

THE FINEST GLOBAL MAGAZINE FOR THE FIGHTING ARTS

# WORLD OF MARTIAL ARTS MAGAZINE

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## BRUCE LEE ENTER THE DRAGON

SOUVENIR  
COLLECTORS  
SPECIAL

REQUIEM  
FOR ROPER

A TRIBUTE TO  
JOHN SAXON

**BRUCE LEE  
SPECIAL!**

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**YUEN WAH REVEALED**

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MAKING A PRO **MMA FIGHTER**

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# Original Truth...

# Eye of the Storm

## 8 LESSONS REVEALING ZEN IN THE ART OF FIGHTING

*Combat is like being in a tornado. The untrained fighters' emotions get caught up in the swirling chaos of fear and anger which destroys everything in its' path whereas the trained fighter on the other hand, will sit in the eye of the storm, totally Zen.*

*Lak Loi explains how to be at one with the universe, connecting through ones' body, mind, spirit through the practice of Zen.*

### When Anger Arrives, Skill Leaves

When someone or something triggers fear or anger in you, and your heartbeat rises above 135 beats per minute, you lose all control of conscious rational thinking and go into an unconscious 'survival mode.'

This is all part of our animalistic 'primal' adrenal response, designed to help us 'fight against' or 'flight from' any threat that presented itself in ancient times, anything from bears, to wolves and other early humans.

#### When fear or anger rises, you will physiologically experience:

Pre-fight or -flight shakes; voice quiver, dry mouth; tunnel vision; temporary deafness; sweaty palms and forehead; nausea; bowel and bladder loosening; loss of appetite; increased heart rate; time distortion, restless sleep; sadness and depression

#### Behaviorally, you will experience:

Erratic eye movement; adrenal reaction; posturing and splaying arms; beckoning finger; nodding head and

neck pecking; eye bulge; drooped eyebrows; 'stancing up'; closedown distance; concealed hands; and limited vocabulary.

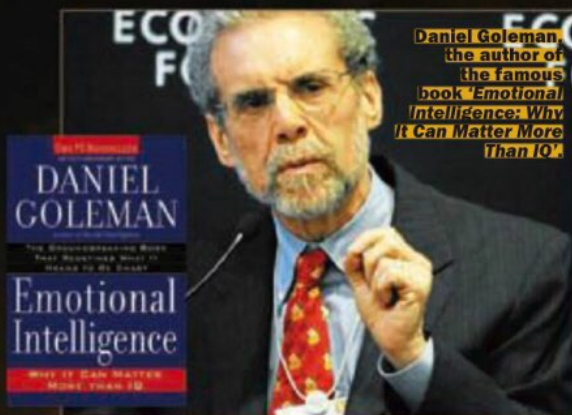
If you happen to engage in physical combat, once you have lost your senses, the only techniques you will have are within your subconscious. If you have not trained your faculties enough to embed the teachings into your neuro-physiological depths, what will come out will be your untrained primal reactions – you will literally behave like a threatened animal.

Daniel Goleman, the author of the famous book '*Emotional Intelligence: Why It Can Matter More Than IQ*' describes how anger alters your behavior in this short story:

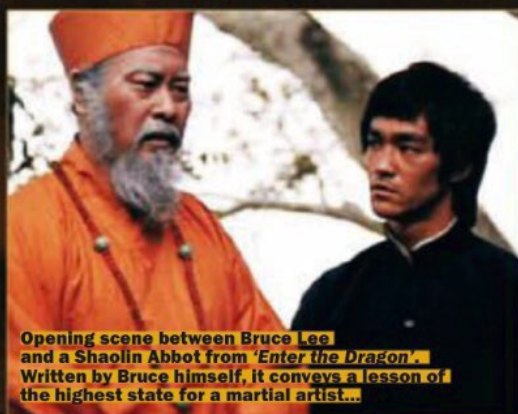
'A belligerent samurai once challenged a Zen monk to explain the concept of heaven and hell. The monk replied with scorn...

"You're nothing but a lout - I can't waste my time with the likes of you!"

WHEN THERE IS A TORNADO, THERE IS CHAOS AND DESTRUCTION EVERYWHERE EXCEPT IN THE EYE OF THE TORNADO. THIS IS THE EPI-CENTRE OF THE TORNADO, WHERE IT IS TOTALLY TRANQUIL.



Daniel Goleman, the author of the famous book 'Emotional Intelligence: Why It Can Matter More Than IQ'.



Opening scene between Bruce Lee and a Shaolin Abbot from 'Enter the Dragon'. Written by Bruce himself, it conveys a lesson of the highest state for a martial artist...

His very honor attacked, the samurai flew into a rage and, pulling his sword from its scabbard, yelled...

"I could kill you for your impertinence."

"That," the monk calmly replied, "is hell."

Startled at seeing the truth the samurai calmed down, sheathed his sword, and bowed, thanking the monk for the insight.

"And that," said the monk "is heaven."

