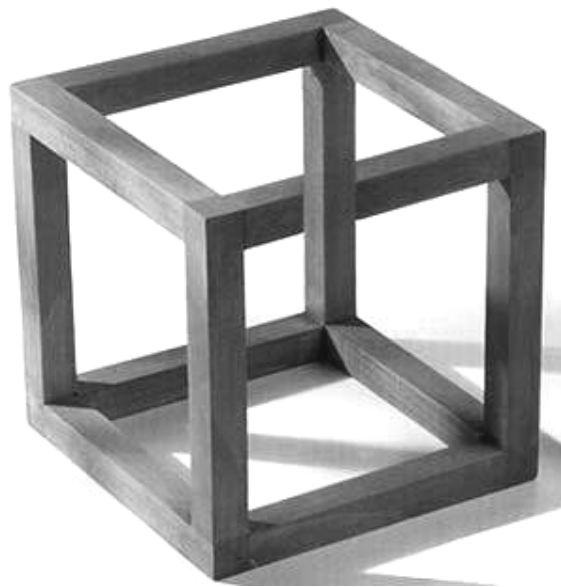




少林功夫學院
Shaolin Kung Fu Academy

Difficult Situations

Kung Fu Instructor in Training Program

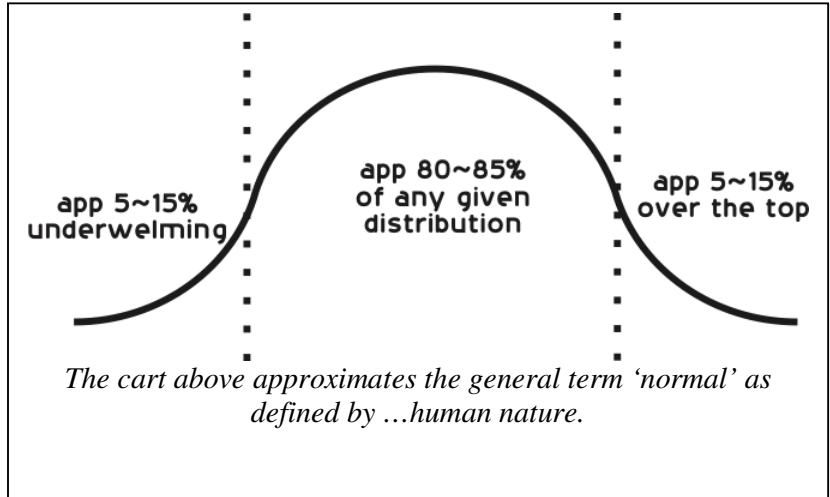


Difficult Situations and Interesting people

There are two types of people in the world.....

Negative vs Positive

Most humans are balanced between being Negative inclined and being positively inclined (obvious). We also need to look at, what might be considered, 'normal' to understand and define what is possibly balanced and which may be considered unbalanced.



The strength of our character is based on our ability to accept a wide

variety of behaviour without undue stress. In general terms we should be able to accept (at least)

90% of people 90% of the time. It is how we behave in the other times that we are focusing on here. So in reality, it is not about Difficult Behaviours of other people but our ability to assimilate a wide variety of situations and as martial art instructors maintain decorum, order and a safe environment.



Yet, we are human and there is a number of behaviors, that some/many people may think is normal but for some reason you have difficulty dealing with. Remembering that there is behaviour you do not need to put up with such as over aggression, abuse, intimidation and the like and then there is behaviour you feel is challenging to you although many people may find it acceptable.

Let's look at a simple Behavioural Energy Pyramid based on Yin and Yang principles.

Positive								Negative							
Active				Passive				Active				Passive			
Action		Resistance		Action		Resistance		Action		Resistance		Action		Resistance	
Strong	Mild	Strong	Mild	Strong	Mild	Strong	Mild	Strong	Mild	Strong	Mild	Strong	Mild	Strong	Mild

So what happens?

In some instances of challenge or perceived stress, we lose track of our higher selves and become the human animal with an urge to protect ourselves. This is natural in animal behaviour but often not appropriate in civilized higher order society. Yet, we are animal which have developed to specialize in intelligence and cooperation like other animals have specialized in flying, hunting, claws, teeth and amour.

So how do we deal with aggressive, obnoxious, challenging, unusual and ‘interesting’ behaviour and situations? Well its not easy, else it would not be an issue; but there are some methods that will work (and some that will not work for you).

