



Episode 341 – Martial Arts Friends | [whistlekickMartialArtsRadio.com](http://whistlekickMartialArtsRadio.com)



### Jeremy Lesniak:

Hey what's going on everybody, its Jeremy from whistlekick, and as you can see him driving. If you've watched or listened to the show for long, you know that I travel for a lot for work, whistlekick stuff and I will frequently do, I can't even say frequently, I will occasionally do these episodes with a gopro mounted on the dash of the car. Often as I'm driving home behind very very slow Buick apparently. Doing 20 miles an hour right now, 17.

Today I wanted to talk about this amazing weekend I just had and why it was amazing because the amazingness came from something that I don't know that I've ever talked about. And that is the friendships that I've built in the martial arts. So let me give you a rundown on the weekend of this incredible amount of driving and martial arts that's been going on. So those you that know I live in central Vermont and on Friday afternoon, my good friend my brother Master Brendan Godall picked me up my house and we drove to Manchester, New Hampshire to Master Terry Dow, to his school where Bill Superfoot Wallace showed up and talked for three hours, he was feeling good. Now who was there? Mr. Paul Millholen, Kyoshi Rob Buckland, and a number of other people who haven't been on the show but I've become, oh, Kyosa Dennis Campo, anybody else that's been on the show, Kru John Johnston. I think that's it for guest, but other people that I know, friends, I got to train but I got to train with friends, I got to hang out with these people.



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I got wonderful time in the car with Brendan as we drove. And it was great, it was a wonderful time, great training but as I look back on it as much as the three hours of training, we did train for three hours it was crazy, was fun, what I'm going to remember weeks from now and certainly years from now isn't the training, it the time I got to spend with these people that I adore, that I truly love, Then I go home, go to bed, get up a few hours later, Drive to Lebanon, New Hampshire for a competition. It was the championship event, the final event of the twin state, Vermont-New Hampshire Martial Arts Circuit. Promoted by Master Huzon Alexander, Episode 1 and who was there. So, he's been on the show. There are people I've invited on the show but they have not come on the show yet. Oh! Kyoshi Jose Dimacali was there. So I had, wonderful conversations with him with a handful of others.

Got to interact with some great people, [00:03:41.15] got to help some kids out with some stuff, just had a great day and then I go out, have lunch with a friend of mine, a young woman who will be, if everything goes right, joining team whistlekick for 2019. So we were talking about some logistics specifics there and after she and I were done, a number of the folks from the team were at the same restaurant so I went and hung out with them for a bit. And we weren't talking about martial arts. We were just enjoying being there with each other.

And I think one of the things that we forget as martial artist is that, our relationships in and out of martial arts are generally based on some kind of common ground. That common ground usually has to do with geography but it also has to do with the way you see the world. Martial artists we see the world in a certain way, because we tend to be attracted to certain things. We tend to be more pro self-defense and I'll let you run with that however you choose. But we have that common ground so it tends to lead to friendships. Most of the martial artists I know have a lot of friends in the martial arts. If you think of the people that you trained with, you are probably friends with a higher percentage of those people that the overall other people that you know.

So that was Saturday, Saturday I got in the car and I drove to northern Maine where I spent some time with folks that I'm hoping would come on the show at some point. My original karate instructors [00:05:36.01] now other people showed, people I hadn't seen in a very longtime. People that I used to train with at that school back in the 90s. And because of that common ground of training together, having sweat together, bled together, learning from the same people, learning the same things, you have that foundation. You have that relationship and it's something that not everyone gets to experience in their lives. When I think about the people that I know that are not martial artists, when they talk about the friendships that they have, they are usually talking about them as circumstantial, I hear a lot of people talk about how they've become friends their children's friends parents. Okay that's cool, but that almost sounds more out of convenience often times than anything else. Not to say it's not beneficial, not to say that that's not relevant, but when you get to experience something, something that is so deeply personal, so for many people transformative as martial arts, you have a different kind of bond with people. And whether they're people you're trained with, or people that you don't train with and maybe you'll get to meet later on, we as martial artist have something very special that most of



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the rest of the world never gets to experience. So I hope you as more than likely a martial artist, take some time out and acknowledge how lucky you are because you know other martial artist. It's a great thing to share that bond with other people.

So I just wanted to point that out because I'm feeling really really happy, about my martial arts friends. So that's all I got, you could head on over to [whistlekickmartialartsradio.com](http://whistlekickmartialartsradio.com) check out the other episodes, if you want to see all the the video episodes, in fact, we've got all the episodes up on YouTube, we generally title the ones with video as video episode, you will also usually see a different thumbnail for those, I don't know how many of these I've done, but it tend to come out on Thursday, they're a little bit shorter and of course they don't have another person. If you wanna check out our products, you find them on [whistlekick.com](http://whistlekick.com), you find most them on Amazon, we got new stuff coming all the time. Oh and don't forget the code podcast 15, that will save you 15% on any of the products at [whistlekick.com](http://whistlekick.com) so you can use that over there. That's all I got, you can email me [jeremy@whistlekick.com](mailto:jeremy@whistlekick.com) then you can find us on social media [@whistlekick](https://www.instagram.com/whistlekick). I hope you have a great rest of your day. Until next time, train hard smile and have a great day.