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**Two Sides, Same Coin**  
by David M. Valadez

Deshi: Do you teach self-defense or spirituality?

Sensei: Yes.

Deshi: Let me rephrase that. Do you emphasize self-defense or spirituality?

Sensei: No.

Deshi: Is it that you do not understand my question?

Sensei: Yes and no.

Deshi: How should I rephrase this kind of question?

Sensei: Why should you want to?

Deshi: Then you are saying they are the same thing?

Sensei: If you want to hold that view.

Deshi: Then you are saying that they are different from each other?

Sensei: You can hold that too.

Deshi: Shall I leave?

Sensei: Leave or stay, but know this either way: Victory is victory over one's lesser self. One who has achieved that victory cannot be attacked by another who has not.

Deshi: Everything to win, nothing to lose?

Sensei: Victory is yours if you make it so. Defeat is yours if you make it so.