



The Wisdom Warrior Newsletter

2010 Edition Volume 2

In this edition:

Welcome note	page 1
The Warrior Lifestyle Bohdi Sanders, Ph.D.	page 1
The Principles of Victory – Part 2 Charlie Ward, Ph.D.	page 1
Native American Corner	page 3
The Warrior Creed	page 6
Listen to Your Spirit Bohdi Sanders, Ph.D.	page 7
A Cowboy's Point of View Cherokee Parks	page 8
Three Keys to Joint Lock Success Alain Burrese	page 10
Taoist Corner	page 11
Book/DVD Reviews Lock On: Joint Lock Essentials	page 12
The Wisdom Warrior News	page 13
Parting Thoughts	page 14

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Bohdi Sanders

Welcome to the Wisdom Warrior Newsletter!

If this is your first time reading the *Wisdom Warrior Newsletter*, I want to welcome you and I also want to encourage you to think about how you live your life. The *Wisdom Warrior Newsletter* is about living the warrior lifestyle, a lifestyle of excellence, character, and honor. This is the second edition of the newsletter. If you missed the first edition, it is posted on the Wisdom Warrior website at www.TheWisdomWarrior.com. Please write me and let me know what kinds of things you would like to see in future newsletters. You can send your recommendation and suggestions directly to me at: www.WarriorWisdom@comcast.net.

The Warrior Lifestyle Bohdi Sanders, Ph.D.

What is the warrior lifestyle? The true warrior is a rare person in today's world. He lives life with a different set of values compared with the rest of society. Even those who do share the same values, rarely live a lifestyle which adheres to those values to the extent that the warrior does. To most people, ethics are situational. They make decisions according to what is best for them, instead of what is right. This is not the case with the warrior. The warrior values honor, integrity, justice, and his sense of what is right, above all else. His ethics are not situational; they are his way of life.

The warrior lifestyle revolves around a code of ethics which is non-negotiable. The warrior's code of ethics, or code of honor, is taken

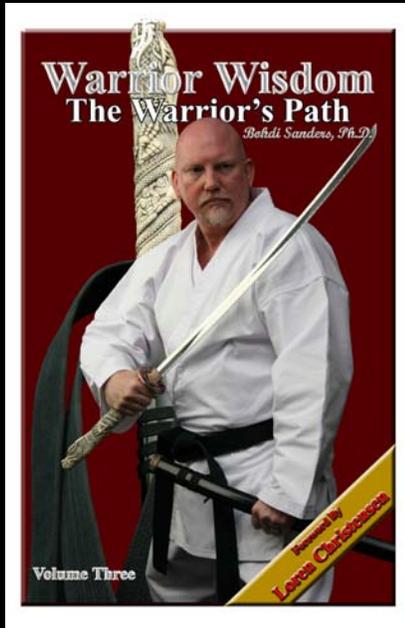
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The Principles of Victory - Part 2 Charlie Ward, Ph.D.

Lesson 3 – K.I.S.S. (Keep It Simple, Stupid)

Many people are familiar with the acronym of KISS – Keep It Simple Stupid! Basically this means that plans and strategies should be kept as simple as possible. Keeping things simple greatly increases their chances of success. This KISS principle has been applied to many

Continued on page 4



The Warrior's Path is the third book in the *Warrior Wisdom Series*. Forwarded by one of the biggest names in martial arts literature, Loren Christensen, *The Warrior's Path* delves deeply into the warrior lifestyle of honor and integrity. Learn more about the warrior lifestyle and how to live a life of excellence!

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Every action we take, everything we do, is either a victory or defeat in the struggle to become what we want to be.

Anne Byrhhe

continued from page 1

seriously. To the warrior, distinguishing between right and wrong is of the utmost importance. He sees right and wrong in terms of black and white. He knows that an action is either honorable or dishonorable. This is not meant to imply that honor is black and white; honor is not that simple.

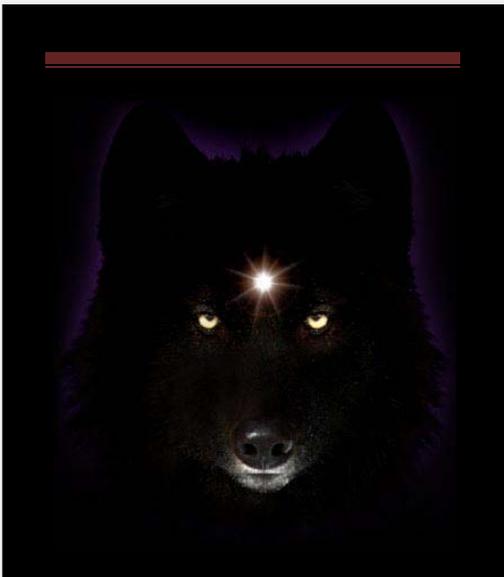
Those who live the lifestyle of the warrior know that whether or not an action is honorable, is determined by both one's intentions and the situation at hand. This is not to be confused with situational ethics. The warrior's ethics do not change according to the situation. His actions will change as needed, but his ethics remain set in stone. There is a big difference between ethics and actions. Ethics determine actions; actions do not determine ethics.

The warrior lifestyle is concerned with what is right and what is honorable. A warrior's ethics revolve around these two issues. Justice and honor are foremost on his mind. His thoughts are centered on "what is right," not on other people's opinions of what is right. He realizes that many people profess a belief in absolutes which they neither live by, nor truly believe in, when push comes to shove.

