

LECTURE NOTES - DR. SWABB - COMMUNICATIONS

Karate History of our Association

Other martial arts

Kimase zen story

How practiced - stretch, exercise, waza, kata, kumite

Applications - zen, law enforcement, defense, art, sport

Uniqueness - solo practice

body

control stances

NY fight story

Samurai & bill collection

What is Zen - read Suzuki

purpose to discover and communicate with self

to

viewpoint-ability to see - not remember

Tiger story

Awareness Theory - fighting - fulfills stress prof.

lion tamer and lion

Samurai and tea master

Understanding and misunderstanding

Dialog story

Kids - obey, respect, be loyal, trust, never tell

Envy and

Zen Center - Kapleau

Story of 2 monks and girl

Breathing as means of aut. control

Counting poses problems-

Form

Kata

Kumite

Reflect - koan and stop wind

Zeno's paradox

Reactivity principle

Grist Mill story