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WORLD OF MARTIAL ARTS MAGAZINE

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TIME IN CHINA**

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Original Truth...

It's Like Riding a Bike

Game of Death

Hazard Fixation

*Martial artists are very similar to motorcyclists.
Let me elaborate...*

When motorcyclists learn how to ride a motorcycle, one of the first things to learn is the vital idea of 'hazard fixation'. That is, if you focus your gaze on something, that is where your motorcycle is going to go. So if you're looking at a pot-hole in the road thinking 'I need to avoid that pot-hole', guess what... you ride straight into it. If you're looking at a lamp post on the side of the road and thinking, 'I need to avoid that lamp post', guess what... you're going to wrap your bike around it.

Martial arts are exactly the same as riding a motorcycle. Bear with me...

Getting Punched In The Face

During sparring, have you ever wondered 'I do not want to get punched in the face'. And there it is... BOOM!!! You get punched square in the face!

Embarrassed By Your Embarrassment

During sparring, have you ever wondered 'I do not want to embarrass myself'. And there it is... HOLY C**P!!! Your opponent bursts into a flurry of strikes putting you into a corner... punching, kicking and hurting your ego.

Winning Is Everything

During sparring, have you ever wondered 'I have to win'. And you are pre-meditating moves and combos to defeat your opponent. And there it IS NOT... The opportunity to play out your scenarios never happens because the fight doesn't go like you planned it, and you start to get really frustrated, angry, rigid and tense, leading to the further demise of your performance.

And so it is, whatever you fix your gaze on, tends to happen even though your intention is for it not to happen.

Riding A Bike

It's like riding a bike (if you cannot ride a bike, then think of something else you had to learn to master).

When you first start to learn how to ride a bike, you have to figure out,

- How to sit on the bike,
- How to grab the handle bars,
- How to distribute your weight across the bike to find your balance together,
- How to put your feet on the pedals whilst someone supports you upright by the seat of your bike, preventing you from falling over,
- How to propel the bike forwards,
- How to stay upright in a straight line,





Article: Lak Loi

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- How to steer the bike safely without high-siding or low-siding, and...
- How to brake carefully so you stop safely without skidding, crashing, or going over the handlebars.

Until that point when your trainer lets go of your seat and you don't even know it, and you're doing it all yourself, oblivious that IT'S ALL YOU. There is a moment of complete freedom, where all your thoughts have died, and there is nothing left but just you in the flow 'feeling the breeze'... THAT'S IT! That's a moment of 'Learning the Art of Dying.' Often referred to as 'Living in the Now' and 'Being Present.'

Bruce Lee summed this up beautifully when he said...

"To understand and live now, there must be a dying to everything of yesterday, die continually to every newly gained experience, be in a state in choiceless awareness of what is."

At first your motion is very rigid, mechanical and robotic. Six months down the line you're not thinking about any of the above anymore. You're more concerned with having fun riding your bike with your friends, you're engaged in fun banter, enjoying the adventure, and excited where this journey is going to take you! You attain a fluidity and presence in your actions without any conscious thought, not thinking about the past or the future, just enjoying that moment in time.

The best part of riding a bike once you've got it, you can pickup a bicycle one, five, ten years from now, and you'll still know how to ride it perfectly well.

It Does Not Hit, It Hits All By Itself

And so it is, when you stop thinking there is a punch... you stop pre-meditating the punch (or any other strike for that matter), and allow your self the freedom to see it coming without looking, and respond intelligently (by evading, defending or

countering it) as a simple reflex action, being quicker and more fluid.

There Is No Opponent

When you stop thinking there is an opponent... you start to become one with your opponent and treat sparring like a dance, but a dance performed eloquently. When your opponent advances, you retreat, when he retreats, you advance, and when you want to crash or create space, you know exactly when and how because you're in tune with yourself (not your opponent).

Winning is Nothing

When you stop thinking you have to win... you can start to accept defeat and loss. Then all there is left to do is to... **DO THE BEST YOU CAN!** And you instantly feel relieved of any pressure and are liberated from any attachment to the outcome, and satisfied in the thought that you gave it your best shot.

Hazard Un-Fixation

And you start to realise, as you practice 'The Art of Dying,' you're killing all the notions that trapped you in those moments of 'hazard fixation.' It is a process of 'Hazard Un-Fixation.'

Bruce Lee put it perfectly when he said...

"Like everyone else, you want to learn the way to win, but never to accept the way to lose, to accept defeat, to learn to die is to be liberated from it."

So when tomorrow comes, you must free your ambitious mind, and learn the art of dying."

Dying Everyday

And so it is, 'dying everyday' is not referring to our physical demise, but rather a metaphor for something different all together.

Firstly, let's be clear, the 'Game of Death' is not teaching us to kill anything or anyone material (physical body) or immaterial (thoughts and emotions) outside of us. Rather it is a killing of immaterial things inside of us where every experience ever

happened, and is happening right now. It is a killing of:

- Negative thoughts,
- Bad habits, and...
- Limiting beliefs,
- Caused by an attachment to desires, such as wanting to be this and that (such as a flashy image, wanting loads of money, big house, flash car, model girl/boy-friend, etc, etc, etc).

All of which is holding you back from enjoying life and getting the most out of it right now.

I like to say,

"Happy people don't have the best of everything. They make everything the best with what they have."

It is a release of all the strain and tension in your life caused by attachment (to getting punched in the face, to winning, to embarrassment), so... Your life becomes buoyant, You get into your flow, and Move gracefully through life.

Bruce Lee said...

"Drop and dissolve inner blockage, a conditioned mind is never a free mind. Wipe away and dissolve all its experience and be born afresh."

And just like that, Play the 'Game of Death' so you can Start Living. Remember, it's like riding a bike :-)

Take Action and Master Your Life

1. Identify areas in your life where you are straining and have tension;
2. Identify what you are attached to that is causing your strain and tension;
3. Think what you can do to ease and/or eventually relieve all the strain and tension;
4. Then do those things with a congruency and ecology with yourself, others and Mother Earth, so you can live in the now, become present, and liberate yourself.

Peace, respect and love ■