural, like our system Chayon-Ryu, The Natural Way, which he has been teaching for over 60 years and had to learn on his own. Grandmaster wants us to learn sooner rather than later and become more enlightened along the way. I finally understand what Grandmaster Kim Soo has been telling me for years: I have to make a conscious effort every time I train to ***focus***. To help me ***refocus my focus***, I plan to meditate before every class. With meditation and concentration, I believe I will become a better martial artist.

Thank you Grandmaster Kim Soo for your personal time and helping to open my mind!