

50th Anniversary of Egami KarateDo practice

50 years of practice have passed since my first training session on that Monday November 15th 1971 in Pisa at the Alhambra gym: I was 21 years old. For me, 50 years of exciting practice have filled and enriched my life, in the constant search for the maximum effectiveness of the techniques. Curiosity has always pushed me to discover what was beyond knowledge, continually exploring dimensions that initially seemed to go beyond reality, but which instead turned out to be a long and difficult journey within me and with myself.

Thanks to my Master Tetsuji Murakami and to Egami KarateDo, today this fascinating journey continues and seems to have no end. It is a journey that never ceases to amaze and intrigue me, always offering me stimuli that lead me to continue "searching", to get closer and closer to that example of rare clarity and honesty that is for me and has been for the past 35 years a beacon of light: M ° Shigeru Egami, a true genius of traditional Japanese martial arts.

Where shall I arrive? I do not know and it does not matter, but one thing is very clear to me: what matters to me is the journey through real life, living my feelings intensely, moment by moment, day after day, consciously living my mental state, the energy that is within me and that surrounds me, which establishes the quality of my relationship with people, animals, nature and the universe.

In short, I want to achieve the "here and now" always, because it is the only privileged condition of being, from

which it is possible to glimpse the right direction towards the so-called "enlightenment". Don't worry, I am not going to become a Zen monk... .with all due respect.

However, I wish to continue to engage in the path of Egami Sensei's "*Heiho*" to contribute in my small way to build a better world through harmonious social relationships: starting from myself to reach others.

Today this fascinating journey continues for me from that first training session in 1971; but even before that, when I went to see a training session for the first time to decide whether I too should start the discipline. At that precise moment, as I sat watching technically so precise punches and kicks, I decided without any doubt that karate was the way I wanted to go.

Unknowingly I had embarked on a path that, as I only later realized, could help me defend myself from external aggressions, but above all from my fears and insecurities.

Reaching 50 years of practice is an important step: this will not give me anything more than what I already am, but the experience of half a century of practice will surely help me to continue to walk with confidence, together with you, along the fascinating path towards the search for harmony, mental calm and agreement, elements which are essential to make our techniques and any action effective.

After 50 years I can say that the highest goal is never reached: every day we leave with renewed enthusiasm towards new adventures, new discoveries and new joys, overcoming difficulties and obstacles that, day after day,

appear increasingly lighter, thanks to the continuous research of that inner peace which is the true goal of Egami Karatedo.

Today I celebrate my first 50 years of practice with you, aware that this celebration is only one of the many pleasant stages we go through to reach an understanding of ourselves through discipline and the relationship with others.

With particular pleasure I can say that I have always trained with constancy and determination in reaching and overcoming my physical and mental limits and today I am grateful to my teachers for the mental equilibrium I have achieved and for the openness and the availability acquired towards reality and towards the others.

In these 50 years I have understood, belatedly, that all the people I have met in my life and with whom I have interacted have taught me something.

I feel very lucky to have had so many students and to have learned a lot from each of them. I also realize that this is a precious and priceless heritage and I therefore want to take this opportunity to thank you all from my heart.

My eternal enthusiasm and my growing curiosity in always discovering what is beyond what I already know, guide me towards an ever deeper understanding of the discipline and Heiho. I try with all my might, as if it were a mission, to represent the values of the discipline and the enlightened and illuminating vision of M ° Shigeru Egami inside and outside the dojo.

During this long journey I have understood that it is above all by example that one teaches one's students, it is with one's own state of mind that knowledge is transferred and it is with one's energy that it is possible to become credible and transmit through techniques an idea, one's own vision of the discipline and of life itself.

In all these years I have not invented anything, I have only obstinately searched; tried to understand the words and teachings of my Masters Tetsuji Murakami and Shigeru Egami. I have tried to follow in their footsteps in an attempt to discover myself and to weave a network of agreements and harmony with my students, with the people I met and still meet, with nature and with the universe, contributing so in my small way to transform our poor world made of too many conflicts into a world of agreements. I want to end these reflections with one of the most significant phrases of M ° Egami for me, which inspires me and guides me towards beauty and the realization of the strength of harmony:

"The rhythm of the movement of the body is music.

The lines drawn in space are a painting.

It is art and its canvas is the universe. "

(Shigeru Egami)

Thank you all,

Enzo Cellini

Pisa, November 15, 2021