



David M. Valadez
Senshin Center
Dojocho

Center
by David M. Valadez

Deshi: How does one become the center of the technique?

Sensei: To become the center you must in every way be worthy of the center. Lack but a little, and your moment as center is at best short-lived. To hold the center is to hold the workings of the Universe. To support that burden you cannot be found wanting.