

Martial Arts Mastery

A Tell-All of Tips, Tactics, and Techniques

Volume 1, Number 2

Best of Issues 94-100

Interview with Mavourneen Rister

**Improve Your Stick Fighting with
One Principle**

**Killer Instinct &
Workout Intensity**

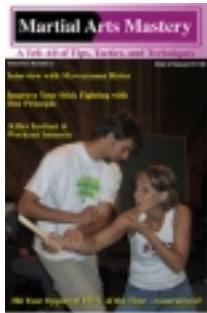


Hit Your Opponent 100% of the Time -- Guaranteed!

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(always ask permission before emailing attachments)**

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On the cover is Mavourneen Rister, practicing knife technique with super-tall Mike Russell. Who is M. Rister?

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Welcome from Your Editor to the Second 'Best of' Issue ...

by **Keith Pascal**



Welcome to the second 'Best of' issue of Martial Arts Mastery: A Tell-All of Tips, Tactics, and Techniques.

This issue first appeared in mailboxes to celebrate national Martial Arts Day in the United States. Thanks to **NAPMA** and **The Martial Arts Professional** magazine for announcing this special date.

This time around, you'll find more thought-provoking articles rather than new techniques. One of my favorite quotes comes from Lao Tzu. You know the quote, but probably didn't know he was the originator of the phrase *instead of giving some one a fish so they could eat for a day, he'd teach people to fish, so they could eat for the rest of their life.*

This issue is more *brain food* to improve your martial arts. It focuses less on instant techniques. Apply these principles and you will improve to a greater depth than if you just learned a new kick or punch.

Is this Best of Issue Free?

Yes and no.

I really do my best to provide good, useful martial arts 'brain food.'

If you find this issue valuable ... if you are thinking of printing a copy for later reference ... if you'd like to see more Best of Issues, then please send copies of this issue to all of your friends and colleagues.

Always ask permission first. Folks don't like getting SPAMMED with attachments.

Where's The Premiere Issue?

That issue was available to the public, from the Kerwin Benson Publishing site, and from the weekly ezine issues, UNTIL this current Best of Issue hit the Net.

Then it was be retired.

This is an excellent reason to share this second issue with

friends and colleagues.

When the next 'Best of' Issue appears, then this current one will vanish. The next time you see it, it won't be free.

Where Are the Bylines?

My name is **Keith Pascal**. I wrote every article, tip, and ad in *this* issue -- with the exception of one story (Mavourneen Rister tells how she overcame her fear).

This 'Best of' Issue is the tip of the iceberg. The weekly, text-only edition has a lot more useful information. And my eBooks get downright specific in their advice.

I do hope you enjoy this mental snack. Always remember where you can get a real mental meal. Read more about the free ezine on page five of this issue.

Requests Are Welcome

I love to write. And I really love to write about the martial arts. So, what would you like to read about?

Drop me a line.

editor@kerwinbenson.com



Stick Positions:

One Secret for Developing Super Speed

Stick Up, Up -- Stick Down, Down!

Some arts seem so fast and efficient -- especially several of the Filipino martial arts.

I have seen different Filipino martial arts, and while not all of them adhere to the following principle, some of the styles 'live by' the principle of not changing the orientation of the tip of the stick.

I have shortened the principle to a cute, catchy phrase:

Stick Up, Up -- Stick Down, Down!

What this means is to block a strike without changing the sticks orientation.

If the tip of the stick happens to be pointing up toward the sky, when the blow comes in, then you block with the tip remaining point up.

And if your tip is down when the opponent's stick swings at you, then you leave the tip pointing toward the ground.

Think about it.



This is the principle of efficiency in action. You don't take the time to rotate the stick either up or down. You are shaving off a bunch of time that it would take to block the attack.

So, do you always fight with the stick having only one orientation, if you never rotate the stick?

No, not at all.

After you check, you respond with a strike of your own (and for some of us, before too ;-),

The follow through of the strike may change the natural orientation of the stick. Any of your

follow-up hits could also change the way the stick is pointing.

Can You Generalize?

Now that you have the principle, can you generalize it?

Applying this efficiency tactic to other weapons training is a natural.

Making it work in an empty-hand context may take a little more work.

Your goal might be to analyze some of my reactions.



