

## The C.O.R.D.S Program: A Journey for All Ages

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If you are looking for an opportunity to enhance your koryu journey (old-style Japanese martial arts) and also help children on their martial path, then I suggest talking with Sukh Sensei about becoming an active member in the C.O.R.D.S program. C.O.R.D.S stands for confidence, optimism, respect, discipline, and self-defense and are key tenets of the Gi Yu Dojo's children's program that all students must learn. The C.O.R.D.S program is a proven curriculum that helps kids grow into responsible and unwavering adults of outstanding character through the discipline teaching of koryu. To help achieve these results, Sukh Sensei expects his instructors to comprehend and exemplify the principles and techniques of the C.O.R.D.S program. Through this charge, I have noticed my koryu journey continues to improve at a pace that otherwise would take far longer to achieve if I was not committed to helping C.O.R.D.S students understand the ethos, conduct, awareness, and basic movements of koryu.



koryu practice.

Supporting C.O.R.D.S classes prior to adult training allows me address my own koryu shortcomings through repetition and continued refinement of macro and micro motions. This is achieved by observing C.O.R.D.S students' movements, then helping them understand how to correctly improve their skillsets. Through this mentorship, these instructions serve as internal lessons learned and, ultimately, are implemented into my own

By doing this, adult training sessions become a proving ground for me to test and evaluate my applications, while constantly recognizing the need for continual improvement.



Recently, I noticed a large void in my day when work events kept me late and unable to make both C.O.R.D.S classes. Arriving to adult training, I was thinking about life's many dynamics and how time management is a crucial factor for continued success in any endeavor. For me, family, studies, training, the C.O.R.D.S program, and career goals are major focuses that, to name a few, require selflessness, critical thinking, awareness, leadership, and flexibility. Assisting with the C.O.R.D.S program has developed these skills and traits, while fostering clarity that helps successfully juggle multiple tasks. After processing this, my mind shifted to the parents of the C.O.R.D.S program who balance their active lives and remain dedicated to helping their children grow through various endeavors like koryu. My admiration for this devotion continually drives my commitment to support the C.O.R.D.S program. Life is stressful and, at times, can monopolize thoughts and put things out of perspective; however, working with C.O.R.D.S students helps realign my focus, improve my well-being, and refine my martial arts skills.



Again, if you are looking for an experience that will improve your koryu skills, then talk with Sukh Sensei about becoming a C.O.R.D.S instructor. Once engaged, seize the opportunity to grow from the experience, observe the instructors, exemplify every movement, and know your actions are admired by the Gi Yu Dojo family. If this seems too much, rest assured that Sukh Sensei, Matt Sempai, and Todd Sempai certainly will help you develop whatever skills are lacking.



In saying this, the decision to help mentor a remarkable group of motivated, intelligent, resilient, and—at times—comical children begins with you. Not only will the kids, parents, and Gi Yu Dojo be grateful for your time, energy, leadership, and enthusiasm, but you will gain a new appreciation for those above you who selflessly help your koryu development. In the end, as a C.O.R.D.S instructor, I am humbled Sukh Sensei has entrusted me with the responsibility of developing children's koryu skills and, therefore, driven to be a positive force that molds C.O.R.D.S students into remarkable young adults and respected members of the Gi Yu Dojo family, martial arts community, and local society.