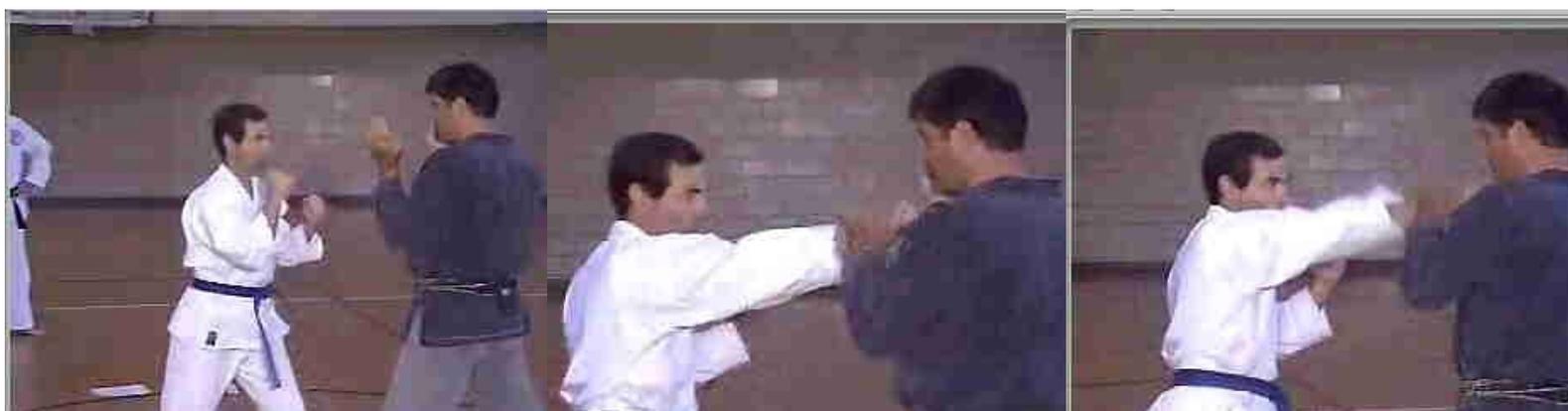


AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

PUNCH BLOCKING SECRETS

It is very common with new martial artists to use a lot of power and effort to block even the softest of punches. This is fine, when you are young, fast and powerful, but as you get older. It is much much easier on the body and the puncher if you use as little effort as possible to block the punch.

The first technique is to simply “flick” the punch away. Just like you are swating at a fly.



Redirecting the punch. As the punch nears the body, all you have to do is redirect the punch with a “flick” of your hand. It is used very often in boxing, but not so often in martial arts. There is really nothing to it. Just “flick” the punch away.



For a head punch. It is quite easy to “comb” the punch away. Just make the same motion that you would use to comb the side of your hair. You can use an open or closed fist. All you are doing is redirecting the punch past your ear and by your head, with a combing motion. It is very easy and very effective.

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MEDITATION FOR MIND CONTROL

Meditation is an important part of the Martial Arts. So many schools only teach the physical parts of the arts, but the mental is at least 50% of the martial arts. If you can't control your mind. You can't control your body. You simply must have the ability to control your thoughts and mind, and your mental attitude. Or you will loose control in a fight, make the wrong move, panic or simply do nothing.

To do meditation. You must sit on the floor, in a crossed legged stance, with the left foot over the right and the ankles touching. Keep the back very straight and the head straight. Breath in thru your nose and out thru your mouth.

You must first learn to relax, and then to control the breath to be effective in your meditation.

Please let me add that I am a Christian. And I do not teach or advise any meditative technique that has anything to do with Buddhism, or any cult. You can meditate and still be a Christian. Meditation does not have to involve Oriental religious beliefs.



The fingers of the hand should form small circles with the index finger and thumb. Then they lay across the tops of your knees.



Breath in thru the nose and out thru the mouth.

The next 7 pages give a good explanation of meditative techniques, relaxation techniques and “the Tiger Eye” for seeing everything.

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

RELAXATION

The ability to relax cannot be overemphasized and can be defined for our use to mean the ability to leave the game out of your body, but keep it in your mind. Too many coaches and players lose points, games and get ulcers because they cannot control their tempers or attitudes during the game situation. They have let their reactions be determined by the actions of other people, referees, or players. Therefore, they find themselves like puppets on a string, ranting and raving, or awkward and clumsy because they have destroyed the delicate relationship between the body and the mind. They have let their emotions take a disproportionate part in their actions and because of that they have lost their style, poise and grace. We have all seen far too many cases of this and know it's true. (For example: the coach in the ball game who runs up and down the side lines, kicking the ground and the players and screaming and shouting at the referee, the player who can't make a shot because he is so nervous and anxiety ridden, the player who jumps off sides several times or who starts fights for the slightest provocation.) The problem with these people is that they have lost control of their body by letting their mind become confused and disoriented. Your mind cannot think of two things at once and do a good job on either one. You must have a calm mind if you want to make the shot, or to think the play out. Your mind tells and directs your muscles to perform as they have been conditioned but if your mind is racing between being upset and making the shot, Being angry and being relaxed then the muscles get contradictory information to them and subsequently do not perform as programmed but become disorganized. The brain becomes confused by the huge influx of emotional stimulus and can't reason intelligently, perform adequately and begins to send out all kinds of emergency signals to the body. You see, your mind cannot distinguish between a vividly imagined event and an actual occurrence. So when you begin to think angry, your brain interprets danger and sends out the appropriate body responses. Your adrenaline starts to be released, thereby causing the blood pressure to go up, the heart beats faster, the stomach stops digesting and begins secreting acid, the eyes dilate and the muscles become jerky and tensed. So your body is prepared for attack or defense and when none comes the damage is irreversible. No one is easier to handle than a drunk, or a man that has gone crazy and so angry that he is like a wild man, he obviously can't perform his primary function in the game and so your defense or offensive gets the advantage of having one more player on their side functioning at peak condition and one less on your side not only functioning poorly but probably causing others to perform badly. Ulcers and lost games, fights and lost friends are just some of the results of the inability to relax.

