

# THE WARRIOR FLOW BLOG



*"Exitium Pluviam"*

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# 2020

# What is Warrior Flow?

Sep 15, 2019

***“Proficiency fosters competence, which enables you to stand in that space between courage and fear called confidence...”***

You know, ever since I launched **Warrior Flow** there have been a number of inquiries as to what exactly is “*Warrior Flow*”?

So, I’ll explain it because I think there are a number of unique things that separates Warrior Flow from other systems of fighting.

Warrior Flow pure and simple is a system of fighting designed to train people through the Warrior Mindset, “***in the body***” that they already possess and to be able to fight at an optimum level for their lives and win the fight. That’s right, win the damn fight! Especially if it’s for their lives!

Warrior Flow is not just a martial art, but a philosophy, and the science of winning in combat. With an emphasis on bringing the fight right to the enemy with ruthless efficiency for the sole purpose of their utter destruction and the preservation of yourself.

Warrior Flow above all “abhors” the *spirit of fear* and will never entertain it nor take counsel of it.

On these points, there should be no ambiguity!

You see the only fight that really matters, that really counts, is the one you win for your life or those you protect, everything else is all bullshit, a duel, a game.

Anyway, there are no forms or pre-ordained techniques in that the focus is on developing people **in the body “first”** refining their movement as they grow in skill. This process I have in the past referred to as “**polishing**” and is in line with the Japanese philosophy known as “**Kaizen**” or “**continual improvement**”.

In other words, rather than training people in a bunch of techniques the ultimate goal is to enable them “in the body”. Again, “in-the-body” to continually improve in which over time their movement becomes so “refined”, so “smooth”, so “seamless”, so “creative”, that they “**transcend technique**”.

Meaning they reach a point where their ability to deal with another person’s motion becomes so well developed. That it pretty much doesn’t matter what the attacker does because at the end of the day, as one of my Masters use to always say, “...**you’re just dealing with motion**”, and nothing more. This philosophy along with “**Don’t let it happen in the first place**”, pertaining to a potential attack, and a number of other concepts that I learned from my Masters over the years form the core underpinning that has shaped my training philosophy and the “why” I do what I do the way I do it when I do it.

This alone is a radical departure from the way in which many arts are taught because in most martial arts the emphasis is on technique or the development of tools, and not the actual mechanisms of how things work within the known universe. Don't get me wrong there's nothing wrong with tool development or technique because you can't have a fighting system without it. However, if you're going to teach them at some point you need to train people how to make them work under dynamic conditions, and you can only do this by developing their body's to respond appropriately without conscious thought.

To achieve this, Warrior Flow focuses on teaching you with an understanding of what are the **four basic stages of learning**, they are.

- **Subconscious Incompetence** (*you don't know what you don't know*).
- **Conscious Incompetence** (*you know what you don't know and you want to learn it*).
- **Conscious Competence** (*you know what you know and you now have but to merely practice it and refine it through trial and error until you can do it. But at this stage you still have to think about it*).
- Finally reaching **Subconscious Competence** (*where you know, what and how to do what you do, without having to think about it. You just as Nike would say, "Do It"*).

Folks, this is the way you and I learn and have learned everything that we know from learning how to walk to doing math, throwing a baseball, to driving a car. Sometimes it takes years or even decades, sometimes months or weeks, hours and in some cases, depending on how much we've developed over time we only need to have someone clarify something for us at a point and we have an "Ah-ha movement". That epiphany where all of the light bulbs come on at the same time. Where in a microsecond our brain makes all of the right connections and that one piece to the puzzle that was missing falls into place.

We do this constantly and even if we are not consciously thinking about these things either intuitively or through general observation, but in any event, we are always doing it. **Also, the quality of what you practice and the mindset and understanding or context is important.** Just because folks do something doesn't mean they are doing it right. You can be sincere in what you do and be sincerely wrong!

When I'm training people and understand I've been doing this long enough both in and out of the military to know this for a fact. When training people you need to;

- 1) show them,
- 2) tell them what it is,
- 3) explain to them how it works so they can practice it,
- 4) then have them practice it until they forget about having to think about it.

**Show them, tell them, make them do it, make them forget...**

Next!

Folks, I'm sorry but it doesn't happen any other way...

Understand that the purpose (and definition) of training is "**to cause a change**" and since there is no one size fits all Warrior Flow employs a variety of methods and modalities to develop people. Through proper training, everything that you and I are capable of doing in our bodies, whatever they are, we are already capable of doing as long as we move within the natural range of motion in our bodies.

You see you and I are already born with, all of the physical tools, the balance, looseness, sensitivity, body unity, etc. to protect ourselves. The key is to learn to recognize them, understand what they are and how they work "again" in the known universe, and develop them for fighting. Since we do this stuff "all-of-the-time" throughout our day all Warrior Flow does is focus on training you to develop these qualities to the "*nth*" degree for fighting. That's it!

It's funny because we use these things all of the time in our day-to-day activities and yet when it comes to fighting people act like we can't do these things or that they don't exist. To me, this way of thinking makes no sense and is not logical on any level.

Warrior Flow is also based on the philosophy that all men are basically the same (*i.e., that we are all human and bound by the same laws of physics and human physiology*), that within those physical laws we can only do so much and move but so fast because we all have limitations. So, the "**qualitative**" difference between one man or another is training both physically and mentally.

By training people in what they can do and training them to overcome their limitations they are able at some point of transcending those limitations by working around them (*or making a way*) and become capable of neutralizing the physical advantages of much stronger and large opponents. Not by magic but through the proper application of how we as human beings interact with other people both mentally and physically during an altercation.

Understand that the bad guys are not “gods”, nor are they beyond destruction, they are men. They bleed and have fear just as the rest of us and just because they have the capacity to be evil doesn't make them brave. Frankly, too many people in my view give the bad guys way too much credit and this only serves to make people fearful and lose trust and confidence in their abilities.

**This mindset IS NOT the Warrior Flow way... and never will be!**

The key is can you stand in that space if you need to and do what must be done should your moment of truth arrive?

This is what the Warrior Flow training is designed to resolve for you. To give you the ability to stand in that space, that sense of gravitas. The sense of freedom, clarity, and singlemindedness of purpose to do what must be done without hesitation, without irrational fear, with focus.

Now, because Warrior Flow focuses on what is possible within the laws of physics and what we as humans are capable of. At the same time, Warrior Flow does not shy away from concepts because we may not fully understand the mechanism as to how a thing

works. In other words, truth is “truth” and we are not afraid to go there to find the truth, because the truth may be uncomfortable or beyond our current understanding. The key is to be scientific, logical, skeptical, but also we must possess the wisdom and the courage to suspend disbelief and at times take the leap of faith and see how far down “The Rabbit Hole” goes.

Equally important Warrior Flow from a mental standpoint trains people to **recognize, overcome or manage their fears.**

As I’ve stated in other writings, much of what we call fear or as I like to refer to it as “irrational fear”, doesn’t just reside in our minds but probably more so “in our bodies”. It is this lack of understanding and lack of focus on developing the body through a proper modality of training in a logically progressive manner that inhibits the development of overcoming and managing fear.

In fact, I’ll go on to say that most reality-based martial arts actually do more harm than good. In that their approach to self-defense is not only self-defeating but one that actually “reinforces” people’s fears instead of training them to overcome them.

Without changing how the body responds to fear and stress I believe (*I know*) it is “impossible” to achieve the state of Flow I like to refer to as the “*Warrior Flow State*”.

That state where all under Heaven seems to fall to your will. Where everything seems to become a focus of your will.

Nowhere is the ability to enter into the Warrior Flow State more critical than when faced with your own mortality or that of your loved ones. Very few things in life are more

stressful than that. Warriors and those who have been in harm's way understand this because they have lived it.

However, and I want to be clear on this point the way of the warrior and attaining the skills of the warrior and more importantly, the Warrior Flow State is available to anyone who is willing to pay the price. To develop the ability to achieve above what they think they are capable of in the body they already have through proper body movement dynamics, and learn to fundamentally "**re-pattern**" their body. To become "better" in both movement and thought and their "perceptions" of what is the art of the possible.

Now, contrary to what you may believe the military or anyone else for that matter, does not have a monopoly on the warrior arts nor the truth. We are all human and even those like myself who have served in the military at one time in our lives we were not Marines or Soldiers, we learned and became those things. And just as we learned so can you.

Now, envision that idealized self the person you not only want to be but were born to be. Imagine, seeing in your mind just for a moment standing in that space at a point in the future looking back from where you were. Already, feeling yourself occupying that space, stronger more capable than before, "better".

When you are trained to possess the "moral certainty", "mindfulness" and "perfect clarity" as taught in Warrior Flow and to see the world as it is. Having experienced in the body what it's like to push past fear you not only know what to do but are able and willing to do something about it.

The Warrior Flow is all about this.

Warrior Flow is uniquely designed to create a “*shift*” in your thought process, to help you see in your mind that which is possible. But in order to do this, you must first be able to feel and know it in the body.

In Warrior Flow we have a philosophy: proficiency fosters competence, which enables you to stand in that space between courage and fear called “confidence”.

Now, I would be remiss if I didn't credit the training from my Masters, Grandmaster John C. Perkins and Grandmaster Tim Carron who trained, shaped, and taught me the methodology of not only how to develop my own skills but teach it to others. For this, they have my eternal gratitude.

Warrior Flow is the culmination of nearly forty years of experience both in and out of the military too include training people in the military, law enforcement and people who provide VIP protection on five continents. This program is specifically designed to achieve a level of “presence” to stand in that space where they choose to position themselves both in their personal life and in the world.

The next step is yours. If you think that Warrior Flow is for you then [CLICK HERE](#) and let your journey begin.

I hope you find this material informative. In the future, I will continue to post on different aspects of Warrior Flow and other self-defense related topics.

# First Things First

Sep 22, 2019

So... what are we talking about here?

The whole idea of self-defense and the idea of learning to fight for your life. You see the way I see it it's not just a matter of learning a lot of skills and techniques or even one art or methodology over another. No there is something greater, you see there is a whole moral and mental aspect to being able to defend yourself and being able to stand in that space.

Now when I talk about being able to stand in that space I'm not talking about walking around with a big chip on your shoulder the size of a railroad tie. But mentally and even physically being able to position yourself in the world where there is a line, a point of no return for you.

You know I can remember when I was a kid and I'll never forget that there were these kids who wanted to fight me after school for whatever reason. At that age, I guess I was about nine or ten years old and every day for three days they would chase me to try and beat me up. Then one day because my father came to pick me up after school and so whenever he did that he would park his car across the street from the school.

Well as he was waiting for me he noticed that I was running from these kids, now of course when they saw my dad who was an imposing figure at 6'3" and built like a

bodybuilder they called off the chase. When my dad realized what was going on he said to me,

*“Are those kids chasing you?”*

I said “Yeah...”

He was pissed!

He said and I’ll never forget what he said,

*“Don’t you ever run from anybody, if they chase you tomorrow you better kick their ass, either you get them or I’ll get you!”*

So... the next day sure enough as I was leaving school the wolf pack was on my tail again only this time I wasn’t running, I was walking and as I was walking they were talking shit to me as I walked in front of them.

Well, as I was walking one of them kick me from being in the back of the leg and all I remember doing was turning around and punching the Hell out of them, and then body slamming them on the ground. Resulting in some new dental work for them. Guess what? No more problems from them...

Mind you this wasn’t the first fight I’d even been in just the first time in my life that I had to deal with greater odds than the “one-on-one” situation and this would be far from my last. But they got the message unless your parents have a good dental plan don’t fuck with me!

The point is my father taught me a very valuable lesson that day that I still carry with me get them before they get you. **Be prepared to bring the fight to them and make them deal with you no matter what.**

The point of this is also to highlight something very fundamental and that is the bad guys are human and they don't want to get killed or injured any more than the next guy. Granted they may be dangerous but they are still men.

**Answer:** become dangerous yourself!

If you ever read the Michael Crichton book, "*Eaters of the Dead*" about a band of Vikings who go on a quest to rid the land of a creature known as the "*Wotan*". In order to grant luck to their mission, they needed at least 13 warriors with at least one of them being a foreigner. And in this case, it happened to be a man who was pretty much sent to their land in exile.

It is the book the movie "*The Thirteenth Warrior*" was based on and one of the scenes in the movie that they were able to capture the essences and spirit of the story from the book was when Antonio Banderas' character killed one of the "*Wotan*" and realized that they weren't "monsters" or evil "creatures" or even "gods", but that they were just "men" he said with joy, "*It's a man, it's a man... it's a man!*"

Then to put things into perspective one of the Viking warriors then said to him, "*Yes it's a man and there are more of them...*"

What even to this day struck me during that exchange in the movie was that in the minds of the Vikings. There was no doubt that they were just men and could be killed like anyone else. Actually, now that I think of their approach was very matter of fact and they knew what had to be done.

The reason for me going into this is because all too often when it comes to self-defense especially when it comes to the type of things that I've found over the years in the minds of most people is that while they acknowledge the need to train in some sort of self-defense and they get the idea of learning how to strike etc. that the main thing they want the number one thing is not necessarily the secret *Shaolin* technique or *Five Finger Death Touch* though I'd like to learn that as well if such a thing even existed.

No, what they really want as law-abiding citizens, as fathers, mothers, or just some college girl getting ready to leave home for the first time. And that is they want "permission" to fight back.

I remember back in 2005 right before my unit was to deploy to Iraq and we were to receive one of our "required" pre-deployment classes. For those who've served in the military and have deployed to combat or a dangerous place then you know that most pre-deployment training courses are about as fun as sticking a fork in your eye. So anyway one of the courses we were receiving was one on "Combat Stress and PTSD". Usually, these classes are given by the Chief Medical Officer for the unit whoever that may be. Well... the guy giving the class was a Navy Doctor but no ordinary doctor. You see and I actually recognized him because I had seen him in my career, elsewhere. Anyway, he was a Psychiatrist and in a previous life he used to work with SOCOM

(Special Operations Command) and one of his main functions was helping them put together teams for “missions” (*I’ll leave it at that*). But what he said about how to combat PTSD and combat stress resonated with me because he summed up the feelings that I and many others had. He said something like,

*“Listen you are Marines and Marines kill the enemy and that is your job, your duty and you must do your duty. That’s what you are trained for and that’s why you joined up to fight evil. You should want to do your duty and kill these guys. There’s nothing wrong with that and there should be no ambiguity in your mind about it and if that bothers you come see me and as the medical officer I will deem you unfit for duty and get you out of the Marine Corps, because if you don’t want to do your duty as a Marine then you don’t belong. As long as you focus on doing your duty you’re not going to have a problem. Here I’ll give you an easy tip for dealing with combat stress... you ready? Do your duty and if you’re having a tough time just talk to your buddies and get over yourself and get back to doing the job you were trained to do. Do your duty. Are there any questions?”*

The guy got a standing ovation from the Marines. Straight to the point and no mealy-mouth ambiguous bullshit.

***“No Fear, No Hesitation, No Surprise, No Doubt.”***

**— Miyamoto Musashi, *The Book of Five Rings***

You see a lot of the stress about this sort of thing that people experience, a lot of the fear whether you're a Marine, a Soldier a Police Officer or a private citizen. Is rooted in not having a clear unambiguous understanding in the mind of where their duty lies either to their nation, their community, their family or to themselves. In short, what you are looking for is a concept that you will continue to hear me talk about as I build on these concepts and that is "**Moral Certainty**". I define it in the following way.

**Moral Certainty:**

- *the ability to sum up a situation and take action with near-perfect confidence, without thought or hesitation, or irrational fear, with little regard for the consequences to yourself.*

Seemingly tall order for some, but actually not impossible if you are willing to commit to developing yourself in both body and mind and take the leap of faith in your own abilities.

People want to be reassured that they have the God-given right to protect themselves and their loved ones, that they shouldn't allow themselves to be deterred by some stupid code of civility or law. Written by cowards, repeated by morons, and believed by the irrationally fearful and the stupid. And... above all that they should always strive to do the right thing, the noble thing, and consequences be damned.

Amen! I'm right in there with you.

They want to know that they enemy contrary to how some people present the bad guys in the self-defense world, that he's is not 9'10" and breaths fire from his nostrils, and other "disempowering" fearful talk of prison trained monsters, but that he is "just a man". Granted, they also don't want their feelings placated with false assurances by people whispering sweet nothings in their ear telling them how "special" they are (*as I've also seen in a number of self-defense programs*).

They just want the truth.

**This is the Way of the Warrior, the "Warrior Flow" Way...**

More to come.

# Second Thing: Context Part I

Sep 24, 2019

***“It's not enough that you believe what you see. You must also understand what you see.”***

***--Leonardo da Vinci***

In the last Blog Post, I discussed the concept of developing Moral Certainty and I defined it in the following way.

**Moral Certainty:**

- ***the ability to sum up a situation and take action with near-perfect confidence, without thought or hesitation, or irrational fear, with little regard for the consequences to yourself.***

However, there's a little more to it than that because in order to develop the **Moral Certainty** you seek you must first understand things in their proper “**context**”.

**context** noun

**con·text** | \ 'kän-, tekst \

1. the parts of a discourse that surround a word or passage and can throw light on its meaning

2. the interrelated conditions in which something exists or occurs: (e., *environment, setting.*)

Like I said in the previous post people want to be reassured that as they exercise their God-given right to protect themselves and their loved ones, above all they want to have the assurance that they are doing the right thing, the noble thing, with the strength and courage to do what must be done and consequences be damned.

As I said, I want the same things so I'm right in there with you. They just want the truth.

Folks, I'm going to tell you if there is one area that really screws people up when it comes down to life and death is not having clear unambiguous guidance or understanding of the situation and where the line is so to speak. Even though I'm known for spouting off that there are "**no rules**" in a real fight for your life. Well... that's not entirely true only they are not the kind of rules that people think.

In other words, people need to know what they are looking at and they generally at least when they seek out training with me they want to know how to respond in certain situations. They want to know what to do when this happens or that happens. People no matter what want to know what the rule is because they know the "context" in which information is presented to them and understood by them makes all the difference in the world in a life or death situation.

I'll give you just a small example of what I'm talking about because I also think it's sort of funny. I remember long ago I was at this park I used to take my granddaughter to. I

guess she was about 7-years old and we were near this fence when a wasp started flying near her. So I quickly stepped over and “swatted” the damn thing.

So she’s like, *“Papa! Why’d you do that?”*

So I said, *“Because I didn’t want you to get stung.”*

She was actually a little angry at me because I killed as she called it “the buggy”.

Humph... You’re welcome!

It was then that realized she probably didn’t know what a wasp was. I’m sure she knew from school what a bee looked like, but a wasp? Not in her wheelhouse at the time.

So I told her,

*“No princess, they can sting you and they have a nasty sting worse than a bee and can sting you over and over.”*

Now, you have to know my granddaughter, even at that age she was all about trying to choke me out on the couch, sword fights in the kitchen with me and learning about *“The Riddle of Steel”* (good girl).

So she’s like, *“Have you ever been stung by one?”*

I was like, *“Oh yeah... and yellow jackets too”.*

I then told her the story about when I was in high school and how me and a friend got stung up by a nest of yellow jackets freeing a friend’s dog that was tied to the fence

from getting stung to death. We saved the dog and damn near got stung to death ourselves.

Well... after that she was incensed. Once she realized they would attack and sting you up like that she was all about, "*dusting off and nuking the site from orbit*"!

But what changed? Before she was all upset at me because I had disrupted the harmony of the universe causing a disturbance in "*The Force*". Then five minutes later she's all about nuclear destruction, "*Judgement Day*".

Simple, her understanding of the nature of the threat.

Once she understood the danger, the "context" she was all about going "Roman" on the "*Wasp Empire*".

As simple as this sounds this is the same thing that we all want as adults. The proper understanding of the threat so we can make an informed decision about our own safety. So that if we have to go all *Leif Erickson* on someone we do so with the knowledge, the understanding, the Moral Certainty that we did the right thing... even if it costs us our lives.

If you're a fan of *JRR Tolkien* like I am and other such writings in that genre one of the most fascinating things I've always found that I think for most people goes over their heads. And that is in the fantasy world he had created there was one creature one being who by their nature were either immortal or virtually immortal. That was *the Elves*.

Yet throughout the saga you see the Elves fight alongside humans and other beings sharing in the risk because while Elves were virtually immortal they could be killed.

Now, without getting into a religious debate can you imagine?

Being virtually immortal and giving that up, risking all of that?

Think of the sacrifice?

The Moral Certainty, the surety of the cause they had to possess to be willing to risk all of that?

Now, think of us as humans, think of in certain ways how frail, how fragile we can be yet resilient?

How finite our existence is?

Our lives are so short for many people we can recount our entire existence, our accomplishments in a few hours to our grandchildren.

Our short life spans are maybe 80 good years and then “poof” back to the clay we go. The idea of immortality is seemingly incomprehensible and in between those quotation marks we try to fill it with as much “life” as possible. Sort of like stuffing 100 pounds of stuff into a 1-pound bag.

Everything in our lives is done in such a hurry. We shun the lazy and admonish those who haven't checked a sufficient number of blocks in their lives at certain ages as haven't really tried, as unfulfilled. And even when we have lived what would be deemed

a good long life, for the most part, we are really not ready to go even if we tell ourselves that we are.

Now imagine being willing to risk those possible 80 good years at 18 years of age? Having the Moral Certainty, the maturity, the understanding, the proper context of the world and the nature of evil and being willing to stand in that space against it even unto death. Yet I've found that for many who seek out martial training this is the very thing they seek even if they have not verbalized it to themselves. Otherwise, why be there?

I know that's why I showed up.

Anyway, let me assure you there are very, very few situations in the course of human existence where understanding your environment in context and having the Moral Certainty to take action when necessary is more critical than in War.

Because you see in war everything seems to count...

You know in war there is nothing that worries a man more than death except probably letting their buddies down. Men can endure a lot of things in combat, we can forgive a lot of mistakes, overcome a lot of failures and our faults. But nothing probably worries us or even scares us more than that feeling like we didn't pull our load. That in our hour of need we didn't stand shoulder to shoulder with our brothers. That we let them down. It can't be helped because it's what makes us who we are as men, as sword maidens, as warriors.

I can remember when I was in an area of Afghanistan called Spin-Gar with a unit “collecting information”. Anyway, I remember myself and a good friend of mine who was the Marine Corps Historian, and we were talking with this Lieutenant where he was recounting a story of the only Marine he had lost in combat at that time.

He said something along the lines,

*“Yes, Sir, we were on patrol through the poppy fields in the area we were in earlier when the Marine (I don’t remember the name) turned placed his hand out and told everyone to stop, and I guess he must have when he turned stepped on or brushed a pressure plate that’s the only thing I can figure. The next thing there was the explosion and all I can remember was everyone taking action waiting for an ambush. Me and the squad leader practically ran over there and when we got there it was bad. He must have been right on it and all he said was, ‘You’ve got to be fucking kidding!’ and then... (the Lieutenant shrugged his shoulders) he just died.”*

I could see it in his face, his eyes were glassy, welling up with tears. You see this wasn’t just some kid or some Marine this was his kid, “his” Marine. The mood was very somber and very sobering. I could tell just by his mood there were a million things running through his head, all of the questions, all of the doubt, all of the what if’s? No matter what when you are the leader you never feel that you’ve done enough, trained hard enough, long enough, well enough. It’s just that way.

Did they have all the information?

Did they know?

Could I have done something differently?

The questions are endless because so are the possible outcomes and trust me it is very easy, like “very easy” to blame yourself. But in reality, it isn’t anybody’s fault because the truth is “that’s war”, and you could be the most well trained Marine, Soldier, Sailor or Airman. You could be the best grunt or pilot or whatever. If it’s your time it’s really your time and that’s all there is to it. I found that the sooner you come to terms with that fact, with your own mortality, how finite our existence is, you feel more alive, and it is liberating because you are not spending all of your time taking counsel of your fears.

But I also found something else, the more you understand the nature of the threat in proper “context”, the more Moral Certainty you are able to glean, the less fear you have, the more focus you have and the more confident you are and "effective" in battle.

Over the years I’ve seen even with people I teach self-defense to while they may come to me with all sorts of doubts and fears. Once information is presented to them in the proper context, as they develop their skills in the body. Becoming more capable in the body, the more their ability to feel “confident” standing in that space becomes.

In the next part, I’m going to delve further into how Context plays a role in training not just Moral Certainty but also how it affects “physical” skills and martial development.

# The Third Thing: Context Part II

Sep 30, 2019

“Truth is not what you want it to be; it is what it is, and you must bend to its power or live a lie.”

· Miyamoto Musashi

In the last Blog Post, I introduced the importance of how the “**Context**” in which we receive and view information influences how we act and respond to said information or stimuli. Again, in order to develop the “**Moral Certainty**”, you seek which is that of the **Warrior**. You must first understand things in their proper “**context**”.

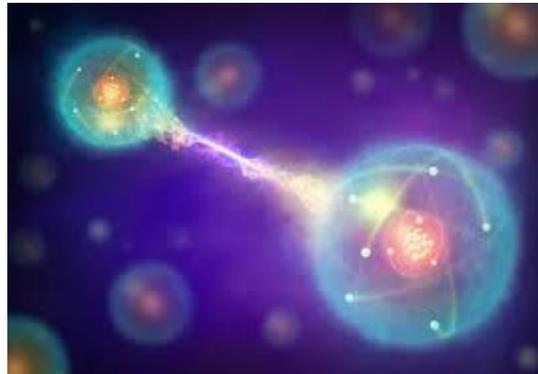
As stated in my previous post, people need to know what they are looking at and they generally at least when they seek out self-defense training they want to know how to respond in certain situations. With that said in order to do so, we first need to know a few things or as I like to say “*how the known universe works*”.

Now, the way I see it there are several things here you see when dealing with another person what you are really doing as my Masters have taught me, is you are just dealing with their motion. Whether strong or fast, whether they have reached or not, big or small, in order to reach you, they have to make a move. So either you’re moving towards them, they’re moving towards you, or you’re meeting somewhere in the middle. The point is without movement there is no contact, without contact there is no fight.

The other thing is while we experience our world through our senses it is the **context** in which information is presented that influences how we act or respond. In other

words, how we think about a thing in context “influences” how we move and how we move “reinforces” / “influences” how we think about moving.

Think of it sort of in the same way as the concept of “*Quantum Entanglement*” which is,



***“A physical phenomenon that occurs when pairs or groups of particles are generated, interact or share spatial proximity in ways such that the quantum state of each particle cannot be described independently of the state of the others, even when the particles are separated by a large distance.”***

Now, I’m not an expert on this but the concept is apropos for what I’m talking about here. The point is these two things like Quantum Entanglement are inseparable and are always present working off of each other.

***“Superficial goals produce superficial results.”***

***--Atilla the Hun***

Why this is important is because no matter what we do there are the things that influence how we perceive things and how we respond to a given situation. Now in most endeavors in life, we accept this with no problem however it's been my experience that when it comes to fighting for some reason we want to act like people are not capable of doing certain things.

This is also a major reason why when training within the **Warrior Flow** system whether teaching a specific skill or scenario-based training. A premium is placed on framing each training evolution, every modality, every technique "***the right way***". The training must be "**framed**" within the proper context otherwise it just doesn't make sense. It's just too important not to do so. Understand that people come to you to learn life-saving skills anything less than your best effort to train them could be the difference between life and death.

Think of it like this, looking at it graphically when we take in information as we train when we perceive the information within the proper context of the principles that govern combative movement. **The information is able to be understood and stored in the body in a logical manner where it is "always" accessible.**

HYPER-COORDINATION  
EQUILIBRIUM SUBTLE MUSCLE PERCEPTUAL  
CONTROL CONTROL AWARENESS  
**CONTEXT**

In other words, by building it up in the body within the “**right context**” we reach the level of “**subconscious competence**” where we just “know without knowing”.

(EDITORIAL COMMENT: *I now call it this because, in retrospect, it is a much better and more accurate description than “unconscious competence” because it is knowledge and thought at a level outside of our conscious awareness. Besides if it were “unconscious” then it can imply that there is no thought to how this happens or that our brains are not operating thus “thinking” on some level. This is not possible! You cannot, “not think” and even the idea of not thinking is a form of thinking so this is not possible! Unfortunately, in the martial arts, because of the infusion of Zen Buddhism the concept of “Mushin” which implies “no mind” has created the perception that it is possible to operate on a level without thought of any kind. Understand that this concept is thousands of years old before we had the technology to prove that such a thing is not*

*possible. I repeat **not possible!** I believe this is a misunderstanding of what they were talking about at least for the martial arts, and probably a better word to describe Mushin is "**Focus**" or "**Total Focus**". And that the key is to develop yourself to the point where you're able to perform without any conscious thought as to what it is you need to do when you need to do it. To develop what I call "**Perfect Clarity**". This is a subject that I will cover in another Blog Post at a later date but suffice to say when we discuss the idea of Mushin. We are in my view discussing a type of **subconscious competence** where we enter into what I refer to as the **Warrior Flow State** in which all under Heaven seems to fall to your will without effort.)*

Anyway, this allows us to make the best possible choice **in the body** without conscious thought **because the information coming in makes sense** given the stimuli that are presented because you've trained to it to some degree. Is it perfect? Of course not because there's always the possibility for variation but as you will find over time as I lay out these concepts even training to deal with and accept change is an actual thought process (**adumbration**) that has to be trained to.

However, (*oh... you know where this is going*) if the information is framed "incorrectly" or presented in a confusing incomplete manner. The context is thus flawed and the result is a confused inappropriate action or response to the stimuli that the person perceives (garbage in... well you know the rest). This is exactly how bad habits develop. These incorrect yet learned behaviors. Understand that for the most part, our bodies don't know right from wrong only stimuli, and the context of that stimuli presented

influences how we developed based on those perceptions of what we perceive to be happening within time and space.



**CONTEXT**  
EQUILIBRIUM  
SUBTLE MOVEMENT  
CONTROL  
COORDINATION  
PERCEPTUAL  
AWARENESS

Even though how we move our bodies (*even when we fight*) is no different than how we move at high speed or in any other extreme situation. If you have developed your skills within the wrong context you are going to draw wrong conclusions in your actions or responses. In other words, the old garbage in garbage out metaphor is at play here again. And if you train within the wrong context of the battle all you'll do is get to the wrong conclusion sooner. Remember that your perceptions will influence your actions even in training because this “entanglement” between thought and action even on the subconscious level cannot be ignored.

The way I see it, your body is your body and whatever you are capable of is “*what you are capable of*”, and usually, we are far more capable of things than we think we are, which to me is a good problem to have. But it also explains why there is a whole cottage industry built around helping people get past their own self-imposed limitations.

My point is that even under duress how our bodies work for the most part work the same way. While there is no question that in a heightened state we tend to move with more force or deliberateness and respond with a heightened state of awareness at the end of the day ***full speed is full speed even under the “mythological adrenalin”***. (*I refer to it in this manner because often in the self-defense community and the military we speak of adrenalin as if it were some “magic elixir” that grants almost supernatural powers and abilities outside of the known laws of physics*).

I believe, having been in a heightened state of awareness and responsiveness numerous times in my life. That the “perception” that we are moving at almost supernatural speeds or that everything and everyone around you is moving in slow motion and where you are performing with almost supernatural strength “effortlessly”. Is because until you’ve had to move like that *you didn’t know you could do it*. In other words, whether *intellectually or physically* **you don’t know what you know until you know it and you “won’t know it” until you know it**. Also, in this state, you are so “focused” that all else around you seems to disappear.

This is why in training it is so critical to ensure that concepts and skills are presented in a manner where they are framed in the proper context in order to facilitate proper learning.

Listen, folks, when it comes to fighting for their lives people want to not only feel they have the moral right to “kick that ass” but know what to do when something happens. People no matter what want to understand in “context” the information presented to them because it makes all the difference in the world in a life or death situation.

This is why in Warrior Flow there is an emphasis on presenting information to the best of our abilities is presented in an as clear and logical manner, that is understandable to even a child. There should be no ambiguity in a person’s mind when training for self-defense as to the purpose and the context of the who, what, when, where and why of a given skill.

"Context" is important and should never be taken for granted. At the end of the day, we are talking about people’s lives. People come to us for help in order to learn these warrior skills necessary to protect themselves and their loved ones. Just as our students should train as if their lives depend on it we should also always strive to deliver on the promise to train them as if their lives depend on it from the moment they enter our training programs to when they go home.

As trainers in the art of war, we owe them nothing less...

**This is the Way of the Warrior, the Warrior Flow Way!**

In my next post, I will get into this in just a little more depth from the perspective of "**Warrior Mind Focus**".

Thank you.

# Perfect Clarity: The Trait of the Warrior Mind

Oct 11, 2019

*"How often have I said that when you have excluded the impossible whatever remains, however improbable, must be the truth."*

*--Sherlock Holmes*

In the last Blog Post, I introduced the importance of how the "**Context**" in which we receive and view information influences how we act and respond to said information or stimuli. In this post, I will get into this in just a little more depth from the perspective of "**Warrior Mind Focus**". In order to do this, I believe you must also develop a level of what I call "**Perfect Clarity**". I define it the following way.

***Perfect Clarity - the ability once you have all the required information or desirable elements, qualities, or characteristics. To be able to see and understand unambiguously or as well as possible with absolute clearness.***

This is where you see things in the most unambiguous manner. Where there is no blurring of your vision as to what must be done. This is important because in a life and death struggle the more clarity you can have of a given situation the easier it is to make decisions and the more choices you have available.

*"Simplify and make no simpler."*

**--Albert Einstein**

I can remember when going through training in the Marine Corps if there was one thing that our instructors were always stressing and that was to always try to keep things as simple as possible. In our US Special Forces community on the sayings, they use to keep their minds and training in the proper perspective and context that I've adapted even to my own way of thinking when it comes to developing perfect clarity it "**Brilliance in the Basics**". It's not about knowing a thousand things as much as it's being the best or as perfect as possible at the most essential things. I'm all about this.

The reason for this was and still is, is that in combat there's enough confusion as it is no need to add to it.

Made sense to me...

However, in order to simplify things, I found that not only as I've stated in another post we had to train ourselves to be able to do things without thought. But I believe there was also another reason they trained us the way they did, and that was to help us overcome much of the fear that comes with going to combat. We had to train and develop a level of understanding that removed the uncertainty of what to do as much as possible. That simplified things so that your mind could cut through the "**fog of war**" as we liked to say and see what needed to be done to accomplish the mission and make split-second decisions no matter how dangerous the circumstances.

Thus the mantra, "**Mission before men...**"

Meaning no matter “what”, you have to do your duty “first” and focus on all that other stuff last. While this mindset may seem “cold” or “antiseptic”, without feeling or lacking in humanity. It is actually when you’re in a dangerous situation the very thing that allows for your mind to focus on what is essential. Almost as if it is designed to place your mind into the state of “Mushin”, “ZaZen”, or “Flow”. I can tell you right now from personal experience this is a very hard thing for most people to get their minds around.

You see for the most part we are ruled by our emotions and nowhere is that truer than when we’re about to find out if there is a God. However, there is also a positive side to this because trust me when I tell you that nothing focuses your mind more than when you know that the very next action you take could be a matter of life and death. Coming to terms with your own mortality has a very sobering effect one that I personally believe if more people had the chance to experience that they’d realize how much a lot of this bullshit that we think is so important is just that... all “bullshit”.

But in order to get to that place you have to let it, you have to train to it you have to learn to deal with it in order to become on some level “desensitized” to the “noise” so that your mind can learn to filter out that which it understands is not important to the task at hand. To see with your mind what is important so that your eyes can focus on the essential and not chase shiny objects. To see with perfect clarity and reason without fear.

***“No one is so brave that they are not startled by the unexpected.”***

***–Julius Caesar***

You see this lack of understanding or for our purposes lack of “clarity” in my view is a big part of the fear that I believe holds us back. The fear that keeps us from taking the leap of faith, and to boldly step into that space and do what must be done, what we need to do when we need to **“kick that ass”**. Once we understand, once we have trained and gained some proficiency in the art of death much of the fear dissipates because as I’ve said in the past, **“proficiency fosters competence which allows us to stand in that space between courage and fear know as confidence”**.

In the martial arts in my view, too many people have forgotten this. How to train people to be able to stand in that space, to gain the confidence, “real confidence”, confidence that can be felt in the center of your body, that feeling you have when you are prepared to wage battle with righteous indignation. Where your skin feels as if it is aflame, and not false bravado. And to be able to stand if necessary and do what must be done.

Where you feel as if the earth dropped out from under your feet and there is nothing but your sword and his sword. They’ve forgotten the "martial" part of the martial arts and, as a result, their training often lacks the proper focus to develop the clarity people need for battle. They’ve strayed from the way and focus more on nonsense over function without understanding the purpose is to crush your enemy and nothing less.

This is the clarity that I speak of, this is what you want, this is the level of skill you desire more importantly you will know it when you get there.

I’ll cover this in a little more depth in my next post and give some examples of what I’m talking about when I discuss Perfect Clarity.

# Perfect Clarity: Into the Heart of Darkness

Oct 15, 2019

In my last post, I discussed “**Perfect Clarity**” and as a refresher, I believe that there is a serious lack of understanding as to what it is. You see this lack of understanding, this lack of “clarity” encompasses a big part of the fear that holds us back. This fear of the unknown, this fear of what could happen, of what could be. Is a fear that keeps us from taking the leap of faith, and to boldly step into that space and do what must be done, and what we need to do when we need to “kick that ass”. This is what I'm talking about overcoming if you are to develop the level of clarity you seek.

Now... for those of you who are fans of comics like I am then you'll remember the two characters in the picture below. I only present this because 1) this was just too good to pass up and miss an opportunity to take a shot at my Army Buddies and; 2) it highlights something very important about being well trained.



You see, while Captain America was a badass, he was more a creation of science, granted Steve Rogers had the heart of a lion but at the end of the day without the magic of science he was just a scrawny kid from Brooklyn.

Now, Frank Castle (*aka the Punisher*) he was a Marine. Made of muscle and blood and born of fire on the grinder of Paris Island, and probably a little fucking crazy. He ain't

throwing no shield like a frisbee, he'll just shoot your ass and be done with it. The point is for all of Captain America's advantages he was no match for a 5.56 copper rolled round with a tungsten carbide steel penetrator with a muzzle velocity (*minus suppressor*) of over 3000 feet per second.

Because you see you're either trained or you're not and like "Batman". If you happen to run into the Punisher it probably doesn't end well for you. You see like Batman his power didn't lie in some super ability but the most awesome superpower humans have and it's that thing that rests between our ears called our brain. Once you understand that it's an entirely different ball game but you need to develop it the right way.

To reiterate once we understand, once we have trained and gained some proficiency in the art of death much of the fear dissipates because as I've said in the past,

***“Proficiency fosters competence which allows us to stand in that space between courage and fear know as confidence”.***

In the martial arts once again, “in my view” too many people have forgotten this. Have forgotten how to train people to be able to stand in that space, to gain the confidence, “real confidence”, confidence that can be felt in the center of your body, in your heart of hearts, that feeling you have when you are prepared to wage battle and win at all costs or die trying. Where your heart, your mind is aflame, and to stand if necessary and do what must be done and crush your enemies.

They've forgotten that "martial" part of the martial arts and so their training lacks the necessary focus to develop the perfect clarity people need for battle. For, the battle starts in your mind and is expressed through your body.

They've strayed from the way...

This is the clarity that I speak of, this is what you want this is the level of skill you desire more importantly you will know it when you get there.

You see I have a theory about training but before I get into that I want to tell you a story...

### **Afghanistan, Spin Gar, June 2010**

I could already see the look on his face, that slack-jawed thousand-yard stare, I know because I used to have it. I can remember the conversation,

*"Now listen Lieutenant, these Marines are probably going to ask you to go on patrol with them later on today. Trust me when I tell you this is a test. You see we're looked at as headquarters folks and basically these guys out here in the shit look at us with contempt. So they're going to test you to see if you have any balls. If you turn down the opportunity to go with them and share in the danger they may respect your rank and call you Sir to your face. But behind your back, they're giving you the middle finger because in their minds you're a coward and not worthy to be called a warrior. Don't doubt me on this."*

I went on to tell him,

*“I was once hanging out with another Staff NCO in the dark smoking cigars and we could hear some Marines talking shit. Now they didn’t know we were there and we just listened and I can tell you that the perception is if you’re not willing to share in the danger that they face every day then you’re not a man and they don’t care what your rank is. Now, get it in your head. You’re trained for this sort of thing, even though you’re not Infantry by MOS (he was an Intelligence Officer) you’re still a fucking Marine and you were trained at the Basic School in the same skills as these Marines who are Grunts. You will go with them because you’re a Marine and that’s what you are trained to do. If you don’t and I’m not going to force you to go, you will know for the rest of your life that those men will look at you as a coward which is what they think about most of us at the head shed. It’s just the way it is. Trust me you have more than enough training for these missions but until you’ve shared in the risk... you just don’t get it.”*

He would over the next month while there with me go on a number of combat missions and operations with the various units we were working with. Mostly to do intelligence collection and to build his knowledge of the reality on the ground versus the bullshit intelligence reports (*his words*) he realized he was writing in the past. But he also came to another conclusion, that I want to share here.

You see when you have skin in the game, when you know it’s your ass on the line when you know at any moment walking the same ground as our young Marines walked every day and dodging the same IEDs and risking getting his legs blown off. Only then do you appreciate the importance of what you do in training, collecting and analyzing intelligence, before-hand. Only then does everything come into focus into **perfect**

**clarity.** Trust me nothing sobers a man up faster than coming to terms in a flash with his own mortality, and nothing focusses you more than imminent death for either you or your loved ones or even to protect someone else.

For many who have never stood in that space, this is a challenging thing and even hard to comprehend because it doesn't feel "real" to you. The fear, the apprehension, the unknown, the coming to terms with your own mortality. the knowledge of knowing you can cease to exist in the blink of an eye. And knowing all this at a very young age.

As an aside I have also found that even in the martial arts those who have never experienced this in any form, tend to have an even "greater fear" of death regardless of who they are, how big they are, how strong, or even how skilled etc... Death comes to us all and the last thing people want to feel is the pain and suffering that may accompany it.

Understandable.

But I can tell you from personal experience the fear of it "far outweighs" the actual experience of dodging it.

This in my view is the importance of realistic training or to train as realistic as possible. To train people to the edge and not beyond it but also to train them in the body so that their minds can get there. If you are not training people to fight for their very lives and helping them manage the fear that comes with life and death combat to the best of your ability. You're wasting their time and are a curse upon them. As a reality-based martial arts instructor as far as I'm concerned. If you are not focusing your time on the

development of your students and their ability to win the damn fight of their lives you really like “no shit”, need to find something else to do.

This mindset is not “the way” and definitely NOT the Warrior Flow Way!

Anything else is just wrong and in my view criminally negligent.

As I’ve said to some of my Instructors if you’re not there in the mind? I’ll help get you there; if you can’t stand in that space? I’ll get you there; if you cannot manage your fears? I’ll train you to do so and help you get there. Because at the end of the day we’re all human.

But if you at some point cannot do these things? You won’t be a Warrior Flow Instructor for long!

If you can’t do these things, then you have in my view no business teaching people to defend themselves. How can you teach people these things if you can’t even do it for yourself?

Really?

No way Jose!

Anyhow...

You have to train them in “truth”, training them with the proper mindset. However, one that at the same time does not limit what they may be capable of but one that asks the

questions, How? Why not? Who said so? Says who? How does that happen in the first place? And on and on.

So, getting back to my theory, it goes sort of like this, it's kind of my own sort of "Haiku" so to speak but with more words. You see the way I see it, this understanding is critical towards developing "**Perfect Clarity**" as a warrior because the most important skill I believe a warrior must have "is" the ability to know and understand the truth and to be able to discern it. Everything else including moral certainty and courage are but byproducts of it. Without the truth you can't rationally and logically get there.

So... it goes in no particular order as follows:

***We are all part of the universe, the world, etc.;***

***You and I operate within this universe within time and physical space;***

***Therefore, movement within the martial arts can only operate within time and space within the known universe;***

***The tangible and intangible are one and the same and cannot be separated;***

***We can all only move but so fast, for full speed is full speed regardless of the circumstances;***

***Time is "time" and works the same way for us all but is relative based on our perceptions;***

***All men are basically the same;***

*All learning, “all learning” for men, starts with “thought”, conscious thought, subconscious thought, movement, observation, experiential, experimental, awareness, etc.... “thought”;*

*So, the “difference” between one man or another is “training”;*

*Now, if “it” can be done, then it “can” be done;*

*So, if people can do it, if people have done it, then it can be done;*

*If you want to be able to do something, as long as it conforms to the laws of nature and is presented in the proper context, then it can be trained too;*

*If it is within the laws of physics and human physiology, then it can be done;*

*So, if you learn how the universe works and seek out its mastery, then who knows “what” can be done;*

*That, as Hannibal would say, “perception is a tool that is pointed on both ends”, so even “actual” or “perceived” physical advantages can become “liabilities”, if used the wrong way;*

*So, if you “know” how a thing works, in the proper context, then even self-imposed limitations fall by the waist-side for you can learn to work around them, get past them, get ahead of them;*

*These things are “immutable laws” that govern nature, and are, therefore “true”, non-negotiable and you shouldn’t let anyone tell you differently.*

To me, the above is “the essence” of the “Warrior Flow” philosophy that guides my thought process as to how to train people, especially on a physical level. Granted there is a mental aspect and way more to all of this of course. But I’ve found this way of thinking, this philosophy, this etymology cuts through the bias and other bullshit idiosyncrasies that people in the martial arts have about how to train people and what to train them in.

***“The most well-made tools are worthless in the hands of those unskilled in their use.”***

- ***Alexander the Great***

All this nonsense over who’s Kung Fu is better is just that, nonsense. What does it matter if you have a thousand great techniques if you never develop the underlying mechanisms within the body that actually do the work?

In “*Lessons from My Masters 42: The Sum of Battle*” I discuss this thing we call “*talent*” and how I define talent as,

***Talent:***

***“The intersection between capability and intellect, and the ability to continually improve.”***

I discussed how through “intellect” you can close the gap on any perceived lack of or loss of physical capability. However, I want to also point out that if your “physical capability” exceeds your intellect at some point when the physical declines or you find

yourself physically outmatched, you cannot go the other way and close the gap between the two. The reason should be obvious **at a certain point our physical ability has a limitation because it is a limitation within the universe**. There is no escaping this truth.

Understanding this with perfect clarity can then lead us to do some extraordinary things. Things that once you have a basic understanding of how the universe works you are able to do things that not only seem to transcend your physical limitations, but things that people do not think are possible in a real confrontation for your life. Here's the deal on that and I'll finish up with this point.

Like in the military unfortunately even in the martial arts most people are training to fight "*the last war*". They look at something maybe that they saw on YouTube or they look back at their own experiences and while trying to analyze the situation. They "assume" because a thing worked or didn't work in the past that they must train in a given manner based off of those narrow observations. But they never ask the questions as to,

*How did that shit happen in the first place?*

*What were the circumstances?*

*What was the context in which those decisions were made?*

If they seek perfect clarity they need to be able to answer those questions. However, they don't ask those questions so they end up pigeonholing their minds into the narrow

experiences they had. Even if the circumstances might be totally different in the future where their solutions today may be wrong.

As a result, they train the wrong way because they have the wrong mindset from the start. They start off with wrong understanding so they reach wrong conclusions. I've seen this in the military and in some of my experiences working with law enforcement too many times and I'd be a fool to not believe that this same dynamic isn't every bit as much a problem in the martial arts.

***“Superficial goals produce superficial results.”***

- ***Attila the Hun***

This is exactly the reason I don't do a lot of scenario training because if not done correctly “in context”. It actually closes people's minds off to what else is possible amongst the multitude of things that can happen in a real confrontation. Thus absolving people of using their God-given common sense, something I refuse to do.

To use your intellect to solve problems and overcome limitations to become a warrior I believe is the key because it transcends the physical and allows for a different way to attack the problem. You see whatever you are capable of in your body is all that you have and you have to be able to take stock of yourself if you are to overcome yourself, overcome fear.

That means you have to be willing to see things as they are and develop yourself accordingly in the body. So that you are capable of dealing with the unexpected as best

you can without preconceived limitations and notions of what is possible and overcome the fear that comes with dealing with the unknown. Those who cannot, it is due to their rejection of reality and in defiance of the gods so to speak, defiance of the natural order.

More to follow...

Thank you.

# The Power of Four: Stages of Learning - The Warrior Flow Way

Oct 15, 2019

***“Without Knowledge, Skill cannot be focused. Without Skill, Strength cannot be brought to bear and without Strength, Knowledge may not be applied.”***

***-Alexander the Great***

Wow! Over 2,300 years ago and what was true then is still true today. Alexander the Great lead more warriors, trained more warriors, "knew more" about training warriors, and had an empire larger than the Roman Empire before his 30th birthday. I think it's fair to say he knew exactly what the Hell he was talking about!

Alexander the Great was such a badass, it is said that when Julius Caesar took his Legion to the ends of Spain and saw what looked at first like a small outcropping, only to discover that it was a bust in honor of Alexander the Great. That he fell to his knees and cursed himself for in his words, "*accomplishing nothing*" (*The Plutarch's don't offer much on this event but it definitely makes for a better story*). He would then turn the Legion on Rome itself cross the *Rubicon* and we know how that turned out.

***"To send an untrained people to war is to throw them away."***

***-Sun Tzu***

Without training, you cannot learn nor teach others to overcome fear and have the ability to stand in that space between courage and fear known as confidence. Training to overcome fear is a big part of the Warrior Flow Way. It is a huge part of the underlying philosophy that separates Warrior Flow from other systems. Understand, that in Warrior Flow we are not in the business of reinforcing peoples' fears but to liberate them from the bondage it creates.

People come to us for help and have enough problems they don't need us piling on. And I believe, correction, "I know" that through proper training you can to a large extent help them alleviate much of the fear not only in their martial development but in life. I mean a big part of why people come to the martial arts in the first place especially reality-based arts like Warrior Flow is to get over their bullshit. Hey, I get it! I'm right there with you.

The point is there is a whole self-actualization aspect to this type of training that goes far beyond putting foot to ass and taking names. That transcends the moral, physical, mental, and even spiritual aspects of the human condition.

Now, while I've covered this before in other writings like a lot of things in life there are just some things that bare repeating because in truth you can never hear them enough.

When it comes to learning there are basically four stages we all go through when training or learning however you want to define it. I don't care what it is or what you are trying to learn or what method is used to learn or teach someone.

No task, or skill, no matter how subtle can bypass this process. They all basically have to follow this process because ***this is the way the universe works*** if you want to learn anything. So until we develop the ability to download knowledge from “*The Matrix*” loading platform, this is the way it’s done.

Even if you learn what you know through astute observation, or intuitive learning, experience or whatever. It doesn’t happen any other way to include learning how to process and Overcome Fear.

As Alexander the Great states above, it is a process that starts between your ears with “knowledge, focusing “skill”, reinforced by your body which helps focus “strength”, which reinforces what you perceive between your ears and so on. As I’ve said in previous Blogs it is a process of constant feedback and reinforcement. **It doesn’t happen any other way.**

***"All I know is that I know nothing."***

***-Socrates***

## **Subconscious**

### ***Definition***

***Sub·con·scious - /səb'känSHəs/***

***adjective***

***“Of or concerning the part of the mind of which one is not fully aware but which influences one's actions and feelings.”***

Here's the deal, without getting too technical, your conscious mind commands and your subconscious mind obeys it's that simple. So it's what we command it to do and how we do this that's the challenge.

***“Remember Jerry, It's not a lie if you believe it...”***

- ***George Costanza, Seinfeld***

If you're a Seinfeld fan, then you probably remember this quote like it was yesterday. Arguably one of the funniest statements George ever made. However, there is a sort of truth to what he said. As I once told my wife when she asked me about whether I was capable of doing certain things I replied, *“I can talk myself into anything...”*

This is a powerful statement even if the context was a TV sitcom. You see our subconscious mind is an unquestioning servant. It works day and night to make our behavior fit a pattern consistent with our emotionalized thoughts, hopes, and dreams. It really doesn't care so much about the information “per se” as much as it filters what either conforms to our preconceived notions and biases and controls what it allows in.

The point is, the subconscious mind is like a big memory bank that stores our beliefs, memories and life experiences and, follows a rule called *“you get what you focus on”*. Sort of like the concept of a *“self-fulfilling prophecy”* where even if you had a false belief about yourself you'll seek out “proof” or “social proof” as in the case of how we view

certain types of people, even if it isn't real in order to confirm or reinforce that belief and behavior. In other words, our subconscious mind can grow either flowers or weeds in the garden of our lives. Once again, this is powerful stuff because your subconscious mind can be either used to be programmed for good or evil so to speak.

### **The Four Immutable Stages of Learning**

While I've covered this in another post like a lot of things you can never hear the truth enough.

**Subconscious Incompetence** – While paradoxical I get where Socrates is coming from. Let's face it we're all ignorant on some level we can't possibly know everything. You don't know what you don't know. In other words, at this level, you don't understand or know how to do something and you may not necessarily recognize the deficit. You may even deny the usefulness of a certain skill. But as students hear me say all of the time until you recognize the problem and acknowledge it you're not fixing it. So you must recognize "your own incompetence", and the value of the new skill, before moving on to the next stage. Not easy...

***"Awareness of ignorance is the beginning of wisdom."***

**-Socrates**

**Conscious Incompetence** - You know what you don't know. In other words you understand you don't know how to do something and recognize the deficit, as well as

the value of a new skill in addressing the deficit. This is where making mistakes is integral to the learning process. This also takes much humility because you are now realizing that you don't know as much as you think you do. You also don't know "until you know it". If your ego is the size of "Jupiter" you're probably not getting past this stage until you get over yourself. It's been my observation that at this stage is where most of the wheat is separated from the chaff. People are too quick to place things in the too hard to do category thus cutting off their learning just when they're on the verge of a breakthrough. The answer? Persevere...

***"With the right attitude, self-imposed limitations vanish."***

***-Alexander the Great***

**Conscious Competence** -You've now even on a rudimentary level know or understand how to do something. However, demonstrating the skill or knowledge requires concentration. It may be broken down into steps, and there is heavy conscious involvement in executing the new skill. This is just part of the normal learning curve which can't be accomplished without focused practice.

Okay so here's where I get into philosophical debates with folks so let me be clear, your brain, you and I, that thing between our ears consuming an inordinate amount of our energy, cannot "not think" on some level. Even if that process is purely on a Subconscious level there is some level of thought. As soon as you think of "not thinking", well? You're "thinking"! There's no way around it.

The key here is you don't want to "overthink" the problem otherwise you "get in your own way" just "Zen out" with what you're doing, "...*approach life like a child playing a game*". You cannot practice something if you are not focusing on the thing you need to practice. In other words you have to think about doing the thing you want to do in order to do the thing you want to do. My point is your brain is always doing something. It is through this process of trial and error that you learn how to find the balance, the refinement, between thinking just enough and not overthinking. As I tell students when they're overthinking something, "*just give a shit less*". As Einstein would say, "*simplify and make no simpler*". Easy to say hard to do **but not impossible**.

*"Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win. "*

*-Sun Tzu*

**Subconscious Competence** – Here's what you're looking for. If you want to be victorious and overcome the fear of not knowing what to do when you have to do it, you have to build it in up front. You have to "*win first and then go to war*". This is the place where you've had so much practice developing a skill that it has become "second nature" and can be performed easily or as we like to say "without thought". As a result, the skill can be performed while executing other tasks. This is where you will find the space between fear and courage known as "confidence". Where "you just know".

The perfect example of this is how we drive a car in the beginning you're thinking about driving the car because you are afraid of getting into an accident etc. As you learn that fear goes away and before you know it you're just driving. There is no conscious thought to driving a car you just "do it"! That's why we do all sorts of things in our cars we probably shouldn't be doing when we drive like texting and messing with the radio etc. It's because driving a car is a Subconscious Competence.

***"Where does the swordsman strike? Nowhere..."***

***-Takuan Soho, The Unfettered Mind***

Ancient warriors called this skill "**Mushin**" in sports we call this "**Being in the Zone**" or "**Savvy**". This is that "**je ne sais quoi**" quality that people at the highest levels of whatever they do, seem to possess. That "**thing**" if you will. They learned to place their minds elsewhere and off they went.

What I find fascinating, and I know this is controversial to say this, but I believe the thing which eludes folks even though it's right in front of us is, in order to get to this level, you have to practice going into Mushin by "**letting go**". "Yes" even in developing Mushin, you have to focus on I believe just "**learning to let go**". Why? Because even learning to let go "**is a learned thing**". When you "try" you're implying on some level that there is something standing in the way, some form of resistance and you'd be right, it's you! As Yoda would say, "**Do or do not, there is no try**".

"You" are standing in the way, "you" are holding you back, because "you" fear falling more than **the sense of victory by getting back up**. Learning to let go is a part of the process of learning anything to the "*Subconscious Competence*" level.

***"Reality is created by the mind we can change our reality by changing our mind."***

***-Plato***

For those who have little children or in my case a Granddaughter you see this played out over-and-over. Now, I have a few clients whose kids I train whenever I do privates with them. I can tell you that kids are more naturally attuned to this than we'll ever be. Wise yet naive, they know things without knowing what they know. They think and it becomes.

While I always make it fun, for me it's work, for them it's all play but I can tell you I probably learn more from them than they learn from me. When I work with them I have to keep reminding myself who's really in charge. They are too funny! As you can imagine I especially like fighting with my Granddaughter, it reminds me so much of the fun I use to have playing with my Son. Every now and then she'll say something that makes me laugh and when she asks, why it was so funny? I tell her, "*Your father use to say the same thing*". Comic gold!

The freedom they move with, **the lack of fear to just do things**. Who wouldn't want some of that?

Understand, the last time any of us were probably in a natural state of “Mushin” was when we were little children where we barely even had any awareness of our own existence. We didn't know enough to know and we didn't care. **We did or did not, there was no try.**

If you attend my classes one thing that people hear me say all of the time is “**trust your abilities**”. Why? Because without trusting in your abilities you never reach the state of being able to “let go”. You never reach the state of confidence in your ability to bring it! Fear will weigh on you like an anchor and in your hesitation may cost you everything. **You have to “create the reality” by developing the ability to let go by changing your mind** and resist the temptation to hold on to something that's only an obstacle in your mind. **To fight against it is to fight against nature.**

### **A Few Caveats**

***“The soul is dyed the color of its thoughts. Think only on those things that are in line with your principles and can bear the light of day. The content of your character is your choice. Day by day, what you choose, what you think, and what you do is who you become...”***

***-Heraclitus***

I've over the years I've been asked by a number of instructors how I know what to teach when to teach it, or how to go about teaching certain things. I usually tell them from an

instructional standpoint I use the same "basic method" that I learned in the military, these methods are thousands of years old and haven't changed, from teaching people how to use a spear, or sword to military formations it is not what you teach specifically but the method, for the method is just that "**a method**". For example, you can actually teach the "wrong thing" and still succeed in teaching them, **they'll just do the wrong thing, "well"**. You see this in many self-protection programs, it looks good, it's bullshit, but it looks good.

Anyway, after I get their bodies generally moving in a unitized manner. I focus on what I call "**points or areas of resistance**" applying the method that I'll get into later, and I try to help them remove any resistance that inhibits their "Freedom of Action" or ability to "adapt". Focusing on the most critical areas first and then building in the other skills and attributes.

A lot of this, by the way, is fear-based either because they're afraid to get hit or the movement makes them feel uncomfortable. I get it been there done that... In any event I've found that 99% of this is purely mental, which to me is a good thing because if I can show you a better way to move within your body I can change your mind, and if I can change your mind I can make you less fearful because you now have a way of dealing with whatever threatens you. Which isn't that kind of the point?

For example, a common thing for people to do in the beginning is they try to keep people at arm's length or control their hands with force, or they try to box people's movement in by pushing on their arms. The reason is they don't want to get hit now in my view I also perceive this as a subconscious fear they have of either losing control

getting hurt in general. Totally understandable. The problem is in your attempt to keep people out you actually "create a vulnerability" because the only way to deal with someone up close and personal is to train fight at "**uncomfortable man distance**". So if you train in this fashion if the attacker gets past your hands you're going to have a problem. This, by the way, is just as much mental as physical and I believe totally fear-based. I call this the "*Fear Bubble*".

In other words, what they think is protecting them actually makes them vulnerable and what they think would make them vulnerable is what more often than not protects them. Go figure. Now if you've already trained and know how to fight at an extremely close range then this is not an issue but you have to develop it first.

So for a person like that the first thing I would do is place them right up against my body and fight with them to not only free up their movement at close range **but to help them overcome the fear** of being in that close. People don't like being in there especially when they are getting hit.

Granted the grappling arts are always in close but, having wrestled in high school I can tell you it's a different thing because you're not worried about being stuck with intention.

The idea is to make them understand that as long as it's within your Sphere of Influence it's your space to use as you see fit. Why would you give up "your space"? In order to take advantage of fighting within your Sphere of Influence, you have to train yourself to fight using every cubic millimeter of space. Eventually, with proper training you learn to become elusive or as some people have described it to me "invisible" even while

pressed up against another person's body. There's more I could add but life short, I think you get the idea.

## **Show Them, Then Tell them, Then Make Them, Then Make Them Forget**

***"In the end, when it's over, all that matters is what you've done."***

***-Alexander the Great***

When I teach people I generally use the following method: **1)** show them what you want them to know, **2)** tell them what it is and demonstrate how it's done, **3)** walk them through it and make them do it, **4)** increase the level of difficulty until they can do it without thought, until they forget they're even doing it, then move to the next level of the skill.

- **I show them** "what it is" and let them know I can "bring it" no matter how mundane or seemingly inconsequential. This is where you want to kind of "show off" a little. Besides, why should they believe any of this stuff if I can't actually do it? Makes sense to me.
- **I then tell them** what it is as best I can along with a demonstration. As an editorial comment, I'm sorry but you have to tell people what it is whenever you're teaching something. If you don't tell them how are they to know? If they already knew it, they wouldn't be there training with you so tell them.

Using my driving a car analogy, think about it when you first learned to drive a car, I don't care who you are, someone had to tell you something. You had to learn how to control the car, rules of the road, etc. You didn't just jump in and go if you did you would have met with disastrous results. But now you just jump in and go. There's no thought you just do it. Why? Because as you went through those four stages I spoke of you very quickly arrived at the level of Subconscious Competence for knowing how to drive. In other words, you "learned". After that, you just "let go".

If you leave it up to their own interpretation they may perceive what is going on "the wrong way". It will take them just as long to learn the right thing as the wrong thing so why would you lead them down the wrong Rabbit Hole? You're better off not teaching them anything.

- Anyway, **I show them how** it's done and I begin to work on that skill, attribute or whatever it is. Now, this is the part where people think I talk too much, me personally I always feel I haven't told them enough. Again, I've seen where people aren't shown what things are how it retards their development because they go off on a tangent in one direction or another "down the Rabbit Hole" in the wrong direction. The key is whatever I show people it is "an idea", "a thing", a building block and nothing more and is part of a larger whole. Moreover, the only thing that matters is are they actually learning what they need to learn? That's all that counts.

***"Those who approach life like a child playing a game, moving and pushing pieces, possess the power of kings."***

## **-Heraclitus**

- **I make them do it and keep doing it** until I feel that their body is starting to respond without much pause or delay but takes on a more “natural feel” to their movement. I’m not looking for perfection I’m looking for a rudimentary understanding that’s it! If they could do it perfectly then I’m wasting their time.
- Once I get them to this point where they’re just doing it pretty much without thought **I then increase the level of difficulty** whatever it is just enough above their ability to force them to do it. Once I feel they really have it then I go after them and bring it in order to force them to control and work through their fear as I go 100-mph with them or what John has called “**moving at supernatural speed**” (*this is way cool by the way*). It isn’t quite “supernatural” it just feels that way. **I make them do it until they forget until they stop having to think about it, until it becomes a part of them.**

In turn this as I like to call it “fuses” it into their body so that they develop this ability to “bring it” within whatever we are working on without them having to think about it, because it triggers on a level within the body where there is no time to think about what to do. Their body just knows what to do.

Eventually, at some point you have to **make them feel the danger**, you have to **bring them to the point of panic**, the **point of fear**, the **edge of death if possible** so that they learn how to control those emotions, the fear, anger, focus the panic reflex.

Let them feel the **adrenal rush**, the **elevated heart rate**, the **frenetic movement of their bodies**, the **deep penetration** that makes them think they're going to cough up a lung. Let them feel the wind and the grazing of your strikes against their bodies.

