

Now and Then...20 Years or a Lifetime... the Martial Arts For Everyone and Forever

By Anthony Quatrochi, *Anthony Quatrochi's Martial Arts Institute*



As I planned a summer celebration, someone said to me that a traditional gift for a 20th anniversary is china, as it symbolizes beauty and strength. I poked around online and found that the modern gift for 20 years—if you can manage it—is something made of platinum to signify a rare relationship that will endure. (Apparently, platinum is 30 times rarer than gold.)

THE GIFT OF RARE RELATIONSHIPS

I'm not sure I'm going to be receiving dinnerware or jewelry in recognition of my school's milestone, but that's okay with me. I'm confident that I've already received the gift of rare relationships, three types of which come quickly to mind.

The first relationship, of course, is my personal connection with my art. I cannot express the depth of meaning training has brought to my life. I would not be who I am if I had never entered my first dojo and realized who I could become—who I needed to become—by devoting myself to a relationship with the martial arts discipline. It was a commitment with lifetime benefits.

The second kind of relationship I value regarding my school is my bond with all of my teachers throughout the years. If you've been on my mat, you've heard frequent tales of the cast of characters—and character is often the proper term—who molded me mentally and physically. I might not always use the techniques or teaching styles they did, but their guidance and the approach they would take in a situation is always on my mind.

The last relationship is the one I value the most. Having had almost 2,000 students come to me as a mentor has been an honor beyond my comprehension. Teachers always learn from their students, whatever the venue, and I truly feel each student has made an impression on me, for which I am thankful.



Jonah Duncan (right), is now a college student and an instructor at the dojo.



Anthony Quatrochi and his primary martial arts teacher.



Anthony with students enjoying summer camp, pictured around 2009.

COME TO OUR OPEN HOUSE

In recognition of my 20th anniversary in Wappingers, I'm hosting an Open House on Sunday, July 16 from 11am to 4pm. I encourage all of my current and former students to come by. I also welcome anyone who'd like to be a student to come by! We have classes for all ages and abilities, athlete or not, young or mature, hale and hearty or less than 100%.

The martial arts are for everyone; self-defense is for EVERYONE. It's never too late or too hard to start, and you're never too old or too rusty to come back. In my school, small, gentle moves have the largest effect. I'm focusing all summer on the fundamentals of my discipline, to properly celebrate the foundations of where I came from and how I became who I am.

As I reminisce and look forward, I'd love to see familiar and new faces on my mat. It's been a life-changing journey for me, and I think it can be for you as well. OSU! ♦