

Imagine yourself on the fighting field. Typical day, typical tournament. Or a big day, a big tournament. Now, answer these questions for yourself, skipping over any that don't make sense to you:

Ok, here you are in this fight—why? In order to win it? For the exercise? For the socialization? For the competitive challenge?

Do you feel a desire to defeat your opponent? Do you believe that you can?

Do you want to prove that you're better than your opponent?

Are you concerned about making sure your opponent has a good time?

Are you afraid of or dislike getting hit? Do you enjoy being hit? Do you enjoy hitting your opponent?

Are you afraid of hitting too hard? (maybe even of hitting your opponent generally?)

Are you afraid your opponent is judging you?

Are you worried if you defeat your opponent too fast or well they'll feel bad about themselves?

Do you think about giving the spectators a good show, or worry about boring them?

Do you care about impressing the spectators or other fighters? Are you worried they're judging you?

Do you care how you're representing your territory or kingdom? your consort? your teacher?

Are you worried about sucking and disappointing yourself or others?

Why is your persona here on the field? Does that even matter to you?

What emotions do you often find arising during your tournament combat? Do you like the way you feel when you fight?

Do you have fun on the field? If so, what, exactly, makes it fun? If not, does it matter to you that it isn't?

Table 1. Conscious versus Subconscious

The Conscious Mind	The Subconscious Mind
Volitional	Habitual
Sets Goals~Judges Results	Monitors Body Operations
Thinks Abstractly	Thinks Literally
Short Term Memory ~ Approx. 20 seconds	Long Term Memory ~ past experiences, attitudes, values & beliefs
Time Bound ~ Past & Present	Timeless ~ Present Time Only
Limited Processing Capacity ~ 1 to 3 events at a time	Expanded Processing Capacity ~ Thousand of events at a time
Averages about 40 bits of information per second	Averages 4 BILLION bits of information per second

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