You have to **make them pay for doing things that are not possible**, for trying to block things that they couldn't stop on their best day. Let them feel the density of your strikes, the compression of their body until it is seared into their subconscious. Sort of like burning your hand on the stove after about the "eight-time" you get the message, "don't do that shit." They have to understand what can kill them so they know what to do to avoid getting there in the first place. Without feeling the danger, they don't know what they're looking for in the body and will not, I repeat will not respect what can kill them.

Over and over, wash, rinse, repeat. There is no other way...

Well that's it just thought I would throw this out there again just to reiterate the important points about learning and developing Warrior skills.

# Perfect Clarity: Dangerous Freedom

Oct 18, 2019

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*“A man that flies from his fear may find that he has only taken a short cut to meet it.”*

*--JRR Tolkien*

Continuing on the theme of Perfect Clarity I realized that I would be remiss if I didn't cover what I believe is also another important component of developing Perfect Clarity. And that is the concept of **“Dangerous Freedom”**.

Now, I've spoken about this before in other blog posts but I don't quite think I explained it from the perspective of how it helps us towards the development of Perfect Clarity. (There's another aspect of Perfect Clarity called Ruthless Intent that I've written about before and may elaborate on at a later time). Before I get too far down the Rabbit Hole on this I want to tell a story because I think that it sort of falls in line with the mentality at least on a moral and even spiritual level as to what I'm talking about so indulge me.

I'll never forget when I was around the age of 15 and sitting in church and then Reverend McCrae while preaching a sermon slamming his fist as usual, and asked a question to the church as a whole. He said something like,

*“Now, upon your death... if you had two doors to choose from and you open them and one in one door there was a raging storm, wind, rain, thunder, and lightning*

***and along the path was a narrow jagged rocky climb up a mountain. Now, in the other door, it was sunny, bright, beautiful flowers, a nice breeze not too hot... nice wide flat road... Now just by a show of hands how many would pick the first door I described?"***

At this point no one put their hand up he said,

***"Okay, so how many of you would take the second door?"***

At this point, everyone's hand went up including mine.

He then smiled and said something like,

***"Good, good... Okay, now I want you to open up your bibles and turn to Matthew chapter 7 verses 13 and 14 and read along with me. So the bible tells up the following:***

***13 Enter ye in at the strait gate: for wide is the gate, and broad is the way, that leadeth to destruction, and many there be which go in thereat: 14 Because strait is the gate, and narrow is the way, which leadeth unto life, and few there be that find it."***

At that moment you could see that everyone had that sinking feeling in their gut, lots of downcast heads, gone were all of the obligatory "amen" after his every word because we all knew that deep down we had stepped in it, and he went on to say something that has stayed with me throughout my life that I want to share here. Because this was some

sermon at least to my young mind at the time because I had never heard anyone talk like this before.

***“Now I set yawl up and I did so for a reason. You want to go to Heaven? You’ve got to ‘fight’ your way to Heaven. Now Hell? It takes nothing to get to Hell. Too many of yawl want it easy, too many of yawl think you’ve got it bad so you don’t want to fight. You want it easy but you know what? Satan is all too happy to give you easy. You know why? Because he knows, in the end, he’s going to collect on that down payment. He ain’t your friend, you’ve got to fight him and be willing to stand against him with the armor of God every day. And you know what? Sometimes you’re going to lose, sometimes it’s going to seem like it is more than you can bare. But be of good cheer for Christ Jesus will never leave nor forsake you. But you’ve got to be willing to do your part. You’ve got to be of good courage. You’ve got to fight! No lukewarm milk toast Christians here. If you’re not willing to take the first door if you’re not willing to fight. Then you’re neither worthy of this life you have or the one that is to come.”***

Wow! Okay at this point people looked as if they had seen a ghost. Like, for real! I also notice there were fewer people in church the following Sunday. If it was his intent to weed out those who didn’t want to fight and take door number one well... mission accomplished. He would go on to have other sermons just as powerful but that one was really the first one where, a) I was actually paying attention in church as opposed to looking at my watch every 5-seconds waiting for it to be over and; b) probably the first

time in my life I had enough maturity and brainpower to comprehend what he'd probably been saying all along.

Now, I've been to some of the most dangerous places on earth and I can tell you if you are risk-averse as the saying goes,

***“If you can't run with the big dogs don't even get off the porch.”***

A lot of people, a lot of them can't run with the big dogs because they won't let themselves. Fear has robbed them of life they seek, they want the safe and secure route, the wide path and not the narrow, dangerous path. You **see in all that you do, there is an acceptable level of risk you must accept if you are to live a Dangerous Freedom!**

### **Dangerous Freedom (Or Civilization is Bullshit - Part II)**

***“I prefer dangerous freedom over peaceful slavery.”***

**— Thomas Jefferson**

This quote by Jefferson has also been translated as,

***“I prefer the tumult of liberty to the quiet of servitude...”***

In any event, I am so down with this way of thinking and I think it was also something that the good Reverend was trying to impart on us all those years ago. You see too many folks in life want to play it safe.



I stole this meme off of Facebook because it really sums up a fundamental aspect of what it means to live a Dangerous Freedom. Too many folks in life want a risk free life. But the truth is there are a million things in life you can control and there are a million you can't and that's the way it is. You see as I've said in other posts civilization and the whole construct of what we think it is, is well... "bullshit". And the sooner in life, you get mugged by reality the better off you'll be. The other point I want to make is once you know this at least from my experience, I find it liberating. You see when you can see your world with the perfect clarity and you know there are known dangers out there you can then learn to deal with them, prepare for them and anticipate them.

Like is said, I've been to some of the most dangerous places in the world and I can tell you once you get your bearings even in a war-torn country as long as you keep your wits about you believe it or not you'll be fine. I'll tell you something here that very few

people especially some senior officers in the military would tell you and that is for most of our young men and women in the military, for them combat is the “ultimate rush”.

The danger, the power of wielding a gun, the thrill of the hunt for bad guys. The revenge for what happened on 9/11 (*oh yeah many of us are still far from all right with that shit*) and the noble feeling you have for waging righteous battle. The cool stories and experiences, the drawing of fire together, and the bragging rights of surviving war. Are you kidding me? I still have Marines that I’m in touch with who served with me that talk about our experiences in battle. It’s literally like how guys who used to play high school football together still talk about the games they won 40 years ago like it was yesterday. Folks, I ain’t gonna lie here, we live for that shit and don’t let anyone bullshit you.

I remember during Fleet Week NY City right after the Gulf War. If you were a Marine or Sailor in uniform, you couldn’t buy a beer in Manhattan. But why were people so welcoming? Simple, because they knew we had experienced something and accepted a level of risk that is the path less traveled, **we chose “the first door” and were “freed” by that choice**. For very few people whether in a war or as a cop on the beat or just someone trying to survive day to day in a gang-infested neighborhood has stood in that space. And every day we try to live up to that ideal that people have of us out of respect for a grateful nation.

Because our freedom isn’t free, that is it bought and paid for with the blood of patriots. “This” ideal this “thing” is what Dangerous Freedom is all about the willingness to risk all to remain free or die, to **“return with our shields or on it!”** For surrender is not an

option, surrender is “slavery”. For Dangerous Freedom, the acceptance of risk and the acceptance of risk “is” civilization.

I remember a friend of mine in the Marine Corps telling me about when he visited the cemetery at Normandy of those who died on D-Day, he said to me when you see all of the crosses, all of the graves. It is so overwhelming that he literally started to cry. He said,

***“I couldn’t help it, I had no idea, I couldn’t believe it... so many guys... so many lives... I literally had to take a knee. I just couldn’t control myself.”***

Hell, before he was done talking he had me crying. Because I knew... because I understood... and because the last time I checked I wasn’t speaking German. I had an almost similar reaction when I was a 2<sup>nd</sup> Lieutenant when me and a few buddies went to visit the *Vietnam War Memorial*. It’s one thing to see it in a picture it’s quite another to place your hand on that wall, touch those names and see your own reflection in the wall.

Very sobering...

## **Dangerous Freedom: The Warrior Flow Way**

Dangerous Freedom and the very concept is in my view at the heart or at least one of the core philosophies of the Warrior Flow Way and what Warrior Flow is all about.

But, to me Dangerous Freedom isn’t just a philosophy, this whole idea of being willing to stand in that space, to give it all up to preserve your way of life to me is the “ultimate freedom” it needs to become a way of life. This unwillingness to bend and back down in

the face of a threat and deal with it with common sense and confidence is the mindset I try to impart through my teachings. In other words, if I have to fight then I have to fight if I don't it isn't any harder to understand than that. To me, this idea of Dangerous Freedom and how we use it to develop Perfect Clarity is the at the heart of why people would want to train in a fighting art in the first place. For the ability to overcome the fear of death or at least manage it, is to not live in dread of it. That to me is the ultimate freedom. For it is the fear of death that ultimately controls men's lives.

You see in Warrior Flow, we believe that you and I have a God-given right to protect our families and our loved ones and no law supersedes that. We believe people should know how to fight and have the confidence they have the ability to stand their ground if need be and that running should never be the first option. I have nothing against people beating feet out of an area when the situation permits but it should never be their first and only option.

You don't train in a self-defense course to run away, **you train to fight for your life and crush the enemy.** Besides how can people ever learn to stand in that space and hold their own if their fears are being reinforced by teaching them to run first? I'm sorry but that does not compute. Such thinking is not "the Warrior Flow Way"!

However, we do not advocate that you go around starting trouble for no reason, this is not what we mean by Dangerous Freedom or standing in that space. In other words, walking into a group of guys and slapping one in the head in some gang-infested neighborhood is not Dangerous Freedom it's just stupid! Hey anything can happen I get it, but unless you have a plan to kill them all there's no need to slap that hornets' nest.

Now, if they bring the hornets' nest to you? That's a different thing so you're going to have to use your best judgment which leads me to the next thing. You need to build your judgment by proper training but also training that does not absolve you of using your God-given common sense. Well, I'm going to cut this off here and I'll get into the other aspects of Dangerous Freedom from the perspective of how to go about building that judgment and level of awareness.

# Just A Few More Things: Philosophical Underpinnings of Warrior Flow

Oct 31, 2019

As of late, there has been a number of inquiries into just exactly what makes Warrior Flow different from other arts. So while I've sort of covered this in some other blog post, because I just like talking about this sort of thing I'll elaborate a little more.

But first, let me start here...

## The Walking Dead



I guess we were somewhere in the middle of the program. After 22 weeks of harassment in the Basic Officer Course for our sins, they granted us our wish and made us Infantry Officers. After operating on one meal a day, 18 to 20 hours a day and virtually no sleep. After chewing our asses out during the weekly beatings as we used to

call it. This is where they used to tell us how screwed up we were as Infantry Officers to see if they could get some of us to quit the course or go curl up in a corner somewhere or would we suck it up and gut it out.

But you know what every now and then we would get a respite where they would bring in a guest speaking usually a combat veteran to speak on their experiences. In this instance, we had the honor of listening to the story of one of the members of the legendary 1st Battalion 9th Marines or the "Walking Dead". He was an unassuming gentleman in terms of physical stature, thick dark hair, a certain be speckled look more fitting of a college professor but you could tell he had that certain air about himself. I was sitting in the front row and it was clear this guy had been in some shit! He had a distinct scar on the left side of his face that started from the front of his jaw and extended to the center of his left ear. You could clearly see they cobbled his ear back together because it was clearly misshapen.

I forgot his name but not his face and definitely not his story. After he introduced himself to us he began.

***“There are so many things running through my head right now that I don’t even know where to begin. There are so many things I want to tell you guys I just don’t know where to start so I guess I’ll start at when I arrived at boot camp. I got to MCRD San Diego and I’ll never forget after landing on those yellow footprints and being shuffled around eventually we got to meet the staff of DI’s that were going to train us.*”**

*My Head DI was a well build dark green Marine, who looked like he was once a former football player. After he introduced himself to us he then pulled out a piece of paper and read aloud he said,*

*'Now, according to the order I am not allowed to curse, strike, physically abuse or denigrate recruits.'*

*He then walked to the first rank with his Sergeant's following him and they proceeded to walk up and down the ranks and they cursed, slapped, punched, and spit in the face of every one of us. Some of us were crying all of us were mad. He then went back to the front of the platoon with his Sergeants behind him and said,*

*'Now you listen, there are rules and there's reality and the enemy doesn't give a shit about you, your nation or any of that shit. Save the drama for your mama. When you leave here most of you will head to Vietnam, some of you standing here will not come back. That's war and that's the way it is. It's my job to train your ass not kiss it.'*

He also went on to tell the story of how he killed a Vietcong insurgent during a patrol.

He said,

*"We were sitting in an ambush it was probably around dusk and I was placed on the choke point to provide rear security. After a while, I notice some movement and at first, I didn't make out what it was until I realized it was one of the enemy. You have to understand that most of the time we never saw the enemy out in the*

*open like that. He was walking slowly along the trail looking around probably a scout. As he got closer I was breathing so hard I thought he would hear me. When he got about maybe ten meters away from me he stopped and started looking around. Then he turned my way at first I was wondering if he saw me because he just kept staring in my direction. I was so scared... All of a sudden I looked in his eyes and realized we were looking at each other. He tried to position his weapon I guess and I just pulled the trigger and blew his face off. It was like the gun went off by itself. I don't know how many rounds I fired but after that, all hell broke loose. But you know what? I credit my training and those DI's for giving me the ability and the will to do that because it saved my life."*

He would also go on to tell how he got the scar on his face and how he was wounded in the chest in another battle where he thought he was going to die. But the most important thing he said to us was what he said at the end of his talk.

*"I just want to leave you Lieutenants with something. Thank God, my DI's were tough on me, thank God they pushed me, thank God that they never let me forget that war is about killing and if you ever forget that you will not come back from it and neither will your Marines. When you train your Marines you train them to kill the enemy. You must never forget that! You can't compromise on that. You can't go through the motions it's too important to slack off on. If you don't understand that upfront it doesn't matter what you do in training. You can teach anyone to fire a rifle but will they have the will to kill when necessary? Will they do what*

***needs to be done? This is your responsibility as Officers, as Staff NCO's and NCO's whoever is in a position of leadership. It's your job and your duty."***

*[Side Note: During the Vietnam War the 1st Battalion earned its nickname the Walking Dead by sustaining the highest KIA (Killed In Action) rate in Marine Corps history. From 1965 to 1969 the Walking Dead engaged in the enemy a total of 47 months and 7 days of combat in Vietnam. During that time 747 Marines and sailors were killed in action, with two missing in action. Furthermore, the KIAs would attribute to 93.63% of the entire Walking Dead Battalion.]*

## **Day by Day What We Do is What We Become**

I won't belabor the point here it should by now be fairly obvious. The reason why I delve so often into all of this philosophical and Mindsetting stuff is that the idea of crushing the bad guys for most people who train in the martial arts is a foreign concept. Now to be clear, I'm not talking about sport or competitive fighting I'm talking about training for real self-defense possible life and death situations. You see in my nearly 40 years of martial training and 28 years of military service one thing I've noticed is that too many people focus on doing the easy things like teaching people how to strike etc. all good, all necessary but you know what? It' isn't more important than getting into their heads and training them to have the moral will step into that space and fight if they have to, even unto death.

Don't get me wrong I'm all about striking techniques and striking drills but just like you can teach virtually anyone how to fire a gun effectively you can teach people how to punch and kick within the capabilities of their body. Folks, like no shit it takes me anywhere from 15 to 20 minutes to teach people how to strike effectively, 30 minutes if I'm drinking coffee. My point is when I train people I accomplish this in minutes not months. True some strikes take longer to master but that has more to do with how to better move their bodies and definitely but not months or years as some folks claim. I'm not saying it's easy either but it doesn't take as long as people claim if you know what you're doing.

Getting you to move your body in a combative way is a big part of what Warrior Flow's teaching modality is all about. How you think influences how you move as you've heard me say on other posts and if you are not thinking about life and death self-defense your mind will not "direct" your body towards that end. **Whatever the mental prism you look through is going to shape that thought pattern and those patterns of movement.**

This is an inescapable fact.

Why do you think in the Marine Corps and the Army we still teach bayonet fighting skills? We don't give a shit about some bayonet it's the idea of developing the will to close on an enemy looking him in the eye and finish him. To shape that thought pattern and burn it into their conscience and their body. We can teach anyone to shoot the rifle but to close on someone and go in for the kill? That my friend is "a different conversation".

Now you may be wondering well how do you get people who are not in the military to do that?

Simple, start by teaching them the truth and then teach them what they need to know, and how to do it to win the fight. A big part of people's apprehension is a lack of knowledge and understanding (which are two different things by the way). I believe much of this is at the root of most of our irrational fears. A lack of understanding of the nature of the threat. If you understand the threat you can then develop effective measures to deal with and even neutralize the threat.

None of this bullshit of reinforcing their fears with stories about "prison trained monsters". You shouldn't lie to them but you also shouldn't give the bad guys all the credit either. If you train them right they will be able to do it provided you focus on who the real enemy is.

This is what separates Warrior Flow from most arts. This understanding of what people really want and need if their lives are on the line and why they even bother to show up to training in the first place.

They are not there for bullshit!

They are not there to have their feelings either placated nor their fears reinforced!

They are not there to hear you glorify the enemy as if he is a god!

They are not there to learn how to beat up the local karate school around the corner!

They want simple and effective methods that if they have to take care of business, they have the confidence to stand in that space and make them work!

Well, I hope this provides a little more clarity on this issue.

# Combative Movement: The Way of Warrior Flow

Nov 06, 2019

Now for some of you who follow my Blog Posts and I greatly appreciate all the feedback. I still from time to time get asked questions as to why I continue to write about all of this philosophical stuff. A big part of it is I've been laying a foundation for some of the things I'm going to begin covering and that is the importance of focusing on "Combative Movement" which is a broad heading for a larger contextual understanding with the operative word being "context" and the way in which you train or how to "frame" things once again, in the "right context" versus tools or techniques.

Now for some of you, because you've asked,

"So when are you going to start teaching some stuff?"

I'll answer it like this, if you've ever read the short "Footprints in the Sand" (*which is not in the Bible by the way...*) then you know at the end of the story where there are only one set of prints. God answers that the time where there was only one set of prints was where HE was carrying you.

What's my point?

As I've been spouting off at the mouth with all of this philosophical stuff, understand that I've been teaching the stuff you need to know to get to where you want to be "all along".

This is not to insult anyone's intelligence but it merely highlights something that I've come to understand over the years in my own personal martial journey. **People are quick to want to know how a thing is done but don't want the wisdom to "understand" it so their ability to apply their skills, training, knowledge or whatever is limited.** Until they cross this hurdle they will never become the warrior they desire to be because they're standing in their own way. Their movements are in vain because their training is in vain because they do train without feeling what it is they should be feeling, without context.

Even as I write this while it's tempting to just tell you things if I don't lay the foundation now there are things that I'm going to discuss in future posts that will make no sense because there will be no context from which to understand them. Context is everything and way more important than technique.

Will I get into covering skill development and things you can do to improve your skills?

Sure but it does no good if you can't distinguish good from evil so to speak.

**Dreams of Shaolin**



You know there was a time in my life when I would look at the photos above and this was the kind of stuff that would make my eyes water. Let's face it, I'm 55 years old now and I can still remember when "Enter the Dragon" came out and the impact it had. Probably no other martial arts movie caused as much of a wave of popularity of the martial arts as that movie.

How many of us probably struck one of Bruce Lee's iconic poses perhaps hundreds of times as we "played" like we had real Kung Fu skills? Heck, every neighborhood in the projects had at least one guy who walked around all the time with the Kung Fu uniform wearing the rope bottom slippers, spouting off at the mouth with his own version of Taoist wisdom looking like as we called them, "*Bruce Leroy*".

Yeah... that guy... If you saw the movie "*The Last Dragon*" calling someone by that name is actually an old joke.

Now as I look at this stuff my attitude is like, “*Hmm... that’s nice*”. Now some could say this is just a part of maturity and having a different perspective on things, and I’m sure of that but I think it’s something deeper than that. You see, at the end of the day no matter what I’ve learned from both my experiences and my Masters that it’s just movement you’re dealing with.

## Our Historical Memory of Combat

*“Only the dead have seen the end of war.”*

- *Plato*



In Greek mythology, we read,

***“Zeus was angry at Prometheus for three things: being tricked on sacrifices, stealing fire for man, and for refusing to tell Zeus which of Zeus’s children would dethrone him. Zeus had his servants, Force and Violence, seize Prometheus, take him to the Caucasus Mountains, and chain him to a rock with unbreakable adamanite chains. Here he was tormented day and night by a giant eagle tearing at his liver....”***

Eventually Zeus would set the conditions for his release but that’s for another story.

Now, in the *Apocryphal Book of Enoch*, Enoch tells a similar story of the Fallen Angel “Azazel”. Chapter 8 of the book reads,

***“1. And Azâzêl taught men to make swords, and knives, and shields, and breastplates...”***

So according to the Book of Enoch, we see that Azazel in connection with the Biblical story of the fall of the angels, located on Mount Hermon, a gathering-place of demons of old. He was one of the leaders of the rebellious Watchers in the time preceding the Flood; where **he taught men the art of warfare, of making swords, knives, shields, and coats of mail**. Like Prometheus, Azazel was also chained to a rock only he was buried alive until the end time.

Whatever the story the art of war is as old as mankind and it isn’t going to change anytime soon.

Weapons and tactics may change but one thing that has not changed is the human body and how we as humans move. In my last job in the Marine Corps working at the Marine Corps Warfighting Lab. We evaluated and investigate all sorts of weapons systems, LASERS, "SASERS" (acoustic weapons), "Active Denial", Optics with lenses made out of polished metals. Way cool stuff... and of course, stuff that will just punch a hole in your body from afar.

No matter what one thing that hasn't changed is **how humans move** and interact with such systems. I know these days there's a lot of talk over developing exoskeleton suits or "Ironman" like suits and autonomous machines that help us on the battlefield but trust me if you don't take into consideration the human factor and how we move and interact with these machines it will not end well.

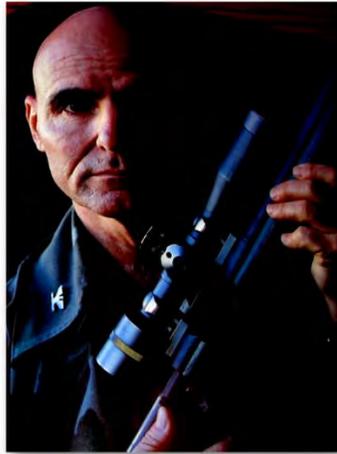
Now I'm not talking about the machines turning on us like the *HAL 9000*, but anyone who has ever worked construction will tell you that moving metal machines that can swing and articulate don't play well with flesh and blood creatures.

Believe, it or not it is one of the main reasons such technologies have taken so long to make it on the battlefield. No sense in fielding a combat robot if they're going to kill your own people. That sucks.

Well, you know what else hasn't changed? How humans move and how we interact with each other as well and nowhere is that truth more self-evident than when engaged in battle. Remember as I said in a previous post, the martial arts developed out of the

military arts or tactics and were greatly influenced by the weapons and circumstances of the time.

### Col David Willis, USMC (ret)



The first time I saw Col Willis, when I was a 2<sup>nd</sup> Lieutenant going through training he was the Commanding Officer of Weapons Training Battalion, Quantico, VA, he reminded all of us of COL. Kurtz in “*Apocalypse Now*”. In a former life, he had been a Marine Sniper in Vietnam and in between telling stories about taking out North Vietnamese officers, and how he even gave one guy the courtesy of finishing answering nature’s call before he shot him. He was also quick to remind all of the single officers that he has a 22-year old daughter, and then went back to telling stories about “*ungluing*” people’s heads.

As an aside one of our classmates actually dated his daughter for a while. We even had a “death pool” going to see how long it would be before he met with some unfortunate calamity. We all agreed I would be death by strangulation, stabbing, or blunt force

trauma. The idea of the guy being taken out by a high grain match round would be too obvious and probably not personal enough for the Col's likings. Just sayin...

But the indelible mark that Col Willis left on us all was the idea that in his words,

***“We’re going to teach you how to shoot well, and frankly I can teach anybody to shoot the M40 Sniper Rifle. But teaching you how to move, how to stalk, how to close on the enemy, and having the will to kill? That’s what you need to be thinking about when you fire your rifle.”***

There it was right in our faces and it would be decades before I would fully appreciate his sage wisdom. He was dead on and looking back at what he had to say, I've sort of come 180 degrees in my thinking about the martial arts. Like a lot of folks because let's be honest everybody thinks their art is “the shit”! I don't care who you are when you first learn to do a technique well, it's one of the coolest feelings and there's an elation a natural high you get from the sense of accomplishment. So I can see why people are apt to defend their arts to the ends of the earth. The problem with all this my kung fu is better than your kung fu bullshit is at the end of the day it's just “human movement”.

## **It's Just You**

At the end of the day, it's just you. No matter what you study, what you train it's just you and you alone and what you can do. No magic, no gimmicks, just you. And this is where I part company with the mindset of many martial arts systems and martial artists

because of their philosophy and the mindset of some of them. like I've said in previous posts at the end of the day we are all human and the difference between one man or another when it comes to life and death combat is training.

The truth is it doesn't matter what you know if the person you are dealing with moves better than you and has the will to "go there". You have a serious problem on your hands. If you're not trained!

True size speed and strength matter but isn't that a part of learning how to crush the bad guys?

So it's a given, the real question is what are you going to do about it?

If your moment of truth arrives what are you going to do?

Because that's not the time to figure it out!

Warrior Flow is all about training people to move better because we understand that we can teach anyone how to strike or use a weapon. But if I can train you to move better in the body you have it's a completely different ball game.

What is that worth to you?

If what I'm saying isn't true then how is it that you can have people of relatively the same size, physical skill, temperament, etc., (because that matters) and yet the difference in their abilities can be as far apart as the Grand Canyon. What's the difference? while it could be many things I'm willing to bet it's simply one person moves

better in the body, more efficient than the other person. and so just as size speed and strength matter in a real fight then so does being able to move better than another person within your own body.

In Warrior Flow, we focus on developing people through what we refer to as "Combative Movement" with an emphasis on moving as natural within their bodies as possible.

It's sort of like when I was stationed at Point Loma Naval Base (good duty). Where I was working out of the CJSOTF (Combined Joint Special Operations Task Force) Cell. So one day and I've told this story before me and some of the team went to MCRD San Diego to see Marine Corps Boot Camp in action and I'll never forget what one of my Ranger buddies said,

***"You see, the Marines you guys do it right. You don't train people to things or just skills, you make Marines!"***

I actually felt a swell of pride when he said that because this guy was one of those guys who'd been there and done that, and needed no one's external approval or acknowledgment to know he was a warrior. It is in this spirit that we view how we train people within Warrior Flow. We do not train you just in "things" or this technique or that technique to deal with this situation or that situation those things are a given. We train you to be a warrior!

We don't care who you are if you have the will to train with us we will get you on some level to that place because we focus on you and not on some set of techniques especially ones that may not work for you. We're not about forcing square pegs into

round holes. And we're going to get you to where you want to be in the shortest time possible. It's not in so much what we do per se or our training methodologies, that's just a part of the equation, but also the mindset, in how we approach training and how to train people's bodies.

If you ever felt you are not nor can be a warrior we will dispel that notion "real fast" and if you bring your grandmother in and she's not a warrior, Hell we'll make her one too. For being a warrior is a matter of mind and spirit and if the spirit is willing we can get you there. Does that mean you're ready to storm the beaches of Tarawa? No, but you'll have the confidence, real confidence not a false sense of security, that you can stand in that space and handle your business if need be.

I will continue to build on this in future posts and I will delve a little into this way of thinking on how we train people to provide you with some tools to hopefully get you to rethink how your "approach" your own training.

Some of the ways that I will discuss some of them you may already know but you just didn't know how profound they were towards your martial development, and some of them may "surprise" you. Trust me when I tell you when I start talking more about this sort of stuff there are going to be many, many people (*many people*) who are going to call bullshit on the things that I will reveal.

No matter, not my job to convince people of the truth only to tell it. What they do with it is up to them.

Until next time...

# Focusing on Keeping the Main Thing the “Main Thing”

Nov 10, 2019

## The Thing



This is hilarious!

I was sent this by a buddy around Halloween along the lines of a Charlie Brown Halloween Special he'd like to see called, "*It's The Thing Charlie Brown*". You've got to admit this is pretty funny.

But seeing this picture it got me thinking about something I've been meaning to blog about.

If you ever saw John Carpenters "*The Thing*" which was a remake from the original movie starring James Arness as "The Thing". Next to "*Alien*", it was probably the most insane Sci-Fi movie of its time. The reason it was called "The Thing" was because you really didn't know what it was other than an alien creature that devoured it's host, duplicated them and then continued on likewise. You never got to see what the Thing was in its original form. So you really never knew what it was. The other point I wouldn't notice until years later as I saw the sequel to the movie was that no matter how the creature tried to duplicate its host, it was never quite the same, there was always something "off" about the copy.

Well, the same can be said about much of what passes for training in the martial arts especially in the realm of reality-based systems. You can look at it but never quite know what it's supposed to be. But if you use your powers of discernment filtered through the lense of reality eventually you can look at something and no matter how it looks, like the copies in the movie "The Thing" you can see that there is something missing, that somethings off.

First of all, when I'm talking about "The Thing" as it relates to self-defense, the main thing that I'm discussing is **what is the essence of what the thing is?** The essence of the thing you want to do? The thing you want to develop? This along with focusing on developing all of the other subtle things and salient "points" that make "The Thing" work.

To me the "**Main Thing**" is the ability to move combatively, to move better than your adversary, to be able to get ahead of his movement and smite him where he stands before he can get his stuff off.

To win the damn fight!

This is the "essence" of Warrior Flow the *Raison d'etre*...

***"I will find a way or make one."***

- ***Hannibal***

To find a way to win at all costs, to stand in that space and protect your loved ones, or "make one".

This is the spirit in which Warrior Flow practitioners train and "no thing" that can be studied, understood, trained to that could give us the advantage in battle, whether physical or psychological is overlooked.

We don't know what we don't know until we know it, and we won't know it until we know it.

**We train not because we are "brave" or "wise", but because "*we refuse to be cowards and fools*".**

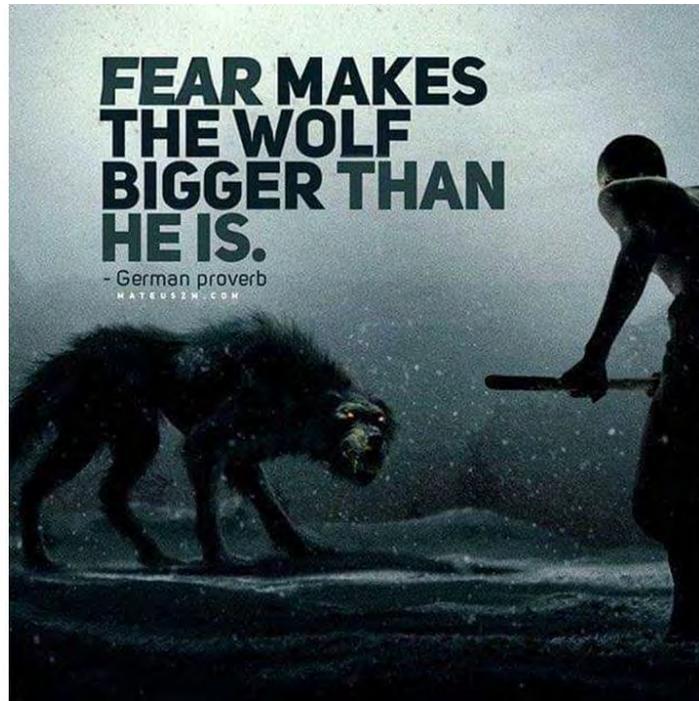
That is the difference... the Warrior Flow difference.

This is the Warrior Flow Way!

**Perceptions of Time**

*“Perception is a tool pointed at both ends.”*

- *Hannibal*



Just as our perception of our fears can magnify them. Along the lines of “The Thing” that you want to develop before I go too far down the Rabbit Hole on this, I want to cover this a little because it needs to be understood and that is how **“Time”** affects movement or motion and our perceptions of it. No matter what without movement there is no fight. As one of my Masters used to always say, **“You’re just dealing with motion”**. In other words, it’s just movement.

*“Never let them catch you in the bag boys, never let them catch you in the bag or your done...”*

- **Col Robert Faucet, USMC, (ret)**

“**Combat** is movement”, “**War** is movement”, a “**Street Fight** is movement”, “**Thought** is movement”, and until somebody moves nothing for the most part happens. Because at the end of the day the thing I’m going to go over influences “all movement” and our perceptions of it and how to deal with it. This is an inescapable truth!

So no matter how big, how strong or how fast your antagonist may be, until he can overcome how the known universe works, **he’s just as vulnerable to decapitation as the next guy** and if you get what I’m going to cover in some of these blog posts. You will develop the proper mindset and “The Thing” in this context on how to train to get ahead of movement.

For those who’ve read a number of my blog posts then you’ll know that I spend an awful lot of electrons trying to explain how “time” works for combat. The Legendary Bruce Lee as far back as I can remember was one of the first people to discuss this concept of “**distancing and timing**” as he called it. Now, I’m sure others knew of it and were familiar with how “action/reaction” works. Even Musashi stated along the lines of, “...**when you make him flinch you’ve won**”. So this is not new. The point is both of them as well as the military scholars like *Sun Tzu*, *von Clausewitz*, and others understood not only the importance the role time plays in combat but its “**relative nature**” and how it affected battle.

It’s because we as humans exist within the universe and are bound by her physical laws and are therefore subject to the relative nature of time and how we experience it as

humans. That, in my view as martial artists, as pugilists, as warriors we must master the understanding of time and or perception of it as best we can for we sure as hell can't escape it.

Any warrior who trains without an appreciation for how time affects the battle, affects his movement, his actions thereof. As the song "*Locomotive Breath*" by Jethro Tull, says, **"...runs the all-time loser... headlong to his death..."**

Yeah... you'll be that guy...

In his excellent article, "*No Such Thing as Now: The present? Blink and you'll miss it. And other musings on time*". Author Marcelo Gleiser, discusses this where he writes,

*"A famous example is the definition of simultaneity when two or more events are said to happen at the very same time. Einstein explained that two events that happen simultaneously for an observer A, happen at different times for an observer B in motion with respect to A.*

*Einstein, living near the train station in Bern at the time, used trains to illustrate. Imagine A is standing by the station as a train goes by. When the train is exactly halfway through, two lightning strikes hit its front and back. Observer A measures the time it takes for light from the strikes to hit her and concludes they did it at the same time: they were simultaneous. Observer B, however, was inside the moving train. To him, the lightning striking the front came to him before the one hitting the back. The reason is simple, Einstein suggested: since light travels at the same speed no matter what (and this was his revolutionary assumption), and the train is moving forward, the lightning*

*hitting the front would have a shorter distance to travel and, hence, would come to him before the strike in the back, that had to catch up with the moving train.*

*Now, for normal train speeds, the difference is ridiculously small. That's why we don't notice such things in ordinary life. And that's why Newton's approximation of absolute time, irrespective of the observer's motion, works for everyday stuff. But as speeds increase and get closer to the speed of light, the differences are noticeable; and have been measured countless of times in laboratory and other experiments, confirming Einstein's special theory of relativity. Time and its perception is indeed quite subtle."*

The point of this is to show that **time doesn't work quite the way we mostly think** of it and our perception of it is "observational" and not "absolute" but "relative".

I've expressed this "*relativeness*" in a number of ways such as how human reaction time works, the *OODA Loop* or better known as "*The Boyd Cycle*", the *7 Dimensions of Combat*, *Stopping Time*, *Slowing Time*, *Anticipation*, *Adumbration*, *Getting to The Future* to "*Play where the Puck is Going to Be*", and *Learning How to Move Sooner*, and of course my favorite and that is what I call the "*Quantum Sphere*" or "*Quantum Sphere of Human Movement*", and on it goes.

Because we occupy "*multiple dimensions*" of space simultaneously how we understand how to move our physical bodies within it is of vital importance in battle. More importantly how we perceive time influences how we experience it "and" directly influences the choices we make in the battle. In war, we call this "**Battlespace Geometry**" and included in that equation is the concept of "time -space-logistics".

End up in the wrong place at the wrong time in the battle and “sayonara”!

The point is there is a timing to all this that cannot be ignored. Moreover, the same that applies in war in a microcosm also applies in any self-defense situation whether fighting on the street or your home.

Therefore, how you move within time and space are matters of life and death in combat, something a warrior should never forget.

It's funny because it never ceases to amaze me how in the martial arts we place a premium on things such as speed and power and striking with the proper timing yet when presented with how it works on the most fundamental level. The very people who go around spouting off at the mouth about it haven't a clue but even worse, no desire to know how time as it relates to fighting really works.

Or they say that certain things cannot be done at “*high speed*” or in a “*real fight*”, yet people do these things in contact sports all-of-the-time while moving at full speed. I guess they've never seen a wide receiver in football stretch his body out and catch a ball before going out of bounds where they seemingly stop all forward motion to make the catch while keeping their feet in bounds. Happens every weekend during football season in the NFL, college and high school level.

Folks I see things that people are not supposed to be able to do in a real fight on YouTube “*all-of-the-time*” so I really don't know what these folks are talking about. My suggestion is to do your own research and think for yourself. Understand one of the reasons why I keep referencing how the universe works is because I always remember

that my perceptions of a fight are influenced based on my experiences and depending on what the "context" of the situation was. Determined my understanding of that experience because remember everything has its own dynamic. So the only thing that is constant is how the universe works and how we as humans interact in it. All else is subjective and depending on the situation may not even be relevant in a different context.

### Wisdom From The Force



Over the years I have taught on these concepts as they relate to the martial arts and I can tell you without a doubt. Those who make the effort to understand how humans

move within the known universe are able to develop a proper understanding of how to develop their minds and bodies for combat and continually improve.

Those who scoff at how we as humans interact in the world do not grow beyond whatever physical abilities they already possess. It really is that obvious to me...

They have superficial goals so they achieve superficial results.

They do not seek the "unexpected" so they don't find it.

They say it can't be done so they do not try therefore, they cannot "do".

They deny its existence so they cannot see it with their minds, nor can they see it with their eyes.

Like I've said before there is the way the universe works then there are our perceptions of it (*i.e., that shit we have in our heads*) and how it works. Now if what you perceive is consistent with how the universe works then there is no issue.

*However...*

However, if your "perceptions" don't align with the way the universe works?

Let me help you, **fuck your perceptions, fuck your feelings, and get over yourself...**

No really, because **if you can't get on board with the truth there is a place you just cannot get to and will never get too.**

**The universe doesn't give a "rats ass" what you or I think** so fuck your feelings and get over yourself.

This is the level of clarity you seek if you wish to advance in skill...

This is the Way, the Warrior Flow Way...

## How to Begin

***"Day by day we become what we do."***

- ***Heraclitus***

Okay now... I'm always asked from a training standpoint the question,

***Aside from doing certain exercises to develop the body what else can do to develop "X" or "Y"?***

So, I'm going to pull the curtain back a little and I've touched on this in the past but I don't think I've adequately explained it. So while you'll want to continue to do the basic exercises as they are designed to build the foundation for your body to develop what I call in Warrior Flow the "***Dynamic-Coordination***". You then want to begin the process of "***polishing***" and "***refining***" all of your movement through "***smooth movement***" including when practicing the exercises. This will begin the process for you to develop those micro-muscles so to speak to also control fine motor coordination only instead of

just trying to develop it in your arms or hands (*a terrible mistake people make in training including the martial arts*) you'll develop this throughout your "entire body".

The main thing is developing "**Mastery**" and "**100% percent control**" or as close to it, over your body and the ability to be able to "**move deliberately**" without thought (**subconscious competence**). Remember that this shit is not random, now the lottery is random and even in that... Hmm... I'm not so sure. You see whether you move correctly or incorrectly or not at all there was a reason for it but no matter what it was far from "random". It only seems random from your "perspective" if you do not understand it. **[Note: I will build on the concept of "Mastery" at a later time.]**

What I mean is the ability to control your body where you are only moving as natural as possible doing only those movements at that time in your body necessary to complete the task at hand (*i.e., focusing on what "the thing is"*). Eventually, your body will begin to learn how to deal with "the thing" at hand as well as begin to move to where it knows it needs to be in the future without thought. Yeah, this is way cool and the essence "The Thing" of Mushin or Flow.

Think of this, the old Chinese Warrior Monks used to always talk about mastering your mind by mastering control over your body. They were onto something and probably knew more about this sort of thing than we do now. Maybe they didn't have the ten-dollar words we use to describe these things now but trust me they knew what the hell they were talking about.

Here's the deal the main thing your brain does or one of its primary functions is to "physically" move your body. This is why physical activity is so crucial to be not only healthy but is a major contributor towards developing higher brain function and "*neuroplasticity*" and all that good stuff. Believe it or not, your physicality is a part of your intellect. So not only does it contribute to our emotions and wellbeing as to how we view ourselves via our self-image but also to developing higher cognitive abilities.



As the saying above the secret is by starting off slow you train the muscles, the body, the timing until you can do it without much conscious thought of how to move in the body. From there as you refine and polish your movements you will become more **proficient**, **competent** and **confident**, but you must start slow and only after developing a thing to some level can you add speed. This is something you want to do as early in your training as possible since speed changes the way we move on a "profound level". But this will be a topic for another post.

The time frame for when to make this switch in terms of increasing speed varies depending on the skill you're trying to develop. But I can tell you a lot of things in the martial arts don't take "years" to develop. Mastery? Sure but on a basic level of proficiency where you can fight? No way! Like I said in my last post I train people how to strike in minutes. This shit is not hard, people just make it hard in the way they present information.

If the military can train people to do complex tasks in less than a year and in many cases less than six months then there is no excuse for people having to spend years and years to develop basic Warrior Skills.

Here we go...

**1) Practice moving "slowly" and as "smooth" and as "deliberate" in your movements as possible** - In all that you do, and not just when you are practicing some martial technique or exercise. Remember to your body a punch is just a punch, a kick is a kick, it's just movement and as far as your body is concerned throwing a punch is not any different than throwing a baseball, it's just something you command it to do. The movement only has meaning based on the intent or context that you apply to it.

The reason I say this is because you'll want to practice this as much as possible in all that you do throughout your day. Whether lifting a glass of water to drink or opening a door or whatever. You want to be as smooth and deliberate as possible focusing your attention on just doing that thing and that thing only you are doing at the time. This begins the process of your body become more controlled and aware of what it is doing

at the time it is doing it. Eventually, this becomes just the way you move. In other words, your trying to change on a fundamental level how your entire body moves within time and space. This is "The Thing" in this application you want to focus on.

*(One day I'll probably do a post of how to train yourself to combine multiple attributes where you do them near simultaneously. This is not what people sometimes incorrectly refer to as multitasking this is a different thing. Such as how I teach people how to strike from seemingly "everywhere" and "nowhere". Final point on this because it needs to be said, "multitasking" is pure bullshit and just teaches people how to do many things poorly. No! What I'm talking about is teaching people how to do something seamlessly where each attribute works with and reinforces the action of all the others. Folks Warrior Flow is just a different jam...)*

2) **"Zen Out" with the Movement** - this same process of moving on purpose develops what Grandmaster Carron taught me about how to develop "**purposeful habits**". This idea of developing purposeful habits is what this slow smooth movement and deliberate movement develops. After that, as you practice with your weapons or whatever, the better your body moves the easier it is to control the weapon the more it becomes a part of your or a mere extension of who you are. Understand that there is a part of what we call in Warrior Flow our "**Perceptual Awareness**" where we have a sense of where we are and then we have this sense of where our body ends and where the outside world begins to what people refer to as "the other". When your body moves in this fashion what happens is that things that you physically touch over time become so much a part

of you, where at times it can even feel as if "the line" where you begin and where the object or thing you are holding begins becomes blurred. This is the sense that you want to develop with your weapons (and or other people) so that you can then focus on doing the thing you need to do.

**3) Moving Masterfully will enable you to move "faster"** - Believe it or not, as you continue to build up the level of control over your body "moving smoothly" you will actually be able to move faster and faster. This is because as you gain greater control over your body the efficiency in your movement will remove all of the unnecessary movement and antagonistic muscular movements in your body and you will be able to move "more naturally" and at supernatural speeds. The key is in order to move at as I like to call it "supernatural speed" you have to train the muscles first thus the smooth movement practice. Then gradually practice doing the same things faster and faster and faster etc., while trying to remain as smooth as possible focusing on being as accurate in your movement as possible controlling the tendency to over-travel in your movement.

Eventually, this type of movement will begin to take over all of your movement where as long as you move within the natural range of motion in your body the various ways in which you can move within your body become virtually limitless. That is because within the natural range of motion (*or Quantum Sphere of Movement*) as to how we can move as humans we have virtually an unlimited range of motion relative to what we can naturally do in our bodies.

Warrior Flow is all about this about moving in ways that give you the combative advantage to crush the enemy or neutralize them before it becomes a problem "for you".

Like I've said, Warrior Flow is a different vibe all together...

Well, that's it, for now, I'm going to build on this in the next installment and discuss some other ways to learn to move with better Combative Movement.

# Focusing on Keeping the Main Thing the “Main Thing” Part II

Nov 22, 2019

*“Also by training you will be able to freely control your own body, conquer men with your body, and with sufficient training you will be able to beat ten men with your spirit. When you have reached this point, will it not mean that you are invincible?”*

- *Miyamoto Musashi, “The Book of Five Rings”*

In the last Blog Post, I pulled the curtain back a little so to speak to help you start to train yourself on how to “polish” and “refine” all of your movement through “smooth movement” including when practicing the exercises. I also told you that this will begin the process of you developing those micro-muscles so to speak to also control fine motor coordination throughout your “entire body”.

*“One can have no smaller or greater mastery than mastery of oneself.”*

- *Leonardo da Vinci*

Again, the old Chinese Warrior Monks always talked about mastering your mind by mastering control over your body and like I said. Maybe they didn’t have the fancy terms we use to describe these things now but trust me they knew what the hell they were talking about.

The main thing is developing “**Mastery**” and “**100% percent control**” or as close to it, over your body and the ability to be able to “**move deliberately**” without thought (**subconscious competence**). Remember as I said before that this shit is not random (a subject I’ll cover later as it relates to this). You see whether you move correctly or incorrectly or not at all there was a reason for it but no matter what it was far from random. It only seems random from your “perspective” if you do not understand it.

To rehash, what I mean is the ability to control your body where you are only moving as natural as possible doing only those movements at that time in your body necessary to complete the task at hand (*i.e., focusing on what “the thing is*). Eventually, your body will begin to learn how to deal with “the thing” at hand as well as begin to move to where it knows it needs to be in the future without thought.

## Master Your Body Master Your Mind

***“The purpose of today's training is to defeat yesterday's understanding.”***

- ***Miyamoto Musashi***

I can remember it like it was yesterday... sitting there watching my Mom paint. Watching her create colors where it seemed like some sort of sorcery in the way she could take a dab of this a little of that and “poof” make brown, green, or some weird shade of red. Even more impressive was watching how she could seemly hold her hand with the brush on the canvas where it looked as if her hand never moved yet like watching the

hands on a clock see her create a shape with just the right amount of paint with just enough contact with the brush to achieve the desired effect. Sometimes she could paint a very thin line and then with the same brush flatten out the brush and make a wider shape then create an illusion as if the paint faded away on the canvas.

I would ask her, "*How'd you do that?*"

She would just laugh but eventually, she would show me. However, once shown while still cool as Hell some of the magic would disappear but it would serve as a template for future endeavors and understandings. You see within those movements, within those strokes no matter how slight there was stuff going on not just in my hand but in my body. Much later in life in my martial training, I would come to understand it better and that is this other "Thing" I want to discuss or better yet, the Thing that makes the "Thing" work. You see within every stroke of my mother's brush she already knew where the brush had to be before it got there. She already knew where to position her hand, her arm, her body, to position the brush to do the thing she wanted to do.

Whether talking about developing your body even down to the micro-movement level what I'm really talking about is a part of our movement that we can cover under the broad term of "**Adumbration**". While I've defined it in this context or fighting as *a foreshadowing of something or foreshadowing of a form a shape an impression*. It is also the thing we do as we are doing the thing we want to do that makes the thing work. Like I've said in other Blog Posts, I can teach you all there is about throwing a football with perfect form and there are plenty of books out there to help fill in the blanks for you.

But if you want to through a football well you need to throw a lot of footballs. As a definition and for our understanding here I describe it as it relates to combat as follows:

**Adumbration** - *this movement where we get this “foreshadowing” of a person’s movement, this “listening” to their bodies, feeling their impressions, their intent, their direction and speed, their adjustments relative to your movements or position in time and space. The ability to feel how they react to our movement in real-time where you change your movement to alter their perception of what they think it is you are doing long enough for you take advantage of their confusion. It’s all about using the Shadow Impression to get ahead of movement and deliver strikes at supernatural speed. Like Modeling, it is a calculus and the very means in which we get ahead of another person’s movement to the future. Adumbration also has an internal feel to it within your joints, muscles, the center of gravity, sense of equilibrium, etc. where it governs how you just “know” to move within your body just enough with the right amount of movement at the right time where it just feels “right”*

**[As an aside when I use the term *Modeling* I’m discussing a process a very real thing of how we actually deduce things and learn how to “...play where the puck is going to be”. This is not “mimicking” as some have incorrectly assumed because mimicking is just that but it doesn’t explain the most important questions you should be asking... Why? Modeling is the way in which we draw logical inferences based on what we know and or don’t know, and connect the dots. This is a different level of skill because it is an entirely different mindset altogether.]**

## You Fly with Two Fingers

This is the reason you want to start off slow you train the muscles, the body, the timing until you can do it without much conscious thought of how to move in the body.

From there as you refine and polish your movements you will become more **proficient**, **competent** and **confident**, but you must start slow and only after developing a thing to some level can you add speed. This is something you want to do as early in your training as possible since speed changes the way we move on a "profound level". Let me just say when I discuss micro-movement there is a part of this or what is called "ideomotor movement". This is the type of highly refined movement we engage in that is outside of our conscious awareness that I believe is taking place all of the time. However, because we can't really feel ourselves doing it or at least perceptually feel ourselves doing it. It takes on an intangible quality where it can make some of the things we do at the fine motor coordination level seem like magic sort of like when I used to watch my Mom paint where it seemed like the brush didn't move.

I was recently talking with a friend of mine who is a living legend in the Marine Corps, Ben Casio. Ben has seen more and done more shit than most men see and do in three lifetimes. Sort of like Col Durant USMC ret, (I won't give his full name) from Vietnam through Iraq and Afghanistan Col Durant was wounded in combat "eight times". I shit you not! I once told him when I ran into him in Afghanistan after he retired while he was doing "*something*" for someone as a contractor (I was smart enough not to ask).

Anyway, when I told him he already used up eight and that he had only one life left. He laughed and then mumbled something about taking people with him to Valhalla.

Let's just say I was smart enough to leave that one alone...

Well, Ben is a guy in that mold and saved a lot of lives and got shot up quite a few times and even once flew a rescue mission where upon being wounded flew with basically one of his eyes practically "blown out".

Yeah... Ben is a real fucking badass...

Anyway, one thing Ben recently told me was that when he used to teach pilots how to fly at flight school he used to always tell them the story about how he learned to drive and how it relates to flying a helicopter.

***"When I was a kid I grew up on a farm. So one day my dad wanted me to bring the car up. Even though I didn't know how to drive my dad said you know you've just got to master the machine. So I started up the car and I was struggling he then walked over and said. 'The problem is you're letting the machine control you, you need to master the machine'. After that through trial and error somehow I figured it out driving just became easy. Now, obviously I had an idea how to drive a car from driving other machines but most important of all I never forgot what my dad taught me. So when it came the time to learn how to fly a helicopter I approached it the same way. So now I'm telling you, young men, the same thing my dad taught me, you need to master the machine and not let it master you. When I fly believe it or not I fly with two fingers, it's just a light touch. It almost***

***feels like wherever my mind wants to take it the helicopter just goes. When you master the machine you can do this. Master the machine.”***

Now, not being a helicopter pilot and having been the victim of their shenanigans such as “auto-rotating” which is basically a controlled crash. Yeah... they do shit like that to people. A good example of this that I always use when I want to train someone how to move as polished and as smooth in all they do is the phenomena we all experience when driving our cars on a long turn on the highway where it almost feels as if the car is turning by itself. Now obviously it’s not magic, because you have to be turning the wheel but because it is happening at the ideomotor level it feels like the car turns not by touch but more like a focus of your will as if your mind directs it where to go.

This is the level of movement you want to be able to develop throughout your body to develop a level of subconscious competence and control where you do what you need to do when you do it with such a level of control that everything you do seems effortless as if “it” just happens. Where you built it up in the body beforehand to a level where your body already knew the answer before you even moved. Where through adumbration you already knew where and how to adjust on the fly to get ahead of movement.

## **You Can’t Win On the Defense**

***“True warriors are fierce because their training is fierce.”***

- ***Miyamoto Musashi***

Okay, because it needs to be said and because this is the sort of thing I get hit up with questions about all of the time. Understand that what I'm going to explain is where your mind needs to be when practicing these steps I highlighted in the last Blog Post if you want to develop this.

I remember a sports commentator once asking the legendary college football coach Bobby Bowden, why doesn't Florida State ever go into a prevent defense? He replied,

***“Because when you play prevent defense you prevent your team from winning!”***

Folks, I gotta tell you and I know I'm going to sound hypocritical for saying this because I use term self-defense as much as the next guy but Coach Bowden was right. You can't win on the defense. It just doesn't work. When I played football in college as a Linebacker we had one rule on defense “3 and out” meaning hold the offense to 3 downs and make them punt. Why? To give your Offense the ball so you have a chance at winning the game. If you always play on the defense unless you score on a turnover or get a safety the best you can do is tie the game and as one of my old coaches would say,

***“Playing the game for a tie is like French kissing your sister.”***

Umm... okay now... I don't know how he knew that but we just took his word for it.

The point is, **you can't win the game unless you're able to put some points on the board** it's really that simple. Your objective on defense was to 1) keep them from scoring if possible; 2) get the damn ball back either by forcing them out on downs or; 3)

creating turns overs. Above all do everything in your power to get the ball back and get the Hell off the field. The longer a defense stays on the field the weaker it gets.

This, believe it or not, this is why the most athletic guys on average, especially with the linemen, play defense at the college and pro level. Why? Because in order to react to the other team's offense you need greater athleticism.

The same is true for baseball you can't win unless you're up at bat, in basketball you can't win unless you have more chances to shoot and shoot clean shots but you've got to have the ball. Fighting in many respects is no different even in boxing a good counter puncher doesn't really counterpunch, he sets you up to get hit, that was his plan the whole time. By the time you think he's throwing the counterpunch it's too late because he was already throwing it.

Ah... and therein lies the rub...

## **The Element of Surprise**

***"Attacks should be delivered at supernatural speed..."***

- ***Sun Tzu, The Art of War***

63.546	65.39	69.723	72.61	74.92
47 Ag 107.87	48 Cd 112.41	49 In 114.82	50 Sn 118.71	51 Sb 121.76
79 Au 196.97	80 Hg 200.59	81 Tl 204.38	82 Pb 207.2	83 Bi 208.98
111 Rg 272	112 Ah! 296	The Element of Surprise ←		
64 Gd	65 Tb	66 Dy	67 Ho	68 Er

I saw this on Facebook some time ago and I just had to find a way to work it into a blog post. Anyhow, folks, the whole point of training is to give yourself the best possible chance to win the fight, to tip the scales drastically in your favor, and he who hits first generally wins. That's why people sucker punch people. Why? To win the damn fight. So the question you have to ask is if you know you're about to get into it, why in the Hell would you wait?

The reason I say this is because you really don't want to train yourself to "adapt" to what the other guy is doing. Adapting to someone else means you're trying to win on the defense. There is no doubt that you have to possess this skill but it shouldn't be your primary focus but a byproduct of your ability to anticipate and get ahead of their movement in the first place. Because listen and here's the question, if you already know these things then what the Hell are you waiting for? You see and I'll cover this in more depth in a separate blog post. This whole idea that a fight is random is just not true. It is only random, happenstance, coincidence to the guy who got ambushed.

***"Purity is something that cannot be attained except by piling effort upon effort."***

***— Tsunetomo Yamamoto, Hagakure: The Book of the Samurai***

This is the whole point of mastering your body so that in all things you are able to do what you need to do without thought before the situation if possible reaches the point of no return for you.

I'll just reiterate a few things of the last post, Here we go...

***"A bullet from a gun does not make a distinction between practice and combat. You are training to be one and the same way in your life."***

- ***Miyamoto Musashi***

1) **Practice moving "slowly" and as "smooth" and as "deliberate" in your movements as possible** - In all that you do, and not just when you are practicing some martial technique or exercise. Remember to your body a punch is just a punch, a

kick is a kick, it's just movement and as far as your body is concerned throwing a punch is not any different than throwing a baseball, it's just something you command it to do. The movement only has meaning based on the intent or context that you apply to it.

2) **"Zen Out" with the Movement** – again develop **"purposeful habits"**. This idea of developing purposeful habits is what this slow smooth movement and deliberate movement develops. After that, as you practice with your weapons or whatever, the better your body moves the easier it is to control the weapon the more it becomes a part of you or a mere extension of who you are. I also want to point out if you want to learn how to do something to include how to counter a movement then you need to train to do it here's the deal. If you understand how a thing can happen within time and space and you understand the dynamics of a thing, then you can learn how to neutralize its effects to some degree. I won't get into it here because it requires a lot more electrons to explain that what I'm trying to reinforce here but let's just say the idea that there are certain things that cannot be trained to because they happen too fast is bullshit and all a matter of perspective.

3) **Moving Masterfully will enable you to move "faster"** - as you gain greater control over your body the efficiency in your movement will remove all of the unnecessary movement and antagonistic muscular movements in your body and you will be able to move "more naturally" and at supernatural speeds. The key is in order to move at as I like to call it "supernatural speed" you have to train the muscles first thus the smooth movement practice. Then gradually practice doing the same things faster and faster and

faster etc., while trying to remain as smooth as possible focusing on being as accurate in your movement as possible controlling the tendency to over-travel in your movement.

Eventually, this type of movement will begin to take over all of your movement where as long as you move within the natural range of motion in your body the various ways in which you can move within your body become virtually limitless.

Warrior Flow is all about this about moving in ways that give you the combative advantage to crush the enemy or neutralize them before it becomes a problem “for you”.

# Focusing on Keeping the Main Thing the “Main Thing” Part III

Nov 28, 2019

So... while discussing martial training in a different forum there was a lot of discussion on the differences of various types. One of the things that we discussed is how people confuse how to train for a real confrontation versus training for the sake of winning in their respective classes.

In this installment, I'm going to focus more on drawing some distinctions and helping you to understand the difference of our focus within Warrior Flow. You see for us the fight is not in a class, that's the place where we hone our skills for the potential of a real battle. But outside of the class in the world. We focus to the best of our abilities to deal with likely threats and situations and not on crazy unrealistic hypothetical combat with the one in a million chance of getting into a confrontation with Hafþór Júlíus Björnsson who played *The Mountain* on *Game of Thrones*.

Folks I'm sorry but if you can't sense a guy that size in your space you have a "serious" awareness problem. Moreover, he's probably the least likely person and the few people like him on earth that you have to worry about. You need to be more attuned to the type of people that populate our prisons that fall in the normal range of physical body types that walk our streets.

I see this divide most in schools where there is an emphasis on sportive fighting versus self-defense. I think where the confusion lies is that since a punch is a punch a kick well... a kick one could argue that there is no difference and that sportive techniques are just as valid. On a certain level, they have a point there is no difference in the way I throw a strike whether when I've studied boxing when I was younger too how I was taught to throw a strike when I studied karate.

The big divide is that in sport fighting there are rules that limit what a person can do this is obviously to protect the fighters, so there are just things that are not trained to for the most part because they don't have to. This is also the reason why you have to be a better athlete and in greater shape to fight at the highest levels in sport fighting. Also, depending on a person's upbringing if you've never seen or experienced how bad it can really get in a melee if all you know is the physical feel and contact of sport fighting you can develop a false sense of what a real fight is like. True you may know what it's like to get hit and there's definitely something to be said for that but you probably won't see obvious signs that could end a fight quickly because you never trained to them. The posturing for example, that goes on in sport fighting is one thing that could get you killed on the street where the guy may just start swinging the moment you get to close. I see it all the time on YouTube.

Now don't get me wrong I'm all about sport fighting and one thing that I do like about sport fighting especially for young people is the fact that they get to experience what it's like to get hit. I'm sorry but there's really something to be said for getting punched in the

face and getting a little bloodied if for nothing else than to know it's not the worst thing in the world and that you're not made of glass.

Truth be told though you see much of the same thing in reality-based systems where because of certain obvious rules in training to prevent people from getting seriously injured. People have a tendency to get lost in the sauce as to where their focus should be on training.

In other words, they're more concerned it seems to be the top dog where they are than to develop skills that could save their lives. I know this may seem like an obvious thing but I've found over the years that people have a difficult time with this one and as a result, at some point, their training devolves into what I call "Fight Club".

I believe a big part of this is,

1) people are human and being competitive or one-ups-man-ship is just a part of who we are as humans, understandable to a point and;

2) the idea that they may have to truly fight for their lives and kill another human being never enters into the equation.

It is for this reason that all training, not some but **all training has to be framed in the right context and the skills to be developed have to be trained that way**. Learning to punch for the sake of punching is useless if you cannot tie it back to the "why" you do it at all. Also, if you do not train a skill where you are capable of pulling it off because of

the way you've developed your body and not because you just know how to strike. All you have is a tool that you do not know how to use.

***"The most well-made tools are worthless in the hands of those unskilled in their use."***

- ***Alexander the Great***

Here, here...

When I get into how we in Warrior Flow help people develop *Mastery* this understanding will become even more critical towards developing the skills as a Warrior you desire.

## **Res Ipsa Loquitur**

The Latins used to have a phrase, "*res ipsa loquitur*" meaning the thing speaks for itself. When it comes to self-defense training I have seen over the years that there is a thing, the thing that *speaks for itself* but it is almost spoken of in whispered tones. The thing that was the reason you showed up in the first place. The thing or idea of possibly having to take a human life. I do not say this lightly because we spend hundreds of hours in the military training people conditioning people to do just that and for the vast majority of people this is something that has never, ever occurred to them in their experience on planet earth.

This is by no means an easy thing.

The reason I bring this up is that while having this very conversation the other day with another Warrior Flow Instructor he made a great point to me that one of the things you almost never hear people say in the martial arts, and I want to point out when he said this. He was referring to schools that profess to focus on self-defense and not sport fighting so regardless of the style they consider themselves self-defense oriented schools. They never discuss the idea of possibly killing the bad guys. They don't in many cases even hint at the idea. They dance around the issue and try to be clever and insinuate it but never naming the thing or that they may have to kill another human being in order to win the fight of their lives and for their loved ones

Again, don't get me wrong I understand this is not an easy thing for most people mainly due to how culturally most people are raised. We see this in the military all of the time. To be blunt for the most part it scares the shit out of us to even go down that path unless you are retrained to develop the **moral certainty** and **perfect clarity** to understand it and know where the line is. To know when to be prudent and reserved, cautious, benevolent and kind, **or when to hoist the black flag and start slitting throats.**

Like I've said before sometimes you just have to kick that ass.

Now, I believe a part of this is they are concerned about being held *liable* if one of their students actually kills someone protecting themselves, which I find ridiculous. I mean there are people all over the country who teach people how to shoot pistols and there is no ambiguity as to what the possible outcome would be if they had to pick up the gun. This idea, this fear to me is just not rational. But I think there is another reason

(*something I'll probably blog about at another time in more depth*), a bigger reason, a mental reason and one of "moral will" or lack thereof.

And that is "*they*" really don't believe that the people they train or they themselves are capable of killing with their hands.

I know this sounds crazy but think about it how often are people taught to kill with their hands?

People have been doing it since day one of our existence yet it seems as if it's some sort of mystery in most martial systems.

How often are people taught lethal strikes and practice as if they mean it?

As if their lives depend on it?

Rarely...

People have no problem learning to punch people in the mouth and the like, but cracking someone across the windpipe crushing it? Gouging to the eyes for real? Snapping the neck for real?

Different conversation.

This also is why I believe certain systems are so popular because of their no-nonsense unapologetic approach to fighting. You may disagree with some of what they teach but their minds are definitely in the right place.

