

# The Wisdom Warrior Newsletter

October 2017 Edition

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## 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. If you missed any of the other editions, they are posted on the Wisdom Warrior website at [www.TheWisdomWarrior.com](http://www.TheWisdomWarrior.com). I hope that this newsletter finds you and your family prospering and doing well in every area of your life as we enter this holiday season.

## The Nine Noble Virtues and The Warrior Lifestyle Bohdi Sanders, Ph.D.

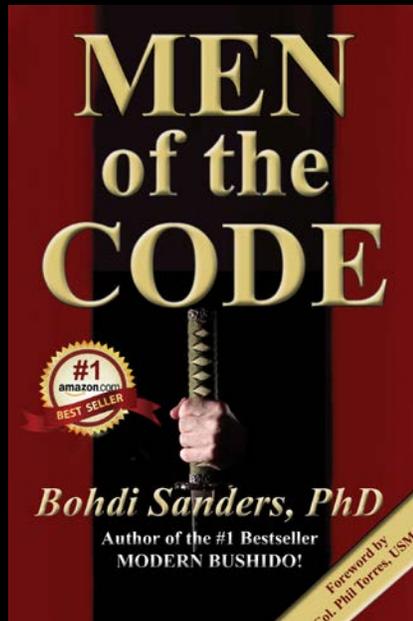
The Nine Noble Virtues are derived from the ancient Norse teachings of the Vikings. The main book that these virtues are taken from is called *The Havamal*. *The Havamal* contains a lot of wisdom and also gives insight into the culture and values of the Vikings. The Nine Noble Virtues fit perfectly into the warrior lifestyle, as one would expect since they originated from a warrior culture. These virtues coincide with the virtues of warrior cultures throughout the world, and once again, prove that true character and honor is universal.

### Courage

The Nine Noble Virtues start with courage. This is very appropriate because without courage, you cannot live up to your code of honor for very long. The word "Courage" comes from the Latin word "heart." It takes courage to stand for your beliefs and live according to your own code of ethics. The Vikings were known for their courage and bravery in battle, but courage applies to more than simply being brave in battle.

Courage actually applies to every part of your life. It take courage to be do what you know is right, especially when those around you disagree with your point of view. In our politically correct society, courage is more important than ever. Your personal values may be challenged on a daily basis. Standing for what you believe takes a lot of courage in times like this.

Continued on page 2



*Men of the Code* is all about living life as a superior man. This entertaining book is a guidebook for men who want to live a life of character, honor, and integrity. Don't buy into the new standards that are being sold to men in our modern society. It is time to get back to being men of honor and living life as we were meant to live it. *Men of the Code* shows you how to do just that. This is one book that can definitely be called motivational, inspirational, and life-changing!

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The greatest difficulties are situated where we're not looking for them.

Le Guin

Only the just man enjoys peace of mind.

Epicurus

continued from page 1

You must have enough conviction in your beliefs to stand for what you believe and live your life by your own code. This does not mean that you act in rash and tactless ways. There is a difference in being courageous and in being stupid. Have the courage to live by your own code of honor, but do so with wisdom and discretion.

### Truth

You should have enough confidence in your beliefs and your actions to be truthful. Truth is simply being honest about what you believe or know to be true and right. Simply put - don't lie. This sounds very straightforward, but lying has become so commonplace that it is almost expected in today's world. It shouldn't be this way for the true warrior.

Lying, in most cases, is an act of cowardice. Live according to what you believe in your heart to be right and you will have no reason to lie about your actions. If you do not think an action is right - don't do it. If something is not true - don't say it. Whenever I write or teach this concept, I inevitably have people argue that no one truly knows the truth, or that the truth depends on someone's point of view.

While it is true that different people see things differently and thus perceive the truth in different ways, that should not affect you. You live by what you know to be true as best you can. Respect other people's right to believe what they want, but live according to the truth as you perceive it in your life. The main thing to consider, where truth is concerned, is to always be truthful with yourself. Do not deceive yourself anymore than you would deceive someone else.

The true warrior must make truth a part of his or her life, but as with courage, it is important to remember that you must do so in the right way. There is a right way and wrong way to do everything. Sometimes lying is the right thing to do. The Vikings permitted lying if you were being lied to. The true warrior understands that honor is not black and white. Every action must be evaluated by whether or not it is right and it originates from pure intentions.

### Honor

Without honor, there can be no true warrior, or true human being as far as that goes. As I just said, honor is not a black and white character trait. It is hard to define. One could define honor as your internal integrity or dignity. Many people wrongfully think that their honor simply has to do with their reputation, but that is not true. It is the warrior who determines his or her honor; your reputation is determined by other people's thoughts, for the most part.

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# BUSHIDO

The Way of the Warrior



**Bohdi Sanders, Ph.D.**  
Foreword by Sifu Al Dacascos

*BUSHIDO: The Way of the Warrior* is the newest book by Dr. Bohdi Sanders. Sifu Al Dacascos wrote the foreword and highly endorses the martial arts philosophy in *BUSHIDO*. This is the perfect book for the martial artist and those in the warrior fields. There is one passage for each day of the year, along with a warrior quote and a matching affirmation. This book is **PACKED** with wisdom! **THIS IS A BOOK YOU WILL WANT IN YOUR LIBRARY!**

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or on Amazon at:

[BUSHIDO on Amazon](http://BUSHIDO on Amazon)

Think, feel, and act like a warrior. Set yourself apart from the rest of the society by your personal excellence.  
**Forest E. Morgan**

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You determine your own honor, or lack of honor, by staying true to your own beliefs and living according to your own code of honor. Your personal honor is determined internally by your own commitment to live up to your predetermined ethics. It is your intentions and your actions which determine your honor, not what someone else thinks. The true warrior, who lives by a code of honor, will have very few regrets in life because he will know that he has done the best that he can to live a life of honor with truth and purity of intention.

## **Fidelity**

The word fidelity simply means being faithful. There are many things that you can be faithful to, not all of them of honorable. Fidelity as used in the Nine Noble Virtues refers to being faithful or loyal to God, to yourself and your beliefs, to your family, and to your friends. The warrior will defend his family and friends no matter what the cost because of his dedication to this virtue.

Being loyal and faithful to those that the warrior loves is non-negotiable. The Vikings knew this. If someone murdered a Viking's family, he or she would have an obligation to seek vengeance and puts things right. This is not the same thing as seeking revenge. There is a difference in revenge and in fulfilling an obligation to your loved ones.

Only those with honor can be true friends because it takes loyalty, faithfulness and honor to be a true friend. All others are mere acquaintances. The true warrior is also a true friend once that bond has been entered into. He will take his fidelity to his friends and family seriously, as he does his spiritual relationship with God.

## **Discipline**

Discipline, as referred to in the Nine Noble Virtues, mostly means self-discipline. These virtues or qualities are not perfected overnight. It takes discipline to live according to your own personal code of ethics. The true warrior lives according to his own code, rather than according to what corrupt politicians or cultural standards dictate. This means that he must exercise a great deal of self-discipline.

If the warrior is going to live by his own standards, he must be willing to control his own actions. Many things that are legal go against the warrior's own code of honor, and many things that governments declare illegal may be permitted by the warrior's personal standards. In order for the warrior to stay true to his own principles and virtues, he must develop self-discipline and truly understand what he stands for in life.

Continued on page 4

# WARRIOR

The Way of Warriorhood



*Bohdi Sanders, PhD*

United States Martial Arts Hall of Fame Author of the Year!  
Foreword by Colonel Phil Torres, U. S. Marine Corps

*WARRIOR: The Way of Warriorhood* is the second book in the award winning *Warrior Wisdom Series*. This book takes you deeper into the warrior lifestyle and what it takes to live a life of honor.

