

Law 9: Expertise ~ An investment in knowledge always pays the most back!

Explanation of Law: Becoming the best or one of the best in a skill, craft, or activity makes you an expert, or you have expertise in it. Seeking to become an expert at anything is a great start to achieving everything you want.

Effects of Law: As Storm Team Members you are already seeking to become an expert or have expertise in coaching, leading, and being a martial artist. It took a lot of work and dedication to become a part of this team and your knowledge is far greater than most of your peers in those areas because you choose to improve and get better. Along with training hard, if you are taking action (Law 11) to grow (Law 8) in all of these Laws, then you are working to become an expert. Having expertise in many different skills that all benefit from each other, like Leadership and Coaching, makes you stand out from the crowd. Using the system (Law 10) it took to become an expert can be used again to learn/develop any other new skill as you grow up.

Examples of Law:

1. We are what we repeatedly do. The more we practice the better we become. So do not skip the reps on anything you want expertise in!
2. You can become an expert in practically anything, and it takes a long time to become an expert, so choose something you enjoy and something positive.
3. Typically if you have a passion (Law 3) for something that you end up having an expertise in it.
4. Your head coaches who teach you have an expertise in martial arts and usually most people who are in a position of teaching should.
5. Asking for help as you advance in your expertise is completely ok and expected from those you are learning from. Also, ask questions on how to improve.
6. Most people who become an expert have a mentor. Try to find one you can lean on and work with.

Ninja Tip: Did you know the actual meaning of the word Kung Fu means, “to develop expertise in any discipline or skill through hard work and practice”.

Law training: In this training each member of the team will teach a move/technique to the group using either the STEDEYE or RATE Method of Teaching. Coach will hold both hands behind their back, in one hand is the STEDEYE and the other is the RATE. Storm Team Members will choose a hand and whichever one is chosen, is the Method of Teaching they need to apply.

Conclusion: It is said that it takes 10,000 hrs of practice to achieve expertise in an area. Whether that is true or not, do not worry. Everyone learns at a different pace and everyone starts out with different skills that could either make the journey longer or shorter at the beginning or end of becoming an expert. Just focus day by day on your craft

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and enjoy the process of getting better. You are becoming GREAT and it's a fun and hugely rewarding process.