

JUST LIKE
CHESS
BUT WITH
**KICKS AND
PUNCHES**

MARTIAL ART—
A NEW WAY TO LEAD AND
MANAGE YOUR LIFE



IT'S JUST LIKE CHESS; BUT WITH KICKS AND PUNCHES.

MARTIAL ART/WAY FOR LIFE LEADERSHIP & LIFE MANAGEMENT

ABSTRACT

In the world of Martial Arts, it is believed that the training one receives helps mold our life, as well as our personal development, hence the term Karate-Do; (“Do” meaning the WAY), is a Way of Life. This leads to the following supposition; If Martial Art is supposed to help one as a whole (Total development), then it stands to reason, to make the assertion, that it should, via its teaching, educate one in becoming Financially Self-Reliant (Independent).

Like many things in life the thing that one cannot see is far more powerful or greater than that which can be seen and observed by the naked eye. The iceberg is a good example; Why is the Captain of a ship afraid! When the tip of an iceberg is sighted?

The author believes, as the message contained herein will depict, that the teaching of Martial Arts has a strong correlation with the key success principles as propounded by great minds, the likes of Napoleon Hill (author of Think and Grow Rich, The Master-Key to Riches), Jim Rohn (author of Seven Strategies for Wealth and Happiness), Colin Turner (author of Financial Freedom), Charles-Albert Poissant (author of How to Think Like a Millionaire), George S. Clason (author of The Richest Man in Babylon)..... the list

is endless. These same principles will be found in the attitudes of the great capitalists of our decade, ie. Conrad Hilton, W. Stone, Aristotol Onassis, Henry Ford, S. Honda, Bill Gates, Walt Disney, Ray Krok, Cornel Sanders, John D. Rockefeller, the list is limitless.

The author is saddened to realise that even with such knowledge many! True and Great Martial Artists live in financial mediocrity, when the means for achieving economic freedom is well within their being.

On closer examination of the above statement, the author asks the question; why, with such knowledge haven't these individual achieved or started to achieve financial independence?

If you start to analysis it you will probably come up with many varied and interesting answers; what does the author think?

The author is of the view that these great men and women are both consciously and subconsciously unaware of the knowledge they have and to a greater extent do not know how to draw a parallel and make use of this great knowledge.

Psychologists have proven that we as human beings have 4 levels of learning.

1. Subconsciously unaware
2. Consciously unaware
3. Consciously aware
4. Subconsciously aware

The aim of this book is to draw on the correlation between the intangible learning of Martial Art development and Key Success Principal for Financial Independence, how and where they are developed, as well as there practicality.

It is the wish of the author that by understanding the relationship outlined herein True Martial Artists of a certain level (i.e. true Dan grades) will become both consciously and subconsciously aware of the wisdom that they possess, and to an even greater extent understand how to apply the knowledge to achieve great wealth or their own version of success.

This book explains what might seem to some to be high level concepts or highly abstract thinking, however the underlining mode of learning is one of “Action Philosophy”. You have to do! In order to assimilate and comprehend. To be a good fighter you have to fight; to become a better fighter you have to be scientific in your approach to fighting and fight more.

“Like it or not, you have to do! To Become”

THE AUTHOR

The author himself not only believes in the principles outlined, he lives by them.

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The author is accomplishing his version of the things that are important to him by adhering to the message in this book, (As Napoleon Hill say s “*Success is the progression realisation of a worthwhile dream*”).

Personal note from the Author

“ The teachings in this book are not my own, I have had many great teachers who took the time out to show me the ways and methods of achieving my dreams. All that I have done is to tell the same story in a different way. The Way of the Bushido”.

Live your Dreams - As Walt Disney said “Think, Believe, Dream, Dare” to Live your Dreams”.

In Budo

Francis A. Nwofor.

ACKNOWLEDGMENT

I would like to express my sincere gratitude to all the people that contributed to making this book a reality.

My thanks go out to the following people:

Mr. Steve R. Payne for being a true friend and also for dreaming up the perfect title for the book.

Mr. Samuel Johnson, Mrs. Nancy Fulmer and Mr. Paul Kebble for taking the time to read the original script and providing creative statements to help uplift the quality of the book.

Mr. Jeff Keller for his encouraging and motivational words.

