

# Presumably at no Expense...

---

F.J. Lovret, former editor of *The Bujin* magazine, once saw the following sign posted in a dojo:

THE MAT IS NOT A REST AREA. IF YOU ARE NOT TRAINING, GO REST SOMEWHERE ELSE. LYING ON THE MAT IN A PRONE POSITION IS ONLY JUSTIFIED IF YOU ARE INJURED AND WAITING FOR AN AMBULANCE. IF YOU ARE FOUND LYING ON THE MAT AND HAVE NO INJURY, ONE WILL BE PROVIDED FOR YOU.

---

©Wendell E. Wilson (2010)

(email: [minrecord@comcast.net](mailto:minrecord@comcast.net))

from [Essays on the Martial Arts](#)

Home: <http://www.mineralogicalrecord.com/wilson/karate.asp>