

RICK TEW'S MARTIAL SCIENCE



MODERN NINJITSU
RTMS; Manual for Rick Tew's Martial Science
A Multi-Martial Art

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Modern Ninjitsu
Rick Tew's Martial Science

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MODERN NINJITSU

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PHILOSOPHY AND SYSTEM

By Sensei Rick M. Tew

WARNING

The Martial Arts techniques described in this manual are for use under proper guidance of an official RTMS instructor. Accordingly, the publishers cannot accept any responsibility for any prosecutions or proceedings brought or instituted against any person or body as a result of the use or misuse of any technique described or any loss, injury, or damage caused thereby. In practicing and perfecting these techniques, you must take full responsibility.

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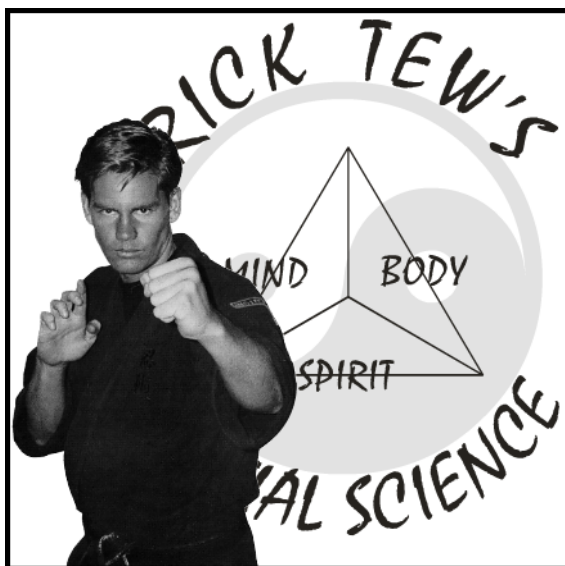
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INTRODUCTION



Welcome to the club! The material in this book will help guide and direct your training while providing new and constructive information. It should be used in conjunction with the physical training.

To achieve a higher degree of skill in RTMS, it is important to master both theory and practice. As a student of the Martial Science, you will learn the RTMS basics while working through the lower levels of knowledge. If you have the required self-discipline, you will attain higher levels of wisdom and enter among the inner circle.

The basic techniques of Rick Tew's Martial Science encompass a wide range of activities and instruction that are both realistic and effective. Body movements, punches, kicks, rolls, and falls are all integral components of hand-to-hand combat. Eventually, after several years of training, you will begin to develop your own style that is tailored to your personal strengths and weaknesses. If your dream is to become

an instructor and to help teach and travel with Rick Tew's Martial Science and CMS, then we will help make that dream a reality.



RTMS is not simply a sport or style of martial art. It is a Martial Science and a way of life. Its strength is based on the student having an open mind. You, as this student, will train in many different areas, techniques, and fields under the guidance of mind, body, and spirit.

If a warrior knows only one style, it will be easy for his enemy to determine how he/she will move, think, and attack. If a warrior knows many arts and adapts them to his/her changing environment, he/she will be an unpredictable and formidable opponent in any situation--what we call a *Total Warrior*.

The training you will endure is a vehicle to achieving an improved self-worth. Our motives are drawn from our desires for happiness, freedom, and adventure. The RTMS way of life will always be with you in training or in spirit. I look forward to sharing with you the adventures and joys of a lifetime.

Master Instructor

Rick M. Tew

1

WHAT IS RTMS ALL ABOUT?



RTMS is a combination of Ninjitsu and many other martial art systems. Because of the Ninjitsu affiliations, I often stumble across a few confused practitioners of so-called “traditional” Ninjitsu.



In the system of **Rick Tew’s Martial Science**, you will learn many skills that are not taught in most martial arts. It is not limited to the approach of having any number of set kata or self-defense techniques. The following will explain what the Martial Science IS and what it is NOT.

A typical martial art has already decided what makes up that style. The style, be it *Tae Kwon Do*, *Wing Chun*, *Hapkido*, *Aikido*, or *Judo*, is already packaged. When the student arrives, it is the job of the instructor to teach him/her this package and have him/her mold to its

specifications. This is the biggest reason we are not a Martial **Art**. Instead, we are a Science that develops around the package of the student instead of making attempts at creating monotonous warriors.



Tew's total training consists of techniques that teach you how to be prepared. Preparation for a *realistic* combat situation will not arrive through traditional or old-style martial arts practice. A well-prepared warrior is ready to face all types of situations. How can a martial art call itself a practical form of self-defense when it sets its own limitations?

Most practitioners of martial arts never leave the comfort of the mat, and therefore repeat techniques in a non-changing environment. By doing this, they will be preparing themselves for only a set context.

The RTMS practitioner, on the other hand, will endure a variety of challenges in many areas, both mental and physical. Students will find each class unique while still getting the essential growth toward a natural use of mind, body, and spirit. Because of our versatility,

students will not become bored with the necessary and repetitious training.

RTMS is not just a combination of many arts that make it into its elite system. Though it has a background in forms such as *Ninjitsu*, *Full Contact Kickboxing*, *Wrestling* and *Karate*, it surpasses the limitations of these arts.

RTMS is what Ninjitsu would like to be: realistic, practical, effective, and fun to learn. There are no limitations such as having a "Ninja punch" which would limit the versatility of a Total Warrior.

The Total Warrior uses information as an **instrument for development, not as a rule**. It encompasses the best of all skills to benefit the purpose of building mind, body, and spirit.

The RTMS system is not in the business of pumping out black belts for commercialism. If you hold a rank in the Martial Science, it is because you earned it. Although we teach almost every aspect of the martial arts, the following list are some key areas that we focus on when developing a student's potential in RTMS:

- Flexibility and breathing
- Physical fitness and weight loss
- Food and diet
- Visualization and meditation
- Principles of combat
- Hand to hand / weapon training
- Gymnastics and stunt technique
- Business and success
- Kicking and punching
- Ground fighting and grappling
- Mental strategies for success
- Mind control and memory skills
- Weapon and training tools
- Travel programs and camps

RTMS is not limited to the above guideline. To list or label the training you will be receiving is impossible if we are to keep from setting limitations on our ability. This guideline is simply a cloud that hangs over the world of RTMS.



It is my belief that the man makes the art. This is to say that even though basic Karate is not a very realistic system for self-defense, it doesn't mean there can't be very deadly Karatekas. There are some people who just do well no matter what style you put them in. However, with the Martial Science and its concept to develop around the individual, it makes it easier for the System to actually improve the student. Why? Because the student IS the style.

RTMS doesn't set limitations on its students, they are allowed to develop at a much faster rate. **This rate is often 3 times faster than the average martial art school.** A typical karate student will go into class and be forced into the mindset that he/she is only a white belt and must perform as such. Students come into the Martial Science knowing they are only at the level at which they (as individuals) choose to be. This is hard to explain, but an important factor in the students' growth. Of course, there is a required amount of common sense involved; you can't have beginners doing high-diving rolls and wall flips their first class.

In the traditional school, the student has a hard time advancing because he/she is caged and limited by his/her own system. We try to avoid this trap and get the student on to higher skill levels. Many people might think that the student would end up advancing without a strong foundation in the basics; after all, the basics are what build the

structure of a master. This is not the case in the Martial Science. We have a unique way of training students for advancement.

Realistic - reality of fiction

Another key point to bring out into the open is realism. And this goes for Ninjitsu as well as most other martial arts. We try to maintain a focused realistic approach to training. **Thus, you won't find RTMS instructors teaching students to defend against a reverse punch or have them standing in line punching over and over while chanting numbers.** We do have basic training, but it is fun and flexible. We maintain authority and discipline without having to degrade the student. We believe in teaching (or putting back the "SELF" in) SELF-discipline. *Self* means that YOU want to do it and not just that someone is screaming at you for more push-ups. Realistic to me is simple and to the point:

How would someone on the street punch you?

How would you react or respond?





I do not see many people on the street punching the way most schools teach their students. So you have students practicing defenses against attacks that are not as likely to happen. That is not a very realistic approach to self-defense, unless you are worried someone from your own martial art school is going to punch you.

Even though we focus on realism, we also understand the martial arts is a place to have fun. So I will teach techniques that I know won't work in a fight, but I will tell my students beforehand that this is to develop a certain kick or type of body movement. I would rather use my hands than have a pair of *nunchaku* (two sticks connected by a chain or rope), but I love to play with them and this is part of the Martial Science.