Many other great men and women have given their time and effort in several way to help complete and bring this book to you. To all of you; You have my deepest gratitude.

In Bushio-Do

Francis A. Nwofor.

KEY SUCCESS PRINCIPLES

Napoleon Hill, the author of *Think and Grow Rich*, gives us 13 principles for achieving financial independence, rather than regurgitate what he states, the author will give the headings with some personal comment. To gain your own internalised interpretation of the Principles, it is recommended that you procure your own copy of *Think and Grow Rich* and study it.

As a summation, the essence of the book empowers one to understand that - Everyone has an inborn Karma to become the best at what ever they do. Everyone has to choose his or her own path, good or evil, one must choose. The choice of path one chooses is not the main thing, what is important and interesting is that both paths require the expiration of energy in order to become the best! At it.

The 13 Principles

What the author believes Mr. Hill is stating is that to become financial independent we must understand and control, or will, to our advantage the forces of nature as well as the power of infinite intelligence, which are evident in the following concepts:

1. Desire:- One must deeply and truly want to be or become financial independent
2. Faith:- One must have faith in oneself, in a greater being, and in our fellow beings
3. Autosuggestion:- Understand that sometimes it is necessary to talk into existence what we want
4. Specialised Knowledge:- One must understand one's field of endeavor, if not then steps to find out must be taking
5. Imagination:-It is important that one sees the complete picture of him or herself having the thing that they want. As Zig Zigler says in his book See You at the Top, "We must see the reaching before we can reach the reaching", Visualisation!
6. Organised Planning:- One must know how to get what one wants, and have a step by step approach
7. Decision:- The ability to decide quickly and stick to your decision. The author will add that one should make BOLD! Decisions, as Bold decisions awaken the FORCES of Nature

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8. Persistence:- Provided your plan is correct; Stick to your plans. No matter how bad it look or how many time you have been knocked down, getup for the fight one more time
 9. Power of the Master Mind:- Surround your self with people who know more than you do and learn from them, school out does not mean end of the learning cycle
 10. Sex Transmutation:- Understand that you don't always have to have sex, redirect some of that sexual impulse towards achieving your goals
 11. The Subconscious Mind:- Awaken and listen to your subconscious mind, it knows what to do. Just ask and wait for the reply (listen to that soft still clear voice)
 12. The Brain: What we do today requires 30% of our brain power, learn to utilise the other 70% in the pursuit of your dreams
 13. The Sixth Sense:- Learn to develop your powers of perceptions, anticipate new happenings, plan and capitalise on them, "Who moved my cheese"? Is the cry of people who fail to be aware of their changing environment
- The Ghost of Fear:- Understand that fear is an illusion, it only exist because you allow it to do so; It is nothing, master it, overcome it and move on

The 7 Habits of Highly Effective People

As defined by Dr. Stephen Covey, author of the book and tape “The 7 Habits of Highly Effective People:”

1. Proactivity
2. Begin with the End in Mind
3. Put First Things First
4. Win – Win Attitude
5. Seek First to Understand before they are Understood
6. Synergistic (The Whole is Greater than the Sum of the Parts)
7. Sharpen The Saw (Self Reflection)

This journey will show how these 13 principles as well as the 7 habits of highly effective people, are forged, ingrained and harnessed by studying the Martial Arts.

THE JOURNEY BEGINS – A GLANCING LOOK AT THE WORLD OF MARTIAL ARTS

All Martial Art styles are divided in to 3 subsets of training types, which are all both, inter and intra related. For this definition, Karate wordings would be used, however all forms of martial arts follow this strategy.

Khion --- Basic (Acquiring and Sharpening the tools)

Kata --- Forms (Moving Medititation (Mental Training))

Kumite--- Fighting (Applied Learning)

It is not the intension of the author to attempt and explain the whole sphere of the Martial Arts domain, just the opening of the door.

KHION (ACQUIRING AND SHARPENING THE TOOLS)

One of the fundamental concepts that Khion teaches is an attitude of mind. The phrase attitude of mind is many fold, to give an illustration, what does it mean to fail? Now! Society would have us believe that if you attempt a thing and you do not complete it 100% on first attempt, than you are a failure. However this is not true; In business as well as in our personal development we need to understand that it is OK to fail. The author understands that, on first reading the last sentence, you are probably thinking “ what is this guy on - need to file this in the bin” . However, knowing that in failing we (are) should be learning and developing. So to restate, it is **Ok To Fail**, once, twice, three times or even more, as long as we are learning, developing and recommitting ourselves to pursuing our dreams with an unrelenting determination until we achieve them.

