

## **Climbing to Higher Levels**

by Dr. Dennis McCain

Starting my TAEKWONDO training at a later age than most, I was intrigued by the continuous possibilities and the constant new material that was provided by my Instructor, Mr. Louie Aregis, Jr. (now Master Aregis). When I reached the first goal of Black Belt I thought, "How much more is there to learn?" I had a false conception of Tae Kwon Do and was reminded that First Degree is just the beginning of the learning of Taekwondo. Now I am a 7th Degree Black and I see the process as endless! One Black Belt mentioned to me, "It is a little discouraging to realize that I am only now beginning to learn." I don't see this process of learning as discouraging, but I see it as a challenge to "climb higher." We were not designed by our Creator to sit at the bottom of the cliff. The most natural thing is to look up and wonder what it might be like to reach the top, to see what lies on the other side, and to look further that we have ever looked before. Without this concept we would never achieve, never further our knowledge, and never attain wisdom for life. This is true in the spiritual and physical realms of life.

Never stop learning, and never come to the place where you think that you have learned it all! Never stop learning or yearning to come to the knowledge of the truth! If you do, you will be humbled by the circumstances of life and learn a difficult, but important lesson. As you progress in Tae Kwon Do, learn everything that you can from your instructor, other students, your parents, your teachers, and friends. Be open to truth and new levels of understanding. In this way, you will experience the real issues of life. You will not only learn the questions, but you will begin to learn the answers! The essence of Choong Sil Kwon lies in this truth. The Do of Tae Kwon Do underlies many areas of life. Recently, one student remarked, "teach me everything." I told him, "I am not able to teach you everything, but I can teach you what I know, and start you on the road to learning." Imagine the possibilities, be inspired to learn, actually reach the goals of learning that you have set, and realize achievement. Continue the sequence of imagination, inspiration, actualization, and realization.