But before we get the “try this” lets cover the most important “don’t do this”!

Grudges

About the most stupid things to do is to hold a grudge. It is like a poison apple in a basket full of apples that sooner or later will spread to the rest. Have you ever wondered how Grumpy Old (and Young) people become Grumpy? Learn to let go and Forgive; yourself and others. Not forget! No, forgive, remember and learn!

1st Rule

If people are being Negative (aggressive, challenging beyond the accepted, threatening, etc) although they may use you as the reason for the outburst, it is normally not about you but about their state of mind at the time.



Yes, you could have broken your word, yes you could have betrayed a trust, yes you could have been an ass but the energy and emotion is being generated by the person.

Nature vs Nurture

There are always at least two possible responses within us, the ‘natural’ ego driven Kill, Kill, Kill response and the civilized response of a well educated and behaved person.

The measure of our Character is the ability to resist being goaded into a predictable, negative and immediate response!

Yes, there are times when you need to act immediately, decisively and proactively; when there is some real danger, a real threat or a real catastrophe. But most the time a considered, controlled and conciliatory response would be better.

Hate creates Hate, Fear creates Fear, Anger creates Anger

It’s all so predictable, what happens next!

Modern protestors know that if they protest violently, they will receive violence back. In the 60’s a group of protestors against the Vietnam War were confronted by Rifle Bearing Soldiers. Politicians goaded the army by saying that these people were violently opposed to Army types and protecting their country. The Soldiers were suitably prepared to meet violence with violence. But the act of a young woman changed the whole situation around. She walked up to one of the soldiers pointing a rifle at her and placed a flower in the barrel. The whole situation turned around and there was absolutely no violence this day. This has now become the universal gesture of peace at protests where guns are pointed at protestors.



What a brilliant strategy of dealing with superior and overwhelming odds. What would you have done?

Yet

People are as entitled to their opinions, even if they are about you and even if you do not like them. It may not be the right time, it may not be the right place, it may not be a person whose opinion you wish to hear; but everyone has the right to express their opinion. Just as everyone has the right to ignore someone else's opinion.

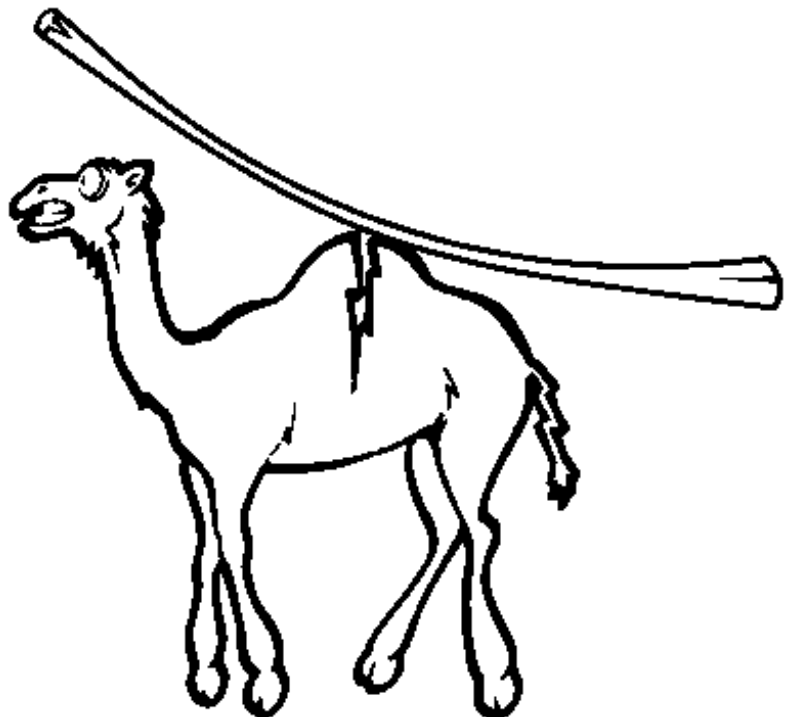
Yet, we are talking about being professional teachers, professional martial artists, representing the spirit of Shaolin. We can not be indifferent or callous.



Considerations

There are some considerations to be made when dealing with difficult situations driven by a person;

- Many people have difficulty expressing themselves, especially when they are in a frustrated, angered or disappointed frame of mind.
- There is no Common Sense; we use the term Common Sense usually when we expect someone else to follow some unwritten law or behaviours that we perceive they should (and usually would be to our advantage).
- They may be right!
- There is always learning in listening, sometime even revelations!
- The person may be going through a difficult situation in their lives and see you as the Straw



What to do, some ideas not Laws!