We like to include as much as possible to train a student in all facets of the arts while still getting serious training.

Also, when we teach specific defenses against a punch or kick, we explain to the students that this is training and not a defense against a punch or a kick. Too many students are taught to believe they will react with technique 1 or 2 from their list of learned skills. This

concept is ridiculous and unrealistic. Every single attack is completely different and all the skills (and defenses) you learn are simply pieces of a puzzle. When you get into a situation, you will utilize these learned movements and adapt to the situation at hand.



You have to understand that your opponent is not going to throw one punch and wait for you to defend yourself.

Your opponent is also not going to leave that punch out there while you move around them with a dance of death.

Most schools teach a one-two defense strategy. In the street, the adrenaline is flowing and, like it or not, punching someone in the wrist or poking them in a pressure point is **ONLY** a way to interrupt their pattern (if they even feel it). Some people can be kicked in the groin and still not notice what has happened. This is why realistic training is important. So many students think they can defend themselves because they do well in class.

However, in class, the adversary is taught to go down.

Now I am not saying I want you to be a pain in the butt when your partner is doing techniques. In training, you can't actually kick them in the groin. But, you CAN offer resistance and realistic movements and responses to your partners' moves.

It is not possible to earn your way by studying the book alone. In order to know the information you must attend class be a member of NinjaGym.com and learn basic requirements. Because the system avoids being systematic, each lesson will be a unique learning experience.

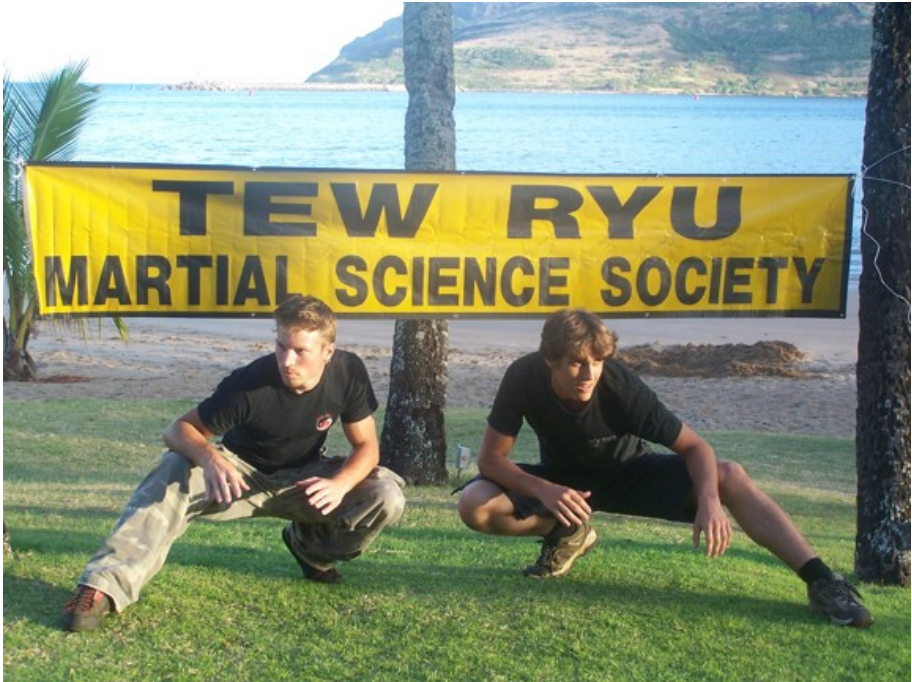
You must learn to *expect the unexpected* and prepare to train on any subject. RTMS follows a basic structure, building and adding knowledge as you improve.

Be Yourself

It is up to you to learn, take notes and ask your instructor what the requirements are for your belt. Your instructor will also work with you to find your needs to build around you. Each student will be at his own individual skill level. You cannot be expected to perform exactly like the best or worst student in class. You are expected to **perform at your best**. Most martial arts have a suit of armor, which they expect everyone to fit into. A warrior who is different in size or shape would not be comfortable in this suit. RTMS tailors the suit to the individual, building around the student's own strengths and weaknesses, although we do have a guideline for the general practitioner.



Using this philosophy, we can offer a healthy atmosphere of training for people from all walks of life.



RTMS Clubs and Training Centers

RTMS is a collection of warriors who desire to attain perfection in mind, body, and spirit. Its members are of clean heart and true purpose, driven by a desire to be the best they can be.

The group is what makes RTMS possible, a collection of elite persons who are brought together for the task of achieving the same goals. A group is a team; all members work towards the same dreams and in doing so, accomplish their own.

Whether inside or out, with the Team you'll see and learn more than ever before. Anyone with dedication and interest in RTMS can start a club in their area. As an individual you showcase your talents and as a team, you complete the puzzle.

For a group to be excellent, it must have an excellent group leader. A group leader is usually the next highest rank or appointed member below the instructor. The chosen leader will be one who has the skill and endurance to make a good group. Club leaders are allowed to

teach and organize classes for RTMS without having attained instructor status. They are usually assistant instructors.

Usually a Club is started because there is no official instructor in the area to teach. Hence, a group of people get together to train, but someone must organize it and that person is a Club Leader.

The Club Leader is responsible for the following:

- What happens in the group
- Keeping the group motivated
- Initiate the action within the group
- Lead the group at meetings
- Inspire positive attitude in the group
- Help each member progress
- Share responsibilities of leadership

Assistant Instructors / Leaders

So that a group leader may do his/her job well, he/she chooses another member to be an assistant. The assistant will support the group leader and handle all details when the leader is absent. There is always something *for you to do* in RTMS. If you have special skills, report these to your group leader so that he can call on you when the time comes.



The groups are not alone; they are like fingers of a fist and part of RTMS.

For years to come you will be a part of the group and during this period you will experience memories and learn knowledge that will last a lifetime.

RTMS is not just a martial art, it is a science, a way of life.

In the Martial Science you will find the skills needed to build mind, body and spirit. Help your group by standing strong behind its leaders and enjoy a future of training, traveling and much more.

NOTE: More information on RTMS and other programs can be found throughout this notebook or on our web sites at:

NinjaGym.com
TheNinjaCamp.com
MartialArtsIsland.com
Winjitsu.com
Tewtors.com
NinjaGreens.com
NinjaNinja.com





Ninjitsu an RTMS

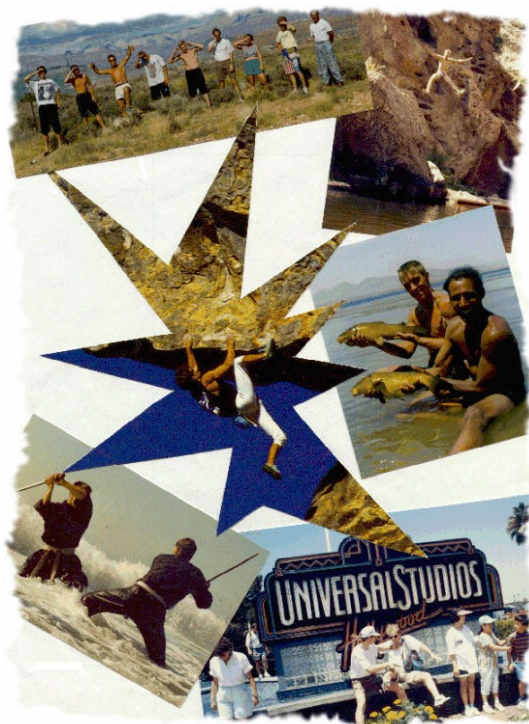
Now the big issue is the Ninjitsu (also spelled Ninjutsu) and Martial Science factor. The reason I call it the Martial Science is because it is the new age of Ninjitsu. It is what Ninjitsu wants to be or claims to be.

I am tired of goofy ninja clans with their silly concepts and unrealistic training. So if you want to be a so-called "ninja" of some mysterious past, then by all means, continue to fan the flame of the goofy guys. But, if you want reality and real martial arts training, then that is what we are here for.