The only absolute that the warrior lives by is that of what is right and wrong. If it is not right, he doesn't do it. He determines what is right and wrong by his strict code of ethics, not some arbitrary laws or the politically correct standards of the day. The warrior doesn't *appear* to be honorable; he is honorable. Sincerity is ingrained in this lifestyle. This is a lifestyle that is meant to be lived, not fantasized about or merely discussed.

This lifestyle consist of much more than being trained in the art of war or the art of self-defense, although these are an important part of the life of the warrior. It also consists of the challenge to perfect one's character. This is a process much like the Japanese concept of kaizen. Kaizen can be translated as constant, never-ending improvement. True warriors try to apply this concept to every area of their life. They seek to balance and improve each area – spirit, mind and body, on a daily basis.

Each area of your life is important and should be kept in balance. Training men in the art of war or in the art of martial arts, without regard to character, only produces a dangerous man; it does not produce a warrior. In years past, the martial arts masters would not train someone fully until they felt assured of that person's character. Today most schools will train anyone who can pay, regardless of their character or lack of character. This is dangerous information to give to just any and everyone who comes along. In my opinion, character should be a prerequisite, not only for martial arts training, but for many of the privileges which we enjoy in this country.



Native American Wisdom Corner

I have made myself what I am.

Tecumseh

Out of the Indian approach to life there came a great freedom, an intense and absorbing respect for life, enriching faith in a Supreme Power, and principles of truth, honesty, generosity, equity, and brotherhood as a guide to mundane relations.

Luther Standing Bear

Whatever befalls the earth, befalls the sons of the earth... This we know: all things are connected like the blood which unites on family.

Chief Seattle

I am asked often whether or not I believe that the term “warrior” should apply only to military men and women who have been in war or to trained and experienced fighters. Although I realize this is the literal definition of a warrior, I do not believe that this is the correct definition, not according to the many accounts from past warriors anyway. This literal definition of a warrior is not the definition that is used for our discussion of the warrior lifestyle in *Warrior Wisdom*.

An ape can be trained to throw punches and kick, a dog can be trained to fight, but that doesn’t make either of them warriors. Being a warrior involves more than being trained to fight or being in the military; it involves character training as well. Character training is the true goal of Bushido, the way of the warrior.

Please don’t misunderstand me; I have great respect for our military men and women. But I believe that anyone who has ever served in the military will agree that not every soldier lives by the character traits which are necessary for the warrior lifestyle, anymore than every martial artist or every person in general lives by these standards. I’m not taking anything away from those who serve our country. Every person who serves our country deserves our respect and gratitude, but service doesn’t necessarily indicate that a person is concerned with perfecting his or her character. It is rare to find people who take their ethics seriously today. It is common to find people who *claim* to take their ethics seriously, but I am referring to people who walk to the walk, not just “talk the talk.”

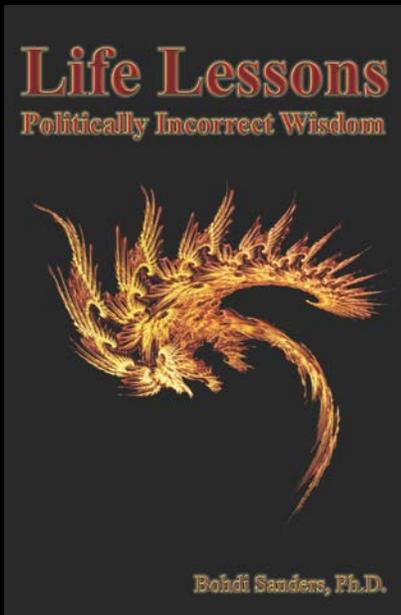
Yes, the warrior is concerned with physical training and the martial arts, but he also knows that character training is the cornerstone of the warrior lifestyle. The true warrior should be trained in martial arts. His ethics require that he be ready to defend his family, friends, or himself in certain situations. In today’s world, you never know when you may have to use your martial arts skills. It is essential that you have this training to be as self-reliant and as safe as possible, but without a code of ethics, which is based on a deep understanding of right and wrong, there is no warrior; there is only someone trained to fight. There is a difference. Without the character traits of honor, integrity and justice, there is no warrior lifestyle.

In short, the warrior lifestyle is for anyone who want to live a life of excellence; a life which adheres to a strict code of ethics. You must be willing to live your life based on honor, preparedness and what is right. This lifestyle requires that you put your ethics before your comfort, and that you put what is right before what is profitable. It requires filial duty, dedication to family and friends, and a willingness to help those in need. It requires independence in thought and action. This lifestyle is a decision, not a profession.

Bohdi Sanders, Ph.D.

Real fighting is not like a Hollywood movie, or even like an advanced martial arts demonstration.

Charlie Ward, Ph.D.



Life Lessons is the newest book from the award winning author, Bohdi Sanders. This book deals with issues concerning living a successful life and dealing with people who are sometime less than honest or even manipulative. Knowledge is power and this book gives you the knowledge you need. *Life Lessons* is one of the favorites among Bohdi's readers!