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*Secrets of the Soul*  
The Guide to Uncovering Your Hidden Beliefs



## Hospitality

Hospitality is definitely a warrior trait. The warrior is expected to treat others with respect and dignity. You must see other people as people who deserve to be treated with respect and courtesy. The Vikings believed that sometimes the gods would visit people in human form and that in being disrespectful to strangers they could also be disrespecting the gods. The Bible also states that a similar belief, stating that many people have entertained angels unknowingly.

Whether or not angels or gods visit people in the form of strangers is irrelevant. What matters is that you treat everyone with respect and courtesy. The warrior does this because it is a part of his own standard of living. You should treat others with hospitality not because they deserve it, but because that is how you behave towards other people. It has to do with your own principles; what others deserve has nothing to do with it.

## Industriousness

Industriousness simply means the willingness to work hard at whatever you do. If something is worth doing, it is worth doing well. Do it with pride and do it to the best of your ability. The Vikings looked down on those who were lazy and felt that their gods looked down on those who were lazy also. The warrior has to work hard and smart to take care of his family.

This doesn't just apply to your vocation, but to everything you do - your entire way of life. The true warrior is a person of excellence. He or she will do everything with care and detail. Mediocrity is not acceptable. Warriors set high expectations for themselves in everything that they do, and they refuse to lower their standards in their work or their personal beliefs.

## Self-Reliance

Warriors are by nature independent beings. This doesn't mean that the warrior doesn't like other people or enjoy being around other people, but rather that he strives to ensure that he doesn't have to depend on others for his survival. The warrior is responsible for taking care of himself and his family; this is his first and most important duty in life. He is never comfortable if his family's welfare depends on something outside of his own control.

Being dependent on someone else for your own needs puts you in a dangerous position. Such a position can make it very hard on the warrior as he may be put into a position to choose between his standards and principles or his job. For this reason, it is best to strive to be as independent of outside influences as possible.

Continued on page 5

## MODERN BUSHIDO

Living a Life of Excellence



*Bohdi Sanders, PhD*

United States Martial Arts Hall of Fame Author of the Year  
Foreword by David Nelson, PhD

*Modern Bushido: Living a Life of Excellence* has been an amazing book. This book HIT #1 on Amazon 3 times and hit the TOP 10 for an AMAZING 105 WEEKS! *Modern Bushido* has won 6 national awards and has been called motivational and inspirational. This is one book that EVERY martial artist should read!

[TheWisdomWarrior.com](http://TheWisdomWarrior.com)

or

[Modern  
Bushido  
Amazon](http://ModernBushidoAmazon.com)

There is no advantage  
in deceiving yourself.

**Bodhidharma**

It is not only what we do, but  
also what we do not do, for  
which we are accountable.

**Moliere**

This is hard to do in today's world. Being frugal and financially stable is an important part of being self-reliant. Do your best not to have to depend on other people for your welfare.

### Perseverance

Without perseverance you will not be successful in applying the Nine Noble Virtues in your life. No one is perfect and you will make mistakes from time to time. In order to live the warrior lifestyle, you cannot simply give up and quit when you fall short of your mark. You must persevere. You must not give up.

The warrior's code of honor is too important for him to give up or give in when the going gets tough. The warrior lifestyle is a life-long way of living. Being a true warrior is not something you try; it is something you are. It is a way of living, a way of being. You don't try to be a warrior - you either are a warrior or you are not. You either have honor and integrity or you don't. For the true warrior, falling short doesn't mean failing, it means learning and being determined to do better next time. Perseverance is essential to live the warrior lifestyle.

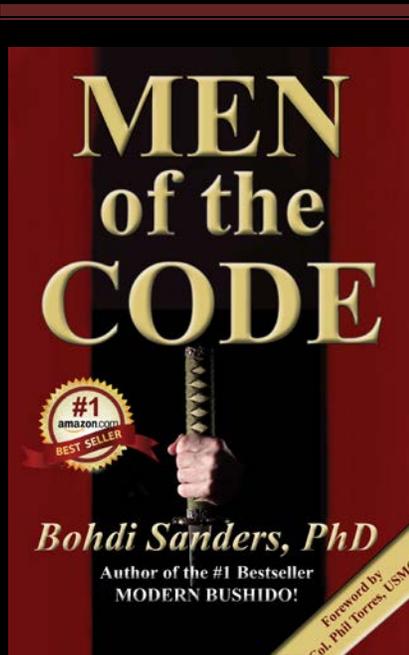
These were the ideals that the Vikings lived by and the principles that they taught their children. The Nine Noble Virtues are still wonderful ideals to teach children today. If you will integrate these virtues into your everyday life, you will find that you are living a much more noble life. Think about these traits and develop your own standards or code of honor with them in mind. Live with honor!

Shihan Bohdi Sanders, Ph.D

Dr. Bohdi Sanders is an award-winning, bestselling author on martial arts philosophy. He is a 5<sup>th</sup> Dan in Shotokan Karate and holds the title of Shihan. His books are all available on Amazon.com and his website, TheWisdomWarrior.com. You may also contact him on his Facebook page, Warrior Wisdom and The Warrior Lifestyle.

**A tiger doesn't lose sleep  
over the opinions of sheep.**





*Men of the Code* is all about living life as a superior man. This entertaining book is a guidebook for men who want to live a life of character, honor, and integrity. Don't buy into the new standards that are being sold to men in our modern society. It is time to get back to being men of honor and living life as we were meant to live it. *Men of the Code* shows you how to do just that. This is one book that can definitely be called motivational, inspirational, and life-changing!

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One mind, any weapon.  
Hunter B. Armstrong

## Truth is not Subjective

(excerpt from the new book, *Men of the Code*)

*Truth does not change because it is, or is not, believed by a majority of the people.*  
*Giordano Bruno*

Truth is not subjective. The truth is the truth, period. It doesn't matter if you don't like the truth, if it upsets you, if it offends you, if you wish it weren't true. None of that matters; the truth is still the truth.

Likewise, a lie does not become the truth simply because many people believe it. If the whole world agrees with a lie, it still doesn't make it true. A lie is a lie and the truth is the truth; there are no grey areas. This statement of fact really irritates many people in today's world. They want to argue that all truth is subjective because of our individual perceptions. But that couldn't be further from reality.

Your perceptions are simply how you perceive the world around you. The only person or thing that your perceptions affect is you. There is no such thing as "your truth" or "my truth." There is only THE truth. Now, you may see things in a different way than I do, that is just the way we function as human beings, but neither your perceptions nor my perceptions change the real truth.

Inevitably, when I teach this, I have people who want to argue about this and ask, "The truth according to who?" That is a meaningless question. The truth is the truth, period. The existence of the truth does not depend on someone's definition or point of view. When someone asks, "according to who," they are no longer talking about the truth, but rather they are referring to people's opinions about the truth. There is a huge difference.

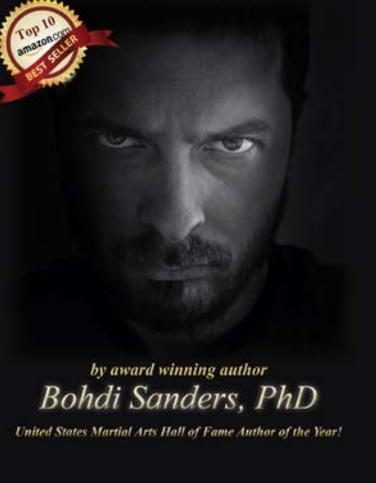
Let me approach this in a different way. Let's say a man is wearing a pair of rose-colored glasses. The tint in his glasses colors everything that he looks at in a specific way. To his mind, what he is seeing is the truth. The sky has a beautiful, rose-colored tint to it, as does everything else that he looks at. He sees it; therefore he believes it to be the truth.