While studying the basic (Khion) one is required to perform high repetitions of technique i.e. 50 Roundhouse kicks. Now 50 kicks, for the seasoned martial artist, is like a walk in the park – easy. However this to the untrained and ill-conditioned guy would be a daunting task. So if you say “Pat, you have to be able to perform 50 roundhouse kicks continuously before I grade you”, the grading will never happen, why? The number 50 will overwhelm Pat. Doing 3 kicks straight off is a task on its own, let alone 50! This can be called **failure thinking**, “this is too much for me, I can’t do it” - If at this stage Pat is not thought **persistence** and the difference between to fail and a failure, surely as night follows day, Pat will grow up to be a failure in life and in any other undertaking.

A Parallel

The key in the transferability of concepts from Martial Art into Business success principles is the identification and explanation of this void process (where, when and what the teaching is taking place).

Pat on receiving the goal “50 roundhouse kicks, straight off or no grading” must also be told “Pat it is ok to fail; Pat if you can not give me 50 roundhouse kicks **now!** It’s ok!”

If Pat does 3 roundhouse kicks and cannot do any more Kicks, even to save his life, we have a situation. We have reached a crossroad, which has two paths, one path will, irrespective of Pat’s background, bestow on Pat the *Spirit* of wanting to win (**The Will to Win**), and the other path will start Pat on the road toward failure.

The strangest thing about this crossroad is that Pat will be guided to a choice by the Teacher (Sensei).

The remark! made by the “Teacher” at this crossroad, seals Pat’s fate.

The comments made by the teacher carry with them the principles of Autosuggestion – true or false, Pat will believe what the teachers says and it will be imprinted in Pat’s subconscious mind, why? Because of the principles of the Master Mind. The teacher knows more than Pat, and Pat has come to learn!

Comment 1

“3!,3!, I said 50 kicks and your giving me 3! You useless sap! - Give me 20 push ups you lazy!

Such comments will give Pat a negative self-belief and hence on the road to failure.

“Words like a snake can either give or take a life” (Native American Indian belief),

“watch what you say”.

Comment 2

However, if comments such as “3 that good!, tomorrow we’ll do 5, good attempt!” Pat goes away feeling good with a positive self- belief (winner).

A Parallel

Now the interesting thing to observe is Pat’s thought process. It is 99.8% certain that Pat is thinking “5! - Am going to do 6!” – Here is the start of the empowering ability to better one’s previous best!

This process continues, with gradual increment ion on the number of kicks Pat does per training sessions.

What has happened? The Teacher has let Pat know that it is ok to fail, provided stopping is not part of the solution, both Pat and the teacher have the **End in Mind**.

A Parallel

What happened? What has this process of “do 50 roundhouse kicks” taught?

In every endeavourer that we take up! We need time to learn and grow with regards to becoming proficient in our area of specialty and becoming successful. It just so happens that failing once, twice, three times and so on is a natural teaching process that has to be undergone.

Going from 3 kicks to 4 kicks, from 4 kicks to 5 kicks and eventually 50, a conditioning process is taking place both physical and mentally. Physically, we can measure how well we are doing as the number of kicks that we can do increases, so we need not go into it. However, what is happening to us mentally (mind conditioning)? Let us take a look:

A Parallel

*1. If I don't get it this time, I'll get it tomorrow, like the saying goes, “It's not over until the fat lady sings” – **Persistence and Perseverance***

*2. We can always do one more passed our best - a state of continual self-development (Kizan – **Sharpening of the Saw**)*

*3. The doggedness to carry on once we have reached our supposed limit - determination and the forging of the “**Will to Win**” Vincent Lombardi said “Winning isn't a one time thing, winning isn't a sometime thing, we don't win sometimes, we win all the time”*

Winning is a habit.; The “Will to Win” is a state of mind, which say that when you do a thing you do it with all your energy¹ 110% and then some!² By so doing we are using our

¹ 110% Physical energy; 110% Mental and Emotional energy and 110% Spiritual (Love) energy

Brain and Subconscious Mind to push ourselves passed our Comfort Zone, There by Growing

*4. Going for it “just one more time” Doing the extra one - **Going the Extra Mile.** The author believes that to beat the rest, you have to be the Best. To be the Best, you have to Better your best. To better your best, you have to go the Extra Mile.*

Eventually Pat will do the 50 roundhouse kicks straight off. However more importantly, Pat has learnt that success is built on a number of failed attempts, also, that failing does not mean that you are a failure, provided you don't stop.

