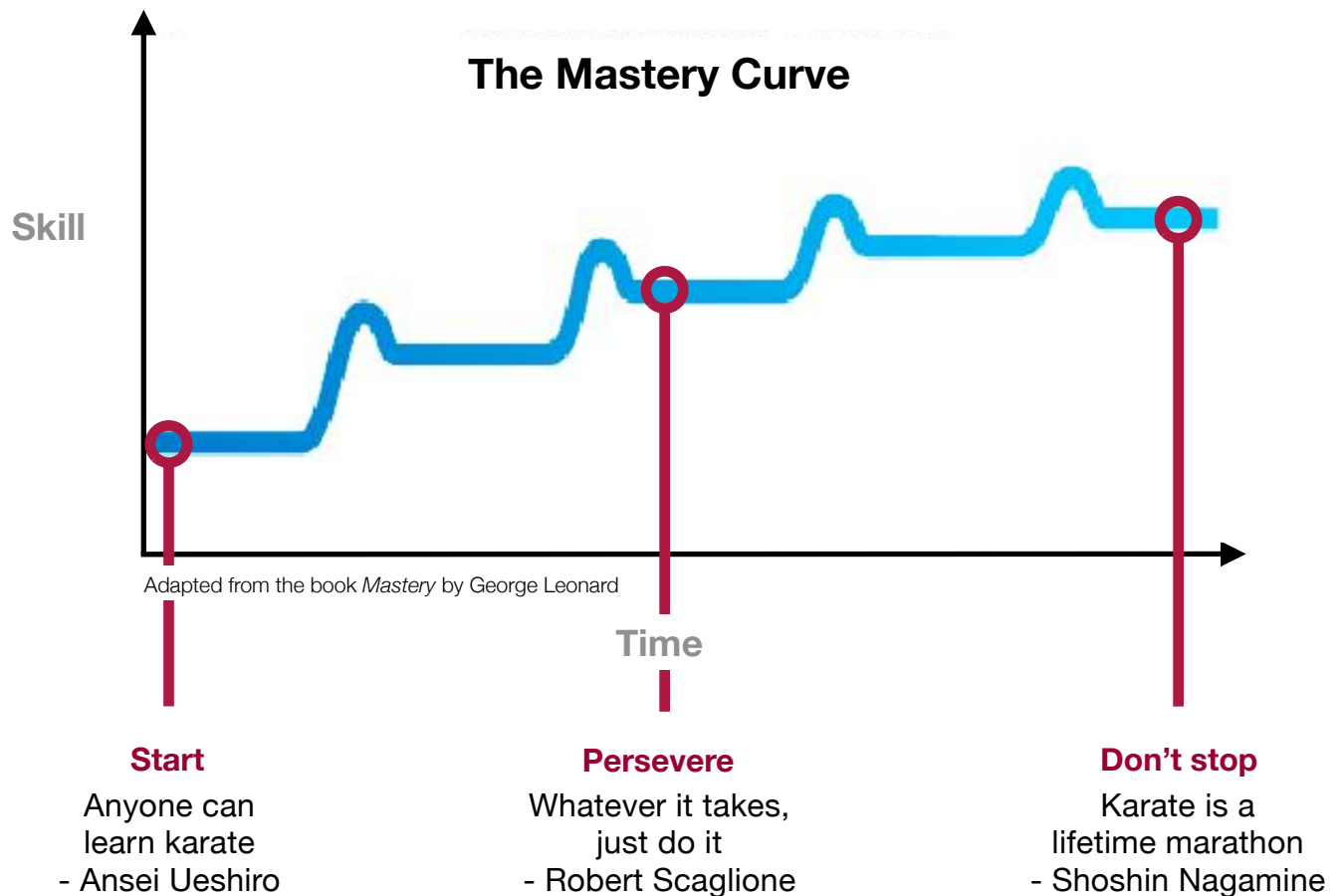


Practicing karate for a lifetime, our progress is rarely a straight line upward, but rather a series of spikes and plateaus, with even an occasional dip. George Leonard, a practitioner of aikido, wrote a book on the subject called *Mastery*, from which I borrowed his principal graph, by which he illustrates his theory of what one's lifetime of learning might look like.

To this graph, I applied our Shinden's quotes that motivate us along this path.



To those who are not now studying, I have nothing to say. I would tell those who are now studying not to stop. Karate is a lifelong pursuit. – Ansei Ueshiro