RTMS clears the clouds of mysticism and brings Ninjitsu back down to earth. Ninjitsu tries to claim that it is a complete art; it also claims to be realistic. However, the only thing it has that truly speaks this is the literature. Performance is something else entirely. We do not make any claims whatsoever towards being associated with the goofy ninja clans. We are not gurus and we do not push any religious beliefs. We teach the student to worship themselves along with their individual beliefs. We could be called, "New Age Ninjitsu," or "American Ninjitsu" but I prefer the Martial Science or Modern Ninjitsu. Ninjitsu

is too confusing these days and most people are lost in the transcripts: Iga this and Koga that.

Anyone can get a certificate, and many Ninjitsu instructors hand them out every day. However, not everyone can develop the skill to become a true practitioner of the Martial Science. It does not limit students by claiming historical beginnings. A punch is a punch no matter where it came from. You cannot reinvent the punches and kicks. You can simply create an attitude for achievement a set of philosophies and guidelines.



I would rather learn what is useful and what will apply to my life. If you are a history buff, then the Martial Science is NOT for you. If you want to worship someone, then it is NOT for you. If you want an easy road to black belt, then it is NOT for you. If you want the instructors to spice up every technique by saying this is Koppojutsu, Taihenjutsu or Tachi Waza, then this system is NOT for you.

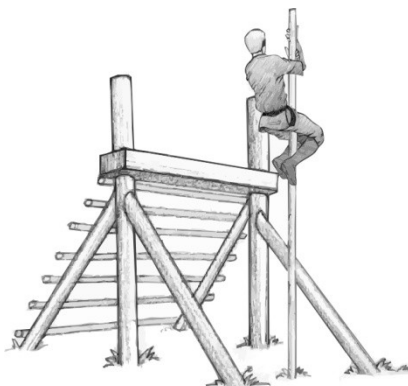
However, if you want an instructor who is more of a friend, a peer and a coach--if you want to work hard for your skills and earn a real black

belt, if you want to avoid the politics and actually become a real participant in the organization, if you want realistic training with the real guidelines and a system, if you want this and programs that real martial artists can afford, then the Martial Science IS for you.



2

UNDERSTAND THE RTMS LOGO

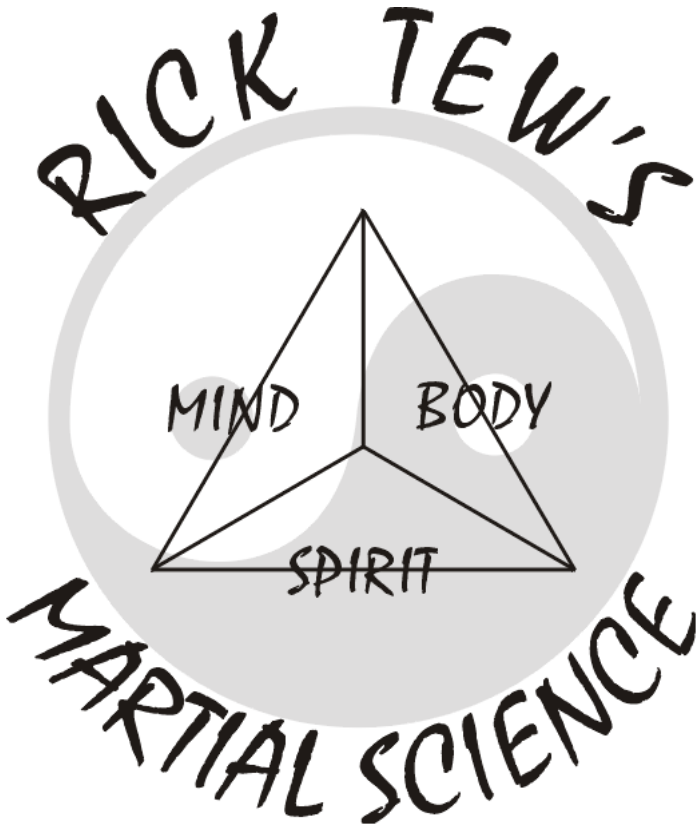


The logo is comprised of three parts: The first is Balance (the Yin Yang Symbol). The second is the Mind, Body and Spirit triangle. The third is the Rick Tew's Martial Science text.



The RTMS Logo is not only a way to represent the system, but it is also a formula for success in the Martial Arts and Life. By using the logo to help focus on specific needs, we are more likely to continue to grow and develop. Consider making the logo something personal for you too.

By understanding the logo and the meaning behind it, you will come to a better understanding of the system and philosophy. You will also learn why we chose to focus on these three key areas. When you train, the logo can remind you to improve these key areas.



Balance

The Yin Yang symbol set in the background of the logo stands for balance. Just as it rests in the background of our logo – it should rest in the background of your life.



Balance is important in creating and maintaining the healthy successful lifestyle that we desire; balance in who we are, what we do, and who we do it with. The difficulty with maintaining a happy lifestyle is that we often times take things to the extreme (be it love, work or adventure). I have been on both sides of the lifestyle beam and find joy and excitement from each end. I have also found that running from one end of the beam to the other to keep a balance, really only keeps us in a constant state of chaos. This chaos is when we are just struggling with last minute survival tactics. Sure, there are good times and bad times, but they are enveloped in a constant stressful environment. With balance, we can enjoy the best of both worlds and still maintain a happy thriving lifestyle.



Mind, Body and Spirit Triangle

Each side represents an area we wish to develop for our own total self worth. The left side represents the mind where all our knowledge and skill is given birth. The right is a representation of the body and physical skills. The bottom is the spirit of all that we are and strive to become.

The Mind



A warrior is a strategist and a thinker. To be intelligent, one must strive to increase knowledge and gain wisdom. This is what separates a martial art from a martial science. RTMS practitioners want results and they get those by learning what works and what does not. When building our minds we strive to increase the following four areas:

Knowledge (arts-skills-facts)

Understanding (science-foundation-clarity)

Mental arts (imagery-meditation-success)

Attitude (confidence-discipline-optimism)

At RTMS we also teach the a Mental Martial Art called, “Winjitsu.” It is the training program that teaches the mental skills for ultimate performance. It is the realistic approach to mind control. Understanding the way the brain works and being able to communicate using mind language. With these skills, you are able to have a powerful mental attitude, master your motivation, increase your memory and control your emotional state.



The Body:

Healthy mind = healthy body, our mind gives us the dedication to keep our bodies fit and strong. A Warrior must learn to control his body and treat it with respect. We perform exercises that build strength and to increase stamina for internal and external fitness. We exercise proper eating habits that keep the temple of our souls clean and free of toxins.

Probably the most attractive reason people get into RTMS. The body symbolizes all of our physical skills. This makes up most of today's martial arts. The kicks, punches, rolls, falls and other movements fall under the category for body. This also includes developing healthy physiques, eating right, breathing, stretching exercises and yes... wearing sunscreen. Anything that is physical or concerns your body is important.



The Spirit:

To us, spirit is the center of focus for most of our training. Spirit isn't just the group atmosphere you get with your class. It isn't just the spiritual emotions that arise when you walk through the trees. It is the combination of team spirit, the outdoors and living the life you enjoy.

These things are important in creating a well-rounded individual, which is what the Martial Science is all about. It isn't just about being on a team or being involved with a sport. It is about living the way.

Getting up each day living the life you enjoy is part of the spirit. Spending time with friends and having adventure in the outdoors is also spirit. Without spirit, there is no life. Not everyone wants to sit behind a desk all day waiting for their life to pass them by. Not everyone wants to wake up each day only to regret the last. And not everyone wants to keep wishing they had more to gain from daily activities.



Rick Tew's Martial Science Text

Everything we have discussed above is enclosed in the system of Rick Tew's Martial Science. Rick Tew is the founder of the organization. The Martial Science is the philosophy that we follow.

Mr. Tew has spent his life creating and building a system that you can depend on. He devotes his time traveling to various groups to give training and assist group leaders. He trains future instructors who are

on the Home Study Program (NinjaGym.com) and Camp of Martial Science (TheNinjaCamp.com) program for a future in the Martial Science. Mr. Tew is responsible for all that comes before you and continues to strive to create an element of friendship within RTMS and its members.