## More Myopia

I remember when I was in Iraq and we wanted to supply our Marines and Soldiers working the checkpoints with laser dazzlers. Basically the technology causes a person at certain distances to become disoriented. I idea was to use them at our checkpoints as a means of preventing people from either being able to make a dead run at one of our checkpoints with their vehicles or to stop those people who could not understand nor read the signs directing them how to approach. For those who don't know, most Iraqi's are functionally illiterate and cannot in many cases read Arabic. So our signs were virtually useless to the vast majority of the population.

It may be different now but when I was there the fact that I could read more Arabic than the average Iraqi was shocking. Well anyway, in order to purchase them they had to go through a review before we could just buy them by the Navy Safety Review Board. Now just by the fact that I mentioned that there was some bureaucratic agency that oversaw such purchases you already know where this is going.

The Navy's board turned down our request because there was a risk of permanent blindness at certain ranges if a person was hit in the eyes with the laser and if I remember it was something like 25 meters. The stupid thing was, and they were being stupid, is that the range in which we were by order required to shoot them which was 50 meters, which was far greater. So let me get this straight, I can't have a laser that allows me at 150 meters to disorient a person where they are unable to drive the car, literally,

because they are in many cases not able to read the signs that direct them how to approach. But at 50 meters it's okay to kill them which is what was happening. Trust me when you're a Marine or Soldier working one of those checkpoints you don't have time to determine as we saw whether the guy is making a run as a suicide bomber or just some guy who can't read.

I bring this story up because it is right in there with the mentality you find in the martial arts where there are just certain things as one well-known instructor when asked about eye gouges put it, "**no, no, no, that's not a gentlemanly thing to do**". Hey, I get it and have seen it in a lot of training. The idea of blinding someone on purpose for a lot of folks including many in the military is viewed as almost inhumane. If I remember correctly when I was a 2nd Lieutenant there was once a proposal to establish some sort of international agreement on banning the use of lasers that blind in warfare. Now, shooting someone in the head with a 7.62 high grain match round? We're all about it! Dusting off and nuking people from orbit? No problem.

But blinding someone with a target acquisition laser? Savages!!!

Un-fucking-real...

Understand, I'm just merely pointing out the hypocrisy and absurdity of the whole thing and the mindset behind it. Mind you these are the same type of people from the safety of their positions in the Pentagon. Who do nothing but polish seats with their asses while they talk about surgical strikes and the like. Trust me if you happen to live on the block where a 2,000 lbs JDAM hit, you'd know first hand there is nothing *surgical* about

it. Trust me having seen the results of those *surgeries* you're just glad you're on the right side. It's more like a scalpel was needed but we opted for a chainsaw.

## The Acceptable Level of Risk

Okay now, this is hard for people to get but necessary if you are to ever learn in your training to overcome and manage irrational fear. In almost all that we do there is a level of risk especially if it is worthwhile, if it is worthy of our effort, our lives.

A big part of Warrior training is to develop the ability to stare down fear and push past it or focus it in a manner where is it useful to you.

You drive a car there is risk, you start a business there is risk, you go to war there is risk, you try to save someone from drowning there is risk, you find yourself in an obvious self-defense situation there is risk.

Folks, "life" is risk and if you are to live it then you need to accept the good with the bad and learn how to manage the two.

Musashi once wrote that the true purpose of studying the martial arts is to never have to use them. I believe he was talking not only about developing a level of skill where you could spot trouble a mile away but the level of gravitas where you just knew as well as others. That if you had to unsheath your sword it was not going to be good... for them!

But it was also this understanding that life was meant for living and to live it meant not allowing fear to control you.

The question is what is the acceptable level of risk you are willing to endure?

What chances are you willing to take?

Is it worth your life?

If you listen to a lot of stuff out there regarding self-defense another thing you notice is there are folks who advocate that you shouldn't fight under any circumstances, that you should just run. **Personally I find this mentality insulting.** But they tell this to people because they either know they haven't trained them well enough to fight back or they have no confidence in the level of skill of those they train. Which, to me is more of a reflection of them as instructors and not a good one.

The truth is each person has to answer the question of risk for themselves and no one including me can tell you when you have to make that choice whether you made the right one for sure. I mean anyone can Monday morning quarterback what a person should have done in a certain situation or what technique the person should have used or even worse, the keyboard warriors talking about what they would have done in such a similar situation.

First of all the people who find themselves in a self-defense situation are only able to make the choices they need to make based on the information they have at hand and on the information they already know. This is where we come in as instructors and it is

our job to train them so that they can make the best possible choice. But we also need to be honest and that is if they are to have a chance they need to develop not just the skills but the moral certainty and perfect clarity to see and do what must be done. If they have to fight then they just have to fight there shouldn't be any ambiguity about it.

Trust me there are chances that I would take that for others I know they wouldn't but I wouldn't think less of them if they made a different choice because at the end of the day it was their choice. All I can do is train them as best I can to give them the best available options to have the confidence to make that choice. Whatever it is... How they choose to position themselves is up to them I just merely supply the tools and knowhow of combat to make a decision.

Again, I believe a big part of what fosters the Fight Club mentality is this a similar myopic view as discussed above and lack of focus in training to develop on some level the necessary Ruthless Intent to go there and develop the will to kill the bad guys as a means of winning the fight. I believe this mentality also serves as a cover to avoid the uncomfortable conversation of life and death combat because when you have to answer those questions it brings up a lot of uncomfortable feelings. Like coming to terms with one's mortality and facing the fear that comes part and parcel with it and measuring the risks.

Trust me every soldier from the Peloponnesian War to modern times who has had to look across the line, step off in the attack or set foot into the heart of darkness on a patrol. Has experienced the fear, the anxiety, the rush of coming to terms with death. The prayers we say to our God, our forefathers, the kissing of our St. Christopher

pendants and the making of the sing of the cross. All to provide us with some sense of solace, that everything was going to be alright. That we were going to make it back.

## **Wasted Years**

***Student: Master how long does it take to become a master?***

***Master: 10 years.***

***Student: What if I train twice as hard?***

***Master: 20 years.***

***Student: What if I study really, really hard night and day?***

***Master: 30 years?***

For those who've been around the martial arts for more than a few years, you've probably heard the above once or a hundred times. I understand the point of what the story is trying to convey and that is everything takes time and will happen in good time. However, how it's usually presented and that's what I want to focus on. It is in a manner where students are led to believe there is nothing they can do on their own to improve and attain Mastery unless it's under the watchful eye of their instructor's *ad nauseam*. Let me be very blunt here, this way of thinking is utter bullshit...

If true then what's the point of practicing anything?

This understanding of the true nature of what *the thing* is and how to move past our fears and focus on quality training rather than on quantity is at the core belief within Warrior Flow.

Any instructor worth his salt should be trying to get his students to where they want to be in the shortest amount of time possible. The meter is running and they don't have time to burn off their existence waiting to learn things that could be a matter of life and death over some unnecessarily long drawn out period.

You know just because someone has been doing something for a long time doesn't mean they were doing it right. Just because they have a lot of experience at something doesn't mean they learned anything from it.

Here's the deal and this is something that I discuss a lot with the Warrior Flow Instructors to ensure we all have the same understanding of what we need to be focused on.

When you train someone all you can do is train them to the best of your ability in the shortest time frame possible to win the fight. And training them in the skills to be able to take another person out now whether they have the will to do so is another matter but at least by having the skill gives them the best possible chance. If not? You're just wasting their time--time by the way they don't get back.

So you know what if you're a person who has been trained in Warrior Flow and you've done everything in your power to either defuse the situation or you feel you are left with

no choice but to fight. As my old football coaches used to say "**...leave it all on the field**". Let all of the blood be on the front of you and go for broke.

They have forgotten to keep the main thing the main thing and that is winning in combat which to me is the only thing that matters.

Understand in a real situation, anything you do can get you killed especially doing nothing.

Our philosophy is so do something and either return with your shield or on it!

Warrior Flow is all about this, about moving in ways that give you the combative advantage to crush the enemy or neutralize them before it becomes a problem... "for you".

**"The way is in training..."**

- **Miyamoto Musashi**

Like I've said, Warrior Flow is a different art, a different philosophy, a different vibe all together...

Well, that's it for now. In my next installment, I'm going to get into the other "Thing" you need to focus on in your martial training, this almost intangible *Thing* we call "**Mastery**".

# The Thing of Mastery

Dec 03, 2019

I broke this Blog Post up into two parts because as I was writing this I realized I had to prep the battlespace so to speak or what I describe later may not make much sense.

Okay, here we go.

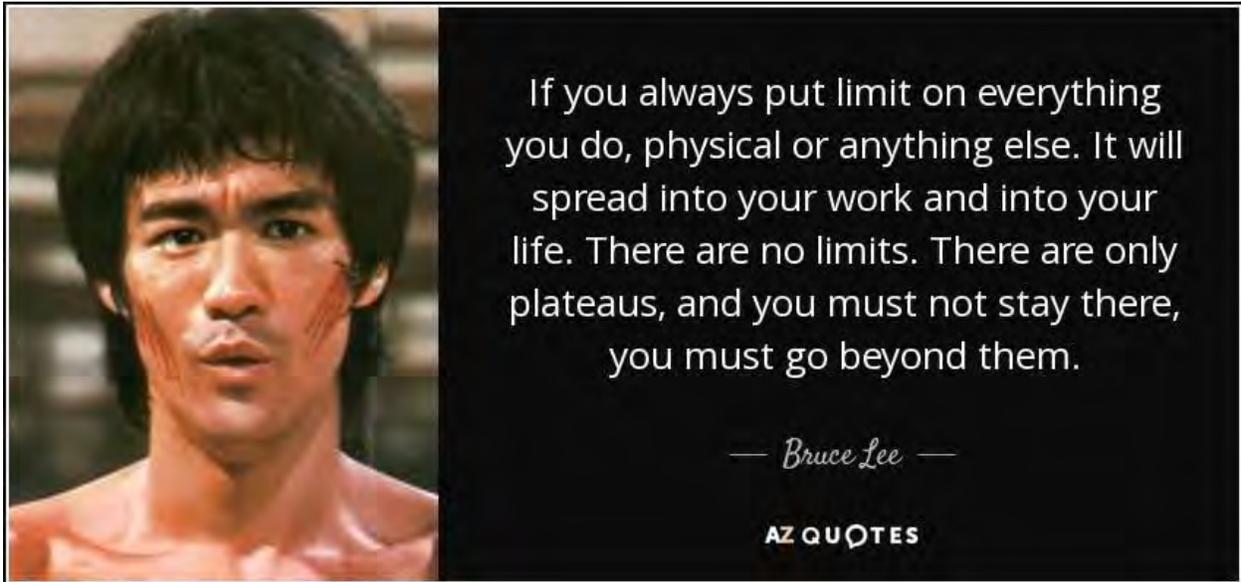
## On Mastery

***“Master all things.”***

- ***Miyamoto Musashi, The Book of Five Rings***

Miyamoto Musashi spoke more on training than probably anyone but more importantly, he had an understanding of how it related to *all things* that as far as I'm concerned is second to none. In all things, he sought Mastery of the *Thing* whatever that thing was, whether poetry, art, or sword fighting he sought to master it. But more importantly, he understood that the path or *Way* was through Mastery of oneself. In this post, I'm going to rely on the sage words of Musashi because it really doesn't get much better than that, and try to steer it towards how we develop Mastery in the body for martial purposes.

## Master All Things



In Warrior Flow, because we're only concerned with self-preservation by winning the battle we define Mastery as follows:

**Mastery** - an intuitive understanding of all things and how they work (*i.e., within the known laws of physics and human physiology*) and how to "create" as well as continually "improve" and "self-correct". It is the proper application of the concepts in the proper context or framework that, cultivates an intuitive understanding and allows people to perform creatively and effectively under chaotic, stressful conditions that have differentiated humanity's great warriors from the enemies who lay at their feet. "*Mastery and control of body yield Mastery and control of mind and vis a vis...*" To achieve effortlessness in thought and action. (*Note: In order to achieve Mastery requires a method of learning that allows us to enter into Flow. Reaching the state of Mushin,*

*Warrior Flow, etc., can only be achieved by having our attention focused on whatever we are doing in that moment and when the stakes are high. "We learn by being in the now and flow when there are high consequences." – Steven Kotler)*

Since, in a real situation, anything you do can get you killed especially doing nothing. Our philosophy is so "do" something and either return with your shield or on it! Warrior Flow is all about Mastery, but Mastery not only by moving in ways that give you the combative advantage to crush the enemy or neutralize them before it becomes a problem... "for you". But Mastery in thought, in perspective, in moral certainty, in moral will, in perfect clarity, in how you train, and why.

***"The way is in training..."***

- ***Miyamoto Musashi***

Like I've said, Warrior Flow is a different art, a different philosophy, a different vibe altogether.

***"Truth is not what you want it to be; it is what it is, and you must bend to its power or live a lie."***

- ***Miyamoto Musashi, The Book of Five Rings***

I love this quote because it really sums up much that is wrong in the martial arts world. People wanting to bend reality to their idiosyncrasies and create false realities and then when the world kicks them in the balls they act surprised. Really?

In order to develop Mastery, I believe there are a number of other qualities you need to develop in to focus your mind in the right direction as you train in the fashion I'm going to describe later on. I define them as follows:

**Moral Certainty-** The ability to sum up a situation and take action with near-perfect confidence, without thought or hesitation, or irrational fear, with little regard for the consequences to yourself. It is also that deep-seated feeling in body and mind that once you make the decision to fight there is no hesitation in your ability to "take action" with the "moral certainty" that you're in the right. The key is it is less about avoiding a fight or confrontation at all cost but instead focusing on fighting if and when you have to.

**Perfect Clarity** – to clearly and unambiguously see a thing as it is for what it is in truth without moral judgment and understand or as well as possible with absolute clearness. To be able to take action based on what needs to be done in the moment without hesitation and without prejudice and doing what must be done. This is the ability once you have all the required information or desirable elements, qualities, or characteristics.

**Perspective** - a particular attitude or mental view toward or way of regarding something; as well as the capacity to view things in their true relations or relative importance. How this plays with regard to combat is significant because both our perspective and our perceptions are filtered through our knowledge, experiences, sense of being, capabilities and wisdom or intuitions.

With this understanding, you can see why Mastery without them is not in my view achievable because you need the proper perspective and mental focus to drive your

body to develop what is necessary to develop yourself. But there is also something else...

## The Lottery is Random... and I'm Not So Sure About That.

***“Respect the gods and Buddhas, but do not depend on them.”***

- ***Miyamoto Musashi, A Book of Five Rings***

There is a mentality in the martial arts community a belief where on the one hand we can control everything in a fight. You see this in many what I call *fight by the numbers* martial arts systems where they teach techniques in the absence of any sense of dynamic movement or do drills and attack scenarios without framing things in proper context as to why they do what they do the way they do it. This way of thinking is naïve at best because it is one that assumes that the enemy doesn't get a vote. That he doesn't have an external influence or will on the battle. Bad news folks, he does and the sooner you understand that the better. The enemy always gets a vote if this were not true we wouldn't launch surprise attacks or drop bombs on people from 30,000 feet. But now I'm going to talk out of the other side of my mouth so to speak.

Because it needs to be said...

## Randomness

*The quality or state of lacking a pattern or principle of organization; unpredictability. In the common parlance, randomness is **the apparent lack of pattern or predictability in events**. A random sequence of events, symbols or steps often has no order and does not follow an intelligible pattern or combination.*

With this definition of randomness or random, I want to focus on the key phrase here and that is "***the apparent lack of pattern or predictability***". I've spoken on this before however in the context of how it affects your ability to develop Mastery it is important to understand that this notion that these events are random and not interrelated when engaged in mortal combat is to throw things in the hands of fate or leave it up to the divine will of the gods.

***"Let no man say when he is tempted, I am tempted of God: for God cannot be tempted with evil, neither tempteth he any man: But every man is tempted, when he is drawn away of his own lust, and enticed. Then when lust hath conceived, it bringeth forth sin: and sin, when it is finished, bringeth forth death. Do not err, my beloved brethren."***

- ***James 1: 13-16 KJV***

Even in St. James we read that man can be drawn away by his *own lusts*. Meaning to say that "*the Devil made me do it.*" is a copout and utter nonsense because to believe so is to believe we have no will of our own and not responsible for our own actions. Nonsense!

My friends, if you are to develop a level of Mastery in your abilities. Then you need to understand a few things here and that is no matter how chaotic, no matter how confusing, when you are engaged in battle that shit is not random. A fight is a relationship where there is a communication between two antagonists, even when there is no physical contact, a dance of death. You see what we normally call “**random**” is not **truly random**, but only appears so from our perspective. The **randomness** we perceive is a reflection of our ignorance about the thing being observed or experienced rather than something inherent to it and if you are to develop Mastery you need to get this straight in your head.

***“There ain’t no such thing as a damn coincidence if that shit happened it was supposed to.”***

- ***Jack Sparks, USMC (ret), Commanding Officer 25<sup>th</sup> Marine Regiment***

If there was one thing you could count on from Col Sparks was the blunt honest truth and if the baby’s ugly he going to say so. But his statement is dead on. **Things only appear random from a perspective not knowing or understanding how a thing happened.** However, if you buy into the notion that a fight, combat is no more predictable than the lottery, you will close off your mind as well as your ability to learn to develop Mastery. If you accept the understanding that it is not random you can then start to ask better questions as to how a thing happened and discover how to get ahead of movement and not let it happen in the first place. In essence, it will allow you to focus your training on where it should be.

The key is you want to train yourself to think and move **Creatively**, which is a completely different thing. This is why in Warrior Flow we eschew any talk of randomness, talismans, Ouija boards, or techniques that are no more reliable than the flip of a coin. For us, the definition of “luck” is “*where preparation meets opportunity*”.

**Mastery Comes at a Price... the Butchers Bill Must Be Paid...**



***“...the only way I’m leaving here is in a body bag!” - Officer Candidate, Marine  
Officer Candidate School Class No. 139***

If I remember correctly his name was Candidate Rigby, but I remember when he said that, we were in formation about the third week into the course. We were all being asked how bad we wanted to become Marine Officers and GySgt Gardner asked him in front of the Company Commander for the Class, Major Winter,

***“How da gone bad do you want this Candi-dirt? Huh! How bad?”***

Yelling at the top of his lungs as he used the affectionate word to describe us not as Officer Candidates but “Candi-dirt’s” which as GySgt Gardner once described as a lower form of creature than even a *maggot* Marine Recruit at Boot Camp.

Rigby replied, ***“Sargent Instructor the only way I’m leaving here is in a body bag!”***

Gunny Gardner then stepped right up to him at *uncomfortable* man distance close enough to literally almost kiss him. And asked him, okay he didn’t ask he yelled in his face spit flying and all,

***“And why do you think that you would have to die before you leave here?”***

Rigby, now yelling back with Gunny Gardner in his face,

***“Because the Candidate was NPQ [not physically qualified, my emphasis] last year and sent home and would rather die than to be sent home again... Sargent Instructor!”***

The Company Commander then stepped forward looked him in the eye and said,

***“I wish I had a thousand like you son.”***

Talk about Perfect Clarity? Perspective? It doesn’t get much clearer than that. He made it through by the way and went on to become a CH-53 Helicopter Pilot.

Folks, I ain't going to lie, in order to attain Mastery there is a price, a price in terms of time, effort piled upon effort, and commitment but there is also another price to pay, the surrender of oneself to the truth. There are no shortcuts. Now to be fair there are ways to train more effectively and efficiently because I'll be honest with you there's a lot of stuff people do in training, stupid shit in some cases that is just a waste of energy and the ultimate currency "time", but there are no short cuts. My point is the butcher's bill one way or another must be paid.

None of us knows how far we can go in our abilities but we damn sure won't get there training without focus or pretending we're going to absorb it via *The Force*. The other thing is you have to know what it is in order to attain "it" (i.e., focusing on the thing to develop the thing you want).

You have to put in the work and the effort, you must become relentless in your pursuit and if you fall get up, if your sword arm fails you use the other one if the flesh feels as if it were being ripped from your bones learn to work around it and fight! You must develop the focus and singlemindedness of purpose to develop your body to the nth degree. To be determined to return with your shield or on it.

Now, when I talk about developing Mastery I'm not just talking about developing skills or techniques but even before that a level of physical and mental control in the body when all that you do is but a focus of your will when you go into action. When Miyamoto Musashi talked about mastering all things I don't think people realize that he was, based on all that I've read about him probably speaking quite literally. In the last two Blog

Posts, I already spoke about how to master movement in even the little things so I'm going to start there and work my way outward.

## **Down the Rabbit Hole**

***“When one has developed practical knowledge of all skills of the craft, eventually one can become a master carpenter oneself.”***

- ***Miyamoto Musashi, The Book of Five Rings***

In Greek Mythology, the ferryman of the underworld *Charon* demands payment for the transfers of souls from their loved ones who still reside in the world of the living or else you could kiss your loved one's soul goodbye. As far as the ancient Greeks were concerned even in death there was a price to pay. The same can be said of martial development.

***“The more you sweat in peace the less you bleed in war.”***

- ***COL David Hackworth, USA***

I always loved COL Hackworth and I always enjoyed his books and no-nonsense approach to training for war. One of the things in Warrior Flow that I often discuss in my workshops is this thing called “Interception” and its importance in developing the proper Mastery over oneself. Putting it into practice is hard because it requires both an internal look at how you move your body as well as what's going on between your ears.

"Do not speak bad of yourself. For the warrior within hears your words and is lessened by them."

- Old Japanese Samurai Proverb



I don't know for sure who said this some say it's a Samurai quote others have attributed it to the Spartans, a moot point as far as I'm concerned because it is none the less true. Remember, **our minds are always eavesdropping on what we say to ourselves** and like I've told my wife before, "***I can talk myself into anything***". So be careful what you tell yourself lest you want it to become true these things can be self-fulfilling and Warrior Training is no exception to this. You've got to take the deep dive to see what lies beneath to peel back the layers, the fear, the resistance... the bullshit. You can lie to me but you can't lie to yourself and think you can get away with it.

Think of interoception as *the feel*, of your body, but *introspection* or looking inward as to how you perceive and think about what you feel and what it means. This is where the inner voice has to come in and your powers of honest evaluation and observation are

developed and put to use. This is hard shit because such internal looks come at a price where we often find out how we do a thing is not the way we thought it happened. This is where you have to learn to disagree with yourself and change your mind.

Like I said there's a price.

Well, that's it for now because this was getting kind of long. In my next installment, I'm going to get into the essence building the Warrior Flow foundations towards "**Mastery**".

# The Thing of Mastery Part II

Dec 04, 2019

Picking up where I left off now I'll get right into the nitty-gritty.

***“Step by step walk the thousand-mile road.”***

- ***Miyamoto Musashi, The Book of Five Rings***

Please re-read the quote above because this is important you see more often than not the reason people fail to develop the level of Mastery they desire is that they start their training at the wrong end. They want to throw a baseball by throwing a fastball before they even know how to throw, they want to dunk before they know how to shoot a basketball and so on. They want to run before they can even crawl let alone walk. They don't want to pay the price, the butchers bill. They'd rather their souls wander for eternity in the land of the dead instead of paying the price of admission. In this case both in time, physical and mental energy. They want to bypass the first step along the thousand-mile road.

***“The path that leads to truth is littered with the bodies of the ignorant.”***

- ***Miyamoto Musashi, The Book of Five Rings***

But... but even worse they don't want to learn the essence of a thing and how things really work on the most minute level or how the universe works because they think they know more than God.

***“Whatever your determination or will power, it is foolish to try to change the nature of things. Things work the way they do because that is the way of things.”***

- ***Miyamoto Musashi, The Book of Five Rings***

**Interoception** - is an internal sense that provides information about the internal condition of our body—how our body is feeling on the inside. Interoception allows us to experience our body's internal sensations such as the tension of our muscles, the movement of our joints, the weight of our body and shifting of our balance, the flush of the face as blood rushes to it, or the racing of our hearts. Once we understand it, we can develop a level of movement in the body that allows us to not only gain greater control over our bodies but reshape how we move on an almost Quantum Level of Movement (I'll probably explain this in another post).

Now, by learning to **focus** on this or what is called *mindfulness practices*, which have been shown to be one of the most effective ways to develop *Interoceptive Awareness*. We are able to develop the purposeful habits in the body that serve as the foundations for developing the type of movement we desire in the body. This awareness is a component of what we call in Warrior Flow **“Perceptual Awareness”** and places the information we perceive in context as well as allows us to develop the ability to “*move sooner*” through **Anticipatory Movement** (*i.e., the thing you do before you do the thing*

*you're going to do*). This is what I mean when I discuss developing the ability to move with every fiber of your being.

In order to accomplish this, you have to develop the proper focus and level of concentration not only in the mind but the proper discipline in the body to move the body almost as one when you go into action. Additionally, it is the ability to control your body to such a level where your body becomes so responsive that even if you choose to stop you are able to move at full speed and virtually stop on a dime and change direction if necessary with little to no over-travel in the body.

What I just described above is a **rare quality** one that most martial artists never developed because they have the wrong understanding and mindset of human movement as to what is possible and how we actually do what we do when we do it. So they never develop it because they won't let themselves get there to develop it. They deny its existence so it doesn't exist for them. They resist the truth and as Musashi would say, they **"live a lie"**.

## The Thing Part II

***"There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself."***

- ***Miyamoto Musashi, The Book of Five Rings***

When discussing “The Thing” when it comes to Mastery, I’m talking about the essence of what the thing is. In the martial arts, we all at some point in our development learn strikes, blocks, and throws or whatever to include weapons training. But rarely, I mean rarely do people examine the lynchpin that makes it work and that is our ability to feel our bodies move within time and space.

This sense of positioning, this sense of balance, this sense of equilibrium control. The movement of our arms and legs, the contraction and subtle muscle control as our muscles contract, relax, stretch, how our joints rotate, pivot, and how it all plays off of each other like a tight symphony where all of the various instruments come together each with their own sound and function yet all coming together harmoniously to make music.

## **Pillars of Bodily Wisdom**

***“From one thing, know ten thousand things.”***

- ***Miyamoto Musashi, The Book of Five Rings***

It never ceases to amaze me how martial artists are some of the most physically active and fit people on earth. We’re able to still do things at advanced ages that defy logic and conventional wisdom yet very little attention is paid to how our bodies actually work. Now I’ve discussed some of this before in other posts but I don’t think I’ve ever gotten

into the weeds on this so I'll try to do my best to explain this to aid in your development. But before I go there here's the deal.

I don't care what you do or what your art is because what I'm talking about here has nothing to do with style and everything to do with how we as humans move. The last time I checked everybody's arms and legs worked the same way so whatever you do is irrelevant. Period. What I'm going to explain here will help anyone and that's all I care about, helping people. I consider martial artists as the good guys so as long as I can help martial artists then great. If you think your Kung Fu is better than mine then fine, just focus on what I'm, going to show here. By the way, **this is stuff that I do all-of-the-time you can never get too good at this.**

Okay, here we go...

***“Once you have sharpened your intellect to the point where you can see whatever in the world is true or not, where you can tell whatever is good or bad, and when you are experienced in various fields and are incapable of being fooled at all by people of the world, then your mind will become imbued with the knowledge and wisdom of the art of war.”***

- ***Miyamoto Musashi, The Book of Five Rings***

**Know where your body is at all times** – easy to say but once you start this and begin to develop an intuitive feel for this. You'd be shocked by how little awareness we can have of our own bodies. The good news is the fact it surprises you means your mind is focused in the right direction and you're doing it right. Otherwise, you wouldn't know

enough to be surprised. Make sense? When you move you want to develop a deeper sense of where your body is at all times. As crazy as this sounds, we live in them yet can be unaware of our own presence at times unless of course, something is wrong then we are fully attuned because something doesn't feel right. It's like our brains, we carry them around inside of our heads, yet often people act like they're not even a part of our bodies yet its main function is to move our bodies. Go figure. I have students who are orthopedic surgeons and physical therapist and they tell me about this sort of thing with patients all of the time of their lack of awareness or how little they understand their own bodies so I know it's true. First of all, you always know where your body is even if not consciously aware of it but what I'm talking about here is to develop a level of **"internal awareness"** where you train yourself to feel your weight shift, feel your balance shift, feel the rotation of your joints, the smoothness of your joints moving, your muscles contract. It's always there because that's how our bodies work but you have to focus on it in order to develop the level of awareness to access and use this knowledge. This will give you the ability to move freely in the body because you can actually feel where you are. It will also help you develop how to move with another person in relation to how they respond to your movement and how your movement affects their movement and so on, and where you need to be when moving with another person. This is the essence of what I mean by the adumbration of movement.

**From large movements to smaller ones** – whatever you do, whatever the movement you want to refine you want to start off exploring what the maximum range of motion is. Next you want to learn to not move to a point where you either max out at this range to where you lose balance and control over your body, and then set a limitation of how far

you will allow your body to move in any given direction that is less than the limit of the range of motion. Once you develop this range of motion you want to then focus on developing as much refined economical movement and fine motor coordination as possible to hone your skills. **This is not an easy as it sounds because it takes a lot of patience to do and you have to be patient with yourself** because you don't know what you don't know and you won't know what that is until you know it. It's just the way it is. This is something that I do with students, in the beginning, to train them to not move beyond what their natural range of motion is because you can't, but even if you have advanced skills you can always refine and polish your movements. So when whether you're doing some sort of strike or whatever the technique you want to constantly refine the movement starting off in this fashion to help establish a baseline of what is possible for your body and what is not.

**Start slow gradually build up speed** – now here's something that I've debated with folks back and forth over the years. True if you want to learn how to do something fast you have to practice doing it moving fast buuuuut.... You still need to start slow in the beginning. You don't have to stay slow but you have to start slow. The reasons for this should be obvious in order to develop greater subtle muscle control you have to start slow to train the muscles and begin even at the gross movement level to develop the neural pathways to train yourself to move the way you want to. Understand that when you move faster it changes the whole movement dynamics and the movement does change especially since people are prone to over travel or lose control as the pick-up speed. The reason for this is they don't build in the subtle muscle control upfront before they add speed so, to put it bluntly... they fuck it up. Just like you didn't learn to throw a

baseball full speed when you started out, well throwing a punch or learning to move your body at what I call supernatural speed is no different. It's just movement and how your body develops the ability to strike like lightning starts by developing the proper coordination in the body and then picking up the pace whereas you move faster you then can focus on controlling the over travel. However, how long this takes varies depending on your body, whether you're in shape, or you're physically talented, etc. because there's something to be said for talent. I can tell you right now to reiterate at some point and not after fucking "*years of development*" as some would have you believe, that's just bullshit. But as soon as possible and in many cases, even within the same training session, you need to do this gradually building up your speed. As I've said in the past I teach people how to strike for effect in as little as 30-minutes and that's including while I'm drinking coffee. It only takes years to get people there if you don't know what you're doing in training. It's simple if you don't make them do things with their arms that their arms are not designed to do then they can do it. But I digress. As you refine this even to a small degree you'll want to repeat this over and over and over as you build up, refine, build up, refine, etc. "***...piling effort upon effort***" until you reach the point where you are able to do what you want to do under control without thought. Then, wash, rinse, repeat focusing on other skills.

**Make incremental jumps not ones that are too large** – I know in the world of fitness one of the things that's all the rage is the concept of *muscle confusion*. This is a concept built around the understanding that if you do something long enough the same way eventually you reach a point where your body "plateaus" where you no longer make gains. So in order to get the body to continually make gains, you have to periodically

confuse the muscles to stimulate them to grow, gain strength coordination, speed, etc. This is because within our genetic limitations, of course, there is a period called *adaptation*, this is where the body as it is exposed to something new like resistance training begins to develop the neural pathways and build muscle, strength or whatever, necessary to carry out the task we are trying to accomplish and develop the abilities we want. Once our bodies achieve what we want it to do we plateau so we can use muscle confusion to breakthrough by causing the body to constantly adapt. Since movement requires muscles the same applies to martial development. However, in order to improve and refine movement and skill, this has to be done right and just like weight lifting if you put too much weight on the bar either people get injured or their muscles believe it or not will actually shut down to prevent injury. It also has to be methodical and consistent and not some willy-nilly bullshit that relies on revelations from the ether of the universe. The point is when practicing refining your movement and developing your body you want to focus on incremental increases in the level of difficulty (*I'll cover this more when I discuss smoothness*) so that you do not overwhelm your body by trying to make it do something it is not even remotely ready for.

***“Whatever your determination or will power, it is foolish to try to change the nature of things. Things work the way they do because that is the way of things.”***

- ***Miyamoto Musashi, The Book of Five Rings***

Power is being present to the moment and accepting reality. Force is resisting what is. Power is working with the Universe, and force is working against it. Power is effortless and easy. Force is...well, forced. When you accept reality for what it is and stop

resisting it, you'll begin to unlock all sorts of abilities you never even knew existed. British philosopher Alan Watts called this "**getting out of your own way.**" Eckhart Tolle author of *The Power of Now* calls it "**presence.**" The Buddhists call it "**enlightenment.**" It's known by many words, but it's all the same. Truth is truth. I see this all the time in people, they want to move like the wind but you've got to be water first and they don't want to start at the most basic level such as being able to control their body to get there. So they gain no Mastery. They want to be as supple as a blade of grass but don't want to develop the subtle muscle control to do so because you've still got to be rooted to the earth. So they gain no Mastery. They want to learn how to manipulate space or create it, collapse the sphere, stop time, etc. but not develop the necessary interoception of how to do it. So they gain no Mastery. They put the cart before the horse so they go nowhere. So Mastery eludes them. Folks, if you do this, aside from burning in *Hellfire* it will only serve to discourage you as well as warp your sense of proportionality as to whether your making gains or just trying to skate uphill backwards. In other words, be realistic in your training and you'll see vast improvement before you know it. I guarantee it!

***“Without any confusion in mind, without slacking off at any time, polishing the mind and attention, sharpening the eye that observes and the eye that sees, one should know real emptiness as the state where is no obscurity and the clouds of confusion have cleared away.”***

- ***Miyamoto Musashi, The Book of Five Rings***

**Be smooth** – folks, smooth movement is where you want to be with everything that I've said above, you want to learn to be as smooth as possible in all that you do.

Smoothness is hard to define but when you feel it then you will know for yourself. What I'll do here is describe what the sensation feels like all of the time because we've all felt it at one time or another we just didn't know what it was but we know whatever it was it was just *right*. I've alluded to it already but a major part of learning how to move smoothly is you have to slow down and become aware of the movement of every fiber of your being. You want as you move in this fashion to focus on removing any and all jerk movement when practicing this and you have to practice it in all that you do. Filling in the gaps in your movement ridding it of all of the little ticks and quirks we all have until the subtlest movements are capable of creating great changes in your body even if they cannot be perceived by the eye. This is an internal feel more than something that can be easily seen and something to be cultivated even in the most inconsequential of movements until it just becomes the way that you move. The reason is smooth movement is not possible unless your whole body is working with whatever you're doing with your limbs. Your muscles and joints are always, always, always playing off of each other. They cannot not be doing this. There really is no such thing in the body as an independent movement *per se*. Because in order for you to really do anything other parts of your body have to be in action to stabilize your body. Even just standing there are over 300 muscles in the body that are engaged. The point is none of this happens in isolation. It's not even possible. When practicing the above keep this in mind and focus on developing that smooth feeling in your body. Now how will you know when you're doing it right? Here's the deal, smooth movement feels effortless, there is no undue

tension in the muscles the joints move freely. While you can still feel the weight of your body and how it shifts as you move it is as water sloshing from one place to another with ease smoothly, fluidly. Your body as your ability to control your equilibrium improves will begin at times to feel lighter where your step becomes almost silent. Your body feels like you are moving through an aqueous medium like walking in water your hips and shoulders move with precision almost like an ellipse your hands can feel the air moving through your fingers like placing your hand in a stream. As your weight transfers on the ground your body feels like it just glides as you walk. When you move your body your joints feel free, unencumbered. When you use force your ability to respond feels effortless as if you do things where your touch feels like magic. Obviously it isn't but at times it can feel that way. It is the same sensation of hitting a baseball on the sweet spot of the bat just right. It's that sensation we get from time to time where we feel as stable as an oak tree yet it's as if we don't even feel the weight of our own body. The ground feels like it cooperates it's like that sensation you had in the body the first time you jumped across an expanse and landed like a feather or jumped up onto something with the silence and control of a cat. Finally, your body always seems to know where to be when moving not where they are but where they are going to be before they arrive. It doesn't just feel the pattern but the shape of what it is yet to become. Yeah... it really feels like that.

Anyway, if you practice what I've discussed above and are patient with yourself. You will discover these things for yourself and know them to be true.

***“Today is victory over yourself of yesterday; tomorrow is your victory over lesser men.”***

- ***Miyamoto Musashi, The Book of Five Rings***

Well, that's it for now. In my next installment.

Thank you.

# The Thing of Mastery Part III

Dec 13, 2019

“Using order to deal with the disorderly, using calm to deal with the clamorous, is mastering the heart.”

— *Sun Tzu, The Art of War*

If you've been following my last few Blog Posts on “Mastery” one of the themes that I've been touching on is the notion that when two or more people are engaged in combat that there is nothing “random” about their movement. That the choices we make right or wrong are not random but based on perception, an “observation” of what we think is happening.

So while talking with another instructor along the same lines he brought up something that I never really gave much thought to and that is while we say it, and Lord knows I've said it a thousand times in my writings over the years that a real fight is chaos, etc.

He pointed out that a fight is “NOT” chaos but only chaos if you don't understand it and the dynamic of combat.

So with that said I threw this out there to the group to get their thoughts. The question I asked is:

***Is a fight chaos and if so why?***

Here are some of the responses I received and by the way I don't profess to think there's only one right answer this.

*"I have never seen a fight at the prison either between inmates or one I have been involved in go according to plan it's a total cluster fuck. People move different from the way karate schools practice people just collide and everything is moving. That is why 3-point sparring sets are crap. The only plan I have is I will survive and walk away from it when it's over. You have to decide you will be as ruthless as you can bite, rip eyes out twist someone's balls off if you have to."*

- Chuck

*"I feel you have to train your mind and body to handle a lot of things that are happening in the moment. Are you alone? Do you have family members around you when something happens? You cannot freeze. Or run away. Is your mindset today may be my last day on earth and I am ok with it? There can be a ton of chaos going on around you. Touch it do not embrace it."*

- Art

*"If your mindset is that of a warrior and you train to deal with whatever presents itself in combat, then no it is not chaos it is combat. The outcome of that combat goes one way or the other. Your mindset should be if anything happens you will fight with everything you have to win. If it is not enough then you will die in battle an honorable death. The only reason folks call it chaos is fear. Fear is the only chaos that can enter a person's mind and causes this so-called chaos. Fear is uncertainty! So many worries about what*

*can happen or not happen. That kind of thinking takes away from what you need to be focused on. That is the battle at hand and destroying your enemy”.*

- *Mike*

*I agree. It's only chaotic if you are totally unprepared and have little or no training.*

- *Marc*

*Two men at a set time and location walking to the center of a ring bowing and waiting for the ref to say ready begin. No chaos in that. If you are in the middle of 15 or twenty people seriously attacking each other are there guns' knives watching 3 people stomp out a person. Who is with you? Who wants to hurt you? Chairs bottles people flying through the air. Screaming yelling the sounds of a person getting the boot to the side of their head. Knowing if you get knocked to the ground you are going to get stomped out. The scene is very chaotic. Very scary!*

- *Art*

*“Art, that was every night when we worked at Bar A. Ask Kevin it was like that at the Headliner. It was doing business to those of us who had to maintain order. To folks who do not bounce it chaos. You have to agree right?”*

- *Mike*

*“Mike, one person's chaos may be a typical day at the office for another person.”*

- *Art*

“True...”

- *Mike*

## On Warrior Perspective and Perception

***“It’s not enough that you recognize what you see do you understand what you see?”***

***—Leonardo da’ Vinci***

And there you have it... the essence of the thing. It’s all about perspective but also having the right “perspective” to develop your powers of “perception”. Art really nails it because how we perceive the battle is every bit as important as to how we will react to what we see because it influences our understanding of what is going on at that time and also shapes future training and possible future battles.

This is not to say that there is no chaos as Chuck and Art aptly point out, but it is also not as if through training you cannot train yourself to overcome it and that is what I am talking about here. Recognizing the danger and developing a set of skills that allows you to overcome and prevail. This is the reason that within Warrior Flow the highest form of skill to develop through mastery is “creativity”.

***“If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained***

***you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.”***

**— Sun Tzu, *The Art of War***

**Perspective** - a particular attitude or mental view toward or way of regarding something; as well as the capacity to view things in their true relations or relative importance.

How this plays with regard to combat is significant because both our **perspective** and our **perceptions** are filtered through our knowledge, experiences, sense of being, capabilities and wisdom or intuitions. It is through these filters that we view whether a situation is chaotic or if it is just the way it is.

**Perception** - can be said to be a single unified awareness derived from sensory processes while a stimulus is present. On a physical level, it is influenced by our ability to see, hear, or become aware of something through our senses. It's also the state of being or ***the process of becoming aware of something through them.***

Perception in Warrior Flow is that level of awareness that act or faculty of perceiving, or **apprehending by not just our senses but of the mind.** That cognition as well as understanding. It is the immediate or intuitive recognition or appreciation, the insight; intuition; discernment and the ability to judge well. (*i.e., thus the Warrior Flow concept of **Perceptual Awareness***).

When Hannibal stated that, “**Perception is a tool pointed on both ends.**” He was discussing how our perspective greatly influences how we process the information that is presented to us and thus how we respond to it. In other words, we filter information as it comes in which shapes the character of the information which then influences the output or outcome of how we respond to it. Just by the fact that you know something if you understand how it works then you know what to do about it provided you have the proper perspective and perception of what is actually taking place.

**“In the midst of chaos, there is also opportunity”**

- **Sun-Tzu, The Art of War**

This is why **perfect clarity** is a must because it allows you to see through the bullshit and cut to the heart of the matter or if you possess the requisite knowledge and skill to manipulate the situation within the laws of physics and human physiology. When the glass is always half-full for you. You can begin to clearly see this. As I tell people all of the time in training the ultimate level of where you want your mind in training is to see the Future and go to where you need to be before they have a chance to respond to what you are doing.

## **Playing in Traffic**

I remember reading in one of Tim Green's books, who was a former pro football player with the Atlanta Falcons, and was a teammate of one of my good friends when they

played together at Syracuse. About how when he had his first hitting practice in the NFL he thought he was going to be killed. He said something like,

***“What it’s like in a pro practice is you feel like you’re standing in traffic and all of the cars are moving 60 miles per hour. But after a while, as you develop and get up to speed you find you can run along with them”.***

Basically when he was still green behind the ears because the level was much greater than what he was used to his first impression as with anyone was overwhelming. In other words, it seemed, confusing, dangerous, and chaotic but once he got up to speed it was *just the way it was*. While this may be difficult for some to understand think of it like this.

When we all learned to drive I don’t care who you are the first time you got behind the wheel of a car you’re both excited and scared. And at each step in your progress there was a level of fear and at times especially the first time you drive in traffic it can feel a bit overwhelming. But as you learned and became experienced you became *desensitized to it* and you learned to filter out the noise until you just knew how to drive. Now, you just jump in your car with no thought to it. The point is at first it was scary now it’s just... well, *something you do*. Because you trained yourself how to deal with it.

## **On Warrior Planning**

***“Plan for what it is difficult while it is easy, do what is great while it is small.”***

— *Sun Tzu, The Art of War*

Now for folks who served in the military, you always hear people talk about von Clausewitz's concept of *The Fog of War*. It's even gotten to the point where even the talking heads on TV discuss it. The bottom line is the fog of war is what we call uncertainty and in war, there is always a level of uncertainty. von Clausewitz also discussed and offered up that "...***no plan survives initial contact***", which as anyone who's been in combat can attest is dead on.

So, if this is true then how do you deal with this fog this uncertainty?

***"Engage people with what they expect; it is what they are able to discern and confirms their projections. It settles them into predictable patterns of response, occupying their minds while you wait for the extraordinary moment — that which they cannot anticipate."***

- *Sun Tzu, The Art of War*

The answer is instead of being reactive to what the enemy may do to change your plan, develop a plan to be able to change upon contact. Okay, now what I said there for some folks is going to sound like I'm talking a little out of the other side of my mouth or for others may seem obvious. This is a very hard concept to grasp because you have to be able to take the leap of faith and accept a level of risk that you can train well enough to do this on the fly. Not easy.

Remember there is always friction in battle because the enemy has free will and is responding to your actions as well this, therefore, this must become a part of your calculus in your training and requires much introspection to get at the truth if you are to learn to do what we call in the military “**getting ahead of the curve**”.

You see it's only chaos if you don't understand it. It's only chaos if you haven't trained in the body to deal with change, roll with the punches and prepared your body to get ahead of the battle by being able to move in a way that throws off the other guy's movement. To use deception to disrupt the pattern of his movement by changing the position of your body relative to where he is in time and space. This takes training and faith in your ability to do it.

Like I said this stuff is not random it only appears that way if you don't understand what the hell is going on. However, if you train to respond differently in the body then your less likely to be taken by surprise. Which isn't that kind of the whole point to training?

***“To know your Enemy, you must become your Enemy.”***

- ***Sun Tzu, The Art of War***

When I was an Intelligence and Operations Officer one of the things we used to always rack our brains over was developing ways to get ahead of the enemy's actions. But also locating him to prevent him from gaining an advantage in the first place. The idea was when looking for a needle in a haystack instead of trying to sift through the whole haystack, which was a wasteful exercise focus on reducing the size of the haystack (*this is the essence of the concept we teach called **Adumbration of Movement**. When I*

*discuss how Time works for combat in a later blog post I will cover this in more depth for it is integral to Mastery).*

This is the concept of *predictive analysis*. I'm not going to get into methodologies here just understand that when we're talking about predictive analysis to get ahead of the curve. We're talking about a level of perceptual awareness as we say in Warrior Flow, to "***play where the puck is going to be***". I'll be very blunt here, one of the reasons many martial techniques fail under the test of battle is not so much because of the techniques they use. After all, a punch is a punch and no matter what I've studied in my life whether boxing, karate, etc. the last time I checked I still ball up my hands and commence to swinging. It's that most systems focus on figuring out what to do after the fact.

Here's the deal, if you know all of those things then why not focus more of that time in training figuring ways to get ahead of the bad guy?

As I say to students all of the time if you know that what the Hell are you waiting for?

Just sayin...

You see when you can to some degree anticipate possibilities and probabilities or what we call in Warrior Flow the 6<sup>th</sup> Dimensional Aspect of Combat. The idea is all about removing as much of the ambiguity of a confrontation and as much of the fog of war, and as much of the perception of the fight being chaos as possible. Now, are there things that will take us by surprise? Sure but if you train to also expect the unexpected you're probably less likely to become frozen in panic by them. or at least learn to panic

the right way.

The whole basis of awareness training is built on the concept of predictive analytics to get ahead of the curve. Those things that appear random or chaotic are those we haven't trained to mitigate. Again, once you understand how your actions also influence his actions you can develop a different understanding in your training where you can actually make his actions more predictable and on and on. This is what I'm talking about when discussing what I call in Warrior Flow, 5th-Dimensional Chess. Where all of the pieces on the board are moving at the same time and you're either trying to put the other guy in a state of "checkmate" or "check".

### Seeing Beyond Your Eyes

What I mean here is you need to learn to look beyond what is obvious and right in front of you all of the time and trust your judgment based on your training. Because that which is unseen can be just as effective as that which is seen (after all in combat what you don't know can kill you).

***"Opportunities multiply as they are seized."***

- ***Sun Tzu, The Art of War***

In order to develop your "mind's eye" on this or ability to "see it in your mind, you have to take the leap of faith and trust your ability to do this and yes, make an educated

guess based on what you feel. In sports, we call this “savvy” but for our purposes here because I think it’s a little deeper than that. I’m going to call this type of thought intuitive judgment, or better known as “Wisdom” which is basically the application of intelligence, and knowledge guided by experience.

***“You have to believe in yourself.”***

- ***Sun Tzu, The Art of War***

You have got to develop some "wisdom" on this stuff and stop thinking that how it works is through total happenstance. Nonsense! Otherwise, there would be no delineation between people at various skill levels which, as we know is not true. That those, especially at the higher levels of any art, are actually "doing things" to influence the outcomes and no matter how imperfect.

***“Rouse him, and learn the principle of his activity or inactivity. Force him to reveal himself, so as to find out his vulnerable spots.”***

***— Sun Tzu, The Art of War***

Again, even if we are unaware of it ourselves to "influence" people’s movement. If what I’m saying is not true then how does a running back in football, soccer player, boxer, or basketball player fake out their opponents? It's because they're doing things in real-time to "influence" the movement or behavior of their opponent. they may not be thinking about it but they're doing it and it is not just some random act they are engaging in. Anyone who tells you different is full of shit.

## Adumbration of Movement

***“The whole secret lies in confusing the enemy so that he cannot fathom our real intent.”***

**— Sun Tzu, *The Art of War***

You know it's funny, a few days ago as of this writing I was talking with one of our instructors on the phone about the nature of a real confrontation and this idea of the fight being chaotic etc. mind you this guy works in a jail and has had more than his fair share of altercations. And he asked me if I could sum up what it is we really do in Warrior Flow what I thought it would be?

I gave it a little thought, (I'm always giving it thought) and I said something like,

***“In Warrior Flow, we focus on training to move in a way that alters the other person's perception of timing to kill them.”***

He agreed and I went on,

***“Now, if a person gets into a situation where they move to a position where they can take someone out but choose not to as far as I'm concerned that's their choice. I'm okay with that, that's their choice and be it far from I to tell them what choice to make in that situation. My thing is the one thing they will not lack is the***

***ability to do so should they make that choice. But in order to be able to do that they have to be able to get ahead of the other guy's movement."***

This movement that I'm talking about is a way or type of movement where we get this "foreshadowing" of a person's movement, this "listening" to their bodies, feeling their impressions, their intent, their direction and speed, their adjustments to your movements. The ability to feel how they react to our movement in real-time where you change your movement to alter their perception of what they think it is you are doing long enough for you take advantage of their confusion. It's all about using the Shadow Impression to get ahead of movement and deliver strikes at supernatural speed.

***(I would also like to point out that in all things when dealing with human movement there is a pattern or as we prefer to call it an "Impression" of people's bodies as they move. This is the reason we are able to get ahead of their movement or disrupt it when we do the Warrior Flow Exercise. However, it is not so much that we feel and recognize the patterns it is that we begin to recognize the "shape" of what it is to become. This my friends is a different thing altogether. It is this ability to make this mental shift focusing on recognizing the shapes thus "adumbration" that allows for this.)***

Too many people are training to deal with the problem after the fact, such as someone throws a punch you block it then respond with a strike, kick throw, etc. so more often than not, they allow time for the situation to reach the point of it becoming overwhelming thus the perception of chaos.

Well hell, if you had the ability to block it then you knew where it was so what the hell are you waiting for?

If you had time to block it you probably had time to move out of the way or a combination of both. How do I know this to be true?

Because it is not uncommon that after an altercation people are capable of recalling how the thing got started in the first place. Not all of the time but more often than people think. In other words, there was a level of awareness already present that was a clue that something foul was afoot.

The point is why make it more complex than it has to be?

In Warrior Flow, we train to overcome the chaos by disrupting and pre-empting the possibilities in the body before it becomes a problem. It is a calculus and the very means in which we get ahead of another person's movement to the future. Adumbration also has an internal feel to it within your joints, muscles, the center of gravity, sense of equilibrium, etc. where it governs how you adjust and know how to move within your body just enough with the right amount of movement at the right time.

**We do not strive to follow people although at times it cannot be avoided we strive to lead them to the wrong place.** This is the ability, to perceive and cut things off beforehand to reduce the unpredictability of the battle and the chaos, that all practitioners of Warrior Flow need to strive for in all they do when performing the Warrior Flow Exercise.

Well, that's it for now. I know this was a little long-winded but I felt it was important to cover before discussing some of the things I'm going to discuss down the line as they relate to Mastery.

# The Thing of Mastery Part IV

Dec 19, 2019

***“Hence the saying: If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.”***

**— Sun Tzu, *The Art of War***

A big part of Mastery is this knowing yourself as Sun Tzu describes above.

This *knowing yourself* and your enemy or at least his capabilities or what is the art of the possible I believe is the key to removing much of the ambiguity of combat or the fog of war. In order to do this though requires a level of introspection that few are willing to partake in.

So... after my last blog post, I had an interesting conversation via Facebook with Prof. Luciano Imoto of *Academia Imoto* in Sao Paulo Brazil. Luciano is a long-time practitioner of the martial arts and is proficient in various arts. He was my host for a series of workshops that I did last summer while in Brazil as well as being forced to eat each *chocolate pizza*. The horror!

So as a continuation of my last blog post discussing the nature of chaos and our understanding of it as it relates to our ability to develop “Mastery”. He opened up in

response to my blog post with a number of observations. What I'm going to do here is present that discussion because I think there are a lot of points that were raised that are totally applicable to our ability to develop Mastery.

Once again it is my postulation that when two or more people are engaged in combat that there is nothing "random" about their movement and the choices we make right or wrong are not random, and as another Instructor pointed out that a fight is NOT chaos but one of perception based on our observations, etc.

So with that said,



**Prof Imoto:**

"Good question Al Ridenhour.

First, what is the definition of "chaos" in the context of martial arts?

I will give the definition I study:

"Real Violence is Chaos, and Chaos is Real Violence."

But what is the meaning of "violence" so as not to have a circular definition?

'Violence is enough force used for some purpose, whether constructive or destructive.'

Thus we will avoid placing moral values since self-defense implies a situation in which it was impossible to avoid by running or negotiating and only physical action (i.e. violence) remained.

I find it impossible for anyone to predict all the possibilities of attack, defense and counterattack in milliseconds (and without touching the enemy), but it is likely that it will be possible to limit the number of alternatives available to both sides and thus "guide" the random flow of ongoing physical violence; in other words, controlling chaos by causing chaos (through sensorial disorientation, illusion, deception) on the enemy first: the number ONE rule of Art of War by Sun Tzu to win with the sheathed sword!

Another point is the question of the element of surprise that always haunts any fight. Anyone who has watched the movie "Final Destination" will understand how a chain of events having a domino effect alters everything: Imagine you are fighting and about to deal the fatal strike when suddenly your foot slips into a pool of sweat (or blood, or oil, or ice, etc.). This unpredictable factor is what I understand as chaos in an unexpected real fight. Even in the controlled and regulated scenario of fighting sports, "shit happens" ... That is, no matter how skillful, armed and superior to our opponents we are, in the real world we risk a setback that no martial art methodology could solve.

Of course, luck usually favors the best prepared, but if we put "luck" (or "bad luck") in the equation we will be entering an esoteric conversation that would lead us nowhere."

***“Prohibit omens altogether. You can best predict your future by controlling it yourself, not by trusting luck or fate to control it.”***

**— Sun Tzu, *The Art of War***



**My Response:**

"Great points that's why I asked those guys the question because there are a number of factors that can influence the outcome of any battle.

However, one thing that I've discovered over the years is that more often than not the idea that the fight is "random" gets thrown into the mix and is often confused with chaos as it pertains to human interactions.

But that can't be true because if it's true then there's no way to train to deal with it nor is there any delineation between skilled fighters and the unskilled and we know from history that is not true either. In other words, it is more of a perception based on the level of skill one possesses. Otherwise, it assumes that there is nothing you can train too. And that is just not true.

Chaos when we're talking about fighting as I said, is a perception and is relative based on a number of factors, training, experience, terrain, weather, mindset, you name it. But

just because there are more things that we can probably name does not make it any more chaotic than it is but rather 'subjective' based on those factors.

When I was in Iraq I used to do 'Red Team' evaluations, that's where we would go to a base and look at the vulnerabilities based on the enemy's known capabilities and then make recommendations on how people could improve the security on their base.

I can tell you whenever we were called to a base to investigate how something happened after an incident you'd be surprised how many factors were involved leading up to an attack where if people had known what they needed to know beforehand. They almost assuredly would have been able to mitigate if not prevent an attack in the first place.

Here's the deal though, and this is key and very, very, very hard for people to comprehend. If you can get far enough ahead of the enemy's action it is not chaos even if they do something you didn't anticipate.

The reason is once you arrive at the future 'it' already happened. This is the hardest part about 'fighting in the future' or 'playing where the puck is going to be' that people do not get.

The reason is once you arrive at the future position it is not that the other person may not know what to do about it. **It's that they do not have enough time to do anything about it.**

This is the problem in my view with most martial training to include weapons training. There is not enough emphasis is placed on the importance of developing the body as well as the proper mindset to improve their timing or the understanding of how time affects what is possible in a fight thus the outcome.

We occupy three-dimensional space and time no matter how relative it is, it is a factor because we control that space and thus have to move that space (i.e., our mass that occupies it).

Everything, 'everything' takes time, and once I arrive in the future because it is my future I'm able to anticipate possibilities and probabilities as well as 'expect the unexpected'. This is as much a mental understanding as it is a physical ability and the two cannot be separated. Which, is exactly what most people do and is why they can't gain these insights that stare them in the face all of the time.

They have to change their perceptions of how the universe works if they are to learn to use it to their advantage. They deny the universe and how it works so the universe denies them the ability to manipulate its physical laws.

At that point, I have the ability to shape and lead you to the wrong place because it is my future based on my observation thus I "create" what you experience.

Now, because I am ahead of your movement in the future, the reason you can't do much if anything about it is because you do not have enough time to deal with what I am doing.

Also, once I reach the future I also reach the state of creativity where you don't know why I did what I did the way I did it when it did it because I may not know where I'm going to go from one moment to the next because I'm creating it on the fly. So, if I don't know where I may go next, you damn sure can't follow and since my movement at that point is influencing your movement. I already to a high degree of probability know where you are going to be 'because I put you there'.

Now here's the kicker, everything that I just said happens all at the same time which is why I refer to it as the **7 Dimensions of Combat**.

What I am saying here is not a Warrior Flow thing but something that influences 'all arts' because it influences all human movement. So since we move and operate within the material universe and until we become 'spirits' this is the way business gets done.

One thing I want to point out as far as speed is concerned. True things can happen in a microsecond, but you know what you can move in a microsecond because human movement is faster than people think providing you know how to manipulate the timing of others.

If I told you that I could teach you how to move in a way that alters the perception of time for another person. Where they can be staring you right in the face and you can strike them at will and there is, for the most part, little they can do about it, what's that worth to you to learn?

That's what I'm talking about because that's how you move to remove the ambiguity and thus reduce the chaos of a real fight.

Remember, that speed is relative because it is influenced by time and can be neutralized to a degree if you know how to anticipate and move sooner or are able through deception to 'fix' a person in a certain position long enough to throw off their perception of time.

When I get into the concepts within Warrior Flow of how time influences combat and how I teach people to manipulate it in battle. Trust me when I tell you. It's going to fuck some people's heads up!

They're going to realize that in their training they've been chasing too many shiny objects and haven't paid enough attention when performing their arts. On how to move in a way to make it work based on the relationships they share with other people in the battle. And how to move in a way to shape their perception long enough to knock their blocks off.

Yeah... like that...

Anyway thanks."



**Prof Imoto's Response:**

“Everything you explained above and in your article makes sense to me, I have already trained directly with you and I know what it's like to be on the other side of your fists. My question is not about the ability to cause chaos and prevent the enemy from surprising us. I know it is possible to be proactive and to position yourself better than the opposition. Often this alone avoids confrontation by discouraging the opponent who loses the initiative when his/her plans are detected and previously annulled with simple gestures (body language, verbal, harnessing environmental conditions, etc.).

My point is that however skillful, well trained and armed we are, we must always consider the possibility of chance, that is, the ‘luck’ factor. That's why I stand back from the sports like BJJ that give tremendous overconfidence to their practitioners, which in turn put themselves in disadvantageous positions that have caused many stupid deaths.

I know this is not the case with your methodology, but I see no point in dismissing the chaos factor because no one is immune or ‘attack proof’. From what I've been learning from you and Perkins, certain skills will only be awakened when the subconscious mind takes control and flows into the actual world where time and space do not exist. Again we will be entering a very subjective/esoteric/psychic field here that I suspect no martial methodology has yet to fully cover (that is, only isolated individuals succeeded on their own merit, insights and deadly effort and not because of any ‘advanced system’ and sometimes despite them).

I suspect Miyamoto Musashi, Sokaku Takeda, Sagawa Yukiyoshi, Waysun Liao, Liu Chengde, Ben Lo, Dan Harden, Mikhail Ryabko, John Perkins, Tim Carron, and YOU are all examples of what I am talking about: extraordinary people (survivors!) forged by

extraordinary situations and trained by other extraordinary people forged by extraordinary situations too (masters are only the last point of an infinity reticence as said a famous swordsmanship).

In my 25 years of experience as a self-defense instructor, it is very rare to find talent (natural gift) and discipline in the same vessel.

But I'm digressing here ...

Glad to have this opportunity to talk about such concepts with you, which is why social media can still help us share knowledge that was once limited to an elite.”

***“Victorious warriors win first and then go to war, while defeated warriors go to war first and then seek to win”***

**— Sun Tzu, *The Art of War***



**My Response:**

“Everything you said is dead on and yes you cannot rule out the ‘luck’ factor because it what we say is true about human movement and physics. Then even a person who is so-called untrained can get lucky and be right.

Most of this I know you know so I’m just posting this so that others who follow you can benefit from it. It is actually a part of a future blog post I’m working on.

What I’m going to share here is a part of the philosophical and training concepts of Warrior Flow and how we view training that I discuss and teach all of the time.

Now, on the issue of the subconscious mind, always remember that when learning any new skill, it still starts in the front of your head even if it is a judgment or an observation and then eventually it reaches the subconscious competence level. The idea that it all spontaneously springs forth from the subconscious is ‘bullshit’. It starts somewhere else and then it develops to the subconscious competence level. And whether it takes five years, five minutes or five micro-seconds it still takes some time to process and build in.

The reason people don’t get this is because, the more skilled you become the shorter the learning curve to learn things that are similar in nature or to learn new things that are built on the same foundational skills as what you’ve already developed.

So, even though similar doesn’t equate to being the same, it’s still close enough to generally give you a head start. For example, if you know how to rollerblade it’s easier to pick up how to ice skate, if you know how to throw a football it’s easier to pick up how to throw a baseball, just as skateboarding is to snowboarding, and so on.

So, for the more skilled it seems like they are pulling it from the ether when in fact on some level they have already built-in enough pathways and experiences to not only reach into a deeper bag of tricks but create things on the spot because they can connect the dots faster. Like the 7-Dimensions of Combat in Warrior Flow, it is not a linear process but one of 'harmony' where all of the pieces come together in the right place at the right time.

My point is the subconscious mind is not magic but a real thing every bit as much as the conscious mind and can be trained all the same. Even as I type this there is thought in my head of what words I want to use and what I want to say. Yet I do not have to think about this because I learned to read and write and type to the point where that skill resides at the subconscious competence level. So there is thought but for the most part, it is outside of my conscious awareness.

But because the brains processing speed of words is so fast it seems like it is happening as I am typing this. When in fact by the time I say the word in my head my brain already formed the word 1200 to 1400 times faster than I can say it.

The key is at the subconscious level is where much of the creativity comes from because there are things that we don't have to consciously think about since we've pretty much already built it in upfront. This allows us to focus or direct our minds on other things or allows the brain time to connect the dots. Again you cannot not think even on the subconscious level there is thought. It is just that once again it is a level of thought outside of our conscious awareness.

Behold I show you a mystery...

If you get what I'm about to reveal it's going to hopefully change the way you think about training.

What you really want to do is:

1) learn in your training, based on how the universe works (i.e., laws of physics, human physiology), 'to ask better questions'. When you ask better questions you not only get better answers but often you answer your own question just by asking. It is not enough to ask 'how?' a thing was done but 'why?'. By asking better questions often the thing reveals itself and the answers eventually become self-evident. As you said true a fight is about contact but it is more important that you understand the experience in context otherwise you're just moving for the sake of moving. Folks who do this are just wasting time, burning precious time off of their existence that they don't get back;

2) understand that if you can make an observation about something based on knowing how it works, and understand the 'why' question, you can train yourself to respond in the manner you want to respond and teach yourself to the subconscious competence level to make a better choice in your movement, and on and on. Remember that in all that we do there is thought, talking is thinking, walking is thinking, thinking is thinking, thinking about not thinking is thinking, and so on. YOU CANNOT NOT THINK! It is not even possible. The key is when you are training whatever it is you want to teach yourself how to do to the subconscious competence level. What you are really doing and want to think about is teaching yourself how to 'think on purpose' [*as a side note*

*this is what I believe Grandmaster Carron was speaking to when he told me that I need to develop purposeful habits]* and;

3) understand that anything that you teach yourself how to do to the subconscious competence level, just get it in your head that by the time your body is in motion 'it' whatever your body is trying to do already happened. And just as we process words in the brain faster than we can say them we process movement in the body faster than the body can physically respond. This is also the reason that when you use deception by the time the person tries to respond the reason they can't move fast enough to deal with you is until they stop whatever they were doing before, they are not even capable of doing something else. This is a scientific fact! And how guys fake each other out in sports all of the time.

