

IMMERSION

Immersion is akin to absorption (like a sponge). You don't just dip your toe in the water--you *dive in*. You soak up the experience. Immersion in any experience--language, culture and or the marital arts--takes courage, commitment, and concentration.

Name: _____

Do you know how to swim? Yes Not yet!

If yes, what do you remember about the experience of learning to swim? _____

If not (yet!), describe how you feel about jumping in the water (Scared? Excited? Unsure?)

How can you relate this to your experience (so far) in learning martial arts? That is, have you "jumped in" or do you feel like you're on the beach, skirting the waves? _____

Immersion is the opposite of *distraction*. What are some things that distract you from your work at home, school, work or karate? _____

What can you do to avoid distractions as you train, study, or do your work at home or school?

Draw yourself immersed in an activity that you love.