



The Wisdom Warrior Newsletter

2010 Edition Volume 1

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Bohdi Sanders

Welcome to The Wisdom Warrior Newsletter!

Welcome to the first addition of The Wisdom Warrior Newsletter. This newsletter has been a long time in coming, but I finally took a long enough breather from writing my books to actually get my newsletter going, and it's a good thing as the readership on my blog has skyrocketed and so have the subscribers for my newsletter. Being among the first readers of The Wisdom Warrior Newsletter, I value your feedback. Please write me and let me know what kinds of things you would like to see in future newsletters. What topics would you like to see covered? You can send your recommendation and suggestions directly to me at: www.WarriorWisdom@comcast.net.

Do You Miss What You Never Knew? Bohdi Sanders, Ph.D.

Do you miss what you never knew? This may sound like a strange question. After all, how can anyone miss something that they have never known or never experienced? At first this seems impossible because if you have no firsthand knowledge or experience with something, you can't miss that thing, right? This does make sense. It is only rational that a person cannot miss something which he or she has never experienced, but sometimes people are not rational.

Many people in fact do miss what they never knew, and they do this on a daily basis. Not only is this irrational, but living life in this way, carries with it many unpleasant consequences. How does someone miss what he or she never knew? The answer is simply.

Continued on page 2

The Principles of Victory - Part 1 Charlie Ward, Ph.D.

These lessons are being written with the intention of providing the reader with an overview of some of the key principles of winning in battle. There are, of course, many more lessons than those touched on in this article - but this should suffice as a glimpse into the warrior's mind-set, and the principles of victory.

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The happiness of your life depends on the quality of your thoughts; therefore, guard accordingly.

Marcus Aurelius

Happiness doesn't depend upon who you are or what you have; it depends solely upon what you think.

Dale Carnegie

Happiness depends on ourselves.

Aristotle

The essence of philosophy is that a man should so live that his happiness shall depend as little as possible on external things.

Epictetus

To live happily is an inward power of the soul.

Marcus Aurelius

Happiness is not in our circumstances, but in ourselves...Happiness is something we are.

John B. Sheerin

A happy life consists in tranquility of mind.

Cicero

When someone is not satisfied with what is, and is constantly dreaming or wishing for other things, things which he may have no experience of, but which are constantly preying on his mind, then he finds himself missing what he has never known.

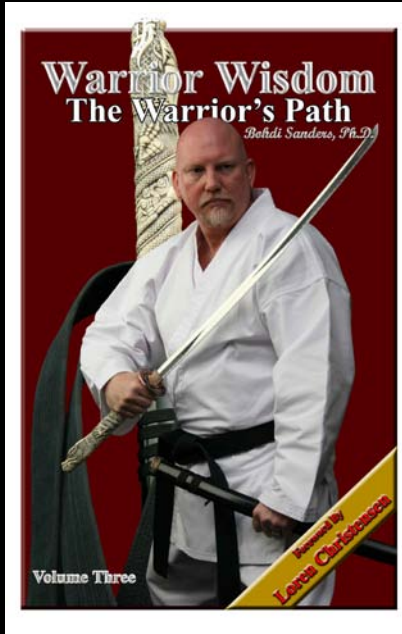
Allowing your thoughts to dwell on all the nice things which you don't have, but wish you did have brings you to this point. For example, you may have an average car which runs fine, but is not flashy or modern. If, instead of being thankful for the car you have, you allow your mind to constantly dwell on the fact that you wish you had a Porsche, you will find that you are unhappy with your car and that you feel unsatisfied with your average run-of-the-mill car. In effect, you find that you are missing that Porsche, even though you may have never before even sat behind the steering wheel of a Porsche.

This kind of thinking leads to discontentment. You will find that you are constantly unsatisfied with your present state, and wishing that your life was different. This is not productive thinking. To be content, you must accept things as they are. Accepting things as they are does not mean that you don't want to improve your life. It does not mean that you have no goals or that you are not motivated to strive for the things that you want out of life. It simply means that your happiness is not dependent on external things. The content man is happy whether he is driving an old truck or an expensive sports car.

Being content does not mean that you don't strive to be better. It merely means that you are content with what is, right now in this present moment. Contentment does not mean that you settle for less than the best that you can be or for less than you want out of life. You should always seek to improve yourself. Being content does not mean that you rest on your laurels, feeling that your life is perfect as is. It means that you accept things as they are now, in this moment, but at the same time, you are working to making the next moment, day, month, or year, even better.

Being content does not mean that you don't strive to be better. You should always be working to perfect your character. Always move forward, but at the same time do not let what you don't have spoil your enjoyment of what you do have.

Every person on this planet is in danger of missing what they never knew if they do not learn to control their mind and learn to be content with what is, in the present moment. This irrational thinking does not plague only the poor man who has very little as far as material things go; it also plagues the rich. This is because happiness is not dependent on material things. Happiness comes from the inside. While it is perfectly normal for people to desire nice things, it is



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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The short bloom of our brief and narrow life flies fast away. While we are calling for flowers and wine and women, old age is upon us.

Juvenal

counterproductive to allow these desires to constantly plague your mind; doing so will lead to nothing but unhappiness and inability to enjoy life.