But, even though he may believe that what he sees is the truth, it does not change the true color of the sky. The sky is still blue, or whatever color it may be at the time. Some people may say that what this man sees is *his truth*, but that is incorrect. It is his *perception of the truth*, not his truth.

There is an ancient proverb which states that the sky is not less blue because the blind man does not see it. As I said, there is no such thing as *your truth* or *my truth*, there is only *the truth*.

## Defensive Living

The Other Side of Self-Defense



*Defensive Living: The Other Side of Self-Defense* is a totally different kind of self-defense book. Self-defense covers much more than defending yourself against a physical attack. *Defensive Living* delves into the mind of other people and teaches you how they think and what to expect from them. You will find yourself seeing many people that you know, described to a “T” in this hard-hitting book on everyday self-defense!

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When irate, clear-minded men never show it then and there. Holding it in, they watch for the opportune moment.

Tiruvalluvar

Everything else is merely personal perceptions. Our perceptions can, and do, lie to us.

Everyone that has ever been taken in by a conman, had the perception that the conman was on the up and up in the beginning. Their perception was that the guy was honest, and their perception was wrong. I can give you hundreds of examples where someone’s perceptions were completely erroneous, but to them, at that time, they believed that their perceptions were the truth.

Personal observations change, the truth does not. How you do, or do not, see the world, does not affect the truth; it only affects how you perceive the truth.

Superior men understand that their personal beliefs and their background knowledge can affect how they see things, and they make every effort to see things rationally and with an open mind, instead of allowing their biases to distort reality.

Do the best that you can to see things the way they really are, not the way that you want them to be or the way that you wish they were. It is much too easy to deceive yourself by being lazy. Seeing the truth requires something that not many people want to do today – spend time doing research and thinking about what they find.

It is much easier for people to merely accept the sound bites that are constantly fed to them on the news, social networks, and other media. It takes discipline to pull yourself away from all of the technology and just spend time in thought. This is what is known as thinking for yourself, something that is a novel idea to many in this day and age.

The superior man is an independent thinker. He thinks for himself and makes sure that his thoughts are indeed, his thoughts, and not someone else’s thoughts which have been carefully constructed and spoon fed to him through the various technological means constantly available in today’s world.

Men of the code understand that truth is black and white; it is merely man’s ability to comprehend the truth that is subjective. Don’t buy into the politically correct notion of “all truth is based on perception.” It isn’t.

Shihan Bohdi Sanders, Ph.D.

(excerpt from the #1 Bestseller, *Men of the Code*)

# The Wisdom Warrior News



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The important thing is to always be moving forward, little by little.

Masutatsu Oyama



## BUSHIDO

The Way of the Warrior

**Bohdi Sanders, Ph.D.**

Foreword by Sifu Al Dacascos

My new book, *BUSHIDO: The Way of the Warrior*, was just released a couple of months ago! *BUSHIDO* is the perfect book for the martial artist or warrior. It covers a new subject every day for the entire year and has 365 warrior quotes and affirmations for the martial artist and the warrior.

*BUSHIDO: The Way of the Warrior* is essentially the best of my personal writings on the subject of the warrior lifestyle and has been endorsed by many of today's top martial artists including: Sifu Al Dacascos, Grandmaster Dan Tosh, Colonel Phil Torres, Grandmaster Richard Van Donk, Grandmaster Eddie Mapula, Hanshi Frank Dux, and Soke Richard Hallman. The foreword is written by world renown Grandmaster, Sifu Al Dacascos.

*BUSHIDO* is a guidebook for living the warrior lifestyle. Readers will be motivated and inspired by the straightforward wisdom in this eye-opening book. This book has already been called my best work to date and a MUST READ for every martial artist. And now, *BUSHIDO* is also included in my Complete Warrior Package!

Signed copies of *Men of the Code* may be ordered at: [TheWisdomWarrior.com](http://TheWisdomWarrior.com). Copies are also available on Amazon.com at: [BUSHIDO: The Way of the Warrior](http://TheWisdomWarrior.com).



*Martial Arts Wisdom* is a book that every martial artist will want to read and refer back to frequently. It contains over 800 quotes and stories from the martial arts masters. Never before has so many teachings been compiled into one book!

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Peace is not the lack of war, but an inner virtue which has its source in the courage of the soul

Baruch Spinoza

Survival favors the prepared mind.

Robert Crowley

## Weapon Wielding Attacks Grandmaster Harry Greene

Over the years many articles have been written for martial arts publications on the subject of disarming a weapon wielding attacker. Each system has their own methods and ideas on this subject. Many top-class martial artists have shown in photo strips, their particular techniques for foiling a weapon assault, with what looks like relevant ease.

I would like to draw your attention to the dangers of weapon disarming and the essential physical and psychological skills needed to have a chance in a *real situation*. I like to train people and drill them in my particular ideas to give them *every chance* of surviving. This is vital!

Realistic attitudes, a realistic approach, and spending many hours training with and against all manner of street weapons, are all vital to truly be competent in defending yourself on the streets. This subject should not be treated lightly or as some kind of magical martial arts tricks. Your life may actually depend on your skills!

Weapon disarming is a science and an art in itself. So let's make no mistake about disarming an assailant; it is highly dangerous! It is not impossible, but it is *extremely* hazardous. Even if you have 25 or more years of martial arts experience, that does not guarantee anything whatsoever. You must cultivate the right mental attitude, you must accept the dangers, and accept that there will be blood, pain, fear, and panic.

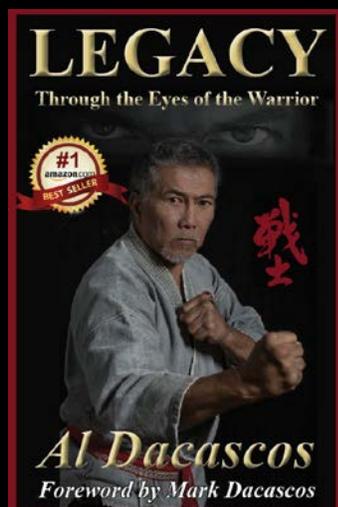
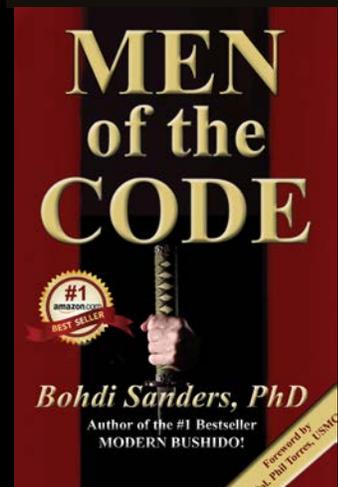
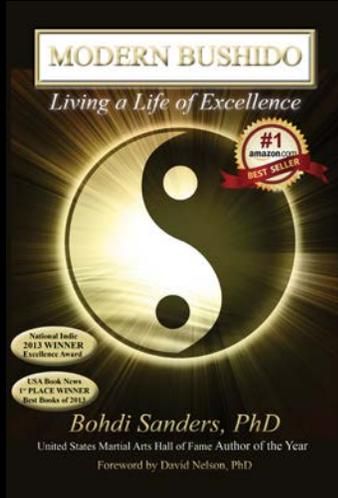
Then you must learn to blot all that out everything else and focus on one thought, and one thought only – SURVIVAL. You must have a single-minded attitude that whatever happens, you will fight on and you *will* win. You must be determined that you **WILL NOT BECOME A VICTIM!** The only way that you can do this is constant, serious, and *intense training*, with realistic techniques.

