

THE FINEST GLOBAL MAGAZINE FOR THE FIGHTING ARTS

# WORLD OF MARTIAL ARTS MAGAZINE

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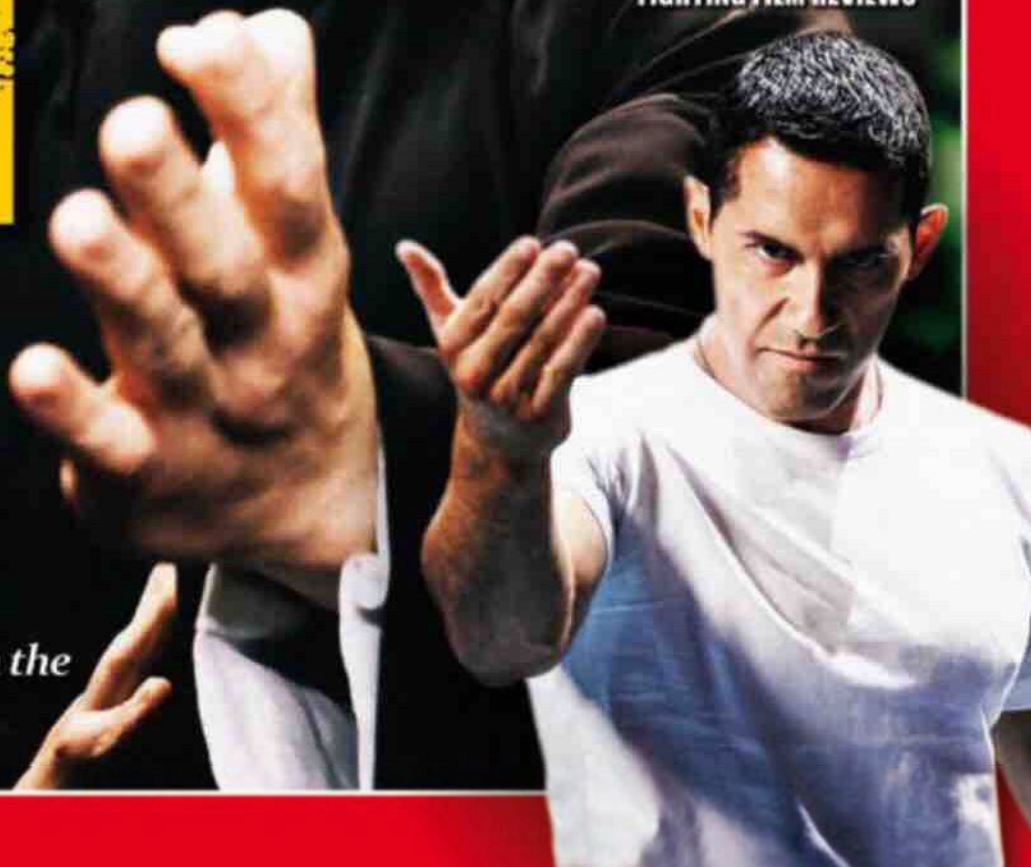
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## Original Truth...

# KOBAYASHI MARU

## WHAT'S IT GOING TO BE, WIN OR LOSE?

*'Kobayashi Maru' is a training exercise in the fictional Star Trek universe designed to test the character of the Starfleet Academy cadets in a no-win scenario.*

**T**he **Kobayashi Maru** test was first depicted in the opening scene of the film *Star Trek II: The Wrath of Khan* and also appears in the 2009 film *Star Trek*. Screenwriter **Jack B. Sowards** is credited with inventing the test. The tests' name is occasionally used among **Star Trek** fans or those familiar with the series to describe a '**no-win scenario**', a test of one's character or a solution that involves redefining the problem.

### Lose Lose

The notional primary goal of the exercise is to rescue the civilian vessel **Kobayashi Maru** in a simulated battle with the Klingons. The disabled ship is located in the Klingon Neutral Zone, and any Starfleet ship entering the zone would cause an interstellar incident.

The approaching cadet crew must decide whether to attempt rescue of the **Kobayashi Maru** crew, endangering their own ship and lives, or leave the **Kobayashi Maru** to certain destruction. If the

cadet chooses to attempt rescue, the simulation is designed to guarantee that the cadet's ship is destroyed with the loss of all crew members.

### Effort is Futile, No Effort is Futile

Have you ever been in a situation where you are trying really hard to achieve a certain goal, and frustratingly you do not seem to be getting any closer. Effort seems futile.

On the flip side, you may experience a surging sensation to give up altogether, and not even bother anymore, which certainly ensures you won't get there at all. No effort also seems futile.

