



# Moore Martial Arts

Teachers of True Self Defense  
Certified Kosho Ryu Kempo School  
514 Main St., Windsor, 686-1247

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## Legacy

By Allie Alberigo

No matter how old you are, whether six or 96, you may find a time when you look back and ask yourself "Is this were I am supposed to be; am I in the shape I should be in: am I performing technical movements the way I want: or should I do something different?"

I continually speak to students, parents and instructors of the Martial Arts who have similar questions, and after years of Martial Arts training I have come up with a conclusion: you are where you are at this moment because that is where you are supposed to be. You may ask if this is a Zen riddle. The answer is that it may be if you chose it to be, or the answer may be clear. At this moment in your training and this point in your life, you couldn't be anywhere else than the here and now. Simply put, if you weren't, then you wouldn't be here, would you (another Zen answer)? The future is just a theory, a wish, and thought, but it never comes: the only thing is the here and now.

With that said, what can you do in the here and now to make your life better, so when tomorrow becomes today you will have a clearer understanding of how to handle life. Life is a series of tests. Some call these tests struggles, I personally call them speed bumps, but the goal is to learn each and every day from the tests and to come out on top because of them.

The decisions you make are all part of the master plan, but even if you see life as a huge task list with goals, achievements, and a way to have checks and balances, you are only able to succeed based on how prepared you are for the situation. Life is about leaving a legacy that others can follow, doing good deeds, putting smiles on people's faces, and sharing with others the special things of which you are made. You are a great person and someone who will make a difference; the question is what difference will you make and how will you do it. Live life to the fullest and work hard each and every day to share yourself with the world.

## Friendly Dojo Reminders

*We are going back to full uniforms this month. Students will need to wear full uniforms starting after labor day. After September 8th students who do not wear full uniforms will have to wear the pink belt and line up in the back of the class. Our uniform policy is white gi's for students and black gi bottoms for warrior scholar students. If a student decides to wear a shirt under their gi top, the shirt must still be tucked into their gi pants.*

**Remember** to pick up the monthly newsletter here at the dojo, or go to **[www.mooremartialarts.com](http://www.mooremartialarts.com)** to get the newsletter and updated calendar for the monthly class schedule.

**Remind** yourself that testing day is always the last Saturday of the month; no regular classes will be held that day. Testing is by invitation only.

