

# You Don't Have to Say It

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



It seems like I mention my teacher in every article that I write. That makes sense, doesn't it? Teachers can have a profound impact on us—even if the impact isn't as painfully literal as the impact I got from my teacher for all these years.

Honestly, I don't think there's a day that I don't either think about him and train what he taught me, watch training videos he's in, actually speak to him or simply speak about him to someone else. He's an integral part of who I am, and I can't help but see things through his lens.

Somehow, believe it or not, he just recently read an article of mine from *East Fishkill Living* magazine for the first time. I was honestly trepidatious about how he would react to me talking about him in print, describing him, his art and his unique teaching style. Thankfully, overall he was good with it, except...

I got another lesson. I'll share it with you, because even though I'm going to talk about it in relation to martial arts, I think it's pretty good advice for many areas of life.

## DON'T INVITE TROUBLE

In truth, it wasn't a new lesson. It's something I've heard from him since the beginning, and he felt this was a good moment to drill it again. Ready? **Be humble; have humility; don't try to prove you're the big man. Don't broadcast what you can do. Don't invite trouble. Avoid the fight.**

I know...really? That attitude from the man who started fights just so he could fine-tune his style? Yup. He has always, always had confidence in himself and what he could do. He has always known that what he teaches is high-level and, for many, mind-blowing. What he has never done is gotten in a stranger's face and told them how good he is and what he can do.

I admit I do it for him...and he doesn't love it. He blew my mind when I saw what he could do all those years ago, and, at 82, he still blows my mind. How do I not talk about a teacher like that?

## HAVE HUMILITY

I get it, though, and I try to pass on the lesson to my own students. Leave your ego out of it. No matter how good you are, there's someone who can beat you. Maybe they're better somehow; maybe it's just not your day. You never know who's coming, so don't invite them into a charged situation.

Train. Be comfortable and confident about what you know. Learn how to use it—IF YOU HAVE TO. Don't talk up your skills and make yourself a target people want to take on. Truly having to defend yourself isn't fun. Goof around with your buddies about being "the best"—I do it myself—but in real life, defending yourself is serious, and,

as ready as you think you are, be sure that something unexpected can and probably will come.

Having humility doesn't mean you can't feel proud of yourself. If you worked hard to learn and master something, experience your deserved pride, even talk about it, but keep it in perspective. I know that I've definitely talked a lot here about how I think my style can keep you safe. That's my opinion, and in my gut I feel it has to be true, but I know there might be something out there that I haven't seen. I never tell another practitioner that I can beat him. (That said, I was just away training with artists from all over the world, and thankfully, humbly, I still feel pretty good about what I do.)

Feel positive about yourself—everyone should. Just don't fall into the trap of thinking you're the absolute best and inviting your ego to take the lead. Life has a lot of surprises. Keeping yourself ready to encounter one, and keeping yourself from inviting the wrong kind, is going to make you safer.

I'd love everyone to train at my school. I sincerely believe that we're unique and that we can be good for you and your family in many ways. Come visit us and see if I'm right.

Check us out at [www.aqmai.com](http://www.aqmai.com). You can contact me at [aqkjj@gmail.com](mailto:aqkjj@gmail.com) or 845-298-2177. ♦