This is the only way you will stand a chance to survive a serious confrontation against an armed assailant. Notice that I said, “a chance.” When it comes to an armed confrontation, there are no guarantees; the best you can do is be as prepared as possible.

Grandmaster Harry Greene

GM Greene completed two tours in Vietnam and a member of 5<sup>th</sup> Special Forces and 503<sup>rd</sup> Rock SKSF. Before being released from his military duty, GM Greene received the Bronze Star and was awarded his Master's Certification in Combative Knife. GM Greene is now teaching Combative Knife to the United States Marine Corp.

**HAVE YOU READ  
THESE #1  
BESTSELLERS?**



## **Blending the External with the Internal: Using Internal Martial Arts to Enhance our Fighting Skills** GM Terrence M. Shea

When we are young, we tend to dismiss the internal arts as being uninteresting. It takes too much time, it can be way too slow, and how does that make one a better fighter. So we ignore an aspect of the arts that can be of great benefit. Take T'ai Ch'i as an example T'ai Ch'i can be quite fast, and the use of joint locks (Chin Na) inherent in that art make it a formidable fighting style. The slow practice ensures that little details are done correctly, breathing, posture, position, Tan Tien.

The movements and postures promote better overall health. I do even my Kenpo forms slowly for that very reason. Most of us are too impatient to go it slowly, but it has made my art better for me. It has made me much more accurate and more efficient in my execution. I have always thought that Kenpo would benefit from slow practice, doing every technique with absolute precision and form. Imagine if one were to develop high levels of chi in execution.

Every strike would be devastating, even the blocks. I have done Iron Palm training for many years. I use the Hung Gar method of training, and execute over 400 strikes each session, twice a day. This is certainly not excessive as that sort of thing goes. It takes about an hour out of my day.

After a few years, I have found that the strikes and other movements are becoming effortless, due not only to the many repetitions, but to my body becoming "tuned" to each strike along with breath, heart rate, posture, and all that. That has made me think that the development of Chi is as much finely tuned muscle memory as it is energy control and directional harmony.

Chi cannot be increased or decreased, only channeled. We can only learn to establish control through much practice, concentration, and other Qi Gung exercises, that will help us focus to an extent that most people will never reach. I think that is why it is so hard to master. Takes thousands of hours of practice, much more than is required to learn a technique and master that. I have a few favorite techniques that I have done many thousands of times, and I found that they too have become effortless.

When I see a practitioner that breaks into a sweat after doing a tech, I have to ask myself where his energy is going. Too much effort can detract from the tech, and energy will be wasted. For the vast majority of techs in any style, little energy is required to execute successfully. Without that slow practice it is difficult to fully master any but the simplest techs.

Continued on page 11

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# CHARACTER, HONOR, & INTEGRITY PACKAGE

*The Character, Honor, and Integrity Package contains three books that will change your life if you apply their wisdom to your everyday life. This package contains:*

*Men of the Code  
Modern Bushido  
and*

*Wisdom of the Elders!*

*These books will help set you on the path to living life with character, honor, and integrity. These are all great books for teaching your son or daughter as well.*

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Behavior influences consciousness. Right behavior means right consciousness. The actions of every instant, every day, must be right. Every gesture is important.

**Taisen Deshimaru**

The way is in training.  
**Miyamoto Musashi**

---

This is not to say that our techs will not work, only that, through slow and detailed practice, we can make each tech fit us perfectly, with absolute control of power, accuracy, and focus. After mastering the movements, we need to go to the next level, mastering our Chi. In our modern world, it can be difficult to find the time for all this. Probably why monks can do it so well, they have the time to focus fully on their Chi development.

I admire those who have gone into the deeper levels of Chi, and have incorporated that into their art. They are going to be far ahead of most other practitioners. Through the study of T'ai Ch'i, Chi Gung, Ba Gua, and other internal arts, we can become much better stylists in any art, be it Kenpo, Tae Kwon Do, Jiu Jitsu or Gung Fu. Every art has something valuable to learn. I just wish I could live another 100 years or so, as I am not the fastest learner. Just persistent!

GM Terrence M. Shea

## When Lions Roar Guro Rocky Twitchell

Clearly, there are real fears and uncertainties we are faced with each and every day in this fast changing world and we need to face our fears or crumble and wither away. Some fears are real and others are false. I was once told an amazing story that changed my life and my mindset forever.

There is an old story that comes from the great African Savannah, where life goes boldly forth in the form of teeming, feeding, and roaming herds. As the herds roam and make their way across the tall green plains, lions wait in the tall green grass, anticipating and preparing for their chance to prey upon the grazing animals.

The preparation for the hunting pack begins when the young lions and the old lions separate from the pride. The old lions which have lost most of their stamina, teeth and the ability to run and jump quickly, settle down in the tall grass directly across from where the young Lions that have boundless energy and hunger, wait and watch! As the herd enters the area between the old and young hunting lions, the old lions let out a mighty ROAR!

The mighty ROAR is so frightening that most of the herd panics! So frightened, the herd turns away from the apparent danger and runs blindly and directly into the young lion's hungry grasp.

Continued on page 12



*The Best Seller Package* contains all of Dr. Sanders' awarding-winning books + his new book, *Men of the Code!* The books in this package have been favorites of readers for years! This package contains:

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The most important are the eyes. In a real fight, if you look down out of fear, you will certainly be defeated.  
**Masutatsu Oyama**

To subdue an enemy without fighting is the greatest of skills.  
**Sun Tzu**

Dinner is served! Merely by applying a very simple principle of "Roaring," which causes fear and panic, the predators achieve their goal.

As the old African elders say, "Run towards the Roar!"

These words of wisdom apply to us in modern times as well! If only the herd would run towards the mighty, roaring lions, they could easily evade the old lions and live a much longer life.

When I competed in the United States Amateur Boxing circuit back in the early and late 1990's, on many occasions I fought many old and young lions, in and outside the ring. Many times before I even entered the ring to fight, I would hear my boxing opponents "Roaring" like the mighty old lions. "I'm going to knock you out Twitchell!" "You're going to eat canvas tonight!"

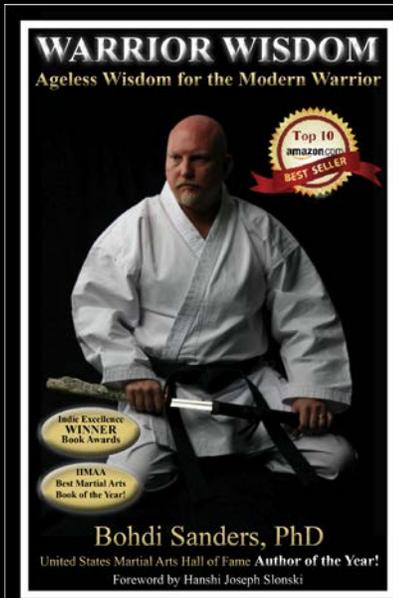
Sometimes the comments, roars and gestures of my boxing opponents, struck a momentary fear in my heart. Would this be the night I do get knocked out? Will this guy who's yelling at me and slamming his gloved fists together really make me eat the canvas?

When I'd feel the brush of fear, I'd remember the words of the old African Elders: "Run towards the Roar!"