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

Any great athletic performance seems effortless because the athlete has practiced and practiced until he has programmed his body for the appropriate response. He has learned to keep his mind calm and to relax while performing, thereby conserving his energy and assuring a longer and better performance. He is like a work of art, graceful and beautiful to look at, because he has achieved harmony between his body and mind. A great coach is the same thing. He has learned to teach and train his team with patience, kindness and understanding. He has confidence in his team and his coaching staff. He knows that they will do the best that they can, and that the game is not the time to change previously conditioned responses or to try to do a coaching job that should have been done in practice sessions. So he remains calm and relaxed on the sidelines and usually winds up winning. Of course there are coaches who become involved to a great extent and are also winners, but they don't last as long and generally pay for their involvement with ulcers and loss of friends and support. No one likes you when you are upset especially your own body. So let's practice a form of relaxation that takes only 3 minutes and can be as beneficial as 1 hour of sleep.

Relaxation Technique: lie on the floor with the feet together and the palms face down on the sides of the body. Look straight up and do not move the eyes. This is important. Now take a deep breath, hold it for a second and tighten the feet. Now relax and exhale. As you do, say mentally to yourself, "relax, my feet are relaxed." Now take a deep breath and tighten the calves. Hold the tension a second. As you release the breath say gently to yourself "my calves are relaxed." Take another deep breath and tighten the thighs. Hold it for a second. As you release the breath, relax the thighs.

Your legs are now completely relaxed. You no longer wish to move your legs. You could move your legs, but you no longer wish to move them. Take a deep breath into your stomach, hold it. As the air leaves your stomach, relax your stomach. Now breathe deeply into your lungs. As the air leaves your lungs, relax your chest and let your breath become very subtle and soft. Now breathe and tighten the arms and hands. Hold the tension a second. then relax. As the breath leaves your arms become very relaxed. Your entire body is now very relaxed and you feel as if you are floating on a cloud, very calm and very relaxed. Take a breath and tighten your neck and shoulders. Hold it and as you let your breath out relax your neck area. Now take a breath and make a large frown, an ugly face. Now relax and breathe out, and relax your face, more and more till your jaw almost drops open. Your entire body is now completely relaxed and you feel extremely calm and relaxed. The only thing left to relax are your eyes. Gently close your eyes. You should immediately start dreaming now.

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

Just let your mind roam and relax, dream of soft and nice things. Imagine you are floating on a raft in a calm lake, or sailing on a cloud. Relax and feel the air flow through your body, relax and dream. Relax and dream. Let the mind float from one thought to the next, paying no special attention to any thought. Just watch them come and go in the mind like you see cars come and go on the highway. Relax and think of beautiful things. Think of nature, music, art, of love. Relax and feel yourself floating.

Now when one wishes to come out of this relaxed atmosphere, one should not just jump up. Gently open the eyes and take a deep breath and move the fingertips and the toes, breathe again and move the arms and the legs, breathe again and bend the arms and legs, and move the hips. Now take the arms and rub the back of the neck and calmly sit up and relax in a meditative posture for a few more seconds. You will feel very relaxed and quite calm and refreshed. This is truly a valuable way of letting an athlete relax and should be used by all serious students.

Three minutes of this relaxation is better for the body than 1 hour of sleep because it calms the nerves, refreshes the spirit, and soothes the mind. It is fast and simple to do and can be used after a workout or running (three minutes of sitting on the side of the track with the head between the legs trying to regain the breath after running does very little to relax you, while three minutes of this exercise does wonders.)

You can do this exercise lying down and it is very helpful to those who have trouble going to sleep. You can also do this standing up or sitting down during the game on the sidelines. As a coach, just take a few deep

breaths and tighten the muscles just as if you were lying down. In a few breaths you will begin to become calm and feel more relaxed. Just close your eyes for a few seconds and suggest to yourself a few pleasant thoughts. Your mind should become calm and relaxed and subsequently your performance as a coach and player will be at its strongest point.

The mind cannot be relaxed and calm when the body is breathing fast and furiously. So the necessity of regaining control over your breath as soon as possible after exertion is very important. Often when we run, we begin to experience anoxia and we get too much blood pumping too much oxygen and lose the delicate balance between good and bad air in our bodies. So we must use our mind to control our breathing and slow our breathing to allow the oxygen, carbon dioxide stages to be equalized.

Deep Breathing, or Circular Breathing:

To be used when you find yourself breathing too fast after exercise or

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

after you exert yourself to assure that your muscles are getting an adequate supply of air.

Stand with the feet shoulder width apart and touch the hands together in front of the body. Begin the breath very slowly and easily as the arms are lifted up in a clockwise circle around the head and down the sides of the body, continuing to breathe in air the entire circle. Do this three times and one will feel much more refreshed and have a much more adequate air supply to necessary muscles. As you practice doing this exercise, you will learn to control your breathing and be able to get more benefit from the circular breathing. It is the fastest and easiest way to regain the proper breathing control after running or strong physical exertion.