Try to eliminate the techniques using the hand or foot that is furthest away from the goal.

If you could react with a closer weapon (hand or foot), you could shave off some reaction time.

Also think in terms of orientation of the hand. If you are making big, wide motions for your blocks, maybe you should try the principle of:

Hand Up, Up -- Hand Down, Down!

On the other hand, I tried an experiment with two wing-chun-like checks. I tested a same orientation check against one that rotated downward.

The wrist rotated quickly on the one that changed orientation. The motion was small enough that it was not as open to fakes.

So, I guess I don't see a problem with mini-checks. Do you?

If nothing else, this is another one of those articles that makes us think about eliminating wasteful motion.

Yes, every little bit counts.

Note: The following week, in the regular issue of *Martial Arts Mastery*, I outlined a move contrary to the 'up, up -- down, down' principle.

There are exceptions to many rules.



Martial Arts Mastery:

A Tell-All of Tips, Tactics, and Techniques

Thousands of martial artists read **Martial Arts Mastery** weekly.

Always free, and always filled with content. Good content -- practical advice.

You won't find a bunch of classified ads in our weekly edition.

Sure, occasionally we'll tell you about a new offer from Kerwin Benson Publishing, but rest assured, our emphasis is on quality how-to information.

**You get quality,
how-to martial
arts information**

As soon as you confirm your subscription by clicking on the link in the confirmation email, you'll receive a few gifts from us:

- * A sample issue or two
- * Download instructions for a free eBook on martial arts
- * Some of our past martial arts tips

Then, you'll start to receive your weekly issue of **Martial Arts Mastery** the following Tuesday.

You can unsubscribe at any time, but you won't want to.

These tips and articles really are valuable.

Did you know that more than a few people have written to me saying that they print the ezine and put it in a folder for future reference?

And no, we don't archive back issues. That's why you need to subscribe now.

Don't miss out!

www.kerwinbenson.com

Some of the articles do eventually get published in other martial arts ezines. Some appear in "Best of" issues, like the one you are reading now, and a few appear in the Free report Section of the Kerwin Benson Publishing site.

That's another reason to subscribe -- once a month, a secret URL is published in the ezine. You need this special link to gain access to all of the free reports.

General visitors to the Kerwin Benson site only get access to a few reports -- less than a dozen.

Our **Martial Arts Mastery** subscribers get to read all of the reports and articles.

We respect your privacy. We will never sell or trade your name or email address.

Breath Matters

Have you thought about your own breathing during martial arts practice?

A little over a month ago, there was an article in this newsletter about a proper kiai (martial arts yell) when performing or practicing your art.

A proper kiai is executed with a sharp exhalation of breath. We know that much. But have we analyzed our other breathing practices in the dojo?

1) Do you perform long, slow breaths while practicing fluid techniques slowly, for precision?

2) Do you exhale with a sharp staccato breath, right as you hit with a powerful strike?

3) Do you practice deep breathing — in for a six count, hold for a six count, and exhale for the last count of six? (Breathe from the lower abdomen.)

One sure way to improve your breathing during martial arts is to analyze weight lifting. They are very specific on which part of the lifting motion requires inhaling and which requires an exhalation of breath.

Apply the principles you find from that genre to your martial arts training. Not only will you create a more effective practice session, but a safer one, too.



Tip: Offensive Breath Tactic

No, this is not an article about halitosis — bad breath!

Just a little tip, mentioned before, long ago, in a different article.

To knock the wind out of someone, catch them inhaling.

Believe it or not, I have knocked the wind out of people while they were exhaling, it's just harder to do.

Rick Kirkham's Combat ezine

<http://hop.clickbank.net/?kerwin/hometutor>

Try some of the useful articles in the Free version of Sensei Kirkham's ezine.

Look for articles on:

- Building sparring partners for under \$5
- 4 Paths to Self Defense and Awareness
- The Perfect Backfist ...and much more!

And if you like it, there is a paid version -- not for kids, sorry.

<http://hop.clickbank.net/?kerwin/hometutor>

It's pretty near impossible to knock the wind out of someone while he or she is in the middle of a kiai

(Hmmm, two tips for the price of one.)

Of course, actually timing your hit to coincide with your attacker's breathing patterns is a different matter, right?



