to have these arteries by-passed with healthy arterial sections taken from other parts of the body. This involves open heart surgery. Of the seven coronary arteries I had five of these replaced.

GKR: Since your surgery you have come back better than ever. Fitter, stronger and even achieving your Nidan. What advice can you give others who have had their fitness or karate goals interrupted by injury or illness?

B.M: The invincibility that we all feel in our youth is definitely unfounded. If you don’t look after your health then you might find yourself, as I did, looking down the barrel of diminished capacity sooner than you think. Certainly “modern” medicine and “wonder” treatments may well help us. However nothing works better than helping ourselves. I consider myself extremely fortunate to have been given this second lease of life, and am doing my level best not to squander it. Karate teaches us to “fight” for ourselves. Through my particular experience, I learnt that this lesson, like many others, is not just confined to the dojo.

I have improved my life through the following:
• Be prepared to fail but don’t expect to.
• Be prepared for hard work to get the job done.
• Be prepared for set backs and look for them.
• Be prepared when opportunity knocks.
• Be prepared to do what ever it takes.
• Be prepared to learn.
• Be prepared to win.

If you’ve got to do it, do it right.
I see so many people wasting their talent because they do not finish a job off properly. Sometimes I have tried my hand at things that have not always turned out first rate. This becomes an opportunity to learn new skills or realise my limitations and seek help from someone who knows better. Settling for mediocrity has a damaging effect on your self-image. I know that if I’m putting in 100% and doing the best that I can, I’ve got to get better, regardless of the initial outcome. Your best should get better if you’re doing it right.

If you chase money, you’ll never have any.
After I got out of the Navy I spent over five years jumping from job to job. In fact from memory I held nine full time positions in that time. That’s a new job every six months, all because of a few extra dollars a week. I finally learned that chasing
after a better pay cheque was having an adverse affect on so many areas of my life. It took a real change in the way that I saw things in order for my life to start moving in the direction I wanted it to move. It came down to my attitude. I was certainly concerning myself with what others should give me without a thought for what I should be giving in return. It’s not so much a skills based thing as one of attitude. You see if you have the right attitude to begin with, the rest will take care of itself.

You never get what you want – you always get what you focus on!
Every time I come up against a problem I find myself asking the questions; “what do I want?” “What am I focussing on?” If the answers aren’t in sync then therein lies the problem. Most people crave better for themselves and their families. A better job, a nicer car or a great holiday. Fair enough! Me too! That takes care of the want part. But what are you focussing on? Is it on making the necessary changes that will ultimately lead you to getting those things? Or, are you focusing on putting your feet up and watching some TV? Life, as I have learned, has a way of rewarding the deserving and not the needy. What you sow is what you will reap. The next time you are in conflict about what you really want in life, remember to ask yourself “what am I focussed on?”

“What you sow is what you will reap”