Not once, did I ever become so intimidated by my opponent's mighty roars that I choose not to fight. I learned to dig deep into my soul and awaken positive resources and face my fears in all walks of life. The mighty roars from the old boxers and the young boxers only inspired me to perform better, both inside and outside the ring!

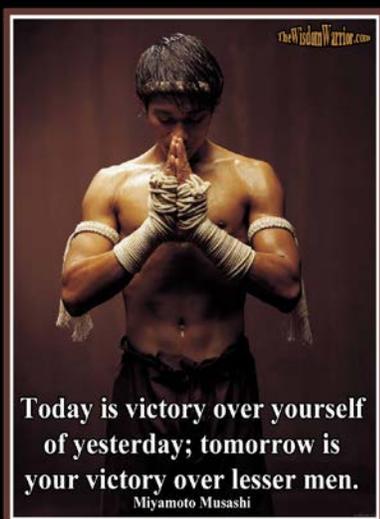
I've heard mighty roars in the martial arts realms as well, mostly from older black belts who believe that they hold the best techniques and spiritual powers. But those types of instructors are easily spotted before they even begin to roar! I have more respect for the instructor who remains humble and grateful, than the instructor who claims his system is unbeatable and flawless, and brags about who he's destroyed.

A few young lions have entered my martial arts school and within 3-6 months, begin to roar about how good they've become and would love to test their skills against me. I had one student arrive early to class one day and challenge me to a match of fighting skills. He claimed that training at my school had boosted his fighting skills beyond my skill level. continued



*Warrior Wisdom: Ageless Wisdom for the Modern Warrior* is Dr. Sanders' first book and one of his most popular books as well. You will find this book motivating and inspiring on your martial arts journey! Check it out!

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He thought that for the past 6 months, he had become so skilled that he had the ability to defeat all his enemies. In his mind it was time to put those skills to the test; and why not display them on me?

He quickly challenged me and apologized for the beating he was going to give me, "I'm sorry, but I'm going to hurt you Sifu!" I quickly replied, "I'm sorry, but there is the door. Go home and don't come back!"

I hope he's doing okay with the six months of training he acquired. He was obviously roaring too early in his martial arts journey, and roaring for all the wrong reasons against a fellow martial artist. My student was very fearful or had something tragic happen to him at some point in his life, something inside his soul wasn't right. Too bad I couldn't help him find his fear, and help him become a team player, rather than an enemy. He simply just wanted to beat me up and roar like an old lion.

Sometimes a person, in times of trouble, either finds more courage from the tragedy or slips into a "fear coma" and becomes entangled in the fear and anxiety. Sometimes that person stays trapped there, forever, in a vicious "fear circle," constantly spinning.

The world is famous for using fear as a dominate emotion, scaring and manipulating the herd. Don't get caught in the blind grip of the herd! There are real fears and fake fears. I soundly believe that martial arts help you determine which ones are real and which ones are fake.

As martial artists, it's our duty to not panic and not be foolish when the lions roar. Stay wise and humble; and when lions roar, **RUN TOWARDS THE ROAR!**

Guro Rocky Twitchell

Rocky Twitchell has over 30 years of martial arts training. Guro Dan Inosanto, Larry Hartsell, Burton Richardson, and Rita Suwanda are just a few of the masters he has trained with. He prefers to be called Guro/Instructor instead of master. Learning and growing are the main objectives in his martial studies – never a master, but instead, always learning and growing. Rocky is currently the self-defense instructor for the UC Davis Police Department and an active shooter instructor for the UC Davis Police Department.

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*Warrior Wisdom: Ageless Wisdom for the Modern Warrior, WARRIOR: The Way of Warriorhood, and The Warrior Lifestyle: Making Your Life Extraordinary.*

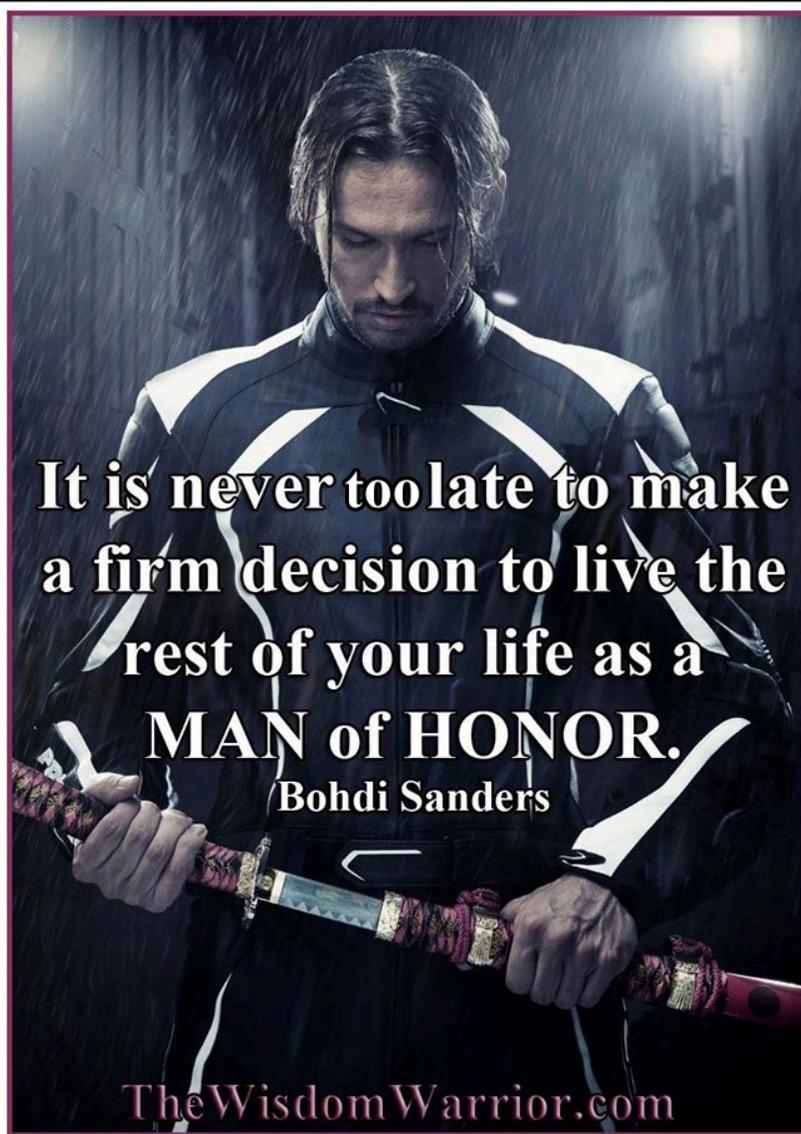
Each of these books reach the TOP 10 for martial arts books on Amazon and have been highly rated for both their wisdom and their contributions to the martial arts world.

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First keep the peace within yourself, then you can also bring peace to others.

Thomas a' Kempis



Far better it is to dare mighty things, to win glorious triumphs, even though checkered by failure, than to take rank with those poor spirits who neither enjoy nor suffer too much, because they live in the gray twilight that knows not victory nor defeat.

*Theodore Roosevelt*

In peace do  
not forget war.

Japanese Proverb

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# *World Martial Arts Magazine*

**We have been proudly serving the traditional martial arts community for 10 years. We specialize in reporting on the events and personalities that are making a difference in the martial arts world.  
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**WORLD MARTIAL  
ARTS MAGAZINE**

## **How Meditation Benefits Martial Arts Students GM Richard Hackworth**

Meditation benefits those in the martial arts because it develops the mind, body and spirit. The concept of mediation implies obtaining personal control of one's mental state and entering a higher plane of relaxation, to create a greater awareness of the subconscious mind. To do so requires mentally overcoming the body's aches and pains, and developing a greater control of one's breathing and circulation.