How to Hit Your Opponent 100% of the Time — Guaranteed!

We have talked about other methods of guaranteeing you'll hit your attacker every time. This time, we will start from a basic premise and build.

What better place to lay the foundation for our principle than with a Bruce Lee quote. In "Bruce Lee: Jeet Kune Do, Volume Three," edited by John Little (Tuttle, 1997), Bruce Lee said the following:

"Any attack started from a close enough distance will reach, no matter how fast the opponent can parry."
(page 202)

As one or two of my daughter's favorite cartoon characters might say, "Well, Duh!"

After all, if you start with your fist a few inches away from your attacker, you can definitely hit before anything can be done.

Think about how long it takes the brain to send a response to the muscles. And if we take time to react, that adds even more time.

Without anticipation of movement by being able to see telegraphs (slight movements before the actual technique that clue us in), your attacker doesn't have a chance.

And it is just as bad with a foot that is starting just inches away from your opponent's shin.

No time to block a shin kick from that close in — not even time to pull the shin away.

Let's look at this principle a little more closely.

In practice, you start your punch from a medium distance. Your opponent either blocks it, checks it, or best yet, offensively responds with a check slightly following the counterattack.

In any case, your punch didn't make it.

So, set up for the same situation in practice, but start your punch a little closer to your opponent.

What's the result?

Did you make it, this time?

No?

Then try again from an even closer distance.

And even closer.

Eventually, you 'will' find a distance that is close enough where your opponent can't respond in time.

Three Facts to Ponder:

1) I said "punch," not "body." Starting your punch closer to your opponent does not necessarily mean bringing your body in closer. If your fist can't travel from your waist to your opponent in time, then don't start the punch from the waist. There are lots of styles that position the fists in front of the body.

Make sure your punch travels towards your opponent.

Don't cock it back first.

2) Range Doesn't Have to Be Closed All at Once (Keith Pascal, 2002 ;-)

Can you get your fist where it needs to be, and 'then' start your punch? In other words, close the distance with some other movements (maybe a uncommitted kick), and then when your fist just happens to be in close enough, start your punch.

3) Close Can Even Be Touching

I start teaching students who have an interest in the one-inch punch by having them learn to generate power from a touching position.

They learn to punch, not just push.

Later, they feel as though 'one inch' is a godsend ... it's a lot of distance to generate extra power, when they have had to do it from touching.

So, just how close 'do' you have to be, in order to punch fast enough, so your opponent doesn't have time to react?

You can't get much closer than touching!



Feature Article:



Interview with Mavourneen Rister, Wife, Mom, Martial Artist

Martial Arts Mastery: How old were you when you started martial arts?

Mavourneen Rister: I was a late starter, thirty.

MAM: What styles or system do you practice?

Mavourneen: I hate this



question! Why is it so important that people know your style/system?

How about ... what kinds of things have you learned to protect yourself. I study with an amazing man, Steve Golden. I never have gotten a straight answer on the name of the style - -LOL. I have heard it called Twin Dragons and also "really good stuff."

I have also dabbled in some ground stuff with a great instructor by the name of Ty Cannon.

MAM: You seem to seek out more than one opportunity to learn such as wrestling, weapons, Ty's place, Steve's, etc.... How come? And do you recommend this multi-style approach for others?

Mavourneen: Why limit you martial arts? There are some great styles out there today, so why not check them out? It will only make you better as long as you keep each piece in its own place. I feel any ground skills are a must, if you are a woman.

MAM: Have you ever really had to use your martial arts to defend yourself?

Mavourneen: No, and that's the beauty of martial arts. You are taught not to be in those places — awareness and control. It goes back to that old saying, "You learn to fight, so you don't have to fight."

MAM: Can you still be feminine as a martial artist, or are you the macha bruiser type?

Mavourneen: I feel I am very feminine; in fact, I have been known to use my femininity as a deception (smile). You know — a weak, frail, scared woman could never defend herself. Is that cheating?

MAM: What's your favorite martial arts book?

Mavourneen: Can I say "Wrist Locks: Form Protecting Yourself to Becoming an Expert"? LOL "The Gift of Fear" is a great book. It's not a martial arts book, but it is an insightful book that changed how I feel about fear. All my life I ran from fear, when it was really there to protect me.

