

Benefits of Teaching Martial Arts at Enso Center

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In Hapkido we have the idea of “Going forward shining together” or mutual benefit. Having a safe, consistent, and supportive group of people to help us learn is invaluable. We need people who practice the art, pass on the art and who can support those who are practicing and teaching Hapkido.

When people start Hapkido the focus is on developing awareness or mindfulness through basic exercises. We move from the top of the head and work our way down; becoming aware of the different parts of our body and how they can connect and move in harmony. After that we work on patterns of movement and falling exercises that help people become aware of, understand and be in harmony with their environment. As people continue in their training they work together on partner practices. These practices develop generosity, and empathy as well as strength, coordination, and precision.

After working out and practicing for several years it is important to teach. When teaching you start to communicate what you are learning to others. The ability to see things from another’s perspective and communicate your own understanding in a way that can help them is a natural outgrowth of partner and group practices and has as many benefits for the one teaching as it has for the one being taught.

At Enso Center we are lucky to have numerous students who have been trained for many years. It is important for all brown and black belts to teach. Teaching helps develop the ability to transition from being a student to being a teacher and back again. We have always had the policy that brown and black belts teach as part of their own development but, as the Center has grown, this practice has become informal.

With the outstanding group of experienced martial artists we have, I would like to formalize Enso Center’s teaching structure. To do this we are setting up a monthly schedule with each class having a head instructor and black or brown belt assistant instructors. This does not take the place of the program director or head instructors at the Center. In fact it will facilitate everyone getting the instruction they need at their level.

This new structure will allow all of our black belts to be able to share their knowledge and experience without taking away from their own learning.