Give your self the permission to fail - make it alright for it not to work first, second, third, time round, as long as you get the job done! – Begin with the end in mind

Many of the 13 principles are clearly highlighted in the above scenario. However, if the author is permitted to pick out the most important or influential one, in ones journey into the Martial Arts and Life – Then it would be principles #9 The Power of a Master Mind, take care in who you allow to influence your life.

A message from the author to students and teachers of the Martial Art. Students: take the time to learn the many lessons contained in the daily practice of Khion, Kata and Kumite.

Teachers: endeavor to explain the life principles that are contained in the art that we teach. Also teachers remember that to be a teacher is to be a student, “once a teacher always a student”

² X factor

KATA (MOVING MEDITATION (VISUALISATION))

The general belief about Kata is that, it adds the development of ones mind. Hence some people have referred it as “Moving Zen”, meditation in motion. The idea behind most Kata’s or Forms is that in executing the composite techniques of the kata one can (to paraphrase) get lost in the activities of the moment, and in so doing frees the mind, allowing it to relax.

The term ‘relax’ is used as a general terminology for it encompasses the domain of internal realization, a step towards greater self-discovery and mastery, as well as a reflexives and reviewing attitude into our thoughts and deeds. This is what the author believes Dr. Stephen Covey means when he talks about taking the time out **to sharpen the saw**, as one of the 7 habits of highly effective people, and what Napoleon Hill means as part of his 13 principle, to awaken the **Subconscious Mind and expanding our Brain Activity**

So what does this all mean? And how can it lead one to achieving financial independence? This is a good question and one that needs individual research, however, the author will give what may seem to be a guide to helping one find the answer.

The way of Kata (practice) is spiral in nature as well as being three fold i.e. Physical, Mental, and Spiritual.

To try and explain the intangible qualities of kata would be like trying to knock out air (you see what I mean). Anyway, lets proceed; on the physical level, as one begins to

learn a new Kata, the physical movements, correct execution of technique, body development, applications and the likes are the main important facts.

A Parallel

Here, we are aware that we have to spend some time learning and applying new skills; we are going through the process of Specialising in our domain.

As the techniques of the Kata are mastered, one begins to incorporate correct breathing, intent and visualization, perception (which comes from looking at what has been presented, to determine that which has not been given³), this is all to do with mental training. The third fold is the stage, where one is performing the Kata to such a high degree. Maximum intensity of both body and mind that, you are no longer performing the Kata, instead you are the Kata. A state, which the founder of Aikido refers to as a “**state of void**”. You are not there, but you are there, the author is working towards this higher level of enlightenment.

The spiral qualities of Kata are such that the more you practice the more you discover newer things. The more new things that you discover, the greater your understanding of the kata and the more aware you really are that you don't understand, hence the learning continuous.

³ Some call this looking for the hidden techniques

Every new understanding takes you to another level in the nature of the Kata and if you practice the Kata with this new knowledge, you find that at this new level you don't in fact know the Kata, so the lesson begins, a journey to new findings. I hope that we can see that the practice of Kata leads to the sharpening of our saw (soul, if you want to use the word).

A Parallel

All three spheres of Kata lend to a well-rounded development of the person. However from a point of view of accumulating money, we have to research the first two folds (the physical and mental stages) to establish the correlation between the learned principle and the key principles to financial independence.

One of the keys to success given by Napoleon Hill is one of specialized Knowledge, in other words; know your subject. So on the physical realms of Kata, technical perfection is sort as well as complete understanding, to move on to the mental and spiritual realms an intensive understanding of the individual and combination of techniques is paramount. Likewise a complete and through understanding of our domain⁴ is necessary to achieve success.

By fully understanding our domain, we free up our mind. This freeing of the mind allows us to find creative ways of improving what we do or finding new ways of doing what we do better. You'll never serve an ace in tennis if you don't understand the principle behind racket head control.