Life is much too short to not enjoy each and every day. You can't afford to waste days, months, or years of your life wishing for things to be different. Enjoy what is, right now, this very moment. Live every day. Find joy in the simple things, while at the same time working to improve your life in the future. This is a concept that all of the sages throughout the ages have taught. You must find contentment within yourself. Don't allow your happiness to be dependent on anything outside of yourself, not material things, and not other people.

There is only one thing that you have total control over, and that is your mind and your actions. You do not control what other people do or say, but you do have control over how you respond to other peoples' actions or words. You do not have total control over your circumstances, but you do have total control over your responses to your circumstances. Contentment resides in the mind, therefore it is something that you have control over. It is up to you to decide whether or not you will live a life of contentment or whether you will live a life of discontentment where you continually miss the things that you never knew.

Don't postpone living until sometime later, when everything is perfect – LIVE NOW. Things may never be perfect, but that will only affect your contentment if you allow it to. You have to learn to live above the petty annoyances that everyone has to live with in this life. Learn to accept life as it is and enjoy it no matter what comes. It is perfectly fine to want more out of life as long as you are enjoying each step of your journey. Where people go wrong is when their desire for a better life prevents them from enjoying their present life. Don't miss what you never knew; enjoy what you presently have and work towards what you ultimately want. This is the way to live life to the fullest.

Bohdi
Warrior Wisdom



The ultimate weapon of any true warrior is the mind.

Make no mistake, using your mind as a weapon – and understanding the principles of psychological warfare – will make the difference between victory and defeat, or between life and death.



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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Principles of Victory continued from page 1

Lesson 1 – Think and Win

In combat, it is not always the biggest and strongest fighter that claims victory. You must think your way to victory. Out-think your opponents. Successful fighting requires strategy, and sound strategy requires thought. The ultimate weapon of any true warrior is the mind.

This is the trained warrior's edge over most people. Most people simply brawl or react with a set of preconditioned responses. Many lack the ability to adapt or innovate. This is mainly due to the fact that they've only been trained in pre-programmed fashion. They have never actually been taught how to think strategically or independently.

The trick, of course, is to be able to think clearly and creatively while under the intense stress of combat. This can be a difficult task. Not only will you be working at full-burn physically, but you will also be in emotional turmoil. Feelings of anger, fear, pain, regret, and overall stress will be pushed to redline, and it can be extremely difficult for anyone to think clearly under those circumstances. That is why a fighter who has been trained to think and fight effectively under real-world conditions will win against an opponent, or opponents, regardless of their size, strength, and so forth.

There is a quote by Paul Fix that says, "The only reason some people become lost in the thought is because it's unfamiliar territory." Don't let this happen to you. You must be familiar with this territory. You must study and practice strategic and creative combative thought until you are intimate with these concepts. They must be second nature to you! Make no mistake, using your mind as a weapon – and understanding the principles of psychological warfare – will make the difference between victory and defeat, or between life and death.

Now I really want you to understand this next sentence: How you train and practice will directly affect how you think and act in combat. There is no room for discussion on this point; it's a simple fact. If you train for real combat, under real-world conditions, then your chances of survival and victory are several times higher than a sport fighter's – and they're off the chart when compared to the average person – no matter how "tough" they might be.

In a world of would-be tough guys, brawlers, and posers – it will always come down to this: Trained versus Untrained. Trained will win every time, if they've been trained correctly. If it comes down to trained versus trained, then how you've been trained will make all the difference. I don't care if one of the combatants is an umpteenth degree whatever, and the other guy is only a beginner – if the real deal, and "Mr. High Rank" hasn't –then the one trained for real-

Suppose you knew that you were going to die. Would you just lie down and let it happen, or would you fight back with all your heart and soul? Decide that right now...And make no mistake, that attitude translates directly into your body language, your gaze, your game face, into every fiber of your being.



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World combat will be the last one standing. You must train for success in real combat, it doesn't matter what rank you are. That's ridiculous! Nobody cares what rank you might be when you're fighting for your survival. To seize victory you must relinquish any thought you might have regarding life and death. Rely on your true warrior training, think and adapt to the present situation, take humanity out of the equation, and then take your opponent apart!

Your analytical mind, when uncluttered and relaxed, is a very powerful force. However, to keep it uncluttered and relaxed, you must keep control of your emotions – which can be very difficult under extreme stress. This is why realistic training is of such importance! Remember that no matter how advanced you might get, real combat always comes down to the basics. Think, think, and think again of strengths and weaknesses – both yours and your opponents. Think, analyze, be creative, and don't anticipate. This lesson can't be learned or emphasized enough times!

Lesson 2 – Proper Attitude for Combat

Another huge factor in winning and surviving is your attitude, or having the proper mind-set. There is most definitely a proper attitude for combat. I have been asked, countless times since I began teaching, what is the secret to winning a fight? My answer has always been the same, although it's not what people usually expect to hear. There is no great secret. Attitude can make all the difference between who wins and who loses, or who lives and who dies.

