

## Way of the warrior

In today's society the need for the so called warrior has passed. It has passed so much, that when ever anyone mentions warrior. They think fighter. Swords, armour and men in full battle gear dying ingloriously. There are images of knights on horse with lances, or samurai flourishing their Katana's, screaming as they duel each other to the death. Whatever the image, it all seems to focus on violence, weaponry, war and dying...Yet this is so far from the truth when one enters" the way", of the warrior. The following introduction to what is the Way will provide a clear explanation of what the "Way" is what it has to offer all of us, and the life skills it cultivates.

### **Introduction to the Way of the Warrior**

Let us look first at the definition of what a warrior is; defined by modern day Master Warrior Samir Seif.

A warrior is a follower, cultivator and educator of Honour. This is a concept of a personal code that defines us as individuals, but keeps us socially strong by sharing same values with others. Honour is a method by which we live our lives with checks and balances that in stills 4 virtues of the warrior path:

LOYALTY  
INTEGRITY  
COURAGE  
KNOWLEDGE

Honour guides our method of speaking to others, our treatment of others. It gives us social graces to advance ourselves successfully in a highly competitive society. With attention to details, it creates alertness in our living, our senses, and our observation of the world around us. Going beyond always telling the truth, Honor allows us to live truthfully and without pause. It gives us clarity of purpose, by giving us clarity of actions, which gives us life results.

Think of Honour as the house that shelters us and those that are within our circle. It is something that protects us from indecision, outside influence, and the busy storm of day to day living. To uphold this we need pillars to strengthen our resolve to live honourably. In this we find our first pillar: Loyalty

Loyalty is a hard commodity to find, in a fast paced world, where economics are tough, living expenses are high and job security is at its lowest. By cultivating ourselves with a strong sense of loyalty, in low times and high times equally, others will come to know our worth. This attribute allows us to create family amongst ourselves and responsibility for others. The world becomes much more hospitable, once we move beyond the loyalties of self, and begin to see the bigger picture.

A form of loyalty is support for our community, building a network devoted to keeping our streets safe and clean". Loyalty to the righteous", is an expression to respect the laws of the land, the rights and freedoms of our constitution. Loyalty is the support of our local community charities, supporting and being loyal to our educators. We need to stand together by becoming better individuals and remaining loyal to higher ideals.

The second pillar of honour is: Integrity

Integrity is something that has followed the warrior throughout the ages. It is a characteristic of action. It is a methodology of how to practice, perform all actions. As a warrior one takes humble pride, not pride as in arrogance, but pride in always self perfecting. No action is done; no words are spoken without attention and alertness. If one is a parent, one is a complete parent devoted to the child in all things. If one is at work, then one becomes the best worker at their full ability of whatever skills needed in said occupation. If one is exercising, then it is done with full intention and exertion. Everything is approached in its fullness of spirit. The sense of being a warrior lends to this cultivation. There are no half actions, nor half intentions. If one is to live, then it is done in its entirety.

The spoken word of a warrior is immutable. The promise of a warrior is irrefutable. This higher ideal creates a strong ability to make agreements and follow-ups in life plans. It creates a trust amongst the wary, and the distrustful. With such integrity in our word and actions, our social circle opens up to us, and we are able to increase our personal success without the usual road blocks; because our word is as strong as any contract written and witnessed.

The third pillar of Honour is: Courage

Courage would be the closest word that may resemble the initial image of what a warrior is, jumping into harms way to save a baby from a burning home....Yet in this there is so much more. We live in a society of fear. We fear to speak out, we fear to discipline our children, we fear the tax man every year, we fear the weather changes, we fear for economic harshness, street violence, pandemics, war...the list is long and terrifying.

This virtue is the virtue of living in today. Living in this very moment. It takes great courage; a form of bravery that is in existence within the face of danger and fear. It is the quality of being steadfast and determined despite the unknown, despite the over whelming odds. We as warriors do not stress and have anxiety over tomorrow, nor have pain, regret and self pity for what has passed yesterday. We find strength in spirit that allows us to remain a support for those less fortunate, or those weaker than ourselves. We look out for the weak, sick, and less fortunate in our community. The amount of courage it takes to feed others, and not know wither we ourselves will have food tomorrow is the greatest courage. As one's courage grows, certain posture, a certain air of confidence begins to be felt, heard and seen by others. This is a very important and life changing attribute that lends to life success. Taking chances, seeing opportunities where others don't, and a total faith in oneself.

These are the pillars of Honour- Loyalty, Integrity and Courage.

As in all homes, shelters, structures...we need a path., a guide to find the entrance. In this manner we come to the final the steps that lead into this house of Honor: Knowledge

Knowledge that lends to our personal growth and discourages ignorance. We fear what we do not know or do not understand, therefore we lack the courage to overcome challenges, and cannot remain loyal to ideals we do not understand, and therefore never finding "the way" Our honour cannot be conceived, nor may it grow. The foundations would crumble. It is then that we see knowledge, understanding, contemplation and exercise of intelligence becomes paramount to the over all maintenance of our Honor. The way has been described as the "way of Strategy". Strategy in all things, martial and mundane, not about war, or fighting, but strategy in living, breathing and simply being.

Life skills, skills that lend to happiness and success are found thru self discovery, and knowledge that mentors this growth. The better we understand human nature, the more we understand how the universe works the less fear we have, the greater our courage to succeed over adversity. In understanding, we find peace of mind, and appreciation of our lives. Problems that had no solutions, become challenges to be overcome. Memories that are painful become life lessons to be learned and aid in our growth. The better we speak, read and write, the greater our ability to communicate and be heard. The more we communicate the better we become at listening. This all breeds positive growth and success.

The way of the warrior is a method of living and striving towards self perfection, to improve ourselves and those in our community. The daily routines of a warrior are beyond those of the average. Men, Women, Children; all may enter the way of the warrior. There is equal opportunity to all three groups. There are no barriers of age, gender, race, creed and religion. It is a communality that all may share. It is a cultivation of ones mind and body thru physical and mental exercises. In this case we use Muay Thai Kickboxing as a vehicle to create a place where all of those that practice the way of the warrior may find comraderie, and shared values.

Warriors strive to keep their bodies fit. Without a strong and fit body, ones mind begins to decay. The Muay Thai regimen of conditioning and fighting strategy is an excellent method to bring out warrior attributes. The constant conditioning of the body builds resilience, steadfastness and a will to succeed. These attributes are not left on the training floor, but become habitual in other areas of their lives.