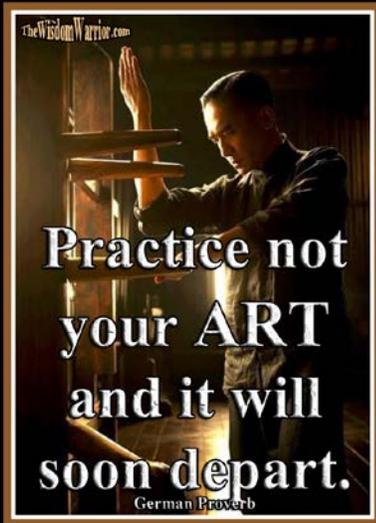
Physical effects can be noted starting with the initial phase of pre-training meditation. Meditations begin with the correct positioning of the body – with the legs crossed and the hands resting on the knees. The practitioner should not slouch. In this manner, the Ki energy centers are aligned, or in more western terms, posture is improved with correct positioning of the spine. Sitting in this manner will strengthen back, neck and abdominal muscles, and help stretch leg muscles. At the same time this position helps keep the knees and hips flexible. Initially this is a slightly painful or stressful position, especially for the untrained, the elderly or the infirmed (i.e. Arthritis). Eventually the practitioner will improve back, leg, and lower joint strength, as well as, posture and flexibility.

From a more physiological standpoint, meditation will lower blood pressure. According to masters of meditation, there are two elements making up meditation: the “jing,” which means calmness and stillness, and the “ding,” which means concentration and focus.

Calmness is directed towards cutting off external factors of disturbance and enabling one to direct attention towards the inner self. By allowing the mind to concentrate, a state called “one-pointed awareness” is achieved. This state allows a deep concentration, allowing the practitioner a better understanding of any elements that are focused on. There should be limited, distractions during this heightened awareness state. This technique may be used efficiently to find solutions to problems presented by the outside world.

There are different thought processes that can help the practitioner achieve these higher levels of relaxation. One common method is to picture, in one's mind, an image of a flowing river with large waves. Concentrating on slowing the river and calming the waves is an effective technique. Another image that is often used is that of a flickering candle.

During deep meditation the idea is to slow, and eventually stop, the movement of the candle light. During this meditation, the practitioner must learn to ignore sound, light and smells that might otherwise create distractions. Focusing solely, at first, on breathing patterns and heartbeat will also help in achieving this goal.



The reputation of a thousand years may be determined by the conduct of a single hour.

**Japanese Proverb**

Hold yourself responsible for a higher standard than anyone else expects of you. Never excuse yourself.

**Henry Ward Beecher**

The superior man seeks what is right; the inferior one seeks what is profitable.

**Confucius**



As the mind and body relax, and *jing* is reached, the heart rate will slow down and blood pressure will drop. The body's metabolism slows, thus requiring less energy and oxygen. This allows more oxygen and energy to be diverted to the brain and its thought processes. Endorphins are also released, further enhancing this state of calmness. As the student repeatedly practices meditation, the body will become more accustomed to the correct position and less effort will be expended by the mind to overcome physical discomfort, again allowing for more energy to be diverted to the brain.

An important aspect of meditation is the control of breathing. As one learns meditative breathing, there will be various results. Correct breathing should include a slower and deeper rhythmic pattern with inhalation occurring through the nose and exhalation through the mouth with a slow yet vocal expulsion of air.

The inhalation increases Ki energy, helps slow heart rate, and creates the sense of *ding*, which is concentration and focus. Calmness is directed towards cutting off external factors of disturbance; this enables the practitioner to direct more attention towards the inner self.

This pattern of meditative breathing brings Ki energy in and the vocal expulsion eliminates negative energy. In Western medical terms, such breathing patterns allow for hyper-oxygenation of the tissues; and strong exhalation eliminates carbon dioxide and prevents detrimental lactic acid buildup.

The benefits of meditation will vary with the goals of the practitioner. The belief system of the martial artist, whether it is Taoist, Buddhist, Hindu or Western, cannot help but influence the end results of meditation. Regardless, all those practicing meditation will benefit to one degree or another, whether that benefit ends up being spiritual, medical or corporal.

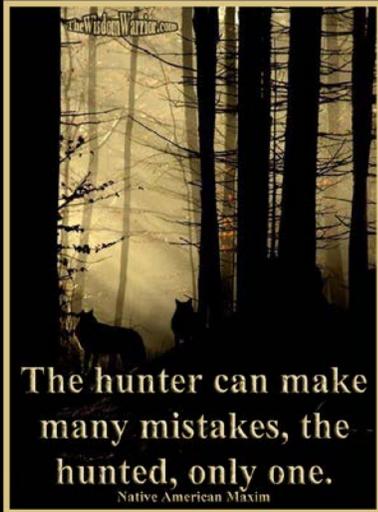
Since martial arts teach that those who lose their temper, tire first or are overly stressed, will suffer most during a fight, meditation becomes an essential aspect of training. Meditation benefits you in martial art training because it reduces stress, creates a sense of well-being, and makes training all the more enjoyable.

GM Richard Hackworth

Grand Master Richard Hackworth holds the rank of 8th Dan in Taekwondo, 8th Dan in Hapkido, 8th Dan in YuSool, and 6th Dan in Tang Soo Do. He is also the publisher of World Martial Arts Magazine.

## Paper Tigers – Paper Dragons

### GM Joy Turberville



The man of principle never forgets what he is, because of what others are.

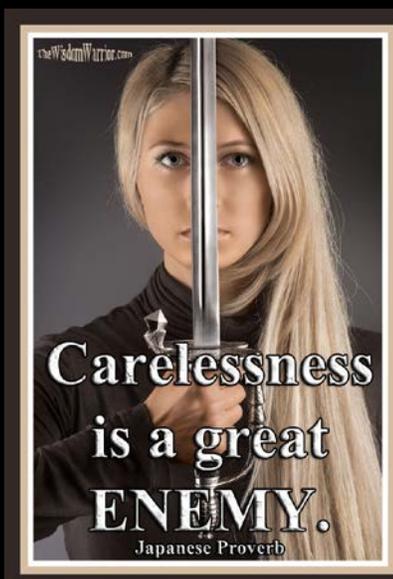
**Baltasar Gracian**

Instead of searching for the faults of others, examine yourself for personal faults that need to be corrected.

**Sai Baba**

Trust, but verify.

**Russian Proverb**



The beautiful dragon graphic seemed ready to jump off the heavy weight, high-gloss certificate, to congratulate the little boy who was receiving his fifth Dan rank. The television cameras rolled and the crowd cheered as the six year old tot performed the kata which had allowed him to earn yet another stripe on his black belt.

He was now the youngest karate master in America, the television announcer said in his loud, sports broadcaster voice.

As incredulous as this may sound, I watched it unfold before my very eyes on a national news broadcast. I felt the blood rush to my face and I felt the heat of righteous indignation build in my veins as my mind screamed, “This is not okay!”

I thought, “How can that panel of adult black belts not feel completely ashamed of themselves for having dishonored every legitimate black belt martial artist in our country by promoting a tiny child to 5<sup>th</sup> Dan black belt? Maybe I'm really asleep and this is just a bad dream!”

