

How Do You Want to Be Defined?

By Anthony Quatrochi, *Anthony Quatrochi's Martial Arts Institute*



Okay. I'm just going to put it out there for you. The English language can trip me up more often than not. This is NOT going to be a big surprise to some people....

So, when I started to think about an article regarding "ability," I looked up the definition; actually, I looked up a few. Interestingly, some sources said "ability" was synonymous with "capability," and others were vehement that this was not the case. Down the rabbit hole I went....

"Capability" was most often defined as having the power or the potential to do something, but maybe not quite getting there in the end.

"Ability," on the other hand, was usually defined as having the power or the potential to do something, but this time with a high probability of success at the end of the effort.

The biggest difference seemed to be that "ability" indicated someone has the talent, means or skills to achieve success.

Arguably, I'd say "capability" implies someone has talents, means and skills as well, but maybe they lack the drive to succeed. I think the true difference is in intent.

Developing an ability takes time – remember my last article about 10,000 hours to mastery? I think, more than that even, it takes intent, heart, sincerity of purpose – call it what you like. Without a strong desire or will, can you even have true achievement?

At the school, we have students with widely varying demographics, education, backgrounds and health situations.

What I think they all have in common though, is that intent – that extra something that fosters an ability and brings it to fruition.

The level of "success" for each of my students is different; they don't perform the techniques like production line robots. They all meet the standard, just sometimes it's with their own little quirk added in. That's fine with me. I'm interested in the intent – the love of the art and the desire to better one's self. That bettering of oneself, no matter the increment, is success in my book.

And...what does all this defining ultimately mean? It means that ability comes from wanting to learn and from trying. No matter your age, shape, past – whatever adjectives and states you apply – if you keep trying, you'll almost always get better if you want to. I did, and I created my school to be a place where everyone can do it, too.

I welcome you to come by and see what abilities you have. OSU! ♦



All Abilities Classes at Anthony Quatrochi's Martial Arts Institute



Mon. and Wed. 4:30 to 5:30pm
Tues. and Thurs. Noon to 1pm

Private lessons
also available



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