

A Chayon-Ryu Instructor

When I was a young Boy and began my training in traditional martial arts, the instructors were mean; they were scary, like military drill instructors. They made it clear that they were superior to you. I was nervous and scared to go to class. The instructors punished the new students by making them do things like stand in a Horse Stance for ten minutes. I did it and I could not walk the next day. The Instructor said “We are looking for a few strong men, a few strong champions.”

Chayon-Ryu is a traditional martial arts school. However, we do not teach the old way nor are we looking for a few strong champions. We are looking for those who need help to increase their confidence, improve their health, have a need to fill in their lives and, of course, those interested in learning traditional martial arts.

The attitude of a Chayon-Ryu instructor should not be that of a disciplinarian, or a military drill instructor, but one of kindness, humility and helpfulness. They should make training fun, easy, safe and effective. This is training for the student’s long term health and longevity. A Chayon-Ryu instructor should not show off trying to show that they are better than you, they are not. They may have more martial art knowledge than you, but they are human beings, as we all are, and should respect each other as same. It’s in the Dojang Hun, “Respect Others.” An instructor’s job is to help you learn in a way that you can understand while being patient and kind doing so. They should also learn while teaching, as teaching is learning. Instructors and students should practice Bo Shi at all times. If you don’t know the meaning, look around the Dojang, it is posted there. It is also on our website. Be serious, enjoy your training and keep improving.

Sincerely,



Founder Chayon-Ryu International Martial Arts Association

January 28, 2014