Now even though I know you know all of this you have to take it to heart and put it into practice every waking moment until it because just the way you move to develop the purposeful habits that serve you. You need to do them when training and teaching so that you can get greater results faster and provide a more meaningful context to your training. This is a major part of the process of teaching people how to see the future in Warrior Flow or what I call '**Adumbration of Movement**'.

Too many people in the martial arts are just going through the motions in their training because they do not understand how people actually learn in the body so in some cases they can't even teach themselves. They either over complicate it, do things that are neurologically wrong for your body or they frame the process as if it is magic or that

it is up to the fate of the gods, and that somehow the skills they desire will come to them through the ether of the universe, the Force or some other nonsense.

It's simple to me if you trained yourself to for example, what to do when someone grabs you, you can train yourself how to not let them grab you. If you can train yourself to not let them grab you, you can train yourself to recognize the grab before it happens and so on. The key here is you need to have an understanding of human movement and how time/reaction time/speed really work.

This is an entirely different thought process and one of the reasons why people can't get there from here. Until they can see it in their minds they can't see it with their eyes."



### **Prof Imoto's Response:**

"It's simple to me if you trained yourself to for example, what to do when someone grabs you, you can train yourself how to not let them grab you. If you can train yourself to not let them grab you, you can train yourself to recognize the grab before it happens and so on. The key here is you need to have an understanding of human movement and how time/reaction time/speed really work.

This is an entirely different thought process and one of the reasons why people can't get there from here. Until they can see it in their minds they can't see it with their eyes."

It makes sense to me. Do you think is it possible, without directly touching the hands of those who know this, to learn these skills and know-how to transfer such knowledge to real combat?

Effort and individual experiences (before and after) will dictate the results and the fruits, although rational methods of teaching and training can help the disciplined student instead of delaying the results as long his/her instructors has internalized such skills.

***"The secret of getting successful work out of your trained men lies in one nutshell—in the clearness of the instructions they receive."***

***— Sun Tzu, The Art of War***



**My Response:**

"Luciano, in response to your great question:

'Do you think is it possible, without directly touching the hands of those who know this, to learn these skills and know-how to transfer such knowledge to real combat?'

The answer is HELL YES!

But with a caveat...

There is a level of contact that has to be the basis to develop this skill and if explained properly and it is properly framed then yes this is totally doable.

How do I know?

Because I've helped people do it. But this is also provided you practice it with a partner exactly as described.

Now some may ask,

'If you never feel it from someone who is proficient in this type of movement then how do you know what it's supposed to be?'

Fair questions so here's the answer.

We are all human and we all share the same experiences when it comes to things like human touch etc. If and this is a big 'if' because I've even seen people fuck this up in person because they do not know how to frame things in the proper context.

If explained correctly in the proper context a person as I've seen can and 'will' develop this level of skill and transfer it to combat because we're just talking about motion or movement.

I know there are some who will scoff at this but I saw how people did this with the book *Attack Proof* and the DVDs.

The key is it has to be explained, framed, and basically taught correctly.

But if they explain it correctly oh Hell yes you can learn it!

This is the reason why most arts that have difficulty with this is because first of all it is not framed correctly so they just don't know what they don't know. And they're not going to know because they have the wrong understanding of how the thing works in the first place. The other reason is they have very little contact in their training or the contact is not trained in a dynamic natural way especially in the beginning.

You need to have some level of contact even light contact to develop not only the proper timing and neural pathways or touch. But also a level of confidence to do this.

Without contact, you may never develop this.

You see unless you can get over the fear that causes panic when we interact with another person like this. The panic that people experience when they try to do something for real they have never even attempted before. You cannot get there from here.

The main reason people panic is because their mind and body does not understand what it is they are experiencing. We are all human so this response is normal.

So even though the body can feel what is going on because it does not understand in context what it is experiencing and what to do about it. It causes the panic reflex to kick in. Again this is normal.

But if the proper explanation is presented and the training framed in the right context I can tell you, you can develop these skills big time.

I personally received emails from people who tell me just by reading my blog posts and practicing things that I discuss and teach have improved their skills immensely.

Once again if properly explained in the proper context this is totally doable.

Those who say otherwise don't know what they are talking about.

Great question.”

I also want to point out here that yes if you train in person with someone who is proficient in this type of movement it can enhance your skill immensely. However, I've seen too many people over the years who due to their own initiative and dedication. Have developed a level of skill to the point where you'd think they were regular students in our school.

*“The art of war teaches us to rely not on the likelihood of the enemy's not coming, but on our own readiness to receive him; not on the chance of his not attacking, but rather on the fact that we have made our position unassailable.”*

— *Sun Tzu, The Art of War*

Again, within Warrior Flow through this understanding, we do not strive to follow people although at times it cannot be avoided but strive to lead them to the wrong place. This is the ability, to perceive and cut things off beforehand that all practitioners of Warrior Flow need to strive for in all they do when performing the Warrior Flow Exercise.

Well, that's it, for now, like before I know this was a little long-winded but I felt it was important to share as it relates to Mastery.

Thank you.

# The Thing of Mastery Part V

Dec 26, 2019

Continuing on with the discussion of Mastery, as I said in the previous post a big part of Mastery is this knowing yourself your enemy and his capabilities within the art of the possible. Again, Warrior Flow pure and simple is a system of fighting designed to train people through the Warrior Mindset, “in the body” that they already possess and to be able to fight at an optimum level for their lives and win the fight. That’s right, win the damn fight! Especially if it’s for their lives!

**Psalms 144;1**  
**Praise be my LORD my Rock,**  
**who trains my**  
**hands for war,**  
**my fingers for battle**



Warrior Flow is not just a martial art, but a philosophy, and the science of winning in combat. With an emphasis on bringing the fight right to the enemy with ruthless efficiency for the sole purpose of their utter destruction and the preservation of yourself. Warrior Flow above all “abhors” the spirit of fear and will never entertain it nor take counsel of it. The only fight that really matters, that really counts, is the one you win for your life and those you protect, everything else is all bullshit, a game.

This process I have in the past referred to as “polishing” and is in line with the Japanese philosophy “Kaizen” or “continual improvement”. I believe without this way of thinking, this beginner’s mindset if you will there is no way to attain Mastery for Mastery is a never-ending thing.

In other words, we seek rather than training people in a bunch of techniques the ultimate goal is to enable them “in the body”. Again, “in-the-body” to continually improve in which over time their movement becomes so “refined”, so “smooth”, so “seamless”, so “creative”, that they “*transcend technique*”.

Meaning they reach a point where their ability to deal with another person’s motion becomes so well developed. That it pretty much doesn’t matter what the attacker does. To reiterate the philosophy along with “Don’t let it happen in the first place”, pertaining to a potential attack, and a number of other concepts that I learned from my Masters over the years form the core underpinning that has shaped my training philosophy and the “why” I do what I do the way I do it when I do it.



The reason is the martial arts for the average person is a wilderness of mirrors with so many styles to choose from all promising the same things. Like the funhouse at the amusement park nothing is what it seems. Things that look too good to be true while often they are, in the same vein a person with greater physical ability could probably make the same lame looking techniques work. Things that are simple and look like nothing are scoffed at and things that are unworkable on the street are hailed as the thing you want to learn and are defended with religious zeal. In other words, everything is distorted by our perceptions and depending on what you understand determines how you will view what you are seeing.

I belong to a number of martial arts forums and I find interesting some of the arguments that take place over what style of fighting is best for self-defense. Now most folks mean well and some of it is just silly whose dick is bigger fight club bullshit. My favorite argument to watch is how people who are proponents of MMA, the art *de jure* (*usually I find them to be young guys in their 20s*) who argue with people whose arts literally teach the same skills but because they wear a uniform of some kind somehow their arts are inferior to MMA. Or the folks as in a recent argument that scoffs at *JKD* yet advocate MMA as they attempt to *proselytize* the sinners into right-minded thinking. They miss the whole point of the name *Mixed Martial Arts* which was on a philosophical level basically what Bruce Lee was advocating. Go figure.

## A Little History

Like most people when I started my martial arts journey, I had visions of fists of fury and poison death touches. Hey when you're 19-years old, that's the kind of thing you have in your head. After a few sessions with my first Sensei, Sensei Versey Graham, a former Marine originally from *the hood* in East St. Louis and later Hugo, OK he had trained in Isshin Ryu while stationed on Okinawa. He was hardcore and now that I look back at it probably a little fucking crazy. He was one of those guys where if it weren't for the Marine Corps his life would have probably taken a wrong turn at some point because he loved to fight and loved to shoot. Sensei Graham was quick to dispel those notions with a focus on what was real versus some romanticized version of what the martial arts were.

Sensei Graham was old school, knuckle push up's, makiwara boards, strict form and with the exception of strikes to the eyes, throat, and groin he was all about sparring. Purple bruises, fat lips, and swollen noses were the order of the day and of course, he was well versed in the healing arts. Like the *Wolverine*, it sucks to have those claws if you don't have the instant healing. Sensei Graham knew how to get your body back in shape so your shit was *right* for a fresh beating. When I was stationed in Iraq in 2005 it broke my heart to learn that my old teacher who also helped me get into the Marines as an Officer passed away earlier that year. He was a great mentor and fearless and like Grandmaster Carron at his passing, I wish I had told him that...

Over the decades I've come to discover that for many of us myself included there are a number of things that we may have gotten wrong in our pursuit of perfection and Mastery in the martial arts. I'm older now and hopefully wiser and now I see this stuff

with a different set of eyes. I believe the focus or overemphasis on techniques and drills has lead people away from some fundamental truths and that is. **Above all, you have to develop some level of control over your body and how to move within time and space upfront if you are to achieve Mastery.** Sounds obvious but rarely is it implemented.



While you saw this type of thing in the movies of old like *The 36 Chambers of Shaolin* and even the first Karate Kid movie (*the second one was pretty good but the third installment sucked so bad I had to go rent the first one just to get my mind right... just sayin*). Today, and I want to reemphasize this point that, this idea of developing the body first is a radical departure from the way many arts are taught. In most martial arts

there is in my view still an overemphasis on technique or the development of tools, and not the actual mechanisms in the body of how things work within the known universe.

Don't get me wrong there's nothing wrong with tool development or technique because you can't have a fighting system without it. But at some point, if your students are to as I like to say "***kick that ass***" you're going to have to teach them how to make the technique work under dynamic conditions, and you can only do this by developing their body to respond appropriately to the **subconscious competence** level of thought.

To their credit even though Musashi was talking about this sort of thing for over 400 plus years ago and boxers have known this. The idea of developing better timing in the body for fighting and not just hand speed, etc., are starting to become more commonplace.

Now if they could just focus on well... how it actually works?

**omewhere in Time**



When Neo in the Matrix fought Agent Smith in the last part of the movie once Neo became awakened. While agent Smith was going all out Neo was just coasting, blocking and striking at will. In other words, his ability to anticipate as well as play-off of the *inverse relationship* of Agent Smith's movements made it easy to overcome his seemingly supernatural speed. Thus, *kicking that ass!*

Like I said before everything takes time... moving takes time, thinking takes time, anticipating takes time, patience takes time, As Einstein showed, time is also relative to our position and observation of events. Time is also a *perception* and is every bit as much influenced by our thoughts and how our bodies process information takes time, and our perspective, observation, and understanding of it shapes what we think is possible.

I'm just going to say it flat out if you want to develop Mastery you also have to develop an appreciation for time and how fast can a human being actually move or react to something within the known universe.

By now every police trainer, martial arts instructor, practitioner, marksmanship coach, or sports coach is familiar with "*Hick's Law*". I also want to point out that not only is it one of the most misused studies to validate their point of how fast a person can react especially under duress.

Like the infamous *10,000 Hour Rule* popularized in Malcolm Gladwell's book "*Outliers*" (*something he never directly said by the way*). Hick's Law in the same vein has for many become a definitive standard for how human reaction time works and people have even attributed things to his study that he like Gladwell never said. In other words, people filled in the blanks to make the point they wanted to make to convince people that there was some level of academic rigor behind what they were saying.

The problem is even with Hick's original study he was making huge assumptions that just don't hold up today. In a nutshell, his study showed that when challenged to perform multiple tasks in a relatively short period of time. Initial reaction time seems to slow until it reaches a certain level where it remains relatively constant or the person becomes overwhelmed or freezes because they don't know what choice to make. The problem is not in the study he did in the early 1950s it's that the people who quote this study like gospel act as if there have been no advancements in the study of human performance. Or ways to measure it in the last nearly 70 years. As *Chaucer* might say they, "*speaketh out their arse...*"

Even worse are those that repeat this study as an absolute in their training when they do so, they do their students a disservice because they are being told something that is not only not true **but can if framed incorrectly, only prevent them from seeking ways to improve their performance.** In past blog posts, I've discussed this in general terms how human reaction time works so I won't get into too much detail here because I will cover it in more detail when I discuss ways to improve your movement and reaction time in a future blog post. But there are a few things I want to point out:

- Whatever full speed is for you is full speed. The key is you can improve speed with training but you don't know what full speed is until you reach it. and as you become more efficient in your movement you may never truly know. In other words, even in the body, you don't know what you don't know until you know it, and you won't know until you know it.
- While our reaction time is a set thing meaning we can only react but so fast with training you can improve reaction time in the same way you can improve speed. Thus my previous point.
- If you trained yourself to behave or react in a certain fashion by asking the right questions about movement. You can develop different responses to different stimuli and even develop multiple options to the same stimuli.
- You can if you train yourself properly, train to take on multiple inputs of information in a short period of time. You know there was a time where I was leery about using sports analogies when discussing the combative arts because I didn't want folks to

get the wrong understanding about the differences between sports or more specifically sport fighting and real fighting. But you know what, over time I've realized that was just wrong thinking. There are a lot of things we can glean about human movement from sports and more specifically we can by examining sports as well as a million other things people do every day. To call bullshit on a lot of false assumptions out there about movement and how people interact with each other in time and space.

- People do this stuff all of the time when they play sports where they develop what is called vision, savvy, skill. Hell, even little kids do this when they play sports yet we have people out there teaching people even in law enforcement that this type of movement is not possible. Well... don't tell that to all those little league coaches teaching kids how to be infielders. This way of thinking is just not true. I'll say it again. Not true!
- Through training, you are capable of developing the ability to distinguish between different responses or stimuli faster than you can move and train to respond appropriately to a high degree (ie., *develop purposeful habits*).

While doing research on this, in an excellent article by Hoch Hochheim, "*Hick's Law – Reaction Time in Combat, Or How Modern Research Challenges the Value of the 70-Plus-Year-Old Hick's Law!*"

He makes several great points,

*“...just how fast can we get? How dumb should we be to fight back confusion and stalling out? Don't ask Mr. Hick from the 1950s. Mr. Hick was not conducting tests on baseball or fighting, and the 1950's computer he used long ago became a stone-age museum piece.”*

He goes on to point out the following:

*1) Hick's Law certainly exists, in its most generic sense of an idea. The overall idea is good to know. Things do take milliseconds to see and respond.*

*2) There are 1,000 milliseconds within one second. Not many grasp this. Almost no one can conceive just how fast 100, 250, 500, or even 750 milliseconds actually are.*

*3) There are other, more modern, reaction studies with differing and prove even faster results than Hick's.*

*4) It is blindly regurgitated and overrated in training courses.*

*5) These misuses and misunderstandings are frequently used to sell training programs or to feign a certain "insider" expertise.*

*6) Hick's Law is often used to dumb down police, military, and martial arts programs.*

*7) People can only get so fast within these milliseconds anyway. Losing or winning by milliseconds may not be consistently manageable.*

*8) Hick's widely accepted version of math and expanding delays between multiple choices cannot be played out in the reality we witness in our daily lives around us such as walking, driving cars, or the common sports events that even children play successfully.*

*9) Many other definable issues can cause choice delay. And all delays simply cannot be blamed on the root, Hick's Law principle. Stress and emotion can cause delay. Stuns and gas can confuse and delay. Also lack of sleep, antihistamines, and numerous other ailments. Also, your "zero-to-sixty" alertness before the needed response is important and the subject of a whole other essay.*

*10) Hick's Law and its milliseconds are rather inconsequential as a martial training tenet. "They" sell you Hick's Law for about \$1. It may only be worth about 15 cents.*

## **In the Kindergarten of Good and Evil**

*"Ryan Reynolds: My job is to keep you out of harm's way..."*

*Samuel L. Jackson: Shit motherfucker... I am harm's way!"*

*--The Hitman's Bodyguard*

You've got to love that quote above, so here's the deal. People train in a martial art to become "harm's way". Your students are not there for any bullshit and if you're not

trying to make them *harm's* way you really need to find something else to do. Like for real!



You know as a former Marine nothing pisses me off more than people whether in a martial arts class or an LEO / Military training course treating warriors like children. When I was in the Corps if there was a Marine who didn't measure up and people felt he was inadequate. Whenever they would complain about said "shit-bags" my only question to those leaders who felt that way about them was,

***"If you feel that way then why is he still in the Corps? Get him the fuck out of here!"***

My attitude was if you have a Marine that is so incompetent that you can't trust him to do Marine things. You need to push him out the door as soon as possible because

dealing with the problem in combat is not the time to figure that shit out. I find this attitude childish.

Like the misuse of the LAPDs *ASLAT Reports* statistics to support the often repeated and incorrect statement that 90% percent of fights go to the ground. The one observation that Hock Hochheim pointed out that I found very interesting and I've felt the same way is point *Number 6*. Where this way of thinking has been used to dumb down training programs for those who have to go into the heart of darkness as a profession and close their minds off. Once you buy into this way of thinking until you shake off the hypnosis your learning ceases.

This is bullshit...

This comes from the minds of people who either do not know how the universe works, are too lazy to find out or are too lazy to train people properly. In any event, it does not matter what the answer is, whatever the reason it's not good.

I believe this misunderstanding over the years and I alluded to this in my last post, has destroyed the development of countless people who earnestly seek the ways and skills of the warrior for self-preservation. As I build towards my next series of posts on how time and developing proper timing affects combat this will become clearer.

Like I've said before how you think of a thing influences how you move, how you train etc., and how you move reinforces how you think of it. In other words, our behavior is driven by our beliefs if you believe the wrong things you will act as such and if you don't believe something is possible then you act as such because it doesn't exist for you.

Now... and trust me when I say this because I know this for a fact, there are those who when I discuss how reaction time works and how humans move within time and space who scoff at it. They think it is a waste of time to study such things. They're only concerned with what they can see in front of them. **They can't see it with their minds so they can't see it with their eyes. They don't believe it exists so it is not *real* for them.** Yet it is a skill that 10-year old running backs use all of the time in little league football. The truth is they really do not understand it which is why they cannot master the ability to manipulate the perceptions others have of time to their advantage. **They can't explain it to a 10-year old so they really don't understand it.**

## Once Again What You Really Want To Do

I went over this in my last post but some of it needs repeating.

- Learn in your training, based on how the universe works (*i.e., laws of physics, human physiology*), to ask better questions. When you ask better questions you not only get better answers but often you answer your own question just by asking.
- Understand that if you can make an observation about something based on knowing how it works, and understand the "why" question, you can train yourself to respond in the manner you want to respond and teach yourself to the subconscious competence level to make a better choice in your movement, and on and on.

- Understand that anything that you teach yourself how to do to the subconscious competence level, by the time your body is in motion "it" whatever your body is trying to do already happened. This is a scientific fact! And how guys fake each other out in sports all of the time.

I'll reiterate this point for those who asked me about it. If a given technique for say dealing with a strike is to block it and I'm using this just as an example. While nothing necessarily wrong with that if you can do it. It avoids the obvious questions you should be asking. Remember if you want to get ahead of the game you need to learn to ask better questions.

Generally speaking, and this is just the way my mind works, if I have time to block it then I have time to avoid it; if I have time to avoid it; then I probably have time to strike and preempt all of that nonsense in the first place.

If not?

Well, then you were probably going to get hit anyway because you may not have enough time to avoid it completely. Now, this does not mean that you still can't do something about it by trying to move out of the way it just means you have to accept on some level you're probably going to get hit.

*So the only question here is how will you be hit?*

*Moving away from the strike?*

*Getting grazed by the strike?*

The point is **by training to recognized things sooner you get to move sooner but in order to do so, you need an appreciation as to how time works for combat.** The last point I'll make on this, just understand and don't let anyone tell you differently. If you can get ahead of another person's movement you can do things that seem to defy logic and physics, things that come right out of the Kung Fu movies. *Cool shit* or as one of my students calls it "*superhero stuff*" sometimes right in their face. But in truth, it only seems that way especially to those who do not understand and therefore cannot see these things with their minds.

**Again, within Warrior Flow through this understanding, we do not strive to follow people although at times it cannot be avoided but strive to get ahead of their movement and lead them to the wrong place... for them.**

This is the ability, to perceive and cut things off through your *perceptual awareness* beforehand that all practitioners of Warrior Flow need to strive for in all they do when performing the **Warrior Flow Exercise**.

Well, that's it, for now, like before I know this was a little long-winded but I felt it was important to share as it relates to Mastery.



Thank you.

# The Relative Nature of Combat in Time

Dec 31, 2019

***“There is surely nothing other than the single purpose of the present moment. A man's whole life is a succession of moment after moment. There will be nothing else to do, and nothing else to pursue. Live being true to the single purpose of the moment.”***

**— Yamamoto Tsunetomo, *Hagakure: The Book of the Samurai***

I'm going to break this down in many parts because this is a very tough thing to discuss as it relates to combat. I'm going to lay the groundwork and build on this.

Oh and one more thing before beginning because it needs to be said. Every now and then I'm asked why I don't cover a lot of stuff dealing with specific techniques and focus mostly on concepts. The reason is as I've said before a punch is a punch and a kick in the balls is a kick in the balls. Trust me like a lot of folks who've been doing the martial arts for some time, I can get into crazy detail with regard to various techniques but over the years I've come to the conclusion that for the most part it really doesn't matter. You can either bring it or you can't.

I had this conversation not long ago with a friend of mine where we discussed the use of various types of punches and it is amazing how in many arts they

almost *fetishize* different ways to strike with the fist. It's to the point with some arts that if you don't strike in the fashion they do then it is as if you don't know how to strike. Now obviously there are ways to strike that are just fucking wrong but for the most part, a punch is still just a punch.

In Isshin Ryu, I can remember how we were taught all of the benefits of "*the vertical fist*", but you know what they say the same thing in *Wing Chun, Bua Gau, Hsing-I, Tai Chi*, etc.

As a matter of fact, in his book "*Championship Boxing*" the legendary fighter Jack Dempsey also showed how to strike with the vertical fist. Folks here's the deal, there are only so many things you can do with your hands upon striking and that's the way it is.

My focus is on helping people also develop the underlying mechanisms that make things work in the body, and how it works in the known universe because in my view it is the key to understanding how to make virtually any technique work. How to overcome any physical differences in size, speed, and strength. To be able to close the gap between your physical capability and your intellect when you've reached your physical limits and are just no longer that guy.

***"When I have won a victory I do not repeat my tactics but respond to circumstances in an infinite variety of ways."***

- ***Sun Tzu, The Art of War***

Too many folks in the combative arts want to know how to do something which of course is important but I'll tell you. When you understand to the *quantum level* so to speak not just the how but the "why". It is a completely different world and level of understanding one that transcends physical limitations, understandings, or technique.

Okay, here we go.

## Time

***"Knowledge without understanding is useless."***

- ***Thucydides***

**Time...**

*What is it?*

If you do any amount of research on the subject, here's what you basically come away with.

1. We really don't know definitively what Time is.
2. Time as our brains understands it is relative and more of a perception and is observational an experience.

I've discussed this in various ways before but what I'm going to attempt to do here is discuss it from the perspective as we view time within the system of Warrior Flow.

Now for the obligatory disclaimer: Listen just because I can teach you how to punch someone in the mouth doesn't make me the definite authority on this by a long shot. So if you're looking for the secrets of time, trans-dimensional movement, theories on time travel, or anything of the such you're going to have to go elsewhere to people far smarter than I am on this stuff.

## Everything Takes Time

***"It's not what you appreciate; it's that you appreciate."***

- ***Hannibal***

In the last blog post as I said before everything takes time... moving takes time, thinking takes time, anticipating takes time, patience takes time. Einstein showed time is also relative to our position and observation of events and a *perception* and is every bit as much influenced by our thoughts and how our bodies process information takes time, and our perspective, observation, and understanding of it shapes what we think is possible. In this, you must gain an appreciation.

Galileo, Newton, and most people up until the 20th century thought that time was the same for everyone everywhere. This is the basis for the concept of *timelines*, where time is a parameter. The modern understanding of time is based mainly on Einstein's theory of relativity, in which rates of time run differently depending on relative motion,

and space and time are merged into space-time, where we live on a world line rather than a timeline. In this view time is a coordinate.

Um, Okay... Anyway...

Time in physics is defined by its measurement where the concept of time is self-evident measured based on a set of accepted units of measurement. An hour consists of a certain number of minutes, a day of hours and a year of days and so forth. However, when it comes to combat because when in battle we are dealing with motion we are concerned with how long it takes to perform certain actions. Whether throwing a strike, evading or whatever in any event they take time. How we view it is a matter of perception but later on that.

***“Attacks must be delivered with supernatural speed.”***

- ***Sun Tzu, The Art of War***

This is why in Warrior Flow we refer to combat as the equivalent of playing 5<sup>th</sup> *Dimensional Chess* because all of the pieces on the board are moving and engaging at the same time but they are also moving, forward, backward, up, down, left, right, diagonally, moving in arc's, circles, and jump multiple levels, disappear and reappear, slow down, speed up, stop, all while clashing with what they can clash with or need to clash with and avoiding what they cannot afford to clash with. All with one goal in mind, ***“Checkmate!”***

***“Master all things.”***

- ***Miyamoto Musashi, The Book Of Five Rings***

Once again, you have to develop an appreciation for *Time* and how fast can a human being actually move or react to something within the known universe. If you are to develop Mastery in the body you must develop mastery over your movement, your motion. If you are to develop this, then you must develop an understanding of time and how it works on a basic level so you can develop the ability to manipulate it to your advantage in combat. I believe a lack of understating of how time works and how it relates to human movement is the number one reason most martial artists are not able to develop the level of skill they desire in the body. Now when I'm talking about time I'm also talking about how the body in layman's terms processes information.

I'll slay some sacred cows within this series as we focus on understanding time and how it applies towards developing mastery.

### ***How the Universe Works Part 9,256: (i.e., How We Move Within It Is Critical to Developing Mastery)***

***"The first and most important rule to observe...is to use our entire forces with the utmost energy. The second rule is to concentrate our power as much as possible against that section where the chief blows are to be delivered and to incur disadvantages elsewhere, so that our chances of success may increase at the decisive point. The third rule is never to waste time. Finally, the fourth rule is to***

***follow up our successes with the utmost energy. Only pursuit of the beaten enemy gives the fruits of victory."***

- ***Carl von Clausewitz***

You and I occupy three-dimensional space, we occupy this physical space, control it, live within it. It is our space. Now, that is in a literal sense however, we also control the space within our sphere of influence and beyond. This is the sense that people who play sports feel where they are keenly aware of how their movement within free space influences the movement and actions of others. This is especially noticeable in sports where there are generally only two people facing off where it's easier to track the movement dynamics since the number of people involved makes it easier to see this.

In team sports, this is a little harder to see since the movement of all the participants is in a general sense influencing the actions of each other all of the time even if the people on the field are not actively aware of this. I can't even tell you how many times as a football coach it would drive us nuts where our quarterback got sacked or threw an interception simply because a receiver ran a wrong route. Or how our running back was one step away from running for a touchdown and was tackled because someone on the opposite side of the field missed a block. Or how a play fell apart because a running back didn't take a step necessary to cause the linebacker to step the wrong way and allowed him time to step into the hole and wreck the play. And on and on it goes.

***"Two qualities are indispensable: first, an intellect that, even in the darkest hour, retains some glimmerings of the inner light which leads to truth; and second, the courage to follow this faint light wherever it may lead."***

- ***Carl von Clausewitz***

It's all about timing and when the timing is right everything works when the timing is even slightly off all hell breaks loose, chaos ensues... *The Apocalypse*.

According to our accepted understanding of speed maximum speed is finite. I'm not going to get into all of the physics behind it (*i.e., no physical object, message or field line can travel faster than the speed of light in a vacuum*). What is important to our understanding is that we as humans have a finite speed.

We must also understand that speed with regard to humans can be both absolute in that it is measurable but also relative and observational, based on your understanding of it and where you are in time and space at a given moment thus observational. Therefore, in order to master our ability to manipulate the relative nature of how we view and observe time for combat we must first develop our bodies to move better. But before we can do that there is something else we need to do.

## **The Battle Starts in Your Mind**

***"One can have no smaller or greater mastery than mastery of oneself."***

- ***Leonardo da Vinci***

As I've said in other blog posts how we think influences how we move and how we move reinforces how we think about our movement and our capabilities. We must, therefore, monitor our beliefs because they influence our behavior. Remember your subconscious mind is always eavesdropping on your conversations and thoughts to include how you move or think about movement. This is where some imagination needs to come into play. Just something to keep in mind as I build on this discussion.

***“When You Make Them Flinch You’ve Already Won.”***

- ***Miyamoto Musashi, The Book Of Five rings***

You know long ago Bruce Lee was on to something when he discussed the concepts of distancing and timing. So while not the first person to give voice to the concept he was probably the first one out there openly discussing the importance of it for the martial arts. Granted the concept in boxing is as old as boxing itself.

In Warrior Flow when training the body, we train to develop ourselves to move in a way that alters the other person's perception of timing to get ahead of their movement to crush them or neutralize their action, *their motion*, etc.

Now I'll try to explain this as close to the textbook description as possible so that there is little to no misunderstanding here.

In physics, motion is the change in the position of an object over time. Motion is (*mathematically described*) in terms of displacement, distance, velocity, acceleration,

speed, and time. In other words, the motion of a body is observed by attaching a frame of reference to an observer and measuring the change in position of the body relative to that frame of reference.

Now, if the position of an object is not changing relative to a given frame of reference, the object is said to be at rest, motionless, immobile, stationary, or to have a constant.

The main quantity that measures the motion of a body is momentum. An object's momentum increases with the object's mass and with its velocity. The total momentum of all objects in an isolated system (*one not affected by external forces*) does not change with time, as described by the law of conservation of momentum. An object's motion, and thus its momentum, cannot change unless a force acts on the object. (*i.e., such as how you can train to change the vector of an incoming strike if you time it right with little effort relative to the amount of force of the strike. In Warrior Flow because we try not to create rules outside of what is possible within the laws of physics this is a totally learnable skill that is taught. Not as a first choice but as an alternative to getting punched in the throat or the lessor of two evils.*)

Anyway...

In layman's terms, when discussing mass, momentum, etc., this is why when people get into car accidents even at speeds as little as 20-mph if not belted in can still get launched through the windshield or into the dashboard with enough for to kill them. It is because their body is a part of the overall mass of the vehicle.

I saw this first hand over and over in Afghanistan where people would be hit by IEDs in their vehicles and while the blast may have not been enough to damage the vehicle. People, if not strapped in on the inside, were sometimes killed by being launched inside of the vehicle into objects such as radio mount brackets or hit by objects that were protected inside of the vehicle because they were either not secured or there was enough force to one side of the vehicle to dislodge them. Listen, I don't care what you do if you in a microsecond suddenly and violently tip a 30-ton vehicle on one side if you're not strapped in or if things are not secured it does not end well.

Having been in a vehicle where the road gave way and suddenly tipped into a canal it's like getting tipped on one of those rides at *Six-Flags* where you feel like you're being tossed around like a toy. We were lucky that the vehicle was just wide enough to get wedged in the canal and not fall into the water and become submerged. Unless you can open a 700-lbs rear hatch or a 400-lbs door while on your side underwater, that shit is not happening for you. As I said, we were lucky.

## **The Tool of Perception**

I was having a conversation with a student recently and we were discussing how to get ahead of movement if the other person has already moved. In other words, once a person moves on you there is almost always a delay due to your reaction time. So, he wanted to know how to level it the playing field?

In essence,

*How is it that some people are able to seemingly anticipate the actions of others with almost perfect accuracy?*



In the image above is a rare looking weapon known as a *Haladi*. *Haladi's* were double-sided swords from India. The handle was made out of Asian elephant ivory. The blades out of pure steel with stories of battles engraved in the blades and sheaths on both sides and were the preferred weapon of the *Rajput*. Who was like the "Ninjas" of India with "*Indian Katanas*" and were a fighting group that dedicated the life for fighting and honor.

Your perception like the Haladi must become refined and deadly on both ends. **You must be able to see an advantage in all movements.**

## The Relativity of Simultaneity

***“Two events, simultaneous for one observer, may not be simultaneous for another observer if the observers are in relative motion.”***

- ***Albert Einstein, Special Relativity***

In Warrior Flow, there is a concept called the ***Inverse Relationships to Motion***. In all that you do, you must seek to discover and understand that in all things there is virtually an inverse relationship. However, I want to point out this observation is relative. This inverse relationship is characterized by the ability to “switch” perspectives in a flash in the mind and see the future through the inverse. This is a *rare talent* that few can understand because it allows one to cut off and get ahead of another person’s movement even if the other person has already moved first.

***“When you put your hand in a flowing stream, you touch the last that has gone before and the first of what is still to come.”***

- ***Leonardo da Vinci***

In other words, if a person steps to the left, if your mind is attuned to it then it is no different as if you stepped to the right. Their push is your pull, their strike is your opportunity to redirect their arm or body, their withdrawal your opportunity to enter take space and pounce, etc.

Their moving forward no different than if you stepped in and closed the gap. If they seek to strike you, in your mind, it is no different than if they stuck their arm out for you to know now where to not be and so on. In order to create this, shift one must be willing to understand the relationships of their own movement and how it affects the other persons as well as be able to see the lines and arcs of their movement as you interact with them before they are able to affect your body.

By understanding movement, you are able to neutralize their movement by reciprocating in the inverse. The secret is always looking at the situation as if the glass is always half full and always seeking for an opportunity to crush them. I won't get too much into it here because I plan on covering this understanding in more depth in subsequent posts.

# The Relative Nature of Combat in Time Part II

Jan 07, 2020

***“The successful warrior is the average man, with laser-like focus.”***

**— Bruce Lee**

Say what you want about Bruce Lee, but you have to admit he had some great sayings. He was as I've alluded to in previous posts one of the first people to really emphasize the concept of distancing and timing in modern martial arts. Now I'm not saying others weren't aware of the importance of understanding timing but he really was the first guy out there to push the idea into the mainstream. Sure all of the great sport fighters understood this and were doing this all of the time but the very idea for the average person studying a martial art even today for many these concepts are alien to them.

To me when I reflect back I find it amazing how people are interested in knowing how to do a thing but are rarely interested in knowing *the thing* that makes the thing work. Folks I'm going to tell you straight out without naming the "thing" as I've said in past posts there is no way you can get there from here whatever your goal. If you want to know how to move better you have to have an appreciation of how you move within time and space. This is a fact and is unavoidable.

I was having a conversation with an acquaintance of mine recently who teaches Kung Fu and we were discussing how much has probably been lost over the years within the

martial arts that would probably explain the *thing* behind how many techniques actually work. I'm not a Kung Fu guy so I really can't speak to that but I'll say this. I know how human movement works within time and space and all I know is if you can learn to move in a way to get ahead of another person's motion. At that point, it really doesn't matter what they do because there is not enough time for them to do it even if they know what the right thing is to do.

This is the ability that you want to develop!

Where it doesn't matter what they do because it's already too late... for them.

In the last Blog Post, I stated that *Time* in physics is defined by its measurement where the concept of time is self-evident and measured based on a set of accepted units of measurement.

And, as I said in the last post any amount of research on the subject, shows that there's no definitively answer as to what Time is. The only thing we know for sure is that Time as our brains understands it is relative and more of a perception and is observational and an experience. So, to reiterate when it comes to combat since we are dealing with motion we must always take into account how long it takes to perform certain actions.

***“You can’t connect the dots looking forward; you can only connect them looking backwards. So you have to trust that the dots will somehow connect in your future. You have to trust in something—your gut, destiny, life, karma, whatever. This approach has never let me down, and it has made all the difference in my life.”***

- **Steve Jobs**

I always liked the sayings of Steve Jobs, he has almost his own form of *Haiku* I like to call "*Jobsisms*". To the point yet profound. He points out something fundamental and something that I've discussed before that that is *Creativity* is not some *willy-nilly* thing but a process built on knowledge, experience, and wisdom. And like Time or playing where the puck is going to be as we like to say in Warrior flow. In order to connect the dots, you have to build it up in skill beforehand. It has to already on some level reside in you, in your body or you can't see it in your mind. There needs to be a basis of understanding. So while the past doesn't define the future it informs on the present the now as well as informs on what is possible in the future or not.

### **It's All About Choice**

***“Opportunities multiply as they are seized.”***

— ***Sun Tzu***

How we as humans view motion is a matter of perception. This is critical to understand because of our perception of events and how we view movement influences how we think of moving ourselves. This is why training with the proper mindset is so critical to developing a proper understanding of movement so that you can make better choices.

***“Thus the expert in battle moves the enemy, and is not moved by him.”***

— *Sun Tzu, The Art of War*

Now I know there are folks who don't think that on the heat of battle you can make choices. Nonsense! Every movement you make is a choice whether conscious or subconscious none the less it is a choice. This is why you have to train these things in the body to build in the desired skills beforehand.

***“To secure ourselves against defeat lies in our own hands, but the opportunity of defeating the enemy is provided by the enemy himself.”***

— *Sun Tzu*

I'll let you in on a secret, if you understand how Time works for humans and how humans develop skills, there is no skill you are incapable of developing as long as you train within how *your body* moves. The key is you have to train to develop on a base level the ability to gain the *adumbration* of what your opponent is going to do and go to where you need to be or manipulate them towards moving in the direction you want them to go. This is not as hard as it sounds physically but is mentally difficult because it requires how you view movement differently.

Folks, please re-read what I just said because more people have hobbled their training in the fighting arts than anything because they accept notions of how humans move and interact with each other that are just not true.

These perceptions prevent people from taking the leap of faith necessary to get to the next level or the level of skill they desire. They believe things that are just not true or

believe things out of proper context so they develop the wrong understanding and as a result, they achieve the wrong results. Garbage in garbage out.

I'll give you an example. It is not uncommon to hear tales of how fast the criminal element can move and there is no doubt that a determined criminal will move with a sense of purpose and all manner of deliberateness.

But here's the deal, if the bad guys can move like that then relatively speaking so can you under such conditions if your mind is right and you are willing to move with the sense of purpose of taking them off the planet. My point is once you get your mind right and you understand that the bad guys are human and not gods. Then if they can move like that to some level so can you but you have to train to it.

## 5<sup>th</sup> Dimensional Chess

***"Obey the principles without being bound by them."***

— **Bruce Lee**

In **Warrior Flow**, as I said in the previous blog post on this, we refer to combat as the equivalent of playing 5<sup>th</sup> Dimensional Chess so unlike that weak 3 Dimensional Chess shit on *Star Trek*. All of the pieces on the board are moving and engaging at the same time for once the battle begins they are in constant motion.

***"Cry Havoc! and let slip the dogs of war."***

- **Mark Antony, William Shakespeare's Julius Caesar**



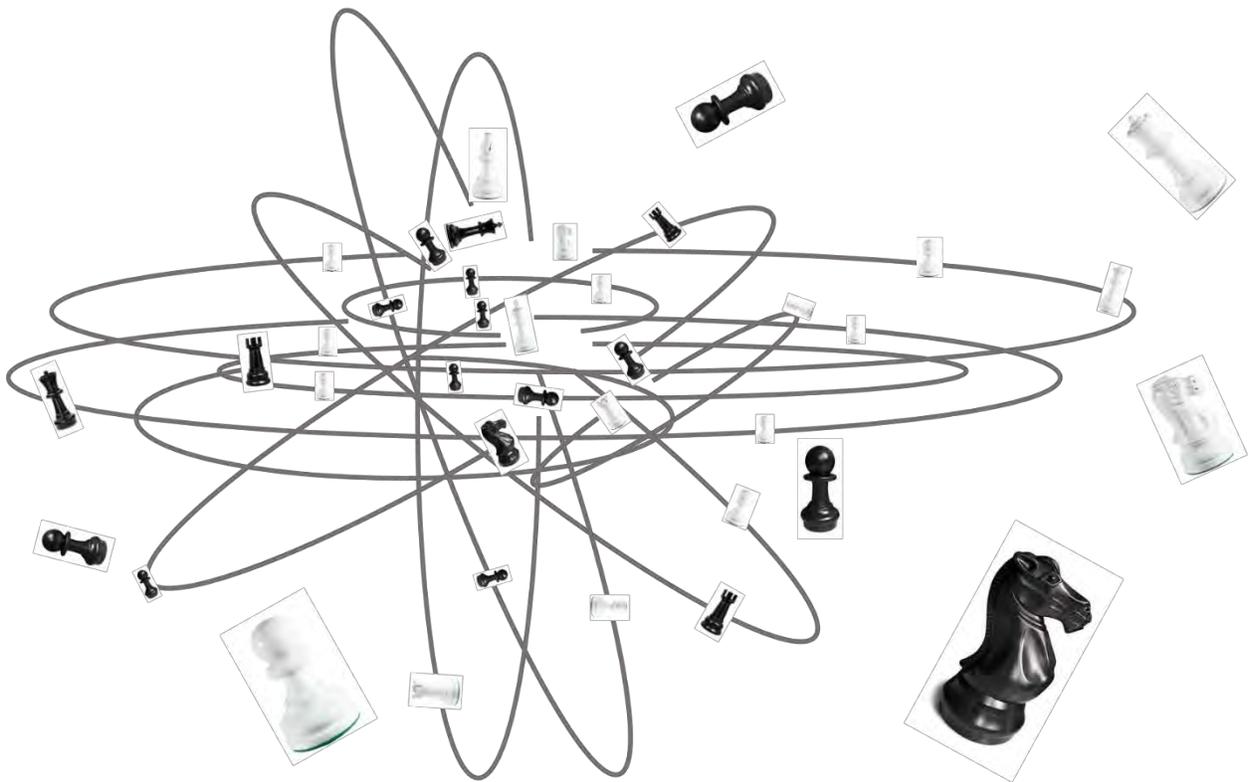
***“The whole secret lies in confusing the enemy so that he cannot fathom our real intent.”***

**— Sun Tzu, *The Art of War***

What is important to understand is that like a real fight the movements are only limited by the laws of physics and human physiology and not based on any one technique or form for it is truly formless until the point of impact. Meaning if you train it right it does

not have to take shape until the point of impact (*I say this because there is a way to create false surfaces as a form of deception to force them to respond in a manner that makes their actions predictable. The beauty in this is they don't even know it is happening to them because until they are struck they thought it was their idea*). This is the reason why in Warrior Flow we try to not create the weapon until the last possible moment to deny the attacker an opportunity to hone in on the impression on the pattern of movement or the shape of what it is yet to become.

But there's more...



The pieces as I described are also moving in every way and direction imaginable, forward, backward, up, down, left, right, diagonally, moving in arc's, circles, and jump multiple levels, disappearing and reappearing, slowing down, speeding up, stopping, all while clashing with what they can clash with or need to clash with and avoiding what they cannot afford to clash with. All with one goal in mind, "*Checkmate!*" This is the way you must think of how to strike and move your body.

***"In order to control myself, I must first accept myself by going with and not against my nature."***

**— Bruce Lee**

So like a real fight, there are things within the laws of physics you can do and things you either can't do or they are problematic.

So for example, trying to move people who are bigger or stronger than you with strength generally doesn't work but moving them and changing the vector of their movement is totally doable if you develop the skill. Where you can catch them where they are not balanced and compromise their sense of equilibrium.

Stopping bigger stronger people or even people of equal size throwing strikes is generally not doable unless you can stop their body before they get their momentum going. Whereas you are able to change the vector of their movement in such a way that they cannot move for microseconds at a time, long enough to crush them.

To out quick people who are faster than you are is generally not possible unless you are able to move in a way with your body. Where you learn to move sooner in the body and

get ahead of their movement, negate all of this by not being there in the first place with your body.

Or... by altering their perception of time through deception.

## Bending Spoons - How the Universe Works Part 9,308

*“To hell with circumstances; I create opportunities.”*

— *Bruce Lee*



I'm going to start this off by first discussing that if you want to learn how to alter the perceptions of timing with another person you must first have an appreciation for the oft-repeated Sun Tzu quote that, *“All warfare is based on deception”*. Without deception,

there is no getting ahead of movement, no disappearing, no leading people to the wrong place. No defeating the enemy before he takes the field of battle or in this case defeating your opponent's actions before there is any physical contact as in a fight with bare hands or non-projectile weapons. And even with guns the same still applies (*i.e., as in an ambush*). I was doing some instructor training recently and the conversation went along the lines as follows.

***“So... if I know where your strike is and I know where to block then I know where not to be. Right?”***

***And if I know where not to be then, I know where to be and where to strike. Right?”***

***So, if I know no matter how fast I am, that my speed whatever that is, is finite and; if I know that no matter how well developed and efficient my movement that my reaction time is it is finite.***

***Then whatever choice I make relatively speaking, is going to happen at the same rate of speed no matter what choice I make. Right?”***

***So, whether I attempt to strike or redirect their strike no matter what choice I make it will still take me just as long.***

***So... if possible I choose to deceive first but I do it within movement.***

***It's simple to me if I have time to strike and time to deflect I also have time to deceive you, the difference is if successful. It alters your perception of time where it throws the monkey wrench in your movement and buys time for me while***

*stealing time from you. Or it elongates time for me while shortening the time you have to react.*

*In other words, the bubble of time collapses on you where even if you know what the right thing is to do you cannot possibly accomplish it because there for you is not enough time.*

*Now, the key here is to understand that what I just said and all this stuff I'm talking about all happens within the blink of an eye.*

*The reason most people can't do it though is that they don't believe it's possible even though kids do this in sports all of the time. So it doesn't exist for them.*

*They literally cannot see it.”*

## **Inverse Relationships to Motion - Collapsing the Bubble**

*“If you think a thing is impossible, you'll only make it impossible.”*

- **Bruce Lee**

In Warrior Flow, as I said before there is a concept called the ***Inverse Relationships to Motion***. Like I said this is a *rare talent* that few can understand because it allows one to cut off and get ahead of another person's movement even if the other person has already moved first.

This understanding allows you to cut the amount of movement needed to accomplish what you need to do in half the time. You need to view it in the same fashion as hitting a baseball. When you play baseball and you're up at bat you don't reach for the ball. You wait until the right moment and then you swing because as you know there is a timing to it. It's the same thing when moving with people where you are developing a timing to their movement where at a certain point you are able to get ahead of their movement once you develop this skill.

Think of it like this, if you've ever been on a train and during your trip, you pass another train moving in the opposite direction or when in traffic as you approach the oncoming cars. From a distance, it looks like it is going pretty slow but as you approach each other even though there is no increase in speed. Relative to our ability to judge the speed of the oncoming train or car it suddenly seems to accelerate to where the oncoming vehicle becomes a blur. But if you time it right for brief moments you can actually pick out details even in the blur. So while time seems to speed up or collapse there is still enough time if you are able to anticipate the motion of the oncoming vehicle to see detail in the movement.

When moving with another person you can do the same thing relatively speaking, however, the main difference is you can not only do this with an oncoming strike but like the matador in the bullfight you can sidestep the person and strike with your sword as you allow them to pass you by. A great example of this is if you're a fan of the Steven Segal movies where all he does is step out of the way and allow people to run into his

strikes. However, that is a movie in the real world you can do this from virtually any range if your **perceptual awareness** and sense of timing are properly developed.

So, as I said in the previous blog post if a person steps to the left if your mind is attuned to it then it is no different as if you stepped to the right. Their moving forward no different than if you stepped in and closed the gap. But there's more...

You can also reverse direction in your mind let me explain. If they suddenly change direction in their movement such as going to the left and they decide to go to the right, you can change the direction you perceive their motion going in your mind. The key is developing control over your body to control your own overtravel as well as the ability to anticipate the possibility that they may change direction.

Just by the fact that you are capable of accepting that they might or are capable of changing their mind as to which direction they may go automatically places you in this frame of mind and philosophically speaking ahead of their movement.

At first, this seems hard to do but with patience and consistent practice it is totally doable. Eventually, it becomes a part of you and just something you're able to do. The reason is as your timing and ability to anticipate grows you actually gain time **because you tend to not move more than what is necessary.**

I'll tell you right now **most people move way, way, way too much!** Remember the more unnecessary movement you have the more time it takes for you to recover from that movement should you overcommit in any direction.

For those who play string instruments such as the guitar, this is the essence of such techniques known as "alternate picking" or "sweep picking". Where you take advantage of the returning motion of your hand as you pick. At first, this seems difficult but over time as your pick radius decreases you are able to play with half the effort as opposed to trying to just strum and pick in one direction. This is the same concept when moving with people only you are taking advantage of the direction of their movement versus yours. To shorten the amount of time it takes for you to accomplish the same thing where instead of you supplying all of the motion they supply it for you or at least the majority of it.

As a side note, I once saw a guy on *YouTube* play *Flight of the Bumble Bee* on an acoustic guitar at 600 bpm (beats per minute). Granted he practically had an aneurysm doing it but he did it. My point is those people who go around saying that you cannot do things at high speed with any fine motor coordination or control are full of shit and don't know what they're talking about. Granted to do what this guy did takes some serious talent but if a guy can train himself to play and move like that then you and I can surely learn to move with more finesse in our obviously grosser combative movements. That's all I'm saying.

In order to create this shift in mindset, you must be willing to understand the relationships of your own movement and how it affects the other persons as well as be able to see the lines and arcs of their movement as you interact with them before they are able to affect your body.

By understanding this type of movement, you are able to neutralize their movement by reciprocating in the inverse. Once again, the key is always looking at the situation as if the glass is always half full and always seeking for an opportunity to crush them.

Well that's it for now in a later post I'll try to explain this stuff a little more but I think what I'm going to do is when I actually describe this sometime in the very near future. I'll make a video so that people can actually see what the Hell I'm talking about.

***“Your time is limited, so don’t waste it living someone else’s life. Don’t be trapped by dogma—which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition.”***

- **Steve Jobs**

# The Relative Nature of Combat in Time Part III

Feb 05, 2020

It's been some time since I've posted to the blog so I'll get right to it.

## Perceptions In Time - 5<sup>th</sup> Dimensional Chess

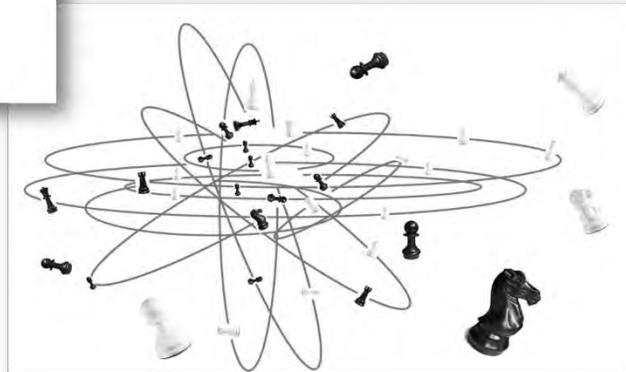
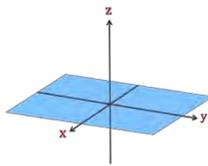
*"Close combat, man to man, is plainly to be regarded as the real basis of combat."*

- *Carl von Clausewitz*

Just as a refresher or at least for me, in **Warrior Flow**, as I said in the previous blog post on this, we refer to combat as the equivalent of playing *5<sup>th</sup> Dimensional Chess* where all of the pieces on the board are moving and engaging at the same time for once the battle begins they are in constant motion.



## 5<sup>th</sup> Dimensional Chess



Once again, like a real fight, the movements are only limited by the laws of physics and human physiology and not based on any one technique or form for it is truly formless until the point of impact. Meaning if you train it right it does not have to take shape until the point of impact.

All with one goal in mind, "*Checkmate!*" This is the way you must think of how to strike and move your body. So like a real fight, there are things within the laws of physics you can do and things you either can't do or they are problematic.

## The Heart of the Matter

So...

I was speaking with a couple of Instructors and my editor, about a week ago and of course they peppered me with questions where I had to go back and think about how I wanted to answer them. And one of them asked me questions that I've discussed before but I'm not sure I quite summed up what I'm trying to get at with all this business about how Time works in relation to combat, etc. So I'm going to answer it as best I can here, based on how I know humans move within the way the universe works when interacting with another human being. I know I've discussed this before but I realize this is not the easiest thing to understand nor is it the easiest thing to discuss.

***"To achieve victory we must mass our forces at the hub of all power and movement. The enemy's 'Center of Gravity'"***

- ***Carl von Clausewitz***

Listen, folks, understanding how time works and how humans move and interact within time and space for combat is everything! If it were not true, then why is it in the fighting arts people place such a premium on developing efficiency and speed?

Why do we place such a premium on dealing with size, reach, strength, etc.?

It is because each one is affected by time. You and I occupy 3-dimensional space and what we do with that space matters because it's our space. It kills me because in the

fighting arts we place so much emphasis on these things yet do not want to get to the heart of the matter and at least try to understand the one thing that influences them all.

Time!

***"Where absolute superiority is not attainable, you must produce a relative one at the decisive point by making skillful use of what you have."***

- ***Carl von Clausewitz***

Once again von Clausewitz nails it so here's the deal.

If someone is faster than you, should you move sooner, they get to the wrong place sooner.

If they are stronger than you should you move sooner, they cannot gain purchase on you because you have to be there to be available to them.

The same is true for reach and height, both of which can be considered forms of speed since they both require more effort on your part to overcome.

Since they either force you to have to move closer to close the distance to strike since their height creates the effect that they are already out of the way by their head being further away.

Or move you have to sooner to get out of the way of their reach.

Either way, you have to be able to anticipate on some level to move sooner or delay their action.

Even a person's weight makes a difference since a person's weight can be considered a form of strength. I mean there is a reason there are no 200-lbs linemen in the NFL. It's simple, you can't coach size.

None the less, by developing a better understanding of how to move your body more efficiently within time and space you can learn to minimize them. I'm not saying it's easy because after all the bad guy gets a vote! But it is totally learnable if you're willing to train to it and take into account in your training how time affects movement and the choices you can make.

Folks, please reread what I said above because **this is an entirely different way of thinking** for it allows you to **think about moving differently**, more efficient, and better, when you take action in the body you have right now.

If you can get this understanding it will triple your ability to move more efficiently almost overnight.

You just need to appreciate and understand "Time" and how it affects the battle and train accordingly.

## **The Warrior Flow Exercise**

***"Our men must win or die. Pompey's men have... other options."***

- ***Julius Caesar***

How it works is in this fashion.

Warrior Flow is all about moving in a way that alters another person's perception of time (time-space) to ***get ahead of their movement in order to kill them if necessary.***

Now I know there are people in the self-defense world who shy away from speaking like this and cringe at the thought of teaching people *the dark art of death.*

Not my problem...

In a real situation, you may be faced with life or death, and possibly in a situation where you must win or die... your attacker may have other options. That's not the time to figure that shit out your mind needs to be there as best you can from the get-go.

It reminds me of Mike Tyson in his early career where he would stack guys up like cordwood with knockouts. I remember after he fought a guy named Tony Tubbs. Tubbs was a burly guy who by all accounts would never be mistaken if you saw him on the street as a heavyweight boxer but to his credit, the man could fight. However, he always had a penchant for coming into fights not looking to be in the best of shape.

Anyway... oh, you know where this is going... He gets in the ring with Tyson and basically gets knocked out in like the second round which was longer than some of Tyson's other opponents. So, when asked by the commentator about the fight and how

there were many people who questioned the caliber of some of the fighters Tyson's defeated and in particular Tubbs, what Tyson said was classic. He said,

***“Listen, a man steps into the ring in that kind of physical condition you're supposed to knock him out early”.***

Folks, I'm going, to be honest, here, there should be no ambiguity in your mind about this point. In order for your sword to prevail in battle, you need to learn to get there first. And whether striking or using a gun, knife or any other weapon you need to beat the other guy to the punch and end it.

Or, as Tyson would say ***you need to knock them out early!***

Now you can always back off from doing so or worse, but as I told a student recently,

***“I'm going to train you to have all the skills you need to take the bad guy out. What you do with it is your choice and up to you. How you use your skill is on you and whatever choice you make I'm good with it, but should you choose not to go there and take them off the planet so to speak, it won't be for a lack of skill. The point is if you have the skill to go there you have the option not too, but if you don't have the skill and the will do go there it's not a place you can automatically get to and I don't give a shit what you know.”***

Also, if they move on you first, you must make their movement “your movement” by understanding the **inverse relationships of motion** and crush them before they can get started. In other words, don't let it happen in the first place.

(I'll probably cover the **Inverse Relationships to Movement** as they relate to combat in more depth in a later post from a training standpoint because it literally has the ability to cut down the amount of movement on your part by at least 50% percent. This is something you're going to want to learn how to do. It is **the secret** of how many of the most advanced martial practitioners actually move. It is because they've developed their sense of timing to a level where what they are doing cannot be seen with the eye. This is why this type of moment has an **intangible quality** to it and has a **dimensional feel** to it when applied to you if you're on the receiving end. It creates this **vacuum**, this **void** where it **neutralizes their actions** in the blink of an eye. But I'll reveal this to you, you cannot learn how to do it unless you are willing to put in the work and the brainpower to understand how time works with regard to human movement and our **perceptual awareness** and then practice it to the **subconscious competence** level.)

*"Men do not rest content with parrying the attacks of a superior, but often strike the first blow to prevent the attack being made."*

- **Thucydides**

This is why in Warrior Flow philosophically speaking we do not try to “*adapt*” initially to the other person’s movements, but try to get ahead of them right off the bat or at least anticipate their movement to remove much of the element of surprise and ambiguity as possible.

I'm sorry but you can't win on the defense. Now, this is not to say that there are not times where you have to adapt to another person's movement but I want you to think about something.

Just indulge me here.

If you're trying to adapt to what the other guy is doing, technically **you're already behind the power curve because by definition if you are adapting that means you've already ceded the first move to the attacker.**

Excuse the French but, **"fuck that"!**

Listen, as I teach folks, if you've already reached the point where you feel you have to fight, you're already in the fight. So what the hell are you waiting for?

You see for us this is not a game, a competition or a dick measuring contest we fight for life. And if you want to have a positive outcome then you need to train in the body and through the mindset to fight to win!

## The Difference

***"Fortune, which has a great deal of power in other matters but especially in war, can bring about great changes in a situation through very slight forces."***

- ***Julius Caesar***

I've given it a lot of thought and have come to the conclusion that this mindset is truly a separate way of thinking and separates Warrior Flow from virtually all other arts.

Just as push hands is different from the kind of hand manipulations you taught in many arts. So too is Warrior Flow different from the rest because we focus on developing people from day one in the proper "adumbration" to move to hit with each and every movement if possible and end the fight!

You see, we teach from a different mindset focused on developing **dynamic coordination** within your body because if you can't move your body correctly you're probably not making your stuff work anyway. So rather than "this technique" or "that technique", we focus on the core mechanisms that make it work from the start and "that" is the difference!

In Warrior Flow to be very clear, there is no bifurcation or any other type of "flow" designations in what we do. It is all a part of "the flow". There is no separation no distinction it just is. In other words, **we're just teaching people how to fight and win the fight of their lives and that of their family.**

Through proper training, we are able to develop the subconscious attributes of **total Creativity.**

Warrior Flow is totally dedicated toward developing free-flowing creative movement to include striking within the movement at various speeds and levels of intensity to crush the opponent.

Well, I'm going to cut it off here and like I said before in a later post I'll try to explain this stuff a little more but I think what I'm going to do is when I actually describe this sometime in the very near future. I'll make a video so that people can actually see what the Hell I'm talking about.

# The Relative Nature of Combat in Time Part IV

Feb 13, 2020

***"There is only one decisive victory: the last."***

- ***Carl von Clausewitz***

In my last post, I discussed in further detail the relative nature of time as it relates to combat well this post is pretty much a continuation of that before I move into discussing how you can use the inverse relationships to your advantage.

## **The Umwelt**

I remember the first time I heard this term I was visiting one of our labs when I was still in the Marine Corps where we do research on things like optics and acoustic detection devices where they would discuss how with all creatures there is a limit as to how far our senses can perceive things. They were also trying to understand how even humans actually use their senses beyond what is normally thought of. I will not get into some of the things they discussed but let's just say they said some wild things to me.

I had to go look it up because I couldn't remember what it was they called it plus, after finding it again. To be honest I was looking for a way to work it into one of my blog

posts. So if you ever find yourself on *Jeopardy* someday and you run across this archaic term sort of like the “word of the day”. You’ll be able to get it right.

The term is usually translated as a "*self-centered world pertaining to our "environment" or "surroundings"*" called the **Umwelt** (*pronounced Um-velt*).

Basically it is the German word and a really cool way of saying or defining the limits of what our senses allow us to know.

Trust me like I said this word is going to show up as a choice on *Jeopardy* someday. But here’s the deal, you and I have our own Umwelt, and it not only extends as far as our physical senses allow us to know things but also influences how we perceive our environment but there’s another part of this directly related to this...this is important to your development because as you train you and I have an umwelt but the key is understanding how it works, what it’s limitations are and how to manipulate how it works within time and space to your advantage.

Thus in Warrior Flow, we have the concept of **perceptual awareness** or the ability to use your body’s natural senses (*kinesthetic and proximity awareness, synesthesia, interoception, etc.*) as well as intuit with your body and see with your mind (i.e., see the Future, play where the puck is going to be).

When Hannibal stated that, “**Perception is a tool pointed on both ends.**” He was discussing how our perspective, our perception greatly influences how we process the information that is presented to us and thus how we respond to it. In other words, we

filter information as it comes in which shapes the character of the information which then influences the output or outcome of how we respond to it.

Just by the fact that you know something if you understand how it works then you know what to do about it if you have the proper perspective and perception of what is actually taking place. This is why **perfect clarity** is a must because it allows you to cut through the bullshit and see past the hypnosis and cut to the heart of the matter or manipulate the situation within the laws of physics and human physiology.

When the glass is always half-full for you. You can begin to clearly see this. As I tell people all of the time in training the ultimate level of where you want your mind in training is not to understand “how?” I did a thing, that’s the easy part I can teach anyone how, but learning to recognize and ask “why?” When you begin to ask “why?” you will begin to see The Future and go to where you need to be before I arrive there.

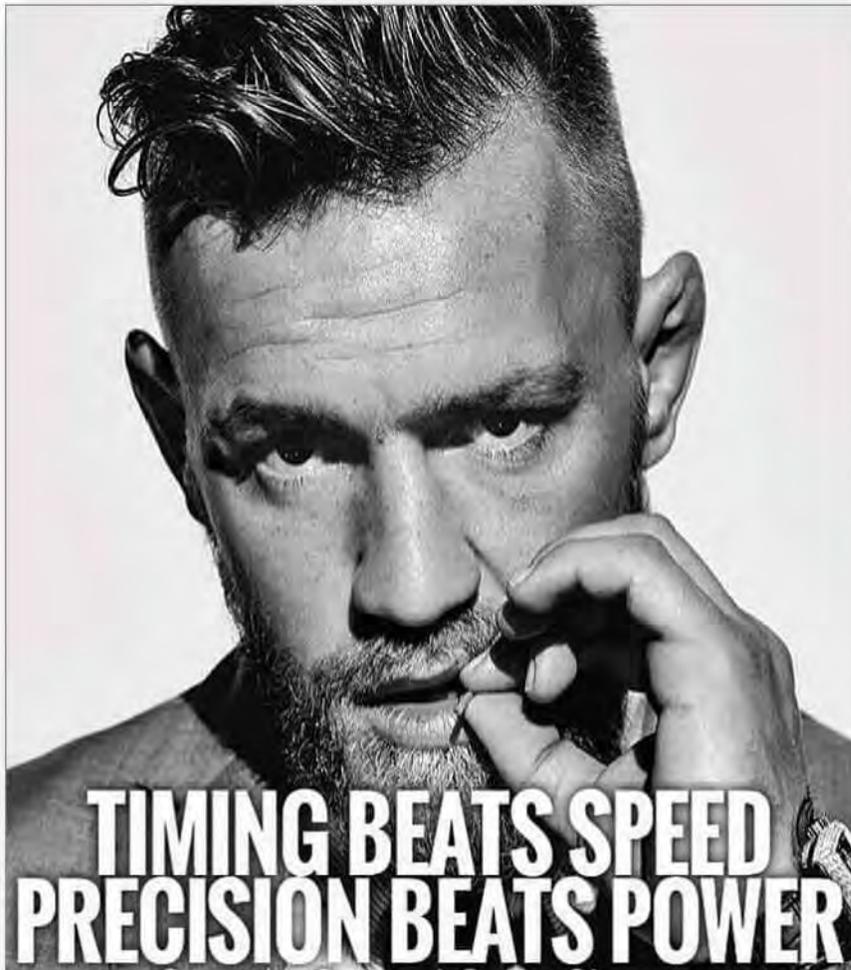
Since we filter information that goes in and out of our bodies through our senses, experiences, knowledge, personal idiosyncrasies, wisdom, etc. this also has an effect on how it shapes or warps the information as well as its meaning to us.