The sudden awakening of the samurai to his own agitated state illustrates the crucial difference between being caught up in a feeling and becoming aware that you are being swept away by it.

If you do not handle yourself with emotional intelligence, the moment anger arrives, skill leaves.

## There Is No Opponent

In the limited edition version of Bruce Lee's blockbuster movie, 'Enter the Dragon' there is an opening scene between Bruce Lee and a Shaolin Abbot. Written by Bruce himself, it conveys a lesson of the highest state for a martial artist...

Lee: Teacher

Shaolin Abbott: I see your talents have gone beyond the mere physical level. Your skills are now at the point of spiritual insight. I have several questions. What is the highest technique you hope to achieve?

Lee: To have no technique.

Shaolin Abbott: Very good. What are your thoughts when facing an opponent?

Lee: There is no opponent.

Shaolin Abbott: And why is that?

Lee: Because the word "I" does not exist.

Shaolin Abbott: So, continue...

Lee: A good fight should be like a small play, but played seriously. A good martial artist does not become tense, but ready. Not thinking, yet not dreaming. Ready for whatever may come. When the opponent expands, I contract. When he contracts, I expand. And when there is an opportunity, I do not hit, it hits all by itself.

Shaolin Abbott: Now, you must remember, the enemy has only images and illusions behind which he hides his true motives. Destroy the image and you will break the enemy. The 'it' that you refer to is a powerful weapon easily misused by the martial artist who deserts his vows... Tell me now the Shaolin Commandment number 13?

Lee: A martial artist has to take responsibility for himself and accept the consequences of his own doing.

## Eye of the Storm

When there is a tornado, there is chaos and destruction everywhere except in the eye of the tornado. This is the epi-centre of the tornado, where it is totally tranquil.

Combat is like being in a tornado. The untrained fighters' emotions get caught up in the swirling chaos of fear and anger which destroys everything in its' path. The trained fighter on the other hand, will sit in the eye of the storm, totally Zen, able to keep their heart rate below 135 bpm avoiding the adrenaline response, able to see all the chaos swirling around him without any emotional reaction, and be able to respond intelligently as he sees everything in his calm, calibrated and composed stature.

## The Target Hit Me

One of the key principles in the Zen martial art of archery called Kyudo, is a practice of 'non-aiming.'

Zen is the art of being one with the universe, connecting through ones' body, mind, spirit, bow, arrow and the target through the practice of 'The Eight Stages' described as follows:

### 1. Ashibumi

Establishing footing with a solid grounded foundation.

### 2. Dozukuri

Correcting the posture, aligning your energetic-self to Mother Earth, Heaven, and finding your centre.

### 3. Yugamae

Readying the bow and becoming one with it, and sending your spirit to the target before shooting.

#### 4. Uchiokoshi

Raising the bow, turning the handle to the door to the universe.

#### 5. [Daisan and] Hikiwake

Drawing the bow, opening the door to the universe. The storm starts to rage under the tension of the bow and the string.

#### 6. Kai

Completing the draw, and peeking your head through the door of the universe. Your head placed inside the drawn bow, you stand in complete Zen-ness in the eye of the storm, surrounded by all the storm's tension in the bow and string whilst holding the arrow in perfect balance and harmony.

#### 7. Hanare

The release: when you meet the moment of Zen, the target comes to you and the arrow releases all by itself, to establish.

#### 8. Zanshin

'Remaining spirit,' which is when you 'send the spirit forth' through the door of the universe to 'become one with it,' even after the arrow has hit the target.

If a **Kyudoka** is aiming, he puts attainment of Zen firmly out of his reach when he is:

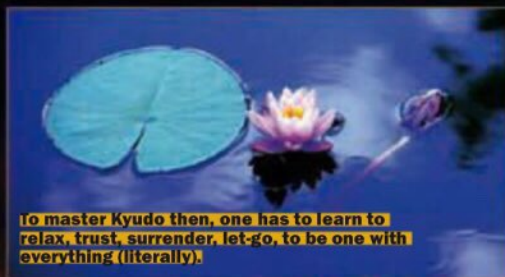
- Fixated on one point of a target, exercising rigid control of hitting the target all by himself. This shows an abandon for trust and surrender to the universes ability to guide you 'there.'
- Using muscular power and tension rather than your bio-mechanical efficiency to naturally draw the bow with a 'relaxed firmness, and firm relaxness.'
- Attached to the egocentric glory of hitting the bulls-eye, rather than becoming one with the target and allowing 'it' to hit the arrow all by itself.

To master **Kyudo** then, one has to learn to relax, trust, surrender, let-go, to be one with everything (literally).

### Fight Fire With Water

As they say... 'You cannot fight fire with fire,'  
...you need water.

Likewise, don't fight strength with strength, else you will drain all your energy and potentially be overpowered by



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As they say, 'You cannot fight fire with fire', ...you need water. Likewise, don't fight strength with strength.



"I'm telling you that if you take one more step, I'll blow my fiery breath on you and burn you to a cinder."

a foe who is stronger than you (and so on).