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Areas and procedures over the years, from business practices to educational methods, but it has its roots in military strategy. In combat, the more complex you try to make something, the more likely it is to fail, horribly. The best plans are simple plans. IN no area does this hold truer than in one-on-one combat! An accomplished fighter with years of training can really do some amazing physical feats. Acrobatic techniques, incredibly complex weapons routines, breaking stacks of boards and bricks that are ridiculously thick, and so on, are commonly seen. Let me tell you something – none of those things are going to be used in a real fight, ever!

I'm not saying that learning all those things is meaningless, far from it. The more advanced someone gets in their training, and the easier they can perform some of those amazing feats, the easier it will be to perform the basics when push comes to shove. That's why learning, and keeping up with the basics is so important. That's what you will use when real combat ensues. Real fighting is not like a Hollywood movie, or even like an advanced martial arts demonstration. In real life nobody jumps up in the air and spins around while kicking multiple attackers and knocking them down. In combat, your stress level can be pushed to its maximum.

Psychologically and physiologically speaking, you will simply be unable to form complex thoughts, much less carry them out. Likewise, your coordination and fine motor skills don't function like they do when you're at ease. You will experience shortness of breath, tunnel vision, fear, anxiety, anger, high blood pressure, and a host of other physical and mental conditions which only allow for the most basic and simple thoughts and actions to be carried out. That's the truth, the bottom line, end of story!

Personally, I have fought in more than 100 professional fights, with no pads and no rules. That does not include any fights as an amateur, or any other engagements outside the cage or ring, whether it was self-defense situations, military conflict, or other hazards. In other words, I have the direct experience to back up what I'm saying. That's the message that I am trying to get across to you. You have to know the basics to the point where they come effortlessly, without having to think about them.

Actual combat happens at a frightening pace! Decisions have to be made, and lives can be lost, in fractions of a second! You don't have time to ponder the problem; you simply react with your training. You must train to react correctly when it's all on the line. The basics must be mastered to the point where they are instinctual responses. That kind of expertise only comes with time and dedication to the dream! A great quote that drives this point home goes like this, "There is no greatness where there is not simplicity."

Any student of good martial arts training will consistently evolve by moving, thinking, and perceiving differently than before.

Charlie Ward, Ph.D.

To always have a perfect defense, don't get hit.

Sun Tzu
The Art of War



Wisdom of the Elders – Simply the best quote book available for those interested in living a life of excellence! This book focuses on quotes that can and will change your life if you apply them. The wisdom in this book truly spans the world, and the ages!

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The more advanced you become, the more complex maneuvers and techniques you will learn. That is good. It should be that way. Learning those more complex techniques will allow you to master your own body and mind in ways like nothing else ever will. However, never deviate from the basics. Always keep those skills sharp. And remember, if the time ever comes when you should have to throw down and enter into real combat – KISS – Keep It Simple Stupid!

Lesson 4 – The Best Defense

Contrary to popular belief, blocking is not the number one priority in having a good defense. Although it is extremely important to know how to block properly, movement and evasive skills take the number one priority slot in having a truly excellent defense. Sun Tzu said it best in his book, *The Art of War*, “To always have a perfect defense, don't get hit.” While this advice may seem comically simple, it is also absolutely true.

You must move, evade and avoid. If someone throws a strike or kick at you, get out of the way, if possible. To just stand there and absorb the punishing impact of the attack, even if your block is successful, is not the smartest thing to do. Here are a few excellent reasons why movement and evasion are more important than the block itself.

Fatigue – It takes twice as much energy to swing and miss, than to swing and hit. In other words, this will tire your opponent out faster. The more fatigued your opponent is, the easier it will be to defeat him.

Frustration – Not only will avoiding the strike tire your opponent out faster, it will also frustrate him. Frustration leads to anger, which makes for bad decision making. The frustrated man fights himself. His attacks become careless and predictable, making him easier to defeat.

Balance – If someone swings and misses, they will naturally follow through with their technique due to the momentum of the strike or kick itself. By moving out of the way, your opponent swings through and becomes unbalanced. Any person who loses their balance is momentarily weak. They can easily be taken down or thrown, and in their effort to regain their balance, they are wide open to various counter attacks. Not to mention that their concentration is now focused on the act of regaining their balance, and not on you.

Accuracy – It's harder to hit a moving target than a stationary one. Like the aforementioned reasons, this is just common sense. This idea of slipping and counter attack is hardly a new one. Boxers do it all the time. Yet time and time again, I see fighters who will stand still and execute a static block in an effort to stop their opponents.

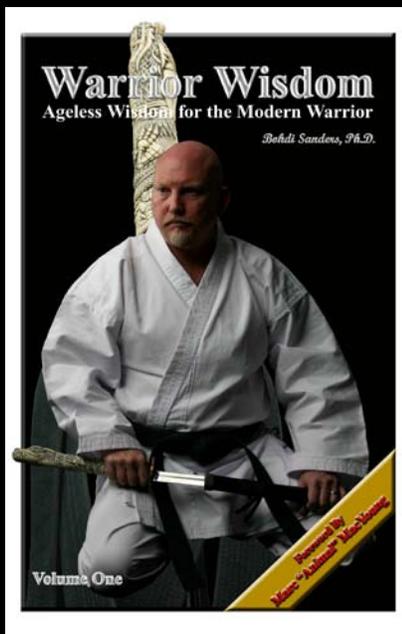
The Warrior Creed

Wherever I go, everyone is a little safer because I am there.