So the **context** with regard to combat is everything for it shapes the character of the information and how you and I perceive it. However, the context is also shaped by the perception you have of Time relative to where you are in relation to the antagonist. It's like watching a football game or soccer match where a person standing and looking at something from afar has a different observation than the guy on the field. This is why people scream at the TV when someone misses an opportunity to say throw a pass to an

open receiver or pass the ball to a free guy in the soccer match. From there perspective in time and space they cannot see what a person seeing it from the birds-eye view can see. I can also tell you that the speed is way different when you're in the middle of the battle or as Teddy Roosevelt used to say when you're "***the man in the ring***".

How you think of a thing influences how you move and how you move influences and reinforces how you think about it and so on. Back and forth they operate. A correct understanding of how a thing works allows for you to model and arrive at correct conclusions and continue to grow as you make logical inferences and as long as you maintain the beginners mind (*i.e., being willing to empty your cup but with wisdom, a scientific mind, and a healthy dose of skepticism or trying the spirit's so to speak*) you will continue to grow in skill.

This, as I've written about before, is the foundation in my view of **creativity and how our intuition and ability to connect the dots is structured**. However, an incorrect understanding of how a thing works has the opposite effect reinforcing the wrong things and starts one down the path of the dark side so to speak. This is how either good or poor habits develop. I'll return to this theme later in this blog post because there are things about ***how we think which directly impacts how we learn*** that is important towards getting your mind right if you are to break free of *The Matrix*.



Now, you'll recall I discussed how the very nature of time affects not only things like speed but also things like how we deal with size and strength.

To reiterate:

- If someone is faster than you, should you move sooner, they get to the wrong place sooner.

- If they are stronger than you should you move sooner, they cannot gain purchase on you because you have to be there to be available to them.
- The same is true for reach and height, both of which can be considered forms of speed since they both require more effort on your part to overcome.
- Since they either force you to have to move closer to close the distance to strike since their height creates the effect that they are already out of the way by their head being further away.
- Or move you have to sooner to get out of the way of their reach.
- Either way, you have to be able to anticipate on some level to move sooner or delay their action.

Again, by developing a better understanding of how to move your body and more efficiently within time and space you can learn to minimize them. Folks, when you train you need to train and take into account as a part of your calculus how time affects movement and the choices you can make. The point is no matter who you are you can only move but so fast but if your timing is right and you can learn to move soon enough it is a huge advantage for once you get ahead o them. No matter how fast they are they cannot make their stuff work against you because they do not have enough time to do so.

Now, if you can do this, and you can, because there are methods within Warrior Flow where I teach people how this is done. It eventually becomes crystal clear and self-evident I'll explain.

In previous posts, I discussed the four basic stages of learning. I won't rehash it all here for though they are generic they are basically the way in which people learn things, and whether through direct transmission and study, through personal observations, trial and error, rote learning, or whatever we basically go through the stages of **subconscious incompetence** (we don't know) **conscious incompetence** (we know what we don't know) **conscious competence** (we know what we know) and finally the stage you want to push all of the things you learn and that is **subconscious competence** (where you just know without having to consciously think about it). It is the last level that I want to focus on because this has a direct impact on our ability to move and act within time and space.

## Learning How to Think on Purpose

***"Men in general are quick to believe that which they wish to be true."***

- ***Julius Caesar***

Caesar knew what the hell he was talking about here, we all want to believe what we wish to be true. The hard part is accepting the way the universe works and getting over yourself. Like I like to say, there's what we think about a thing and then there's the way

the universe works and if what we say doesn't align with the way the universe works then we need to get over ourselves. So even though George Costanza from Seinfeld stated, ***"It's not a lie if you believe it..."***

Well... just because you believe it doesn't make it true.

***"All bad precedents begin as justifiable measures."***

- ***Julius Caesar***

Before I get into **learning how to think on purpose** I need to clarify a few things here because they are directly related. While I've said it before I'll just reiterate it and that is you "cannot" not think. It's not even possible. Frankly, I don't know why this is hard for people to grasp I mean think about it, even the idea of *not thinking* is a form of thinking?

What more do you need to know that this way of thought is not even remotely correct?

This is an important thing to get because if you do not think then how are you supposed to know how to train to a specific skill?

You gotta be able to focus on it?

This way of thinking (*which ironically, is a form of thinking by the way*) isn't even remotely possible.

Sure you can *overthink* something and get in your own way but if you don't think about it then how do you know if you are even practicing correctly?

If wisdom is the application of knowledge and experience then how do you develop any level of savvy or wisdom on anything if you do not think about it on some level?

This is bullshit...

Yet this is the kind of stuff you hear in sports and martial arts all of the time (*i.e.*, *don't think*). Folks, these people are confusing things and actually making it harder for people to learn. There is a significant difference between **clearing your mind so you can focus on the task at hand** and thinking you "cannot" think about something as you practice it which only generates more unnecessary thought. They're just not the same thing.

This is why the concept of *multitasking* is bullshit. Just because your brain has the ability to switch at light speed between thoughts doesn't mean that you are multitasking it just seems that way because it can do it so fast. All you're actually doing is flitting from one stream of thought to another. In other words, you're just making shit hard for yourself. The key here is learning to focus and develop in your training your *powers of concentration*, but in order to be able to *concentrate*, you must think, in order to be able to figure things out you must think. The sooner you come to grips with this idea the faster you'll learn whatever it is you're trying to develop because you won't burn time off of your existence trying to do the impossible.

Now, as I sort of talk out of the other side of my mouth when you are performing complex physical tasks it is not that you are multitasking you are merely engaging in "*learned behavior*". Meaning the reason you're able to do seemingly many things at

once is that you trained yourself to do them provided they are related on some level otherwise you wouldn't be able to drive a car. I'll give you an example, while many people can play guitar, and many people can sing not everyone can play and sing at the same time. I had a friend in college who was a phenomenal guitar player who once told me,

***"You ever notice when BB King plays, whenever he starts to sing he stops playing?"***

I was like, ***"No way!"***

So he says, ***"The next time he's on TV check it out."***

Well... through the magic of television one day while watching *the King himself* perform sure enough every time he would start to sing he stopped playing his guitar, then when he would stop signing he would play. Now I'm quite sure he could do both but in all of the videos, I've seen he's never done it though I'm sure they're out there. So how is it that BB King doesn't play when he sings yet there are millions of people out there who do? Assuming he can't just for argument's sake, it's probably because he never felt the need to practice it. That's all.

Now for those of you who are curious as to whether I can sing as I play at the same time, I can, but unless you're into *Chinese Water Torture* you really don't want to hear me sing.

I'm Just sayin...

Okay, let me beat this dead hoser a little more...

When you and I first learned how to read we started off with the letter "A", then "B" and on it went. Then we learned to sound out words, then read sentences and before you knew it you were reading *The Complete Works of William Shakspere*. The very fact that you are even reading this is proof of this. but here's the thing there was a time where you didn't know how to read at all. Yet though this method as you went through the four stages of learning you somehow arrived at this place.

Now... you just read this without having to consciously think about it. Why?

Because there are multiple levels of thought but for our purposes here I'll just focus on two just to keep it simple for me as I try to explain this they are, **conscious thought** and **subconscious thought**. One which we are aware of and the other we're only aware of it because we've been taught of its existence. Or we are only aware of it after the fact because we knew from experience that we couldn't have done a certain thing any other way. Either way, they are both forms of thought.

Listen, walking is thinking, talking is thinking, chewing gum is thinking. You cannot not think it's just not the way our bodies work or learn things. This is why you want to learn things to the **subconscious competence** level until they become **purposeful habits**.

Where everything you do for the most part is not only the right thing because you trained in it correctly but that you did it on purpose because you **trained yourself** to the level where the habit is a form of "**thinking on purpose**".

This is why you train in the first place otherwise why bother?

What's the point of training?

Here's the deal if you can train yourself to respond or perform something one way you can also train to respond in another fashion. In other words, you learned to think in that fashion on purpose.

If it were not true, then how in the hell did you learn the first thing?

How did you learn anything for that matter?

Also, if you don't put some brainpower into your training how do you know you're training the right things?

Without thought how do you distinguish between what is correct and what is not?

Like I said the idea of not thinking in your training isn't even possible... it's just bullshit.

If you ever saw the movie *Firefox* with Clint Eastwood, this is the one where he plays a former Air Force Pilot and Vietnam Veteran where he infiltrates the Soviet Union (*that's Russia for those of you born after 1990*), and as a part of a joint British-American plot he steals a highly advanced Soviet fighter aircraft (MiG-31, NATO code name "Firefox") capable of Mach 6 flight, is invisible to radar, and the best part, ***its weapons systems are controlled by thought.***

Now if they were smart they could have gone to the weapons bazaar in *Balochistan, Pakistan* and bought one at a marked-down price. Hell, they would have even sold you the pilot.

Anyway, his mission is to fly it back to friendly territory so we can tear it apart and find out what makes it tick. The main point I want to make is by having a system controlled by thought it allowed the pilot to engage an enemy while not having to physically control the weapons when flying, saving precious time in the cockpit. The only other point was you had to think in Russian. Now imagine how well you could do this once you trained yourself to do this to the subconscious competence level in the same fashion you make decisions when driving a car? This is how you want to train yourself to put time on your side.

***"Many things which nature makes difficult become easy to the man who uses his brains."***

- ***Hannibal***

In Warrior Flow, one of the keys is you want to learn to recognize what things are and keep progressively learning new things in order to act or respond soon enough to make a choice to your advantage or at least make better decisions. This however you slice it requires "thought" on some level even if it is on a level where it is outside of conscious thought.

As an aside, once again I believe it is because these things are outside of our ability to consciously be aware of them that people have incorrectly assumed that there is no thought to it.

Wrong!

Nothing could be further from the truth. There is thought to it it's just that you didn't have to run the calculations consciously, you just knew what to do because you trained to it (i.e., *thought on purpose*). This is what people get wrong **all-of-the-time**. It is not that there is no thought it is that it is at a level and speed (i.e., *the speed of thought*) outside of our ability to be aware of it until after the fact. That's why you have to build it in ahead of time. This, my friend, is a huge advantage once developed because as you develop the ability to recognize things in the body before they become a problem it cuts down on the amount of time it requires for you to take action.

You see, **there is "a pattern" to all human movement in the way the body moves.**

Now when I use the word *pattern*, I'm not talking about the sort of ridged patterned movement or form that actually restricts what a person can do in the body but the natural pattern of how the human body moves, how your arms move and work, how your body turns, twists, contorts, steps, etc., thus the importance of learning how to listen to another person's body and get ahead of their movement or learning through deception to hide your intention. The key is in training to recognize these things soon enough **in-the-body** to the subconscious competence level to get ahead of them. (*This, by the way, is what I believe most martial arts strive for but have the wrong methodology of training to get there.*)

***"Nothing keeps me up at night. I keep other people up at night."***

- ***Gen James Mattis, USMC, former Secretary of Defense***

Through the Warrior Flow exercise from the very start, we are training people to recognize the "**impressions**" and even the "**shapes**" of what things are or yet to be before they become problems for us. This is why we don't try to adapt to what others do but force them to fight on our terms even if they are not aware of it. This is why **understanding "Time" and how we move our 3-dimensional bodies within it is so crucial to your development.** Because it allows you to then develop ways to train using your perceptual awareness (*within your umwelt*). Where you learn to become so efficient in what you do that **you remove unnecessary obstacles to your training that only hobble your ability to get to where you want to be in the first place.**

It isn't magic but it does take study and proper training starting with what's going on between your ears if you are to get to where you want to be. Like I've said before **if you can't see it with your mind you can't see it with your eyes.**

***"You win some... you learn some."***

- ***Travis Bradberry***

Final points on this and I'll move on. Understand my friend that all behavior, "all behavior" including martial training, **is belief based** and how you move good, bad or indifferent is based on a belief on some level that your movement or that behavior is the right thing to do. **This is why it is important to distinguish between good and evil in**

**your training so that you can avoid developing bad habits or at least correct them and replace them with purposeful habits that serve you.**

The notion that how this is done is as if you just have to fool around with it long enough where at some point it will come to you through *the Force* or the *ether* of the universe is just not true.

If what I'm saying we're not so, then how is it that some people when it comes to the fighting arts or sports even where all things are basically equal are better than others?

**It is because they move better within time and space than others, it really is that simple.** Otherwise, there is no point in training because if our abilities are a matter of fate or in the hands of the gods then there is nothing we can do to improve our skills anyway.

This is why I tell people all the time to trust their abilities. If they do not trust them they will not believe they can do it, if they believe they can't do it they will not do it, nor ever develop the skill they desire. I've seen this too many times so I know what I'm talking about here. At the end of the day, you are either able to take the leap of faith in your abilities or you're not. Most people stay stuck on the *Island of Misfit Toys* not because they are broken mind you but because they choose to stay there. They've brought into things that are not true and have accepted that their limitations, limitations that we all have, made them inferior. So, they remain so in mind and ability.

***"Superficial goals produces superficial results."***

- ***Attila the Hun***

Folks, as I said in my last post on Time please reread all that I've said above because **this is truly and least for the martial arts, an entirely different way of thinking** for it allows you to **think about moving differently**, more efficient, and better, when you take action in the body you have right now. If you can get this understanding it will triple your ability to move more efficiently almost overnight. You just need to appreciate and understand "Time" and how it affects the battle and train accordingly.

***"It's not that you appreciate, it's that you appreciate."***

- ***Hannibal***

### **Just A Different Vibe**

***"War gives the right to the conquerors to impose any condition they please upon the vanquished."***

- ***Julius Caesar***

Warrior Flow works by training people to move in a way that alters people's perception of time and space where we are able to get ahead, influence, delay and throw them off where even if they know the right thing to do they cannot because they do not have enough time to do anything about it. We move to throw people off and crush them. This is why I constantly circle back on this stuff.

In Warrior Flow, we focus on training our bodies to become **creative** to fight in the future playing where the puck is going to be. Developing those **arcs of predictability** through proper understanding and **adumbration within time and space** to recognize things soon enough to do something about it. **The difference in Warrior Flow is we get ahead period.**

That's what we do, we don't wait or fuck around!

We train to win and seek to finish the fight right there in the most brutally and ruthlessly efficient manner. There is no other way...

Okay, that was a little longer than I wanted it to be but I needed to tie some things together otherwise when I discuss the **Inverse Relationships** and how recognizing things and what they are in time affects your ability to master the concept. This is an entirely different way of thinking.

# The Inverse Relationship to Movement

Feb 20, 2020

*"In rivers, the water that you touch is the last of what has passed and the first of that which comes; so with present time."*

- *Leonardo da Vinci*

Pure genius...

This very statement is the essence of understanding **the importance of inverse relationships for combat** because he's talking about how what we understand at the moment what is going on is a matter of perspective and our ability to change perspectives allows us to arrive at a different understanding.

*Is the water flowing towards you rushing by or flowing away?*

Depends, depends, depends...

What he states above reveals the relative nature of **Time** (*time/space*) and how we experience and perceive it from different vantage points.

For the past is gone the future yet to come and the only thing that exists at that moment is the present and even that doesn't really exist or only exists but for a fleeting moment and then it's gone. The past informs on the present and the possible future, and the future shaped by the actions in the present is created to some extent. By looking back

at the past which enables you to connect the dots based on your knowledge and experience, creating in the present what you need, and on it goes. And it is all as *da Vinci* points out happening at the same time.

For those who are fans of Leonardo da Vinci then you will agree that he was far more brilliant than even history gives him credit for. The man can be said to be the father of the tank and helicopter as well as dozens of other brilliant inventions. But in my mind beyond art and science, his true brilliance was in his ability **to see what can't be seen with the eyes**. To **see with his mind** and to be able to distill down complex things to their essence making them simple to understand. This, in my mind, is a major quality of what we call or define as "genius".

Sort of like a few rules we have in Warrior Flow which are,

**Rule No 1: Don't teach what you don't know...**

**Rule No 2: If you can't explain it, demonstrate it, show how it works, etc., then you don't know it...**

**Rule No 3: Observe Rule No 1...**

Leonardo da Vinci probably spoke more on the essence of learning and "**how to do things**", than any man in his time. and considering his many accomplishments I'd have to say he probably knew a thing or two about what he was talking about when he opened his mouth.

So... in this post, I'm going to rely on his sage words because he really nails it when it comes to how to shift your thinking. I've discussed this before so what I'm going to do here is over the next few posts I'm going to break this down to make it easier for me to explain and hopefully so that I don't confuse folks as to what I'm saying here.

Also, so I don't get accused of breaking Rule No 1.

***"Iron rusts from disuse; water loses its purity from stagnation ... even so does inaction sap the vigor of the mind. "***

- ***Leonardo da Vinci***

So while this obviously requires that you practice this skill without understanding how and what to practice you just can't get there from here because there is a mental aspect as to how this works. You see, in order to understand this, you have to be able to see it in your mind first because as you progress in this understanding this skill. Only then will you will realize that the **Inverse Relationships to Movement** can be found all over the place.

This, in my view, **is what separates the great athletes in their movement from everyone else**. They not only move more efficiently than everyone else but in sports such as boxing, kickboxing, wrestling, football, soccer, basketball, etc., they are also able to play off of and **use the movement and even position of others relative to their own body**.

They are able to do this because **they literally think differently** in how they think about how to move in their own bodies. They also, and this is important, are able to take stock of their physical skills and leverage what they already have **without becoming overly reliant on it**, and either develop what they don't have or at least find a way to overcome any limitations they may have. **Mostly by not trying to do things they can't do in the first place and focusing on building those things they can** and not allowing themselves to get into situations where they can't win. Sun Tzu, spoke on this sort of thing all of the time and what was true then is true today.

Now when I'm talking about playing off of the movement of others it is not just limited to the notion of using someone else's energy against them as you see in the grappling arts or but recognizing the relationships in all things.

***"He who loves practice without theory is like the sailor who boards ship without a rudder and compass and never knows where he may cast. "***

- ***Leonardo da Vinci***

[Obligatory Editorial Comment: I gotta tell you and I know I've said it before but it blows my mind how little emphasis some folks in the martial arts pay to the importance of **how the human body functions on even the most basic level when it comes to fighting**. No theory no learning. It's really that simple. Listen, I don't give a shit what you train, I really don't so unless you can convince me there's a better way to kick someone in the balls it's all the same to me. Now, if you can move better than other people at what you do within the known universe and how the human body actually moves and

not based on some contrived bullshit. It is a huge advantage. Why anyone would not want to understand how to move better is beyond me. The main function of your brain is to move your body. The one thing you need to be able to do in a real fight for your life is to move your body and the more efficiently and deliberately the better. And the last time I checked you ain't moving your brain without your body because they're really one and the same. So since you've got to carry it around you might as well use it. Yet, the notion of how the body interacts with others within time and space and training in a way to get ahead of the bad guys and crush them is almost nonexistent. I don't get it.]

Now everyone in the martial arts unless you were just born five minutes ago is familiar with the duality of Yin/Yang. Great concept and I believe what the ancients were really talking about on some level this duality or inverse relationship of how humans interact with each other.

When you move and you understand the inverse relationships you are able to get ahead of the other guy's movement because if you both move at the same time you are able if your timing is right to move half the distance of the other person. But this takes training and timing to accomplish.

### **There Are Only Opportunities**

***“The primary thing when you take a sword in your hands is your intention to cut the enemy, whatever the means...”***

— *Miyamoto Musashi, The Book of Five Rings*

The idea of “luck” has been described as “where preparation meets opportunity”. If you are to master the inverse relationships and take advantage of them then you need to develop a mindset that only seeks opportunities. But in order to do that you have to first recognize them for what they are. This is why on my last blog post I discussed the importance of training to recognize things soon enough to take action on them. The idea is to train time in such a manner to buy you time.

In all that you do, in order to develop your powers of Perceptual Awareness, Deception, etc., to make everything a weapon especially **time and space**, as Musashi says, “**...to cut the enemy, whatever that means...**” When this understanding is ingrained or built into your every movement, there is no need to think about it because it's already happening within movement.

I've said it before but it bears repeating, to understand this concept you have to look at the situation where for you **the glass is always half full**. Too many folks only look at the negative and so they ask the wrong questions and get the wrong answers. For them, the glass is always *half empty*. They only see what can't be done and not what is also possible. This is a terrible mistake and one made often and has hobbled more people's abilities than anything.

Don't be that guy!

## More Yin / Yang

Okay, this is wild...

***"All our knowledge has its origins in our perceptions. "***

- ***Leonardo da Vinci***

When reading this you really need to get out of your own way. You see when we discussing the inverse relationship to movement I'm talking about an entirely different thought process I'm talking about CREATIVITY or a form of it.

Again, it's been my experience that people who are CREATIVE whether, in music, art, science, business and of course the martial arts literally look at the world through a different pair of eyes. They could be looking at the same thing that everyone else is looking at and where people only see one possibility they see 10,000 possibilities.

This is the reason why when doing this to someone to the person it is happening to it seems as if it comes out of "the ether" or "the void". That's because in my mind I am **already there**. So, even if you are only mentally ahead of their movement, none the less, you were in essence already there. **Like I said this is an entirely different way of thinking.**

Many people, by the way, are doing this but they don't know it so as a result, they can't take advantage of it because *they don't even know they're doing it*.

***"Time stays long enough for anyone who will use it. "***

- *Leonardo da Vinci*

When dealing with the Inverse Relationship to Motion a key is understanding the **canceling effects** of using the Inverse to Motion since as I said in previous posts **it collapses time and space** for the other person. People talk about this stuff in the martial arts all of the time and the problem is they limit the concept to just dealing with stepping out of the way or just using another person's force against them if they push or pull, but the truth is these opportunities are all over the place.

The key is retraining the way you think about motion in order to take advantage of it. however, there is a timing, level of anticipation, adumbration to all of this and how it works as well as how human reaction time works. Without an understanding of time and how to train yourself to build in the skills to the subconscious competence level you cannot get there from here because you will never learn to recognize things soon enough to take action.

Once you start thinking in this fashion you will see that these opportunities are in our face all of the time. The hard part is developing the patience and timing in order to do it.

What I'm going to do here is present just a few basic concepts because there is no way to present the almost infinite opportunities to do this.

This by the way "is" the way in which you learn to move less than the other person and cut off their movement even if they are moving much faster than you are.

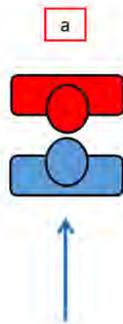
## Peeling Back The Layers (How The Universe Works Part 11,004)

*"Learning never exhausts the mind."*

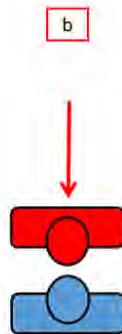
- *Leonardo da Vinci*

There are generally three ways you can move with a person in battle. Now, I'm talking about actually engaging here and not running around. Anyone can run but at some point you may have to fight so that's what we're going to focus on here.

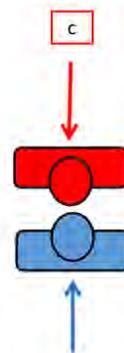
You can move towards them (a)



They can move towards you (b)



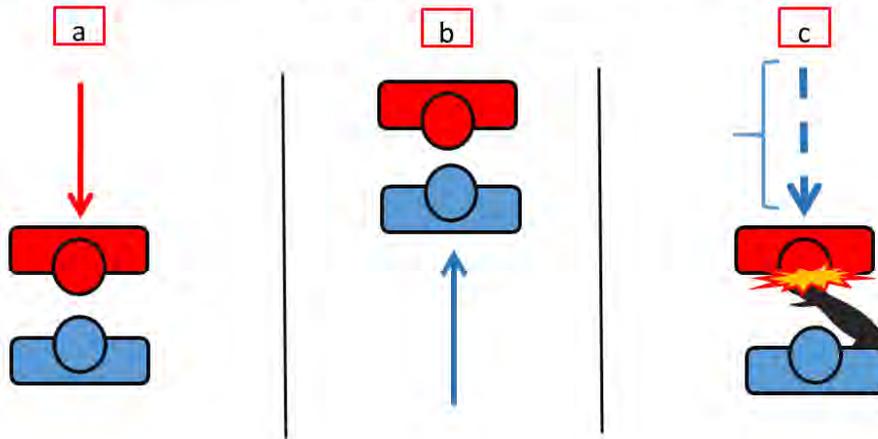
Or you can both meet relatively somewhere in the middle (c).



So, if someone moves towards you (a) if you are on your game, and you are able to anticipate their motion should they move towards you.

If you're focused, and you understand the inverse of motion. Then when they move it is no different in your mind than if you moved towards them (b).

So by thinking in this way, anticipating their action. Once they are in striking range you can just strike and take them out (c).



Now, believe it or not, there are folks who think this cannot be done at high speed. Not true! I guess they've never been to a baseball game before and saw a guy hit a 90 mph fastball coming towards him. As I said, all you have to do is time when to strike since this, in essence, is no different than hitting a baseball when it is pitched.

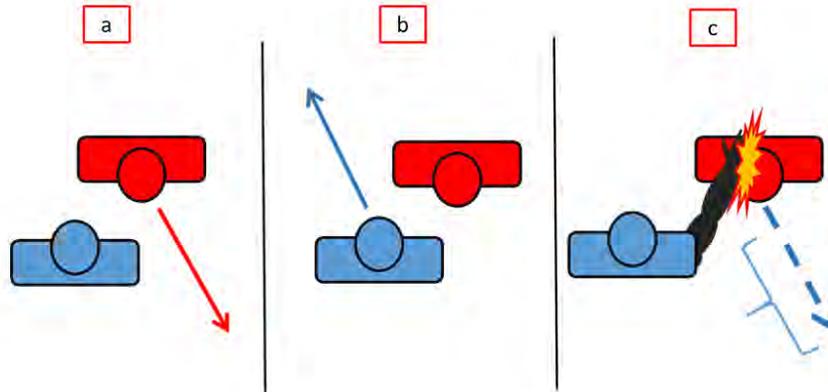
As a side note part of the reason that people do not believe that this can be done in this fashion. This is because their idea of striking is based on thinking they have to line up as if they are dueling to strike with power, but the truth is as long as you strike within the natural range of motion and control your body you can strike in virtually any position.

Now are some positions better than others? Sure but in a fight for your life, you have to sometimes take what you can get.

The same goes for if they move towards you and step off line to attack. If someone moves towards you on an angle (a),

If you are on your game and you are able to anticipate their motion if in your mind it is no different than if you moved towards them off line on an angle (b).

Then by anticipating their action once they are in striking range you just strike since you already know how to strike from such a position (c).



## How to Practice

***"Life is pretty simple: You do some stuff. Most fails. Some works. You do more of what works. If it works big, others quickly copy it..."***

- ***Leonardo da Vinci***

Okay, here we go...

For the next week or so all I want you to do is to focus on doing this simple exercise.

This will begin the process of reorienting how you perceive movement. The key here is just as you learned how to "mirror" the movements of another person playing sports or avoid someone when you played tag as a kid or sparred in martial arts, you can learn how to do this. Because on some level you already do. You just need to focus on it so that it becomes a **subconscious competence** or **purposeful habit**.

In your mind or through movement practice moving in the opposite direction of the other person. To see the inverse relationships as well as opportunities to strike.

If they move left, in your mind it should be no different than if you moved to the right. So you should be thinking about what you would do if you stepped to the right such as throwing a strike or whatever.

If they move towards you in your mind it should be no different as if you moved towards them. So you should be thinking about how you would strike them on the way in and anticipate their movement and strike.

Now if they move back... in your mind, you should think of it as no different than if you stepped to a better position from which to either enter and strike from or to anticipate their movement in order to strike them.

Notice I didn't say "*as if you stepped back as well*"?

It's because this is a way of thinking and not just moving your body. The movement part of developing your body is the easy part. It's what you do when you move that counts! This also prevents you from thinking of being defense or looking at the glass as being half full which is totally the wrong way to think.

In other words, the question you want to ask is, "*Did he step there on me or did I allow him to go there?*"

How you answer the question is significant because how you answer it influences how you will move. Period.

Also, keep in mind that your movement, heck even the position and attitude of your body also influences how they move. How you move because you're always playing off each other especially once engaged, influences your actions because you cannot "not" feel where they are and vice versa. The key is in order for them to deal with this their mind has to on some level understand this and how it works but then they need to train to do it.

### **Final Thoughts Because It Needs To Be Said**

While I'm obviously oversimplifying this once you get the hang of it it's really not a hard thing to do. The hard part is as your eyes open to the possibilities. Managing all of the choices it presents because virtually every movement can be to your advantage as long **as you have a mindset as if the glass is always half full.**

Once you begin to understand a little bit more about motion and how to deal with it, you then need to understand that there is an "Inverse Relationship" to moving with another person, a "cause and effect" that you have on their motion and their motion has on you and/or others who may be involved at a given time in the battle. This is the essence of how to negate the movement of others even when they are doing the "right thing".

My friend I'm going to say it outright if you get this understanding and begin to work it, it will have an exponential effect on your skills regardless of where you are or what you do as a warrior. This understanding has the effect of negating, countering, shaping and

redirecting multiple movements simultaneously within the same amount of time to accomplish one movement.

Okay, I'm going to cut this off right here because I wanted to just give you this exercise to begin to develop this. It's really simple yet hard so you've got to practice it.

In the next installment, I'll get into this in a little more detail and show some no so obvious stuff.

# The Inverse Relationship to Movement Part II

Feb 26, 2020

*“It is difficult to realize the true Way just through sword-fencing. Know the smallest things and the biggest things, the shallowest things and the deepest things.”*

- *Miyamoto Musashi, The Book of Five Rings: Miyamoto Musashi*

In the last post, I discussed how developing your mind to see the Inverse Relationships is literally a different way of thinking. The truth is if you cannot make this mental shift it's really difficult to do this and for some, the truth is it may be a bridge too far. As I've discussed in previous blog posts there is a **dimensional feel** or way in which the human body moves especially under dynamic conditions. This is why human movement can feel or be perceived as chaotic and random. However, if you trained right it's only chaotic if you don't know what you're looking at or if your body does not have the ability to move freely or you are not trained to expect the unexpected.

Now... there is a technique that I teach in Warrior Flow that is a form of what is known as **progressive desensitization**, which allows people to learn in the body how to **filter out the noise** in their environment when moving with another person and enter the **state of flow** or **tachypsychia**, **Mushin**, **ZaZen** or whatever you want to call it. Where they are able to focus in ways where everything just melts away except what

is before them, all under Heaven seemingly falls to their will where there is only their sword and their opponent's sword and nothing else.

Where they have the moral certainty and perfect clarity to take action where their body moves in ways where they seem to be watching themselves perform from the third person. Where there is no hesitation, no fear only recognition of danger and taking action to end it. There is a feeling of power, grace, and effortlessness when in this state.

That will be something that I might cover in another post but the key understanding is it is built on a foundation of skills like the one I'm discussing in this series of posts. Which is why I'm talking about this shit now.

## Optimal Understanding For Optimal Performance

***"The thing that has been, it is that which shall be; and that which is done is that which shall be done: and there is no new thing under the sun..."***

- ***Ecclesiastes 1:9***

If you were a kid who grew up playing sports in the 1970s and 1980s this was not only the heyday where weight training became the *en vogue* thing in sports programs. But all sorts of studies started being done on ways to achieve optimal performance in athletes. All sorts of studies where done to determine what made the elite athletes in any sport better than people who in some cases even had a physical advantage over them.

The main take away was that all things being equal the best athletes understood **how to move in the most efficient manner** as well as the optimal range of movement to perform a given task. The other thing was they were also **keenly aware of their bodies** and were able to make adjustments to their movements with movements within the movement, as they were performing a given task or skill (*i.e., adumbration*).

***"Winning is the science of total preparation."***

- ***George Allen, NFL Coach of the Minnesota Vikings and Washington Redskins***

I'm obviously oversimplifying this but the reason I bring this up because it is totally applicable to what I'm discussing here and that is when you learn to use the inverse to movement it automatically allows for a level of efficiency that cuts down on the amount of movement you require to **kick that ass** if you have to.

A couple of questions as I play the role of Socrates messing with folks in the public square so to speak,

*If you could end a fight immediately... would you?*

*If there was a way to move where you could cut down on the amount of ground you'd have to cover to neutralize an attacker wouldn't you like to know it?*

Hopefully, you answered yes to those questions.

**Laying Bare The Bones**

***"There is nothing concealed that will not be disclosed, and nothing hidden that will not be made known."***

- ***Luke 12:2***

Folks, what I'm going to show you here though a continuation of the last blog post is the very concept that eludes people in their martial training and why they can't get to the promised land. However, it is one of the main ways the most advanced fighters do what they do even if they are not aware that they do it.

***"It is difficult to understand the universe if you only study one planet"***

- ***Miyamoto Musashi, A Book of Five Rings***

When you go through this you will understand why I spent so many electrons on explaining how Time works for humans. But understand if you do not on the most basic level understand how everything takes time and that there is a timing of how this is done you'll probably never develop this skill. It's just that simple...

I only say this because I've taught this concept to folks over the years in some cases to even advanced practitioners of the fighting arts and I realized one of the reasons why some of them just could not grasp the concept. Was because I needed to explain to them how the universe worked first or there was no way in Hell they were going to get there from here. In other cases they outright rejected this way of thinking so they never developed this skill. A skill that if dealing with someone faster than them may be a

matter of life and death. They perpetually fail in understanding... so they perpetually fail.

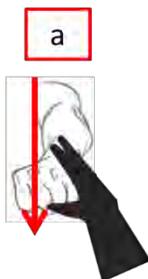
You see when this skill is employed under high-speed conditions **it happens so fast that it really can't be seen with the eyes it has to be seen beforehand in the mind** and trained to the **subconscious competency** level in order to be seen the mind for it must reside in the body first or else it just does not exist for you.

***“The important thing in strategy is to suppress the enemy's useful actions but allow his useless actions”***

- ***Miyamoto Musashi, A Book of Five Rings***

Now, while what I'm about to show you may seem like it's more complex than what I demonstrated before but it really isn't, it's the same thing and same concept. Only now you are dealing with their limbs as well as their body. Just as long as you look at it from the same frame of mind you'll get this.

Now, (*stay with me here*), in the same fashion let's say as someone throws a strike towards you and as you make contact (a).



They change the position in this case rotating their hands to avoid you redirecting their arm (b). In this case if they rotate their arm in the direction to make their fist vertical.



The inverse is as if you rolled your hand on top (c) of theirs. Meaning your reaction should be no different than if you repositioned your hand.



One thing I want to point out is when you perform this type of movement whether you slide up their arm, or you allow their arm to slide through the sensation feels the same to your hand. Meaning you don't have to do anything special with your hands since it's the same sensory input you just need to adjust your hand and arm position as you allow them to slide through.

Now, (*stay with me here*), in the same fashion let's say as someone throws a strike towards you and as you make contact (a).

They change the position in this case rotating their hands to avoid you redirecting their arm (b). if this case if they rotate their arm in the direction to make their fist vertical.

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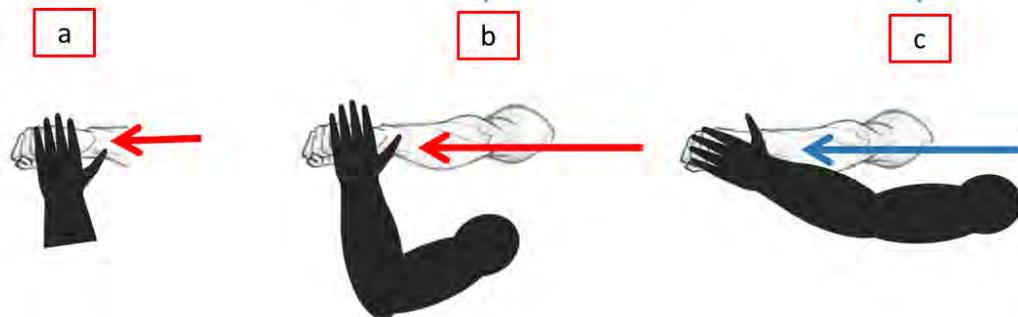
This idea, by the way, works for virtually all movement. The key is practicing this when you do the **Warrior Flow Exercise** to develop this understanding so that your movement can become more economical. After a while, this way of thinking and moving becomes a habit where you're always seeing opportunities to take advantage of these inverse relationships. To the point where you are able to at times move much slower

than your opponent striking with more efficiency and accuracy without any loss of striking power.

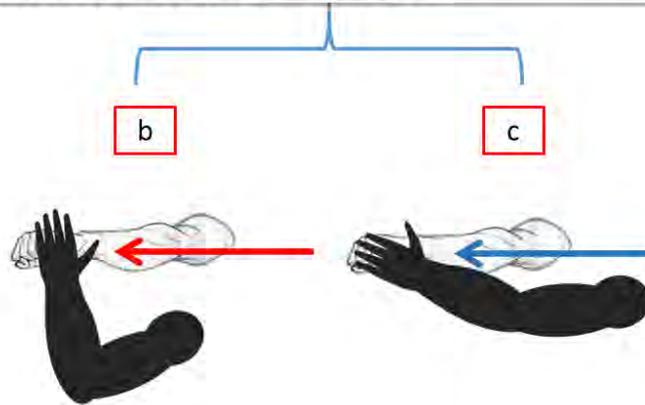
Trust me I can get into some really deep stuff here because **this idea has a compounding effect on how it compresses time for the attacker**. Each time they move where you are able to take advantage of an inverse relationship it exponentially collapses time for them while lengthening it for you.

In a similar fashion and from a better angle. If someone throws a strike towards you (a), you have several options here as you make contact (a).

You can either follow their hand as you direct it where you want it to go (b & c).

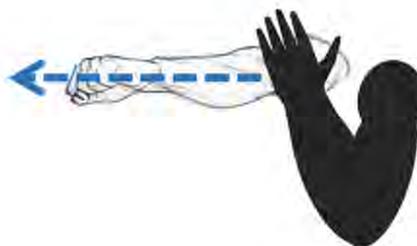


However, when you do this while it is not wrong it also causes your arm to become extended. Meaning that if you had to move your arm in another direction you now have to recover all that space.



However, if as in the first example you allow their arm to slide through as you follow the contours of their arm. You allow them to virtually do all of the work for you allowing you to maintain a much greater range of motion over your own arm since your movement is minimal and more economical. Or you can do a combination of "c" and "d".

d



## How to Practice this Part II:

So, if you practiced the way I stated in the last installment then this is going to take your skills to an even higher level. I recommend that you do not do this until you practice the previous skills until you are comfortable with the movement.

Whether it took you a week, a day, or five minutes to be able to develop that comfort level you still want to practice learning how to move your body first. This is a must!

Here's the deal, moving in this fashion is as I said just a different way of thinking and the way you think about moving influences how you move, and how you move reinforces that the most important thing you need to be able to do in a battle--move your body.

Too many people focus on what their arms and legs are doing in the martial arts and not what their body should be doing which is moving the whole body as one versus trying to accomplish everything with their hands and feet. When you do this or think in this way you limit the range of motion of what your body is capable of within your own sphere.

Humans have this omnidirectional way of moving when developed, this is that dimensional feel that I keep talking about when moving with people who know how to move and use their body as a whole and not a bunch of independent parts.

The reason is you have to change what's going on between your ears is until you can see it in your mind. You will not be able to see it with your eyes, even more so, you will not be able to make those logical inferences to connect the dots so to speak.

You're now going to pretty much do the same thing only now you're going to do it with a training partner.

Also, remember that your movement and even the position and attitude of your body influences how they move. How you move once engaged, influences your actions because you cannot "not" feel where they are and vice versa. The key is in order for them to deal with this their mind has to on some level understand this and how it works but then they need to train to do it.

For the next week or so focus on doing this simple exercise.

***“To become the enemy, see yourself as the enemy of the enemy”***

- ***Miyamoto Musashi, A Book of Five Rings***

So, I want you to think about something. If you've ever seen some of those crazy horror movies like the ones I like to watch. One of the eerie things they like to do is show people looking into the mirror while seeing their reflection move in the opposite direction. Well, when learning how to see things in the inverse this is how you want to think.

You want to learn to see in your mind to always be where they are not going to be as they move. Later on, I'll probably put together a diagram that can explain this a little better but more importantly learn to see this in your mind and "where" to be in the future as you see the lines and arch's before they move or are able to get their stuff off.

Just as before where you learned how to see the inverse in their movements only now you're going to employ the same skill to their limbs. So for example just as in the diagrams above you want to do this when moving with them learning how to feel with your body but also see with your mind the relationships with your body and to anticipate their movement where you learn to let them go as I like to say.

In other words, instead of trying to stop or suppress their movement either give them the path they want to go on or help guide them to where they want to go or better yet **where you want them to be.**

**[Special Note:** don't let anyone tell you that there is no way to stop a person's movement under high speed or chaotic conditions, don't let anyone tell you differently. There is a way to stop or suppress their movement but that is another skill beyond the scope of what I'm discussing here and requires supreme confidence in your abilities to do so. I've done this many, many times to people much bigger than I in both workshops and knuckleheads looking to try me. Oh yeah... they're out there. Hell, you even see people do it in fights on YouTube, at least I have. Maybe they lack finesse when they do it but they do it. More importantly, who gives a shit as long as it works? To deny this truth is to close people's minds off to what is possible and how the universe works. If it were not possible then how do people tackle people in football and in some cases people much bigger than them? Especially when they're running at each other at full speed? I'll let you think about that one because it really speaks for itself... Anyway, it has to do with timing and what I am discussing here and is a totally learnable skill that I teach often. It's just not the first thing I teach because there are much easier ways to

deal with size and speed. I only point this out because you cannot always assume you are able to get out of the way of things. Sometimes you have no choice but to try to stop things as opposed to getting your head crushed. To tell people it cannot be done is to blind their minds to the possibility and if you don't believe it then it doesn't exist for you. I just wanted to point that out so you do not think that the concepts I'm discussing here don't have other applications aside from being evasive.]

Once you feel you're in the clear you can then **"jump off"** and strike. The key to being able to do this is you have to get into the habit of, no matter what, **moving your body or at least begin to move your body out of the way first.**

I cannot overemphasize this point!

In your mind or through movement practice moving in the opposite direction of the other person or letting them go. To see the inverse relationships as well as opportunities to strike.

If their arm moves left, in your mind it should be no different than if you moved your hands or arm moved to the right.

So you should be thinking about what you would do if you moved, stepped or turned to the right such as throwing a strike or whatever. You should also anticipate that they may change direction. After all the bad guy gets a vote in the fight as well.

Okay because I need to insert this point in here before I lose my train of thought. This way of thinking in your training if you practice it eventually gets to the point where it just

becomes a way of not only thinking but even the movement becomes so ingrained that your ability to anticipate their movement gets to the point where it really doesn't matter what they do.

I mean you do want to win the fight right?

How are you going to do that if you do not think and practice the thing you want to do to win the fight?

***“If you do not expect the unexpected, you will not find it; for it is hard to be sought out and difficult.”***

- ***Heraclitus***

If you train to **expect the unexpected** you tend to see it before it becomes a problem. If what I'm saying isn't true then how is it that one person is able to get ahead of the movement of another in a battle if all things are equal?

They are not...

***“The only reason a warrior is alive is to fight, and the only reason a warrior fights is to win”***

- ***Miyamoto Musashi, A Book of Five Rings***

**There is nothing random about combat it only seems that way to the loser...** The moment you get that in your head the more you will begin to see in your mind the thing

they do before the thing they are going to do happens. The easier it becomes in your training to connect the dots and build your intuition.

My point is the fight is only chaos if you don't know what you're looking at and have not trained to it. We all agree that a real fight is utter chaos and not the choreographed stuff of the movies.

So then if we already know that then what is the problem?

***“Respect Buddha and the gods without counting on their help.”***

- ***Miyamoto Musashi, A Book of Five Rings***

True it is not possible of seeing everything or know everything but isn't the purpose of training to reduce the friction, the fog of war, to shrink the haystack so that finding the needle is much easier? If not then you are leaving it to fate. If that's your plan then why train at all?

In Warrior Flow, the fight is neither *this* or *that* it just "is". We train people how to fight period and are no respecters of style, tradition, rules, idiosyncrasies, we train to fight and fight to win and end it in our favor or die a warriors death. Otherwise, what's the point of training?

We're all about it.

If their hands move towards you in your mind it should be no different as they extended their arm for you. So you should be thinking about how you would be out of the way and not be there for it and strike them on the way in.

As they retract their arm you should take that space and move in to strike. If they turn towards you let them pass by and strike them after they over-travel in their movement.

Understand, once they commit to moving in a certain direction unless they have trained how to not over travel and decelerate their motion. They aren't doing anything else until they stop moving in the direction they are heading. The key is to not give them time to adjust.

To reiterate, the movement part of developing your body in my view is the easy part. It's what you do when you move that counts! So move first if possible or at least anticipate their movement and develop the ability to make the shift in your mind to reduce the amount of time it takes to take action.

This is a way of thinking and not just moving your body but in order to get there from here, you have to put the brainpower into it eventually it becomes a purposeful habit, just something you do, a part of who you are.

This once again prevents you from making the crucial mistake of thinking of being defense or looking at the glass as being half empty, which is totally the wrong way to think. It is always half full or nothing at all.

In my next installment, I'm going to get into some other aspects of this and delve a little deeper.

It's really simple and it only seems hard so you've got to practice it.

# The Inverse Relationship to Movement

## Part III

Mar 03, 2020

***“Perceive that which cannot be seen with the eye.”***

***— Miyamoto Musashi, A Book of Five Rings***

If you ever saw the movie *Fearless* with Jet Li or *Chinese Connection* with Bruce Lee then you're familiar with the legendary fighter, Huo Yuanjia (1868 – 1910)



He was the co-founder of the *Chin Woo Athletic Association*, a martial arts school in Shanghai and practiced the fighting art ***Mizongyi***. Huo Yuanjia was a hero in China especially for defeating foreign fighters in highly publicized matches at a time when Chinese sovereignty was under Japanese imperialism. Due to his heroic status, the legends and myths surrounding events in his life make it nearly impossible to discern fact from fiction.

Anyway...

Mízōngyì ('*Lost Track Skill*'), or simply Mízōng, is **an art based on deception and mobility**. It is also known as *Mízōngquán* or '*Lost Track Fist*', sometimes as called by Dragger and Smith in their awesome book, *Comprehensive Asian Fighting Arts*, "***Labyrinthine Boxing***" stressing **the deceptive nature of the art** (*no such thing as a fair fight*). They described it in this fashion because of the way in which the art when applied was constantly changing in its attack preventing a person from forming a defense against it. In other words, they put the other guy on the defense and didn't wait for them to do something.

First of all, you have to love these names to describe the art. This is the stuff that when I was younger would make my eyes water while watching *Kung Fu Theater* as a kid. I am so all about *Lost Track Fist* or *Labyrinthine Boxing* (*a.k.a. sucker-punching people in the mouth*). Because it goes to the heart of what I'm talking about at least conceptually regarding movement and understanding Inverse Relationships.

### **The Paradox of Movement**

Okay... this is wild stuff because this is where I start bending spoons so to speak.

This is what we call in the Marine Corps and the Army the "***Deep Battle***". The battle that is only seen with the mind and can only be envisioned. Where the possibilities and probabilities must already be understood to some extent and built-in beforehand to get ahead of movement and play where the puck is going to be.



**Yin / Yang**



**Image of Quantum Entanglement**  
Courtesy of University of Glasgow, Scotland

Most people in the martial arts are familiar enough with the concept of Yin/Yang so I don't need to get into it here. Other than there is probably a deeper level of understanding of this than we think. Meaning this concept or expression of duality, of relationships, of the inverse, is probably much, much deeper (and older) than we understand and that there are paradoxes of how things work beyond what we are able to see. Thus the photo of the first-ever captured image published last year (July 2019) of what is called *Quantum Entanglement*. Once a concept, a theory now apparently a fact.

Remember, **no theory no learning**, without thought or at least thinking about the problem there is no theory, even if it's just a hypothesis or what we call in the military a "SWAG" (*scientific wild-ass guess*). Without theory there is no focus, without focus, there is no movement in the direction to at least begin to ask the right questions to get to ground truth, wherever that truth may lead. I also put the image in here to note

the *eerie similarity* to the Yin/Yang concept and even the very symbol expressing the duality of things and the interplay of relationships and on and on...

Sort of like the discovery of the *Monolith* in the movie, *2001: A Space Odessey*, maybe someone is trying to tell us something? Who knows? But I find this more than just a coincidence.

Just sayin...

Anyhow, when we are talking about combative movement in Warrior Flow what we are really talking about is a paradox that exists where we can appear to exist in two or more states, even places when moving all at once, or a polarity if you will (*yes you read that right*). Where we can seem fast while moving slow and or almost appear is if we don't move at all and then swing like a big-league slugger and knock it out of the park. Where we seem to be going one way when in fact we were already somewhere else. Where we appear hard in one area yet seem to disappear in another or are able to stop person momentum before the can get going with just a touch. Or all of these things at the same time.

While this shouldn't seem possible... it is true. When discussing the Inverse this polarity or paradox is always constant and as a result, if you can understand and just accept it you will begin to see all of the possibilities because they are always right in front of us all of the time.

As I discussed before this is more of a way of thinking than anything physical but if you can get your mind to that place it opens up a world to you that cannot be seen with the

eye and only in the mind. Like I said Warrior Flow is a completely different way of thinking about the battle.

But in order to get there, you have to also have the capacity to ask the right questions.

And therein, as they say, *lies the rub...*

It's interesting because I was having a discussion with one of my Instructors some time back and one of the things he said to me was that he noticed was that I present Warrior Flow as a thinking man's art. And I told him, ***"Well, as one of my masters once told me that after a certain level it's all mental"***.

He really hit the nail on the head because in truth it really is a very mental thing even if you're only thinking it in the body. If you can't get your mind to that place then it doesn't exist for you. But in order to get it into the body, you have to first accept that it exists otherwise you don't even think it is even possible. Trust me I see this in the martial arts all of the time. People creating rules that don't exist so it cuts off the learning before it even starts.

***"Superficial goals lead to superficial results."***

- ***Attila the Hun***

Folks, I don't care what you train let me tell you that the main reason many people cannot achieve the level of skill they desire is they're really asking the wrong question so... they get wrong answers. However, if they learned to ask the right questions the answers over time become self-evident.

This polarity if you will within the inverse relationship to movement is ever-present so to reiterate.

- Your pull is my push,
- Your push is my pull,
- Your sliding is my skimming,
- Your skimming my sliding,
- Your oversensitivity and overreaction to my movement becomes my pulse,
- Your root becomes my opportunity to root you and fix you to the ground so you can't move or isolate around that point to break your balance elsewhere,
- Your forward motion becomes my opportunity to redirect you on a different vector,
- Your attempt to stop my arm becomes my fulcrum and kill you,
- Your creation of space my space,
- Your attempt at deception my deception,
- Your speed becomes my speed to misdirect, redirect you to your death or penetrate you sooner,
- Your awareness of my movement becomes my awareness.

And on and on it goes... there is no end...

In other words, if I can perceive your intention and feel your motion all of the above are always, always, "always" available to me.

I don't care who you are, what you have done or can do in the heat of battle there are only two things here, your sword and my sword and nothing else. If you do not have the development and the proper understanding and thought process to go with it in the microsecond between this and that, you have nothing. Your head is mine because you don't have enough time to deal with all of these things in the microsecond they all take place.

Think of this and I've written on this before so it is not new. Everything that you can do within your body right now, every movement, every strike, every evasion or step, everything that's possible within your body, already exists. The key is you have to first believe that so that you can develop your body to take advantage of it.

Why would you deny yourself this ability?

Again, because what I am describing is a mental process as much as a physical one in order to take this to the higher levels you have to literally alter the way you think about moving in general and how you interact with another person's motion.

**The Interconnectedness of the Whole**

Like I said in my last post the one thing you need to be able to do in the fight is to move your body. But it does no good to move it if you don't, in my opinion, understand how it moves or can move. In other words, you limit your options when you don't expand your understanding of well... how shit works.

When we discuss movement in the body the reason why it can seem like there is this *paradox* or why things seem to contradict one another. It is because **nothing in the body moves independently of the body**. It only seems that they move independently of each other when we are not engaged in gross movements where the whole body is moving or when we are performing a fine motor task. Everything works no matter how slight off of something else. This is the essence of the concept I call the **Quantum Sphere of Warrior Flow**.

You see, no matter where you move your Center of Gravity is “always” at the center of your Sphere of Influence. Allowing you to “control the space” within your Sphere in every direction.

Inside of your body, each one of your joints can move “with” yet “work” at times seemingly independent of each other and the rest of your body. The truth is they don't actually work independently of each other as much as they play off of each other or reinforce each other depending on what you choose to do within your “Sphere of Influence”.



Study this image above because while not exact it is representative of how our bodies actually move when we go into action. This is the understanding you need to develop to free your body and become creative in your movement.

Notice how all of the cogs work off of each other?

How they are all interdependent on one another while serving their own simple function?

It could almost be said that **what one cog does impacts the machine as a whole**. In this same fashion, you want to develop your body to respond even in the slightest movement even if the reaction is to recognize you don't have to move at all (*in the next*

*blog post I'll probably get into the understanding of **recognition** and **choice** as it relates to this because there is both an external and internal component to it).*

Such movement can only produce greater efficiency over the overall structure of the movement since each cog is compensating for the others and so on. It is both mechanical and yet organic. In this same way so does our bodies.

It is this lack of understanding of the interconnectedness in the body between all of your muscles and joints and how they are always working off of each other that denies many practitioners of the martial arts the level of freedom and creativity with their bodies that is available to us.

One of the keywords here is **compensating** for when the cogs work together they can also nullify or negate the negative effects on the overall structure.

But there's more...

So from a more mechanical sense, that is sort of how our bodies move but there is another thing we do and that is where we can move in an almost omnidirectional manner where we seem to be moving in two diametrically opposite directions at the same time as in the image below.



As demonstrated in the image above, these points of rotation are not just limited to your arms and legs but extend to virtually every joint within your body. Within reason of course. For example, while each bone in your arm is linear in structure too include those in your hands. However, when combined with the other joints in your arm, it creates a “spherical range of motion” which is sort of what I'm trying to show above.

The more joints that are involved within the body even in the slightest the greater the freedom of movement. This is what allows you to move your arm in a graceful, fluid

fashion as if your arm were like they were made of rubber while the rest of your body seems to remain stationary even though it isn't but it is actually adjusting to facilitate the movement in your arm. Our bodies do this in everything that we do so even the act of sitting up as I type this my body is doing stuff to hold itself upright and position my arms while my hand's type. And there's more but I'm not going to get into that here, just suffice to say that the more you incorporate this understanding in your martial training the more capable you will become in what you do.

Now imagine this type of movement in your body as you are throwing strikes, evading, or using a weapon?

I was recently discussing this with an instructor out in Spokane, WA, who does a lot of self-defense training especially weapons training and I said to him something along the lines of,

***"What if I told you I could train you to move in your body in a way where you could increase your proficiency of movement in whatever it is you do by 5% percent? 10% percent? even 25% percent? and I could help you achieve that not in 10,000 hours as people have incorrectly been lead to believe or even 1,000 hours but in 30 days. What's that worth to you? Because that's what I'm talking about. Trust me, my friend, this is not hyperbole or bullshit, because I've done it with folks. Again what's that worth to you? Now imagine doing that over and over compounding effort on top of effort? Getting better say 3% to 5% every few months? What's that worth to you?"***

He was all about it...

But this level of understanding starts between your ears. When you understand these "Inverse Relationships" to movement, when the glass is always half full, when your mind is in the right place combined with the Ruthless Intent it's a whole different game. In order to achieve these efficiencies in movement as I've discussed, you have to get control over your body.

You get to see this not only in your mind but experience this and how it works in the body.

I was recently working with a student just the other day and I asked them,

***"You feel how your body feels now? How free it feels when you move to hit? How effortless it moves when you step and strike? Your body almost feels like it just glides to where you want it to go right? Almost like there is no effort as you move as if everything you do is just a matter of thought and, a focus of your will, right?"***

He agreed and I said,

***"Well, I feel like that all of the time. That feeling that at any moment my body is capable of springing into action or moving as little as I need, to do what I have to do but at no time do I feel trapped in my own body."***

When I move, the freedom I describe in these examples is how I feel all of the time.

**All of the time...**

In my next installment, I'm going to get into some other stuff for you to think of and some things when developing the ability to see the inverse relationships, to move in this fashion and increase your ability to take action sooner before a situation becomes a problem in the first place.

# The Inverse Relationship to Movement Part IV

Mar 12, 2020

"Between stimulus and response, there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom."

- Viktor Frankl, Auschwitz Survivor



What a powerful statement! Viktor Frankl really nails it. You see at the end of the day no matter what we do we have for the most part a choice, a choice to take action, or to do nothing and within that choice, we have the power to decide what we are going to do and to some degree (*because the bad guy gets a vote in the fight*) the outcome of the battle. Even when we do nothing we have still made a choice.

I remember my Master once telling me,

***“It doesn’t matter whether your arm is up or down, whether you move this way or that way, in that moment, in that instant you are the master of that motion...”***

These are words to live by in your martial training and development because all too often people think that how they move or respond to something has no impact on the outcome of the fight when in fact a lot of times even if we are not consciously aware of it, the choice we make is really two sides of the same coin. For those who are confused let me help you here because it has everything to do with the fight and as Col Jack Sparks, my old Regimental Commander used to say,

***“There ain’t no such thing as a damn coincidence, this shit does not happen in a vacuum”.***

Meaning if it happened on some level it was supposed to happen. In this post, I’m going to speak more philosophically as I tie a few more things together regarding understanding and how to develop the ability to use the Inverse Relationship to Motion. Because it is also going to lead in to my next blog series on the Warrior Flow Concept of ***Subtle Muscle Control***.

## **On Choice**

Choice...

We all want it and to a degree we always have it, but once we have it and can see it we can easily become overwhelmed by it.

You hear it in people's voices all of the time when they ask about self-defense and what they should do in *this* situation or *that* situation. The truth is they are the right questions to ask. I've found though that when people ask such a question what they really want is for you as a self-defense instructor to remove a level of uncertainty from them but at the same time not limit their options their choices. Even as an instructor of self-defense if you are not careful you can actually overload a person where there are seemingly too many choices of what to do in a given situation.

This is one of the reasons why I'm not really big on doing scenario-based training unless the purpose is to teach a response to behaviors rather than the scenario itself. If there's one thing I've learned in all my years in the Marine Corps is that no matter where you go, **no matter what the culture, assholes behave the same way no matter where you go.** The only thing that may change is the context in which the behavior arises but once you understand what you are looking for it becomes pretty obvious to you. Meaning that much of the ambiguity of the situation goes away. The reason is simple, we're all human and our emotions once triggered causes us to react generally speaking in the same fashion. In other words, whatever scares you scares you and causes you to react out of fear. Whatever pisses you off causes you to react in anger and exhibits the same emotional feelings as anyone else. The only differences are how we are conditioned to respond once we are either afraid or angry or how we choose to respond.

My point is **we're all human and how we choose to respond I believe is a learned thing.** If it were not so, then why do we spend so much time and effort in the military

desensitizing people in training to overcome irrational fear while at the same time teach people to recognize danger?

Because the two are not the same and yet **each one has to power to cause you to respond in ways that if you make the wrong choice could get you killed.**

### The Infinite Possibilities of the Infinite

*“From one thing, know ten thousand things”*

- *Miyamoto Musashi, The Book of Five Rings*

Now when we talk about the Inverse Relationships one of the problems as people have told me they first start to see is that there are as one Instructor described to be, **“all of these options, they’re just all over the place...”**

This I believe is because until you could see it in your mind you couldn’t see it with your eyes even though it is not only in right in front of us, but was there all of the time. This is the reason when training people they will often hear me ask questions like,

*“Are you sure you are touching my hand or am I allowing you to be there?”*

*“Are you holding my arm or am I allowing you to hold it?”*

*“Did you enter on me or did I allow you to enter into the space I created for you?”*

Because let me tell you, something folks, how you answer the question will greatly influence how you move how you respond, etc. and is the essence of understanding how to develop the ability to see the inverse relationships in all things.

Trust me when I tell you I can go down a very, very deep rabbit hole on this because the possibilities are endless. I do this to get their minds to start thinking in a different fashion as to how they perceive what is going on so they can make different choices based on what they feel or perceive through their perceptual awareness.

I mean you do want to win the fight right?

Well, this different type of thinking is a learned thing and can be trained but you first have to see it and know what it is in order to get there.

In Michael Stocker's *Plurality and Choice*, he states in his these is that plurality is an obstacle to choice. The point he was making is that the more choices you have the more hesitation and less decisive one can be if there is no ability to prioritize those choices. However, as he also goes on to discuss how we are somehow able to bring together seemingly disparate information and yet make sound judgments.

This skill is important towards developing an understanding of how to use and recognize Inverse Relationships to movement because often what we see or experience seems at first to have no discernable pattern of correlation when in fact they are just another facet of the same thing. It only appears this way because these things which are outside of our experience seem as if they do not fit.

***“You must understand that there is more than one path to the top of the mountain”***

- ***Miyamoto Musashi, A Book of Five Rings***

You see, one of the problems I've discovered as many people once they begin to think in this manner find. Once you begin to see things in the inverse is the number of choices expands exponentially.

### **Shrinking The Haystack**

It is for this reason why Warrior Flow focuses on how we as humans interact with each other within the known universe. Without there being some form of objective measure or way as to how things work. It is not in my view possible to make the proper judgments based on how a thing works or what choice to make in a given situation. Or even how to train to it given that the number of choices or this “*plurality*” if you will, including those that do not seem likely which may present themselves in battle (*i.e., the Fog of War*).

This is the reason I've spent so much time explaining how the universe works because as we operate in it we cannot escape nature and the natural order of things. In doing so we ***shrink the size of the haystack*** so to speak to narrow down the amount of searching required to make the best possible choice. Movement is movement and fighting no matter what style is no different. There is another thing when you can see the inverse of things once in action it alters our perception of time. This is one of the

reasons why I train people in the skill of understanding and taking action when they perceive the inverse relationships on how it affects their perception of time.

You see, for the person who sees the possibilities the *inverse*, time expands due to their ability to see options that allow them to take advantage of the movement of the other person. **In the same way, a baseball player waits for the ball to come to him as he is already prepared to swing on the ball.** Conversely, for the person who cannot see the inverse time *collapses on them* because even if they know how to appropriately respond to something they do not have enough time to accomplish it because they are not taking into consideration how their own movement is influencing what is happening to them until it is generally too late.

Also, I want to point out it because this is a topic that comes up frequently when speaking to folks regarding the study of other arts and how this understanding relates to them. We are all human and we generally all move in the same fashion because our bodies are designed in the same way. Some of us have more ability than others but our bodies still function the same way this is why we find it so amazing to watch some high-level athlete or circus performer doing things that seem to defy physics. The martial arts are no different.

## Understanding the Shape of Things to Come

***“If you do not control the enemy, the enemy will control you”***

- ***Miyamoto Musashi, A Book of Five Rings***

So, it is not that we do not learn about other arts, on the contrary, we do study other arts but not from the perspective of matching counter moves against moves, but to **recognize the pattern the impression of movement or the shape of what the movement is to become**. In order to neutralize it if possible "before" it ever becomes a problem because by understanding these different arts shows what humans are capable of (*i.e., The Adumbration of Movement*). Like anything else when you know what is possible you know what to look for provided you're willing to train to it.