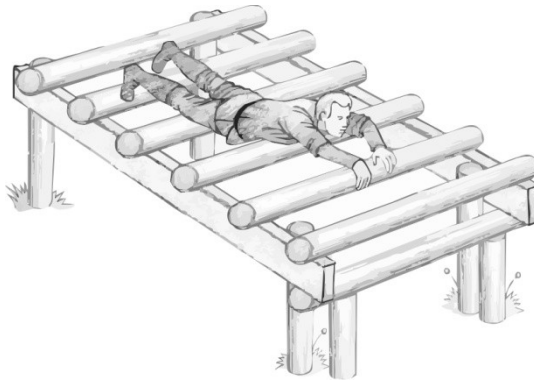
Mr. Tew can be found giving demonstrations, holding annual camps and spending time traveling with his closest students.





3

THE "MARTIAL" AND THE "ART"



Okay, so we all have heard the word "Martial Art" before. But, you will notice that we avoid using the term "Martial Art" to describe our system. Instead, we call it the "Martial Science."



Why do we call it the Martial Science? Just as you would call something Karate, Kung-fu, or even Ninjitsu, we call it the Martial Science. Still, it is and always will be a Martial Art. Okay, now that we have cleared that up, I would like to talk about the Martial Arts and why I believe it is important.

To me, the Martial Arts is a concept that explains balance in the system of Martial Science. To most, the Martial Arts is an umbrella word for systems of self-defense. But in RTMS we focus on my definition, what I consider to be *a philosophy of Martial Arts*.

And my definition (or a rough draft of it) of balance is something that offers a variety or both sides of the coin. To understand this, we will need to break up the word Martial Arts into two parts, the first being **Martial** and the second being **Arts**. Okay, now that we have some division, let's analyze each part:

The Martial

This word is the symbol of realistic self-defense and combat. Martial is another word for Military and since we all have somewhat confused feelings about the military, we will just stick with Martial. Martial is that part that focuses on reality, not fiction. In other words, you won't call a jumping-flying-spinning back kick a martial tactic. In a painful reality, combat really is, well . . . "**combat.**"



Combat is not sparring, dancing, fancy techniques or all that other stuff some instructors will swear by. It is very important to have a martial understanding when training in any system of self-defense. I hate to break the news to you, but most systems have no idea of what is or what isn't going to work on the street. Most of the techniques, arm locks, wrist takedowns, and fancy kicks will not work in a real

fight. They will assist in combat when developing the puzzle of natural responses, but they will not work the same as they do when practiced in the dojo (training hall).

There is a level of control involved with practice and there is an edge to be gained when you distract your opponent. This will assist in helping you perform, but it will still be a far cry from the way you perform techniques in class to the way you react on the street.

So a mental understanding is the first step to developing your martial abilities: *knowing what will and will not work and using this as a foundation for development.* The next step would be to actually learn some reality-based combat techniques. A lot of systems offer a great variety of these skills.

Fight Scene

The opponent throws a punch and you high block and then throw a punch to the solar plexus. You hit your opponent in the solar plexus (great shot), but it didn't cause the same result you get in class, so the attacker hits you with a hook punch with his other hand. Too bad you don't practice defenses against multiple punches. "Ouch."



You jump into a spinning back kick for the extra power. You miss and land as your ankle twists and you fall onto your back. Your opponent takes the fight to the ground. You end in a choke out. – fade to black.

Coming to an understanding of reality is key when considering developing your martial skills. Once you have both the mental understanding and the techniques to practice - you will then need to get in some *action* . Action includes getting a taste of the medicine. And the medicine is: sparring, grappling, give and takes and reaction attack.

Sparring will train you to work on your defenses and timing. You should have full protective gear and go full contact, *under the guidance of an instructor, of course*. A good way to get in a great sparring session is to work 10 minutes on each of the following areas:

- 1. Hands Only**
- 2. Feet Only**
- 3. Grappling only**
- 4. Anything goes**

Just be sure and keep the fight injury down to a reasonable level. Don't play, but also don't try to kill your opponent.

Grappling drills work on specific situations to enhance your ground fighting skills. These include scenarios and targeted workouts.

Give and takes are drills that are designed to toughen your body while developing your awareness. You start facing your partner to work the offensive. You throw any kick or punch at your partner and he or she either blocks or takes the attack (usually it is a take). The opponent then takes a step back and you continue until you throw about 10 strikes or kicks. Then it is your opponent's turn to attack. When you are on the defense, be sure to pay attention to the way your opponent moves for each attack. Try to read the attacks and mentally prepare a response.

Reaction attack is a kind of full contact sparring session, only you won't feel like you are sparring. You face the class with full protective gear on each person. Suddenly, one of the class members attacks you full blast. This is where you react to the attack and start moving. This type of exercise will help you control your fear and better prepare you for a sudden attack situation.

Okay, that is a brief description of one half of the balance concerning the Martial Arts; here is the second half:

The Arts

With the popularity of full contact fighting competitions such as the UFC, many martial art systems are getting the very short end of the stick. I don't just mean that the grappler is kicking butt on every system out there, but many people are looking for dojos that train freestyle fight or reality-based street combat while ignoring the styles

that teach more of the ART. It makes sense; why train in Tae-Kwon-Do when you want to learn to defend yourself in a realistic combat situation? This is the kind of question that is seeping into the minds of modern day students.



This is where the balance comes in. I believe that it is far more rewarding to train in both the Martial and the Art-equally. No matter how often I laugh at unrealistic techniques being taught in many schools, I will always train in the arts. The reason for this is that many of us are not just training for a combat situation. Training purely on street self-defense is not only limited, it can also get boring real fast. I train in the Martial Science as a way to improve, not just survive a fight. I train to increase my flexibility, strengthen my muscles, improve my health, and enhance my overall ability. It is about being the best you can be, not just being a great ground fighter. To me, all the weapons, gymnastics, fancy kicks, and fun techniques are a great part of training. These are the things that make it fun.



We need to understand that martial arts training should be fun and not just a serious wake up call. If you are studying only to learn to protect yourself, that is one thing, but if you are training to be the best you can be, then you cannot exclude the other areas that make a martial art what it is.

Just imagine how boring your favorite action films would be. Think of life without Jackie Chan and his awesome theatrical skills. Knives may be sharp in the street, but that is no



reason to make your life dull in the dojo. I guess I am still a kid at heart and would rather play than kick trees with my shins. But understand that I believe in an equal balance of the two. Still, I believe that they go together and the two of them create my understanding of the Martial Arts.

Also, the martial arts is (or should be) a "Way of Life." This is hard to achieve if you are focused purely on street combat.

So ignore the people who make fun of your fancy skills (most of them are jealous) and kick the legs of those who don't understand reality over fancy moves. It is a double-edged sword and if you are anything like me, you will love swinging around that sword.



4

FIND YOUR OWN WAY



Browsing through an old issue of *Black Belt* magazine, I came across a very goofy advertisement. It is a video sale ad from *Panther Productions*. It has this guy on the page named "Wallid Ismail."



You might have heard about him because he gloats about how his Jujutsu beat world famous *Ultimate Fighting Champion* Royce Gracie. Aside from the very odd-looking sponsorships in these photos, the videos are probably very informative and instructional.

My concern is all the hype and commercialism that goes into these events and into the so- called "Masters" of all these newly discovered *Brazilian Jujutsu* styles. It isn't about Jujutsu, Brazil. or even the artists. It is about the way things are being presented--even by *Black Belt* magazine.

If you get a chance, take a look at the advertisement. The first photo (top left) is a standing Mr. Ismail with his big trophy belts. One he is wearing and the other is being held over his right arm. These belts aren't the things that made me laugh; in fact, I didn't even notice them until later. The first thing that popped into my mind when seeing these pictures was "RACE CAR." The picture makes him look like a logo-plastered race car. "Bad Boy," "Team Panther," and more company profiles are draped onto the uniform like a person with too many tattoos. *"Uh, hey Wallid, do you need a sponsor?"*

Just look at all the photos in this advertisement--they are ridiculous. If you don't have the Black Belt ad to look at, just imagine a kid with too many left over model car decals that he places all over his white Judo uniform.

My concern isn't so much the advertising or the support of an otherwise starving martial artist. It is on the powerful view the people and media seem to have on this focus of combat and often called "martial art." To me it is closer to going to the movies. It is entertainment, but I wouldn't call it a martial art. Basically, most people watch the UFC for its entertainment value--not because they want to learn to grapple. It does very little for promoting true martial arts. Just to clarify, I am talking about the media interpretation and not the obvious validity of Jujutsu or other arts.