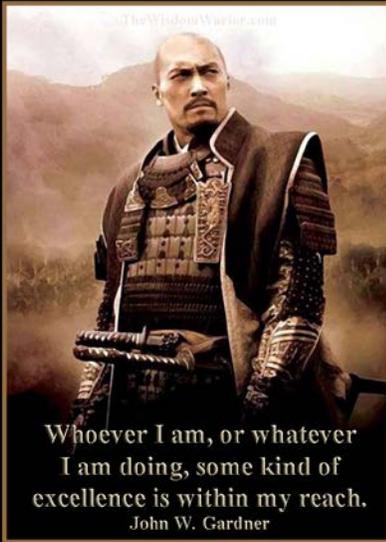
Just when I was almost convinced that I really was only dreaming, the little boy's teacher brought a stack of balsa wood boards out into the middle of the testing area and the child began to scream as if he were being chased by a dinosaur, all the while shoving his little hands and feet through the middle of the paper like squares. The audience went crazy and the boy's parents grabbed their faces in mock astonishment.

I can only imagine how much that rank of fifth degree black belt cost those parents in terms of money, but the cost to the very fabric of our modern martial arts community is impossible to quantify!

When and where did this loss of integrity begin? Did we all just wake up one day and there it was? Or could it be that we turned our heads one too many times, thinking that at least it wasn't happening in our martial arts school and in our system, so maybe we just shouldn't say anything about it.

This is a frightening thought, because that's exactly how the country of Germany, in spite of being filled with brilliance and intelligentsia, allowed the specter of the holocaust to occur. People just turned their heads and thought “It doesn't affect me and I don't want to be singled out as a dissenter, so I'm not going to say anything about it.” They unfortunately waited until the movement was too far too and big to stop, and by then it was most certainly affecting them too.

However, it's not too late to do something about the destruction of martial arts, but it is imperative that we start the discussion now!

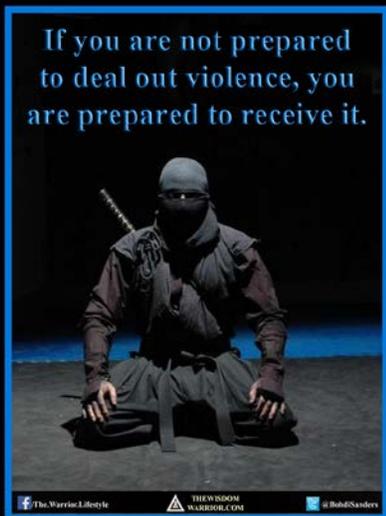


A just man. He stands on the side of right with such conviction, that neither the passion of a mob, nor the violence of a despot, can make him overstep the bounds of reason.

**Baltasar Gracian**

The majority of men meet with failure because of their lack of persistence in creating new plans to take the place of those which fail.

**Napoleon Hill**



Even though none of us have the right to impose our ranking criteria upon another system or school of martial arts, we do have the right to point out those cases in which rank has either obviously been sold or gifted to a student. We also have both the right and responsibility to name that act of selling or gifting rank as the reprehensible fraud that it is.

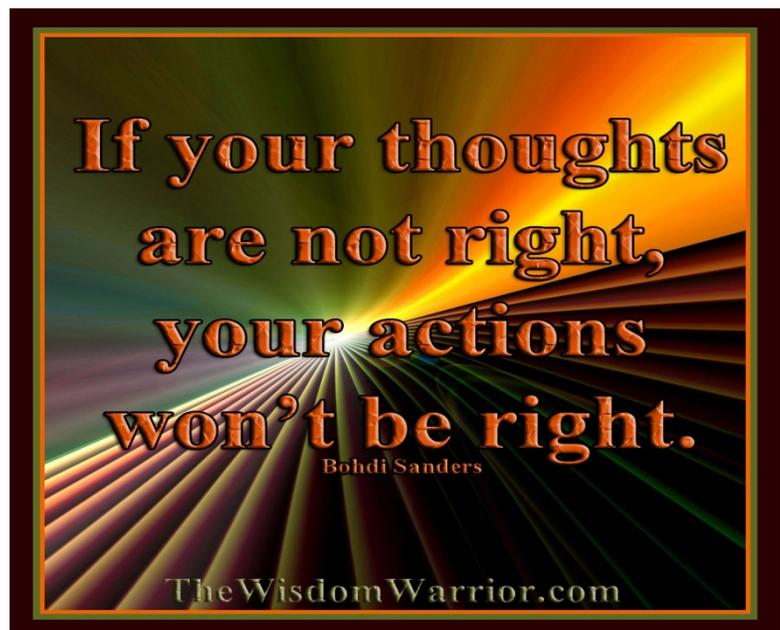
Calling something what it truly is has a tremendous amount of power. It can start the ball rolling and catalyze positive change. Combining honest discourse with the modeling of powerful and honorable martial arts characteristics in our own home court can produce a wave of energy that will touch the lives and standards of other martial artists.

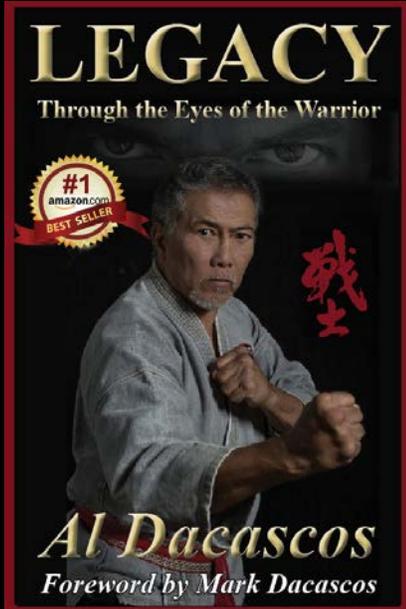
The identification and definition of what is wrong is absolutely necessary though, and don't let anyone tell you that it is improper to do so. Simply call it what it is and decide that you'll have none of that in your martial arts training or environment.

Each of us should strive to become the benchmark that everyone else desires to live up to in martial arts. When we become the role models that modern martial arts so desperately needs, then we earn the right to courageously define the paper tigers and paper dragons and call them exactly what they are!

We earn the right to tell them that they should go straight to....the recycling plant because paper, when recycled, has remarkable potential to be made into something useful, but paper in the presence of a real tiger tends to get shredded and paper in the presence of a real dragon tends to get incinerated. It is up to us real tigers and dragons to protect the path that winds back to the original martial arts way.

GM Joy Turberville





LEGACY: Through the Eyes of the Warrior is the autobiography of one of the martial arts' great masters, **Sifu Al Dacascos**.

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Available on:  
Amazon at:

**Sifu Al LEGACY**

# The Circle of Influence

Sifu Al Dacascos

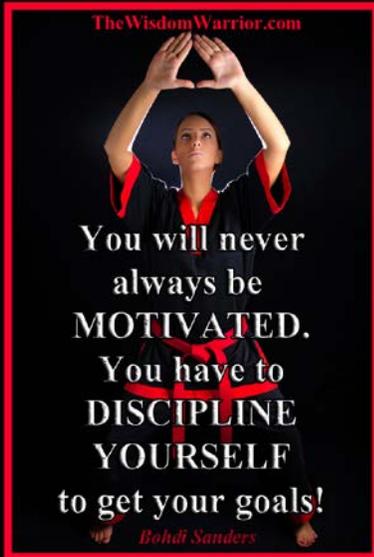


I think that it is important for you to understand that everyone has a circle of influence. This fact will help you comprehend where someone is coming from. It will help you understand the demise or destiny of an individual.

By going in a reverse order, essentially, retracing someone's steps back through his life, you are able to see his character development, how his habits formed, where his values and beliefs come from, why he developed as he did, and why someone thinks like he does. It is the circle of influence which has made him.

In life, you are influenced by many different factors. From these factors, your circle of influence is formed. Your circle of influence will most likely be formed without your even noticing.

