It's Going to Take *How* Long?

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I would be surprised if you told me you never heard the adages, "Life is a journey, not a race" or "Good things come to those who wait." Here at the school, we repeat quotes like that all the time, because, frankly, the study of martial arts IS a journey, not a race. The discipline builds on itself; it cannot be rushed.

Claims are often made that to master a skill, you need to study it for 10,000 hours.

Let's look at that….

• 24 hours per day times 365 days in a year is 8,760 hours in a year.

• If you trained 4 hours per week, you'd need 2,190 weeks to get to 8,760 hours of training.

• 2,190 weeks divided by 52 weeks in a year means you need just over 42 years to study 8,760 hours.

• And…well, that's not even 10,000 hours yet.

I've been studying martial arts for over 35 years, and I'm still learning, and I'm glad that I am. Life is faster now than ever before. We all have multiple interests and multiple claims on our time – now is when learning to not be rigid, to flow, to have patience, is so key to navigating life's situations.

Studying martial arts gave me that patience and the sense of focus that has to come with it. I've used that patience and focus to help me in all areas of my life. Will it work the same for you? Maybe; maybe not. I can only advise you to give it a try.

As you look ahead and consider the new year, here's just a bit more math for you….

In 2019, the average United States life expectancy was 78.79 years. That's 690,200.4 hours of life, which seems like a lot until you realize how many hours are devoted to necessities like sleeping and eating. You are going to have to pick and choose what you're going to focus on and the best way to do it. There are only so many sets of 10,000 hours available to you.

It may take some starts and stops to find what's important to you, but life only has true meaning when you do.

Best wishes to you in 2023, and good luck on your search! ♦
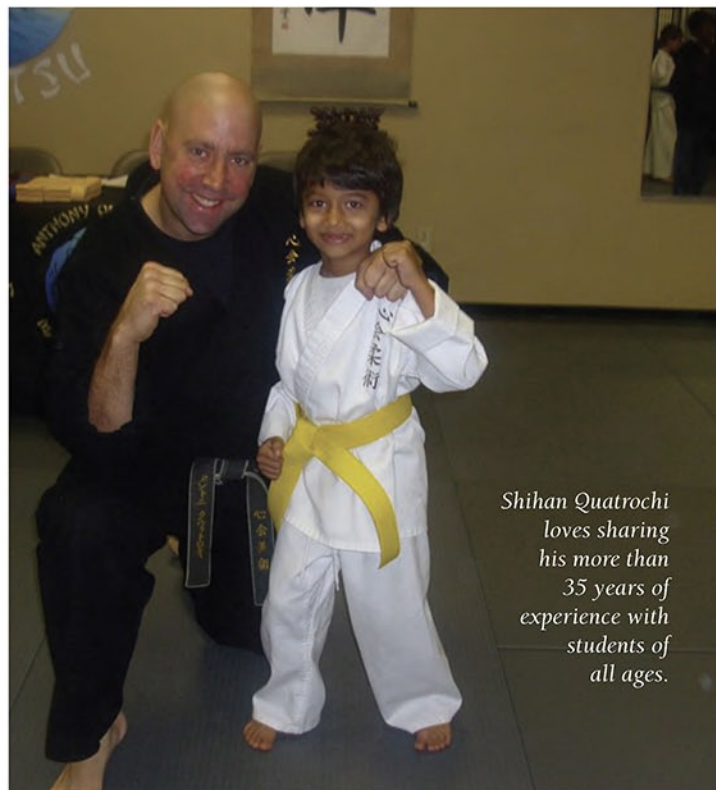
Shihan Quatrochi loves sharing his more than 35 years of experience with students of all ages.

Image courtesy of AQMAI.

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