Although I fully agree that these events offer a realistic view of martial combat in the ring, I don't feel they offer a well-rounded benefit to the practitioner. Becoming a champion at something is a personal goal, not a global belief. Training should be thought of as a way to increase your overall skill level. All levels, that is. You can't argue that kicks are a waste of time because the combat practitioners of such full contact matches as the *UFC* have proven this to be true. You and 99% of the population are probably not training for an Ultimate Fighting Championship. Think of playing chess, video games, or sports. You are doing these because you enjoy them. You are not going to cancel these things out of your life just because you can't checkmate your opponent in real combat.

Life is and should be the center of attention. What you enjoy doing is the key. Just be sure to keep a practical and realistic view when it

comes to combat. Use the UFC as an example for this knowledge: it is something you can add to your knowledge base, but not something to separate and use as a stand-alone concept of the Martial Arts.

In RTMS we view the entire system based on three very important principles. They are **MIND, BODY, and SPIRIT**. You probably have heard this before. However, with Rick Tew's Martial Science, each of these things means a great deal to us and actually makes up the system.

The combination of Mind, Body, and Spirit creates a system based on the individual. This allows growth for your own goals and not those set down by the media or a current fad. This system lasts as long as you desire it to **because it is a life-style and not just a style**. It is a way of thinking, a way of using your body, and a way living life with spirit. It is your way.



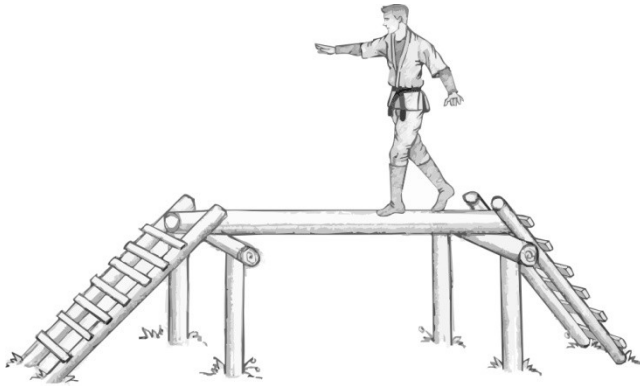
Having a style or system that is your way requires a system to offer you versatility. The system needs to be able to build around your own strengths and weaknesses. It needs to offer you a healthy membership as part of a real team and not just a *bow down to master* relationship. It requires fitting you into a lifestyle that makes you happy and fulfills your desires at the same time. Basically, it all sounds like something

that is what every person needs, but this isn't the case. Remember, we are trying to avoid the global beliefs set down by the media or any other social force. We are simply opening up the individual choice to acquire something more than just an art or form of combat. That just isn't enough for something to call itself "a way of life." A *way* is not good enough for the individual. It has to be *his/her way*. This is why it is an individual and not global system. Some people will fit into the puzzle of the Martial Science while others won't. It isn't a question of good or bad. Society, the media, or masters with opinions don't regulate it. It is simply defined by what it offers the individual student. Are you happy with your training program or not?



After some time in the martial arts and gaining life experience, this information will become clear. At the moment, it may not be easy to understand--as is the case with many things in life. Some things just need to be experienced. Realize that you are the master of your life. You are the guide and the only one who can truly teach you the skill of being happy. Find a "Way" that is "Your Way."

5 TRADITION – IS IT HISTORY?



A paper trail will not help you to survive a life or death situation. Just because you are part of a lineage does not mean you will succeed either. Although it is an excuse for many practitioners of the martial arts



History in the martial arts dictates that there is a tendency to see the East as the primary source of martial traditions, but the East does not have a monopoly on fighting arts. I hope to clear it up in this chapter. We could start a tradition today if we simply practiced the concepts tomorrow.

The fact remains that many seeds have been *brought* into the United States only to flourish and grow on American soil. How is it that so many Instructors claim an unbreakable bond to their tradition and history yet still try to pass off this influence in another country claiming that this country or its inhabitants have no right to claim its

own tradition? If you read many of my articles, you will notice that I attempt to avoid these kinds of politics. We teach under the system of Martial Science--which happens to be an American System regardless of any monopolies or influence foreign instructors have on their students or the media. We believe it is, "in the doing" and not the, "have done" that matters.

"Look to the future, Learn from the past, but always and forever – Live in the now."

Yes, many instructors seem to think they own the world when it comes to Ninjutsu or other martial traditions. Perhaps what many people do not realize, is that it can all be broken down to simply a way of thinking.

You cannot own a way of thinking. and these Instructors seem to think they should control this area of physical and mental ability.

This is ridiculous since we don't live in the 17th century, and just because something was invented in another country, doesn't mean it cannot be perfected in the United States. The martial arts or its tradition is not a dictatorship; no one man or system can claim it is the almighty answer to your martial prayers. Ninjutsu or the Martial Arts in general, may have started its growth in India, then China and onto Japan, only to be fully recognized and developed in America. But many worshiped instructors refuse to let go or offer any kind of honest acknowledgments for our developments here in the US.



Just look at the current hype for "Brazilian Jiu-Jitsu." You can cry all you want that it isn't REAL Jiu-Jitsu, but you will still end up on the floor in a choke hold. Why? Because these guys base their system on the training--it is proved in battle and not on paper. The system has a faint lineage to a Japanese system, but it is purely a Brazilian style. When you think about it, it all breaks down to physical moves and thus is simply a CONCEPT or collection of thoughts brought out through the particular body motions. After events like the UFC, we have a huge amount of instructors teaching their own Jiu-Jitsu or grappling systems. There is no history involved; it is simply the basis of reality and modern concepts.

Brazilian Jiu-Jitsu gets respect because instructors were forced to come face to face with reality. Actions speak louder than words. This is how all systems should be based. Yet so many systems are degraded because they don't follow the traditional concepts. The truth of the matter is that the Japanese influence on Brazilian Jiu-Jitsu is very small when compared to the actual science of the system itself. It was a spark, but it isn't the fire. So many traditionalists and heads of particular lineages claim that everything (except for themselves) is false. Well, the truth of the matter is, that they are just the spark to an even greater collection of systems.



The English created "Cricket" which we turned into "Baseball" and it is now as American as Apple Pie.

Dr. James Naismith borrowed elements from lacrosse, rugby, football, and "duck on the rock," a childhood game from his native Canada, to give him the idea for a new sport called "Basketball" (originally "netball"), which has turned in to one of the greatest sports ever through American influence and foreign birth.

Americans learned Soccer. They tinkered and tuned the game, adjusted it here and there, added this and took away that, and lo and behold, invented American Football.

Have you heard of Football, Basketball or Baseball? So who is to say that we do not have the ability to develop or enhance any foreign concept?



Although Ninjutsu is far more complex, the concept of improving it here in the States is more than possible--it is actually happening and has happened with the creation of the "Martial Science." However, many organizations don't like this fact and make claims that everything outside of their own realm is fake. Well, just because we decide to throw out all the unrealistic and useless material and maintain what we consider to be a higher evolution of the art, doesn't mean it is fake. To be honest, we can easily outperform most leaders of these organizations with our more developed concepts. If it works, we use it. So it seems to me that fear of change is obvious and the failure to admit that others can and will develop a system based on facts, philosophy, concepts, and modern day society only limits these organizations from truly growing. So forth and so on...

Think about your training for a second. Would you rather defend your paper trail or yourself? When it comes right down to it, your enemy is not going to care where you came from or whom you trained with. Your skills are what will tell the tale and if it is made of paper--well, you have a big problem.

So often we hear instructors brag about whom they trained with via the media. It has been my experience that only the person himself can truly tell the story of his/her life. How is it that so many use their instructors or their martial systems history as an example of their own

skill? It is understandable that it helps to communicate to students out there that they are part of a system with which you would want to train. However, this is purely for communication purposes only. As a student of the martial arts, what you really want is to develop your skills. The instructors are usually so focused on their own importance that they rarely take the time to actually train a student and themselves.



