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An Important Question
by David M. Valadez

Sensei: How is it that you opt to not move like me? Why is your center so high when mine is so low? That is an important question - do you ask it of yourself?

Deshi: I have Sensei.

Sensei: Your answer?

Deshi: I am not as flexible as you, nor are my legs as strong, for example.

Sensei: Then it is not the case that you have discovered that a higher center is better than a lower center?

Deshi: No Sensei, it is not.

Sensei: Then a more important question remains. Do you know what that question is?

Deshi: No Sensei, I do not.

Sensei: How can you accept your answer to my first question knowing that the lower center is better than the higher center? How do you accept not being as flexible as I or having weaker legs than I when you know this is contributing to a form you have noted as lesser?

Deshi: I understand Sensei. I have been misapplying myself. My training has been misdirected and prioritized improperly.

Sensei: All things have a beginning. This is yours. As for the low center - the beginning of a low center comes from flexible and strong legs. No matter how tight or weak you currently are, no matter how busy your day may be right now, Nature will never alter itself for you so that the high center becomes more valid than the low center. You must alter yourself in accordance with Nature. Thirty years of moving with a high center will not provide you with a subsequent thirty years of moving with a low center. It will only doom you to never developing a low center. Train accordingly, for you will not like the manner in which Nature addresses those that cannot reconcile their life's energy with hers.