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Quick and Smooth
by David M. Valadez

Deshi: Sometimes when we train, we train slowly. Other times we train at rates that have to be considered fast. When confronted with the need for self-defense, how should we move?

Sensei: Within the midst of violence, “quick” is slow and “smooth” is fast. “Quick,” feeding off of one's own fear but starving because of one's own hesitations, makes one late. “Smooth,” born out of awareness, breathing in surety and purposefulness, is in perfect timing. When “smooth” hits its mark, it will seem to the opponent that it came from nowhere. It will be beyond the perception of sight, and thus it will feel as if it is traveling faster than light. “Quick” is the animal instinct of the untrained. “Smooth” is the refinement of warriorhood.