Wherever I am, anyone in need has a friend.

Whenever I return home, everyone is happy I am there.

Robert L. Humphrey



Be sure to check out the highly acclaimed, award winning, *Warrior Wisdom: Ageless Wisdom for the Modern Warrior*. If you haven't read this ground-breaking book yet, you are going to want to get a copy and start your journey on the path towards the warrior lifestyle. A limited number of 1st edition, signed copies are still available...

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The block itself should be thought of as secondary. The block should serve to further redirect your opponent's momentum, and to further destroy his balance. A static block should only be thrown if you are unable to move or get out of the way, or if you mean to jam your opponent's attack. It should also be simultaneously coupled with, or immediately followed by, a hard counter strike to get yourself out of that situation.

Also, how you move, and where you move to, should be covered in detail by a qualified instructor. Simply jumping out of the way isn't the answer either. Your movement should position yourself for an immediate and devastating counter attack that will finish the fight as quickly as possible.

These are just a few basic lessons in strategic thinking that apply to the Principles of Victory. As I stated at the beginning of this article, they are by no means the only strategies available. The purpose of this article was to get you into the warrior mindset mode, so that thinking in these terms becomes a habit.

Any student of good martial arts training will consistently evolve by moving, thinking, and perceiving differently than before. It is a profound, yet subtle transformation that naturally occurs over time. This is how it should be. Ideally we will never stop learning, growing, and becoming more than we once were.

About the Author:

Dr. Charles Ward, Ph.D./Ma.D.Sc., CSCS, is a Professor and Command Master Chief Instructor of the Sun Devil Combat Sports Program, he is also the USMTA Arizona State Director, and is on the USNMAT Alliance Board of Directors. He also is the founder of Ward's Living Weapon Fight Science Institute and the Bear Pit Muay Thai Training Camp in Arizona.

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Listen to Your Spirit Bohdi Sanders, Ph.D.

**Don't follow the advice of others; rather,
learn to listen to the voice within yourself.**

Dogen

This quote by Dogen, the famous 13th century Zen master, is a little misleading at first. When you first read it, it seems as though Dogen is telling us not to follow the advice of others. What he is actually telling us is not to *blindly* follow the advice of others, but rather to listen to the advice of others, while at the same time listening to your inner spirit. It is wise to listen to the advice and opinions of others, but always think for yourself. Don't act on the advice of others until you feel, deep in your spirit, that their advice is right.

This is what is meant by listening to the voice within. Always trust your internal voice, whether you call it your "small quiet voice," or your intuition, it will not lead you astray if you will learn to listen to what it is trying to tell you. How do you know what it is trying to tell you? You listen. You have to spend some quiet time alone, just you and your spirit. For many this is challenging. We are so used to the constant bombardment of external stimuli going on today that silence can actually feel awkward.

Listening is a skill that has to be developed just like your roundhouse kick or your side kick. Can you remember when you first began martial arts, how awkward some of the kicks and techniques were? Nothing that is completely new is comfortable at first. You have to practice new skills and techniques until you become comfortable with them and they become second nature. The same is true of listening to your intuition or your spirit. As Hui Neng taught, "Look within... The secret is in you."

What does it mean to look within? Well, in simple terms, it means to get quiet, meditate on the issue, and listen for the answer to come to you in your mind from your inner spirit. Meditation is key to listening to your spirit. You have to get quiet and tune out all of the external stimuli. Your spirit is always trying to communicate with you and guide you, but you cannot hear it unless you learn to listen.

As with any other skill, listening to your spirit takes practice. It also takes courage and faith. You have to have faith in what you hear your spirit telling you, and the courage to act on this guidance. This is where the practice comes into play. Many times what you hear from your spirit will not make sense to you. This is when it takes faith and courage to step out on a limb and trust your intuition. Your spirit will not guide you wrong if you take time to really listen and follow what you hear. Try it and see for yourself!

It is only with the heart that one can see rightly; what is essential is invisible to the eye.

Antoine de Saint-Exupery

You are used to listening to the buzz of the world, but now is the time to develop the inner ear that listens to the inner world.

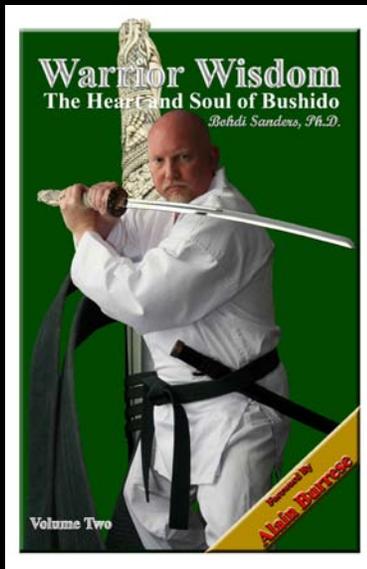
Saint Bartholomew

Trust the instinct to the end, though you can render no reason.

Emerson

What mortals see are delusions. True vision is detached from seeing.

Bodhidharma



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A Cowboy's Point of View Cherokee Parks



Fireside Meditations is the most unique book by the acclaimed author of the *Warrior Wisdom Series*. In *Fireside Meditations*, Dr. Sanders guides the reader through a series of questions which lead you to better understand of what you believe and why.