Circular Breathing

The breath plays a most important part in the relaxing of the body and often it is the breath that is the determiner of the body's responses, not the body that is determining the breaths reaction. In other words you are not breathing fast because you have been running, you are able to run because you are able to breathe quickly and supply the additional oxygen requirements to the body. You could not run at all if you could not breathe

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

at all. In fact, you could not do anything at all if you could not breathe well. You would be asthmatic and unable to perform any vigorous exercise or to exert too much.

Your breath is the most important thing in your body. It is the only thing that you can not consciously deprive yourself of. You can poke your eyes out, kill yourself for love, bust your ear drums listening to loud music, deprive yourself of food, but you cannot hold your breath till you suffocate and you cannot let someone else suffocate you. Your body will not just relax and let itself be deprived of air. You will do anything to anyone when the need for air becomes dire for your survival.

The breath plays a very important part in relaxation because it plays a large part in the control of our body's reactions to certain events. For example, we have already noted that we could not run if we were not able to breathe fast and deep enough to supply the additional oxygen requirement needed by the body. When we are angry our breath becomes short and fast like when we are running. But when we are sleeping, our breath becomes slow and deep and relaxed and so is our mind. We cannot be breathing slow and deep and relaxed if we are angry. Just as we cannot be breathing slow and easy when we are upset. We breathe calm and our mind responds calmly, our muscles respond calmly. Your breath stills the mind and calms the nerves. So exercises have been developed centuries ago by people who understood the importance of the breath as a factor in self understanding and mind and body control. We will practice or study by practice, three of these methods.

Counting the Breaths: Sit in a meditative posture (see Chapter 10) and take a few deep breaths to calm the mind. Now begin to concentrate only on the breath as it comes in and as it leave the body. Try to clear the mind of all outside thoughts and concentrate only on the incoming and outgoing breaths. When you begin to breathe in, think only of the number One or only of this being your first breath. Let no other thoughts enter your mind but the number One. Continue to concentrate on this number all the way through the breath and as you begin to breathe out, continue to think and concentrate only on the number One. Now as you begin your next breath think and concentrate only on the number Two. Clear the mind of all other thoughts and think only of the number Two as you breathe in and as your breathe out. Continue to do this slow breathing and concentration up to the number Ten striving to keep the mind calm, not tense, and concentrating only on the numbers.

In a very few seconds you will see the extreme difficulty of clearing the mind and in only concentrating on the numbers. Thoughts will begin to float up and your mind will notice them and you will begin to feel and think about these thoughts and so become distracted from your primary purpose of

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

thinking and seeing only the numbers. But do not become discouraged. This is an exercise and technique that can take literally years of practice to do perfectly. The mind is always full of extra thoughts and you must practice trying to calm it just as you would practice trying to learn a new skill, over and over again with patience and a calm and resolved manner. You cannot still the mind by being angry at it for thinking other thoughts, or calm the mind by tightening the muscles. Just relax and try to concentrate the mind only on the breath. Gradually you will be able to think only of the numbers.

Counting The Breath. If you are having great difficulty in visualizing the numbers then perhaps the visualization of colors will be easier for you. When you breathe in, think only of the color red, through the entire breath, and then of the color blue, then green, then orange, then black, then white, then yellow, then brown, then purple, and finally pink, (or you can use any color you wish). This may be easier for you and provides a more pleasing visual stimulus for the mind.

You should perform this counting exercise every day for at least a few weeks until you have begun to gain some mastery over your mind and some control of your mind. Practice should only take a few minutes, up to five, and so should not be troublesome to you for finding the time to practice. After you have begun to get good in this you may want to do it more often for the relaxing effects it has on the mind and body. You may do it as often or as little as you wish. You can do it on the sidelines when you find yourself getting upset (remember how your mother told you to count to ten if you were angry). The same effect is achieved now but you are adding the effect of the slow and easy breathing to calm the nerves and soothe the mind.

Controlling The Breath: this exercise trains one in the voluntary control of the breath by the conscious will of the mind. You will not be allowing the body to breathe normally but will be trying to force it to breathe as the mind wishes.

Sit in the meditative posture and close the eyes. Take a few deep breaths to calm the mind and now slowly begin to breathe in for the count of 10, count each number silently to yourself. Now hold your breath without pressing down or lifting your shoulders up for the count of 10. Now begin to breathe out for the count of 10, trying to make the out_breathing slow and controlled and not breathe out all the air at the beginning of the out_breath. Immediately after you have breathed out for 10, begin to breathe in again for the count of 10. Hold it for 10 and out for 10. Do this exercise 10 times. You will find that you may start to sweat and that you really have to use a lot of muscles and mind control to stop your body

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

from breathing in too quickly or out too fast. This is an excellent form of breathing control and the benefits are numerous. It teaches the mind great strength and begins to reconfirm to the muscles the power of the mind over them. It produces a body heat, and so can be used if you are cold; and it strengthens the breath control by the actual controlling of the breathing movement. You can consider yourself exceptional if you can breathe in for 30 seconds, hold it for 30 seconds and breathe out for 30 seconds _ 10 times. This shows a true mastery of the breath and a great deal of muscle and mind control. Do this exercise daily for a few weeks until you have been able to do all ten breaths in the correct count. Thereafter you may do it as often as you wish for the benefits to the muscles, the body and the mind.

Following The Breath: the purpose of this exercise is to transcend the mind and to concentrate only on the breath as it fills the body and the lungs and to follow it as it comes and goes in and out. This is a very soothing and relaxing form of breathing and the benefits are long lasting and comforting.

