“First Know Yourself, Then Know Others”

Read the interpretation of Niju kun #4 and with the help of a partner, answer the discussion questions below.

Vocabulary

implement- to put into practice
impediment- obstruction, barrier

1. Summarize the three steps one must take to truly understand themselves.

2. How can having a big ego and being arrogant be an obstacle when you are trying to understand your true self and improve?

3. How can knowing yourself, give you the power to make you a better martial artist? (both in the physical sense and in personal development.)

4. Explain how overconfidence or conceit in yourself or in your opponent can prevent you from being victorious. Outline an example from your personal experience.