***"Oh, East is East, and West is West, and never the
twain shall meet, Till Earth and Sky stand presently at
God's great Judgment Seat. But there is neither East
or West, Border or Breed, nor Birth, When two strong
men stand face to face, though they come from the
ends of the earth!"***
- Rudyard Kipling

This problem exists in many martial arts and systems, especially in Ninjutsu. Almost every author on the art talks about how the Ninja were super athletes and skilled in a variety of areas. The symbol for ninjutsu/ninjitsu is the "NIN" symbol and basically means the "way of endurance." How is it that so many instructors and students don't do this

symbol and have yet to truly endure? The instructors talk about super ninja yet they themselves demonstrate a poor example for an athlete. Not only are they out of shape and sticking to unrealistic combat scenarios, they are also using their history (or the system's history) as an excuse. This **isn't** true for every instructor. Some of them actually train hard and keep an open mind regarding the martial arts. But you must understand that these are individuals and they alone dictate who and what they teach. Your history is simply a mental concept that you preach to others as a way of getting some kind of recognition or acceptance. Some of us believe that your skills and ability to teach should be the podium you stand on. Think about it: Michael Jordan was paid to play good basketball, not hide behind a lineage or ridiculous family tree. It doesn't matter who you are or where you come from --WHAT CAN YOU DO?

People want to play Basketball, not the original or traditional concepts that were developed using an outdated means in a foreign country. The Japanese play baseball just the same as the Americans, the English, or the way they would on Mars if it were taken there. The point is that it has been adjusted and turned into something the public wants and deserves. Ninjutsu follows the same pattern with us in the Martial Science. You can either have the traditional outdated concepts that these organizations hold on to or you can have the more up-to-date versions of a realistic system and life style.

My point is not to suggest that Americans do things better; this is obviously not true. We are *all* equal from my point of view. I simply want to make it clear that others can and have proven to do a good job when it comes to developing ideas. Tradition becomes tradition the day after



something is created. The traditional way of training was this, that, or the other. But who is telling the truth when it comes to reality-based concepts and a system you can trust? These political influences and foreign icons confuse many students. This to me is a disease that

spreads throughout the martial arts community and continues to poison the minds of innocent students and practitioners alike.

What people fail to understand is that we are talking about concepts and ideas. There is no real location for any art or tradition. It is all floating in the vast space of our consciousness. The idea of rolling on the ground is simply a concept. The thought of training in the outdoors is a mental beginning. Ninjitsu, Ninjutsu, or the Martial Science are all just concepts brought to another person's attention. You cannot own these concepts or limit them in any way. They do not belong to any one country or in the mind of any one person. All you can do is limit another person's view by not sharing your own concepts and ideas. So what is the concept you seek as a student of the martial arts? That is the quest and the reality of any system. A piece of paper does not give you ownership of any idea regardless of its title. Thinking that you have the right to be its master is not only selfish, it is bordering racism and limiting to anyone wishing to learn an art or system.



The world is not going to change until the overall consciousness of the world opens up the to ideas that are existent for everyone. Who is to

say that you can't simply start a new system in your back yard--as long as the concepts are sound and the training is realistic? Why couldn't you begin to spread a new tradition? This is exactly how it began thousands of years ago, so what is different with today? Nothing. The only thing limiting you from becoming your best are those people who claim that they are the only link for your salvation. People may be able to monopolize a system of martial arts, but don't let them monopolize your mind.

So, as far a tradition goes – it's HISTORY



6

TOTAL WARRIOR



During training classes you will learn what is needed for your next rank as well as practice the skills previously learned. Most of your time will be spent in classes.



We often train outdoors, usually to practice more techniques that require a unique environment. Relying on Ninja films, or the commercial warrior, is not the best way to learn about martial arts. Since the world is full of so many warrior "**wannabes**" it is easy for someone to become misled.

Aside from all that, hundreds of people are still driven towards this unique system. Why? Because it seems to offer something or everyone.

Following are 10 popular reasons students are drawn into the RTMS.

1. Variety

Attention and interest are sparked through the curiosity of a unique and eclectic style. Clothed in a combat uniform from head to toe, moving through the night like darkness itself, and highly trained in dynamic body movement and specialized combat tactics, the warrior stands with confidence. He stalks through nature, climbs like a spider, and is skilled in an array of deadly weapons as he spins a web of mystery at every corner. Does this image of a Total Warrior spark your curiosity?



6. All In One

In judo you can learn to throw, in karate to punch, and in tae kwon do to kick. In RTMS you can learn it all in one place. The RTMS dojo trains every area and aspect of the martial arts.

It is known as the most complete art, teaching not only kicking, punching, and throwing, but also skills of survival, first aid, weapons, climbing, teamwork, mind control, and more.

This approach offers more selection for the student, but it also takes endurance and more years if the practitioner is to reach a black belt status. A middle level student in RTMS can be compared to a black belt in most other styles of martial arts. It is for this reason that RTMS is seen not as an art but as a science.

2. Mystique

Legendary invisible warriors are cloaked in the shadows of their environment, disguised within a mask of darkness. Total Warriors are masters of disappearance; using the techniques of invisibility, they can remain in plain sight yet go unperceived by the untrained observer. Everyone at one time or another wants to just disappear. The skills of vanishing into thin air or blending in with the surroundings can feed everyone's interest in one way or another.



9. If It Works, Use It

The RTMS students **use whatever works to get the job done**. It's not the origin of the tactic, but more so its usefulness that's important. RTMS students are not limited to labels but simply wish to accomplish the task at hand. For example, a chair is meant to hold the person up while he sits on it; that is its purpose. It does not matter if the chair is blue, green, or yellow or whether it is called a chair or a besodeoak. Its application remains the same. Practitioners use this theory or result-oriented approach in training. Also, the practitioner may choose to follow a five-element approach to any circumstance, which gives him several levels of response to each action, mental or physical.

3. Realistic Self-defense

Like most beginners of the martial arts, students of RTMS are also interested in self-defense. Fear of pain is the motivation in this case. **People are always trying to avoid pain.** This pain could be in the form of a school bully, thief, or a mugger. Other fears, like that of being overweight, out of shape, lazy or undeveloped as a whole, are also factors for motivation. However, many martial artists will agree a high percentage of their purpose was to learn to defend oneself. As well as being *unique and eclectic*, RTMS offers techniques of self-defense that give students a sense of confidence and ability.



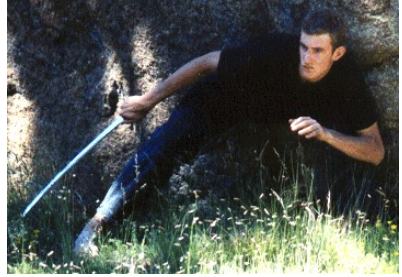
4. The Ryu

It is a family, and everyone is part of the team. Teamwork is essential for accomplishing our goals. No one wants to be a loner, and those without a place to which they can belong are usually the ones who turn to a family of drugs and crime, or satisfy their loneliness by taking company with food and drink. The group atmosphere of RTMS is important in the healthy growth of students. Being part of a family and sharing experiences is something you can't get in the commercial "did you pay your bill, then let me alone" dojo or training hall.



5. Weapons

Not only are people drawn for new tactics, methods, and arts, but also for new weapons. RTMS offers students a vast array of old and modern weapons with an equal level of unique techniques and training skills. Swords, shuriken, blowguns, and knives are just a few on the unlimited list of weapons used in the martial arts, which also includes sticks, canes, umbrellas, chains, and firearms. Most arts might teach a few traditional weapons as forms and katas, yet rarely do they get into the realistic combat skills that RTMS is known for. Where else can you learn to use such items as a pen, jacket, and a piece of paper as tools for self defense?