⁴ Domain here is used to indicate job, business ... area

The person, who achieves above his fellow, is the one that **excels in performance** (“I know, I hear you say, tell me some thing I don’t know?”).

Well, what causes this excellence in performance?

Why does Mr. or Mrs. Excellent Performer out-perform the Joe Average family?

Why does Mr. or Mrs. Excellent Performer do a better! Job?

...

If you care to examine the answers to these questions you will find that the number one dominating factor, is that the Excellent Performers have mastered their subjects and areas of expertise so well that they can find new ways of performing their job. The hidden lesson here is that once you have mastered your task and can perform your duties to a high level of perfection, the negative tense energy associated with wanting to do your best, when the ability is not yet there, is removed. As a result, your creative ability is heightened and applied in effective way to aid you in doing a better job; “Let’s face it, the man or woman who does a better job is the one that succeeded”.

In a Sales Organisation – the good Salesperson does not get the big accounts; the big accounts go to the **better** Salesperson.

To achieve your dreams, goals, objective or financial independence, you must! To be the Best! – So, as the British Army motto says “**BE THE BEST!**”

KUMITE (APPLIED LEARNING)

Kumite can be classified as “Action Philosophy”, why? - “The application of what one has learnt is the best means of determining how well one has learnt the lesson. When we apply new knowledge or concepts, the nature of reality necessitates that we adopt or modify this newly acquired impression with respect to achieving our objective.”

Kumite “Applied Fighting Art”, for those of us that have experienced fighting, be it in an organised Martial Art competitions or a life and death situation on the streets “anything goes type of thing”, would agree that fighting is a dynamic engagement, where the fighter is constantly having to adjust or respond to an ever changing situation and actors⁵.

Again, The author restates that, our aim, is to explicitly identify the processes that a **True Martialist** undergoes, determine the learned outcomes (principles) and draw a parallel between these principle and key success principles, for achieving financial independence as defined by Napoleon Hill and Dr. Stephen R. Covey.

So what does the art of fighting teach the true martial artist? – **Picture this!**

⁵ Actors here are taken to mean any stimulus that can affect the outcome of a fight, from the fighters point of view. Stimulus can be both internal and external.

Internal stimulus includes: Mental conditioning - from the start of the fight and into the fight; Cardiovascular and Physical structure; Knowledge of fighting tools and their best application.

External stimulus includes: The Adversary; The fight arena, (the fighting style used in an open space area will vary dramatically to the fighting style used in a confined area). Intangibles, feedback from the adversary i.e. rhythm, response or reaction, etc.

The Fight!

Let say that Pat has now accessed the situation and has decided (is of the mind set) that the enemy must be Cut! Down: To Cut Down the adversary, that is the Objective, the Goal, and to a greater extends the Dream! If we take a step back and explore Pat's thought processes and deeds, we can establish a correlation between them and the thought processes and action for success in the area of business and enturparialship.

A Parallel

*If you reread the above text, you will see a parallel. **To Cut Down the Adversary, that is Pat's aim (Goal, Objective).***

To succeded in any work of life, or business, one must have a Goal, an Objective, a Dream, "call it what you like", a Desire to achieve something worthwhile.

*Next our fighter (Pat) needs to determine the best approach and technique to use with respect to achieving the task at hand, "**the Business community calls this a Strategy, Business Plan. What is this? A list of activities that would help them reach their goal**".*

On determining the best workable approach and technique Pat applies a feasible combination of techniques in a creative way. However in a logical sequence the techniques when used must have or seem to have a natural following (flowing).

The fight is in motion. Let us take a look at what is happening here. First, the author makes the assumption that Pat's adversary is a very competent fighter; we'll equate this adversary to the *obstacles* that will materialise and stand between us and the goal we have set out to achieve.

As a flurry of kicks and punches comes towards the enemy a series of maneuvers can be performed i.e. blocks, parries, bobbing & weaving to evade the thundering techniques and in the process, if an opening occurs, a counter attack.

In the initial confrontation our fighter will make minimal impact on the adversary, this is expected as Pat struggles to understand the antagonist's strengths and weaknesses and other varying displacements. In the heat of the exchange Pat will make some hits (Wins) and sometimes Pat will get hit (Setbacks).