The attitude that I'm talking about has been known and practiced for thousands of years, it's nothing new. The samurai of Feudal Japan certainly understood it, as have many other warriors, and warrior cultures, through time. To enter into battle and win, you must relinquish the concepts of victory and defeat, of living and dying. These thoughts must cease to be of any importance to you! If you start thinking and worrying about losing and dying, then you probably will. When I fought, I would enter into a fight already accepting the fact that I could die. All I wanted to do was to give back more punishment than what I took. And if my opponent wanted to kill me then I was going to take him with me!

Suppose you knew that you were going to die. Would you just lie down and let it happen, or would you fight back with all your heart and soul? Decide that right now! If I knew ahead of time that I was going to die in battle, then I guarantee you that I would not go down easily. That's a promise I made to myself years ago, and that's the attitude necessary for victory in combat. And make no mistake, that attitude translates directly into your body language, your gaze, your game face, into every fiber of your being. Your opponent will certainly sense it, and if he's not willing to make that same level of commitment –then he has already lost.

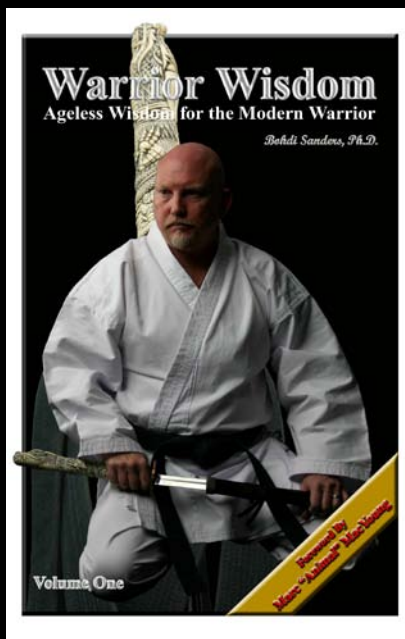
The Warrior Creed

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 groundbreaking 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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Most fighters today have not even considered this. To the vast majority, they view fighting as a game, or just a sport. News Flash: These are not real warriors. They might be defined as fighters due to their occupation, but the term “fighter” is not synonymous with “warrior.” I don’t care how talented they might be, if they can’t make that contest a matter of life and death in their own minds, then they would ultimately lose in real combat.

Consider an attack dog. When that highly-trained animal perceives a threat and decides to fight, his attitude is one of complete single-mindedness. He is totally and completely focused on the defense against that threat, and/or the destruction of that threat – no matter what the cost. Complete single-mindedness of purpose - “Superior mental attitude, superior state of mind.”

Now if you’ve been in real combat, you know exactly what I’m talking about. But if you haven’t, don’t worry. That’s why you have an imagination. Make it real in your own mind. Visualize it, and then make it happen. This attitude can be learned, and it must be learned, if you are to survive. Like all forms of strategy, this attitude can be applied to other areas of your life as well. Apply this type of determination to the task at hand and see what happens. As with all things, move, think, and function with purpose. Those who understand this, and make it a part of their lives, will go far with whatever they pursue – whether it be against an opponent in combat, or the achievement of a goal. Treat the pursuit of excellence in all that you do like it’s a matter of life and death. You’d be surprised at what you can accomplish, how hard you can push yourself, and how intensely you can apply yourself when your life is on the line – even if it’s only in your mind!

About the Author:

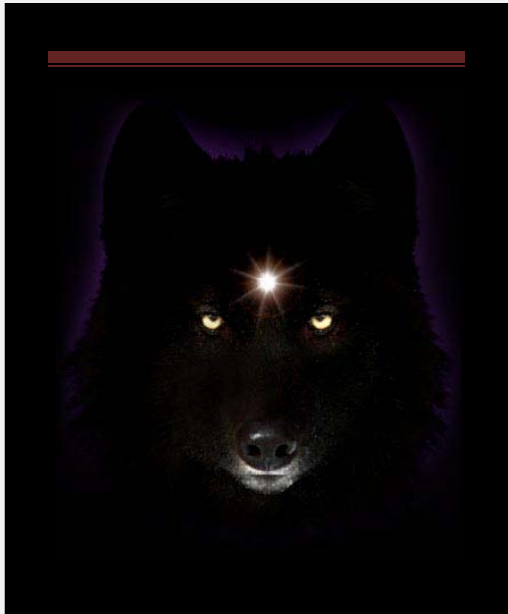
Dr. Charles Ward, Ph.D./Ma.D.Sc., CSCS, is a Professor and Command Master Chief Instructor of the Sun Devil Combat Sports Program, he is also the USMTA Arizona State Director, and is on the USNMAT Alliance Board of Directors. He also is the founder of Ward's Living Weapon Fight Science Institute and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

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Native American Wisdom Corner

All things in the world are two. In our minds we are two – good and evil. With our eyes, we see two things – things that are fair and things that are ugly... We have the right hand that strikes and makes for evil, and we have the left hand full of kindness, near the heart. One foot may lead us to an evil way; the other foot may lead us to a good way. So are all things two – all two.

Gray Eagle Chief, Pawnee

Love is something you and I must have. We must have it because our spirit feeds upon it.

Chief Dan George
Coast Salish

Two Wolves Bohdi Sanders, Ph.D.