The Spirit

Forgive - For what? Never mind, first put your self in a forgiving mind set. Some would say accepting but I suggest a forgiving mind set.

Wait - Sometimes the person is just venting and you just happen to be there!

Consider - Is this really important enough to make an issue of it here and now

The Mind

Right - or Wrong, does it really matter at this time and would it make a difference if you said something; would it really help?

Listen - heals many wounds; time can also prevent some wounds from happening, shut-up and listen.

Reverse - put yourself in their situation and consider it from their point of view (slows you down and gives you time for a considered reaction)

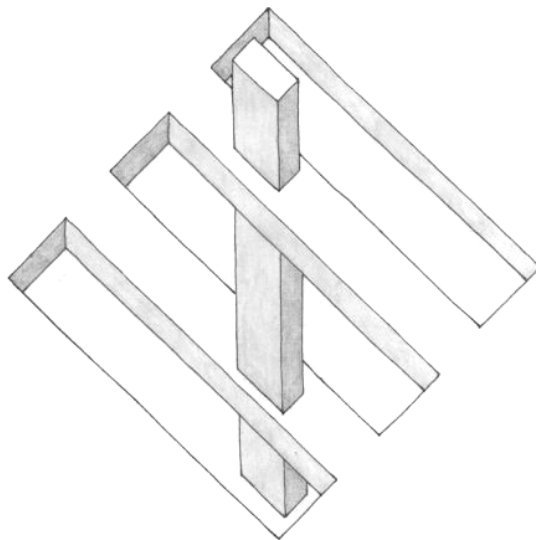
The Action

Time - Unless it is a complex issue and even often if it is, like a sparring bout, if it goes on for too long, injuries happen. 3 min max; if you have not achieved anything by then...

Instinct - Listen to your instinct to judge give and take.

The Learning's

Learning - How did this happen, how could we have managed it better, how might it have been done in a more suitable way, place, time?



The Consequences

Do - consider eliminating destructive people (as in habits like smoking and excessive drinking) from your life when possible. If a student shows consistent negatively disruptive behaviours; excessive attention seeking or even destructive tendencies; the Shaolin Academy 3 Strikes Rule applies;

1 - Talk to them privately semi officially; point out what the issue is you are having, listen to the response; suggest what the consequences of further such behaviour would be and note it in the Class Registry Book!

2 - Talk to them again, possibly with a senior student or instructor present in a private environment. Remind them that this is a repeat behaviour and listen to their reaction. Now agree on a future acceptable behaviour and note all this down in the Class Registry Book; have it signed by All present.

3 - Arrange a Meeting with me (Sijo) at the earliest convenience. If this can not be arranged within 7 days the student membership needs to be put on hold. Speak to me about this fairly immediately!

Watch - How people react to Negative Behaviours and Situations. In specific cases this can help you see if you may be overreacting or even under-reacting!

Find - the most positive, interesting and even humorous aspect of the whole situation.

Action

Often a good hard training session can work out perceptive problems unless a person is really distressed and could be dangerous to themselves and others. For you as an Instructor, a good workout after a stressful situation can be like a deep breath of fresh air after being in the city in Peek Hour traffic.



Tests

Before you commit to ANYTHING ask your self;

- 1 - Am I dispassionate enough to make a call on the issue?
- 2 - Is doing nothing, not responding be bad?
- 3 - How can I cool down the issue?

Avoid

- I. Any form of Personalization, Typecasting or Discrimination!.
- II. Any Heat, aggression or other emotion in your tone; even avoiding seeming sympathy . Be as neutral as possible.
- III. Any comments that suggest you have noticed or noted any type of Habits or Behaviours
- IV. No clichés! Telling someone to relax when they are all fired up is like putting out a fire with Petrol. Telling people time heals all wounds at a time when they are creating a wound may make the wound even bigger!
- V. ALWAYS wait for the other person to stop talking. And consider well what you say!

When we're emotionally charged, we are so much in our heads that we argue out of an impulse to be right, to defend ourselves, for the sake of our egos. Rationality and resolution can rarely arise out of these discussions. If a discussion is necessary, wait until everyone has cooled off before diving into one.

Preparation

Reminding yourself what is most important to you, your family and the Academy will help you to center yourself and gain perspective. Sometimes the issue raised, although strong, long and seeming important when considered in the greater perspective is just a small irritation or opportunity.