***"If you wish to control others you must first control yourself"***

- ***Miyamoto Musashi, A Book of Five Rings***

One point I want to make, I can't speak for anyone else so I'll just tell you here in Warrior Flow we move in a way not follow anyone's movement but get ahead of things and lead if possible. This is why we emphasize in our training not to move for the sake of moving but move with a purpose and we understand the regardless of speed. In order to achieve the level of skill and control we desire we must also be able to not only adjust as we move along but understand the importance of *acceleration* and *deceleration* in that they work hand in hand. That there is a duality an *inverse* to all movement and that no movement no matter how slight is in isolation of the body as a whole (*i.e., Quantum Sphere Concept*)

## Move (Or Don't Move) But Do So With a Purpose

***“Do nothing that is of no use”***

- ***Miyamoto Musashi, The Book of Five Rings***

Philosophically speaking, because we understand the ebb and flow of movement where our movement and even position in time and space influences the actions of the other person. We do not believe in trying to resolve problems with the same thinking that created them but train to get ahead of them if possible and look for a more efficient solution to end and win the damn fight!

You see at the end of the day you are still just dealing with motion. So if it is just motion then we should at least give consideration to how humans move within time and space. As well as the mechanisms that control human movement within the laws of physics and human physiology develop the ability to understand how to use and manipulate them to our advantage.

Last point I'll make and then I'll move on...

***“When you come to the fork in the road... take it.”***

- ***Yogi Berra***

Now most of us have heard the sage wisdom of Yogi Berra, and he has some really great sayings the one I like the most is,

***“The difference between theory and practice is this, in theory, they’re both the same, in practice they are not...”***

You got to love it but he makes a great point about taking the fork in the road and the point I’m making here is. As you develop the ability to see the inverse of things one thing you have to consider is that making a choice as soon as possible is better than making no choice even if the choice is to remain patient and allow for things to materialize. *(Full disclosure the other reason Yogi Berra used to say that is because he lived in a cul-de-sac in NJ, and his house was at the end right in the middle of the cul-de-sac on the opposite end of a wooded area so no matter which way you went you always ended up at his house).*

***“Whatever the Way, the master of strategy does not appear fast... Of course, slowness is bad. Really skillful people never get out of time and are always deliberate, and never appear busy.”***

- ***Miyamoto Musashi, A Book of Five Rings***

When Musashi discusses slowness here what he is talking about is slowness in response, slowness in timing but not necessarily speed because once again it is a **timing thing**, a patience thing. **This is a very powerful skill to develop because what I’m asking you to shape your thinking in a way when you train that allows you to see the future.** In the same way, a great athlete sees all of the arcs and lines and even *dimensions* of what a thing will become beforehand (*i.e., playing where the puck is going to be*). This is no easy skill because you have to be patient with yourself

and believe that it can even be done in the first place. People in sports do it all of the time and many folks in the martial arts even if they are not aware of it (*especially in sport fighting*) do it all of the time, but when it comes to self-defense most people act as if this shit doesn't exist. Their loss. Shame...

However, in Warrior Flow, we have a different view of things a different philoso[hy, a different etymology. We're all about the art of the possible, of what is possible, of how things in the universe actually work and in that is where we find almost infinite possibilities in what we can do within the bodies we have.

Well, that closes this out I hope you enjoyed reading about this as much as I enjoy writing and teaching on this stuff. In my next installment, I'm going to get into the concept of Subtle Muscle Control within Warrior Flow and how you can develop better control over your body for yourself.

# The Subtle Power of Subtle Muscle Control

Mar 18, 2020

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***“When one has developed practical knowledge of all skills of the craft, eventually one can become a master carpenter oneself.”***

- ***Miyamoto Musashi***

I start this post off by discussing something that I don't think I've fully explained in the past. The whole purpose of this next series of posts is to challenge the way you think about your self-defense training and provide you with a few ideas of how you can improve your martial skill in the shortest time possible. But before I get into the topic of Subtle Muscle Control I need to cover something else first because it directly influences how you not only think about using your body but how you train to develop yourself as well as apply your skills.

## **The Power of Will**



*Image courtesy of Comprehensive Asian Fighting Arts*

In the image above courtesy of the awesome book *Comprehensive Asian Fighting Arts*. It depicts two greek fighters who after battling to a stalemate decided that they would allow each other one finishing blow to determine the battle.

We read,

***"The story of Creugas and Damoxenus around 400 BC at Nemea, struggled to dusk without decision. They agreed to permit each other to strike one final blow, unresisted, to settle the issue. Creugas struck Damoxenus in the head and he, weathering the blow, ordered Creugas to raise his left arm. Damoxenus struck***

***Creugas with his open hand spear-like, with such force that it penetrated his side, killing him..."***

So, after allowing the Creugas to strike Damoxenus forms a spear hand and through the focus of power and sheer will struck with enough force to kill his opponent. While for some such a thing would not seem possible I'm sure Creugas would differ with that opinion. It is the power of our will once properly honed and focused that can often turn the tide or shape the outcome of a battle.

This understanding of the strength of our will sort of reminds me of when I was at Infantry Officers Course as a 2nd Lieutenant and our class advisor during one of our training ops. Talked about how we needed to learn how to pace ourselves at times because many of us are of the mindset where we don't know our limitations and we would push ourselves to the point of dying. Which in my career I have actually seen where Soldiers and Marines would push themselves to the point of death or hospitalization. My point is one should never underestimate the power of our minds to overcome the perceived limitations of our bodies or to push them beyond their physical limits.

For those who have played sports before you intuitively understand the importance of gaining momentum and maintaining it over the opponent. Oftentimes it is the deciding factor in a match where a person of lessor physical ability is able to turn the tide on their opponent simply because they wanted it more. It reminds me of one of the comments made by a player on the Baltimore Colts after losing Superbowl III to the NY Jets who were a serious underdog in that game, he said something like,

***"We thought about winning they thought about playing football."***

But there's more, you see before that game Jets QB legend Joe Nameth made the startling prediction that not only would the Jets win but that he guaranteed victory. I honestly believe to this day that the reasons the Jets won that game was because of the confidence Nameth expressed before the game and by sheer will and doing the basic things right, upset by far the best team that year.

It sort of reminds me of the *Miracle On Ice* when the US Hockey Team Upset the Soviet Hockey team at the Lake Placid Games, who by the way had beaten not only the US Team earlier that year but had previously beat our NHL All-Stars. I remember a friend of mine told me how his father who was a huge hockey fan cried when we won and all he said his dad kept saying was, "***They're kids, they're just kids...***" referring to the US Team.

Pure will...

***"Recognizing that the power of will is the supreme court over all other departments of my mind, I will exercise daily when I need the urge to act for any purpose, and I will form habits designed to bring the power of my will into action at least once daily."***

- ***Bruce Lee***

If you're a fan of comics like I am then you're familiar with the whole DC Universe and in that universe as a part of the mythology, one of the most well-known characters is

the *Green Lantern*. Now for my money out of all of the characters in the DC Universe I always thought the one guy who had the greatest potential to be the most powerful of all was Hal Jordan (*AKA the Green Lantern*).

The reason I say this is because he had something that even Superman didn't have.

You see Superman's power comes from being from Krypton, our Yellow Sun and all that jazz. So Superman by genetics, because he's always been who he is in a certain sense, is limited in my view as to how powerful he can be. Hey, when you're Superman where do you go from up?

Whereas the Green Lantern has something more, you see he was *chosen* to become the Green Lantern because of the person he was, the man he became. He was given a power ring because he was deemed worthy to wield it and even though it needed to be recharged periodically by the Lantern. Its true secret was that it was powered by a force beyond physical ability, beyond limitation, the power of "*Will*". So the ability to use the ring was only limited by the *will* and mind of the wielder.

However, due to a lack of imagination and shitty writing, his character never reached the potential it had. This guy had a ring that had the power to create a sun but he would rather settle for some giant fist to smash an opponent. Really?

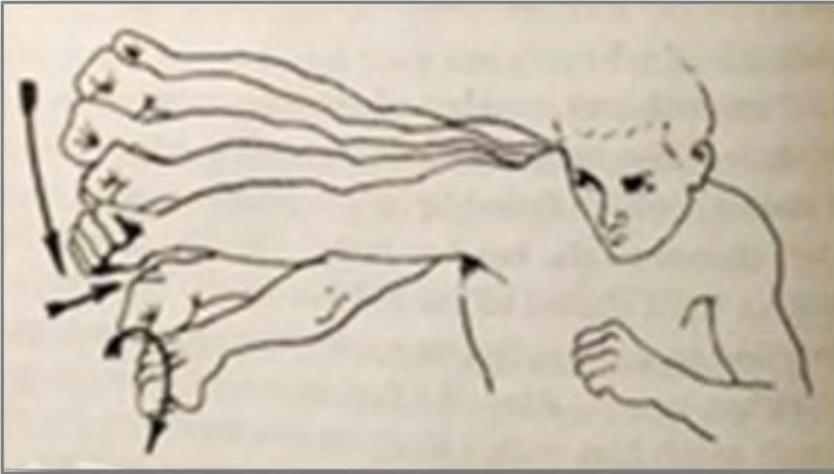
Me personally if I had that ring? I'd nuke the site from orbit and be done with it.

Anyway...

In the same way, many people in martial arts limit what they can do because they refuse to do the bodywork necessary to achieve the level of control over their bodies to facilitate the type of movement they desire. So they are not capable of focusing their will by extension of their body.

Now before I go any further one thing you need to understand as we go down this road towards how to develop better Subtle Muscle Control. Is that it has to do with not only the development of your body but how you focus your mind during training. You see when you develop your body on the subtlest level. A strange thing happens overtime where things just seem to fall into place for you. Where it seems that all you do becomes almost effortless where thought becomes action as if it were a focus of your will. But you have to practice and train to develop this.

## **The Subtlety of Movement**



*Image courtesy of the Tao of Jeet Kune Do*

***"Experience is the teacher of all things."***

- ***Julius Caesar***

There are Five Essential Concepts of Warrior Flow **that are based on the immutable laws within the known universe and how humans move and interact in it.** However, for this Blog Post, I'm going to focus on one that has direct implications on how to train your body to move when dealing with motion, Time, Inverse Relationships, etc., and that is ***Subtle Muscle Control.***

***"Without any confusion in mind, without slacking off at any time, polishing the mind and attention, sharpening the eye that observes and the eye that sees, one***

***should know real emptiness as the state where is no obscurity and the clouds of confusion have cleared away.”***

- ***Miyamoto Musashi***

**Subtle Muscle Control** as we define it in Warrior Flow is the ability to control your body in a way to manipulate the space you occupy, create space for yourself, take space from them, **create different physical states** (i.e., *vapor, liquid, solid*) within your body, with different parts, and everything in between, and sometimes... all at the same time. In doing so there is no obscurity no confusion within the body.

There are a number of ways in which once developed we can use Subtle Muscle Control to achieve a variety of things within our bodies for combat. This is what I'm talking about. By definition I offer the following:

- **Creating Space**— a method of moving your body in such a way where you are already out of the way of their strikes or have **created space for** yourself to evade/enter *or* space for them to enter into. For the purpose of crushing them by leading them to their death.
- **Taking Space**— a method of moving where you deny them the space they need to freely operate causing them to move where you want them too for the purpose of crushing them.
- **Manipulating Space**— is pretty much a combination of creating space and taking space. It is a way of moving whether in contact “or not”, where you manipulate the

space you occupy and alter their perceptions and timing or where you are in relation to their body. This is the kind of thing that I talk about when I describe *bending spoons* on people.

- **Creating Different Physical States**- this is a unique ability because it has to do with understanding how the body is able to use countervailing forces. To create different states where you can create false surfaces, or appear structured and non-structured all at the same time even with direct contact with another person or with different parts of your body. I want to point out while this is a unique ability to develop most people cannot do it. Not because it is unattainable but because they don't believe it is possible. It also has to be taught properly within the proper framing and context because we are capable of greater things than people think but it has to be presented right or you can never get there. (*When I get into how to train these things I will spend some time explaining the concept of creating different states within the body because it has everything to do with how I create deceptions*).

***"It is easier to find men who will volunteer to die than to find those who are willing to endure pain with patience."***

- ***Julius Caesar***

When developed this ability allows you to access and increase your "Creativity" or the ability to make logical, intuitive decisions to create what you need where you need it when you need it within time and space. This is that ability I discuss where you are able

to draw logical inferences, anticipate and develop a level of adumbration based on what is known, unknown in context within the experience.

Creativity, by the way, is the part of talent we in Warrior Flow call *Intellect*, that mental aspect which allows you to transcend technique and physical limitations. The wisdom, the savvy, the ability, the intuitive understanding to neutralize an opponent's movements before they can get their stuff off and crush them. But... you have to be willing to put the work in to develop it and "***be willing to endure pain with patience***".

## The Power of Choice

***"Fortune, which has a great deal of power in other matters but especially in war, can bring about great changes in a situation through very slight forces."***

- ***Julius Caesar***

In order to exercise the power of will, it first starts with understanding that anything you do with your body starts with a choice. In order to exercise choice, you must first have your mind right and hold the proper perspective. You see no matter what you do with your body, even when you are not consciously aware of it you make a choice. The choice to move or not move, or what I like to refer to as *being patient*. Both are forms of choice and both can be trained too. But only if you hold the proper perspective in your mind on what is the art of the possible.

- **Perspective**- a particular attitude or mental view toward or way of regarding something; as well as the capacity to view things in their true relations or relative importance. How this plays with regard to combat is significant because both our **perspective** and our **perceptions** as I've discussed in previous posts are filtered through our knowledge, experiences, sense of being, capabilities and wisdom or intuitions, etc....

## Naming the Thing

*“Res ipsa loquitur” -- Latin for “the thing speaks for itself”*

Whatever choice we make with our bodies is based on what we think and what we believe is possible. So if you want to be able to do something whatever it is and of course within reason of your physical abilities. So, if you want to be able to do something, then you need to train to it. But in order to train to it, you first have to know what it is and be able to name the “thing” whatever that thing is. **For it is in what the thing is which reveals itself.**

As a corollary in order for things to become self-evident, you have to know how they work and the information has to be presented or framed in the proper fashion or it is meaningless. This is why I try not to present information, skills, or techniques as if they are absolutes but try to frame them within the proper context so they can be understood.

**"It ain't bragging if you can back it up."**

- **Muhammad Ali**

So, for example, let's say I place my arm on someone, where I'm preventing them from moving where they want to move. Now some will say that well the answer is to just knock my arm out of the way. Now true, you can do that and you would be correct but... that is assuming that I'm not aware that such a thing is possible and haven't already trained to anticipate such as possibility (*i.e., understanding the inverse*).

In other words, because I've had people try to do this to me, as they attempt to knock my arm out of the way. Sometimes I pull my hand away before they strike sort of in the same fashion as *Lucy* pulling the football away before *Charlie Brown* can kick the ball... **and then I hit them**. Or sometimes I yield and return after they struck my arm where it appears as if my arm didn't move... **and then I hit them**.

As a side note, there are folks who will say this cannot be done yet I do this kind of shit all the time to people who are even much larger than me even when they are moving fast. People, by the way, do this in football all-of-the-time against people moving at them at full speed so I don't know what these people who say it's not possible are talking about. I really don't. Does it take skill? Sure... but so does knocking people the hell out. People who don't even know how to fight *per se* do it so it's obviously possible. My point is **if it can be done... then it can be done**. But you have to have confidence in your abilities to do so. Remember, **proficiency** fosters **competence** and competence allows you to stand in that space between fear and courage known as **confidence**.

***"It is a riddle, wrapped in a mystery, inside an enigma..."***

- ***Winston Churchill***

While Churchill was referring to Russia and her national interest in the same fashion the truth is when I do this, on some level, it is actually a setup. Where you're damned if you do and damned if you don't, or as one of my uncles used to say, "*heads I win tails you lose*".

I can remember once doing it to someone and they asked how I was able to do it and I told them something along the lines of,

***"What? You don't think I didn't know you were going to hit my arm? I can feel what you were trying to do because I was touching you. The truth is as long as I recognize it in time you were never going to make that work."***

The point is whatever choice I make the reason I can do it is that I've trained to be able to do it and no matter how fast it's done I can still do it because I can still feel what they are doing, especially if I am already touching their body. This is the power of developing Subtle Muscle Control in your body. The ability to make choices in the body without having to overthink what you have to do in the blink of an eye. The ability to do things which appear counter-intuitive to what people think can be done and **the ability to neutralize what people are doing before it becomes a problem** (*i.e., don't let it happen in the first place*). It is ***"a riddle, wrapped in a mystery, inside an enigma..."*** Deception, pure and simple.

But you know what?

If you train to do this and understand how *the thing* works **you can learn to do this too.**

There's no magic to it. Trust me I could do a whole post (*and I probably will down the line*) on how when information is not presented or framed within the proper context how it sends people in the wrong direction.

I'm going to cut this off right here, in my next installment, I'm going to get into the concept of *Creating Space* within Warrior Flow and how you can develop better control over your body for yourself. Until then I leave you with this thought to meditate on.

***“There is nothing outside of yourself that can ever enable you to get better, stronger, richer, quicker, or smarter. Everything is within. Everything exists. Seek nothing outside of yourself.”***

- ***Miyamoto Musashi***

# The Subtle Power of Subtle Muscle Control

## Part II

Mar 26, 2020

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***“In war, there is no substitute for victory.”***

- ***Gen Douglas MacArthur***

### **There Are No Small Victories**

This is a little long but necessary since it sets up other things that I'm going to present later on in this series. You might want to get some coffee. Just sayin...

I start this post off by telling a story based on a TV show that appeared as a miniseries in the early 1980s. Back in 1983 for those who remember, there was a two-part sci-fi television miniseries, called “V” or “*The Visitors*”. The series was inspired by Sinclair Lewis' anti-fascist novel *It Can't Happen Here* (1935). It was your basic aliens arrive on Earth in a fleet of huge, saucer-shaped motherships, which hover over major cities across the world. wreaking havoc Sort of like a precursor to *Independence Day*.

At first, they appear as our friends promising to share their advanced technology with humanity, etc., so you already knew this was going to go south on us real fast. Because as time would pass they later turn out to be snakes in the grass, *literally* for their true

appearance as we would find out underneath their masks, was that of reptiles.

Basically, the Visitors were Nazis from space and even their uniforms and symbols were as you can see by their flag below were reminiscent of the Nazi SS uniforms and the Swastika so you already hated them from the start.



It was basically *The Rise and Fall of the Third Reich* only told from the perspective of an alien invasion. Now the original was a masterpiece the subsequent remake while visually appealing lacked the same intensity of the originally. This is because the one thing it did not have to draw on was the recent memory of those who suffered in the Nazi concentration camps as well as those who fought against them during WWII.

The one character, in the show that always stuck out for me, was *Abraham Bernstein* a survivor of the Nazi concentration camps. He was played by the great character actor Leonardo Cimino, who in real life actually landed and fought at Normandy during the D-

Day invasion. Anyway, Abraham Bernstein intuitively knew just by the behavior of the visitors and all their platitudes that they were not on the level. He could see this because he saw the same pattern develop in Germany leading up to the Jews being led off to the slaughter of the concentration camps which he made known to everyone from personal experience by showing people his concentration camp tattoo.

To me even as a college student, this was very powerful because it would later lead up to how they mustered the courage to resist and fight back against the visitors. You see unlike the invasion of France and the liberation of Europe there was no Allied Army to come to the rescue so it would all fall on the shoulders of average people to rise up and **kick-that-ass**.

One day after people finally woke up and realized that the Visitors were our enemy and they were only there to enslave the human race as well as use us as a source of food sort of like the *Twilight Zone* episode, *To Serve Man*.

Abraham saw that some kids were spray-painting some alien Nazi glyphs as I like to call them, on the side of a building defacing it. He then yelled at them and went over and took the spray paint away from them and said,

***“What are you doing?”***

But before they could answer, he then walked over to the building and sprayed the side with a huge “V” and he turned to the boys and said something like,

***“Here’s what you need to paint, V for victory!”***

You see Abraham Berstein understood the importance of not only having the right mindset but he understood something else. Doing nothing was not an option and he knew how even small acts if started early enough have huge impacts down the line which in this case. Eventually became the battle cry and spark of the revolution against the oppressors.

While this may seem like a long-winded way to make this point here's the deal. When you train to fight for your life remember there is no substitute for victory. In all that you do this understanding must be at the forefront of why you do what you do in all that you do. Where even the smallest changes, the simplest of drills, the most base understanding of **the thing** whatever the thing is, will have huge impacts down the line to win the day and winning the damn fight! You need to train and feel this into the marrow of your bones. This is the importance of developing the proper level of subtle muscle control in all that you do. But there's something else and that is it does no good to train in this fashion if you do not train with the proper moral will in all that you do to crush the enemy from beginning to end. Nothing else matters if your mind and will are not in alignment.

## Removing the Layers

***“Once you eliminate the impossible, whatever remains, no matter how improbable, must be the truth.”***

- ***Sir Arthur Conan Doyle's, Sherlock Holmes***

So...

What is it you want to do?

How do you wish to position yourself in the world, and where do you stand?

What is it you want to be able to do in the body as it relates to fighting?

These are important questions you need to ask yourself because if you are to get to that place you want to get, regardless of what you train. You need to develop a different thought process as to how you move your body for combat and it starts by how you want to position yourself as a Warrior.

When you train you need to do so as if your life is literally on the line, because someday it very well may be.

Like a great sculptor, it is not so much that they carve out and shape the image as much as they **remove what is not essential** to reveal the overall form, **the true form of what the image can become**. Or in the case of people what we yearn to become.

Every skill, every thought, every sub-skill, even the smallest movements no matter how slight, must be trained and honed through this thought process this understanding and integrated into all that you do.

There is nothing else...

If you are to achieve the level of subtle muscle control that transcends technique, physical ability, and/or physical limitations. You need to remove that which is impossible

(*i.e., taking stock of your own physical limitations*) and peel back the superfluous layers. Such as but not limited to, excessive movement, mental adhesions that hold you back in the form self-created mental limitations, and false assumptions of how things work that have a negative and negating effect on your development. To arrive at that place where **whatever remains no matter how improbable must be the truth**. Because it is these layers that are obstacles within your development.

## Creating Space

- **Creating Space**– a method of moving your body in such as way where you are already out of the way of their strikes or have created space **for yourself to evade/enter or space for them to enter into**. For the purpose of crushing them by leading them to their death.

Creating Space is nothing more than a skill or technique to create the space that you need to end the fight pronto. In order to Create Space, there are some things you need to know.

First of all, you have to understand that it starts internally, not just in how you think about moving but also how you actually move in the body at the subtlest level of movement. **You must also develop control over your body** so that there is no movement where to the best of your ability there is no purpose (*i.e., removing excessive movement*). This is important because as you learn to Create Space you need to also control the amount of space you create in order to prevent your opponent from having

enough time to recover. You see when you Create Space **you also take space from them** as well as create it for you. Thus there is an inverse relationship to being able to Create Space. Think of Creating Space as **stealing time from them and adding it to your balance sheet.**

Additionally, you must develop what we call in Warrior Flow **anticipatory movement** meaning the thing you do before you do the thing you're going to do. The ability to position your body internally as you move to have enough time to create the space you need.

A couple of other key points to creating space are:

The closer you are to a person the more space you need to be able to create or you have to learn how to move sooner and that this moving sooner is as much a mental thing as a physical thing.

As the late great singer Kenny Rogers says in the song *The Gambler*, **“You've got to know when to hold 'em... Know when to fold 'em...”** You have to learn when to move and when not to move, when to speed up or slow down, how to change the tempo, use force, lighten force or at times come to a complete stop where all motion in your body instantly ceases or changes direction and turns on a dime. In other words, there is a timing not only to creating space but you need to develop the patience in order to make it work for you because it is not just moving for the sake of moving. **It is a choice that you trained to.**

At the end of the day what you're trying to develop is a level of what we call in Warrior Flow "**Dynamic Coordination**" (*integration*) where you move dynamically where every part of your body down even to the most minute movements are unitized working off of each other.

This cannot happen unless all of the other concepts are working with each other. The truth is it is not possible to separate any of them. It is not possible to move any part of your body without other parts of the body responding canceling out certain things in order to accomplish what you want.

This is why you must strive for 100% control even down to the micro or ideomotor movement level where you control everything and are constantly polishing your movement.

### **Our Bodies Always Seek Harmony and Equilibrium**

To reiterate it is generally not possible to move or control one part of your body without affecting by other parts. Meaning you cannot just move your arm or your hand without other parts working on some level to counter that movement. It just does not work that way. I'll even go out on a limb and say it's not even possible to do so without affecting others parts or activating them to work with, stabilize and counter the motions all at the same time. This is what we learn when trying to make robots move as humans do where there have to be some countervailing forces or else there is no control or equilibrium control. Trust me having seen some of the robots the military has been

developing when I was still on active duty you can see this in action often with *hilarious* results.

***“Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution.”***

- ***Albert Einstein***

This is where you have to use your imagination which by the way is not what you think but **how you think**. Understand that this thing we call our imagination is not some *willy-nilly* thing where it just comes out of the ether but it is situated between our perceptions and our understanding of things. We see the world it as it is but also as our perceptions and our understanding allow etc... So we can't always see the world around us even though it is hidden in plain sight because you also need to be able to see it with your mind as well. ***We can see things we already know and don't see things we don't know.***

Our imagination will pick out a bit of what we know and will fill out the rest of the picture. (*This, by the way, is how deception works in combat where we allow people's minds to pick out a bit of information to fill in what we want them to believe or focus on as if it is real in order to crush them. Because when they are making a mistake why interrupt them?*)

You see a skill is not just one skill but actually many smaller related skills that are integrated into the whole. When you develop a skill as long as you start with the proper framework or technique the body will begin to fill in the gaps in information. This is where our imagination comes in as a guide to help us fill in those gaps as we train where we extend ourselves and discover what is the art of the possible. Now if you are able to *deconstruct* the skill (*i.e., break it down into its smaller components*) and practice getting good at those skills as well as polish and refine the movements and the integration of those sub-skills with each other then you improve the overall structure or movement.

This is a skill that we actually teach people how to do in Warrior Flow to help improve their practice and make it more meaningful and productive. By teaching people how to focus on developing the sub-skills (*by the way, we have a whole modality of training on how this is done*) I've found that this drastically cuts down on the amount of time it takes in order to develop and integrate the overall skills they are working on.

So... and this is the part I want you to get for it plays a crucial role in how you learn to develop the subtle muscle control you desire. When we train our bodies from a little bit we spread out and fill in the gaps in what we know. In other words, we make leaps in thought and the more connections you make the faster you can make those leaps.

Think of it like this if you've ever had to cross a rope bridge, then you know where I'm going with this. Where the more space between the planks the greater the leap to the next plank you have to make and the more difficult the journey. However, the more

planks you have the less space you will have between planks the easier it is to cross and the more confident you are crossing the bridge.

As an aside, I remember when I was a 1st Lieutenant and we were training with the ROK Marines doing their Commando Course in Pohang, South Korea. They had this one bridge you had to go out on in order to rappel off of the bridge. This thing was like the bridge in *Indiana Jones and the Temple of Doom*. I shit you not! Every time someone jumped off this thing bounced and swayed side to side. the best part was how you had to be careful how you stepped so you didn't end up going over the side. So even though we were snapped in with our safety line I can tell you no one was looking forward to hanging 150' feet in the air from a bridge that moved up and down like bouncing on a trampoline.

Anyway...

Like I said before there is a pattern to human movement and we're always looking for patterns and even in our own movement or what is called *The Law of Similarity* where **like produces like, like causes like**, etc. where it's all part of the same thing. Our brains are always looking for patterns to latch onto "*always*"!

So one thing attaches to another and builds on another and another and so on. Before you know it you have 50 movements you never had before that seem to come out of nowhere, where each thing rested upon the previous experience of what came before. So as you develop the skill to create space what you will find is there is an almost

infinite number of ways you can create space at various ranges. It is only limited by your imagination but you need through training, to develop your imagination.

But... at the end of the day, it's all about perception...

All truth is built on the previous truth. We see the world, not as it is but as our perceptions allow. Imagination and knowledge are complementary and work with and off of each other and cannot be separated. How you think shapes what you do which is why imagination is more important than knowledge. Any knowledge we have comes from something we previously imagined or thought.

Imagination usually happens under conditions of uncertainty this is why when you train as you are presented with more situations or impressions if trained within the right context. You will begin to recognize things sooner and sooner where the solutions seem to just come to you out of *the void*. The reason I stress the **right context** is because there is also a way to fuck this up (*as I've seen too many times*) if not presented correctly. It is when things are not presented correctly where "*magical thinking*" is created. I don't need to get into this too much because we see this sort of thing in the martial arts all of the time.

Oh yeah, one more point I want to make on this while it's fresh in my mind. Our imagination on a personal level makes reality and words while they do not always reflect the *true reality* of a thing make things what they are in a certain sense or an accepted reality, thus the importance of properly naming the thing for what is.

This is in my view is the importance of discussing these things in training among students as well as instructors because the ability to talk things out and mentally figure them out is how we do this. This is also what brings about clarity and consistency in learning and teaching and understanding. As Col Jack Sparks my old Regimental commander used to say, "**Words have meaning**".

The *word is the thing* and our reasoning and rationale are steeped our imagination where we take the experience(s) whatever it is that we named and put a whole reality behind it. If what we say or the words we use don't mean what we say they mean and we cannot come to a common understanding of what they mean then nothing we say means anything. Please keep this in mind as you train because I can tell you from personal observation that more people have retarded their development in the martial arts due to a lack of understanding of what things are and their meaning (*i.e., how the universe works*).

## **How to Practice**

When Creating Space the Subtle Muscle Control required is nothing more than using your muscles in an efficient manner. It is not just muscular relaxation as some think although it plays a role. Because it is a huge part of the subtle muscle control required when moving to strike from one point to another or while avoiding a strike while delivering one all at the same time.

As I've said it is the ability to be hard and soft all at the same time and everything in between. It is the ability to slip through the smallest space possible or elongate your body when you need to. It is the ability to be solid as a rock, liquid or vapor all at the same time by isolating various parts of your body through subtle muscle control.

When practicing to develop greater Subtle Muscle Control you must learn to let your mind become free-flowing when moving whether doing Warrior Flow, washing the body or polishing the sphere exercises. While focusing on total freedom of movement, remaining relaxed allowing your Perceptual Awareness to drive your motion. You need to feel your body from an internal standpoint (*interoception*) first while moving to ensure efficient movement and fluidness like the wind.

Additionally, when training I encourage you not to create any self-imposed limitations in your mind and just concentrate on the concepts and nothing else, as a result, the concepts being timeless will allow you to improve.

## Basic Creating Space Drill

1. **Concave Your Body Drill** - Start off by concaving your body to the extreme to every possible angle maintaining Equilibrium Control all throughout controlling your body as you twist and turn in every direction once you have developed a good feel for this add the following steps.
2. **Touch Turn Drill** - If you have a training partner have them touch on one side of the body lightly generally the shoulder since it has a lot of structure then turn and move your

body with the slightest pressure in the opposite direction of the pressure creating greater Subtle Muscle Control and Dynamic Coordination. since in order to use force against your body you have to on some level cooperate with their actions by either resisting, pushing back or pulling away too fast. This will help you develop the ability to turn without allowing someone to exert force against you with the proper timing so that you do not create more space than what is necessary to negate the effects of the push. If you don't have a training partner you can do this with yourself.

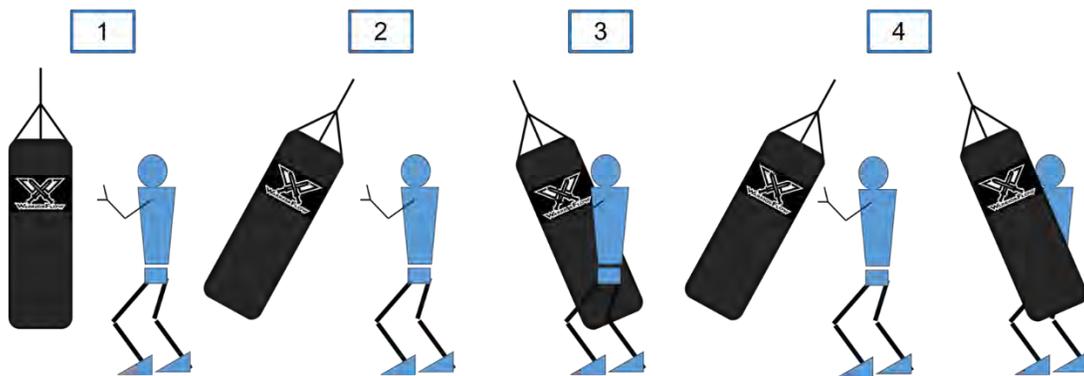
3. **Concaving Turning Drill** - Do the same as the previous drill but now concave your body to the extreme almost to the point you feel you are going to fall and turn at the same time. This will teach you where the upper or outer limits of your ability to control your body are so that you lean not to allow yourself to reach the point where you can not move your body. You never want to allow yourself to get to the point where you cannot move your body freely. Feel this when your practice in all of your joints where your movement to the best of your ability is smooth and graceful or as graceful as possible. Now, will it feel this way as you move at high speed? No, but it will help you develop greater control over your body whereby moving in this fashion you fill in as many of the gaps in your movement and coordination as possible.

**Key point:** try at first to **not move your feet** when you do these drills. Remember the intent of the drill is to develop this ability **in your body** to create space where you want when you want to, and if you move your feet before you practice this step you will never learn what the upper limits of what your abilities are. Eventually, once you gain some proficiency at this you can then practice this while moving even at various speeds stepping in all directions with or without a partner (though easier with a partner). From slow to ultra-fast to develop the proper timing. **DO NOT SKIP THIS STEP!**

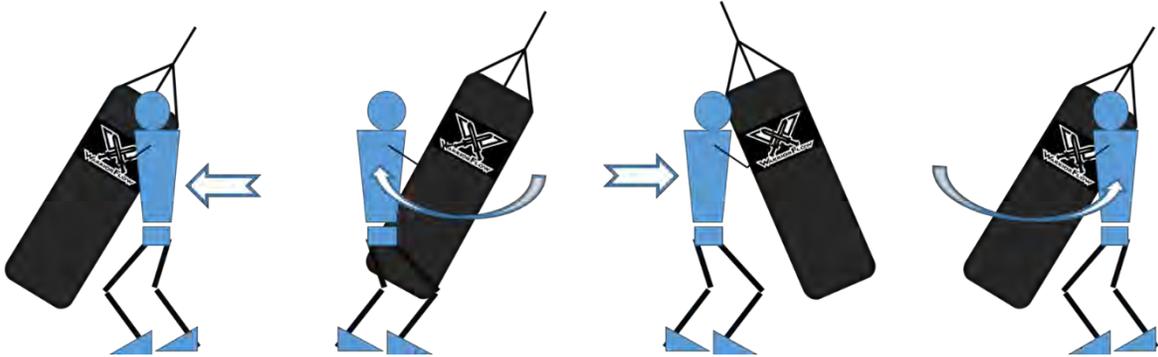
## Creating Space Bag Drill

So if you've ever seen *Above the Law* or *Marked for Death*, this exercise is sort of like Steven Segal's stuff of getting out of the way and decapitating people.

- 1) Stand in front of a heavy bag with your body in the center of the bag
- 2) Push the bag out a little ways
- 3) As the bag comes back towards you step forward on a 45 degree angle towards the bag stepping off line slightly out of the way. It's okay if you lightly touch the bag but do not push it but move your body out of the way or around it
- 4) As the bag swings back do the same thing only step to the other side and keep doing this back and forth. Repeating this movement until it becomes smooth and effortless.



1. Eventually you want to allow the bag to swing freely moving around it in every possible direction dodging the bag without allowing it to strike you stepping around it.
2. Learn to anticipate the motion of the bag and where you need to be in the future, when to move, and when not to move, focus not on speed but smooth graceful movements, learning to move sooner.



Now, while it should be obvious. Try not to let this happen it sort of defeats the purpose of the exercise.



Well, that's it for now in my next post I'm going to get into how to **Take Space**.

Thanks.

# The Subtle Power of Subtle Muscle Control Part III

Apr 01, 2020

***“If you wish to control others you must first control yourself”***

**— *Miyamoto Musashi, A Book of Five Rings***

A big part of developing the level of Subtle Muscle Control you desire is developing a level of awareness in your own body where you master control over your body and its movements to the best of your abilities. Musashi fully understood the importance of self-mastery if one was to attain such skill.

Folks, I have to tell you I could read Musashi’s stuff all day because he really nails it. In my view, A Book of Five Rings is probably one of the most if not the most profound books on fighting because it comes from the mind of someone who not only has been in many, many life and death duels. But he was able to reflect on his experience and provide an understanding into the strategy, mindset and attitude one needs to develop as they tread the path along “the way”. In other words, there is no bullshit in what Musashi teaches.

In this post since I've pretty much laid the foundation in the last post I'm going to get right into the understanding you need to Take Space.

***“The important thing in strategy is to suppress the enemy's useful actions but allow his useless actions”***

**— Miyamoto Musashi, A Book of Five Rings**

So I've already explained for the most part how the known universe works so I'm not going to go there (for now) but I'm going to explain something that you need to take to heart because it is a major part of developing this skill. The main reason is to prevent the enemy from ever getting their stuff off in the first place. When you take space you must also take up the space of their physical mass. Sort of like tackling in football or a takedown in wrestling you must collapse your sphere into their sphere and take over their sphere from them suppressing the enemy's useful actions but allow his useless actions.

This is important because one of the things that I do not understand is the notion in the fighting arts that you have to wait for someone to do something first before you take action. To me, if I'm already in the fight, believe me, I don't need an invitation to put someone's lights out. To the same token if they're making a mistake no sense in interrupting them. Works for me...

When you take another person's space this is what you are trying to do.

The other thing I want to point out and that is, when engaging in mortal combat hand to hand, for the most part, you have to deal with their hands and feet of course if they're kicking. So if you can effectively deal with their hands and feet on the way in you've pretty much neutralized them. It's funny because I was once working out with a guy and he made the incredulous statement, "*If I could only get past your hands I could hit you...*"

No shit... Really...

***"Either I'll find a way or make one"***

- ***Hannibal***

The problem was he was trying to block my arms and trying to control them when he should have been focused on making them useless or of no effect. This is a different mindset and a totally different way of thinking because it takes you from the realm of trying to control people's hands and arms when it is not necessary to do so as opposed to focusing on finding a way to win *or make one*.

So if their arms are in the way you need to learn how to neutralize them either by getting past, around or through them. While I generally as a rule only physically deal with people's arms if I have to. Personally, I have no problem breaking a person's arm on the way in. Why? Because it's in my way, however, if as I enter I don't have to become decisively engaged with another person's arms I just cut to the heart of the matter and end it right there. Why fuck around with it? You're either trying to win the damn fight and probably save your life or you're not. Anything else is just a game...

The key is developing your skill to the point where you cannot only do this and trust me this isn't as hard as people think but also have the confidence in your ability to be able to do so. The bottom line is if you want to develop such skills you need to at some point take the leap of faith in your abilities otherwise you never get there.

As an aside, think of it like this and I've probably said this before in previous posts but I'll say it again. If you ever learned how to ride a bike with training wheels, I didn't, but let's say you did. After about a day of that nonsense, you've pretty much learned how to ride the bike.

At some point, you realized that while the training wheels were good they eventually became a hindrance because you see. Your parents didn't just put the training wheels on to protect you from getting hurt but also to give you *confidence* while riding that you weren't going to fall and crack your skull open. But like I said at some point, you came to the *conclusion* that if you're going to jump the *Snake River Canyon* on your bike like *Evil Knievel* tried (*he actually used a rocket*) you need to get those damn training wheels off because they are now hobbling your ability to really do what you could do on the bike. Learning to develop this skill is no different, at some point if you want to jump the Snake River Canyon so to speak, you have to take the leap of faith and take the training wheels off.

As I've discussed in the past there are generally three ways to deal with a strike coming at you, you can either try to block it, redirect it or evade it. But no matter what choice you make you're going to act in the same amount of time no matter what. Now the one people usually choose is to block it, this is because **a)** they don't want to get

hit; **b**) they've trained themselves to block because well, they don't want to get hit or; **c**) that's how John Wayne, Bruce Lee, Chuck Norris, and Gordon Liu (*i.e.*, *The Master Killer*) fought in every movie they've ever seen and so that's how you need to fight.

Yet this (*blocking*) is the hardest one to pull off for the same reason when you tackle someone in football the worst thing you can do is "stop" moving towards them before you deliver on them and wait for them and thus lose momentum. It's a recipe to getting run the fuck over.

But the truth is if you know where their hands or arms are where you're confident you can block them then you also can either get out of the way of them or redirect them. So what you want to do is invert the choice and focus on evading on the way in first, followed by redirecting and then as a last resort not block but to strike and crush on the way in. However, I want to point out that no matter what choice you make, no matter what! **You want to always move your body out of the line of fire to their strikes as you enter** and hedge your bets to the possibility that you may be struck protecting your head and throat on the way in.

Now, as I enter it is not as if when I enter there is no contact with their hands or arms, etc. it is that **I'm not becoming decisively engaged with them** they are merely a guide should I have to touch them at all to aid me on the way in towards sending the other guy off to meet their ancestors in the afterlife. **I'm all about this sort of *spiritual reunion for bad guys***. As the Latins would say echoing Hannibal, "*Aut viam inveniam aut faciam.*", **I'll either find a way or make one.**

## Taking Space

*“Do nothing that is of no use.”*

— *Miyamoto Musashi, The Book of Five Rings*



When you take space you want to think of it as **moving in and filling all of the gaps** as in the old martial analogy that *armies, as Sun Tzu would say, are like water*. As I've

discussed before there is an *inverse relationship* to movement that cannot be ignored. And just as you can Create Space the inverse to this is *Taking Space*, “from them”.

So just as when you create space you steal time from them when you take their space it has an exponential effect where in a sense **time collapses on them**. So as you collapse your Sphere of Influence onto their Sphere and fill in all of the crevasses of space within their Sphere you make their movements useless.

Oh, one thing I need to say before I go on whether taking space or creating space one thing I don't do is I never step back *per se* but **step to a future position to crush them**. In other words, my stepping back is usually offline on an angle and designed to set them up for an ambush to **step into the space I want them to enter into**. Just thought I'd throw that out there because there is a way to step where it appears from their relative perspective that you stepped back but it's not, it's a setup.

**There is No Escape**



If you're a fan of the show *Ray Donovan*, on *Showtime*, you just can't imagine his father *Mickey* played by the great Yonkers, NY native Jon Voight ever getting into a situation like this in the photo above like in the movie *Anaconda*. But this is basically what you want to visualize doing to some extent when taking another person's space.

They cannot go left, they cannot go right, they cannot go forward and even as they try to escape by stepping back it is in vain because no matter where they attempt to go they do not have enough time generally speaking to accomplish it because **all time and space has collapsed on them.**

There is no future position for them to flee to because **you are already there.**

Everywhere they step is because **you placed them there.** Everywhere they attempt to create space is a fool's errand because you have already caused them to **move to the only possible place they can move** and then **you are waiting there for them...**

## Basic Taking Space Exercise

1. If you have a training partner, movingly slowly at first, have your partner without striking at first move around as they did when they were creating space for themselves. What you want to do at first is stick with them, following their movements however and this is important do not push. The reason is if they are already moving away from you and you push. Then on some level, you have to be moving faster than they are. If you do this in the beginning as you are trying to gain control over your body to learn to prevent the over-travel in your own movement while developing this skill you will screw up your timing. **Don't do it!**
2. Next, you want to do the same thing only with the lightest touch possible first skimming along the surface of their body while trying to not restrict their movement using the Shadow Impression of their body as a guide. Follow their movements and develop a feel for how their body is moving and **learn to anticipate their reaction** to you following them without restricting their movement. In other words, learn without speeding up to anticipate where their next movement might be and see if eventually, You can smoothly get there.
3. Eventually, you want to do this where your hands are maybe **1" inch above the surface of their body moving with them** in the same fashion as before while they are moving. What you will find once you get the hang of this is first you will notice that this is not as hard as people think (*or make it out to be*) due to our ability to feel and track things within proximity of our hands (*body*). What you're going to find is a

strange thing will happen. You will actually begin to feel where they are going or want to go before they get there. Like no shit!

4. When this happens (*and it will trust me*) you need to **ensure that you do not over travel with your hands** otherwise for the same reasons above you will begin to over travel (*I'll explain over-traveling in a later post*). Again there is a timing to this so you don't want to build in bad habits in the initial stages as you are learning how to do this or you'll once again screw yourself up.
  
5. Then, and this will be the hard part for some folks. *Purely on faith in your ability*, repeat this exercise as above only now using your arms and whole body. Use to the outer surface of your arms, your forearms, elbows, shoulders, step in with your body and feel with the side of your body, your chest, etc. all without pushing if possible. Be willing to move in at *uncomfortable man distance* where your noses could practically touch. If your training partners breath stinks, get over yourself. Trust me there are worse things in the world than stinky breath like dying so get over yourself. No really get the fuck over yourself because let me tell you. If you do not learn how to collapse the sphere and are willing to place your body up against other human being's body. You will never develop the necessary will to close with and destroy the enemy. (*As an editorial comment one thing, I've always given the grapplers credit for and being a former wrestler I totally get this is **their willingness to get close to the other guy and kick that ass**. In my next post, I'll speak to this a little more when I discuss what I call "The Fear Bubble". I'm just going to say upfront, the Fear Bubble is not a good thing and if you don't learn to get over that*

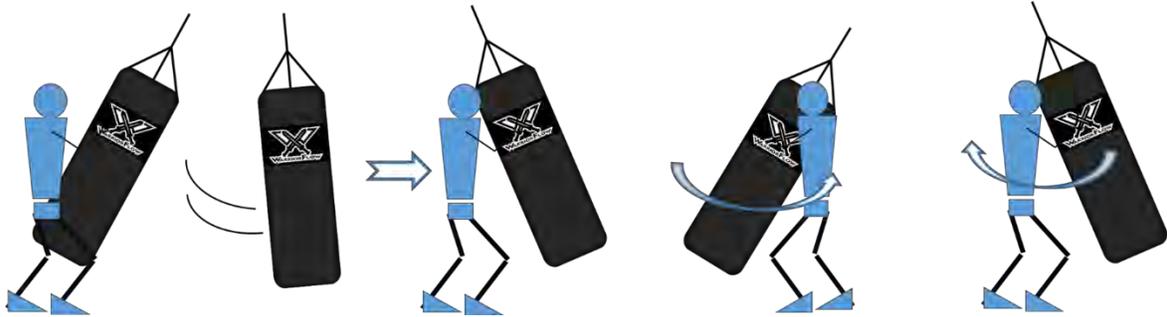
*shit I don't care what you know if your moment of truth arrives you will not step into that space and do what must be done because you have not trained to it. "The way you train is the way you will fight" -Miyamoto Musashi).* Just sayin...

6. Final points on this exercise start slow stay as smooth and economical in your movement as possible and gradually build up speed until you can perform this at full speed without killing your training partner. In doing so you will develop the level of **adumbration** necessary to do this at high speed and they will learn how to get out of the way of things in the same fashion. Learning how to also anticipate your movements as you learn to anticipate theirs. Remember when you practice these skills it will take you just as long to develop a good or purposeful habit as it will to develop a bad habit. The difference is because the bad habit is not what you want and it takes like one hundred times the amount of effort to get rid of the bad habit or overwrite the bad code. **Don't do it!**

Now if for some reason you do not have a training partner you can practice some of this on a heavy bag or Bob Fighting Man Dummy. while it's not the same it's at least something and will at least allow you to practice moving your body in this fashion. If you use a Bob you need to really move all around it. If you have a heavy bag you want to let it swing in every possible direction. Below are some training tips on how to do this with the heavy bag.

## **Taking Space Bag Drill**

1. So in this drill similar to the previous bag drill. Now that you know how to Create Space your going to do a similar drill with the bag only now you're going to first push the bag out away from you. Only this time as the bag swings away from you, you're going to follow the bag. I recommend in the beginning to lightly touch the bag as you follow behind it. Do not push the bag just follow it.
2. Next when you feel the bag shifting direction step around it and follow it again. When it comes back the other way step around it again and do the same thing. Keep doing this allowing the bag to swing freely moving around it in every possible direction dodging and following the bag without allowing it to strike you.
3. Learn to anticipate the motion of the bag and where you to be in the future, when to move, and when not to move, focus not on speed but smooth graceful movements, learning to move sooner.
4. If you feel the bag losing momentum juts give it a push and keep the game going.



Eventually, you will add striking to these drills learning to anticipate the direction of where the bag is moving and where to be in the future. To strike the bag either as it comes towards you or even away from you as you follow it.

Oh yeah as a reminder... Try not to let this happen it's just not a good thing...



Well, that's it for now in my next post I'm going to get into how to *Manipulate Space*.

Thanks.

## The Subtle Power of Subtle Muscle Control Part IV

Apr 08, 2020

*“Whatever the Way, the master of strategy does not appear fast... Of course, slowness is bad. Really skillful people never get out of time, and are always deliberate, and never appear busy.”*

— *Miyamoto Musashi, A Book of Five Rings*

For this blog post before I get all into it I want you to think about something. I want you to think about every martial arts movie you've ever seen or any great fighter you've seen fight. The one thing you always notice is that the people who are at the top of the game never seem to move fast or seem in a hurry in what they do. Now, most people think this sort of thing, this type of movement is some bullshit from some old legend or martial arts movie. Me personally... I totally disagree and reject that way of thinking. However, I understand why people would think this way after all people train for decades and while they make great strides in what they do and become good at it.

This quality seems to elude them so they doubt it, they think it's all just some legend. Mostly because they don't know how to get there themselves. But what if I told you that not only was it possible but it is right in our grasp all of the time we just need to put the brainpower behind it and focus on developing our bodies in this fashion.

***“If you wish to control others you must first control yourself”***

**— Miyamoto Musashi, A Book of Five Rings**

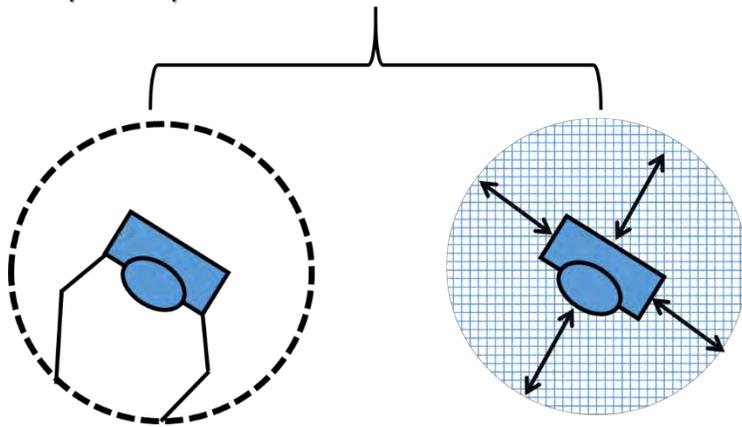
Again, Musashi fully understood the importance of self-mastery if one was to attain such skills. As I said in the previous blog post a big part of developing the level of subtle muscle control you desire is developing a level of awareness in your own body where you master control over your body and its movements to the best of your abilities.

I'll come back to that in my next post but now I need to cover something first. I'm going to get into something that I just want you to think about. I've already discussed how to **create space** and how to **take space**, but you can also do both by learning how

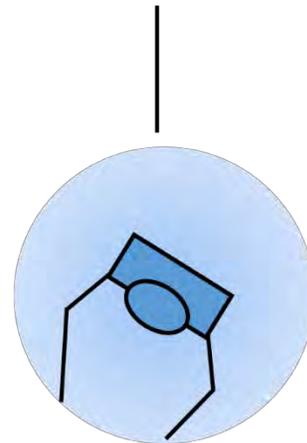
to **manipulate the space** you occupy as well as when you are in contact with others.

You see, **Manipulating Space** is nothing more than being able to create and take space at will within your Sphere of Influence. But in order to do that you need to be able to do something else. In order to do this, you have to first learn how to control your body a little better.

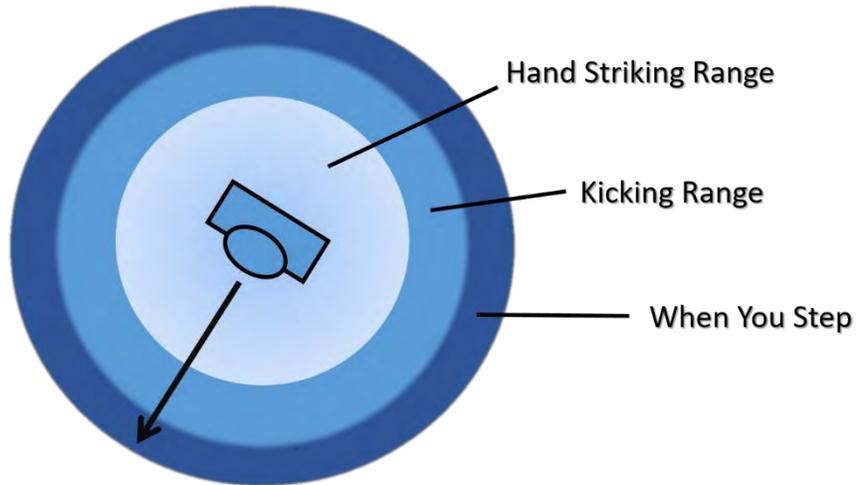
As a refresher your Sphere of Influence extends as far as you can strike with your hands and feet in any direction. So within your sphere you have the ability to strike in literally any direction *with power* as long as it is within the natural range of motion of your body.



Also, keep in mind that all of the space within your Sphere of Influence is your space to use as you see fit. You control this space and you need to learn how to use it.

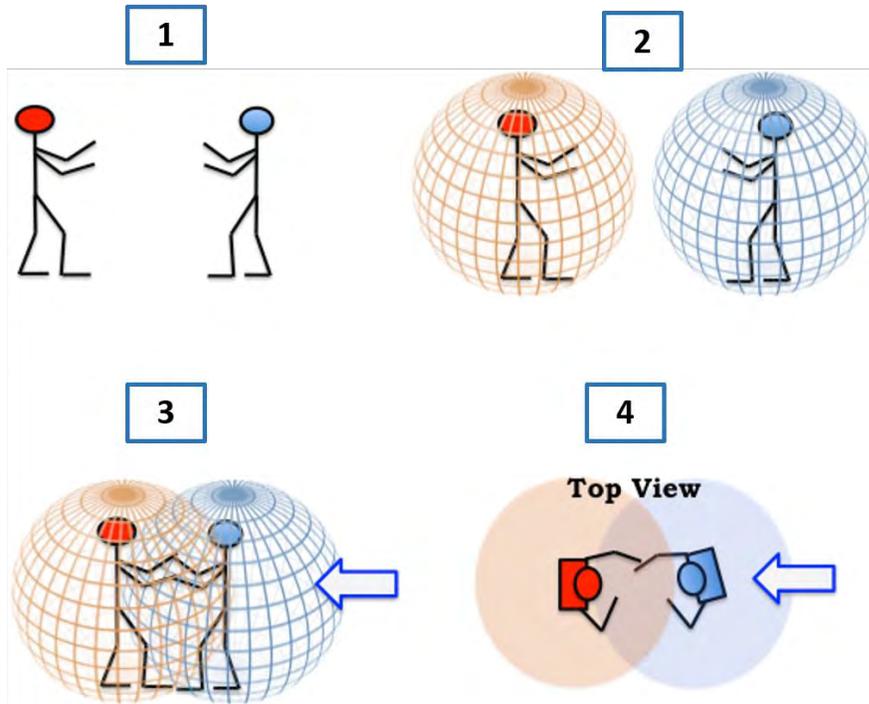


Additionally, you have different ranges within your Sphere regarding your hands and feet. Depending on what you do determines what you are capable of doing. Also, if something is beyond the range of your hands and feet simply by stepping in the direction you want to strike you can close the distance off without becoming over extended in your body something you should never allow.



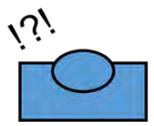
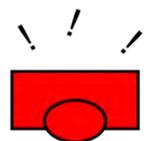
When practicing with another person in order to manipulate the space you need to be able to create space as you move forward on another person collapsing your sphere as you enter.

When you move toward someone as your Sphere of Influence clashes with another person's Sphere Fig 1 and 2 both of your Spheres overlap Fig 3 and 4.



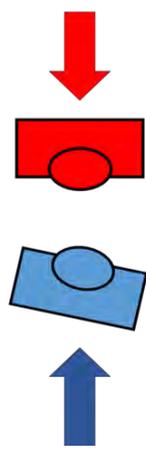
1

Once you perceive danger you have to take action.



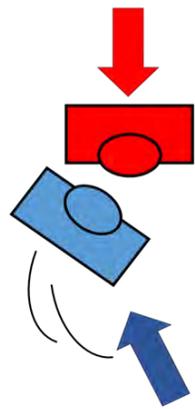
2

As you close the distance you want to start to move off line.



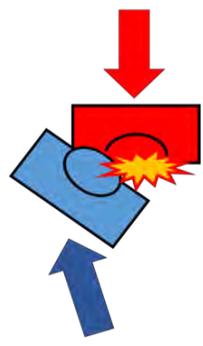
3

Continuing to move forwards as you attack you want to create the space you want them to enter into (see 3a for more detail).



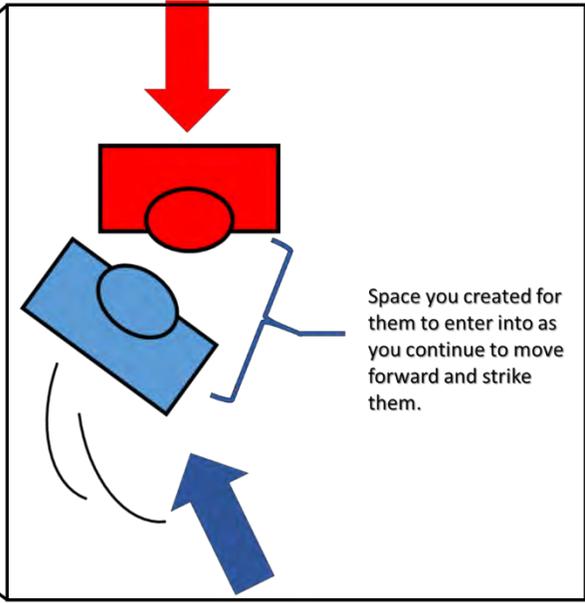
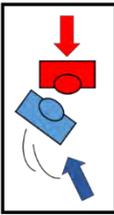
4

While still moving forward deliver and add the *coupe de` grace* on them and end it.



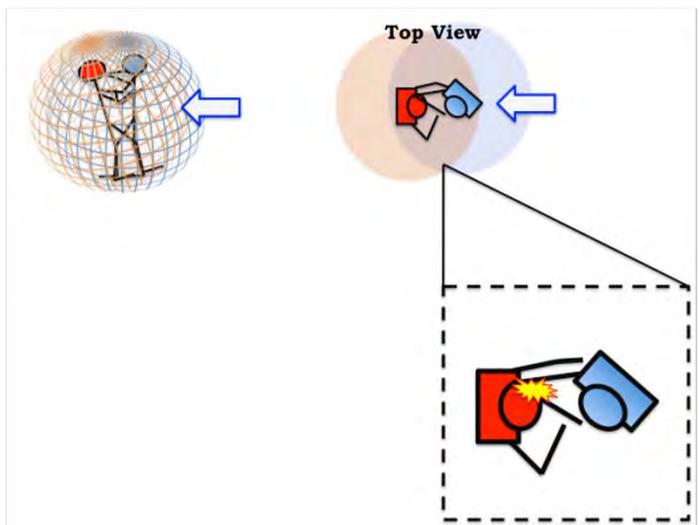
3a

Here's a better view of what I'm talking about. As you continue to move forwards as you attack you want to create the space you want them to enter by concaving and turning your body at the same time as you continue forwards and strike.



Now pay attention because this is important. There is a timing to how this is done so as you do this **YOU MUST NOT STOP OR STEP BACKWARDS FOR ANY REASON** or you will give them time to adjust. You must never hesitate!

To reiterate, this is just a little different perspective but the same idea. As you make contact rather than moving in a straight line by collapsing your Sphere as you enter you are able to penetrate while remaining out of the way and strike.



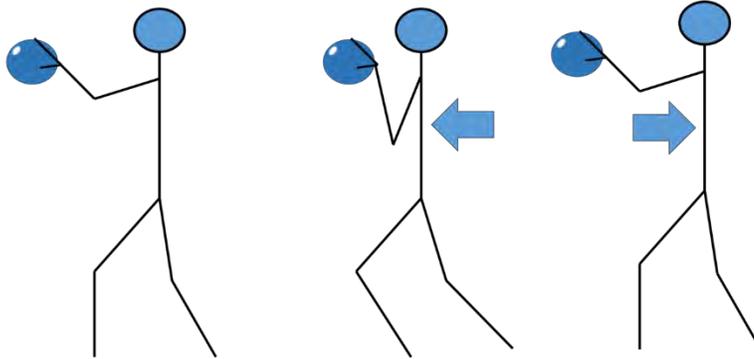
Once, again, I expanded this image in order for you to see more clearly what is taking place at the point of contact. When entering in order to successfully accomplish this, as you make contact with your attacker as you feel their body/structure while maintaining even light contact. You want to turn your body moving slightly off line from their weapons concaving your body creating space for your and taking space form them as you strike with maximum power. In the beginning the easiest way to practice this on people is to protect your head, throat and eyes as you enter.

Another exercise you can practice is learning to move around objects in space as you control your body.

Start off holding a weighted ball or weighted object out in front of you about shoulder height. I recommend a weight of no more than 4 lbs. ensure you maintain a slight bend in your arm. Your arm should never straighten out when doing this drill.

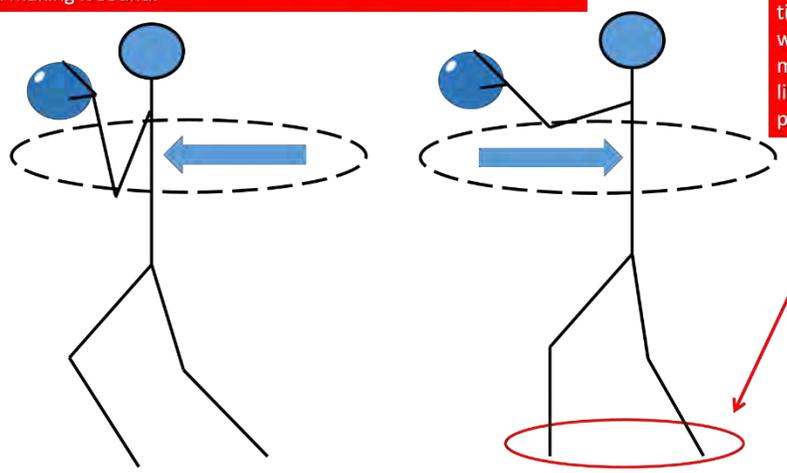
Next without moving the ball as best as you can shift your body forward without moving your feet.

Then without moving the ball as best as you can shift your body back to the original position again without moving your feet.



As an aside, I like doing a lot of exercises with weighted objects because it helps reinforce proper movement since it changes the way your body has to move to accommodate the weight. What I've found is you don't even need that much weight to achieve this.

Note: The reason you do not want to move your feet in the beginning as you do this exercises is because you are trying to develop the ability to shift your body in and around manipulating the space within your Sphere of Influence. The ball is just a tool that provides a frame of reference for you. Trust me this is more difficult than I'm making it sound.

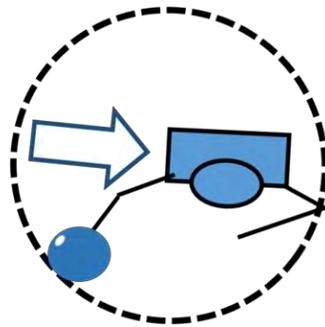
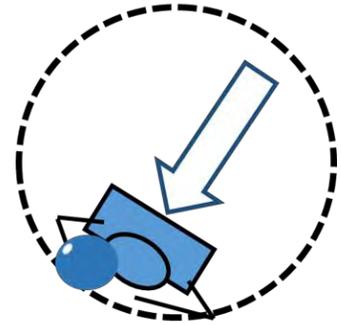
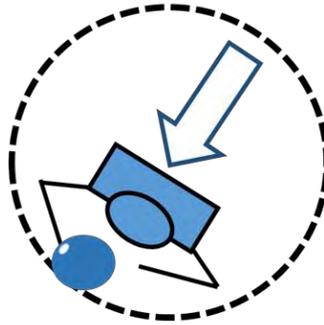
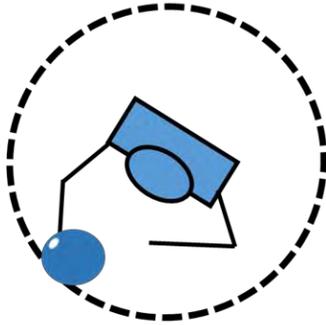


If you move your feet when you start you will throw off your timing on how to move freely within your body while maintaining contact whether light or hard with another person even while moving.

