

Baking a Cake Martial Arts Style

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Baking and the Martial Arts. So different yet so similar. If you want to be successful in baking a cake there are a few important steps to follow. First, you must gather together all of the proper ingredients (the quality of your ingredients will determine the overall quality of your cake). How would your cake turn out if you forgot to add the milk? What about the eggs? Do you think your cake would taste the same if you left out either of these two ingredients? I'm not much of a baker but I would guess not. What would happen if you didn't thoroughly mix the ingredients before putting the cake batter in the oven? Would that affect the outcome? Most certainly it would! Next, you have to put the cake in the oven and bake it a certain temperature for a certain length of time. What would happen if you baked the cake at a very low temperature? The cake would never rise or harden; it would only end up HALF the size that it should have been. What if you baked it at an extremely high temperature? It would surely burn and not be any good to eat. What if you baked it at the proper temperature but only baked it for 5 minutes? Are you beginning to get the picture? Training in the Martial Arts is much the same as baking.

First, you need the right ingredients. You have to have the right stances, blocks and strikes. The techniques have to have good quality (you wouldn't want to use sour milk or rotten eggs in your cake mix would you?) Next, you have to practice them for a while (similar to mixing the cake batter until it is smooth). Then you have to put all the ingredients into the oven for a while at the right temperature and for the proper amount of time. Basically, you have to work hard and sweat. If you work hard and sweat but you only do that for a week or two then your abilities are going to be far less than they would be if you worked for 6 months at the same pace (just like taking the cake out of the oven too early). This is where many people miss the boat in the martial arts. They try to shortcut the process. A person's ability in the martial arts is directly related to how much time and effort is put forth and the quality of their basics. Remember the cake without the egg or the milk? Think about a martial artist who doesn't understand a front stance or can't chamber their technique before and after they throw it.

When it comes to baking, some bakers have figured out (either by trial-and-error or by following a carefully prepared recipe) that it DOES matter what ingredients go into the cake. It DOES matter at what temperature you bake it, and it DOES matter how long you bake it. A good martial artist is just like a good baker; He knows what it takes to have a cake worth eating!

If you have all the right ingredients and you are using the proper temperature then you only have to wait until the timer sounds before you take the cake out of the oven and begin enjoying it. If you remove it too soon the results will be frustrating. So, if you haven't achieved the results you are hoping for in the martial arts, guess what? Put it back in the oven for a while!