



Shotokan Poem

As I have reached the beginning of my journey,
I see the path set out before me.
Filled with beautiful memories.
with the words of encouragement,
with open hearts,
with extended hands and the soft touch of friends!

I look back over the path I have walked to discover
the obstacles were of my own imagination,
my own physical limitations.

I start forward with my spirit high,
My eyes open
My step light,
One hand extended forward to reach for help,
One hand extended back to help those who follow.



Craig Finney - March 27, 2000