Many people think that they know concretely what they believe in and why, but when they dig a little deeper, they find that they have avoided many of life's tougher questions. Dr. Sanders brings these questions to the surface and causes you to look deeply within to learn exactly who and what you truly are.

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Over the years I've been called a warrior on numerous occasions, yet I have never called myself one, or thought of myself as anything other than just another cowboy. Granted, I follow a code, kind of a "Code of the West" sort of thing. Now I didn't learn this code from the old dime novels or "B" Westerns of the 40's and 50's. I learned it first hand from some real old timers, among them my father, grandfather, uncles, great-uncles and the men they were surrounded by. They weren't all cowboys, but they were all "salt of the earth", and all but one of them were true warriors. And that lone man was still a better man than most I've met since.

They're all gone now, but they were the men I have tried to model my life after. They were fearless and loyal, honest and straightforward, and "tough as a dollar steak" as we used to say about men like that. Family always came first, and while they could be harsh, even somewhat callous, in their teachings, methods and attitudes, it was all for a reason. That reason was to prepare us to face the real world and withstand anything that was thrown at us, good or bad. I already was well trained in and capable of "improvise, adapt and overcome" while many of my companions were just learning what it meant, which could explain why I was promoted to leadership roles at a faster than normal rate.

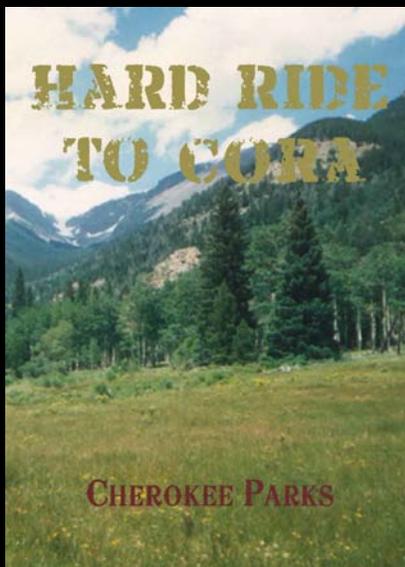
Or it could have been another of those early lessons I hated learning, but valued far beyond anything my teachers could have ever imagined. I learned loyalty to family and friends alike, and remembering to be protective of those around you as a part of that loyalty, especially those less capable or less attuned to their surroundings. A side result of that particular lesson, which I'm certain was intended, was knowing when to lend a hand, when to give a push, and when to pull. Another of those little added values was also knowing just how far to force an issue, no matter how right one might be. Still another is knowing when someone can be aided and when helping them is a complete waste of time, either because they are gaming you or because they simply can't be helped.

That knowledge hasn't prevented me from trying to help the gamers and those incapable of knowing what to do when help is given, but it certainly has helped me get out of some self-inflicted situations before I was completely sucked down. I believe that every one of us has had a few of those situations to face in life. The real trick is to not be bitter about them; they are all part of life. But don't forget them either, or you'll just have to learn that same lesson over and over.

You may be wondering what this has to do with the warrior lifestyle,

A young Irish cowboy wakes to an eerie feeling while out on the trail – a feeling that has mixed signals when tragedy strikes the B Bar O. Both he and the foreman send for help, but when it arrives, it comes in a greater number than either expected. And with a couple of surprises, including more trouble...

A Western set in Wyoming in the early 1880s, Cherokee Parks delivers an intriguing murder mystery. Parks, a man with deep Texas roots, has crafted an enjoyable Western tale, a mystery with a few turns, an Indian legend, and a few surprises. This is one story that is difficult to put down. You just might find that once you've finished it you can't help but want another from this author. I look forward to Park's next book, *The Shamrock Brand*.



[Hard Ride to Cora](#)

and I'm not sure I can tell you since I don't really consider myself to be a warrior. All I can tell you for sure is that: I learned these simple lessons from true warriors; they valued those lessons enough to pass them along to me; each lesson they taught was tied to yet another lesson, because they believed no one lesson was more important than another; no one lesson could stand alone; and with enough lessons one could "improvise, adapt and overcome."

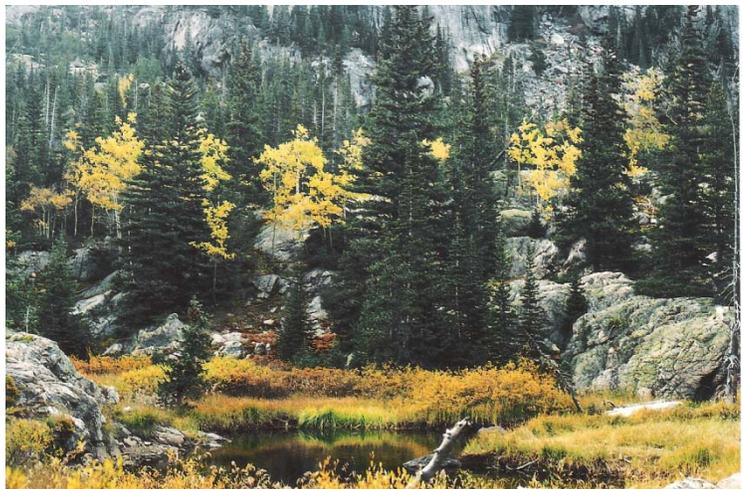
The one thing that has always tied the lessons together for me was probably the hardest lesson to learn of all. It isn't "when" to take action, or "what" action is the best to take, or even deciding "why" to take action. There are too many variables involved in each action decision to establish a set formula for the when, what and why of any situation that requires that action to be taken. The reality is that action can always be taken, but sometimes the best decision is no action at all. Standing back and letting things play out a bit longer often results in the situation diffusing itself. Not to mention that it allows one to have more time to plan a winning strategy if it comes down to having to take an action.