One evening an old Cherokee Chief told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two 'wolves' inside us all.

One is Evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego.

The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a minute and then asked his grandfather, “Which wolf wins?”

The old Cherokee Chief simply replied, “The one you feed.”

Socrates stated that the soul, like the body, accepts by practice whatever habit one wishes it to contract. You are the only person who controls your thoughts, and therefore, you are in complete control of your spirit. There is a constant battle going on inside your mind and your spirit. As this Cherokee tale states, this is a battle between evil, disempowering emotions and good or empowering emotions.

Our thoughts contain energy; this has been scientifically proven. Thoughts such as anger, envy, jealousy, greed, resentment, etc. are low level, low energy thoughts. On the other hand, thoughts such as love, peace, compassion, faith, etc. are higher energy thoughts. This is very important to understand because every thought that you have is either strengthening you or weakening you on an energetic level. Your thoughts are much more important than most people realize.

This is what the old Cherokee chief meant when he replied, “The one you feed.” You have the choice of which thoughts you will allow to flourish, in effect, which thought you decide to “feed.” This is totally up to you and you alone. Most people do not exercise their power over their thoughts; they simply allow their mind and emotions to run wild. This puts them at a disadvantage by putting them at the mercy of their emotions instead of taking control of their emotions and thoughts. Which wolf will you decide to feed, the one which strengthens you or the one which silently weakens you and eats away at your very soul? The choice is totally up to you – choose wisely!

The anger of a prudent man never shows.

Burmese Proverb

The wise conquer by strength, rather than anger. The malevolent fail by their own rage.

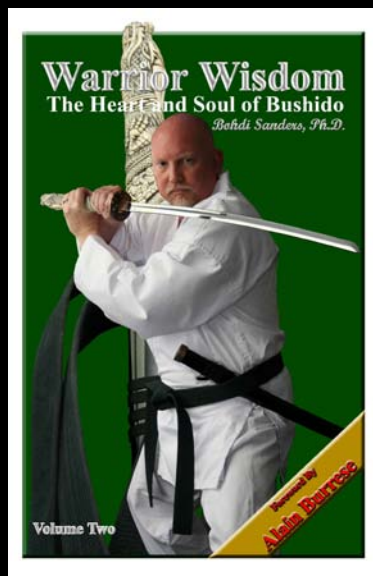
Nagarjuna

No man in the wrong can beat a man in the right that just keeps coming.

The Creed of the Rangers

Defeat is a state of mind; no one is ever defeated until defeat has been accepted as a reality.

Bruce Lee



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The Man in the Right Bohdi Sanders, Ph.D.

Not too long ago I was contacted by one of my readers. She informed me that her dad, who had also become one of my readers, was coming to CO for a visit and would be honored to take me out for a beer and meet me. Her dad, Don, was a gracious man whose face showed the years of service as a lawman on the border. Both his look and his demeanor, not to mention his cowboy hat and boots, reminded me of an old west sheriff. Don had many colorful stories of his adventures as a lawman in a large border town, but I found the following one the most interesting.

Don had been called to this bar late one night, as lawmen often are, to take care of a bit of business with a troublemaker. Business concluded, he was on his way out the door, headed home, when a huge guy in a cowboy hat and boots, blocked his path with his leg. This guy looked at Don with a cold stare and said, "Tonight, I'm going to kick your ass...bad." Don said that by the look of this man, he knew that he meant it, and he also knew that he could get the job done.

Don took another drink of his cold beer, put his hand on my shoulder, and then told me what happened next. He said, Bohdi, that is as scared as I had ever been during my time as a lawman. This guy meant serious business...to this day, I still don't know where the words came from, but this is what I told him. I looked him straight in the eye and said...

You may kick my ass tonight, but tomorrow night I will be back with a deputy. And you may be able to kick both of our asses tomorrow night, but if we can't set things right, I will be back the next night with two more deputies. We have 465 lawmen in this county, and I will come back as many nights as it takes to make things right. Make no doubt about it, I will set things straight. We will severely kick your ass sooner or later, and then, on top of that, you will be going to jail after it is all over. Don said the man just looked at him and silently, he simply removed his leg and let Don pass.

Then Don told me, you know Bohdi, the Creed of the Texas Ranger is what I believe in, "No man in the wrong can beat a man in the right that just keeps coming." If you are in the right, sooner or later you will win.

Nothing is over until it is completely over; you can't be defeated until you declare defeat. Defeat is a state of mind. Losing one battle does not equal a lost war. You decide when to declare victory or defeat. Don't declare victory too soon, and don't declare defeat at all.

Telling It Like It Is - Cowboy Style 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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Ol' Jake and I were sitting around the other day jawboning about this and that when I said something he didn't like. Now, that's not all that uncommon since he and I rarely see eye to eye on anything. He fancies himself to be right up to date on everything, a real modernist city fella, while I, just an old cowboy, tend to like the more solid conservative side of things. Whoa now, don't go running off like a scalded jackrabbit, this isn't a political commentary. I'm just saying that the only thing he and I can really agree on is that it's raining, and even then we disagree on how hard it's coming down.

