

不動心

FUDOSHIN

immovable mind or spirit



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— MARTIAL ARTS —

The concept of *immovable mind or spirit* is a vehicle or training tool to lead a student to Mushin.

Fudoshin is the mind/spirit that is unmoved by the course of events, whether winning or losing, being rained on or sun shining down upon. It is unmoved by disparaging remarks and by flattery. It is not moved by honors or beauty, by gain or loss.

A football player gets “rocked” by a tackler, yet gets up unmoved by the ferocity of the hit. A basketball player steps to the free throw line to shoot two shots, down by one with two seconds remaining in the game, yet is unmoved by the important nature of the moment. An interviewee is unconcerned with the way one of the interviewers is asking negative questions - but stays focused on presenting his/her strengths. The student studying at home is unmoved by the calls to come out and play or distractions of computer or TV. This is Fudoshin.

The development of fudoshin is an excellent step in forging a warrior’s mindset. Despite what a potential attacker might say, or whether or not you get hit by a punch, you remain unmoved. Consider the effect on the attacker when his words do not move you, nor does his punch or strike. Either result may potentially be perceived as powerful enough stop the attack.

