

"The Karate Kid"



*The **Karate Kid*** is a classic underdog story. It follows the story of teenager **Daniel Larusso (Ralph Macchio)** as he tries to fight back against bullies from the Cobra Kai karate dojo. After being attacked by the Cobra Kai students, **Daniel** is shocked to find himself being saved by his apartment building's maintenance man, a kind old man named **Miyagi**. **Miyagi** takes **Daniel** under his wing to teach him the discipline of karate, so that **Daniel** can face his enemies in an upcoming karate tournament.

"Either you karate do 'yes' or karate do 'no.' You karate do 'guess so,' *squelsh!*"



When Mr. Miyagi asked Daniel if he was ready to learn Karate, Daniel's response of "I guess so" pissed him off to no end. The old man compared Daniel's half-assed response to walking down a road: walking on the left side of the road is fine, walking on the right side of the road is fine, but walking down the middle of the road will eventually get you squished.

Like Yoda has taught us "Do or do not. There is no try."

The people who "try to get in shape" or say "I guess I'll get in shape" will most likely fail. If you want to lose weight and level up your life, you need to attack it with 100% of your heart and mind. Giving it a shot for a week or two isn't going to get you results, and thinking about it only half of the time isn't going to get you where you want to be either.

"First learn stand, then learn fly. Nature rule, Daniel-san, not mine."



Daniel desperately wanted to learn how to do the crane kick after just a few lessons.

Miyagi responded that there's a specific order of things in Karate just like in nature. It is nature's progression that allows animals to survive in the wild, and it's Karate's progression that would ultimately allow Daniel-san to succeed as a student. Had Miyagi put the kid up on the stump and forced him to learn a Crane Kick before anything else, he might have failed miserably and given up. Instead, he taught Daniel progressively more difficult strikes, balancing techniques, and blocks, built up his confidence, and only then did he allow Daniel-san to learn the Crane Kick.

If you're 200 pounds overweight, don't try to run a marathon tomorrow. Instead, you must learn to walk a mile, then two, then learn to run a 5k, 10k, half-marathon, and finally a full marathon.

Baby steps!

If you want to get stronger, don't go into a gym and load 300 pounds onto a bar to bench press. Instead, start with an small amount of weight, learn the proper movement, and progress steadily each week, getting stronger and building momentum until you reach your goal.

Life will knock you down ... a lot



From almost the first scene, Daniel is having a tough time in his new home of southern California. He is getting bullied both physically and mentally. I am constantly getting reminded how imperfect life is, and regardless of your plans, something else will likely happen. In business, we have things like “disaster recovery” plans to ensure we are planning for the worst. Even

though I like to remain positive in almost all situations, we need to recognize that life is simply going to knock us down a lot. The sooner we accept this, the sooner we can get down to business to change things for the better.

Face the Lion you fear



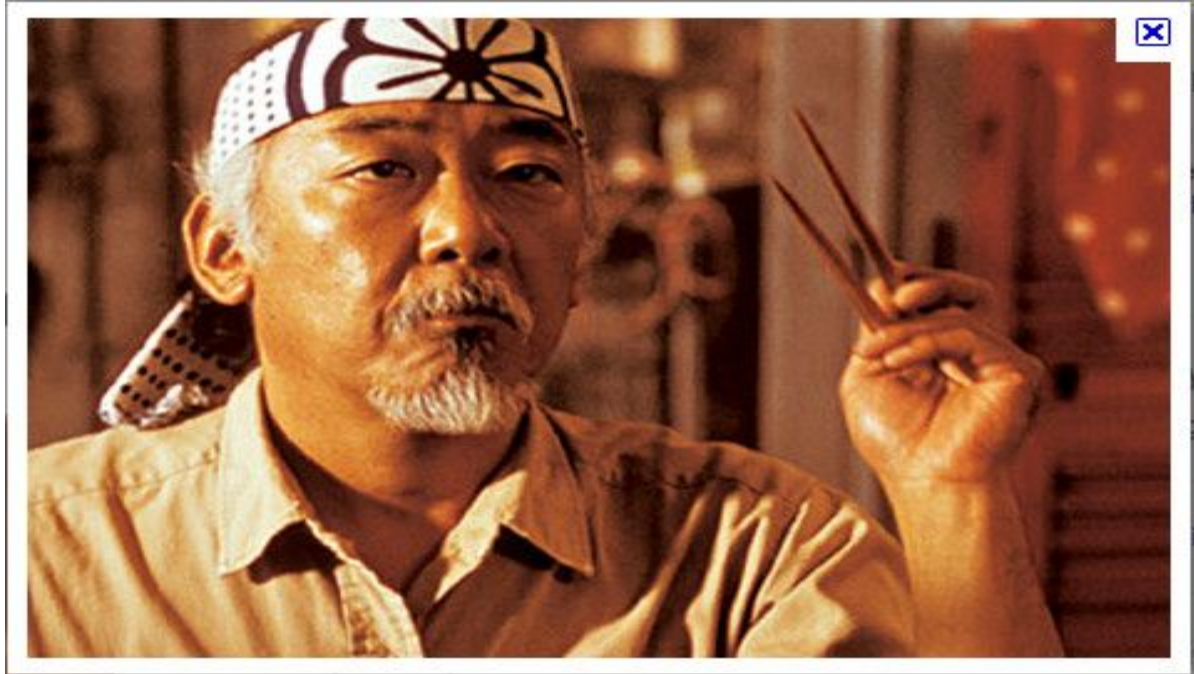
When Mr Miyagi takes Daniel to the Cobra Kai dojo to confront John Kreese and his students he's making him face his fears head on in order to overcome them. Fear surrounds us in everyday life and if you allow it to become the dominant force in yours, you've already lost, as the great mentor himself states –

"It's ok to lose to opponent. It's never ok to lose to fear".

Stand up for yourself and what you believe, be mindful of others and you can overcome anything.

Find a good mentor, learn from them and be humble about it

After the final brutal beating at the hands of six Cobra-Kai members, Daniel is saved unexpectedly by Mr. Miyagi who lays the smack down on all six bully's with ease. It becomes clear that Mr. Miyagi is a master of Karate and Daniel seizes the opportunity to learn from him. We all need mentors to learn from and there is always someone more talented or better than you in any profession you find yourself. In order to find a good mentor you must become a good student. No good mentor will want you under his or her tutelage if you do not listen, or fight with them on everything they say. They have gotten to where they are for a reason. They know what they are talking about. Be grateful you have them and absorb everything they throw at you. Become a sponge for knowledge and apply their good habits in your daily routine. Forget what you think you know about what they are teaching you about and submit to their guidance fully.



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