In many Cases Honey is better than Vinegar

Some people respond to flattery, sympathy, partial agreement and the like. Be honorable but use the tools available. But be careful to not use over-use phrases like 'I hear you man' and "you want to talk about it?" and such. Very irritating and will probably add fuel.

De-stress After

When energies are unleashed, they need to be managed, contained and either used or dissipated. Depending on your nature... review past situations where you dealt with conflict and interesting situations well. Writing down the irksome things; sharing with a friend; hard workout; walk, play, run...etc.

Another Perspective

Everything that the human race has achieved were due to dissatisfaction. If we would always be at peace and harmony say like bees and ants, we would continue doing the same thing for a billion years. So unless you do not wish to grow, improve and learn; Conflict, difficulties and Challenging Situations/People can be to great advantage to you, if you can deal with them constructively.



The 7 Verbal Sins

COME HERE!" Because this warns the person and actually 'means' run away. Of interest: The ancient samurai knew never to let an opponent pick the place of battle for then the sun would always be in your eyes!

CALM DOWN! We all know it never works. Why do we use it? You create a new problem. and don't use: "It's going to be all right. Talk to me. What's the matter?"

I'M NOT GOING TO TELL YOU AGAIN! What's wrong with this? Because *you* know -- as well as *they* do -- that you **ARE** going to say it again. If you fail to adhere to this, which you will, you lose credibility, and with that goes your power and safety.

"BE MORE REASONABLE!" did you ever have anyone come up to you and say, "Hey, I know I'm stupid and wrong, but here's what I think!"?

THE RULES" (or THE LAW!)" This can irritate people and makes you look weak. And defiantly never Because I Said SO!

WHAT'S YOUR PROBLEM? It's a "snotty" and "useless"

WHAT DO YOU WANT ME TO DO ABOUT IT? It's always sarcastic, useless and debilitating!

The above freely used from Tactical Communication: Think Before Your Speak

The 7 Spiritual Sins

Lust - to win and be right

Gluttony - excess in talking more and listening less.

Greed - me, me, me;;I, I, i

Laziness - to listen what is meant not just said

Wrath - of your words to cower the meek and intimidate all others

Envy - that the other person could be right

Pride - that only your opinion, your words and you count!

The 7 Human Virtues

Faith - That your patience and consideration is of great benefit to you and all

Hope - That you can help the person

Charity - of listening and giving the other person the right of opinion

Fortitude - of your person not to 'loose-it' or go of the deep end

Justice - being fair to the person, situation and the guides under which you operate

Prudence - to know when you can't do anything just now.

Temperance - of dealing with a difficult situation to your best ability

The 7 Samurai Virtues

Gi. The right decision, fair and equal. Gi is the ability to make the correct decisions with confidence, to be fair and equal towards all people no matter what colour, race, gender or age. This virtue is the ability to make a decision, respecting all equally.

Yu, Valour & Courage. Yu is created as progresses is made in training and in life; as confidence grows to balance their ability and to know what is the right thing to do with it. This Virtue is the ability to handle any situation.

Jin. Benevolence, Compassion & Generosit. Jin is the humble virtue where one is discouraged from being arrogant and embrace life. This virtue works together with “Gi”. This Virtue is to prevent arrogance with in one’s self.

Rei. The Proper Behaviour, Courtesy & Respect This virtue raises awareness of the principle of the Ying and Yang, one cannot exist with out the other. The teacher cannot be a teacher without a student, therefore both are equal in there own right. This virtue is to have respect for all.

Makoto. Honesty, Honourable & Moral This virtue is best described as “one must be honest to ones self before they can be honest with anyone else”. Cheating and lying is an acceptance of failure and creates a false environment for all. This virtue is the ability to do things to the best of our ability.

Meiyo. Success, Honour and Glory. This virtue follows the growing power of a maturing adult This virtue is sought after, but only follows correct behaviour.

Chungi. Devotion and Loyalty, Dedicated. This virtue is the foundation of all the virtues, without dedication and loyalty to the task at hand, the desired outcome cannot be achieved. This virtue supports all success.

義
勇
仁
禮
真
名譽
忠義

The 6 Buddhist Virtues

Charity Live without expecting to receive

Uprightness Truth, Honour, Respect with Empathy

Forbearance Considered Patience and Persistence

Dispassion See the Truth even when in pain

Dauntlessness Action and Thought in spite of fear

Contemplation the path to self, truth and everything.