And it allows you to make sure you're on the right side of things. Being right is often more important than any other factor involved in our decisions about action. That may explain the Texas Rangers motto, "A man in the wrong can't stop a man in the right that just keeps coming."

About the Author:

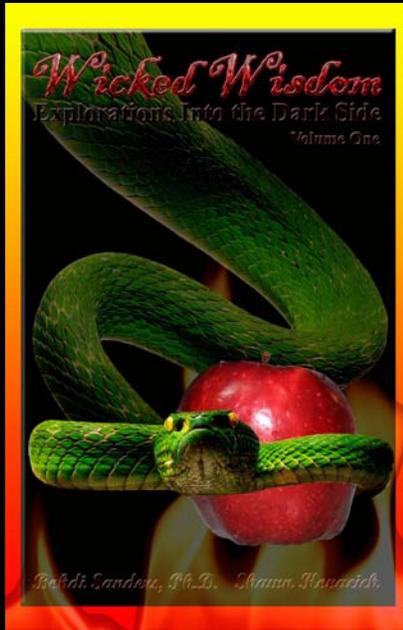
Cherokee Parks is a Western novelist, songwriter and poet whose latest work, *Hard Ride to Cora*, is available now in paperback, ebook or CD. Though he has traveled the world, he still considers "The West" home, and lives the cowboy lifestyle accordingly. *Hard Ride to Cora* is available at the following link:

[Hard Ride to Cora](#)



Photography by Bohdi Sanders

Are you afraid of the dark? How about what may be lurking in the dark? Evil is real, and it is prevalent in today's society. Dare to step inside the mind of evil; take a journey into the dark regions of the mind of the predator...



Wicked Wisdom: Explorations into the Dark Side takes you inside the criminal mind, to a place that very few people actually get to explore. Find out what motivates and drives the dangerous predators who roam our streets. Discover how they think and how their philosophy differs from yours. The information in *Wicked Wisdom* just might save your life!

Available October 2010!

TheWisdomWarrior.com

Three Keys to Joint Lock Success by Alain Burrese

Many people engage in the debate of whether joint locks work in real life situations. I find it a waste of time to engage in flame wars on the Internet with people you don't even know. I know joint locks work, I've used them. I've also been in altercations and fights where I didn't even think of using joint locks, but resorted to other techniques such as striking, kicking, kneeing, and anything else that kept me from being harmed until I could disengage from the fight.

And yes, that sometimes meant me up, him down and hurt, and me getting out of the area as fast as I could. However, that does not negate the fact that joint locks are valid and useful techniques for certain circumstances. I've used them successfully to escort people outside when working security, and I've used them for other situations that did not warrant knocking a person's head off with a strike or smashing a knee cap with a kick.

I also must point out that I like joint locks, and that is one of the reasons Hapkido is my primary art and that I teach many locks through seminars and DVDs, as well as other Hapkido techniques and self-defense principles. I enjoy learning how the body works, and how to execute locks in the most efficient manner, using my strengths against an opponent's weaknesses. Here are three keys I've found to assist you with making joint locks work.

Surprise

If a person knows what you are going to do, it is much easier to defend against. If I tell you I'm going to execute a wrist lock, you will pull your hand away and not let me apply the lock. I'm certainly not going to verbally tell a person what I'm going to do, but many people "tell" their opponent just that by telegraphing their techniques. Therefore, it is important to not let your opponent know what you are up to until it is too late. Once a lock is locked on correctly, there is often little a person can do to get loose. So don't let them defeat your technique in its early stages, surprise them with it.

Speed

Part of surprise is found in speed. You must be able to quickly execute a locking technique. If you perform it slowly, the person will figure out what you are doing and may be able to pull the limb you are trying to lock from your grasp before the lock is locked on properly. If you are moving too slow, your opponent may be able to execute his technique against you before the lock is locked on. If his technique happens to be a palm heel to your face, you may be

Taoist Corner



Unevolved people are eager to act out of strength, but a person of Tao values peace and quiet. He knows that every being originates from the Tao. Thus his enemies are his enemies second, his own brothers and sisters first.

Because of this, he resorts to weapons and physical confrontation only in the direst necessity, and then uses only such force as absolutely necessary in the situation.

Lao Tzu

In living, choose your ground well.
In thought, stay deep in the heart.
In relationship, be generous.
In speaking, hold to truth.
In leadership, be organized.
In work, do your best.
In action, be timely.

