

IBFDA

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Dear Competitors,

As many of you may have seen already, it was announced today that the 2020 International Kou Shu Tournament has been suspended for this year due to the current world situation.

We wanted to take a moment to speak to all our students who have been diligently preparing to compete as part of our team. Every single year since we first attended the tournament in 1989, we have brought teams to represent Bok Fu Do on this international stage. It has become a foundational event for our organization, providing incredible opportunities for our students.

Some of the greatest potential for growth and development comes from the training put in to prepare for the tournament. While the event itself is an important piece of the puzzle, the work that is done day in and day out leading up to the event becomes the real prize. What is built on the inside is much more valuable than any medal won.

In saying that, we are moving forward with training in the exact same fashion we have every season for the last 30 plus years. We strongly encourage you to take this opportunity to continue focusing on the process of training for the tournament, and if you do so, we are certain you will reap some remarkable rewards. So while it may be an easy or even logical reaction to relax in your training, we would say that now, more than ever, is the crucial moment where you chose discipline and inspiration over losing your focus or motivation.

There is a section from a writing done by Grandmaster Buckley that we feel is perfect for this situation and wanted to share it with you: "It all comes back to the process. The process is what makes you, many times after it breaks you. You have learned through the process the price of victory. Whether you got your hand raised in the end or not, nothing will ever change that. The champion was born long before the tournament was won or lost. And while a trophy may fall apart, a medal may be forgotten, a certificate may fade, a victory achieved from within endures forever. It goes with you wherever you go because it now lives inside of you."

We hope you'll join us in committing to move forward with renewed purpose and focus as we continue our tournament training together through the months to come. Keep your eyes open for a follow up email from us with tournament practice dates and seminar opportunities.

Sincerely,

Grandmaster Buckley, Master Newman and the IBFDA black belts