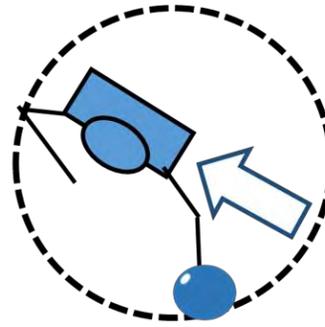
Understand, when you practice this you want to do this while holding the ball moving your body in every possible direction while keeping the ball as best you can in the same place. This will help you further develop the ability to move wherever you want even with direct contact with another person as you enter in on

them.

## Forward



## Side to Side



## Alternating Hands

Eventually, you will do this stepping with your feet in every possible direction without crossing your feet starting slowly and then gradually moving faster and faster remaining as smooth and graceful as possible. Well, that's it for now in my next post I'm going to get into another exercise I call "**Stripping**" which teaches you how to further remove unnecessary movement and over-travel when you move.

Thanks.

# The Subtle Power of Subtle Muscle Control Part V

Apr 13, 2020

*“Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential.”*

— **Bruce Lee**

Okay, let's get right into this one...

I've always loved this quote because it goes to the heart of what martial development should be all about the pursuit of one's full potential as a warrior.

I've covered some of this before but I'll just go over it again as it pertains to **Subtle Muscle Control**. Then I'm going to get into a method of developing greater subtle muscle control which is a technique I call **Stripping** and how I teach people to rid themselves of any bad movement habits.

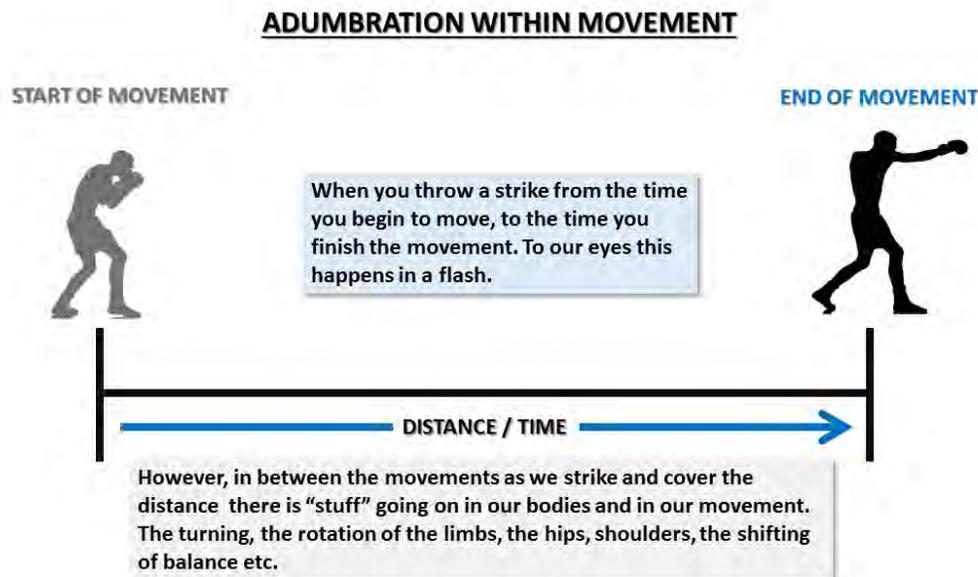
## Adumbration of Movement

*“Knowing is not enough, we must apply. Willing is not enough, we must do.”*

— **Bruce Lee**

**Adumbration** is where we get this “foreshadowing” of another person’s movement, feeling the impressions of their bodies, their intent, their direction and speed, their adjustments to your movements. Adumbration is also the ability to recognize their reactions to your movement in real-time where you can change your movement to alter their perceptions of what they think is going on long enough for you to take advantage of their confusion. It’s all about recognizing these *impressions* to get ahead of movement and deliver strikes at supernatural speed. **This is a critical aspect as to why you want to develop the proper level of subtle muscle control in all that you do.**

For example:

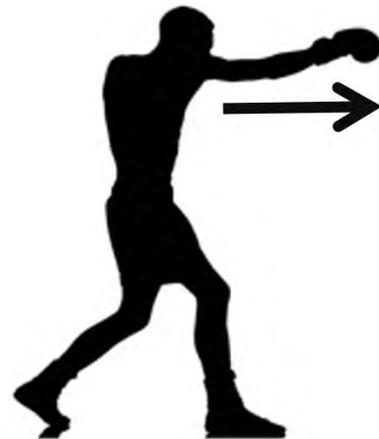


Generally when a person strikes there is a start of the movement and an end of the movement. The arm goes out and then reloads for another strike. All good...

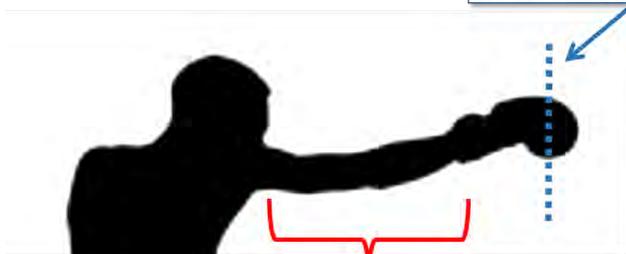
## START OF MOVEMENT



## END OF MOVEMENT

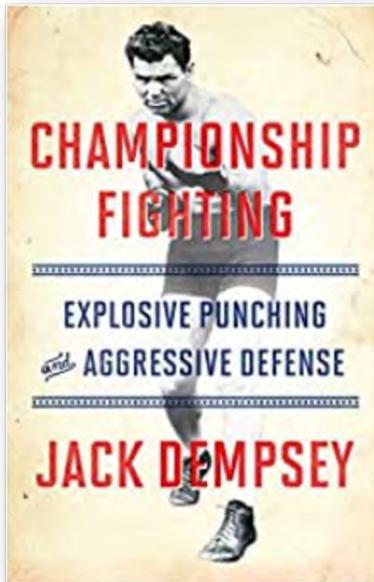


And, generally speaking when people strike they only develop their power to strike at the apex of the movement or the apex of the strike. Additionally, when they strike they tend to look at their strikes as sort of a fire and forget weapon rather than a guided missile. This is because most of us when we were taught to strike were never taught that it is possible to change and adjust as we throw the strike.

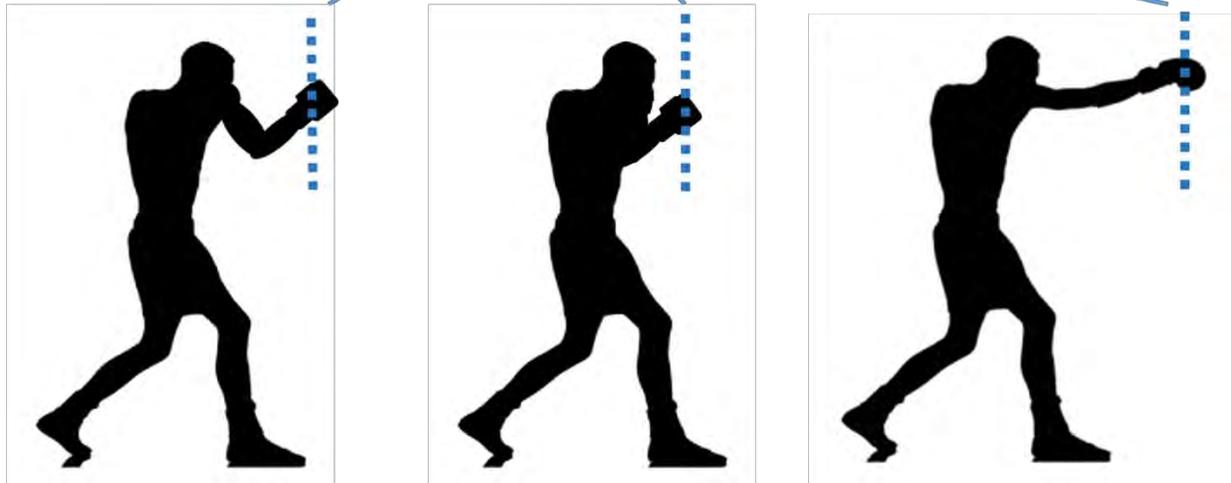


So as a result, believe it or not they often do not develop the ability to strike with power at various ranges but only at the apex of the movement. Which would be fine if people never advanced on you and stayed out at that range.

Now, believe it or not, nearly 70 years ago, in the book *Championship Fighting* the legendary boxer Jack Dempsey addresses this ability and how to develop it in various ways. Such as teaching technique's like "shovel punches" and ways to rotate and drop the body in on an opponent to generate power. I personally own this book and his insights were light years ahead of what many people are doing even today.



But the truth is as Jack Dempsey showed in his book written in 1951. If you develop the proper level of subtle muscle control you can develop the ability to strike with power from virtually any range. But... if you desire this ability you have to practice it.



## Stripping

*“It is not a daily increase, but a daily decrease. Hack away at the inessentials.”*

— *Bruce Lee*

**Stripping** as I describe it in Warrior Flow is just that *stripping away* all of the bad habits, all of the subconscious extraneous movements. Once you remove all of the little tics, aberrant movements and subconscious bad habits we all have within our movement. You can then reintroduce movements with purposeful habits that prevent you from moving for the sake of moving whereas **you move when you choose to** for the purpose of deception or to **reduce over-travel** in your movements.

You need to *exorcise these demons* if you are to develop the level of subtle muscle control and adumbration to not only change within the movement but to get ahead of their movement and play where the puck is going to be. This requires extreme focus and constant practice until this way of moving as little as you need becomes just the way you move.

### Behold I Reveal A Mystery...

*“Be true to the thought of the moment and avoid distraction. Other than continuing to exert yourself, enter into nothing else, but go to the extent of living single thought by single thought.”*

— *Tsunetomo Yamamoto, Hagakure: The Book of the Samurai*

This type of movement **precludes and transcends any and all techniques** and is generic to whatever you want to do. In other words, by training in this fashion, you can then train yourself within reason of course given whatever physical capabilities you may have to achieve whatever you want.

**Like I've said before if you can train yourself to do one thing you can train yourself to do another.**

If you can train yourself to know when to move out of the way you can train yourself to move in and strike as you move out of the way.

If you can train yourself to recognize where their hands are then you can train yourself to know where they are not. No need to fool around with trying to control their hands when you can strike them and be done with it.

***“The less effort, the faster and more powerful you will be.”***

**— Bruce Lee**

My point is if you are training to fight for your life why would you hesitate and fuck around with it when the whole point is to end the situation as quickly and with as much ruthless efficiency as possible?

How you train is how you will fight and if done right. You can train yourself to be able to do pretty much whatever you need to but again if you know how to train to do the thing you want to do.

Let's just say once you understand what a thing is and how it works you can then develop a modality of training to develop the skills you desire. Stripping is a major tool in moving towards that end.

One of the main reasons why most people never learn how to do this is because

- 1) they're never taught it in the first place so, they don't practice it;
- 2) they were taught how to do it but they don't focus on or practice it;
- 3) they don't think it can be done especially at high speed so it doesn't exist for them within their reality. They just can't see it in their minds;

4) they do not understand the importance of controlling their mass. You have to learn to control your entire mass when you *accelerate* but also learn how to "***decelerate***" to some degree at the right moment before you either stop or change the vector(s) of your movement and;

5) they don't practice it...

See the trend here?

***“Although this may be a most difficult thing, if one will do it, it can be done. There is nothing that one should suppose cannot be done.”***

***— Tsunetomo Yamamoto, Hagakure: The Book of the Samurai***

For those who think this cannot be done well, you better have a talk with all those kids who play football, basketball, soccer, hockey, lacrosse, baseball, tennis, volleyball, boxing, kickboxing, wrestling, Jiu-Jitsu, gymnastics, and on and fucking on...

Now, true a fight for your life has a different dynamic but you know what doesn't change?

How the human body moves within the laws of the universe. Fast is fast and strength is strength and movement is movement. Anyone who tells you different is cheating you out of what can be done. I see this kind of shit on Facebook all the time.

As one of my old Gunny's in the Marine Corps used to say,

***"...they're just pissing in our ears Sir and trying to convince us that it's raining."***

You've got to love Staff NCOs they have best sayings when it comes to cutting through the bullshit. In other words, don't let anyone piss in your ear trying to convince you a thing is something other than what it is. Trust your own good judgment and like I'll keep saying throughout my blog posts. If you desire to achieve these levels of skill that I describe you need to have the personal courage to take the leap of faith in your ability for yourself.

Okay, enough on that.

### How To Practice Stripping

*“To me, the extraordinary aspect of martial arts lies in its simplicity. The easy way is also the right way, and martial arts is nothing at all special; the closer to the true way of martial arts, the less wastage of expression there is.”*

— **Bruce Lee**

- As with anything else start slow and as you move both internally through your sense of **interoception** feel how your body moves. Feel the joints, feel the muscles contract and expand, feel the weight of your body, the shifting of your center of gravity.
- Concentrate and literally focus on every and all movements down to the subtlest of movements and try to remain as smooth and graceful throughout.

- Do not allow your joints to move greater than 90% of their natural range of motion in any direction and if you feel tension in any part of your body try to relax that part.
- Become aware of everything. You want everything to the best of your ability to remain relatively the same speed focusing on moving your body first before moving your hands.
- Start with large graceful movements and then begin the process of moving less and less focus on only moving your body in any manner where your movement was intentional. Remember this is an exercise where you're trying to gain greater control over your body and if you do not concentrate on controlling your body you will never develop the ability to do this to the **subconscious competence** level.
- What you'll start to notice when you practice this is how much unnecessary movement and superfluous motion you actually have. **This recognition is a good thing** because you can't fix problems you don't know about. From there begin to strip out and whittle down that which is not needed.
- Eventually, practice the same movements adding speed starting with the larger moves and then narrowing down the movements. What you will find when you do this is there will be a natural tendency for your body to shorten up the movements as you move faster. This is normal because this is the way our muscles also protect themselves as well as our limbs from hyperextending or tearing.

- The key here is to relax as best you can so that you gain maximum efficiency in your muscles. As you shorten up the movements even more so, focus on controlling the over-travel in your body as you accelerate faster and faster.
- You will notice that as you shorten the movements this tendency to over travel will become more pronounced. This is because you're now trying to do the same thing as before but you are now allowing your body "less time" to stop. This is natural and should be expected.

***“All that matters is having single-minded purpose (ichinen), in the here and now. Life is an ongoing succession of ‘one will’ at a time, each and every moment. A man who realizes this truth need not hurry to do, or seek, anything else anymore. Just live in the present with single-minded purpose. People forget this important truth, and keep seeking other things to accomplish.”***

**— Yamamoto Tsunetomo, *Hagakure: The Book of the Samurai***

In Warrior Flow, we don't bifurcate the fight into *this* or *that*. The fight is what it is. So we train for what the fight is and don't give a shit what it is because if we're training with the right mindset. There's no ambiguity about it and no need to figure it out because we already know what it's all about but more importantly what to do about it.

Anyway, as I repeat myself, it's simple if you train to do it and you have the physical capability to do it and it's within the laws of physics and human physiology then it can be done. The point is you're either trained or you're not. So train right and work the skills you desire to crush the fucking bad guys after all they're human as well.

At the end of the day, you need to train in a manner where they should be more worried about what you're going to do to them than the other way around.

Thanks.

# Dynamic Combative Movement Of Infinite Possibilities

Apr 23, 2020

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***“Once you have sharpened your intellect to the point where you can see whatever in the world is true or not, where you can tell whatever is good or bad, and when you are experienced in various fields and are incapable of being fooled at all by people of the world, then your mind will become imbued with the knowledge and wisdom of the art of war.”***

- ***Miyamoto Musashi, The Book of Five Rings***

So I return to the beginning...

To the most fundamental thing, the thing that we all want and that is the ability to control our body in such a way where all that we do falls to our will. The ability to crush the enemy brutally and decisively but in order to get to that place we have to be able to develop our minds as well as our bodies to get to that place.

We have to remember that all men are basically the same and that the qualitative difference between one man or another is training. But also training in the right things and not training for the sake of just moving but actually training to win the battle. It makes a difference.

In this blog post, I'm going to get into what we in Warrior Flow refer to as Dynamic Coordination in a later part of this series I'll get into how to bring this together to strike as we like to refer to it with supernatural speed and power. But before that I have to return to the beginning and to another place first, the thing that is the linchpin of our ability to control our bodies on a fundamental level.

## **Dynamic Coordination**

**Dynamic Coordination** – in Warrior Flow is a culmination of all “Combative Movement Concepts” working together that allows you to get ahead of an antagonist’s movement throwing off their timing (Quantum Sphere Concept) to crush them and prevail. It is an ability you develop as a result of and in combination of equilibrium control, subtle muscle control, and perceptual awareness. However, what makes it work is understanding how to move in with your body in the "context" of what you are experiencing. This allows you to access and increase your "Creativity". Understand you cannot do this unless you are able to control your body.

## Equilibrium Control

*“The path that leads to truth is littered with the bodies of the ignorant.”*

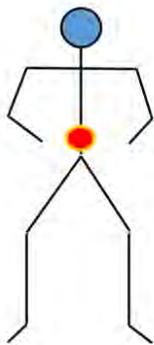
- *Miyamoto Musashi, The Book of Five Rings*

***Equilibrium Control*** – in Warrior Flow is the ability to control your equilibrium while striking or evading from any position or while moving **at all times. In other words, this is not a fixed thing we do because combat is dynamic so your ability to move from one place (spatial reality) to the next needs to be equally dynamic.** At its foundation is Human Balance which is the ability to maintain the body's center of mass over its base of support.

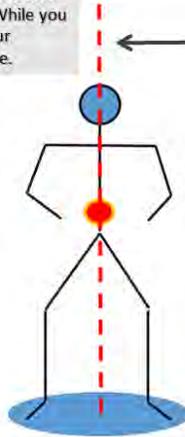
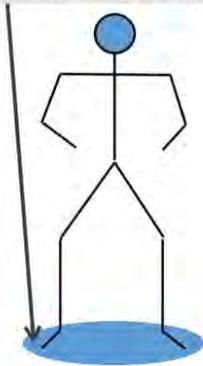
The reason we call it Equilibrium Control is because technically our sense balance is at times referred to as ***equilibrioception***, (*yeah say that three times fast*), which is the perception of balance and spatial orientation and keeps us from falling over when standing or moving.

Now, I've covered this aspect of balance before but I don't think in the past I've covered it all that well. So I'm going to go over this in the same fashion I teach it in workshops. But with more of an emphasis on understanding equilibrium control.

So, as a refresher your Center of Gravity as I've said in the past is two inches below your navel and in the center of your body. It's just a point in space.

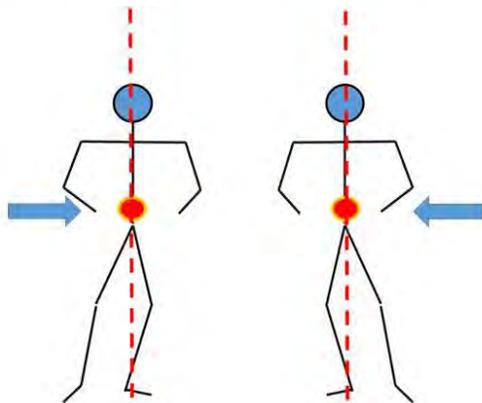


Also, as you move you want to learn to move and control your center of gravity by not allowing your feet to get too far apart. I like to have people learn to keep their feet no more than shoulder width apart. Obviously this is not an exact thing it's just a concept that teaches you to not allow your feet to get too far apart because when you do so. While you feel more balanced it actually impedes your mobility should you have to suddenly move.

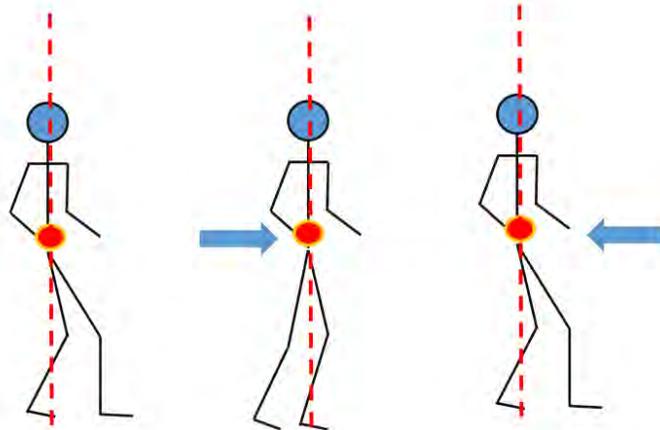


The RED LINE represents the alignment of your center of gravity with the base. Whether the base is a point between your feet or over one foot for or the other you're trying to control your balance by maintaining this alignment. The key to controlling your equilibrium is trying to keep your center of gravity lined up with the base on the ground even if standing on one foot.

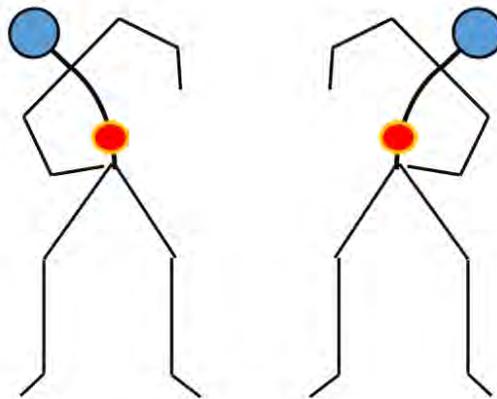
Even when you shift from side to side as long as you keep your center of gravity in alignment with the base point on the ground, again represented by the RED LINE, you can maintain your balance.



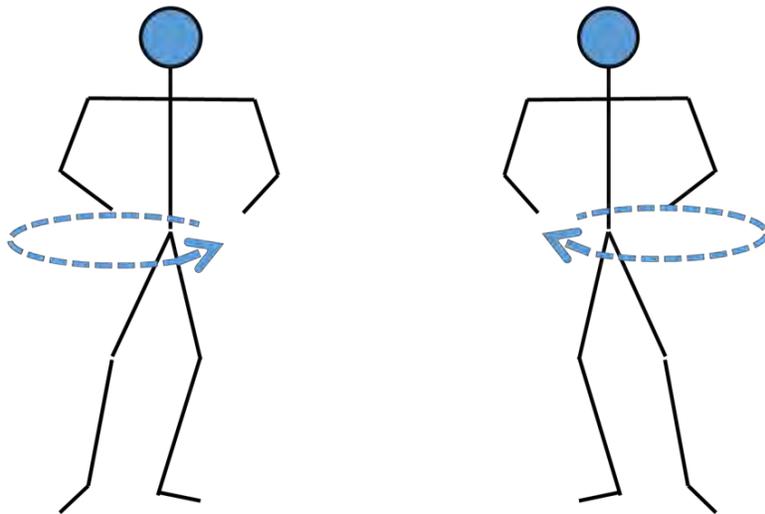
Even as you shift your body forward or back again as long as you keep your center of gravity in alignment with the base point on the ground you can maintain your balance.



No matter how you bend your body or whether you're on one leg or two as long as your center of gravity is aligned with the base on the ground you will be able to control your equilibrium as you move.



Also, as you rotate your hips no matter which direction you go, as long as your center of gravity is aligned with the base on the ground and not allowing your feet to get too far apart or your hips and knees to far outside the width of your feet. You will be able to control your equilibrium as you move.



This is a better look at how your center of gravity tracks as you rotate your hips.



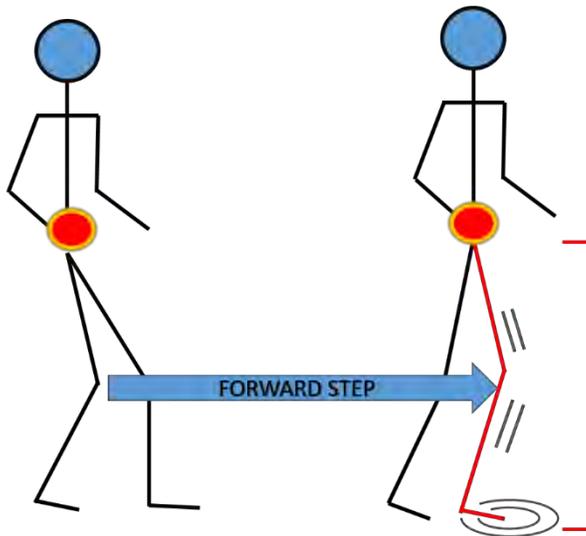
Now, I only throw these images in here to make a point. So while I generally would never teach people to leave their feet in a street altercation I merely present this to show that as long as you maintain control over your center of gravity. Even in their air you can still deliver effective and in the case of these MMA matches devastating blows. Granted these guys are in top shape and at the top of the game but the point is it shows that if you have the skill and physical talent to pull it off it is possible. To me this is just another awesome example of what people can do when they train to control their equilibrium even in the air as they launch from the ground or the side of the cage to deliver bone crushing strikes.



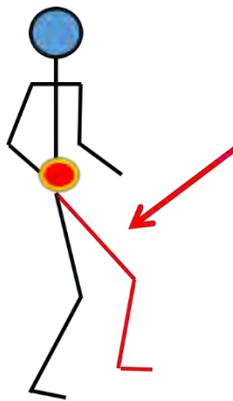
Throwing Strikes While in the Air

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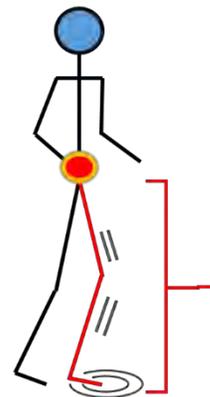
Now, when you step forward because this is what I've also been building up to. For each step you move forward or movement you have in one direction or another. There are these countervailing forces that prevents you from moving too far where you lose control over your body. in other words there is a deceleration of momentum or movement that keeps your body under control.



Now what I am showing here is very rudimentary and is a very crude example of this. As you move forward with each step there is as you place your foot on the ground a *deceleration* of your mass which allows you to control your body. This *countervailing force* is where your foot, legs, hip flexors etc. actually push back to prevent you from over traveling or falling as you step. This action happens in a micro second and does not require a lot of force from our bodies but just enough for us to control ourselves as we move.



Now, building on this I can tell you that once you develop this ability what you will discover is that if you train yourself properly to do this. You can learn to plan on changing direction as you land your foot. The key here is you need to start the deceleration *sooner* in order to allow your body time to make the necessary adjustments before your foot lands. They talk about this type of thing in other arts or what they call *being continuous*. The problem is that many of them are so wedded to the forms within their arts that in my view they miss the point. And thus are cut off from the ability to do this.

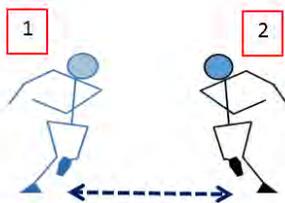
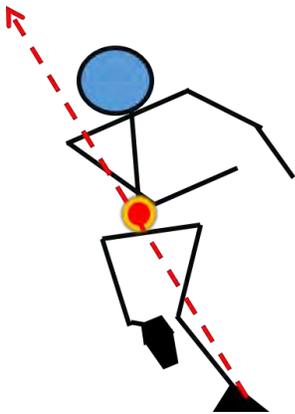


This is something we call in *Warrior Flow, Anticipatory Movement or the thing you do before you do the thing you're going to do.*

Once developed this type of movement happens in a micro second, and as before does not require a lot of force from our bodies but just enough for us to control ourselves as we move.

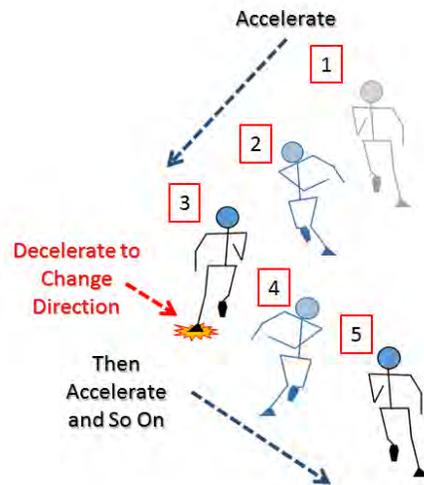
### Angular Motion

Now when you do this one thing you have to keep in mind because you are going to be pushing from one point to another. Recognize that as your body moves for the most part you will move on a slight angle. This is because you will be taking advantage of the *angular motion* as you move from one point to another. This is what I showed in the previous picture with the MMA fighters launching their bodies in the attack. You will still be on balance it is just that the relationship between your center of gravity and your base will be on a slight angle.



You can go back and forth pushing from one point to the other  
Accelerating /  
Decelerating

Or



Interception and Down the Rabbit Hole

***“Without any confusion in mind, without slacking off at any time, polishing the mind and attention, sharpening the eye that observes and the eye that sees, one should know real emptiness as the state where is no obscurity and the clouds of confusion have cleared away.”***

- ***Miyamoto Musashi***

***Interoception*** is an internal sense that provides information about the internal condition of our body—how our body is feeling on the inside. Interoception allows us to experience our body’s internal sensations such as the tension of our muscles, the movement of our joints, the weight of our body, the shifting of our balance, and more. Once we understand it, we can develop a level of movement in the body that allows us to not only gain greater control over our bodies but reshape how we move on an almost *Quantum Level of Movement* (I’ll probably explain this in another post).

Now, by *focusing* on this you are able to develop your *Interoceptive Awareness*. This awareness which is a component of what we call in Warrior Flow “**Perceptual Awareness**” allows us to develop the ability to “*move sooner*” through *Anticipatory Movement* (i.e., *the thing you do before you do the thing you’re going to do*). This is what I mean when I discuss developing the ability to move with every fiber of your being.

Well, I’m going to cut it off here because I want to get into this a little more on how to practice this in my next post.

Thanks.

# Dynamic Combative Movement Infinite Possibilities Part II

May 04, 2020

*“Whatever your determination or will power, it is foolish to try to change the nature of things. Things work the way they do because that is the way of things.”*

- *Miyamoto Musashi, The Book of Five Rings*

## The Way of Things

So anyway... I was speaking with one of the Warrior Flow Instructors recently and we were discussing the importance of understanding how to develop better movement and how it relates to combat and as usual the conversation invariable leads to a discussion on the proper development of your mindset. In this post before I get into discussing **Dynamic Coordination** stuff I thought I'd reiterate a few points because it makes a huge difference in how to focus your training.

So, as I described it to him once again the way Warrior Flow works is simple,

*“We train to move in a way in the body that alters the other person's perception of time to get ahead of them and kill them.”*

There is no daylight between those words.

Now, of course, there are things we train in order to develop this ability in the body but that's it in a nutshell. But at the forefront of this is developing the proper mindset because your mindset directly influences *how* you focus and *what* you focus on in your training.

As I've said in previous posts, in Warrior Flow, we don't bifurcate the fight into *this* or *that*. **The fight is what it is**. So we train for what the fight is and nothing else and really don't give a shit what it is because if we're training with the right mindset to end that shit. There's no ambiguity about it and no need to figure it out because we already know what it's all about but more importantly **what to do about it!**

## If It Can Be Done Then It Can Be Done Part II

Anyway, as I repeat myself, it's simple if you train to do it and you have the physical capability to do it and it's within the laws of physics and human physiology **then it can be done**. The way you move good, bad, or indifferent is the way you will move either consciously or subconsciously even under duress because that's the way you trained yourself. So even when you move even if "inefficiently" on some level you trained yourself to move in that fashion thus developed bad movement habits. This is the reason we focus on not only training with the goal of shutting people's eyes forever but with the understanding that it'll take you just as long to develop bad habits as to develop good or purposeful ones. So train right.

## Expunging Demons

Now when it comes to movement as I explained to him I can tell you right now, most people, "most people" move way, way too much and because they refuse to develop and refine the movement of their body through **Subtle Muscle Control and Dynamic Coordination** there are things they just can't do and will never be able to do until they develop more control over their bodies. Friend if you plan on learning how to move to get there first and winning the battle you need to *exorcise the demons of superfluous movements* because as long as they are within you they will hold you back.



If you'll recall in *The Matrix*, at the beginning of the movie as Neo learns how to use his ability, first he learns how to move in impossible ways, moving to all sorts of extremes, but later in the movie he begins to move like the Agents.



As his skills grow we see in the final battle with Agent Smith, Neo has *transcended* the type of movement everyone else aspired to and is actually moving as little as he needs while kicking that ass. Fighting Agent Smith with one hand behind his back blocking his strikes while not even looking at the guy. Just cruising along while Agent Smith flails about.

Who wouldn't want to be able to move like that?

### **The Riddle of The Spoon**

You see, Neo started off with a preconceived notion of the world he lived in, plugged into The Matrix, into the machine and its programs, its code that predetermined his existence he knew nothing else. Then he learned the truth, swallowed hard on the *Red*

*Pill, he woke up, he got unplugged, learned a little Kung Fu along the way, and finally, he understood what I call *The Riddle of The Spoon* (Not to be confused with *The Riddle of Steel*).*

**The Riddle of The Spoon** - *the meaning of The Riddle of The Spoon is that you do not bend the spoon but the spoon bends you because in The Matrix **there is no spoon**.*

*That the Matrix is designed to deceive you, that the Matrix is designed to hold you back, enslave you, to keep you a prisoner of its false construct, that it is your perception of it that makes it real in your mind, that nothing in it can be trusted. The Matrix was a control system to do all of the above and there was nothing good about it. Once Neo figured out that The Matrix was all bullshit he became empowered through the knowledge not so much that the Matrix was a lie, but the knowledge of the truth of what it really was... for it was this truth that set him free and allowed him to make different choices, to shape it to his advantage.*

Breaking free allowed Neo to shape things and remake them to his will. But he first had to accept it for what it was. That is the real meaning of the Riddle of The Spoon, the realization of what The Matrix really was and to sort of getting over yourself and get about the business of reshaping it to your own making. But as long as you thought the spoon was real it held you back from what you could become.

We are all human and while we are not all equal in terms of ability we are generally equal in that we all function on a biological level the same. When you understand how people actually learn, how our senses work, how we interpret information, how the body processes information, how we make decisions both consciously and subconsciously,

and how we develop a skill. When you understand and see *the science in the art and the art in the science* of how a thing is done down to even the quantum level. Within that understanding, you are able to then train yourself to develop the skill you desire for combat, and depending on your understanding. Even to a level that allows you to transcend your even your physical abilities or perceived limitations.

It was Neo's mind that held him back because it was his mind that made how he experienced The Matrix what it was, and it was the freeing of his mind that altered that experience and unleashed his true ability.

Isn't this a big part of the promise the martial arts claims to offer people?

Elevating your skills to a point that levels the playing field by teaching skills that transcends size, strength, and speed?

If it offers you no advantage then as I've said many times then why even bother?

I'm just going to say outright if you do not try to **master your body** (*which believe me is achievable on a basic level in a relatively short period of time, but is a lifetime commitment of constant refinement, meaning you're always improving and can always get better at it*). This type of movement is not going to happen, it's just not. Until you get that shit straight between your ears first as to what your overall objective should be and that's is to move in a way that alters the other persons' perception of time to get their first and kill them. You can't even begin to develop the benefits of this type of movement.

There should be no ambiguity on this point.

Too many folks train with a very self-limiting mindset that prevents them from taking the leap of faith necessary to attain the level of skill they desire.

Think about it and I've said this sort of thing before. If you trained to throw a strike the opponent can train to counter it. If he can counter it, you can also train how to respond to his counter and on and on with the 5th-dimensional chess match and learn to recognize the impression of their movements and get ahead of them. My point is if you trained to do one thing you can train to do another but you first need to know what it is and how it works in order to solve the puzzle thus all of this focus on how people perceive information, how people process information, how to develop your body to deal with what's going on and then what the Hell to do about it

Like I've said in previous blog posts there's the world and how it really is and then your perceptions of it. If your perception doesn't jive with reality then you're wrong. The key is to develop as close a world view in your mind as to how the universe works in order to exploit how the universe works. To come to the understanding that Neo came to when he finally understood The Riddle of The Spoon. That though The Matrix was a control system that lied as a basic function The Matrix wasn't the only problem but his perceptions of it as well. He couldn't change The Matrix *per se* but he could alter how he experienced it and those around him. You can't change the universe but you can alter how you respond to it and experience your reality. When you develop your mindset/body within the way things actually work you alter how you interact with another human being even in combat.

## Why Train At All

The whole purpose of training is to cause a change in behavior. So whatever it is you desire within reason of course through proper training you can at least close the gap to be able to stand in that space between courage and fear known as confidence. To know you can wage noble righteous battle and if it's your time then let all of the blood be on the front of you and die a warrior's death with honor.

I'm so all about it...

If you get attacked regardless of circumstances my attitude is do something because doing nothing is not an option. So while fear is normal and to be human what you do about it and how you manage it is a choice. You see I believe one of the main reason people become paralyzed with fear and get that deer in the headlights response is they literally in the body don't know what to do so they get caught in limbo while they try to figure it out. Often too late...

Thus the importance of training. See when you train you to open up your options or choices and the more options you have the less apprehensive you'll be provided that you train to fight to end the battle through utter ruthlessness. This is exactly why when you are experienced at something whatever it is the level of confidence you have is night and day from when you were a novice. The same is true for developing the warrior skills.

The way I see it and I'll keep saying it if for nothing else but to reinforce **the Warrior Flow philosophy** and that is I believe at the end of the day. **Every person has the right to risk their own life and no so-called expert including me has the right to tell you when not too.** This is important because when a person shows up to a martial arts school there is an expectation that what they will learn is going to give them their edge if they have to engage in a real fight especially one for their lives. Otherwise, why bother?

Now, if we're training you with the right mindset hopefully you'll learn to make good decisions and not just fight for the sake of engaging in mindless battle. But should you step into that space and go there that they had better understand that they better kill you because it's going to be like that. And if you've made peace with your God then so be it.

Those who been in combat know where I'm going on this... Combat is stressful enough no need adding fuel to your fears by creating new ones. At some point, you have to come to grips with your own mortality and then decide where you stand and whether, no matter the danger, decide who you choose to be with honor. Trust me I can tell a number of stories where people dishonored themselves in combat. Not because they had a healthy sense of danger and knew what to be afraid of. But because they refused to accept the same level of risk as their young Marines and Soldiers. More importantly, their men knew it. Oh fuck yeah!

You'd be surprised what young men say around the campfire dipping Tabaco and talking shit when they think no one of higher rank is around or can hear them talk. While

they were smart enough not to say anything insubordinate or seditious the tone of their carefully chosen words spoke for itself.

The reason this understanding is important is that If you consider yourself a martial artist and more importantly a martial arts instructor. Once you step into this way of life "this calling" regardless of the reason you stepped on the narrow path there is no getting a little pregnant. Either jump in with both feet or go home.

### Judging False gods

So circling back on all of this...

This is why I get into all of this body's movement stuff and try to present things to help people regardless of what they study to find ways to increase their lethality in whatever it is they do. I'm serious when I say this I really don't care what you study, Karate, Wing Chun, Jiu-Jitsu, Close Combat, Boxing, MMA, JKD, Shaolin, etc. I don't care. If I can share something with you that helps you gain an edge over the bad guys where you come out on top I'm all about it.

Think about this, now for those who are fans of the *Predator* movies and definitely the graphic novels. I can tell you that next to the *lightsaber* in *Star Wars* no one has cooler weapons than the Predator(s). IR sensors? UV sensors? Optical camouflage? Lasers and laser range finders? Lightweight indestructible blades? A cool kinetic weapons package with a gyroscopically mounted grenade launcher? A badass helmet? And of

course, what guy doesn't want to walk around with a *.25 kiloton thermal nuclear weapon* on their arm just in case shit gets really dicey? (*Apparently on Predator world POWs don't fair too well*). Believe it or not, most of these things actually exist, well except for the ADM (advanced demolition munition) for the arm it's just too heavy but not for a lack of trying.

The thing I always liked about the Predator was he wasn't just some alien who landed on earth running amok because some fool opened up some container he had no business touching and messed up the *zen* thing he had going on causing him to want to wipe humanity out. He was here on safari for the hunt. Later on, he'd go back to the ship with a few skulls of some hardened warriors and tell a few embellished sea stories while throwing back a couple of flagons of mead and talking shit.

In the original, he seemed unstoppable until they made a startling scientific discovery that the Predator could bleed. Once they saw that they knew, using their astute powers of reason, they had a chance because as the theory went, "***...if it bleeds we can kill it.***"

To put it bluntly, once they saw that the Predator bled just as we do, for all of his technological advancement and extraordinary physical prowess at the end of the day... he was just another motherfucker they had to kill. There was really no more to it than that.

Folks, let me be very clear here when you ascribe powers and abilities to the enemy that are reserved for the gods, you diminish yourself and make him your god. A false

one but none the less your god. And when you do so you make him beyond reproach. The bad guys are not gods, if they bleed and they do then you can kill them. They're human and therefore move like humans. Understand that the vast majority of criminals fall within the average range of physical body types meaning that the 6'6" 350 lbs so-called monster is the outlier and far from the norm. Do they exist? Sure, but so do Kukris and 7.62 x 51 high grain match rounds.

My point is and I can only speak for myself. If you're the bad guy and I have to go there you won't have to ask a doctor what's wrong with your gallbladder because I'm going to hand it back to you so you can see for yourself. My point is if I have anything to say about it, it's going to be like that. It's sort of like that scene in the movie *300* where when they told the Spartans that Xerxes was going to send the "*Immortals*" against them, the Spartans just shrugged their shoulders and said, "***Immortals? Hmmf... We'll see about that...***"

Yes exactly! We'll see about that!

Now, this is not to say you should underestimate what people can do because you shouldn't. You should train to expect the unexpected and crush them sooner than later if possible. My point is I don't care how much pain they can take, how crazy they are, or evil, or presumed tough. If they bleed they can be killed and when you train that's all you need to know.

Here are a few questions,

Who among us doesn't want to strike with lightning speed and bone-crushing force?

Who doesn't want to be able to move so well with their body that the bad guys almost trip over themselves trying to deal with you?

Who wouldn't want to be able to handle and apply themselves so well that virtually any object in your hand can become a lethal tool?

Who wouldn't want to be able to channel their fear and anger in a way that allows them to do all of the above with a level of ferocity that seems almost superhuman?

Otherwise, why bother?

It's all about being able to stand in that space and face the hordes of Hell and bring it. And if it's your time well...?

***Till Valhalla!!!***

Ain't no shame in that...

But to live in fear of "*what if?*"

Fear of imagined boogie men and tales of prison trained monsters (*also known as inmates*)?

Fear of "*Baba Yaga*", *ghosts* or "*Hanks*" as my grandma used to call them?

To do so, to live like this, is to die without honor over and over.

The whole reason for training along with kicking that ass is to develop your mind and spirit to get over that shit and *crush the wicked*. Not to reinforce your fears but to learn

the difference between irrational fear and danger and then what to do about the danger with boldness and sobriety. They are not the same!

Having an RPG or machine gun fired at you okay yeah... that's dangerous... like for real.

But worrying that somehow the enemy is going to send *flying monkeys* at you with nuclear-tipped thermobaric weapons is not just irrational it's insane.

Trust me I can tell you stories about people being on sentry watch so long without rest they start telling stories of the moving trees and bushes.

But what makes it any different than the examples given above?

Listen, you don't want to discount a threat that's just stupid, but you also want to be realistic. All too often in the self-defense arena, we give the bad guys waaaaay too much credit. Like I said, just because someone has the capacity to be evil doesn't make them tough or brave, just evil. Trust me there are lots of evil cowards out there and their whole game is convincing people (*including themselves*) they are anything but.

Above all the bad guys are not gods and if they can take incredible punishment well...

So can you even if you don't know it. So you know what? Fuck them and the horse they rode into town on.

The point is you're either trained or you're not. So train right and work the skills you desire to crush the fucking bad guys after all they're human as well. At the end of the day, you need to train in a manner where they should be more worried about what

you're going to do to them than the other way around. Just something to think about when you train.

Okay, enough on that moving along...

### **Developing Continuous Moment**

As one of my old Battalion Commanders, Col Bob Faucet, UMSC (ret) used to say, "***Train to the edge but not beyond it...***"

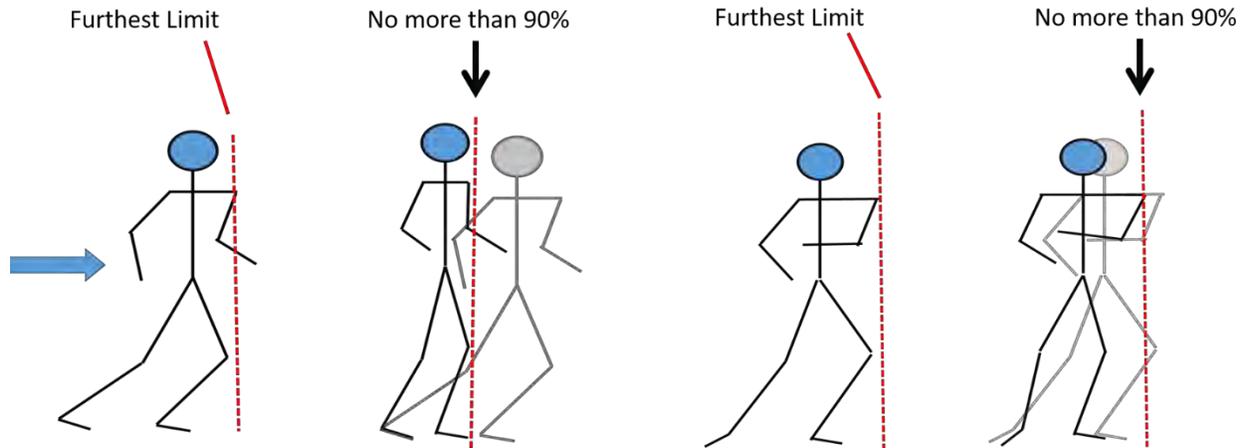
So we're going to go with that idea on how to train this because if you don't know where your boundaries are. You're never going to learn to control your body and the over travel and when to start your deceleration to either reverse direction or change the vector of your movement or how to capture motion to accelerate circular motion.

This is a major part of the essence in Warrior Flow of the concept we call *The Quantum Sphere*.

### **Back and Forth**

## Shifting Forward and Back or Side to Side

When you shift your body either forward and back, or to one side or another. Once you figure out what the maximum distance you can shift without losing balance. What you really want to do is to learn to move NO MORE THAN 90% percent of that movement as shown by the dotted **RED LINE**. This will help you develop your ability to not move more that what is necessary when you move in any direction.



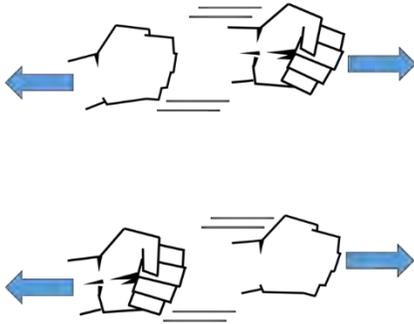
**Back and Forth** – to go a little deeper, when you move in on direction in a back and forth manner in order to move in another or opposite direction you have to first stop moving in one direction come to a stop even if only for a brief moment and then you can go in another direction. However, in order to do this. You have to decelerate before you come to that stop in order to slow down in time to prevent the over-travel in your body. so, what you're going to practice is the following:

1. You're going to starting slowly move forward and back and side to side in a straight line.
2. Concentrate on feeling *internally* how your weight shifts as you move in this fashion.

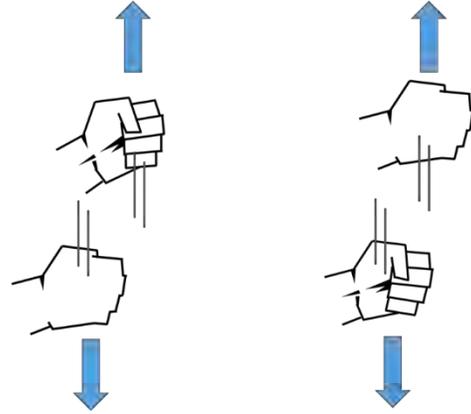
3. Now what I want you to do is then focus on feeling your body actually slow down before you come to a stop.
4. Feel what it feels like to decelerate your motion. This feeling this level of awareness in your body is important because if you don't know what it feels like to slow your body down. You will never learn how to decelerate at will and change direction within the movement in a seamless continuous manner. Nor use this type of movement to deceive people into thinking you're moving in one direction when in fact it was your plan to go in another direction opposite to it.
5. Start slowly and then pick up speed. Also, understand that when you add speed it changes the nature of the movement so you want to anticipate the possibility of your body over traveling. One thing you will discover is that in order to do this you will actually need to shorten up the movements as you move faster since you will need more time to decelerate and stop your body under control.
6. Next take the same idea and do the same with your hands (see below)

When moving the Hands forward and back or up and down what you are trying to do is develop control to reduce or eliminate the over travel in your hands. This is because when moving in a straight line with your hands, or body in any direction in order to change direction. You first have to come to a complete stop, then you can go in another direction. You see in order to develop more speed and control you have to first learn to decelerate at the right moment in order to stop in time to change direction.

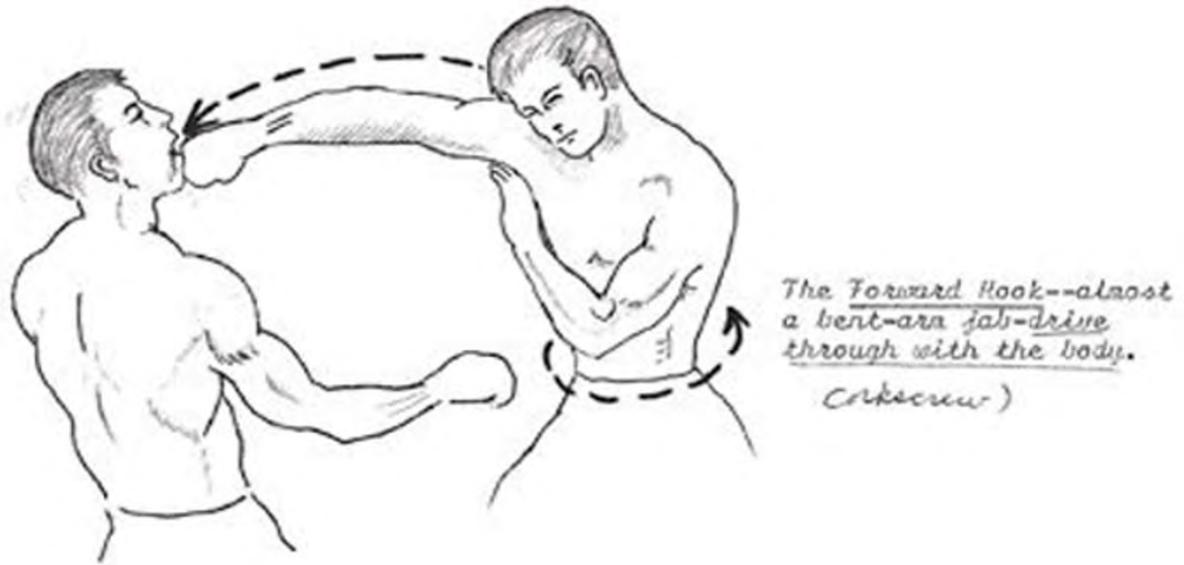
Moving the Hands  
Forward and Back



Moving the Hands Up  
and Down



## Arching Movements



Source. *The Tao of Jeet Kune do*

**Arching Movements** – in the same fashion that you practice moving forward and back you are now going to do the same thing only focus on moving with your body in an arching fashion.

1. Move relatively forward and backside to side in with arching or turning movements with your arms, your torso, your legs. By doing so you will begin as when you moved back and forth to feel the movement of your body.

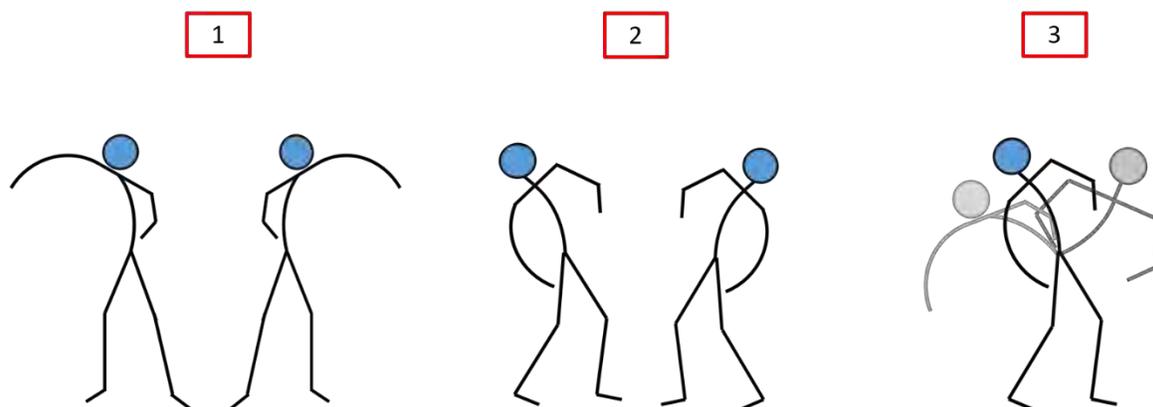
2. Concentrate on feeling internally how your weight shifts as you move in this fashion also notice the rotation in your body as you turn and feel how your body flows back smoothly to and fro.
3. Now what I want you to do is focus on feeling your body actually slow down before you come to a stop to change direction only pay close attention to how long your body stays in one place and in a smooth manner try to change direction without becoming jerky.
4. Feel what it feels like to decelerate and gracefully turn and control your motion. This feeling this level of awareness in your body is important because if you don't know what it feels like to slow your body down as you make these arching movements. You will never learn how to decelerate at will and change direction within the movement in a seamless continuous manner. Nor use this type of movement to deceive people into and lead and pace them to go to the wrong place or to change within change within change.
5. Start slowly and then pick up speed and as before remember when you add speed it changes the nature of the movement so you want to anticipate the possibility of your body over traveling. One thing you will discover is that in order to do this sort of like taking a turn in your car if you try to take it too fast you will lose control of the car this is because as you move in this arching fashion as you move faster your body tends to pick up speed as you reach sort of the tangent of the arch. So you will need to anticipate this so you can begin to adjust your body within the movement sooner in order to maintain speed and power throughout the movement

without having to slow down. Or shorten up the movement sooner as you move faster since you will need more time to control or decelerate and/or stop your body under control.

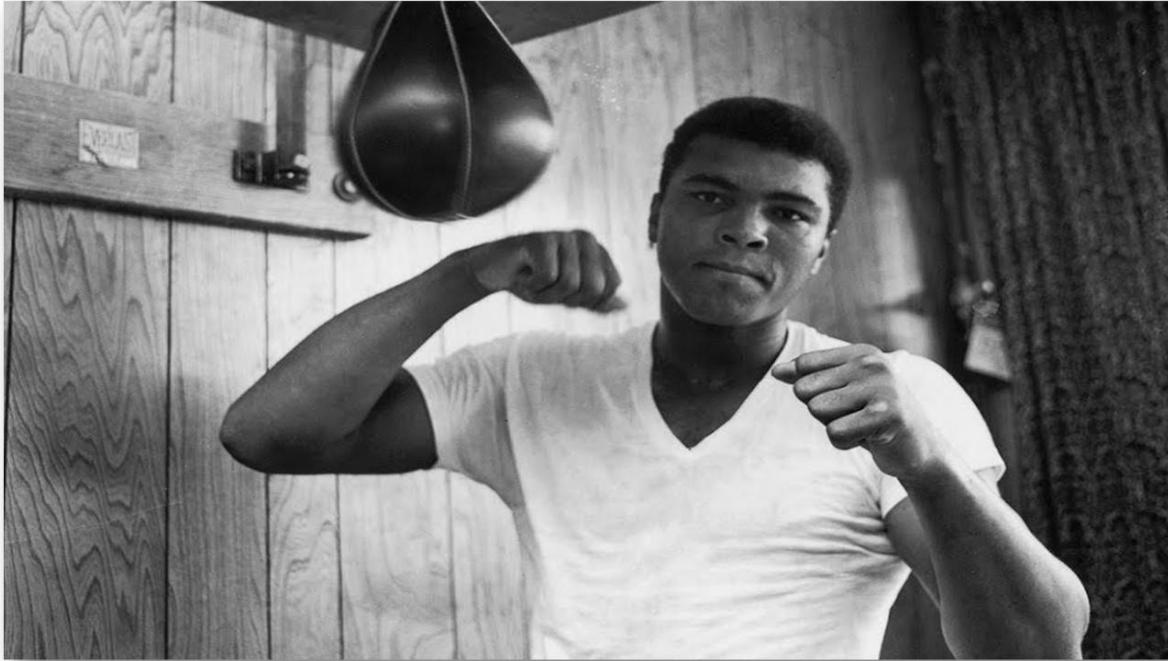
6. The images below show this with a little more detail.

## Arching Movements

Next you want to move in an arching manner moving your arms and body as well as throwing strikes in every possible direction within the movement. This will really open up your ability strike from crazy angles out of the void with power. Whether striking overhand (**Figure 1**), Underhand in sort of an upper cutting fashion (**Figure 2**). The idea is you want to develop a level of freedom in your body (**Figure 3**) where you can strike from every possible angle with power.



## Circular Movements

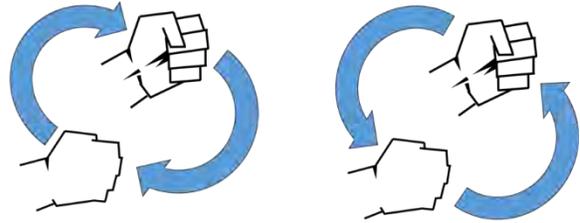


**Circular Movements** – now just as a boxer when he does speed bag work with his hands at lightning speed you want to train yourself to do the same thing. The reason he's able to do this is that he is actually catching the momentum of his hands as they move either forward or backward.

1. So what you want to do is move your hands in this fashion and then with a slight bend in your arms striking in a circular manner to the side, in front of you.
2. Then rotate your hips in both directions in this fashion.
3. Then roll your shoulders forward and back then do the same while twisting and turning your body in both directions then and your hips and so on.

So in the same fashion that you would hit a speed bag you want to strike in a circular manner rotating the hands both forward and backward. This type of striking can be found in many martial arts systems so it is not new. The different here is that the focus is on developing speed and power while reducing over travel in your movement and capturing the rotation of the movement to remain continuous. You can do this with either the fist, open hand chops, whatever you want to do with your hands the main thing is developing control over your body as you strike

## Rotate Forward and Back



## Elliptical Movements

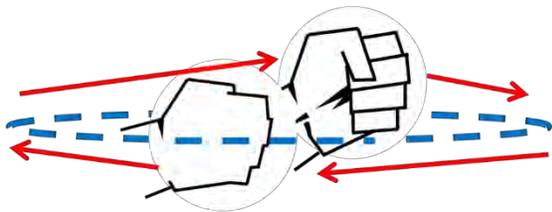
**Elliptical Movements** – okay please stay with me on this just like before you want to do the same thing but... you want to now do the same movements as best as you can in a more elliptical fashion.

1. So just as you caught and used your momentum hands and body moving in a circular fashion you now want to narrow your movements down and move in a more elliptical manner.
2. Move your hands in this fashion and then with a slight bend in your arms striking in this elliptical manner to the side, in front of you. Then rotate your hips in both directions in this fashion. Then roll your shoulders forward and back then do the same while twisting and turning your body in both directions then and your hips and so on.
3. Eventually, you want to start moving less and less but feel your body in the body while focusing on moving in this elliptical fashion until you become so fluid moving

in this fashion that you develop a smooth graceful non-mechanical or better yet organic fashion.

4. Check out the image below...

Rotate Forward and Back in an Ellipse



Okay now this is what I've been building up to with the hands and arms and that is moving in an elliptical manner with your hands arms etc. Think of this type of movement as the best of both worlds where it has the benefits of moving back and forth while taking advantage of the rotational force as you strike in any direction. The key here is you want to flatten out the movement while incorporating circular movements at the ends as you return no matter what direction you go. While not shown here because it would get too complicated to show you can also do this kind of movement with your shoulders and hips as well.

Well, I'm going to cut it off here because I want to get into how Dynamic Coordination ties into developing your **Perceptual Awareness** in my next post.

Thanks.

# Dynamic Combative Movement Infinite Possibilities Part III

May 28, 2020

*“Ever since I was a child I have had this instinctive urge for expansion and growth. To me, the function and duty of a quality human being is the sincere and honest development of one's potential.”*

— **Bruce Lee**

Expansion and growth...

It's what we all want in our martial development but in order to get there, we have to develop the right mindset in our training to focus both our minds and our bodies on the right things. Not only in how we approach training but how we perceive what is going on when we interact with another person but also how we perceive ourselves. In my last blog post, I discussed ways to develop more control over your body to create greater **Dynamic Coordination**.

*“To be a warrior is to learn to be genuine in every moment of your life.”*

– **Chogyam Trungpa**

However, I would be remiss if I didn't delve into how our mindset has tremendous influence over the development of our bodies and how our attitudes and perceptions shape our training. Not just what we do or how to react in a given moment but what our

bodies can do based on how we have trained them. The movements, the adjustments, the subtle muscle control, the micro-movements, and fine motor coordination, the adumbrations. All of that!

I'm going to cover this from a more philosophical aspect and then in the next part of this get into some other stuff regarding how to further incorporate this into your training. I've broken this up this way because I didn't want it to be too long. Now, I've discussed this type of thing before in past blog posts so some of this will seem repetitive but the intent here is to tie it more to how to get the most bang for your buck out of your training. So, in my last blog post, I discussed how our preconceived notions of the world we live in, plugs us into sort of a Matrix of our own creation these self-limiting boxes not based on fact but how we choose to view things. And how we perceive things can influence the mindset we train with. I'm going to hit on this theme a little more to tie some things together to shift how you think about how you actually move as you are practicing and to focus on the mindset you have at that moment.

In this blog post, I want to focus on our perceptions and our *self-talk* and how we use our **Perceptual Awareness** to drive our actions and why it is important to develop your body's **Dynamic Coordination** so that your body can take action or respond to an event and even shape events before things become a problem for you.

## Perceptual Awareness

**Perceptual Awareness** – in Warrior Flow this is the ability to use your body's natural senses (sight, touch, even sound) as well as the ability to *intuit* with your body and see with your mind (*i.e., see the Future, play where the puck is going to be*) in order to take action soon enough to use it to your advantage. But this is not just limited to how you see things but how it also translates into action within your body. By developing the proper perceptions of what is going on, in reality, you can train yourself to not only understand the nature of things but distinguish the difference between irrational fears you may harbor and danger. One is all bullshit and self-created the other is real and must be respected.

Just as an aside I truly believe and I've mentioned this before what reinforces a lot of fear in people is simply not knowing in the body what to do and feeling trapped as if there are no other alternatives to a given situation. My attitude is "that" is the whole point of training to learn how to recognize things for what they are before they become a problem so that you can have the time to do something whatever that is. True some things are difficult and may even seem insurmountable, however, I reject the notion that if you have the time to respond there is nothing you can do in the vast majority of situations. More importantly, I reject training people to think that way. This doesn't mean that you should blow sunshine and lollipops up their ass, but if you're going to tell someone why something can't be done or that you're screwed in certain situations then you at least need to tell them why. For my money, anyone who tells you something can't be done and cannot tell you why you need to look elsewhere for answers.

If they don't know why or can't explain why then how do they know?

More importantly, what makes you think anything else they say is legit?

If they can't tell you why something doesn't work then how do they know what works?

I only bring it up because I see this sort of thing on Facebook and YouTube all the time. People offering advice or criticizing someone's technique without ever offering a reason why or offering a better alternative. I don't care who they are if they can't answer the questions after opining on something. You need to run from them if you have to and resist the temptation of joining in or their poo-poo party. Lest you be possessed by the demons of *groupthink*. There's too much of this circle jerk shit in the martial arts.

Just sayin...

## **Musashi Was Right and Why You Must Move and Strike To Kill**

***“Warriors train, everyone else works out.”***

**– Lahong Guro Earles**

I'm just going to say upfront, I don't work out, *I train*, and for the most part, everything I do in training has a purpose, a focus, a sense of clarity to achieve an effect. Nothing I do is random. When I train people everything I do has a purpose even when I'm talking shit while drinking coffee while their body sufferers. Hey, learning is pain... I'm still doing something and there is a method to the madness. I crush their bodies and minds in

training so they can crush people who need to be crushed should their moment of truth arrive. Makes sense to me.