Lao Tzu

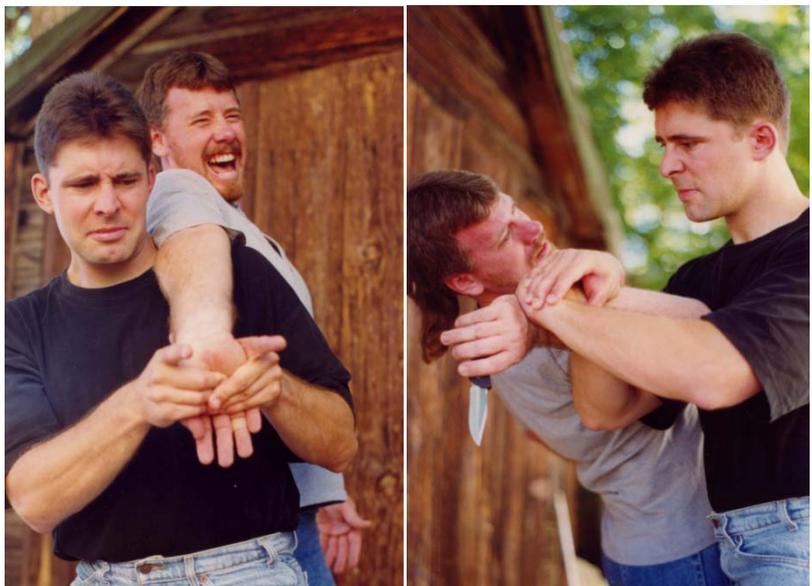
standing there with watering eyes and a broken nose wondering why your lock failed. It may not be that the lock failed, but you failed to execute it before getting smashed in the face.

Proper Technique

You can be fast and catch your opponent by surprise and still have a lock fail if you don't execute it correctly with proper technique. Locks require correct angles and specific application to maximize their effectiveness. If your angle is off, if you are not applying pressure in the correct place or in the proper manner, or if you are not using your body weight and motion to enhance the effectiveness of your technique, your lock may fail. I encourage everyone to analyze techniques and why they work, as well as body motion and weight transfer to ensure the economy of motion and correct application of technique is performed.

It is extremely important to combine all the proper ingredients when executing joint locks. This is why I spend time teaching these concepts, and emphasize them, sometimes repetitively, to everyone I instruct. Joint locks work in certain situations. You won't force a technique, but rather use it when the opportunity arises. By learning, practicing, and understanding locks to the point you can execute them with surprise, speed, and proper technique, you'll have additional tools in your tool box for those situations when locking a person up is the best choice of action.

Alain Burrese is the author of *Hard-Won Wisdom From The School of Hard Knocks*, *Hapkido Hoshinsul*, *Streetfighting Essentials*, *Hapkido Cane*, and the *Lock On: Joint Locking Essentials* series. He teaches seminars on joint locks, self-defense, safety, and the Hapkido cane. Additionally, he teaches how to live with the Warrior's Edge. He can be reached through his website www.yourwarriorsedge.com



Book/DVD Reviews



As long as justice and injustice have not terminated their ever renewing fight for ascendancy in the affairs of mankind, human beings must be willing, when need is, to do battle for the one against the other.

John Stuart Mill

Lock On: Joint Lock Essentials By Alain Burrese

Lock On: Joint Lock Essentials is an excellent DVD series. I have reviewed volume 2 and volume 3 and I found them both to be very professional and top quality. These DVD's are 90 minutes long and are taught by martial arts expert Alain Burrese.

Volume 2 covers arms bars and elbow locks. Unlike many martial arts DVD's, Burrese teaches the principles behind the techniques. Essentially, he teaches you the why and not merely the how. This is very important, not just in joint locks, but in everything that you do. You must understand the underlying principles in order to understand why you are doing what you are doing. Burrese does a great job of explaining the anatomy of the elbow and why these locks work the way they do.

Volume 3 covers shoulder locks. Just like the second volume, this DVD covers many different techniques and discusses why each technique works. The mechanics behind the techniques taught in both of these DVD's to easy to understand and are shown in both slow motion and faster speed. Each technique is clearly explained and very detailed.

I found both of these volumes to be very clear and easy to follow. The audio is great and both DVD's are professionally filmed. The techniques are shown from different angles and Burrese also teaches different variations of both the shoulder lock and the elbow lock. Also, unlike many martial arts DVD's, Burrese does not repeat the same technique over and over again. This allows him to cover more techniques instead of wasting precious time on the same technique.

Each DVD covers anatomy, underlying principles, mechanics, and different variations of the techniques. Burrese also covers speed, accuracy, and the element of surprise. These are great DVD's for both the beginning martial artist and the experienced martial artist. Alain Burrese obviously knows what he is talking about when it comes to joint locks. As with other Aiki Productions DVD's, the *Lock On* DVD's are top quality and well worth your time and investment. No matter what martial art you study, I believe that you will find these DVD's will help you improve your self-defense skills. I highly recommend both of these DVD's!

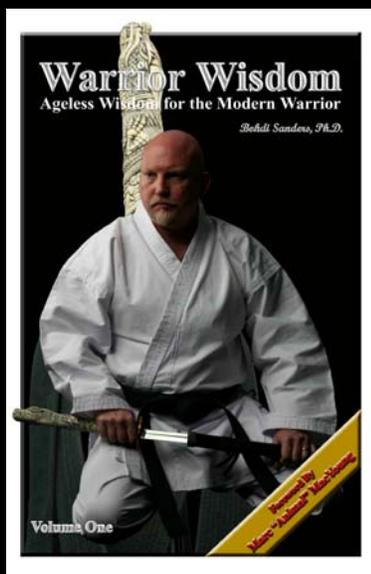
5 Stars!

