

Just some ideas of teaching philosophy that I would like to share with you.

I encourage you to write yours back to me so we can share how we teach philosophy in the class time. Every month we take a different part of the manual and really study it as a class. This month is Etiquette month. Last week I pointed out to the students that the very first bullet on the Etiquette page is:

Self respect and respect for others is the hallmark of training.

This is worthy of note and time spent in class discussing. It really hits in deep.

The second item we looked at was:

Do not talk with people outside of class during a session.

Just bow out if you "have to" talk to someone. I recommend doing 25 pushups before bowing back in just to show respect for all the work you just missed and to your classmates for just bowing out.

Pushups are for everyone who doesn't show proper etiquette. Use this because it makes a point that this is a vital process in our training. If you drive on the highway, like I-95 or something big on the West coast, then you know that highway etiquette is poor if present at all. This is a good example of parts of our lives that do not teach etiquette, and look how out of control it all is. Pushups and etiquette build character, and that's what this is all about, isn't it? Just don't get off on a power trip handing out pushups, understand different circumstances call for different measures (like talking privately after class with the individual. instead of embarrassing them). Brown-belts and above should be given pushups "anytime" they break etiquette (I think anyway).

Gang, you have my thoughts, and more to come. Give me yours and lets see where we can take this.

-Robert First