Anyway, he accused me of not being "politically correct" for my particular comment, using a real catch phrase these days. And I agree with him, I don't have the time or inclination to worry about whether or not I offend someone because I happen to tell the truth about whatever. (That is except with my wife, and I sugarcoat things for her all the time just for the sake of personal safety.) Like John Adams said, "Facts are stubborn things; and whatever may be our wishes, our inclinations, or the dictates of our passion, they cannot alter the state of facts and evidence."

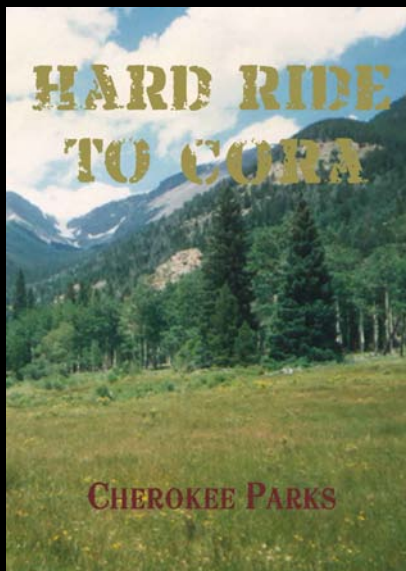
So what does it mean to be "politically correct"? According to Webster's, it means conforming to a belief that language and practices which could offend political sensibilities (as in matters of sex or race) should be eliminated. Now see, right there I already have a problem with it. What the heck does race or sex have to do with politics? And since when was there such a thing as sensibility when it comes to politics? And why does everything have to be about politics? Why can't we just tell the truth about everything?

If you paint your house pink and lavender, that's your prerogative, but I don't have to like it. And if you ask me what I think about your choice of colors, I should be able to tell you honestly how I feel without you getting your tail in a knot. But that's not the case today. Most people are afraid to even dare think about how ugly your house is if you paint it such outlandish colors, let alone tell you. So, as a result, you go through life thinking yourself to be quite fashionable while everyone wonders if they should hold an intervention because you're obviously losing it.

The same goes for just about everything in life, no one tells the real truth anymore. They all worry about offending someone else, except online where no one is safe. But even there the truth doesn't matter, and people who wouldn't normally speak to each other join sides to assault others who happen to disagree with them. There is no longer open, honest discussion on any subject these days. In real life if you happen to offend someone, they'll sue you. Online, it's no holds

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](#)

barred. So where did the happy medium go? It lost in court and left the country apparently, because it's nowhere to be found. And that, my friends, is what I don't like about being "politically correct". No one knows the truth, and if they do they're afraid to speak it.

So pardon me, but I'll opt out of the whole shebang. And if I get sued by some thin-skinned jaybird because I spoke the truth, well, so be it. Like it says in John 8:32, "And you shall know the truth, and the truth shall make you free." Considering that bit of sage wisdom, no matter the source, isn't that what we all really want, to be free? And if that's the case, then why shouldn't everyone go back to telling the real truth instead of hiding it for fear of offending? I know it works for me.

The one exception is with my wife, as I said. Now if she were to ask me something like, "Does this make my butt look big?" I know I'm squarely in the crosshairs. There is no winning here, only losing or dodging the bullet. So my answer would be, "Naw, but it must have shrunk since the last time you wore it. Maybe you ought to take it back where you bought it." No guarantee that will work, but variations of it have kept me out of hot water with her more than once! Of course I could always choose the truth, and tell her simply, "NO." IF her butt was big, it wouldn't matter what she wore her butt would still be big, so nothing she wore would ever hide that anyway, thus I'd really be telling the truth - just not all of it.

So there you have it, a cowboy's version of how to deal with being "politically correct". If you are inclined to tell the truth like I am, just don't tell all of it if some of it is negative. Unless you're pressed, that is, then fire away with both barrels and let the chips fall where they may.

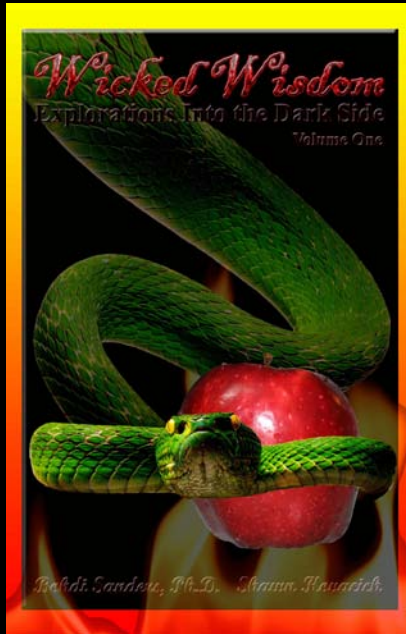
I suppose I should mention what it was I said that set Jake off. He was rambling on about how there should be tougher laws on people texting and talking on cell phones while driving, and I agreed with him to a point. "However," I told him, "it's a personal responsibility to eliminate anything that distracts you from what you should take as a priority in the first place. (Here's the part that sent him in a tizzy.) After all, every cowboy knows you don't squat on your spurs!"

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](#)

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 early this fall...

