

The Martial Arts Path of Personal and Social Development

Mind Map

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Conflict and co-operation in social groups – social rules limiting combat and aiding working together. A superior survival strategy was found.

As intellect developed humans began seeking models, explanations and better ways of doing things – better traps, better tools etc. to survive better.

Natural events were considered to be animated – "aboriginal dreamtime".

Paganism – Shinto, Wyker

Seeking to manipulate events – natural and other people – magic, ritual, spells and para-psychology.

Anthropomorphism – ascribing what we know (from ourselves and our family structures) onto outside events and beings – linking animals and humans – animism, totems – seeking to take on the power of others. Hinduism, Greek/Norse mythology, Druids, American Indian beliefs etc. etc.....

Religion – development of fantasy "what if?" models – seeking explanations using intellectual creativity based on developments of previous beliefs. E.g. now one god rather than many. Fantasy based social structures creating power based opportunities – believe my fantasy or I'll kill you, believe my fantasy and you must do as I say – "we play my game 'cos it's my ball"

Studying the natural world for cause-effect models e.g. alchemists and taoists. Seeking gold and immortality discovered the scientific method and created subject groupings on the way. Studying wounds and injuries led to medicine – often the same people involved in all areas of knowledge seeking – ultimately leading to "Renaissance man".

Understanding how to be happy – Buddhism. Understanding how the world works Taoism. Together Zen.

Fighting people – personal one to one and warfare. Men tended to be the physical hunters and fighters – protectors of territory.

Development of physical fitness and physical skills as a goal for men.

Tribal based. Women – multi-role tasks physical and social.

Separation of male/female roles. Taken to extreme in the industrial revolution and the wars of recent times but also leading to crossover of roles as this social change reached all levels.

Need to take care of self in hunt/war or while men away, take care of self and offspring.

Need to come together after separation.

Development of social models and early psychology – allied to witchcraft and magic beliefs.

Need to pass on physical skills to next generation for hunting and fighting. Learning by example. Learning by study of the natural world.

Using intellect to create models to use in developing skills. Search for principles.

Search for martial improvement led to specialists and training groups, e.g. family groups and warrior training groups. Search to deal better with chaotic violent and conflict situations.

Development of systems and styles pulled together threads from anywhere that was useful and could potentially "give an edge".

Development of self to maximise personal potential. Extensions of self, communication, manipulation, tools, systems, structures, groups.

Physical training, development of techniques, drills, healthy practices e.g. nutrition. Need to change the body.

Psychological techniques for preparation and for survival – from spells to visualisation. Techniques for achieving a "fit" in society before, during and after a conflict.

Need to change habitual emotional responses.

Intellectual models to aid the physical and psychological work – personal development.

Only what works in terms of survival, derived from study of what works in the world and tested in real violent conflict situations. A reality view. The need to understand and identify the difference between real and unreal.

Learning about dealing with violence by developing trust in teachers and training partners. Conflict and co-operation in one discipline.

Mix of inputs leads to a personal and social development path with all-encompassing roots.

Development of science and scientific models, physics, chemistry, mechanics, software, artificial intelligence, psychology, biochemistry, mathematics, music, artistic models – composition, form, balance, dance, humour.

Language – labels allow communication – transmission of skills – development of ideas/models and interactive working with others. Language structure affects brain structure – brain connections affect models that one can comprehend or create.

Need to change the brain structure.

Dealing with stress – natural stress, intellectual/psychological stress as part of conflict study. Need to deal with this in order to optimise interaction skills and physical performance in violent situations.

Working with the inner self – meditation and internal physical awareness. Understanding one's own body, how to look after it and how to use it efficiently. The mind/body self and the interfaces between them. Working with this understanding to develop personal abilities and external relationships.

Common principles across all areas of behaviour, internal and external leads to congruence of self in ways that are known to work to our benefit.

Benefits of personal health, vigour, mobility and longevity. Development of wisdom.

The study and practice of any/everything useful to successful survival, especially in relation to violent conflict.

Need to become humble – as a prerequisite to being able to learn – also there's always someone better out there and you might not recognise them in time! Learn what "humble" means.

Personal honesty – be humble, be fast and fluid

- must not want to hurt another or be afraid of it, simply accept it as a necessary part of the process
- do not savour the hit; simply keep moving until the job is done then deal with the outcome. The damage will accumulate whether we count it or not – what we need to deal with is the capability that is left.
- No need for punctuation in a fight or in life – rest periods come between fights or other periods of high energy output
- No need to emphasise or watch the effect of an action, only to be aware of the present cumulative situation
- Remove all activity that is not necessary physically or emotionally
- Removing the punctuation is like removing the gaps between waves to create a tsunami – instead of lots of little waves we get one long one that just keeps on coming.
- Learning to breathe while moving with flow – we normally breathe in the pauses but without pauses then the breathing must follow the opening and closing of our movement – naturally.

Personal development that works on intellect, emotions/spiritual and physical levels – you can get better as you get older, this requires re-construction and positive change on an on-going basis.

People groups such as socio-economic organisations (clubs, countries, corporate businesses) have the same cycles of development – sometimes very fast, other times very slow, like civilisations. Sometimes these cycles are destructive other times they are positive even if ultimately leading to maturity and death.

Personal "martial arts" development and socio-economic development are both based on competitive power balances and group co-operation.

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