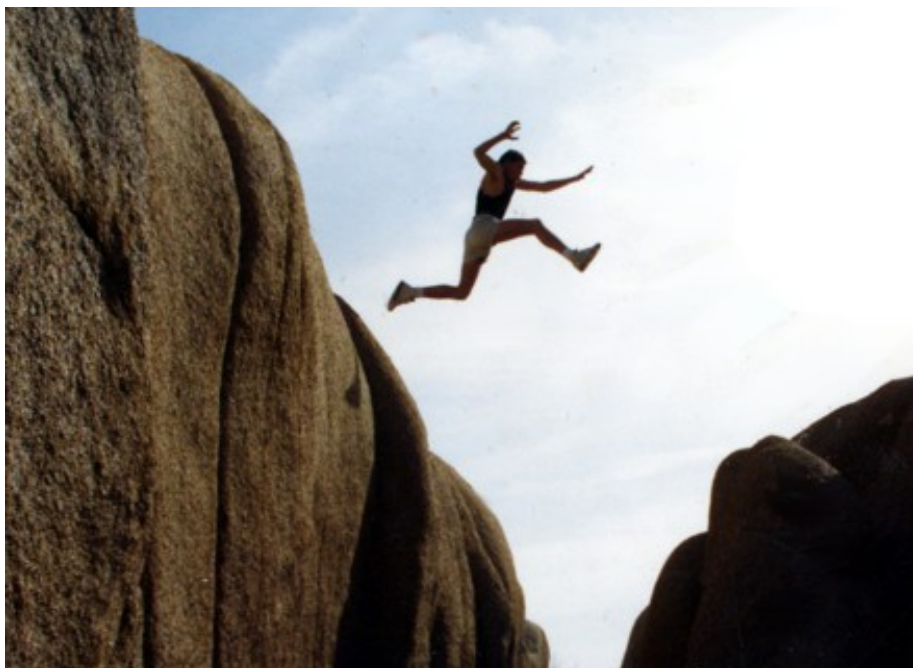
8. Teamwork

Martial arts literally means "military arts," and they were developed for the purpose of survival. RTMS non-sport emphasis focuses instead on self-discipline, personal growth, practicality, and everything today's warrior is looking for. RTMS is based on team effort unlike sport karate competition, which focuses on individual achievement, increasing ego, and segregation, and all the aspects RTMS tries to avoid.



7. Action Not Rank

RTMS does **not** follow the same ranking system as other martial arts. The theory "it is in the doing" is taken very seriously. Everyone is getting tired of the "I'm 8th degree, he is 6th degree black belt" syndrome. A grey belt in RTMS could have as much knowledge if not more than the traditional black belt in karate. In modern society, everybody and his brother is a black belt at something. Yet not everybody and his brother is a black belt in RTMS. Students have learned to compare what they are getting from a fifth degree traditionalist to a black belt in RTMS. The traditionalist loses.



10. The Great Outdoors

The last, and one of RTMS most attractive aspects, is the use of the environment. When you think of Total Warrior training, you can't help but visualize a shadow warrior running through the trees or scaling cliffs and castles. The Total Warrior takes advantage of the outdoors for a more refreshing and realistic training.

Training in the outdoors is a regular setting for the RTMS practitioner. Parks and woods have more than any training hall could possibly offer. The outdoors has enough room to train the largest of groups in clean air. An outdoor **training ground** makes every class

unique. The natural grass of a park is perfect most training exercises. We spend most of our lives in boxes, from our house to our car, it is nice to spend some of your time training in the great outdoors outside of one.



Most martial artists never leave the training hall to train in a more realistic environment, one closer to the context of where a real situation would occur. RTMS practitioners head outdoors to subject themselves to a variety of environments for personal growth. A uniform of the warrior and solid ground is a much more realistic design than the traditional white pajama soft mat approach.



The majority of the students, however, like the fact that not just anybody can be a Total Warrior. It takes a dedicated individual willing to give his or her all.

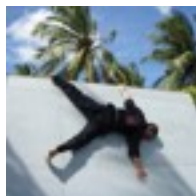


7

RTMS UNIFORM AND GEAR



A uniform adds to the excitement of being a martial artist and a member of Rick Tew's Martial Science. Put on your uniform and you are ready to train.



The uniform gives you a *sense of belonging*; it shows that you are part of an elite group of individuals. It stands for Team spirit and being the best. It brings men and women of all ages all to class to train on equal levels as one team and one family. There are two types of uniforms worn by members of RTMS.

The first is the traditional style black karate outfit modified to fit that of a RTMS practitioner, worn in class. The second is the urban outdoor uniform worn to formal events, camping and travel.

Training Outfit	Urban Outfit
Jacket	RTMS Shirt
Pants	Multi Use Pants
Belt	Cross Training shoes
Mat Shoes	RTMS Hat

Wear your uniforms with pride at all RTMS events. Belts, badges, and awards are worn on the uniform to symbolize rank, spirit, and dedication.



Belts

The rank is a symbol of your involvement and that you have earned the level or respect with true discipline and persistence.

- 1. Gray Belt (student)**
- 2. Yellow Belt (optional)**
- 3. Blue belt (optional)**
- 4. Red (instructor)**
- 5. Black (life stylist)**

Equipment

To get the most out of your lessons, you will need the proper training gear. The following items are highly recommended and most are needed to continue in some areas of instruction.

- Uniforms (heavy weight if possible)
- Protector (cup / girdle)
- Mouthpiece (double grip)
- Protective pads (for sparring training)
- Focus mitt (for personal training)
- Weapons (knife, stick, sword, etc.)
- RTMS shirt (under the uniform)
- Notebook (training notes & manuals)

NOTE:

Visit www.NinjaNinja.com to purchase all your uniforms, weapons, training gear and apparel at low prices.

Tabi or not Tabi – that is the question

“Split toed tabi and my mask won’t tear - you want to play a game, it’s truth or dare - yo step on back or i’ll attack, in black, while you’re eating a Big Mac, then disappear like a needle in a haystack...”

The above taken from a Ninja Rap song has it meaning within the ninja community. A ninja just isn’t a ninja without Tabi boots.

Although martial art shoes have yet to become an official part of any uniform, the Tabi are very much a part of the Ninja outfit. This may or may not have to do with the fact that ninjitsu practitioners are training outside more often than not - while most martial arts don’t require the use of footwear indoors.

Even we at RTMS keep the tabi off when we enter the training hall. Heck, I train barefoot with most of my classes outdoors too.

So what’s the point? I guess it has to do with why you should or shouldn’t wear tabi.



Why you shouldn't wear tabi:

They look silly in the mall

Think about it. Tabi look like the kind of shoe you might find on an alien. They are very odd looking and even feel a bit awkward when you first try them on. I remember a time when I took a group of students to Mexico. We decided to take a break from training and wander through town - in our tabi. Everywhere we went they called us "Chicken Feet." I still laugh at the curiosity they must have had. What would you think if you never saw them before? These people didn't know these shoes were part of a martial arts uniform. So if you don't want to look like a chicken, then you might want to try on a more acceptable pair of training shoes. I've yet to design Ninja Air Nike.

Very light

Tabi aren't known for their high quality design. There is no support or cushion for the foot. They are not designed for long hikes or running long distances. Tabi are made after nothing other than socks. Yes, I said socks. That is where the split toe comes in. Think back to ancient Japan where they wore socks on sandals. Well how did they keep these things on their feet? They had something running through the

toe and around the ankle. Hence the split toe design. Just like thongs and clogs. The reason a sock is applicable, is because it makes it easier to stealth (unless you step on something sharp). So the tabi of today are simply really thick socks. They don't offer much protection. Another dilemma in the tabi industry is that the actual soles are becoming cheaper and cheaper - for the manufacturers that is. They are using very poor quality soles, and it is hard to find a good layer of rubber - now, most of them are almost plastic.

A pain in the booty to put on

Before there was velcro, all tabi were made with tab fasteners that ran along the ankle and calf. You had to insert one tab after another to get the tabi to stay on. This was a real art and a real pain in the patience of any practitioner who has been through this. It wasn't very practical if you happened to be out stealthing around. Tabs popping out etc. Not to mention during training, where you had to stop and fix your boots. Next, you have velcro, although much easier to put on, they make a heck of a lot of noise when you take them off. Now this shouldn't be much of a problem, considering most practitioners will not be sneaking around at night taking off their shoes - but the thought is still there. No practitioner of the silent way likes anything on their person to be noisy. Why doesn't someone make tabi with regular laces or some other workable system? Unless Nike decides to jump in on the fading Ninja market - it just isn't going to happen any time soon. But when it does - www.martialartsupply.com will sell them.

Why you should wear tabi:

They have a split toe

I wear tabi and it's not because they look funny or that they are associated with ninjitsu. I wear tabi because at certain times they are very practical to me. First is the split toe design. Although very goofy looking it is very handy when climbing a rope. With tabi, you can practically walk up any rope with knots. Simply slide the rope between the toes and step on the knot. Outside of being painfully barefoot, there is no other way to do this. There are many rope climbing techniques, but nothing is easier than just stepping your way up. You can also pick things up with your toes or even hold stuff between them - but I don't see much of a worth talking about reason for doing so. The next benefit with the split toe has to do with balance. You get a little more front balance without having to wear a huge boot.

