

From Start To End - From Colour To Colour

Shihan Dominick Charles McCarthy

A poem by Shihan McCarthy.

From Start To End - From Colour To Colour The white is yours from the start, so hold it well.

Yellow, to eliminate your fear, brings out the best.

Orange, to feed the fruit of your labours, to ban all pretext.

Green, to gather wisdom like Mother Earth.

Blue, to reach for the sky - its limits are yours.

When Brown appears, like fertile soil, you are almost settled.

Only Black, at the last, helps you peer through the darkness, to the everlasting light of Arts.

Shihan Dominick Charles McCarthy 8th. Dan Zen Judo. (1918 - 1995 Founder of Zen Judo)

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