

Taraneh Mostaghazi

How martial arts help me to be a better physician

On the surface, one might not find a connection between being martial artist and being a physician. However, after practicing the art for a few years that I did now, I started to understand my practice has flourished certain traits that one need to be a successful physician.

One important set of skills that a doctor needs to excel at is how to use authority to dominate life threatening situations while being warm and compassionate. Martial art indeed strengthens such ability as we become more and more able to negotiate bodily threats with power and skill at the same time we learn how to be kind and channel this power toward helping and defending. This skill set can be used to become a more successful physician.

A martial artist learns to be fast and at the same time calculated. This individual learns to respond to dangerous situations with precision, power and accuracy. The same applies to being a doctor just the type of threat is different. Instead of responding to imminent bodily physical treats, the doctor needs to respond to ailments and sicknesses that are many times of the same urgency of responding to an attack from an opponent. During such response precision, power and accuracy are of utmost importance. Practicing martial art will improve such response.

This article can go on about so many ways martial art has helped me as a physician but I would like to give one more closing example. Many doctors concentrate on internal body systems and do not think vigorously about musculoskeletal system. I think daily practice of karate has helped me understand much more about body muscles and its relationship to its skeleton. Such contemplation helped me to help my patients to become physically stronger and to prevent lots of spine and musculoskeletal ailments by encouraging them use their muscles more often and make better postures. This translates to thousands of patients that I see in a year and has a significant preventive effect for my patient population who are the next generation of our town.

All in all, I am certain that practice of martial art had been very effective in my ability to stay calm, kind and dominant while dealing with stressful situations that translates into better patient outcomes.