A Parallel

In relation to our Strategic Plan or Objective, the next thing to do is break it down into a 5 year plan, 3 year plan, 1 year plan, 6 months plan, monthly plan, weekly plan, (daily plan⁶), and to an even greater detail, what we will have to do hour by hour to accomplish our objective ('to do' list). These are manageable tasks that are measurable, here and now. Milestones are the terminology used in business, for Pat it's a set of workable combination of techniques.

⁶ Some management theories preach this last technique. However, the author believes as stated by Stephen R. Covey, daily planning is crisis prioritisation, one should have a weekly plan, and move on

It is these milestones that if repeated often enough will lead us to accomplishing our objectives.

Pat (our fighter) will continue to administer combination of techniques, preferably different combination at varying time intervals, *as in reaching our business goal - the task at distinct stages of our milestones will be changed, in relation to where we are and what needs to be done.*

Setback

In a fighting engagement, no fighter will ever complete the process without getting a few digs (digs, an East London slang for hits). Even Bruce Lee took a few, maybe not many, but a few, anyway.

In Pat's endeavors to cut down the adversary, Pat will occasionally get hit, with some of the combinations that the opposition unleashes. Sometimes these will have minimal effect on Pat, and sometime the blows (the old one-two combination) will feel like poison! On Pat's body, "in other words Pat will be hurting". On occasions Pat will be flat out on the floor ("**get up quick!**") is the authors advise.

A Parallel

On close examination of what is happening in the fight we see what occurs a majority of the time to men and women who set out to achieve their Dreams! They:

- 1. Will face obstacles*
- 2. Will have a few wins*
- 3. Will have or face some setback*
- 4. Will have their resolve tested*
- 5. Will start having some Self-doubt (Mental conditioning is paramount, (KATA training)).*

During the durations of Pats engagement with his adversary:

How many times will Pat be met with the old, one-two combination?

How many times will Pat be knocked down (*not knocked out – there's a difference*),

looking up at the sky and observing the make up of the sky,?

How many times will Pat's resolve (to cut down the adversary) be tested?

The author is very certain that you have guessed it, Pat will be tested, many, many, many, many times, the exact number, who knows! "At the end of the fight you can count it, if you wish".

A Parallel

The continuous repetition of the basic (Khion) and mental training (Kata) would have developed in Pat the resolve to get up one more time. Most motivational and self development books call this resolve “the never quitting attitude, dogged determination, commitment, or, as Les Brown would say, “the commitment to commit to your commitment”, Napoleon Hill call is Persistence & Perseverance – that which separates the men from the boys. The author calls it the “Will to Win”. Pat must have a sense of passion (a deep burning Desire) to cut down the adversary, “It shall be done!”.

Let’s say Pat is all blooded up and tired, takes a deep breath and launches out towards the antagonist with a flurry of kicks and punches, and, oops! Pat is kissing the hard floor again. Now if the desire, grounding, the mental stamina is not ingrained internal in Pat, Pat at this moment will cut tail and run.

A Parallel

On a parallel, if those that go after their goals don’t have the passion or are not passionate about their goal with regards to wanting to achieve it, if they are not internally motivated or don’t have the strength of character to overcome the obstacles and setbacks that stand in the way of their goals, they will tend to join the lost souls, those who give up on their dreams and settle for a life of mediocrity.

Pat has now been on the receiving end of the exchange so far (still on the floor). On getting up this time (that’s a good thing to do - get up), Pat is thinking this is not working.

What must Pat do now?

Quit or re-enter the arena one more time – did you make the right choice?

Pat hovers outside the zone⁷ and does some re-assessing and re-calculation. Pat's thought process right now will tend to follow the form:

How is it or why is it that all my efforts so far have landed me square on this guy's strength?

What does my opponent do when I come in with this type of combination?

How come I am always the one attacking and I am the only one who ends up on the deck? Ah! a counter fighter.

What Pat is doing is re-grouping and taking stock. Having re-grouped Pat re-enters the zone with a renewed mental and spiritual strength to set about cutting the adversary down, as well as a new strategy.

A Parallel

*The same is true in the business world, as we apply the steps necessary to achieve our objectives, we will face setbacks, obstacles, and the likes. As indicated earlier, we can choose to let our dreams die, because we may think, "this is too! Hard, I can't continue". Or we can take a step back to re-examine our approach to either, modify them or delete some, or even add new ones. Once we have completed our corrective steps, we launch back and pursue our goal/objective/dream with a renewed spirit and determination of "it shall be done" and watch out baby because it will happen, that is the law! "**The Law of Nature**".*

⁷ The zone is the center of the battle area, when in the zone you best be ready!