The Wisdom Warrior News

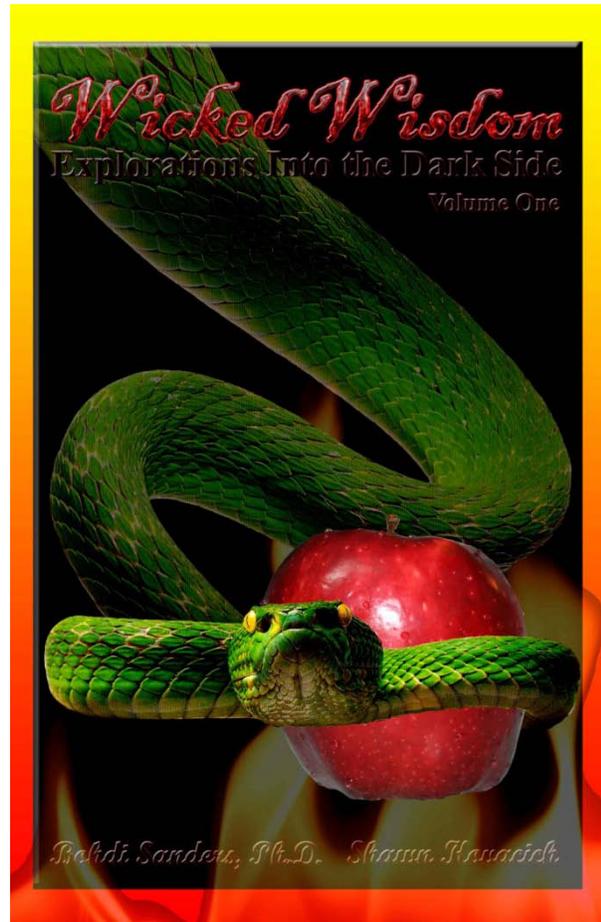
WARRIOR WISDOM
Wins 1st Place Book Award!

Indie Excellence®
WINNER
Book Awards

Warrior Wisdom: Ageless Wisdom for the Modern Warrior won a 1st Place award in the Indie Excellence Book Awards for 2009. This is a prestigious national award for authors and publishers nationwide. *Warrior Wisdom*, which has received high praise across the board from people in every walk of life, is now receiving high praises from the literary community. It is a great honor to have been selected to receive this award, and we would like to thank everyone who supported our efforts in making *Warrior Wisdom* a success!



Wicked Wisdom will be available in Oct.!



Wicked Wisdom: Explorations into the Dark Side, the new book by **Bohdi Sanders and Shawn Kovacich**, has been a long time in coming, but it is finally here! *Wicked Wisdom* will be released this month, right around **Halloween**. What a perfect time to release this bone-chilling look into the dark side of the human mind. I know that many of you have been eagerly awaiting this book. Pre-sales have been tremendous and I have received a lot of emails inquiring about when *Wicked Wisdom* would finally be published. If you haven't ordered your copy yet, now is the time. *Wicked Wisdom* is a chilling in-depth look into the mind and soul of the predator.

Wicked Wisdom also contains articles from some of today's top authors in the field of martial arts and self-defense such as **Loren Christensen, Lawrence Kane, Kevin Brett, Marc MacYoung, and Alain Burrese**. Parts of this book will remind you of personal experiences or close calls, and other parts will simply send chills down your spine – either way, you are sure to find *Wicked Wisdom* both enlightening and bone chilling. *Wicked Wisdom* may be ordered at: TheWisdomWarror.com and on Amazon.com.

Parting Thoughts

Your Thoughts

I would love to hear your thoughts, opinions, tips, recommendations, etc. on our newsletter! Tell me which articles you like and which you didn't care for. Let me know what subjects you would like to see discussed and where your interests lie.

I want this to be a newsletter that you look forward to receiving and which gives you relevant and useful information each time. Your feedback is invaluable in helping me to ensure that I am covering the material that you, the reader, finds interesting.

So please send me any comments, critiques, ideas, or requests for specific topics to:

WarriorWisdom@comcast.net



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Live With Honor!

Living the warrior lifestyle is a choice you make. It requires discipline and determination. You have to work at it and make it a part of your everyday life. Finding motivational articles and literature that will help you on your journey is vital. It is very easy to get excited about an idea or lifestyle, only to see that excitement fade away as the stress and commitments of daily life start to demand more and more of your time and energy.

For this reason, I encourage you to take time out each day to focus on the warrior lifestyle. Meditate daily. Read some great quotes or a book like the *Warrior Wisdom* books. You have to work to make your life a life of excellence. Almost nothing worthwhile comes easily.

I also want to encourage you to forward the *Wisdom Warrior Newsletter* to all of your friends, relatives, or anyone who you think may benefit from or enjoy reading it. My goal is to provide relevant, useful information on a variety of topics which will aid our readers to live a life of excellence, which is what the warrior lifestyle is all about.

I provide all of this information freely and ask that you share it liberally with those you know. So pass this, and all the other copies of the *Wisdom Warrior Newsletter* along, and let's start helping others learn the principles of the warrior lifestyle!

Live With Honor!

SUBSCRIPTIONS

If you want to subscribe to the *Wisdom Warrior Newsletter*, you may do so in one of two ways:

- 1) Visit TheWisdomWarrior.com and click on the "FREE NEWSLETTER" button
- 2) Send an email request to WarriorWisdom@comcast.net and let us know to add you to our mailing list. Make sure to include "The Wisdom Warrior Newsletter" in the subject line!