MAM: What's your favorite martial arts movie to watch?

Mavourneen: "The Seven Samurai." It was funny, sad, intense, and loaded with great



sword work. Also “Enter the Dragon.” Bruce needs no explanation — beautiful!

MAM: Do you have any heroes or idols in the martial arts?

Mavourneen: Can I say Steve [Golden]? He’s like @Godiva chocolate and everyone else is @M&M’s —LOL.

MAM: What’s your weapon of choice and why?

Mavourneen: Myself of course! It’s always ready and I don’t have to reach for it. I tend to think anything I have in reach is my favorite at the time.

MAM: What does your husband think of you martial arts training?

Mavourneen: He loves that it makes me so happy! He has seen the positive changes martial arts has made in my life. He doesn’t play with me too much anymore though -- LOL.

MAM: What’s a problem (or two) you see in the martial arts?

Mavourneen: Some people think that everyone’s body is capable of doing the exact same thing — you get a room full of uncomfortable robots. People are different and instructors need to see that.

Teachers also need to open their minds and let go of their grand-master egos by encouraging thier students to explore all that’s out there.

If your instructor forbids this, find another school!

MAM: Do you have anything martial artsy in your home? A favorite painting in the living room? A weapon on the wall?

Mavourneen: LOL! I have a heavy bag hanging in the dining room, sticks in a few different rooms, a couple of swords hanging, and a knife cleverly hidden in the ...oops, better keep that one a secret!

MAM: Do you teach martial arts or do you plan to?

Mavourneen: I would love to teach some day. It’s very important to me to share what has been given to me.



Overcoming My Fear of Being Hit

by Mavourneen Rister

One day, I asked Steve [Golden] to help me with my fear of being hit and always blocking.

He said, “OK, bring your mouthguard and gloves to class.”

I thought he was teasing, but to my horror Steve was serious — something Steve never is.

As soon as I got to class, I started to feel sick to my stomach — I wanted to run.

Steve said something along the lines of wanting rare meat for dinner.

Did I miss the gleam in his eye?

With no trace of the wise-cracking Steve Golden I knew, he said “I want you to block everything I throw at you. Don’t hit, just block!”

I was thinking, “Block you!” Half the time he’s so fast, I can’t even keep track of his hands.

He motioned for someone to time us for a minute-something. Steve and I touched hands, and I heard “Go!”

The only way to describe what happened next is to think about getting caught in a wave. You’re being pounded and thrashed around. Just when you think you’re going to drown, the

wave lets you up.

I could not block him and was hit several times in the face — not too hard. Someone then called time — I was in a state of shock — I couldn’t defend anything with blocks.

I think we did it again. The outcome was the same. I had nothing against his hits.

The third time, he said, “Now this time, I want you to just hit. No matter what I do, just hit!”

I said, “Yeah, right. Hit you? I can’t even see what you’re doing.”

Someone said, “Go!”

All I was thinking was, I don't want to get hit again, so I'd better trust him and just hit. I hit with everything I could and never even came close to him.

One thing I noticed was that I was not getting hit as much.

I remember Steve grabbing my arms, and it was over. We had an amazing talk that I will keep in my heart forever.

He gave me the gift of letting go and taking control of my fear — something I couldn't have thanked him enough for.

Steve Golden is an amazing friend.



Bang!!! That's the sound my punches made after reading 3 minutes of "The Punch Papers".

Compared to the previous sound, -poke-, that is a great improvement.

This book has everything you would ever want to know about the proper way to punch. Power punching, speed punching, whatever you want to know you must seek the "Punch Papers". I am an amateur martial artist, 1 year Kyukushin karate and 4 months Tae Kwon Do, and this is the second best investment I've ever made (Other than my Wavemaster punching bag and

Martial arts instruction-which are tied in first place).

I recommend this e-book to everyone who wants to truly learn how to get the most out of their punches. If I were to sell this e-book I would charge \$10,000,000 because that's how much it's worth.

Thanks Kieth,

R. Bello Jr.
Amateur Martial Artist, Blue Belt Kyukushin Karate, Yellow Belt Tae Kwon Do

Tip: Eye Jab in Outer Space

Can you eye jab from any position?