TheWisdomWarrior.com

Should You Tell Your Attacker That You Are Trained? by Shawn Kovacich

According to some “experts” in the field of self-defense, you should notify your potential attacker that you are in fact trained in the martial arts and that if provoked, you will use that training to defend yourself. Now I consider this advice to be akin to taking a knife and cutting across your own throat to see if it is sharp enough. Sure, you’ll find out the answer to that one, but only once.

I have just finished reviewing a book which focused on the possible legal ramifications of using your martial arts training for self-defense. Although I found the book an overall winner, there was one particular piece of advice that the author gave that just stuck in my craw and wouldn’t let loose. That advice was to notify your attacker that you were a trained martial artist and that if he continued to pursue his aggressive attack, that you would indeed defend yourself.

Now I am generally not one to go around calling things or people stupid, but in this case, I am unable to find anything else that fits. I mean hey if you are going to do that, why don’t you just go down and have a professional resume made that lists all of your training, prior fight experiences, what your intended method of defending yourself is in any given situation, your current level of physical fitness, how many boards you can break, etc. Then have several copies made (be sure and use really nice paper) put them in a nice folder so that they don’t get bent or crinkled. Now carry them around with you wherever you go. Then if you are faced with a potential attacker, they will be readily available.

For example, let’s say you are faced with the following situation. You are walking to your car after a hard day at work when all of a sudden you see a man approaching you. He walks up to you and here is a transcript of what happens:

NOTE: The capital “A” stands for attacker and the capital “Y” stands for you.

A. Hey man, got any cash you can spare?

Y. Sorry, I just got off of work and I don’t get paid till Friday.

A. Give me your wallet man, or I’ll bust you in the head.

Y. Sir, before you continue with this course of action. Might I direct your attention to this (at this point you pull out your martial arts resume).

Taoist Corner



A student came to Bankei and complained, "Master, I have an ungovernable temper. How can I cure it?"

"You have something that is very strange," said Bankei, "Let me see what you have."

"I cannot show you just now," said the student.

"When can you show me?"
Asked Bankei

"It arises unexpectedly,"
replied the student.

"Then it must not be your own true nature. If it were, you could show it to me at any time. It is something you are not born with. It is not you!" replied Bankei

If you want to be valued, first value others. If you want to be respected, first respect others. If you want to overcome others, first overcome yourself. If you want to humble others, first humble yourself.

Lao Tzu

A. What's that man?

Y. Well sir, this is my martial arts resume.

A. What's that, like a Bruce Lee thing?

Y. Well sort of, this is a list of all of the training I've had over the past 10 years and the current belt rank that I hold in this art. I have also been involved in several altercations that you can see I have listed on these last two pages. All of which resulted in an extended stay at the hospital for my opponents. Now as you look on page 14, you will see that I am capable of breaking four 1 inch pine boards with my fist. Now I must advice you that if you continue to pursue this particular course of action, I will be forced to defend myself. Do you understand that?

A. Yeah, I think so.

Y. Good, now would you mind signing this piece of paper here that says I showed you my resume and that I have explained it to you and that you understand the ramifications of pursuing this current course of action?

A. Uh, okay.

Y. Okay great you have now signed this document. Now what would you like to do?

A. Uh, can I go home now?

Y. Sure go right ahead and thank you sir for your time and you have a great day.

Now doesn't this sound like a really swell idea that you can use effectively on the street in a real life self-defense situation? Well I don't know about you, but I just can't wait to try it out. As a matter of fact, I have already done the rough draft on my resume and am just fine tuning it now. By the way, does anyone know how to spell Lord-High-Grand-Exalted-Pooh-Bah 27th 1/2 degree gold belt in the mystical art of You-Can-Die-Just-By-My-Looking-At-You-Do.

Now I have to put this last paragraph in here as a disclaimer to anyone who read this and thought that I was actually serious, instead of inflecting this article with heavily laden sarcasm. If you actually thought that this was a good course of action, seek professional help immediately before you get yourself or someone else hurt. This type of move is what comedian Carlos Mencia would label as a, "Dee Dee Dee" type of move. Which if you don't know what I am referring to, rent his DVD's or watch his show on Comedy Central. As you may well know, the greatest element to have on your side in

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is a website dedicated to the warrior lifestyle. This site contains dozens of articles which pertain to the warrior lifestyle in various ways, and is updated regularly with new blog posts, book recommendations, and news.

This website is also your best source for all of Bohdi Sanders' books, and at a price which is 10% less than you will find on Amazon! Also, if you are a subscriber to The Wisdom Warrior Newsletter, email me and let me know when you place a book order, and I will give you an additional 10% refund on your order. You can't beat that!

TheWisdomWarrior.com is also where you can subscribe to the Wisdom Warrior Newsletter.

Check it out today!

any battle whether it is a one-on-one situation, or one army against another, is the element of surprise!

Here is another example of how the above mentioned situation could be played out.

A. Hey man, got any cash you can spare?

Y. Sorry, I just got off of work and I don't get paid till Friday.

A. Give me your wallet man, or I'll bust you in the head.

Y. BAM! POW! ZAP! (Your attacker is now either running away, or lying unconscious on the ground while you get in your car and drive safely away).

"Holy Hot Topics Batman, this guy knows what he is talking about."
"That he does Boy Wonder. That he does."