Sit in the meditative posture, close the eyes and take a few deep breaths to calm the mind and relax the nerves. Now as you begin to breathe in, try to let all other thoughts leave the mind except following the breath as it goes through your nostrils, down your throat and fills your lungs, then is dispersed to the various parts of your body. Follow it as it returns up your throat and out your nostrils and into the air. Try to imagine a golden string being attached to your lungs that comes out of you as you breathe the air out and comes back into the lungs as you breathe in. Let your mind remain calm and follow the breath softly and easily. Soon you will begin to feel the body become filled with air and begin to feel very calm and relaxed, very soothed and light. The breath will fill your mind and your body and you will begin to feel as light as your breath itself. Do this exercise as long as you feel light and are able to concentrate on following the breaths. It is very soothing and relaxing. Perform this exercise any time you are upset or any time you wish to feel truly relax

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THE TIGER EYE



The "Tiger Eye" is a term that we will use to mean peripheral vision, or the ability to see everything that is surrounding you without the necessity of moving the eyes or the head. This technique is very valuable in most sports and causes an increase in awareness and subsequently performance. If you can see everything that surrounds you, the chances of your throwing an interception, or missing a tackle or shot are greatly reduced.

The Meditative Position: there are as many different positions for meditation (or concentration on a specific thought towards a specified goal) as there are forms of meditation. All have their benefits but some of them are difficult to get into position to do. So we will use a simple but effective position, called in Yoga the half lotus position.

Sit on the floor with the legs crossed in front of the body. Place the right leg in first and cross the left leg in front of that. Strive to keep the knees as near the ground as possible and the back, spine and neck in a straight line. Rock back and forth and gently to the sides to assure you are sitting up straight. Place the arms on the tops of the knees with the palms up. This helps to stabilize and balance the back. You may feel uncomfortable in this position. That is because you are not flexible enough. To improve flexibility do the stretches found in the front of the book, but if you are not flexible because you have not been doing the stretches long enough you may modify the position so that you are grabbing the knees or even putting the legs straight out. You may even sit in a straight backed chair while you are learning your flexibility.

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The half lotus position. Note the straight back, the arms on the knees, the left leg in front of the right, and the steady and calm eyes.

One should sit in the half lotus position while practicing the Tiger Eye and the gaze should be straight ahead with the eyes not moving to fix a point for the gaze.

The hands should be held above the head to start with, the fingers forming a triangle, and then slowly brought down to in front of the eyes. There the eyes should be fixed in their gaze upon one area and no longer move. The hands should then be placed on the knees, palms up with the thumb and forefinger inter joined. Now the Tiger Eye should be practiced.

After one has assumed the meditative posture one should fix the gaze of his eyes directly ahead and on one point. Let us assume you are looking at a football field during a game and you are standing in the middle of the field facing the goal line. Now without moving your eyes you can see the following things. You can see the goal posts and the end zone. You can see the stripes on the field and the grass, and the colors of the grass. You can see the sidelines, and the benches full of other players on the sidelines. You can see the players on the playing field, all of the players, and you can see the sky. You can see the lights around the stadium and the fans in the seats around the stadium. You can see the players directly beside you and across from you. In other words, you can see everything _ in front of you, on the side of you, above you, and below your feet.

Now listen, you can hear the crowd. You can hear the sports announcer. You can hear the coach and players yelling on the sidelines. You can hear the quarterback and the players on the field talking, and even walking or hitting each other on the plays. You can see everything and you can hear everything going on around you. This is total awareness, total visual and sensory awareness. You cannot be surprised by a clip, or scared by a yell of another player. You are aware, just like the tiger is aware in the jungle. Yet you are relaxed and ready to move in any direction at any time, just like the tiger in the jungle.

You will find upon investigation that when the eyes are looking straight ahead and not focusing too sharply on one particular object that all the field of vision can be seen. But if you move your eyes side to side very fast or move your head quickly, then everything becomes blurred and you can actually not see things clearly. Just like a good hunter only looks at the trees and notices the slightest movement, not at the individual limbs and sees only that limb. Just imagine that the field is like a small painting. You can see all of the painting clearly but not if you are moving your head from side to side or your eyes quickly from side to side. So try

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

to get in the habit of moving the whole body when you move the eyes. That way you are always keeping the vision clear and the body in such a position to react accordingly and effectively. (for example, if you look out the corner of your eye, you can see. But if someone was going to hit you and you could just see him in the corner of your eye, your body would not be in a very strong position for defending yourself. It is better to turn the whole body to look.) before, and you will thus be practicing your peripheral vision and soothing the nerves and calming the mind. The more you become aware of the things around you, the more you begin to appreciate them and their beauty.

The "Tiger Eye" is most useful for foul shooting, quarterbacks, safeties, and linebackers and for coaching (for all good coaches are able to look at the play and see the whole play unfolding at once, not just one player at a time. So a spotter who uses this technique will be a more effective spotter because he will be able to see the whole field and whole play at once.)

The "Tiger Eye" also involves listening for when you are relaxed and noticing all the sights around you, you are also noticing all the sounds around you. A good player is not drawn off sides by the change in the quarterbacks cadence or inflection, and a good player does not lose concentration when the crowd boos him or is screaming at him or the team. He is just concentrating on the shot, or the game. He hears the noise but is not distracted by it.

You can practice the Tiger Eye while walking around school or at home. Just look straight ahead when you walk and do not move the eyes. You will see all the people coming and going around you and any movement to the right and left. You will feel calm and hear things you have not noticed

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

KI (Muscle, Breath & Mind Control)

This chapter deals with a concept that is unfamiliar to many Americans, but understood and practiced by most Orientals. The concept of Ki is 3000 years old and was developed by the Buddhist monks of the Sholan Monastery of China.

Let us define the term in words that you can understand. Ki is a product of three separate forces.

