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**Philosophy**

Our International Sessendo Martial Arts was established to provide the highest quality of knowledge, skills and training to its members. The success of our International Sessendo Martial Arts is based on the following core principles and philosophy:

* **Understanding the past allows us to evolve our art for the future.**
* **Never change what works but remember also that everybody is different in what they need to achieve from and within Martial Arts.**
* **Be open minded about everything you see and don’t dismiss anything you see.**
* **There is no such thing as failure, the experience provides the change to learn and prepare for success.**
* **We train in Martial Arts not only to benefit physically but so that we might gain understanding of ourselves. The Tao-Te-Ching says ‘It is wisdom to know other but enlighten to know ourselves.’**
* **Success is provided through constant practice, the way you train is the way you react.**
* **If you think you can’t, then you won’t; if you think you can, then you will.   
  Make up your mind to learn and you will always be successful in whatever you do.**