Continued on page 20

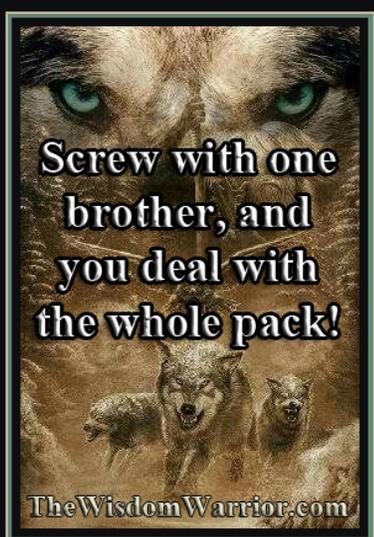


If you do not meet a sage following the same road as yourself, then walk alone.

**The Dhammapada**

The cost of a thing  
Is the amount of what  
I will call life which is  
required to be exchanged  
for it, immediately or  
in the long run.

**Thoreau**



You must be aware of your influences and how they have directed your life or set you on a certain path. If you are not careful, your circle of influence will spin out of control and take you down a path that you really don't want to travel.

The good news is that you can control your circle of influence. Make the choice to create a positive life and environment. When you do this, you change your destiny. Moderate to drastic changes of your destiny may occur when sudden trauma or shock occurs after 16 years of age. Death to loved ones, divorce, moving to unfamiliar environments, accidents, or a sudden change of environment are just a few examples.

Everyone has a circle of life. By taking the time to get quiet and retrace the events and people who have greatly influenced your life, you will gain a better understanding of who you are and what makes you tick. And with this better understanding, you will be more able to direct your life in the direction that you really want to go. You will be better prepared to reach your goals and dreams.

Sifu Al Dacascos

Sifu Al Dacascos was inducted into the Black Belt Hall of Fame in 1977. He has been on the cover of over 185 National and International Martial Arts magazines and has won over 200 martial arts championships. He is also the founder of the unique fighting art, Wun Hop Kuen Do, a system that incorporates Chinese and Filipino martial arts into the traditional KAJUKENBO system. He has trained many celebrities including Eric Lee, Karen Shepard, and his son, Mark Dacascos. His book, *Legacy: Through the Eyes of the Warrior*, was released in 2016 and became an instant bestseller!

What Other Martial Artists are Saying About LEGACY: Through the Eyes of the Warrior, the autobiography of Sifu Al Dacascos...

- Excellent read, I couldn't put it down! **Sifu Faircloth**
- Outstanding book about a true legend! Loved it! **C. E.**
- Fantastic! I had to force myself to put it down! **P. D.**
- Amazing! A MUST HAVE! **Master Andrew Fanelli**
- An extraordinary book! **Dennis Sandow**
- I couldn't put the book down. I read it in 2 days! **Jaclyn D.**
- A "must have" for any martial artists! **Frank Sanchez**
- A highly recommended book for anyone! **Rick Petersen**
- I just finished it for the second time! **Casey McPartland**

# BUSHIDO

The Way of the Warrior



**Bohdi Sanders, Ph.D.**

Foreword by Sifu Al Dacascos

*BUSHIDO: The Way of the Warrior* is the newest book by Dr. Bohdi Sanders. Sifu Al Dacascos wrote the foreword and highly endorses the martial arts philosophy in *BUSHIDO*. This is the perfect book for the martial artist and those in the warrior fields. There is one passage for each day of the year, along with a warrior quote and a matching affirmation. This book is **PACKED** with wisdom! **THIS IS A BOOK YOU WILL WANT IN YOUR LIBRARY!**

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Think, feel, and act like a warrior. Set yourself apart from the rest of the society by your personal excellence.

**Forest E. Morgan**



I am happy to announce the launch of the World Wide Martial Arts Council. The World Wide Martial Arts Council has been set up as a way to recognize legitimate martial artists. In today's martial arts world, there are so many self-promoted fakes, frauds and self-proclaimed "living legends," that I am glad to see an organization set up to vet legitimate martial artists!

The World Wide Martial Arts Council has a very impressive executive board including: *Grandmaster Gary Amen (Founder & President)*, *Master Andrew Fanelli (Vice President)*, *Dr. Robert Goldman*, *Grandmaster Samuel Kwok*, *Grandmaster Alan Goldberg*, *Master Bohdi Sanders*, *Grandmaster Bill Wallace*, *Grandmaster Michael DePasquale Jr.*, *Grandmaster Richard Norton*, *Grandmaster Cynthia Rothrock*, *Grandmaster Eric Lee*, *Master Art Camacho*, *Grandmaster Douglas Wong*, *Grandmaster James Lew*, *Master Simon Rhee*, *Master Silvio Simac*, *Grandmaster Sergio Barriga*, *Grandmaster Byron Mantack*, *Grandmaster Eric Kovaleski*, *Dana Stamos*, and *Grandmaster Frank Sanchez*.

If you are interested in applying for membership, contact:

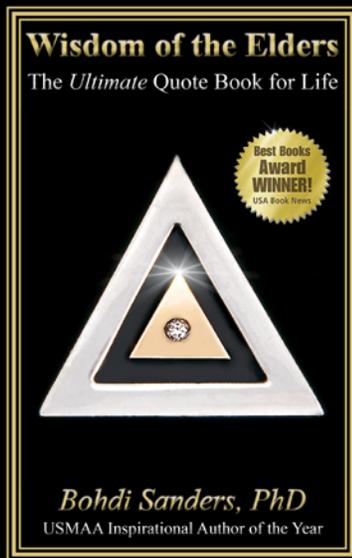
The World Wide Martial Arts Council (WWMAC)

Headquarters:

15545 Los Gatos Blvd, Suite D Los Gatos, CA 95032

Phone: 408-358-6042 Email: [masterfanelli@allprotkd.com](mailto:masterfanelli@allprotkd.com)

## Parting Thoughts



*Wisdom of the Elders* is 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 ages and is life-changing. This book won 1<sup>st</sup> Place in the USA Book News Best Books of 2010. It contains over 4,800 quotes, all focused on living a life of honor, character, and integrity.

Available on Amazon at:

[Wisdom of the Elders Amazon](#)

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

[WarriorWisdom@comcast.net](mailto:WarriorWisdom@comcast.net)

I hope you have enjoyed this edition of *The Wisdom Warrior Newsletter*. This edition was packed with wisdom from some amazing martial arts masters. I would like to thank each and every one of them for helping me present you all with some great martial arts wisdom! There are not many, if any, martial arts newsletters where you will find articles by so many martial arts masters.

And, speaking of martial arts masters, as we are heading into the final months of 2017, I am making preparations for a very exciting book project that will be coming out in 2018. I am working with over 30 grandmasters, masters, and SEALS on a very special book project. We are working together to publish a two volume set that will absolutely blow you away!

It is going to contain martial arts wisdom from some of the greatest masters and grandmasters of our day. It was originally supposed to be a single book, but so many amazing masters have joined this project, that it has grown into a two volume set. And I promise, you are going to LOVE IT! I don't want to ruin the surprise just yet, but I will keep you all informed as this book project progresses.

I want to thank you all for your continued support. Your emails, letters, and comments help keep me motivated to continue to share the martial arts wisdom and philosophy that I share on a daily basis. You *are* the martial artists of our generation; let's continue to work hard to keep character, honor and integrity in the martial arts!

**The shortest and surest way to live with honor in the world is to be in reality what we would appear to be; all human virtues increase and strengthen themselves by the practice and experience of them.**

Socrates

***Live With Honor!***

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