- (1) **Muscle control**, meaning the instantaneous tightening of specific muscles at the instant of impact.
- (2) **Breath control**, meaning the movement of the breath, forcibly, at the instant of impact to allow the muscles full contraction, and to strengthen the concentration of the mind.
- (3) **Mind control**, meaning the specific concentration of the mind toward a specified area of the body about to be hit.

Separately these three forces constitute parts of your body, but when they are joined together they take on a single identity of a new force, called Ki. Ki can be used to protect you from receiving an injury associated with a punch or a blow, to increase your determination, give you courage, improve your skills, add to your strength, and develop your concentration.

Why does your Ki work? It works because you are using all the powers of your body to prevent an injury, not just your muscle. Too many people think that muscle alone can prevent an injury from a blow. But two examples prove the fallacy of this belief. Your leg is all muscle and if someone were to hit you in the leg very hard, you would at the least get a bruise, perhaps a charley horse, or a muscle injury. That is because it is actually too much muscle and as such cannot give any with the blow. It is like a tree that got covered with snow and finally the weight of the snow breaks the tree down, while a smaller more flexible tree can bend and touch the ground and not break. Your leg has all muscle and no give, so a hard blow breaks the muscle tissue and causes the bruises. It is also possible to make the stomach very hard by the use of sit ups and leg ups and if you tighten it you can let someone punch you in the stomach. However take a deep breath of air into your stomach and let someone hit you in the stomach. A very slight blow would cause a significant amount of damage because the air acts like a balloon and explodes or pops in the stomach area causing internal damage. Again let us suppose that you can take a punch in the stomach and you have let most of your air out. But before you are ready for the punch, someone comes up and asks you a question, momentarily distracting your attention, and you are suddenly hit. Needless to say, you could be very seriously injured because your mind was not prepared for the blow. So you can see it takes all three techniques to protect the body from the effects of getting hit. First, you must have adequate muscle and muscle control so that you can tighten and contract the muscles at the point of the impact of the blow.

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

Secondly, you must have some breath control and be breathing out, or moving your breath away from the area getting hit.

Finally, you must have your mind controlled or focused to be aware that you are getting hit and to concentrate the muscles and breath simultaneously at the point of impact.

With these three factors working for you, your Ki is said to be "flowing" and you are able to resist blows that would cripple normal people. Yet you too are normal. It is just that you have been able to, by practice, and the use of positive reinforcement and progressive training, apply your muscle, breath and mind to such states that you are able to focus them simultaneously and instantaneously to the area of impact when you see a blow about to occur.

We have already been shown exercises to strengthen the muscles and to begin to concentrate and focus the mind, Now we will begin to do exercises to strengthen ones breath control.

The first step in controlling the breath is to become aware of it as a force, and to use it to store power (or concentration effort) in your lower body. Note: your center of gravity is located about 2 inches below your navel and serves as a concentration and focus point for the mind when developing control of the breath and understanding of Ki.

NOTE: This chapter is from my Book **THE END OF INJURY**

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Questions And Answers On KI:

Q. What if you don't see the blow coming?

A. 9 out of 10 times you do see the blow coming because it is illegal in most sports to hit the man from behind, and because you see the blow coming you will be able to react in time. Get in the habit of always being ready when on the field or playing. Don't let your guard down. Keep the muscles tense but not tight. Keep the breath under control. Do not get lazy and start breathing into stomach and keep the mind concentrated and prepared for a blow at any time. Remember the play is not over till you are in the huddle, the referee has the ball or the final gun has blown. I guess the best motto is to "Stay Prepared."

Q. How do I practice without getting hurt?

A. Practice in progressive steps using only positive reinforcement, start out with a tap, and only build up the power of the hits a very little at a time, as your technique progresses and your mind and body become stronger and more confident. So always use a partner that wants to help you learn, not one that wants to see you get hurt.

Q. How often should I practice my Ki?

A. You should do your breathing exercises every day, your sit ups every day, your muscle training 3 times a week, your meditation and beginning mind control exercises every day for at least 3 months. By then you will have learned all the techniques well enough to take almost any blow without receiving an injury.

Then you may practice these exercises 3 times a week. Remember that your Ki is as much technique as it is mind control and so you must practice your technique by letting people hit you. If you have not let anyone hit you for 4 weeks, your technique will not be as sharp, therefore your Ki will not be as good. It is just like any sport, you must practice specific techniques quite often to stay in top condition.

Q. When should I not practice?

A. Do not try to do Ki when you have been drinking. Alcohol deludes one into thinking he has more power than he really has; never when on drugs; or after eating - wait at least an hour; and do not try it just as you wake up, wait until you are fully awake and your mind is very clear. Also if you ever feel like you don't want to get hit, or just don't have any Ki that day, then you are right and you should not practice your Ki because you are not really doing Ki for you have not got the absolute mind beliefs necessary to do it correctly.

Q. How do I do all these things in a game situation?

A. You already should have the muscle strength from your muscle training, and you can practice your breathing exercises before the game. Use the time you have in the huddle or before the ball is snapped or when you are on the sidelines to keep the mind concentration at a top level.

Procedure for Using Ki

Day One:

- a. 50 sit ups, 50 leg ups, 20 side bends.
- b. stomach breathing 2 minutes
- c. isometric stomach breathing, 5 way

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d. concentration for at least 30 seconds on "I am going to get hit in the stomach" and "I am not going to get hurt."

e. partner just jabs his fingers into solar plexus area (be sure to overact and really tighten the muscles, and scream at the instant of impact even though this is a soft blow.)

f. affirmation - affirm to yourself "that did not hurt, and I cannot get hurt by being punched in the stomach."