It may not reach fruition now, maybe in some cases for years but I'm always training towards a goal, an objective. As I have told many students over the years who have come to me for training where they have revealed to me they had some form of limited mobility,

***"Well...I guess you just have to learn to kill everybody in the room".***

What are they going to do?

Where are they going to go?

At that point, they're in it so what the fuck?

You've got to fight!

If you're scared? Fight!

If you're angry? Fight!

If you're happy? Fight!

No matter the circumstances... fight!

It's really that simple.

If they can't run (*which I only recommend as a last option or if it is some form of a tactical retreat. Sorry, but people don't come to me to learn to run. More often than not they come to me because at least in spirit they're tired of running. Besides, they don't need me to tell them that they could have figured that out on their own*), and they have to fight for their lives doing nothing is really not an option. So the goal is to take as many people with them to the afterlife and die a warrior's death because the alternative is much worse. In other words, people need to understand that if they're going to fear something then fear the idea of doing nothing or what the alternative to doing nothing could be.

Fear the idea of letting your fear control you in a way where you fail to take action when necessary and what those consequences would be. Instead of fearing what it means to fight back or getting injured or killed, you need to develop a greater fear of what it means if you lose the battle. If you lose because you didn't fight back? My friend, I have bad news for you because whatever might happen, whatever you feared was going to happen? Oh... it's going to happen. My point is whatever the odds, no matter how marginal the gain, you can only improve them if you're prepared to take action and take action if required, but if you do nothing when required you guarantee that you've dealt yourself a losing hand.

As I've stated in previous blog posts, how you think influences how you move but there's a little more to it than that. You see how you perceive the world and the context in which you perceive or are experiencing something influences your actions in your

training. It is for this reason that when you train it is not enough to say practice how to punch or kick, but you must also be specific in your training.

For example,

Say you're a basketball player, and let's say you're really good at dunking and making layups. While that's all well as good if you want to become good at shooting free throws or three-pointers then you have to practice doing it. So even though they are a part of basketball and use the same ball shooting at the same baskets. The neural pathways needed to shoot free throws or whatever have their own dynamic. The same is true for combat.

***“Do not regret a mistake in training. A mistake that is understood and can be corrected is worth more than any effortless perfection.”***

***– Tagaturo Klement***

Since everything has its own dynamic so as you develop through these concepts and refining your movement as you train. You need to focus your training on taking out the bad guys so you are able to as close as possible, develop the skills to kill them. Like I've said in the past you can always back off from this proposition if you desire but you need to train with this in mind to get your body to respond in the manner you want. How you think of it in context will shape the movement and how you think of it.

**Watch Your Self-Talk**

"Do not speak bad of yourself. For the warrior within hears your words and is lessened by them."

- Old Japanese Samurai Proverb



Okay, here's where I start getting all existential on folks. This is the kind of thing in the martial arts that I personally feel is sorely lacking when people train. I will state right now that one of the main reasons many people in the combative arts never achieve their martial goals is because of their own negative poor self-talk.

***"Life should not be a journey to the grave with the intention of arriving safely in a pretty and well-preserved body, but rather to skid in broadside in a cloud of smoke, thoroughly used up, totally worn out, and loudly proclaiming "Wow! What a Ride!"***

- ***Hunter S. Thompson***

I don't care what they say deep down they know who they are and who they are not. This form of negative hypnosis is the bane of their existence, robs them of energy and life. One thing people need to understand and one of the reasons I approach things from the mindset of a "*Viking Warrior*" is that we must always, always, "always" be mindful of our "self-talk" because in our subconscious. The place where our beliefs, our true decisions, and judgment reside is always, always *listening* and *eavesdropping* on our conversations as well as our actions.

Always!

As Heraclitus, I believe once said,

***"Day by day, what you choose, what you think, and what you do is who you become."***

I'm going to spend considerable time on this issue of self-talk because it is that important. Now, anyone who's played sports is actually familiar with this because this is what you do when you psych yourself up before a game or a match. That inner dialog that you go through, to build yourself up, getting your mind right. This is something that when I work with folks as they work on developing their abilities to gain greater control over their bodies I continually try to emphasize. This understanding that this is a process of continuous work as you whittle away that with is of no use whether in your movement or how you perceive what is really going on in your surroundings. So that **day by day you eventually become that thing that you've been training yourself to become** in your martial development.

***“As you think, so shall you become.”***

**— Bruce Lee**

I remember one of my Masters used to always say things along these lines,

***“If you believe you can do it then you’ll do it but if you don’t believe you can do it you won’t.”***

This is the importance of why you must get your mind right and continue to build on it before you train, as your train and afterward, because over time how you think and talk to yourself eventually becomes a belief in your ability because it provides meaning to the information you have coming in through your senses when you train and thus becomes who you are.

***“Whether you think you can, or you think you can’t – you’re right.”***

- **Henry Ford**

I see it all of the time how people have convinced themselves of a lie through their subconscious fears and poor self-talk and as a result, they have become the people they are today. Sad but true... Even worse they pass on this bad karma totally unaware of this way of thinking which, if they are martial arts instructors. Influences not only how they teach and act but how their students think and act as a result. This is nothing more than the poison fruit from the sickly tree.

***“We don’t rise to the level of our expectations, we fall to the level of our training.”***

**– Archilochus**

This poor self-talk also prevents you from framing things in the proper context in order for the people you teach or yourself in your training to have a basis to understand things properly. When I talk about framing things I'm talking about presenting information in a manner where the goals, intent, or outcomes are clearly defined and the training therefore relevant to what you want to accomplish. This is why *context* is crucial to our understanding of things because it is the "why" you do what you do the way you do it when you do it. This is something in the martial arts that is beyond most people because they aren't training to fight as if their lives depend on it or that of others.

***“Make every move count. Pick your target and hit it. Perfect concentration means effortless flowing.”***

**– Masirib Jeff Elliott**

As I've said in the past I can remember Grandmaster Carron admonishing me for not trying to hit him as if I were moving for real and he provided me with an insight that I've shared before but it bears repeating. And that is when you move to hit as if you mean it your body literally moves differently than when you just move for the sake of moving. So even in training even when you are moving at a certain speed you should still move to strike as if you mean to cut people in half. In doing so I also learned that should they counter what you are doing you get to see and learn how they also countered your efforts. This would now that I look back became the beginning of my understanding of

what I learned from Grandmaster Perkins regarding *inverse relationships*. As I've said to folks I train when I hit them with *just a little authority* I ask them,

***“You know why it feels like that? Because I mean that shit!”***

Meaning that shit as I like to call it is everything you don't have to injure people they just need to feel it enough to appreciate and respect it so they learn to recognize it soon enough to do something about it.

I'm not going to get into how deception plays in this here, just understand that if you never practice moving with *killer intent*. You never develop your body to move with the necessary ruthlessness needed. Please re-read what I just said there because I'm serious about that. If you are not thinking along those lines you can never get there. It is just that simple.

***“The basic difference between an ordinary man and a warrior is that a warrior takes everything as a challenge while an ordinary man takes everything as a blessing or a curse.”***

**– Carlos Castaneda**

In the work, I do with other folks outside of just teaching people how to punch people in the throat. We've proven that if you don't marry up the physical experience framed in the proper context people never get to where they want to be. This is the reason why a lot of martial training when it comes down to real combat doesn't work. It's because they're trying to resolve something that is influenced every bit as much as what's going on

between our ears as well as what we do in the body and they never married up the two. The spirit may be willing but you still need the flesh, but the flesh is where we express the focus of our will.

***“I know what I’m capable of; I am a soldier now, a warrior. I am someone to fear, not hunt.”***

**— Pittacus Lore**

This is why managing the self-talk is paramount because what you say aloud and to yourself as well as the meaning you attach to it creates a response that resides in your body into the essence and every fiber of your being. Whether it is a positive or negative comment it has a self-reinforcing effect. The idea that what you say and how you say it is as old as man. Even the Bible cautions us on what we expose our minds to as well as what we say to and about ourselves.

For those who’ve served in the military or even those who’ve played contact sports on a team. This is why warrior talk and talking shit amongst warriors is an essential part of the warrior culture. This is how we reinforce and prop ourselves up to learn to face danger with honor and manage our fears. This is how we self-organize to develop the fucking "will", the moral certainty, and perfect clarity to face danger and wage righteous battle. This is also how we learn to recognize things and develop tactics and strategies to overcome danger and win the day.

I believe much of the reason why folks get that deer in the headlights look on their face when faced with danger is that they haven't set it in their mind beforehand and trained to

face danger in their training. So when presented with a choice they can't decide what to do. Let's just say and I know there are going to be folks who will disagree with this because of the concept of free will. That more often than not the choices you and I make are not necessarily conscious choices but choices we've already made in the body at the subconscious competence level.

If you're a fan of the *HBO* series *Westworld*, then you'll recall that at the end of *Season 2*, we find out that the humans are trying to find a way to extend their lives by creating robot avatars in which to download their consciousness into but realize that downloading human consciousness is a little tougher than they thought. So in the process of trying to identify the problem, they create a computer to run simulations with figure out how to resolve the issue. During some dialog, the computer explains that humans when you get right down to it think of themselves as having free will in their decisions but, **"...are nothing more than 10,247 lines of code"**. The computer also goes on to say that because of this coding no matter what we do we always seem to make the same kind of choices and always end up in the same place at the end.

Now, because it needs to be said, this is pure fiction and there is no scientific basis to the 10,000 lines of code nonsense. I had to say that because there are literally raging arguments on the *Westworld* Reddit forums about this. Personally I think these folks need to get out more. The truth is humans are far more complex and complicated but there is a point to this and that is when we train as my Master once brilliantly once stated,

***“Each time you train you’re training yourself as if you’re writing the code. So that when the time comes to react all you have to do is push the button and execute the code because you’ve already programmed it in”.***

Brilliant stuff...

Again, the choices you and I make especially for combat are not necessarily conscious decisions but choices we've already made in the body at the *subconscious competence* level. So however we trained them the good the bad the ugly, they're there. So like my Westworld analogy, whatever it is you do poorly until you change the original coding you're going to continue to make the same kind of choices and arrive at the same place every single time. Thus the importance of proper training. This is why no matter what we say about why we did whatever the Hell it is we do. Our description of it after the fact is nothing more than a rationalization of the decision(s) that we've already made. Through rational proper training and proper self-talk, you are able to program in a new thought pattern and a new set of behaviors (change the coding) and can and will allow you to develop your warrior skills but more importantly overcome a lot of fear or at least the irrational kind. If this were not true then how do we ever improve at anything? But it is my belief that it takes focus and conscious effort until it becomes a purposeful habit to do this.

***“A warrior accepts the challenges of life in true humility. No matter what his destiny may be, it can never be a cause for discontent, but a living challenge which it is his privilege to surmount.”***

— *Théun Mares*

In **Citizenship in a Republic**, the title of the speech given by former President of the United States, Teddy Roosevelt, in Paris, France on April 23, 1910, The passage everyone quotes because of its profoundness, is found on page seven of the speech is referred to as "***The Man in the Arena***".

***"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat."***

This passage in his speech really sums up much of what I'm discussing here and the impact this type of mindset can have on your training. I once heard a joke on the awesome Facebook group page, FIGHT SCIENCE and the joke goes sort of like this,

***How many martial artists does it take to change a light bulb?***

***Answer: 100. One to change the bulb and 99 to criticize his technique.***

Everyone's a critic but the only one that counts is ***the man in the arena***, the man who steps up, the man willing to put it all on the line. When you train you must never forget that you are the man in the ring, striving for a goal and that is victory in combat. If you do not think this way in your train when developing your body, you will never get there. Some folks due to their poor self-talk can never ever see themselves standing in the winner's circle. This is why if you are to exercise the demons of self-doubt, irrational fear, and abject fear of death it has to constantly be reinforced in training and through your self-talk.

Anyway, as I repeat myself, it's simple if you train to do it and you have the physical capability to do it and it's within the laws of physics and human physiology then it can be done. The point is you're either trained or you're not. So train right and work the skills you desire to crush the fucking bad guys after all they're human as well.

But in order to get to this place you have to have that road to Damascus moment where when you train you also do the type of introspective work necessary to develop the proper mindset to have a true breakthrough where the scales truly fall from your eyes. Here's the deal, when you properly train both mind and body for ultimate battle proficiency it fosters the ability to stand in that space between courage and fear known as confidence. Proficiency fosters competence, which fosters the ability to stand in that space between courage and fear known as confidence.

***“Cowards hide [...] but warriors lie and wait [...] the only difference is whether you're motivated by fear or purpose.”***

— *Neal Shusterman*

Well, that's if for this post I'll get into a method of how to incorporate this into your training in my next post.

Thanks.

# Dynamic Combative Movement Infinite Possibilities Part IV

May 31, 2020

***“A warrior has to believe, for belief is an essential part of his being.”***

**— Théun Mares**

Okay, I'll get right to it here. I've already discussed the importance of self-talk now I'm going to discuss **creativity** first and **adumbration** just from a macro level. Then I'm going to get into how we **perceive information** and why it is important to **frame information** whether for others or for yourself. And finally, I'll get into the idea of properly understanding how to get ahead of movement by learning to recognize patterns and a proper understanding of what a pattern is as opposed to what people think it is.

## **Creativity Within Human Movement**

**Creativity** – in Warrior Flow this is the ability to make logical, intuitive decisions through the Combative Movement Concepts to create what you need where you need it when you need it within time and space (*i.e., the ability to draw logical inferences, connect the dots, anticipate and develop a level of adumbration based on what is known, unknown in context with the experience*). The part of talent we in Warrior Flow call “*Intellect*” that

allows you to transcend technique and physical limitations to neutralize an opponent's movements and crush them. This is also the basis for "*modeling*" combative movement and how our "*intuitions*" are structured, but as always there's more...

## Using No Way As A Way Part II

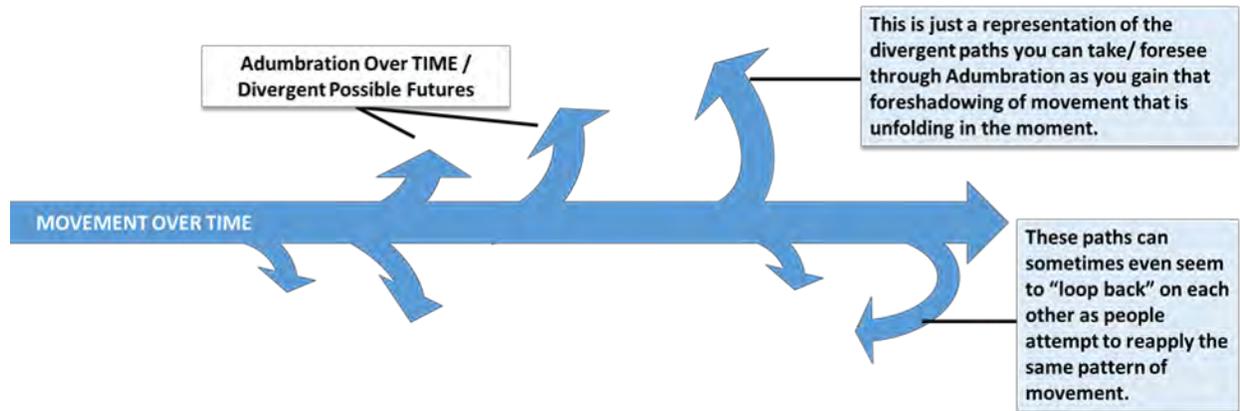
***"Using no way as a way, having no limitation as limitation."***

**— Bruce Lee, Tao of Jeet Kune Do**

**Adumbration** – in Warrior Flow this movement, this understanding of movement is where we get this "*foreshadowing*" of a person's movement, this "listening" to their bodies, feeling their impressions, their intent, their direction and speed, their adjustments to your movements.

As Dr. Joseph Riggio, Ph.D. describes it,

***"...it's also about developing a specific kind of intuition to notice for what is present but unseen, including the emergent future possibilities — something I refer to as adumbration or the art of foreseeing the immediate future that's unfolding in this moment."***



Adumbration when coupled with deception, is the ability we all have to feel how another person reacts to our movement in real-time where you change your movement to alter their perception of what they think it is you are doing long enough for you to take advantage of their confusion. It's all about using the **Shadow Impression** to get ahead of movement and deliver strikes at *supernatural speed*.

***"If we wish to wrest an advantage from the enemy, we must not fix our minds on that alone, but allow for the possibility of the enemy also doing some harm to us, and let this enter as a factor into our calculations."***

— ***Sun Tzu, The Art of War***

I'll cover this in more detail later on but I would like to interject here that in all things when **dealing with human movement there is a pattern** or as we prefer to call it an impression of people's bodies as they move. This is the reason we are able to get ahead of another person's movement, at least in Warrior Flow we understand it this

way. It is not so much that we just feel and recognize the patterns in their movement it is that **we begin to recognize the “shape” of what it is to become**. This is a different thing altogether and explains much as to why some folks can get ahead of others even if the other person has greater physical ability and where they have been training for less time. It is their ability to make this mental shift focusing on recognizing the shapes thus “adumbration”.

The idea of changing your movement in the middle of the movement where the change-up or movement is correct is the essence of adumbration and what you want to learn to be able to do. But only if you are able to "recognize the pattern" of what you are experiencing according to the relationship between their body and yours in time and space before you go beyond the nexus point (*the last possible point where you are capable of affecting what's going on*), or reach the point of no return. This is why in Warrior Flow there is an emphasis and focus on moving as little as you need and developing the ability to recognize the impressions or the shape of what something is to become before it becomes a problem for you. To do it any other way is to surrender the initiative to the enemy.

***“It is not a daily increase, but a daily decrease. Hack away at the inessentials.”***

**— Bruce Lee**

I hate to break it to folks but while human movement from our perspective can seem virtually infinite. The truth is it is not random but only seems that way if you cannot recognize what things are in time to do something about them.

When you train where you move more than you need to, or as if it is random, eventually you don't know where to go. You're just moving at that point for the sake of moving hoping shit works out. To express it in this fashion especially if you're teaching someone who doesn't understand what I just said above is to lead them down the path to damnation itself. Eventually, they train themselves to move in that fashion and develop bad habits of movement by moving way too much. This is as bad as repeating the mistake of when you train to contrived choreographed movement.

Now, you can learn to move and play where the puck is going to be but you first have to have a better understanding of how to know where to go to get ahead of it. That means your interpretation of the flow of the game, the movement of the other hockey players in relation to the puck has to be understood beforehand where you know where to position yourself in time and space and see it in your mind and body first.

So like the lottery while there are a seemingly infinite number of winning combinations mathematically speaking there are still only so many possible combinations those balls can create. Thus how they are able to calculate out the odds of winning. Same thing here.

So the key is in developing yourself to recognize things soon enough based on how shit works to get ahead of it even through the "inverse" and to be able to dictate the pattern of movement or future course you want to put them on. To shrink the odds of them winning or increase the odds in your favor or compress time for them while elongating it for you. In other words, to focus on developing the ability to move in a way to get ahead of another person's motion within time and space and end it as soon as possible.

Unfortunately, many folks are caught up in the same mindset of how most martial arts are taught and that is waiting for the other guy to do something and then responding to what they do. When you move do not wait for people, learn, and train to change the fight before it becomes a problem.

***“A warrior never worries about his fear.”***

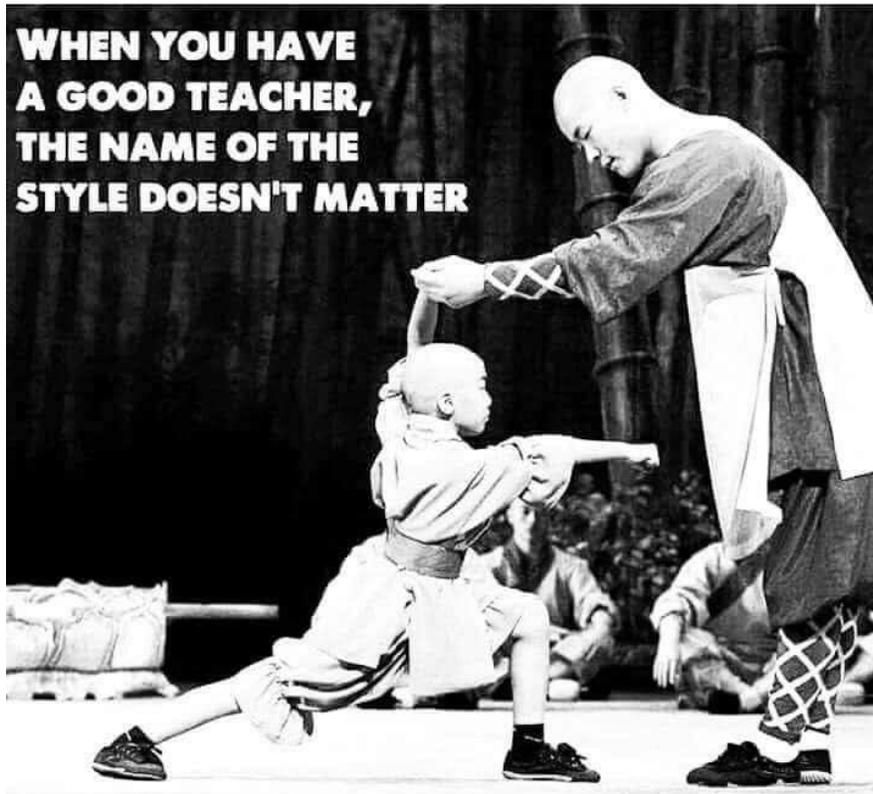
**– Carlos Castaneda**

The idea is to train yourself to recognize things before they become a problem and if possible, (*and it is possible it's called an ambush*) shape the fight to your will but to get there, folks have got to be willing to accept that that's how it is done. That's how to varying degrees we already do this or else no one would ever be able to get ahead of anyone in anything.

This lack of understanding is exactly why many people in the fighting arts move way, I mean way more than they need to. So they are not able to capitalize on the excessive movement of others that would allow them to strike with more precision power and speed. By moving too much in your training you make the same mistake as the choreographed fight by the numbers fighters in that they are moving in ways to an extent that doesn't make sense because it is not necessary to do so. Inappropriate movement is inappropriate movement and I don't care what you do.

At this point, you need to now refocus on how you train. So I'm just going to briefly cover a way to go about reorganizing your thinking as you train.

## So Why Is Any of This Relevant?



I'm going to present this section mainly from the perspective as I would if I were speaking to some of my instructors because I believe whether you're teaching others or yourself. The process of how you structure the training and how you present it in and of itself "is" the training. You see I can show anyone how to throw a punch or a kick but without presenting it in the proper context you're no different than those folks who take a cardio kickboxing class and somehow think that it is somehow actually the same as training to fight a Muay Tai match. They are not the same thing.

Training people (*or yourself*) to fight for their lives is a serious matter and while there is nothing wrong with having fun when you train, **and you should have fun**. You should always train with the *spirit* as if their very lives depend on it because someday it may. You need to learn to present information with professionalism and with all manner of seriousness and sobriety. The people you train only know what you present to them and if your presentation of information is in the wrong fashion you will destroy them.

How you present the information will impact in most cases how well they learn so unless they are already a person who intuitively knows how to model (*which I'll discuss in a bit*). You need to learn to appreciate the importance of how you present information when teaching.

Now, what I'm going to present is a layman's guide so that as you train people and or yourself. You have a better understanding of how we all perceive our world and be able to pierce the cloud of The Matrix and see the universe as it is and how that influences how we use the information we receive. This is just macro-level wave tops stuff but this understanding will help you realize how critical it is to properly frame information when you train people. You need to understand that everything you do when you teach, and how you present yourself counts, and your students (*including when you are teaching yourself*) are always, always, "always" watching and listening.

**Obligatory Editorial Comments (because... it just needs to be said...)**. You see the reason many people in the martial arts in my view never achieve their training goals even in the best systems is that the information is presented in a manner by instructors that is confusing, contradictory, unrealistic, defies the known laws of the universe, and is

all over the place. All too often instructors forget that what is intuitive to them is not intuitive to those they teach otherwise those people would not be there to train with them.

They also fail in their understanding that teaching is a skill every bit as much as knowing how to throw a punch or a kick or execute a proper hip toss. It is a skill that has to be learned and worked at and refined like any other skill, and not magic. So whether you're teaching others or yourself it is relatively the same process by which you learn either in how you present information to others or to yourself in your own self-development thus the importance of proper self-talk.

Additionally, and this is a major problem, they fail to appreciate that words have meaning and if the words that we use don't mean what we say they mean, then nothing we say means anything. That as a martial arts instructor you earn your keep by your ability to effectively communicate and present information. Meaning it's not just about what you understand but what you can teach them and, can you effectively transfer the information? **If the information is not transferable then it is meaningless.**

So, here is something you need to be aware of because you're probably wondering, why all this is even relevant?

It is because when you understand how people take in, process, and perceive information (*i.e., you and I*) you can then tailor how the information is presented (*framed*) and in the proper context. In order to get the desired outcome or help people achieve their desired outcomes whatever they are. It really is that simple. So as I

present this understand that this is not a bunch of “*new age*” mumbo-jumbo or a bunch of willy-nilly BS as many think but a set of *modeling tools* that can be used to learn a new warrior skill, improve on existing skills, and produce/reproduce excellence. but first a definition...

## Warrior Flow Modeling

***“To secure ourselves against defeat lies in our own hands, but the opportunity of defeating the enemy is provided by the enemy himself.”***

**— Sun Tzu, *The Art of War***

**Modeling** - In Warrior Flow Modeling is not about copying movement or mimicking what others do. It is a calculus, a calculus that allows you once you understand the relationship of things to anticipate and play where the puck is going to be. It is about understanding the nature of things where like creativity you are connecting the dots based on what is known and what is unknown. making logical and intuitive inferences about what is going on and also what to do about it. It is the theorem of how a thing works so that no matter what numbers of variables you plug-in you can predict the outcome to a high degree of probability even before you enter the battle.

Again, I want to point out there are a lot of folks (*a lot of folks*) who have a total misunderstanding of how important what I am saying is and as a result, they do not build the proper models to develop the skills they desire. Nor develop the type of

training models that will provide people with the skills to achieve their desired outcomes. The key to building proper training models for combat is by understanding how a thing works within time and space. Looking at the desired outcome and then factoring backward as to what must come before the other and so on.

Once you understand how our perceptions shape the information coming in and that it is just that, "*information*", *data*. Then it can be used to help you frame it and build proper training models to learn how to get ahead of the other guy and end the battle because you learn what to look for and when and what it means in the context of the battle. Trust me I could get into some deep stuff on modeling and I'll probably at some time in the future write a blog post on it but, for now, this is just to provide an understanding.

What I'm presenting here is merely a methodology or a way of thinking to develop the type of training either for yourself or for those you teach to develop whatever skills you desire. That takes much of the trial and error or guesswork out of developing proper training because you already know how we all structure our world on a generic level.

Understand, that the concept of *modeling* is not the same as *copying* or *mimicking*. People who believe that (*or say it*) do not know what the hell they are talking about. Modeling is a calculus that allows you to get ahead of the curve and play where the puck is going to be. When I discuss patterns this will become clearer.

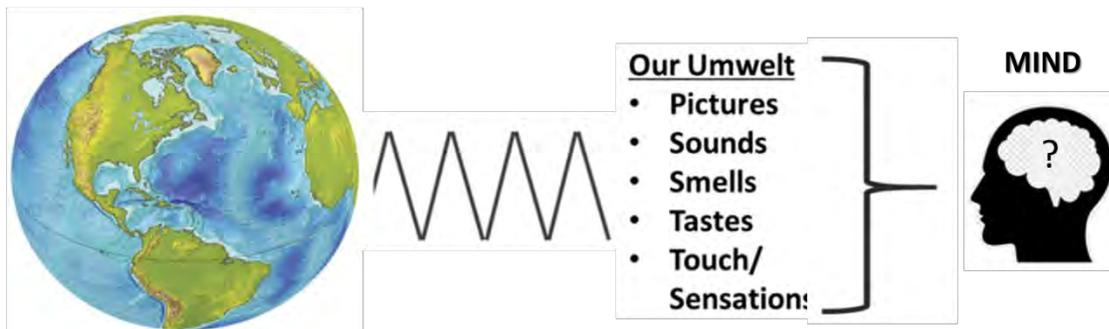
## How We See the Universe

*“Bring the mind into sharp focus and make it alert so that it can immediately intuit truth, which is everywhere. The mind must be emancipated from old habits, prejudices, restrictive thought processes, and even ordinary thought itself.”*

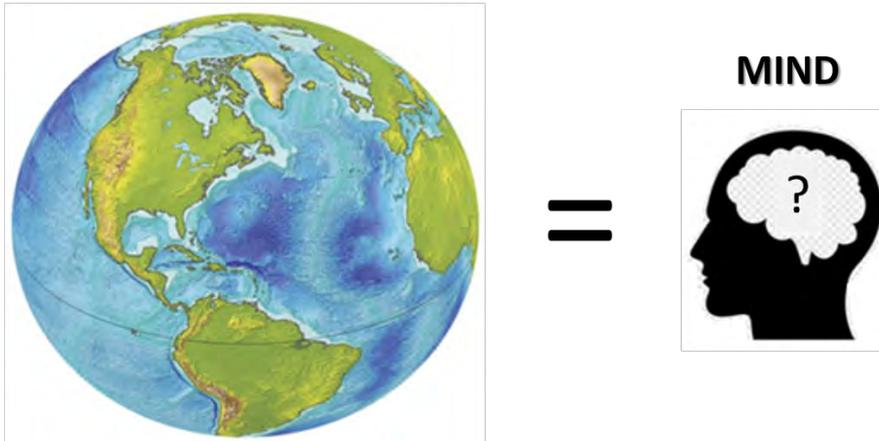
— Bruce Lee, *Tao of Jeet Kune Do*

Okay, so I've explained this before so I'm just going to discuss this from the perspective of how it relates to Warrior Training. But it's important because it is as huge part of how we learn really anything for that matter. So there's the way the world is and how the universe works.

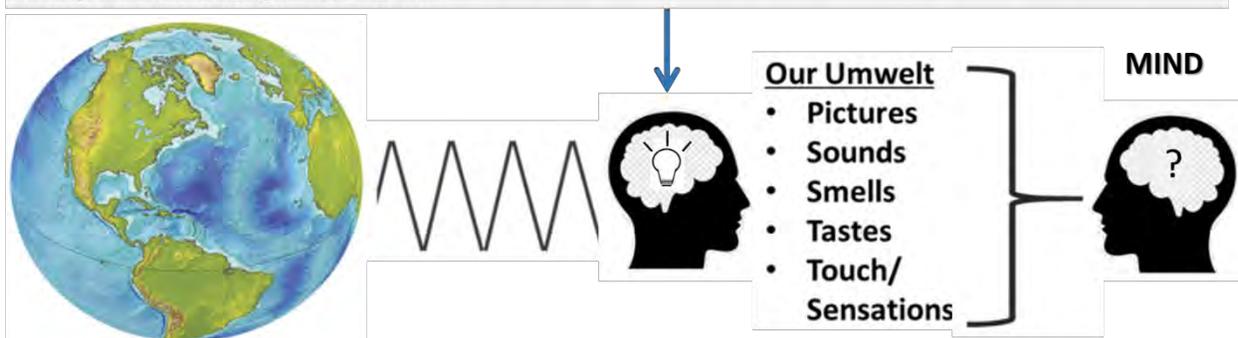
Now depending on how developed our perceptual awareness is, based on our knowledge, experience, intellect etc. and the meaning we attach to the information coming in. Will determine what we think of it, believe about it, and act upon it. So basically how we use that information is up to us. But we first have to understand what it is we see.



So as long as your mind understands the world as closely as possible to how it really is the better off you're going to be in your training. But as usual there's more to it than that...

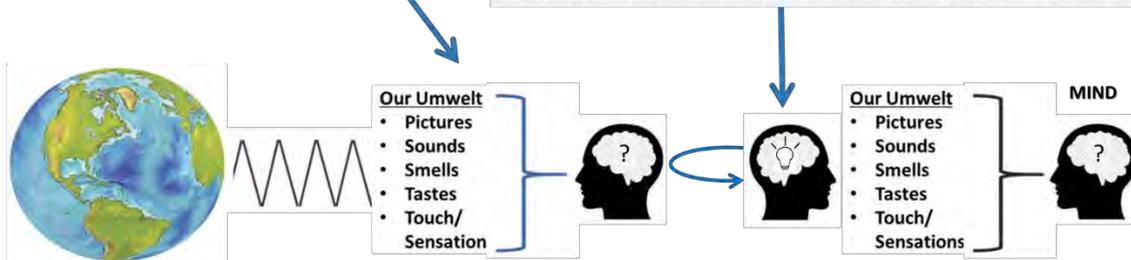


You see there is another important part of the equation and that is if you are receiving knowledge from an instructor. Or if you are teaching yourself through your own astute observations and experimentation of things based on what you know or think you know. How that information is presented is crucial to your learning whatever skills you desire. This is the reason in the last blog post I spent so much time focused on the importance of properly framing information when you present it in training. Whether you're an instructor teaching others or through your own self-talk how the information is structured and the context it's presented is everything. Even as an instructor you cannot escape your own self-talk, thus the expression "once taught twice learned".



You see your instructor processes information in the same fashion as you so you're relying on the fact that they know what the Hell they're talking about. You're relying on their knowledge and experience and wisdom to guide you to the right place and to develop your warrior skills in the shortest amount of time possible.

So, as your instructor teaches you something or if you are teaching yourself something. This is where framing the information in the proper fashion is critical because it shapes the character of that information. Like *Neo* in *The Matrix*, he couldn't change The Matrix but once he understood it he could harness it to his advantage. But if spoon boy didn't frame it in the proper context of what the Matrix really was he would have never had the ability to have the final breakthrough. I'm just going to put it out there. If you are an instructor of the martial arts and you're trying to teach people to be able to stand in that space and win the battle, **you have got to get this part right**. It is that important! Every movement, every exercise, every drill, every technique, the philosophy, the way you present it will have more of an impact on their ability to learn than even what you present.

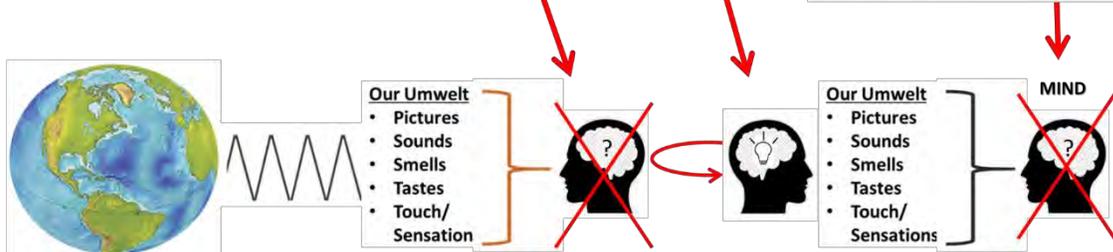


However... Oh you know where this is going...  
If their interpretation of things are not in line with reality like the old expression goes "garbage in garbage out".

So the wrong understanding of what things are and how things actually work...

Becomes the wrong framing and presentation / teaching of the information...

Which, equals the wrong interpretation and learning on your part. The worst part is if you don't know how to ask the right questions neither one of you may know that your interpretations of things are totally skewed. In other words, because these are perceptions based on an interpretation of things. It's not so much that you are wrong per se **it is that so much of what you believe just isn't so...**



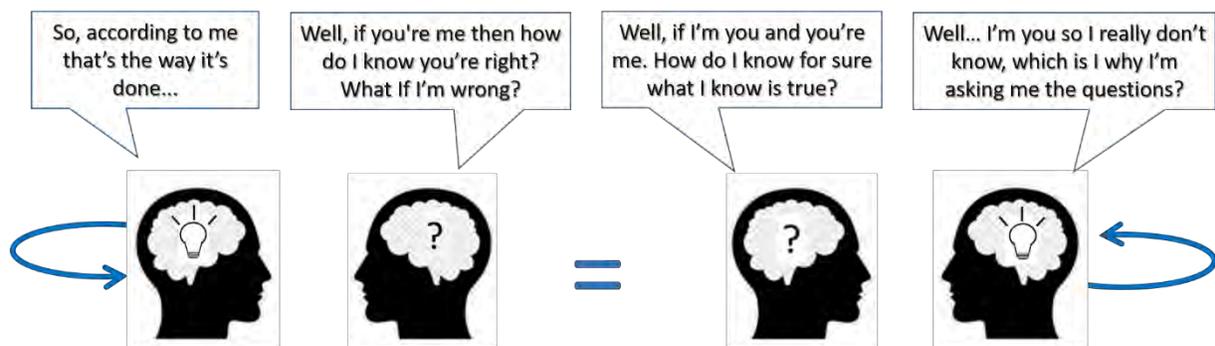
Having a clear mind with the proper moral certainty and perfect clarity of what you intend to train to is everything. Whether receiving instruction from someone else or through self teaching the understanding of how to frame information either for others or yourself doesn't change. Bruce Lee used to always talk about "emptying your cup".



So, here's the deal when you empty your cup through your own self-talk understand that what he's really talking about is having the will and moral courage to challenge your preexisting beliefs, and be willing to accept that you may be wrong and be willing to change your mind. Challenge your own assumptions, argue and disagree with yourself and hold your own beliefs to the same standards you would hold someone else's too.

This way of thinking is a process of constant validation and a way of thinking that enables you to rid yourself of wasteful motion and refine and hone lethal skills. Remember you're training to fight for your life or that of your family, or others so you've got to get this one right. My point is don't waste your time cut to the heart of the matter and be done with it.

The dialog below is an example of what I'm talking about (*this is like having a conversation with your spouse...*)



Okay now that I've beat that dead horse.

## Understanding Patterns and How to Reset Your Response

***“All fixed set patterns are incapable of adaptability or pliability. The truth is outside of all fixed patterns.”***

**— Bruce Lee**

**Like = Like Comparisons** - when we see things we are always trying to compare the info filtered through our mental perceptions to our internal library of information, our past experiences, knowledge, etc. and make comparisons to make sense of it (i.e., Like = Like, etc.). We are always looking for patterns in things or that which we already know and believe to be true. Always, this is where confirmation bias comes to play a strong role and why you must always evaluate whether you're objectively evaluating things from what is known to be true in terms of how the body actually works and how humans move within the laws of physics, nature or if you're just drinking in your own bathwater.

Now that I've teased at this I'm going to provide clarification because it goes to the heart of how you need to be thinking or *not thinking* while developing your combative movement through your perceptual awareness. When people speak of "patterned movement" I believe they are confused between "contrived" choreographed patterned movements or dogmatic movements based on assumptions of how people move under duress that just isn't so. Versus the "natural patterns" of human movement based on our physiology, how the universe works, and how we move within it. Let me help you, my friends, they are not the same thing.

I think a better way to explain it is by distinguishing between choreographed or contrived movements and natural ways in which our bodies move. The mistake is if you cannot distinguish between the two you only learn to recognize for the most part gross specific

patterns you've trained too versus the subtle patterns that have to take place before the movement.

The flip side of this is if you only train to defeat those patterns or choreographed movements that others train too. Then your focus, in my opinion, is in the wrong place as well. It's sort of like folks who say, "***Well we train to think and fight outside of the box...***"

Okay... let me help you, there is no box, no really, there is no box so just like in The Matrix there is no spoon so there is no box. The moment you train in this fashion all you've done is created a bigger box around the one you're attacking but it is a box none the less. Yeah, yeah... I know what people mean but you know what, words have meaning and the meaning you attach to influences how you're going to train. Sort of like the expression, "*to a hammer everything looks like a nail*". When you train to defeat what is in the box you only see what is in the box to the exclusion of all else. My point is why limit yourself?

Anyway...

***"In order to control myself, I must first accept myself by going with and not against my nature."***

— ***Bruce Lee***

Here's the deal, all human movement no matter how magnificent still moves within the natural range of what can be defined as human movement. This is why we are fascinated by a breakdancer or gymnast or an exceptional athlete. But at the end of the

day, it's still within the natural range of human movement. But that's what makes it so impressive is that some folks have somehow broken the code to be able to move in a way that transcends what 99.997% of the population can do. None the less they are still bound by the same laws of the universe as we know them.

So while there are a seemingly infinite number of shapes and patterns or impressions as I like to refer to them that we can create They are still none the less, patterns within the human range of motion. So the difference is in what they do with them within what their bodies are capable of. Thus the concept, in Warrior Flow of The Quantum Sphere.

***“To me, the extraordinary aspect of martial arts lies in its simplicity. The easy way is also the right way, and martial arts is nothing at all special; the closer to the true way of martial arts, the less wastage of expression there is.”***

**— Bruce Lee**

People move the way they move in fights because they generally "lack control" and not necessarily due to a lack of speed or power. So their movements while natural are erratic because they don't train to move in a more **dynamically coordinated** manner because they simply don't know how. Most martial artists get their asses kicked in a real fight because they're trained to fight in a manner both mentally and physically that limits the freedom our bodies are capable of. In other words, they're trained for a reality that doesn't exist so even though they see, because they can't see it in their mind it is invisible to them. They also don't train to develop **Ruthless Intent** so there's a lot of unnecessary motion or exertion to what they do. Once again, if what I'm saying isn't true, then how does one person get ahead of the motion of another?

**“If you think a thing is impossible, you'll only make it impossible.”**

**— Bruce Lee, Tao of Jeet Kune Do**

It is interesting because recently I was having this conversation with someone I was training so after he threw a punch at me I stopped him, and I asked him a couple of questions. It went something like this,

***Me: So why did you do that?***

***Him: Well I saw an opening***

***Me: Okay but what were you going to do?***

***Him: Well I was throwing a punch***

***Me: Okay, but you could have also thrown a palm strike or a shop right?***

***Him: Sure.***

***Me: My point is it doesn't matter what you were going to do with your hand if I couldn't perceive what your body was doing and feel what your arm was doing before you got there it wouldn't matter what you hit me with. Because no matter what I was going to get hit.***

He thought about it for a moment and was like, **“Right”**.

Here's the point I was trying to get across. If I can't feel the impression (*pattern*) of a person's movement in time I'm already hit because once they reach the **future**

**position** on me "it" already happened. So it really doesn't matter what they do. When I discussed how to recognize Inverse Relationships to movement I discussed that for example a person's wrist no matter what their wrist only turns and bends certain ways, the same is true for how a person turns and bends at the waist, how their shoulders move and twist, etc.

The point is through knowledge and experience (*and adumbration*) we make certain logical assumptions and we learn to recognize the shape or pattern of the movement soon enough to do something about it. So providing that in training the information is presented and framed in the proper fashion. You can learn and/or teach someone to **recognize the natural patterns in another person's motion** but from the perspective of **how the body moves within the natural range** and not what technique they are trying to employ.

Make sense?

*“Deep knowledge is to be aware of disturbance before disturbance, to be aware of danger before danger, to be aware of destruction before destruction, to be aware of calamity before calamity. Strong action is training the body without being burdened by the body, exercising the mind without being used by the mind, working in the world without being affected by the world, carrying out tasks without being obstructed by tasks.”*

— *Sun Tzu, The Art of War*

So, for example when a person is learning or thinking about dealing with a punch. While we generally think of a punch being thrown in this way from a technique standpoint.



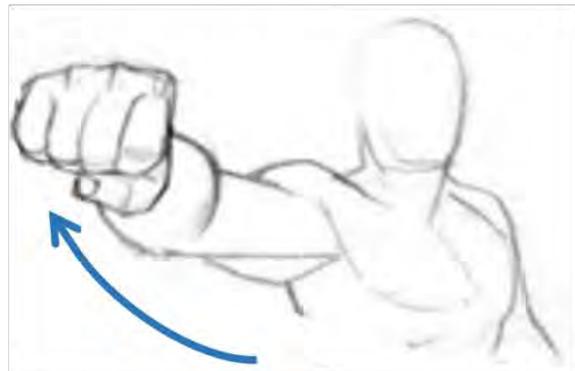
In reality this is what people focus on and in doing so this is all they see so to speak. They focus mainly the fist because they're worried about getting hit. Understandable, but the problem is if you only focus on the shiny object in your training you miss the larger picture. And that is how did the fist get there in the first place? Something in the body regardless of their skill level had to happen first...



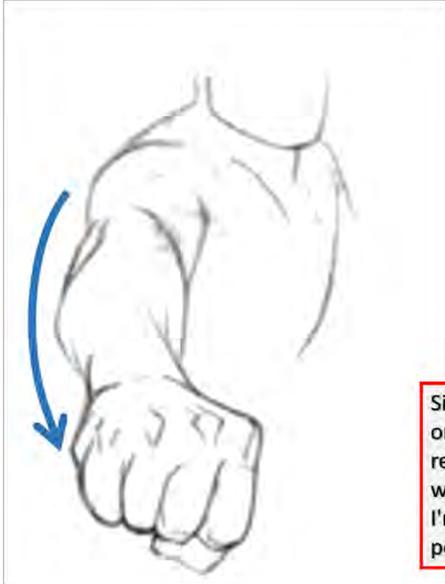
I'm not going to get too much into detail of *how the universe works* in terms of action / reaction. I'm just telling you that in order for the strike to be thrown in this fashion as shown below. The strike had to originate from somewhere first...



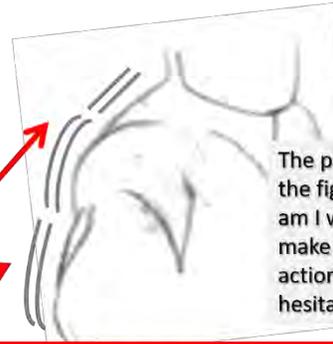
In other words, whether they had to reposition their body, lift their arm or shoulder or whatever. They had to do something in their movement first before the strike could reach its target. So the key is to learn to recognize things BEFORE they become a problem.



So, instead of waiting until the strike gets to this point where in my mind, as I see it it's a little too late.



Now, because I try to avoid it, but this is all assuming that the bad guy moves first on me for some reason. As soon as I see the slightest movement within the Shadow Impression of their body I'm already moving my whole body into action.



The point is if I'm already in the fight then what the hell am I waiting for? Once you make the decision to take action you must never hesitate.

Since my reaction time, whatever it is, is pretty much a set thing. By focusing on the Shadow Impression of the movement of their body. It shifts the reference point of when I make the decision to move and act. In other words, I'm not waiting for the specific pattern of their movement to emerge I'm taking action based on the shape of what is to become or has the potential of becoming through the Shadow Impression.

I could literally go on and on with examples like this but hopefully, you get the idea and understand now where you focus your attention when moving with another person in your training. Again, at the end of the day, you need to train in a manner where they should be more worried about what you're going to do to them than the other way around.

***“To be a warrior is to learn to be genuine in every moment of your life.”***

***– Chogyam Trungpa***

Thanks.

# Dynamic Movement Of Infinite Possibilities

## Part V - Training

Jul 02, 2020

*“Once you have sharpened your intellect to the point where you can see whatever in the world is true or not, where you can tell whatever is good or bad, and when you are experienced in various fields and are incapable of being fooled at all by people of the world, then your mind will become imbued with the knowledge and wisdom of the art of war.”*

- *Miyamoto Musashi, A Book of Five Rings*

In this blog post I want to finish up on movement but from a little different perspective and that is on training. This is the kind of stuff I get beat up on by instructors all of the time because it is the thing that they all want to know how to do better. I totally get it because it is the thing that separates out one's skills in a life and death confrontation. I already spoke a bit about how we learn and how we perceive the world etc. but now I'm going to cover this from how I perceive it when I'm training. Now I want to point out these are just my thoughts on this stuff and what I know works for me but also for the people that I have trained over the years. Draw your own conclusions.

[How I See the World With Regard to Martial Development](#)

***“A warrior is not a person that carries a gun. The biggest war you ever go through (in life) is right between your own ears. It’s in your mind. We’re all going through a war in our mind, and we have to callus our mind to fight that war and win that war.”***

**– David Goggins**

For me the fight is the fight, it isn’t this or that, it isn’t about matching up against this style or that style but *fighting*, and the whole purpose of training is to develop the skill to win the battle period.

***“Try to win from a distance by an advantage in sword length without knowing the principles of martial arts is something that people do because of the weakness of heart.”***

- ***Miyamoto Musashi, A Book of Five Rings***

Me personally I do not understand people who train people to *just survive* I really don’t. To me as Musashi says is, ***“...the weakness of heart.”*** To me this way of thinking is bullshit. I mean victims of horrific crimes survive but I’m sure if they had another choice or felt they had the means of fighting back even unto death. It would be preferable than to walk around with the mental and spiritual scars. Remember, no matter what the justice system does to some perp, as a victim should you survive you always get a life sentence. Always!

While this may come as a surprise to some I don't necessarily see things in just in black and white terms but rather in terms of recognizing whether a thing is, be it dangerous or not. Meaning if I perceive something to be a threat then I will act accordingly, however, I also understand that there are some gray areas in there which is why I try in my own training and that of others to help them **simplify their choices rather than flood them with a bunch of information.** Because until they build their situational awareness most of it is meaningless to them anyway.

***“Whenever you find yourself on the side of the majority, it is time to pause and reflect.”***

- ***Mark Twain,***

I see it all of the time, especially on *YouTube* where people present a number of different scenarios and they try to provide people with a solution to every problem. They mention the usual suspects, dealing with a knife, a gun etc., and then they pretty much *parrot* back basically the same techniques but never considering how they got there in the first place. To me, this lack of understanding is a serious deficiency in how many people train their minds for battle. You need to train as you would fight, go big or go home.

***“A bullet from a gun does not make a distinction between practice and combat. You are training to be one and the same way in your life.”***

- ***Miyamoto Musashi, A Book of Five Rings***

The thing is because the enemy gets a vote unless you train your body to the subconscious competence level of skill development there is no time to consciously respond with your body to all of the possible situations you have to rifle through based on their cookie-cutter solutions.

***“Perception is strong and sight weak. In strategy it is important to see distant things as if they were close and to take a distanced view of close things.”***

- ***Miyamoto Musashi, A Book of Five Rings***

When I train and I've covered this in different ways in the past I focus on trying to move in a way where I cut off whatever they're going to do as soon as possible before they get started. You see if you already know you're in the fight what are you waiting for? The key I believe is in focusing on **learning to recognize not only danger but also recognize the precursors to danger by focusing on motion/movement or intention**. You see while you can train to get faster and you can train to improve your reaction time at the end of the day there is still a limit to how fast you can react or move. The idea is by learning to recognize what things are soon enough you can then learn how to move sooner and get ahead of their movement. When I'm training this is something that I'm always focusing on when I'm doing coordination exercises. Where I'm focused on moving in a way where I get the jump on the bad guy so I can crush them from head to toe.

**Framing**

**“From one thing, know ten thousand things.”**

- **Miyamoto Musashi, A Book of Five Rings**

In my last post, I discussed the process of how you structure the training and I want to reiterate that how you present it, in and of itself, “is” the training. I also discussed how training people *or yourself* to fight for their lives is a serious manner. Again nothing wrong with having fun when you train, **and you should have fun**. But you must train with the *spirit* as if their very lives depend on it as well as your own. So you need to learn to present information in all manner of seriousness and sobriety. For if your presentation of information is in the wrong fashion (*i.e., improperly framed*) you will destroy them even if they don’t know it. How you present the information will impact how well they learn so you need to learn to appreciate the importance of how you present information when teaching.

***“A warrior has to believe, otherwise he cannot activate his intent positively.”***

**– Théun Mares**

As a side note also remember when you teach you also hear yourself talk so teaching in and of itself is a form of self-talk eventually that self-talk becomes a belief and behavior. The point is **when you teach you need to be very careful of the words that come out of your mouth** otherwise you cannot focus your intent “*positively*”. I think more instructors screw themselves because they are not aware of this.

When you present something you need to frame it in the proper context whether for yourself or others so that people can follow along. Remember everyone has their own perceptions of the world so when you frame things the right way you're not only increasing their understanding but shaping the process of how they receive the information. Because they don't know and only know what you tell them it needs to be presented in as clear a manner as possible and consistent with everything else you teach them. You want to present things in a manner to prevent the possibility of contradicting yourself. You must also focus on the task at hand and remain within that task as you proceed, progressing, and building layer upon layer.

This also applies to and influences your own understanding and behavior so when you frame things you need to.

1. Tell them what you're going to teach them and what the purpose of the skill is and how it relates to ***kicking that ass***;
2. Tell them what the outcome or expectation is at the end of the training;
3. Then begin to teach them;
4. Wash, rinse, repeat...

Of course, there are various ways and methods you can use to teach them but if you at some point don't frame the training in proper context it is meaningless I don't care how well developed a technique it is.

Remember, teaching is a skill every bit as much as knowing how to punch or a kick or execute a proper hip toss and has to be learned and worked at and refined like any other skill.

Ok and one more thing, when you teach you must not allow things to become pushed into the realm of magic. When I mean by that is presenting techniques or concepts as if they are conjured out of the ether of the universe. There are a million things we know and there are a million we don't know, you need to strive to teach what you know, admit what you don't know and provide as clear and concise explanations based on the science of how the known universe works and not through *divination*, *reading entrails*, and *Voo Doo*.

Again, whether you're teaching others or yourself it is relatively the same process by which you learn. Either in how you present information to others or to yourself.

## Teaching "IS" Training

***“When one has developed practical knowledge of all skills of the craft, eventually one can become a master carpenter oneself.”***

- *Miyamoto Musashi, A Book of Five Rings*



If you've ever seen the movie "The Rookie" starring Dennis Quaid as Jimmy Morris the high school baseball coach who went on to play with the Devil Rays and the Dodgers. It's about a Texas baseball coach makes the major league after agreeing to try out if his high school team made the playoffs. One of the more memorable scenes is when he's out throwing some fastballs and there happens to be a pro baseball scout on hand. Where we get this exchange,

***Dave Patterson [The Scout]: Jimmy, how fast were you throwing fifteen years ago?***

***Jimmy: Slow enough to where scouts stopped using the word "fast".***

***Dave Patterson: Seriously, how fast were you throwing?***

***Jimmy: I don't know... 85-86?***

***Dave Patterson: You just threw 98 miles an hour.***

***Jimmy: Nawww!***

***Dave Patterson: Twelve straight pitches, three radar guns. Same thing on all of 'em.***

***Jimmy: Look, Dave, there's no way...***

***Dave Patterson: Jimmy, I've been a scout for a long time, and the number one rule is, arms slow down when they get old. Now, if I call the office and tell 'em I got a guy here almost twice these kids' age, I'm gonna get laughed at. But, if I don't call in a 98-mile-an-hour fastball, I'm gonna get fired! I'm just saying there's a chance you might get a call on this.***

Dave then turns to leave, then turns around and says,

***Dave Patterson: You figure out what I saw out there today, you let me know.***

He eventually tried out later on and made the majors. I could literally go on and on with examples like this. But the point is he'd been coaching baseball for so long and remained healthy that he dramatically improved his game to the point where he was playing in the majors at an age where most players are getting ready to hang it up. I'm not saying by teaching something over and over you're going to be ready to jump into the UFC but what I am saying by teaching you have the method of training in a way to refine your craft. And after all isn't that why you train in the first place?

We've all heard the old adage once taught twice learned. There is a tremendous amount of truth in that. Within the art of **Warrior Flow**, one of the features is the idea of making people who possess the ability (*because not everyone has it sorry but that's just a fact*) and desire to teach, to train them to be able to teach as soon as possible. You see it stands to reason that if you are capable of teaching something and refine it and teach it well. In and of itself you are teaching yourself too.

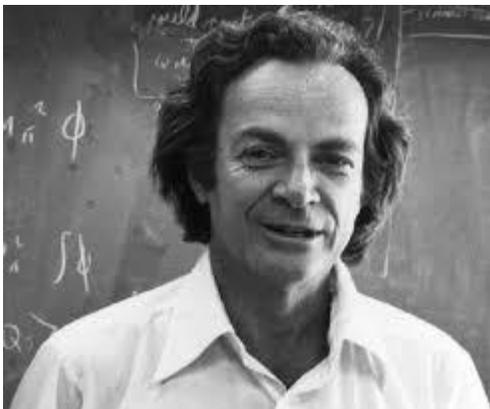
Noted physicist, Dr. Richard Feynman, Ph.D., who like Einstein and his famous statement that “...*if you can't teach it to a child then you don't know it*”. Became a huge influence in showing people how to take complex concepts and simplify them so that people could understand them. I don't 'know about you but considering he was a quantum physicist I don't think there are too many things more complex to explain than that. His ability to do this was so great that it's been named the **Feynman Technique**.

To me, this is the epitome of what an instructor in anything should be able to do. So while you may have a vast knowledge of your subject it is the ability to simplify and present it in a way where it is *transferrable*, to me that is the hallmark of a good instructor. In addition, by simplifying it in your own words for others it forces you to develop a deeper understanding of whatever it is you do. This is one of the reasons in Warrior Flow I encourage people when they train on their own to from time to time, train as if you were going to teach it to someone else.

The first thing you're going to notice is that you don't know what you know as well as you think or it is not as clear in your mind as you think. To me, this is not only an exercise in training but also a great way towards developing a method to teach

yourself. **Clear thinking represents clear speaking and clear speaking represents the clear transference of the information.** Additionally, this gives you a way to evaluate the effectiveness of how you are training because it allows you to logically think through the problem and go back and refine how you present it by clarifying it in your own mind. This in my view is the kind of thing and the kind of introspection you need to do if you are to refine and increase your skill.

### **The Feynman Technique for Martial Development**



Since the root of this technique involves explaining the concept whether to someone else or to yourself, you could execute it in a number of ways – including literally grabbing a training partner and explaining to them what you’re learning or practicing. However, because you don’t always have willing partners at hand, here’s a simpler method that just involves you, the space between your ears, and your training dungeon. I’m presenting this as a method you can incorporate into your own training regimen as a way to enhance your development.

**First:** Think about the skill you want to develop and focus on that thing only. Hell, write it down if you have to (*even though the technique is named after Feynman, it's not limited solely to math and science*). I like to start with something simple starting with thinking of what the end result or outcome I want to achieve. I then working backward thinking about what I need to do along the way in order to get to that place. Now, this doesn't mean you have to always work backward but I've found as I *slide* back and forth between the future goal and what comes before that and before that and so on in the process. That it's easier for me to ensure I don't forget anything along the way but nothing says you can't start from the beginning and work towards the end sequentially. But remember at this phase you're in the gathering phase of collecting information and so you need to develop a process that keeps you focused and on track. Once you get the pieces to the puzzle as you figure out how they fit together. You will then teach it from beginning to end to yourself as if teaching to someone else if that makes sense.

**Next:** Explain and or demonstrate the concept or technique in your own words as if you were teaching it to someone else. I like to do this by actually walking through the technique as I say it. make notes or as in some cases, I know folks who record themselves teaching stuff so they can go back and look at how they present the information. Whatever works for you. Okay, this is where it starts to get tough because this is where you also have to pay very close attention to your speech and how and what you say. You need to listen to what you say and the words you use and focus on using plain, simple language. The Kings English is fine but also don't use ten-dollar words and don't use words that you really don't know the meaning of just because you heard someone else use it. You'll only embarrass yourself. Also, don't limit your

explanation to a single simple definition or a broad overview; challenge yourself to work through an example or two as well to ensure you can put the concept into action.

**Next:** Okay this is also the part where you discover where you suck at what you're trying to explain but this is not a bad thing. This is where you get to work through how you want to teach the skill and how you demonstrate it but also, where there are gaps in your knowledge of how a thing works and where you may need to do a little more research. Remember this is about *self-improvement* and you can't fix problems you don't know about think of this as part of the discovery process. You always want to work on your greatest weakness or those things that are the most crucial first. Meaning what is it you need to be able to do versus what is nice to do. This is the level of introspection that many people shy away from and it is one of the main reasons they do not improve **because they're not honest with themselves**. Listen you can lie to me and everyone else all you want, but don't lie to yourself. So review your explanation and identify the areas where you know you don't know something or where you feel your explanation is shaky. Once you've pinpointed them, go back to the beginning, your notes, or any examples you can find in order to shore up your understanding.

**Next:** Continue to look for ways to refine and polish how you present the information if there are any areas in your explanation where you can further simplify key terms or how you move as you demonstrate the skill, challenge yourself to find a different way to say and do it as if you were teaching someone who knows nothing about it in simpler terms. You also as you work on this focus on doing this as perfectly as possible as you refine it. while perfection is not possible because it is unknowable you will definitely find

excellence along the way. The excellence you seek is to be able to crush the bag guys in the most *ruthlessly efficient* manner possible.

That's it!

***“Simplify and make no simpler”***

***--Albert Einstein***

## **Practice Method**

***“The only reason a warrior is alive is to fight, and the only reason a warrior fights is to win”***

- ***Miyamoto Musashi, A Book of Five Rings***

Below is a sample method of how to teach what I call “*Loose Hitting*” to a student. You can use this to practice developing this skill yourself by using the steps above. So you can practice developing the ability to explain, demonstrate, and teach this skill to enhance your own and develop this process of teaching for yourself and thus “***fight to win.***”

**How to Teach Loose Hitting** - When performing this you are trying to develop the proper ***Subtle Muscle Control*** and coordination in students to strike with their arm with as little effort by reducing as much unnecessary muscle tension as possible. They should strike to only use enough muscular control to lift and move the arm. The idea is

to teach them to strike without “*tensing up*” as they throw their strikes well before they make contact, which is a common mistake in 99% percent of the fighting arts. Understand that Subtle Muscle Control is not the absence of using muscle but in the most efficient manner possible.

1. First, have the student stand relaxed with their arms up in front of them and then have them begin to mimic the throwing motion as if they are throwing a baseball.
2. Ensure they rotate the shoulders and hips in sync with each other. Have them alternate sides so that they develop this ability in each arm. You can even at a more advanced level use the weighted balls but use balls that weight nor more than four pounds. Once they have developed the basic motion move onto the heavy bag or fighting man dummy.
3. Next, have the student stand relaxed with their arms in front of a heavy bag or Bob Fighting Man Dummy.
4. Have the student bring their arms up and just as they did in the air have them turn their body in the same fashion keeping their arms relaxed rotating their body on each strike striking the target. You want their arm at first to remain relaxed and let the hand using a palm strike run into the bag or striking dummy. In essence, you want their hand to run into the bag as if the bag was in the way of their motion. Ensure they do not use force or attempt to strike with force otherwise, they will begin to tense up at the wrong moment.
5. Once they have developed the ability to strike with their hand in this fashion you now want them to form a palm strike with more structure with their hand at the end of the strike. When striking in this manner the hand must remain relaxed and only upon impact with the bag “then” and only then do you want them to “form” the weapon. This will

prevent them from creating any antagonistic muscle in their arms, which actually reduces striking power since it actually puts the breaks on your motion.

Start off slow and then gradually build in the speed and power into the strike. At first, their arms should feel heavy as they move them eventually they should feel the weight of their body down to their root as they turn and strike. This will develop cutting incredible power.

***“Kill yourself in training so that you don’t die fighting.”***

***– Alistair Overeem***

Hopefully, you get the idea of how this applies in all that you do and understand now where you focus your attention when moving with another person in your training.

Again, at the end of the day, you need to train in a manner where they should be more worried about what you're going to do to them than the other way around. In my final installment on this, I'm going to get into a concept we in Warrior Flow call

***“Deconstruction”***. Which is just that deconstructing a particular skill you want to learn from scratch in order to develop your own methods of training to a particular skill. More importantly, deconstruction is an essential part of modeling as well as the foundation to the process of the fifth concept within Warrior Flow we call ***“Creativity”***.

***“If you know the way broadly you will see it in everything.”***

- ***Miyamoto Musashi***

Thanks.



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Al Ridenhour is a retired Lieutenant Colonel in the US Marine Corps with 28-years of service active and reserve with multiple combat tours to Iraq and Afghanistan. He has also served as a Law Enforcement consultant to the NJ State Police Special Operations Section, NJ Transit Police Operations Section, The NJ Regional Operations and Intelligence Center, the FBI Philadelphia Bomb Section, and subject matter expert to the US Department of Homeland Security's, Explosives Division. With nearly 40-years of Combative Arts experience, he is recognized as a self-defense expert worldwide and is highly sought out for seminars, workshops, lectures, and special individualized training. Al is the CEO, Strength From Within, LLC; Creator and Founder of Warrior Flow; Warrior Flow State; author of "Warrior Flow Mind" (2019), Co-Author of "Attack Proof: The Ultimate Guided in Personal Protection (Human Kinetics, 2010) and the Co-Author of "How to Fight for Your Life" (June 2010). He is also the President and Co-Founder of the International Warrior Arts Association (IWAA).