

Trinity of the Martial Arts

To be able to defend oneself in all combat situations, one must learn to strike not only with the fist, but also with the mind and spirit. The trinity of the martial arts is composed of these three things: Mind, body, and spirit. The absence of any one of these parts results in an incomplete warrior, not only in combat, but also in every other aspect of life. One must also learn to neutralize not only the body of an opponent, but also his mind and his spirit. The body cannot function without a mind or a spirit, so to destroy them is to destroy the body. However, this should not be the goal of the true warrior. The goal of a true budoka is to tame the spirit and mind of his adversary so that the conflict can be resolved peacefully.

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