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WORLD OF MARTIAL ARTS MAGAZINE

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The History and
Evolution of...

MULAN

A REAL FEMALE WARRIOR

**WING CHUN GUNG FU
LOSES A GRANDMASTER**

WOMA Magazine Pays Tribute to...

Ip Ching

PLUS:

SELF DEFENSE

**BRUCE LEE'S WEIGHT
TRAINING REVEALED!**

WISE KUNG FU: 15 TOP

CONFUCIUS QUOTES

ORIGINAL TRUTH: HOW TO

ACHIEVE EVERYTHING

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Article: Lak Loi
Photographs: ©Lak Loi
Info: www.MartialMindPower.com



Original Truth...

RESISTANCE IS FUTILE, HOW TO FIGHT BACK!

LESS IS MORE

TRAIN NOTHING, ACHIEVE EVERYTHING

Lak Loi explains how to become immune to resistance by training to do nothing...

Isometric exercises are based on resistance training in a static position, for example holding a plank or sitting in a 90 degree squat position. Over a prolonged period of time (some times 60 seconds or less), you start to feel pressure, heaviness, fatigue, and your muscles and/or your body starts to shake.

Too Hard, Too Strong

When students start off practicing martial arts, they're usually too hard and too heavy. Sometimes because they're unknowingly driven by the ego trying to prove to themselves and to others that they're strong and powerful, and mostly because the student lacks proper command and control of their physical faculties. This all too often leads to slow and clunky movement despite the desperate attempt at making it 'look good.'

Have you ever tried to open a door which looked heavy, and you almost take it off its hinges, nearly smashing it to smithereens because it was much lighter than the eyes and brain computed it to be. You grossly over-recruit muscle fibres and use far too much strength than is necessary to open the door.

The Word

I asked some students to use one word to describe the feeling of training too hard, too

strong, and they all agreed on the word...

Resistance

Feeling Life

I asked them again, if you carried yourself through daily life over-exerting by being too hard and too strong all the time, as in your beginner martial arts training, allowing resistance to creep into your mind and body, how would that make you feel.

And they said:

Stressed, Tense, Sad, Depressed, Angry, and Frustrated.

Lightening Fluidity

As students techniques improve, they develop speed and fluidity. To develop speed, you need to relax and only recruit the muscles fibres that are absolutely necessary to facilitate that particular movement (agonist muscles), and switch-off those muscles fibres (antagonist muscles) that'd otherwise slow that movement down throughout the muscle action sequencing/steps. Since speed is proportionate to power, power also increases. I call it,

'Lightening Fluidity'

This means, to create a light effortless ease of



TAKE ACTION AND MASTER YOUR LIFE

Train Nothing, Achieve Everything.

Seek your resistance.

Accept your resistance.

Seek the root cause of
your resistance.

Identify:

1. What you need to do,
and more importantly,
2. What you need to stop
doing to reduce and/or
eliminate your resistance.

Keep practicing 'doing
nothing' until your
resistance completely
goes away, and you
are 'whole, healed and
happy.'

Rinse and repeat from
step #1 for all your
resistances.

movement, with lightening speed and
power, with smooth graceful motion - all
at the same time.

Awareness Roots

Before you can address the problems resistance
can create in life, you have to become aware that
resistance exists in the first place.

Resistance in the mind and body always appears
as illness and dis-ease, sometimes silent (such as
Coronary Heart Disease), stress being one of the
major causes for most western illnesses including
cancer (inflammation of cells under resistance
causing imbalance in homeostasis).

Once you have clarity on how resistance is
manifesting itself in your mind and body, only
then can you withdraw to your inner self to
ask yourself, where is the root cause of all this
resistance coming from.

And only once you gain clarity on that, can you
then start to think how you are going to resolve
your resistance problem(s).

Remember...

**'What you resist,
Persists'**

So...

**'To get a different outcome,
We have to do something different'**

The Toxic Lake

Relaxation is all about releasing resistance once
you know the root cause of where it is coming
from. Usually it is not about what you need to do,
rather, it's usually about what you should not do in
the first place.

Imagine you're rowing a boat across a toxic lake.
Would you scoop up the toxic sludge from the lake
into your boat. Of course you wouldn't, as it would
make you ill or kill you, whether it's from being
exposed to the toxicity or drowning in it all together
when your boat sinks.

Your mind is like the boat, and you have a choice of
making a concerted effort to scoop that toxic sludge
into your boat, or do nothing to allow it to stay
where it is - outside your boat. The paradox here
is that to become immune to resistance, we have
to learn to train to do nothing (in such situations),
just as in training our martial arts techniques to
develop 'Lightening Fluidity.'

Less Is More

And just like that, you realise, that a lot of the time,
we are training to do less, so we can achieve more.
Be it in the body when training martial arts, or in
the mind when living life, we need to learn to...

Train Nothing, Achieve Everything. ■

**PEACE, RESPECT & LOVE,
SIFU LAK LOI**