In the previous Martial Arts Mastery articles, you have seen the usefulness of being able to eye jab with your hands in a 'stay-back' position, out in front of you.

With your hands in front, you can feign fear, while positioning your finger tips just inches from your attacker's face.

But could you eye jab from other, not-so-close positions?

Could you eye jab with your hand starting at your waist?

How about standing with your arms crossed? Could you shoot one of those hands out towards some one's eyes?

Of course, the key to a successful eye jab ... where success probably means gooey fingers, is to make the jab the only motion.

Don't drop your shoulders, shift your weight, or even turn your head before you start the jab.

Make the jab the first motion, if you are at a reachable or almost reachable range.

Have you actually practiced your eye jabs with your hand starting at different positions?

How about underwater?

I imagine that effecting an eye jab upside down, underwater, might be very much like fighting in outer space.



Mavourneen Rister: Discover her favorite food, TV show, hobbies, and even her future career goals

Martial Arts Mastery: What's your favorite kind of food?

Mavourneen Rister: This week it's Chinese, but I feel a salsa and chips binge coming on.

MAM: What's your favorite dish?

Mavourneen: Anything spicy.

MAM: As a martial artist do you eat nutritiously?

Mav: I try to eat healthy during the week, then binge like a mad woman on weekends.

MAM: Do you have a favorite fast food?

Mavourneen: I love pizza.

MAM: What's your favorite TV show?

Mavourneen: I am more of a movie watcher than a TV

watcher — and yes, martial arts movies tend to be the choice!

MAM: What's your favorite hobby or craft other than martial arts?

Mavourneen: I love gardening, reading, and writing.

MAM: What type of music do you listen to?

Mavourneen: I love screaming metal! But ...in my cd collection you will find classical, jazz, oldies, big band, and even a little country. Again, why limit yourself to just one kind.

MAM: What music do your kids listen to that you also like?

Mavourneen: My daughter is a big Godsmack fan and I love them. The first time she saw them in concert was with me. My son listens to The Red Hot Chili Peppers and Weezer. He thinks

it's pretty cool that mom likes the same music he does.

MAM: What's your favorite color?

Mavourneen: Green and it's all around the Northwest.

MAM: How long have you been married?

Mavourneen: Eighteen years. One secret is that we have no secrets.

MAM: Rumor has it you'll be going back to school. What will you be studying?

Mavourneen: Nursing — I want to specialize in labor and delivery.

MAM: Thank you for this interview. All of us at Martial Arts Mastery wish you the best of luck with your martial arts and your new career.



What Kind of Articles Would You Like to Read?

Many of the articles found in this issue of Martial Arts Mastery and the text-only issues develop from ideas provided by our subscribers.

What types of articles would you like to see?

Are you interested in the practical side of the martial arts?

That's normally the focus of this ezine.

Would you like to read about women in the martial arts? The feature article on Mavourneen Rister was our response to requests for profiles of a 'real,' down-to-earth woman in the martial arts.

Send your comments and suggestions to:

suggestion@kerwinbenson.com

Who knows, your idea may one day appear as an article, with credit to you, of course.



The Secret Move ...

Search for the Impossible???

Nothing is 100% in the world of martial arts. Nothing works all the time, under all conditions.

Not even a gun.

(Do I need to explain why, or can you come up with five scenarios off the top of your head where a gun wouldn't be the most effective weapon?)

As Steve Golden used to tell me, "If you're looking for the secret martial arts move that will work in all circumstances, under all conditions, keep looking."

The ultimate move probably doesn't exist.

That doesn't mean there aren't secrets in the martial arts.

Your school probably has some. I know mine does.

There are a few 'goodies' that will never find their way onto the Internet, at least not by me. Sorry, but you understand.

So, even if there isn't the secret technique that will work in all circumstances, there are principles not freely passed around.

(Keep in mind, with the right timing, rhythm, and distance, one person's plain technique may be another's secret move.)

So, there are 'secrets' in a sense, just not the instant magic, often pursued by beginners.

Would you like to know my favorite place to hide secrets?

I am sure you would !!!

No, seriously. My favorite place to hide secrets is out in the open, under everyone's nose. Really.

Would you like an example?

Take Bruce Lee's philosophy of martial arts.

It's called jkd.

