

RGI and Judo: Self Development for the Martial Artist

by Vincent C. Paladino

I attended the very first Resolution Group International conflict resolution course back in September 2010. Being the first group to be trained in the then new course, we are the “plank owners”, an unofficial naval term referring to crew members of a newly commissioned ship. As such, I found it took me some time to process the powerful training, and to understand what it can do for a martial artist. I have come to see that RGI training makes available to the student many of the same principles and ideas that were espoused by the founder of Judo, Jigoro Kano.



Judo is a sport created by Kano through his intense study in several schools of jiu-jitsu. Kano developed a system of physical and moral training that emphasized the importance of efficiency and balance. Judo is composed of the principles Kano extracted from other arts and his own innovations that include streamlined movement, insightful techniques, intelligent tactics and life affirming morality. Regardless of the martial art, combat sport, or self-defense system you study, understanding, applying and integrating the principles and techniques of Judo can accelerate your advancement. Unfortunately, you probably won't have the time to study the art and sport of Judo in addition to your present martial studies. If you want to gain the mental, moral and physical benefits quickly, you'll need a distilled and compressed form. To this end, I believe the RGI training to be an outstanding way to learn many ideas and techniques contained within the excellent teachings of Kano, in a form more easily absorbed and quickly applied by a practitioner.



The RGI course is built upon physical training, instruction in verbal self-defense, morality and the law, and ethics, with ethics being defined as morals in action. In Kano's book “Mind Over Muscle”, he states that he divided Judo into three parts: a fighting method, a training method, and a mental training method encompassing intellect and morals. Beginning here, we can clearly see the similarity in approach between the RGI method and that of Judo. While RGI isn't presented as being derived from Judo, nor do I believe it is, I've

observed something far more interesting; RGI teaches a clear and concise program that is the result of a knowledge pool collected from military, law enforcement and martial arts warriors. Every member of the RGI team has decades of experience in the field. It's not surprising that RGI and Judo should arise as kindred in spirit and approach, as they both aim towards the improvement of the whole person. Both were developed through study and practice over many years. Let's look at some specifics.

Kano wrote that the practitioner should know good from evil, and develop the intelligence to differentiate between the two in complex situations. From the RGI perspective, this is accomplished primarily through a clear definition of one's moral stance. Valuing one's own life and the lives of others is the Dual Life Value taught by RGI. That is to say, the value of life is the common bond that transcends all other relative values such as those social and cultural values that often separate us from each other. To know good from evil in this way is a practical matter, not a metaphysical question difficult to answer.

He also wrote that one must train to like good and dislike evil. One must respond to both good and evil on an emotional level. RGI instruction in developing the ethical protector's attitude is an excellent way to accomplish this type of emotional training. By defining oneself as a protector, the individual develops a satisfying sense of nobility. True self respect arises from such an attitude, with the sense of being a true warrior becoming stronger over time. Consider the "Warrior Creed", a quote by Robert L Humphrey, taught by RGI: "Wherever I go, everyone is a little safer. Wherever I am, anyone in need has a friend. When I return home, everyone is happy I am there." A martial artist who lives by such ideas becomes attached to the positive feelings of strength and nobility born of them. Such positive reinforcement is certainly a type of emotional training.



He penned this sobering point: "...a weak willpower can result in the inability to do what you know is right..." He makes the point that without a strong will, one may not have the strength to defend what is good. I found Joe Shusko's inspirational "tie-ins"-short stories that

make important points concerning character and conduct- coupled with his physical training sessions, are an excellent way to develop willpower. We all know that intense physical training is a willpower building endeavor, one where we push ourselves beyond the boundaries of comfort. Joe Marine's PT sessions were demanding and stimulating. They really helped the group to bond, and provided an important part of the blueprint for training post-seminar. His tie-ins strengthen the sense of purpose, reinforcing willpower from an emotional/intellectual level. They challenge and motivate one to live up to higher standards. Those who train their bodies know that using words, sounds and images helps raise energy and power. At RGI, I was taught methods to strengthen my willpower and resolve using highly motivational techniques.

Kano communicated the need to develop the habit of rejecting evil and loving what is good on a daily basis. For this, I find that RGI training as a whole is excellent. Their training strengthens the body and moral character. It engages the mind to guide actions in a purposeful way. Training by this method is an exceptional way to develop such desirable habits, as the trainee's entire being is engaged and entrained toward the good and away from evil. They teach the student to respect all life, to develop self respect by making moral choices that lead to life protecting ethical actions, and that respectful communication is essential to achieving our goals as ethical protectors. These interlinked ideas provide a road map for daily living that surely leads to the development of habits recommended by Jigoro Kano.

I highly recommend the RGI course to any martial artist looking to compliment his physical studies with the techniques used to protect others and diffuse confrontation, who seeks guidance towards moral and ethical development from his training, and who desires his social skills improved by his study of the arts.



Learn more about Jack Hoban and RGI:

www.RGI.com

www.LivingValues.com