It seems like a stale mate. **Now what?**

### To You, Through You

I am a firm believer, that everything you are meant to do, or not meant to do, comes '**To you, through you**', at the right time. Any strain or tension just puts that thing you're trying to achieve plainly out of reach.

'LIKE EVERYONE ELSE YOU WANT TO LEARN THE WAY TO WIN, BUT NEVER TO ACCEPT THE WAY TO LOSE, TO ACCEPT DEFEAT. TO LEARN TO DIE IS TO BE LIBERATED FROM IT. SO WHEN TOMORROW COMES, YOU MUST FREE YOUR AMBITIOUS MIND, AND LEARN THE ART OF DYING.'



# TAKE ACTION AND MASTER YOUR LIFE

## Learn the Art of Dying

Practice being in the present moment.

Let go of the past and release any limiting beliefs.

Identify areas of your life where you are being rigid?

Identify how you can be more flexible and accommodating to what's happening or not happening in your life?

Identify any firm attachment and desire to something or someone?

Create some space between you and your attachments to start freeing yourself to become more fluid.

Ask yourself, are you doing you best? If not, then simply, do better.

You may have heard the saying,  
**'Everything happens for a reason'.**

I prefer to say...  
**'Everything that happens, happens for a reason.  
Everything that does not happen, does not  
happen for a reason'.**  
So why fight it?

## Learn the Art of Dying

Bruce Lee spoke about **'Learning the Art of Dying'**. He did not mean literally to die, but metaphorically to let go of the past and release any limiting beliefs, so you can once again become a fluid human in the present moment. Bruce said...

**'Like everyone else, you want to learn the way to win,  
But never to accept the way to lose, to accept defeat.  
To learn to die is to be liberated from it.  
So when tomorrow comes, you must free your ambitious mind, and  
Learn the art of dying.'**

Bruce was constantly practicing this idea of dying because to him it meant returning to the **'beginners mind'** and the centre of the nucleus. He even had a tombstone commissioned as a piece of artwork, with the epitaph which read...

**'In memory of a once fluid man,  
Crammed and distorted by the classical mess.'**

He used this as a physical reminder to let go of any rigidity that prevents growth or movement, which causes literal death of body, mind and spirit. After all, when movement in our body goes, humans suffer from **'rigor mortis'** which literally means **'stiffness of death'** (rigor - 'stiffness'; mortis - 'of death.'). Bruce went on to say...

**'To understand and live now,  
There must be a dying to everything of yesterday,  
Die continually to every newly gained experience  
Be in a state of choiceless awareness of what is.'**

Dying in this instance is more about living in the moment and being able to continue to be the eternal student to learn and grow.

Bruce went on to say...  
**'Drop and dissolve inner blockage,  
A conditioned mind is never a free mind.  
Wipe away and dissolve all its experience and  
Be born afresh.'**

**'Like everyone else, you want to learn the way to win,**

**But never to learn the way to lose.**

**To accept defeat, to learn to die,**

**Is to be liberated from it.**

**Once you accept this you are free to flow and to harmonise.**

**Fluidity is the way to an empty mind.**

**You must free your ambitious mind and**

**Learn the art of dying.'**

And then, all there is left to do, is to do your best. Remember...

**At the peak of your effort there is a dying.**

**Only then does 'it' happen or not happen,**

**If 'it' is meant to happen or not happen.**

## Battles & Wars

Sun Tzu stated...

**'If you know the enemy and know yourself,  
You need not fear the result of a hundred battles.**

**If you know yourself but not the enemy,  
For every victory gained you will also suffer a defeat.**

**If you know neither the enemy nor yourself,  
You will succumb in every battle.'**

Life is full of battles and wars. Your first enemy is you, knowing your own body, mind and spirit. Only once you have mastered your own faculties, will you be prepared to take on enemies outside yourself. These are not necessarily people, but challenges life presents for you to self-realise, because that's what life is all about. And as the Kobayashi Maru test says, 'it builds and tests your character.'

Life can seem like one big war, unless you conquer yourself through cultivating self mastery. At first you will realise how to pick your battles carefully, because not all battles are meant to be fought, let alone won.

You may have heard the saying...

**'You may have lost the battle,  
But won the war.'**

As your consciousness rises through cultivating your self mastery, you will realise that there never was a battle or war to be fought in the first place. Everything is just as it is meant to be. The Kobayashi Maru is merely an illusion of a problem with no solution, a lose-lose situation, with no way out.

So all that is left to do, is to...

**Always do your best. 🟡**

**PEACE, RESPECT & LOVE,  
SIFU LAK LOI**