'JKD' stands for 'Jeet Kune Do,' which means 'The Way of the Intercepting Fist.'

Now, if the name of his philosophy isn't the biggest clue to martial awareness, I don't know what is!

Yet, it hides like a secret, in plain view, for all to miss.

Think of all the schools professing to teach jkd.

There are a lot of them.

Yet, if you went into many of these schools, not all, but many, and you had the perceptive ability to distinguish between weapon first and some other preceding movement ... and you counted all the techniques in an hour period, how many would start with the weapon (striking hand or foot) first?

How many would have the weapon intercept the opponent's attack?

Yet this is the foundation of jkd. Think how much stronger their techniques could be, if they followed the one rule guiding their style?

(I have already written articles about the 'anything goes' attitude that some folks believe Bruce Lee intended in his 'open' style. I disagree with the 'everything is jkd' line of thinking.)

So, there is an example of a secret out there in plain sight for all to see.

Of course, there is a big difference between recognizing a secret and making a secret yours.

My advice ... don't go chasing the elusive secret move to end all moves.

Spend your time learning the foundation of your style ... always go back to basics. You might discover the real secrets of martial arts.



Making Constant Verbal Reminders

A Great Way to Speed the Learning Process

If you have been a subscriber to this ezine for awhile, maybe you remember the article where I discussed giving my students something to repeat over and over.

The example in the article was a sinwali, six-count practice (two-stick patterns against a partner, also with two sticks). I have my students quietly mumble “across, up, tuck” over and over.

Well, the litany from the article on page four of this issue for my students is, as you can already guess,

Stick Up, Up — Stick Down, Down!

They say it while they fight one stick against one stick — at about half speed.

[Don’t skip to the next article, quite yet.]

What I am doing is combining the senses. The study of Neurolinguistic Programming (NLP) is still a hot topic in the world of education, motivation, and business.

Some psychologists have criticized the lack of scientific data for some of the sequenced analyses of the NLP patterns. Still, they agree people do learn better/faster when more than one

sense is involved.

Are you still with me? Good. Let’s apply this to martial arts.

The three senses to stimulate in martial arts learning are:

1. Visual — ‘seeing’

2. Auditory — ‘hearing’

3. Kinesthetic — ‘moving’

After over a dozen years in the classroom, and add about ten more years on top of that teaching martial arts, I feel auditory learning needs to be divided into two categories, sound and verbal.

To make your students learn at a faster pace, stimulate ‘four’ senses during practice of the target technique or sequence.

Pattern the proper move over and over for them, before they begin practice. Then let them visualize it in their minds as the practice.

If the technique does not rely on feeling your opponent, then have them practice with their eyes open. Make use of the visual context.

For auditory, I use a short, catchy phrase for the verbal stimulation. For example, hit before check, hit before check. For the auditory, in a pattern I provide the rhythm — either with a metronome, or by hitting two sticks together.

Sometimes, when I am

describing how fast I want them to perform three follow-up techniques, I might say “BAM, BAM, BAM” at the speed I want them to hit.

And we have already covered the kinesthetic learning by virtue of having them physically practice the technique.

Still, I have two pieces of advice to offer:

1) Have them practice the technique slowly at first

2) Give them enough repetitions that their muscle memory has a chance to start perfecting the technique.

Note: Don’t practice for one minute and then move on to the next technique when it’s a new move. I see this error at many seminars. Give them more than one minute of practice time before you move onto the next move. Also, learn to read your audience — move on when it’s time to move on.

This may seem like such a small change. It couldn’t possibly have much of an effect, right?

Wrong.

Try it.

Mixing the senses during the learning of new moves is a powerful teaching and learning tactic.



Killer Instinct and Workout Intensity

Do you have what it takes to survive?

Big question, isn't it?

I am not sure I think of survival in terms of actually being able to kill someone. I am a fairly passive person, yet if someone were to attack one of my family members, I am not sure if I could be held back.

For me, it's not a question of 'killer instinct.'

It is a matter of doing what is necessary to survive.

And I believe a 'survival instinct' can be cultivated.

Who knows, maybe that will be the topic of another article or report, someday.

One thing I know for sure, many folks are fooling themselves. They believe they are training for survival.

The lack of intensity in their technique makes me doubt the practitioner's competence in a real situation.