And yes, those are Batman and Robin references.

About the Author:

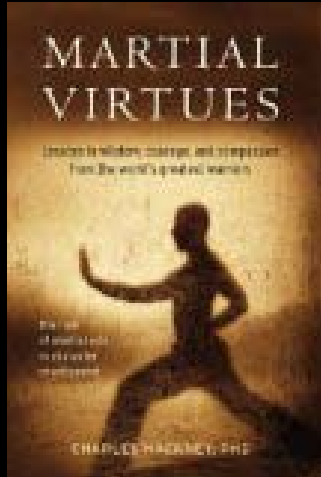
Shawn Kovacich is the author of the highly acclaimed Achieving Kicking Excellence Series and is a two-time world record holder for endurance high-kicking as certified by the Guinness Book of World Records. Shawn is also a certified Krav Maga instructor in addition to being a high ranking black belt in both Karate and Tae Kwon Do. In addition, Shawn has also competed in such prestigious tournaments as the Sabaki Challenge and the Shidokan Open.

You may reach Shawn through his websites at either:

<https://www.chikara-kan.com>

<http://renokravmaga.com>

Book/DVD Reviews



Certain qualities are like the senses: people entirely lacking in them can neither perceive nor comprehend them.

La Rochefoucauld

It's quite possible to be a good man without anyone realizing it. Remember that.

Marcus Aurelius

One should practice steadfast and indiscriminate virtue without demanding others to do the same in return.

Lao Tzu

Virtues are acquired through endeavor, which rest wholly upon yourself.

Nagarjuna

Martial Virtues

By Charles Hackney, Ph.D.

Martial Virtues is a comprehensive look into the universal character traits of the true warrior. Dr. Hackney obviously believes, as do I, that there is much more involved in being a true warrior than simply learning specific martial arts techniques. In this book, Dr. Hackney takes an academic approach to proving his beliefs that being a true warrior involves specific character traits. As you would expect from a psychology professor, Dr. Hackney delves into specific theories from both the Western world and Eastern traditions in order to come to his conclusion that there has to be universal warrior virtues which make the true warrior who he or she truly is. He discusses theories from Plato to the Enlightenment philosophers and from the samurai to the ninja masters. His research is very impressive to say the least.

Dr. Hackney approaches the subject in the manner that a scientist would approach his science experiment. He researched the different warrior cultures from both the Western world and the Eastern world and systematically listed the martial virtues from the different warrior cultures, after which he cross-referenced his findings to see exactly which virtues these cultures had in common. In the third chapter, he lists these virtues by philosophy or specific culture. You will find these lists extremely interesting if you are like me, and love to explore the wisdom and character traits which compose the true warrior. As those who have read my books already know, I have argued many times that someone is not a true warrior if he or she lacks the necessary character traits which truly make one a superior human being. Martial Virtues proves that warrior cultures throughout the ages have shared my belief. Dr. Hackney's book provides example after example which shows that throughout the ages, different warrior cultures have valued virtuous behavior and have seen this as part of the makeup of the true warrior.

He then combined the overlapping virtues into six sub-categories, (Qualities of Effectiveness, Courage, Justice, Temperance, Wisdom, and Benevolence) and proceeds to expand in detail, each of these throughout the book. He also covers the importance of courtesy. This book is not easy, light reading, but rather an in-depth study on the subject, with many examples and stories which emphasize his point that character counts. I thoroughly enjoyed this book. Dr. Hackney's knowledge of the warrior virtues and history is very comprehensive and enlightening.

5 Stars!

Book/DVD Reviews

The Achieving Excellence DVD Set by Shawn Kovacich

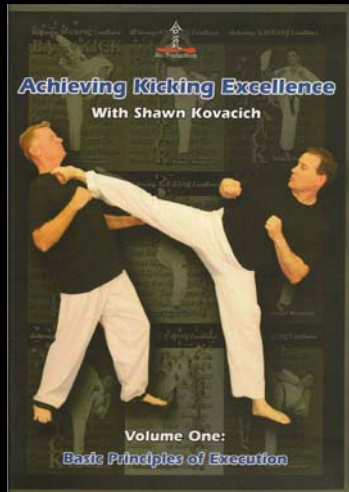
I have a pretty large collection of martial arts videos and DVD's. I have seen instructional DVD's that range from detailed kata instruction to the "secret" techniques sold from full page ads in the martial arts magazines, and I can say without reservation, that Shawn Kovacich is one of the best instructors that I have seen in my many, many hours spent viewing martial arts training. These DVD's are exceptional!

This three volume DVD set begins with the basics, then progress to offensive applications and defensive applications. Each volume contains two high quality DVD's and a massive amount of useful information. Most martial arts DVD's contain a huge amount of information, but the difference between these DVD's and many of the others, is that Kovacich's DVD's contain information which is practical and useful whether it is applied in a sports setting or in the streets in a life-or-death situation.

Shawn Kovacich instructs from a real-life point of view, which I believe is very important. The majority of the techniques are performed in street clothes and footwear, which is how you will be dressed if you ever need to use this information on the streets. And not only does Kovacich teach from a practical standpoint, but he is an expert at explaining things in a very straightforward, understandable way. His examples and tips are excellent, and cover everything imaginable from types of footwear and how they affect your kicks, to clothing and the fine points of each technique.

