

BUSINESS SPOTLIGHT

The healing power of martial arts

Jamie Smith had a mild stroke 14 months ago at age 50.

Smith decided to be kinder to himself. He stopped drinking alcohol, quit eating red meat and dairy and started drinking a gallon of water a day.

Smith also opened a taekwondo school in Simi Valley's Wood Ranch Shopping Center and wrote a book about his healing and losing 50 pounds.

"God doesn't sit us down and say 'Here's the life I want you to live,'" he says. "But if you're lucky enough to survive a stroke or a near-death experience, we need to recognize that we didn't die and if we truly want to be alive, we can become a victor rather than a victim by healing others we ourselves can heal and become the person we are born to be."

Smith Taekwondo trains people in ancient traditional Korean taekwondo, which focuses not on combat but on self-defense and making sure a person's emotional, mental and spiritual sides stay in tune with the body.

The effect is dramatic, and can even help people heal after traumatic events.

The school teaches students to re-think and re-program their lives through ancient philosophies. The kicks, punches, stretches and breathing they practice conquer the true opponent, who is not in front of them but rather residing within their own mind.

The sessions are not just a gym workout but a total transformation of the mind, body and spirit that flows into their work, school, family and friends.

Happiness doesn't come from a place, thing, drug, person or anything outside; happiness is a mental state, Smith says.

Guns, knives, drinking, violence or wars are not the problem. Human thinking and emotional reaction to each other is the problem, he says.

Change one's thinking and people can change the world. Change the emotional state of the shooter, not the shot.

Smith Taekwondo teaches a multiple opponent system that focuses on respect and discipline.

The Fired "I" in the center of



the logo signifies pouring passion into everything you do.

The Um-Yang symbol denotes harmony with nature, inner balance, military strategy using non-violence against violence, logic, science and love of self.

Be part of the solution and know that people treat us the way they feel about themselves.

Jamie Michael Smith, aka J.C. Burkesmith, is the owner and chief instructor of Smith Karate and the final student of Grand Master Dae Woong Chung.

Smith Taekwondo is at ~~543 Country Club Drive, Unit C, Simi Valley.~~

Call (805) 387-3388 or email info@smithkarate.com for more information, or go to smithkarate.com.