Day Two:

a. 60 sit ups, 60 leg ups, and 20 side bends.

b. stomach breathing 2 minutes.

c. isometric stomach - 5 way.

d. concentration for at least 30 seconds on the facts. "I am going to get hit." "I am not going to get hurt."

e. partner hits you in the stomach 1/4 of his full power.

Be sure to overreact to the punch and greatly tighten the stomach muscles, forcefully exhale the air, and scream at the point of impact.

f. affirmation "that did not hurt, and I cannot get hurt by being punched in the stomach."

Day Three:

a. 70 sit ups, 70 leg ups, 20 side bends.

b. stomach breathing 2 minutes

c. isometric stomach - 5 way

d. concentration for at least 30 seconds (See above concentration thoughts)

e. partner hits you in the stomach 1/3 his power. Be sure to be over ready to this punch. In other words be ready for a punch twice that hard.

F .affirmation (see above affirmations)

Day Four:

a. 80 sit ups, 80 leg ups, 20 side bends.

b. stomach breathing 2 minutes

c. isometric stomach - 5 way

d. concentration for 30 seconds

d. partner hits you 1/2 power

e affirmations

Day Five:

a. 90 sit ups, 90 leg ups, 20 side bends

b. stomach breathing 2 minutes

c. isometric stomach - 5 way

AMAZING SECRETS OF THE MARTIAL ARTS MASTERS

- d. concentration for 30 seconds
- e. partner hits you 2/3 power in stomach.
- f. affirmations

Day Six:

- a. 100 sit ups, 100 leg ups, 20 side bends.
- b. stomach breathing 2 minutes
- c. isometric stomach - 5 way
- d. concentration for as long as you need to take a full power punch. Not more than a minute should be needed.
- e. partner hits you as hard as he can in the stomach.
- f. affirmations and congratulations by partner and coach.

Rest Sunday.

The next week continue to do 100 sit ups, 100 leg ups, and 20 side bends a day. 2 minutes of stomach breathing, 5 way isometric stomach, try to lessen the amount of time you need to concentrate, and begin to practice your Rib Ki in the same gradual manner you did the stomach Ki. By the end of the week you should be able to take a full power punch in the stomach and a fully power strike in the ribs.

Week 3. Continue to do 100 sit ups, 100 leg ups, 20 side bends, 2 minutes stomach breathing, 5 way isometric stomach, increase your concentration ability, take punches in stomach and ribs, and begin to practice techniques for neck Ki (but do not practice taking hard strikes in the neck EVER, just practice the technique.)

You should continue to practice your Ki vigorously and religiously every day you can until you have developed the techniques so that you are able to let someone punch you either in the ribs, or the stomach without more than a split seconds notice, and until you can take several strikes in a row to different areas of your body. Your Ki will get better every day, as your mind gets stronger and your breath and muscle control becomes sufficient so that you are absolutely assured of their immediate full cooperation when you practice your Ki.

Ki will work. Ki does work. Ki can be developed by you, by anyone who is willing to do the following things and to believe in himself and the following concepts. 100 sits ups, 100 leg ups, and 20 side bends. A regular muscle strengthening program. 2 minutes of stomach breathing every day for at least a month. Isometric stomach breathing 5-way, beginning mind control exercises and meditation techniques (see Chapter 11). Progressive-positive training with a proper partner and someone who believes in himself and the power of his mind.

NOTE: This chapter is taken from my book
The End Of Injury

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UNBENDABLE ARM

The Unbendable arm is important to learn in your quest for KI because it teaches you to really focus your mind and direct your mind.

You start off by placing your arm on top of the shoulder of the man who will try to bend it.

It is important not have the arm bent when you first place it on top of the shoulder and Then to Straighten it Out.

Do Not Lock the Elbow. If the person snaps suddenly it can break, and permanently damage your arm.

You should focus your mind on the fingertips and imagine that you are shooting water out of your fingers. Imagine a flow of water that is hard, fast and unbendable.

You must breath out while doing the technique and also it will help if you walk a little forward while learning it. When you walk it takes away all the strength from the man bending the arm. You do not want to walk when you are demonstrating the techniques in a show, but only imagine you are walking in your mind.

The arm will remain unbendable as long as your mind stays focused and you concentrate on flowing out the arm.



Let the arm bend
a little to start



Concentrate the mind
flow thru the arm



Straighten the arm
and breath out



You can walk forward
a little to stop the downward
pressure on the arm

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UNBENDABLE WRIST

The Unbendable Wrist is very important for learning KI. It teaches you to focus your mind, concentrate the mind and not use muscle but Mind Control to stop the wrist from bending.

It is important that you do not Practice Failure. Do not practice where you let your wrist be bent. This injures the wrist and teaches you failure. When you are learning, only let the person put enough pressure to almost bend the wrist. The you stop them, and start over again.



Point the index finger of your hand and concentrate all your mental focus on the finger. Imagine you are shooting a stream of water out of your finger. That a steel rod is running thru your finger. That your wrist is steel and can not be bent.

Take a deep breath when doing the exercise and blow the air out while the person tries to bend your wrist. Do not let them bend the wrist when learning. Stop them



If you slightly push up into the mans face you will take away much of his strength and stop his force. The wrist will not bend, but with practice you can simply project your mind and flow thru the wrist. Not move forward with the wrist and stop him from bending the wrist.

Do not use too much muscle, but use your mind.

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STOMACH POWER ... SIT UPS AND LEG LIFTS

I can't over emphasize the importance of sit ups and leg lifts. There are four distinct muscles in your stomach and sit ups work the top 2 muscle groups, while leg lifts work the bottom 2 muscles.

To do your sits ups. Put your feet against something hard, like a wall, you do not have to put them under anything.