**Bruce Lee** spoke about there being five types of fighters as follows:

#### 1. Runner

Someone who is nimble with a few quick strikes before escaping to safety beyond reach.

#### 2. Touch and go

A tactile fighter who blocks then hits.

#### 3. Crasher

Someone who will steamroll right through you like a bull.

#### 4. Shooter

Someone who wants to take you down to the ground and submit you.

#### 5. Interceptor

Someone who will wait for his opponent to strike, then intercept with their own attack.

DON'T FIGHT STRENGTH WITH STRENGTH,  
ELSE YOU WILL DRAIN ALL YOUR ENERGY AND  
POTENTIALLY BE OVERPOWERED BY A FOE WHO  
IS STRONGER THAN YOU

The key to successful combat is to recognize the type of fighter you are fighting within the first few seconds of assessing the foes movements in a fight, to understand their modus operandi, and then to use tactics and strategies to break them down – this is the trademark of an ‘intelligent fighter.’

When you learn to fight intelligently through studying and practicing training in each and every one of these fighting attributes:

- All ranges of combat - close, medium and long,
- All modalities - standing, taking-down, and on the ground,
- With and without weapons - as an extension of your limb weapons.

Only then will you truly understand all the moves in the combative game of chess. Once you have learnt the moves, you can start to truly play, but play seriously (as **Bruce Lee** said).

## The Tale of The Dragon and the Wood Cutter

**Bob Bremer** was one of **Bruce Lee**’s famous private students who trained over 1,000 hours in Bruce’s back yard, and was a member of Bruce’s LA Chinatown **Jeet Kune Do** school for two years. It was during one of Bob’s private **Jeet Kune Do** lessons that Bruce told him this fable, which is published by **Tim Tackett** in his recent book, *Essential Jeet Kune Do*:

‘Once upon a time there was an old Chinese woodcutter. He was very poor. Everyday, he went out to the forest hoping to chop enough wood to sell in the town to make enough money to buy rice to feed his family. One day when he was deep in the forest cutting down a tree with his trusty axe, he heard a giant roar from behind on the other side of the clearing. He heard the roar again and saw that the trees were shaking as if there was a huge windstorm. Since the wind was calm where he was, he couldn’t figure out what was happening on the other side of the clearing.

He soon found out because a huge dragon suddenly appeared. The woodcutter immediately thought to himself, ‘If I could kill this dragon, I could sell it for so much money that I could feed my family for the rest of my life and never have to cut wood again.’ The woodcutter grabbed his axe and took a step toward the dragon.

The dragon then raised a claw with huge talons on it and said, ‘Hold it right there you SOB. I know what you want to do. You want to kill me with that axe so you can sell my body for a lot of money. Well, I’m telling you that if you take one more step, I’ll blow my fiery breath on you and burn you to a cinder.’

The woodcutter figured it was no use to try and kill the dragon so he turned back to chopping the tree down. The second time he went to chop the tree the axe slipped out of his hand and hit the dragon right between the eyes killing him. End of story.’

If you haven’t quite figured it out, this is a metaphorical story of the possibilities of what could happen if you just ‘let go.’

## Saint and Soldier

In the past I have been questioned with some hostility,

*“If you are so Zen, why do you teach violence?”*

Great question. The founder of **Sikhism**, **Guru Nanak** summed it up beautifully in his teaching in **Punjabi** which reads, ‘**Sant sipahi**’.

This means, ‘**Saint and soldier**’. **Guru Nanak**’s teaching states that we all have a saint and a soldier in us. However, we shouldn’t be so saintly that we are lying down so people can walk right over us like a doormat and become ‘repressors.’ On the same note, we shouldn’t be so militant that we are too stern and authoritarian that we become ‘oppressors.’

**Guru Nanak** was alluding to the fact, that our inner soldier must stand up to prevent people from walking all over our saintly kindness and compassion when seen as weakness, in the face of injustice.

The secret has always been encoded in the words ‘martial’ and ‘art,’ where:

- Martial means soldier, war-like, destruction and to break; and
- Art means saint, heal, construction and to create.

It is a knowing when to let the justice warrior rise in the face of adversity and injustice with just the right balance of degree, time, purpose and way (as **Aristotle** said).

## Effort Is Futile, No Effort Is Futile

When you try too hard, you won’t get there. When you don’t try at all, you won’t get there.

At the peak of your effort there is a dying. Only then does ‘it’ happen.

When you are not attached to winning or losing, and accept death and defeat as the outcome, then all that is left to do, is to, **Do your best**.

For when you have trained all your faculties to the level of mastery, anger never arrives, and skill stays.

There is no opponent that can threaten you, and the images and illusions behind which your foe hides can now be easily unravelled because you can recognise all their ‘dirty’ tricks. Like playing a game of chess, it’s as if the pieces start to move all by themselves.

And you can allow the ‘work’ to be channeled...To you, through you, like water in a pipe, there is no grasping to the pipe – ‘It’ just flows.

And such is **Zen** in the **Art of Fighting**...

A letting go, once you know. ■