The author defines the law of nature as so:

“The law of nature says - tell me what you want, and I will give you a test to see if you really want it! - If you pass the test, I’ll grant you your wants, and if you change your mind (quit!), well, enough said”.

Pat enters the zone, with a smile of confidence that says your butt is mine

The journey to fulfilling our goals in life is like the dynamics of a fight situation, if you can only internally observe and learn from what you already know, you’ll see that you have the seeds of greatness within your being.

Fight On!

CONCLUSION

“A Dream is like a reflection in the water, disturb the calmness and it’s gone.”

– Francis A. Nwofor

When a child is born, it is born with the seeds of greatness in him/her. From the age of 1 to 5 years or even 6 year, these young people live with a belief system that says “the world around me is mine to conquer, and I will! Do so – as for what I can achieve, the sky is the limit”.

The unfortunate thing is that as these youngster start to reach the age of 7, the conditioning process starts and phase one of the conditioning process is School!. It is a sad state of affairs to know that our school systems, rather that educate (to draw from with in) our young children to become future leaders, are conditioned to work 9 am to 5 pm, collect their pay packet on Friday and exist, this is not right!. As an Eagle is bestowed with the gift to soar the skies, so have our young children and You, yes YOU! been engineered for greatness.

Forgive your parents for not teaching you the success Principles, forgive your teacher for killing your belief systems – “they all do – comments like – what makes you! Think that you can achieve that?, or stop day dreaming, or come on get real”, forgive all of them, and take up the mantel of responsibility.

Take responsibility for your own destiny. You don't have to settle for a 25 year mortgage, two kids and a life of plain existence, you were born to succeed. So let's put on our mental Gi and belt, OSS! And using the teachings of the Martial Art as the milestone for achieving your own versions on the things that are important to you.

In the Martial Art – the highest level one can ever reach is a state of enlightenment (awakening) and self-realisation (self-understanding). The contents of the past pages have hopefully been a journey into awakening and understanding, an awakening into the fact that we are more aware of the correlation between that which we learn in the dojo and the success Principle found in the business sector.

Now that you are aware of the parallel between, habits and Principles of successful people and the development process of the Martial Arts, it is now your responsibility⁸ to determine how this new-found wisdom can help you achieve your commercial goals.

The key to understanding, here, is the same as that found in Kumite. You need to do, in order to understand fully. So ACTION!

The author asks that from today, approach your training with the eyes of an enlightened one, as you train research and search out the Principles taught, as you would research a KATA looking for the hidden techniques.

As you discover these Principles and start to understand them, apply them to your goals.

⁸ To respond with ability – Dr. Wayne Dyer

Please understand that you have now a different mentality from the time that you first picked up and read this book. You now possess the same knowledge as the great capitalist of our century. You might be having self-defeating thought of “I can never achieve what these people achieved” and to this the author says WHY NOT! You are a human being, the same as these other entire Millionaire and Billionaires. Ok they might have had and applied these Principles longer than you, well now you know, too.

Friend! Set your goals and apply these Principles and habits of these highly successful people and you, YES! You! Will achieve them, It has to happen, that is the Law!

Martin Luther King said “I Have A Dream” – Well friends “**I Have A Dream**” – Which is that:

“YOU LIVE YOUR DREAMS AND LIVE BY YOUR DREAMS”.

In Bushido.

OSS!⁹

⁹ *Sensei the Leader – Martial Arts and Leadership Principles*

"What advice is most in your unique perspective and experience, and how clear can get the same results using these ideas?"

I wish you well!
JEFF KELLER
Author

"Rethinking... why don't more people look at things in this way?"

STEVE PAYNE
IT Infrastructure Manager
Martial Arts Coach

"As a non-martial artist I was immediately surprised to find that the book was so easy to read. I was impressed at the parallel themes of leadership and motivation that run smoothly between actual examples from the martial arts world and yet fit naturally into the real world and for me, life in the corporate world.
An enjoyable read with a touch of good sense."

ILANA GARBMAN
Marketing Manager



UK Price £0.00