Cross your arms in front of your chest or hold both arms in front of your chest. **DO NOT PUT YOUR ARMS BEHIND YOUR HEAD.** This hurts your neck. **DO NOT GO ALL THE WAY BACK** to the floor. It is not necessary and does more harm than good. I like to lean to the right for about 50 sits up, then lean to the left side for 50 sit ups, and then do 50 in the middle. This gives a good workout to my obloquies as well as my stomach muscles. I like to do sit ups for at least 10 minutes.

Leg lifts are necessary for strengthening the lower back as well as lower stomach. They also strengthen the knee and help tone leg muscles. Put your hand on the floor flat under your butt, this helps keep the pressure off your back and allows you to do more leg lifts. Raise the legs about 45% and then lower them back down. I like to try to keep the legs up and actually force them down and then they fly back up. It is almost a reverse leg lift. Do at least 100. If you are in good shape do them for 3 minutes without stopping.



Put your legs against something hard



Don't go all the way down



Work each side

Keep your head up while doing leg lifts



Keep the hands under your butt

Point the toes

Raise about 45%

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How to get hit in the Stomach

To get punched in hit in the stomach or solar plexus requires a lot of KI. Please see the chapter on KI for a full explanation. KI is muscle, breath and mind control, and you must use all 3 every time you get hit, or punched.

STOMACH KI IS VERY DANGEROUS. I DO NOT SUGGEST YOU TRY TO GET HIT UNLESS YOU HAVE A THROUGH UNDERSTANDING OF KI..

Here are the important steps in taking a hit in the stomach.

1. You must be able to do 100 sits ups and 100 leg lifts without stopping to be able to take a stomach punch. If you can no do 100 sit ups and 100 leg lifts **DO NOT TRY TO TAKE THE PUNCH.** Please see the section on Sit Ups and Leg Lifts for how to do them correctly

2. You must have breath control. You must do the 4 way breathing exercises before you take the stomach punches. Please review the 4 way breathing section before you try to take a punch.

3. You must have enough mind control to do the unbendable wrist. If you can not control your mind enough to not have your wrist bent. You can not take the stomach punch. Please review the section on 4 way breathing before trying to take a punch.

If you have done your sit ups, practiced the 4 way breathing, and can do unbendable wrist. You are ready to try to take a stomach punch.



**Step forward to take the punch
Control your mind and breathing
Tighten your fists and nod when you are ready to get hit.
Yell very loud when you get hit, and push down into the punch.
Do Not lean away or backwards.**



After you are hit. Rub around the area and throw away the pain!

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How to get punched in the Ribs

To get punched in the ribs requires a lot of KI. Please see the chapter on KI for a full explanation. KI is muscle, breath and mind control, and you must use all 3 every time you get hit, or punched. Here are the important steps in taking a rib punch.

1. DO NOT LEAN BACKWARDS. It is very common when someone is about to punch you in the ribs to lean backward. This is Terrible and causes you ribs to expand and thus be severely injured. You should **LEAN INTO THE PUNCH AND CRUNCH DOWN.**

2. You must blow your air out forcefully at the point of impact and squeeze or crunch down on your ribs. If you don't force your air out, it will be knocked out by the punch.

3. You must twist slightly to the front. This helps keep the ribs tight and focuses the muscles to protect the ribs.

If you are using KI. You will not even get a bruise. If you are using too much muscle you will get bruised.



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You must protect the ribs by using muscle, breath and mind control. You must protect the floating ribs at the bottom of the rib cage by twisting down



You must never lean back, as this exposes the ribs and causes injury



You must crunch down and to the side to protect the ribs. Keep your hand on your head this allows you to tighten the lat muscles and helps to protect the ribs.



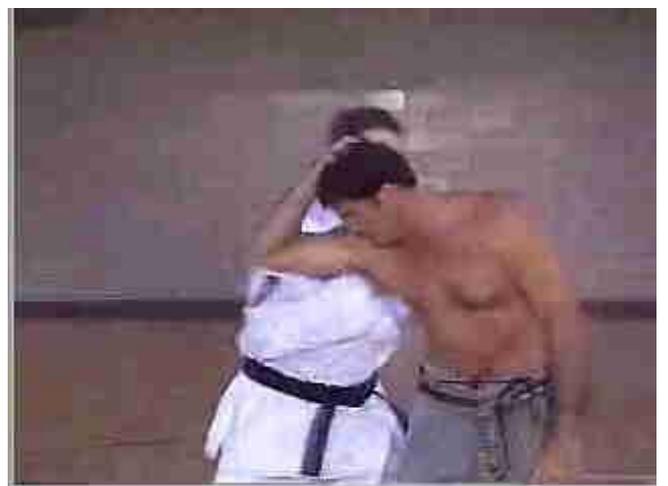
With practice you can let someone Kick you in the Ribs

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It is actually easier to take a elbow in the ribs because the elbow is so much wider than the fist and the elbow hits a much wider area.



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How to get hit in the Throat

To get punched in hit in the throat requires a lot of KI. Please see the chapter on KI for a full explanation. KI is muscle, breath and mind control, and you must use all 3 every time you get hit, or punched. Here are the important steps in taking a hit in the throat
THROAT KI IS VERY DANGEROUS.

If you get hit in the ribs and hurt, you get bruised ribs. If you get hit in the stomach and hurt, you get a sore stomach. If you get hit in the throat and hurt. **YOU DIE!**

Here are the steps for throat KI.

1. Pull the bottom jaw backward and the tongue to the back of your throat. Just like you are “buck toothed” and getting ready to swallow. You must pull the bottom jaw backward to protect the Adam Apple. Swallowing the tongue causes the Adams Apple to suck back and be protected by the throat muscles.