Each kick and technique is shown both in full-speed and in slow motion which enables the viewer to completely comprehend exactly what this master instructor is trying to convey. I could go on and on about these DVD's, but for the sake of space, I will simply state that if you want to improve your kicking knowledge and ability, there is only one DVD series that I would recommend – The Achieving Kicking Excellence Series! This is easily the most impressive and complete DVD set available as far as martial arts kicks and their applications is concerned, and I think that they are very reasonably priced. I highly recommend each of these volumes! You will not be disappointed. You may also want to check out the 10 book Achieving Kicking Excellence book series. They are a perfect companion set to these DVD's.

5+ Stars!



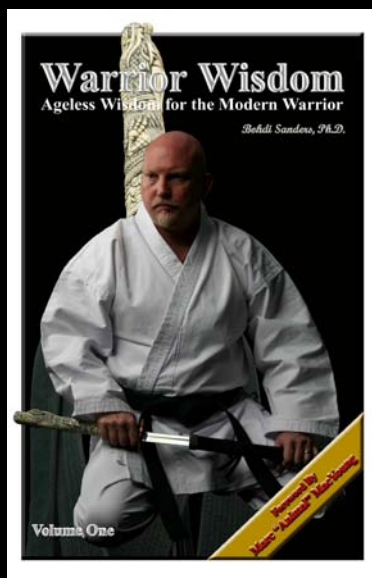
Here is the link to
order these DVD's
[Chikara Kan Inc.](#)

The Wisdom Warrior News

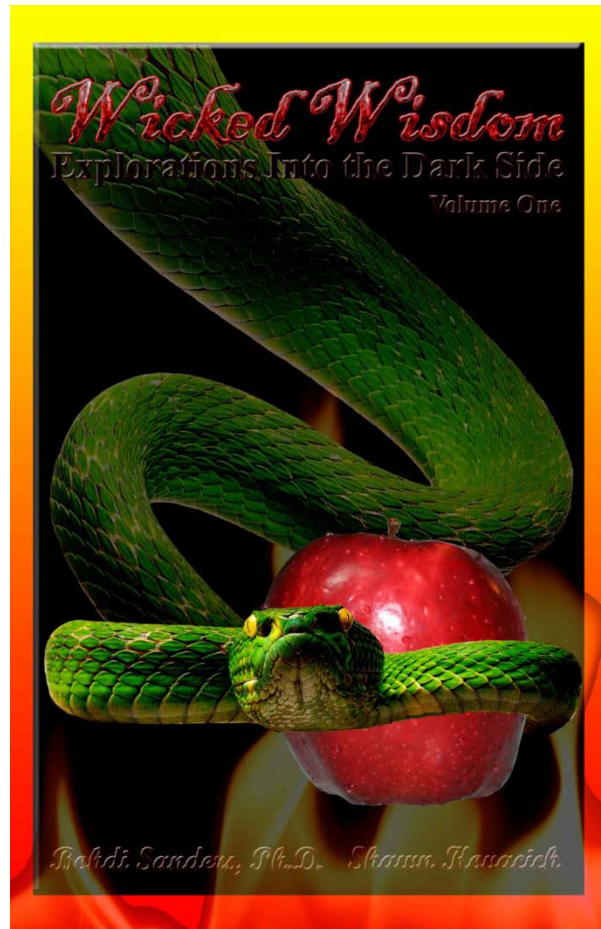
WARRIOR WISDOM
Wins 1st Place Book Award!

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 soon!



Wicked Wisdom: Explorations into the Dark Side, the new book by **Bohdi Sanders and Shawn Kovacich**, has been sent to the printer and should be available in early fall. This book delves into the dark side of life – the mind of the predator, criminal, gang member, and street thug. In *Wicked Wisdom*, the authors discuss the philosophy and mindset of these deceitful and dangerous people, giving the reader both a good working knowledge of these predators and a book full of tips and wisdom that will keep the reader safe from these predators.

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. Look for *Wicked Wisdom* to be available early this fall at: TheWisdomWarrior.com and on Amazon.com.

Parting Thoughts

YOUR THOUGHTS

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

We 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 us to ensure that we are covering the material that you, the reader, finds interesting.

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

WarriorWisdom@comcast.net



TM

Live With Honor!

We hope that you have enjoyed the first edition of the Wisdom Warrior Newsletter! The plans are for the Wisdom Warrior Newsletter to come out every other month, and for each issue to be even better than the one before. Please help us with our goals by sending us your thoughts and suggestions. Be assured that we read each and every email that our readers send us.

We 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 the Wisdom Warrior Newsletter. So consider this all the permission that you need to send this out to all of your email buddies. You may also post any of the articles included in this newsletter on your blog or website with the understanding that you will also give the author's name and provide a working link back to TheWisdomWarrior.com.

Our 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. We provide all of this information freely and ask that you share it liberally with those you know. Send it out in your email chains or whatever. The more people start living according to the ideals and character traits of the warrior lifestyle, the better off we will all be. 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!