When practicing, you can't 'just go through the motions.'

You see this especially with young folks who train on their own. They think that 100 kicks 'is' 100 kicks.

Wrong.

Precision, form, and intensity all count.

I also see paired practice partners exhibit this lackadaisical attitude. They just go through the required sequence.

They even get into a rhythm. End the sequence, wait two

beats, start the sequence again.

Yuck.

You aren't practicing to react when you practice in this zombie-like rhythm.

Remember my recent article on the kiai? You wonder why I suddenly scream when I am attacking my practice partner.

In one instant, I can take a practically comatose zombie all the way back to the land of the living.

Can you think of a better way to get the adrenaline coursing through the body? ;-)

Intense practice doesn't have to involve a kiai on every attack. As I mentioned in the previous article, repetitive yelling can have its own numbing effect.

Your partner gets used to it.

[Not a bad goal, from the flip side of the equation.]

Still, don't always stay casual. Add some realism to your sessions. Maybe, you'll intensify the situation by bringing the movements up to full speed.

A good place to end this plea to add intensity to your practice would be to remind everyone what Sean Madigan (CombativeSolutions.com) said about training:

"The resistance is increased in small increments, so that by the end of class, the student is learning to use his/her tool at near

full speed.

Please notice that I said full speed, not full power. There is no reason for students to hurt each other. By having the students progressing to full speed, you now create an atmosphere of realism in training. Students are forced to control aspects such as distance, timing & rhythm in order to be successful."

— Sean Madigan



Combative Solutions!

Have you checked out Big Sean Madigan's Martial Arts Site?

I promise you, it's worth a look. You'll find a lively martial arts forum, articles, opinions -- and always practical martial arts tactics.

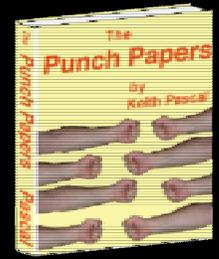
Go take a look.

www.combativesolutions.com

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Quick Tip: Add Power to Your Kicks

Are your kicks powerful?
Here are a few quick tips to help
increase power while kicking....

1) Don't lean backwards. If
you are kicking forward,
then leaning back takes
energy out of the kick. It
also makes it easier for
someone to topple you.

Note: One of the not-so-
great martial arts schools in
my city has a silhouette
painted on their window of
someone kicking in the lean-
back position. Bad news.

2) Keep your eyes on the
ball -- When I was in little
league baseball (many years
ago), I was told to keep my
eyes on the ball, if I wanted
to make solid contact with
it.

The same can be said of kicking.
Keep your eyes on your target --

all the way through the kick.
You'll have a more powerful
kick, if you watch as you kick
through your target....



3) Speaking of which, Kick
through the target. Aim for a
point behind your opponent's

body. Really pound through. Just
thinking of kicking past your
opponent will help add power.

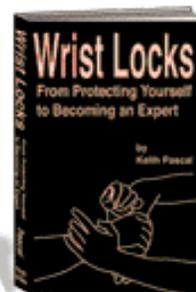
4) Your hips are part of
your body -- so make
them move forward
(towards your opponent)
while kicking. You may
need a teacher's help with
this tip. Extend forward.

*Photo: James Chandler,
one of the most powerful
kickers I have ever met,
helps Mike Russell with
his leg extension.*

*Mike is less than two
inches shy of being seven
feet tall.*



Control With Wrist Locks or Your Money Back!



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3. Getting Out of Unfamiliar Locks by Feeling Where to Go
4. A Dozen Super Techniques to Promote Thought

5. Expert Responses When Someone Grabs You
6. Patterns: The Secret of Learning to Flow
7. Generalizing to Different People and Situations
8. Always React with the Best Lock Possible
9. Mastering Counters and Reversals
10. Using Pressure Points to Enhance Your Locks
11. How to Experiment and Invent Your Own
12. When to and When Not to Use Wrist Locks
13. Learning by Teaching (the best way to improve...)
14. Going Beyond Others to Become a Real Expert
15. You'll Know You're an Expert When....

Resources (honest recommendations for great books, video tapes, etc....)

Index

As you can plainly see, this isn't just a collection of cheap moves.

This book takes you into the heart of wrist locking.

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