2. You must make the Adams Apple Go Away. To do this you must pull the jaw backwards and swallow (or pretend) to swallow. You can test this by having someone try to choke



**WARNING
DO NOT PRACTICE
THROAT KI UNTIL
YOU UNDERSTAND
KI.**

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You must pull the jaw back and the tongue down like you are swallowing to protect the adam apple



You can test your adam apple to make sure it is protected by hitting yourself in the throat



If you can be choked your adams apple is not protected and you can NOT be hit in the throat



WITH PRACTICE YOU CAN TAKE FULL POWER PUNCHES IN THE THROAT. You must be careful that the man does not hit you in the jaw.

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BREAKING BOARDS ON YOUR RIBS WITH A BAT

Breaking Boards on your ribs with a bat requires use of KI and a competent baseball bat swinger.

You must make sure that the person swinging the bat does not “break his wrists”. That means the wrists do not go around when he swings. The bat stays straight and the wrists do not break forward.



Do not “break the wrists” when swinging the bat. Notice the wrists are back the bat is straight.

Be sure to **LEAN INTO THE BAT**. Do not lean away. Crunch down on the ribs. Breath out hard, **YELL**



Keep your holding hand away from the bat



Crunch down at the point of impact

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It is easier with your jacket or Gi on



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BENDING A KNIFE ON YOUR NECK

To BEND A KNIFE requires a lot of KI. KI is muscle, breath and mind control, and you must use all 3 every time you get hit, or punched or bend a knife.

It is important to do the following exercises everyday to Store Your Ki, and the 4 Way Breathing to flow your KI thru your body.

To bend a knife on your neck requires a lot of KI, and a LOT OF PRACTICE. I started out learning to break arrows on my neck, then went to very flexible dull knives, and finally the 10 inch razor sharp butcher knife I use in these photos.

The first thing you must be able to do is to make your neck very tight and cause a hollow to form in the bottom on your neck. It is in this “hollow” or hole in the bottom of your neck that you bend the knife. The skin there is very soft and can stretch. It has no muscles behind it, so it will not have resistance for the blade to go thru. If there is resistance the blade will go thru and KILL YOU.

To get the hollow in your neck. Tighten your muscles, breath out, pull your bottom teeth back and make like you are swallowing your tongue.



**YOU MUST FORM A HOLLOW
IN THE NECK FOR THE KNIFE TO
BEND ON**

**STOP
THIS IS EXTREMELY
DANGEROUS
DO NOT TRY TO BEND
THE KNIFE UNTIL YOU
CAN BREAK ARROWS**

I USE A RAZOR SHARP 10 INCH
BUTCHER KNIFE.

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BENDING THE KNIFE

Make sure to hold the knife very steady and do NOT TWIST. As you start to push the blade, slightly point the blade up for a better bending angle. Push slowly and steadily. Unbending the knife is actually the most dangerous part, as the knife will try to “pop” straight. Be sure to keep the knife steady and slowly unbend.



You must form a hollow at the bottom on your neck and you must keep your neck very tight

STOP: DO NOT TRY TO BEND A KNIFE ON YOUR NECK WITHOUT SUPERVISION OF A QUALIFIED TEACHER. YOU CAN GET KILLED!!!!

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DRIVING A NAIL THRU A BOARD WITH YOUR HEAD

To drive a nail thru a board with your head requires the use of a lot of KI, as well and a sharp nail. You can't do it with a rusty nail.

Start by sharpening your nail and I like to put a little soap or vaseline on it to make it slippery. You should make a small hole with the nail in the board, so it has a starting point and does not wiggle as you start to pound it with your head.

The secret is to cover the nail with your belt, and then cover your belt with the fleshly part of your hand, right between the index finger and the thumb. Do not just cover with your belt. You need to cover the nail with the belt and the fleshly part of your hand.

Now you must drive the nail in using short powerful head strikes. Drop your body and thrust your head down with your body drop. Do not just try to use your head, use your whole body. After about 10 hits the nail should be in deep and make a great presentation.



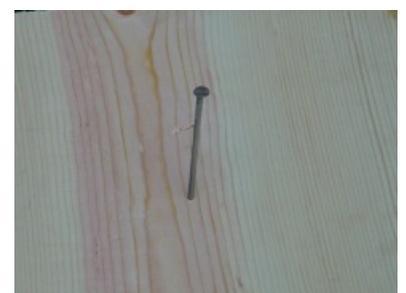
Cover the nail with your belt



Cover your belt with the fleshy part of your hand



Drive your head and body down with the strike, do not just use your head, drop the body and shoulders



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Lying on a bed of nails / breaking boards

To lie on a bed of nails and break boards is not that difficult but is dangerous. You have to protect your eyes and make sure no splinters come into them. You also need a “bed of nails”.

The bed of nails should have hundreds of nails, and the tips can be filed a little so they are not as sharp. The nails will still be pointed and can easily do thru your body, if you lie on them crooked or not flat.

You must lie “flat” and must not lean to either side. The nails won’t go thru because there are too many of them. It is like walking on gravel, which does not hurt, and walking on a single pebble , which does hurt.

You should yell when you are hit, and the bat swinger should not break his wrists. You can work up to breaking cinder blocks, or bricks, but be careful to protect your eyes.



The nails must be close together, so you can walk



Lie completely flat do not lean to either side



Put the board in the middle of your chest



Protect your eyes and yell at impact

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Close up of the nail imprints on my back. The imprints will stay there about 2 days. But no real damage is done.



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My 12 yr old son, Teddy Jr. And 10 yr old daughter, Mary are able to do the trick. They really have to breath out hard and keep the muscles tight.