Although the differences are probably minor, it helps you feel more acrobatic when you are basically wearing a super thick sock.

They are light

When practicing stealth, you want a shoe that is very light and quiet. The closer you can get to being barefoot the better. Since many people don't like to sneak around without any shoes, the tabi offer a practical alternative. Also, when training they are very practical for their light weight and ability to blend in with the rest of the uniform. They fit well and work in unison with your pants - tuck them in or wrap them around on the outside. Since tabi are light, it makes kicking a breeze. There are other shoes that are also great for training - such as those made by Adidas or Otomix. They just are not as easily camouflaged. I like Adidas MA shoe on the left for street training and tabi for the outdoors. If I conduct long hikes and survival camps - the tabi are replaced with a good pair of Nike.

A new style

You can now buy tabi from ninjaninja.com that have a suede sole. These tabi are great for training indoors. They work well outside too, but won't last very long because of the suede bottom. They are great for stealthing. These tabi also are all black and mold well to the foot, which helps with kicking and body shifting skills.

So what's the verdict, do you wear tabi or don't you? Here is the checklist:

If you are training self-defense or climbing - yes

If you are hiking, running or waiting for the choo-choo train - no

If you wear them only because you think you should - no

If you want something practical although goofy looking - yes

If you have on a white uniform - no (definitely not)

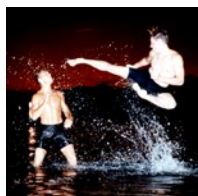
Basically you need to weigh the options and compare the products, then make a decision based on your own needs. Don't wear tabi because you saw a movie with the same shoe - wear them because they offer a practical, realistic benefit to your training. If something else works better - then wear it. Don't be a goofy costume warrior - just be real.

8

RTMS STUDENT



Martial spirit does not live only in the papers that help form its existence. The spirit is alive through the growth and sharing of its members. When you are training you are part of the RTMS team.



That is why it is a Team: a group of elite individuals bound by a purpose that each of them shares. Even though the Team believes in the views set down by the Master Instructor, the Team is just as important as its founder. If you are a part of the Team, then you are a part of its existence.

You are not simply a student of a martial art, you are a member of the family. If you help it grow, you will develop as well. This growth can be spiritual, physical, and personal. Students who plant the seeds of growth will pick the fruit of its reward.

The goal of a RTMS student is to not just be a good martial artist, but also to become a complete human being.

It is our firm belief that it is not in the paper but "*in the doing*" that makes the difference and it is your doing that counts. But what exactly is a RTMS practitioner? Below we give a few examples of what you can expect to become:

- **A warrior**

To be a true warrior you must accept challenges to increase the growth of your peak performance. RTMS trains today's Total Warriors. A warrior is not limited to indoor knowledge but one who experiences firsthand the rigors of survival, harsh training, and personal development. *A warrior is prepared* to deal with any challenge or situation, not just a combat situation. He learns other skills, such as traversing across a rope or memorizing a long list of techniques. RTMS incorporates the most effective and realistic forms of physical and mental training.



- **A traveler**

Experienced students in the system will agree that after being with the system as members, assistants, or instructors they would have *seen*,

done, and become more. Tew's Tours and training programs are the only organization that offers this unique aspect of all terrain travel and training. Exploration trips like **Adventure America** are a full three weeks of total training and a vacation in the mountains, beaches, and deserts all rolled into one. Students are constantly given the opportunity to expand their knowledge through travel and training.



- **A teacher**



In order to get what you want it is essential to help others get what they want. Every student is a teacher, whether a grey, red, or black belt. Teaching helps us learn and understand more about what we are dealing with, as well as offers a helping hand to someone along his/her road to achievement. RTMS is more than a school for Martial Science; with your

knowledge you get to help others achieve the same goals.

- **A leader**

There are two kinds of people in the world: followers and leaders. RTMS teaches its students to become leaders. If you are not in control of your own life and destiny, then it will be controlled by your surroundings. A leader is not left to being the victim of circumstance; a leader **takes action** and gets the job done. In order to be a great leader, however, you must first have been a great follower.



- **A dreamer**

A man without a goal is a man without success. Dreams are the forces that make miracles happen. You can call it luck or chance, but belief and action toward a specific goal will increase your life's worth. Without goals and dreams, you are left to drift and be directed by the plans of others, never to arrive at the destiny you seek. A practitioner sets high goals that may seem impossible to others, but to a believing dreamer they are well within his grasp.

- **A student**

An educated audience gets the best show; the same is true with a martial artist. No one is ever finished learning. The instructors

themselves are always the best students. The desire to gain more skill and more wisdom is a never-ending factor, even to the greatest of warriors. Perhaps that is what made them so great!



- **A strategist**

It is best to win without fighting; thus, the true warrior must also be a strategist. There are many strategies that are taught to the educated students. Strategies such as *Miyamoto Musashi's* nine principles from his "**Book of Five Rings**" is an example of what we use to help create a personal achievement strategy and guide to success. These skills give the practitioner more avenues and examples to aid in any situation whether combat-oriented or in daily living.

- **A finisher**

Dedication is important in becoming a Total Warrior. When in training, one must eat, drink, and sleep the Martial Science. Set high goals and attain them. When you leave your training area, you must learn not to leave your training there also. If you wish to improve, you must constantly **challenge yourself**. If you cannot take risks, you

are keeping yourself from experiencing the thrill of improvement. If you have the willingness to strive for the best, then you have what it takes. If you have self-confidence and self-discipline, then you can do it. If you are committed to personal achievement and success, then it will be done.



9

RANKS AND LEVELS IN RTMS



The Belt System

In Rick Tew's Martial Science we do not use the regular color belt ranks. We focus on Mastery of the martial arts over external rewards. There are only 5 belts in Rick Tew's Martial Science:



1. Gray Belt (student)
2. Yellow Belt (optional)
3. Blue belt (optional)
4. Red (instructor)
5. Black (life stylist)

We use three creatures to represent the levels and stages of the Martial Science. They are the Panther, Dragon and Eagle.

Path of the Panther

Beginner level

Once you have attained your gray belt you will enter into the first level of training. The panther is the symbol of the knowledge we need to gain as a foundation for our training. In training as a panther you will learn to build strength, speed, control, and body movement skills. The path of the panther will give you all your basic information and a foundation for a complete understanding of the system.



Time of the Dragon

Intermediate level

The dragon is the symbol of your creativity and imagination. As a dragon you will learn to develop your own movements based on your personal strengths and weaknesses. You will already have an understanding of the basics and it will now be time to learn to integrate all your knowledge.



Flight of the Eagle

Advanced level

The eagle is the symbol of leadership and the time to learn the skills necessary to harness your knowledge through teaching. A red belt is a level of instructor's status. At this level you are now allowed to teach within RTMS and start your path to black belt. It will usually be a period of three years after you have reached your instructors status to become a black belt.



Students of RTMS will go from Gray Belt to Red Belt (instructor status) and finally Black Belt after 1-3 years of experience. All other belt ranks and rewards have been removed. The following information describes why we have made this decision:

Self-Power

At RTMS we are going against the grain and striving for individual self-powered excellence. There is a great book by Wayne Dyer called; "Gifts from Eykis" that helps to explain much of this thinking.

The purpose of training in the Martial Science is to support individual thinking, self-actualization, and to maximize his/her potential as a free-thinking person. Let's review that list again:

- **Individual thinking**
- **Self-actualization**
- **Maximize potential as a free thinker**

Or as Wikipedia defines it:

Roughly put: independence, autonomy, a tendency to form few, but deep friendships, a ‘philosophical’ sense of humor, a tendency to resist outside pressures and a general transcendence of the environment rather than a simple ‘coping’ with it.

In most schools (whether martial or academic) students who display any creative or free-thinking qualities are perceived as threats and usually silenced. Most systems already have a certain way of doing things. Dojo rewards are handed out to those who conform the best, to those who please their teachers, or do their kata exactly as it was handed down.

But don't students want their instructors to hold their hands during the process?

Believe it or not, the above actually limits a student's ability to understand and develop. How can a student learn to be a free thinker when he/she is being trained for the opposite? Training should be one in which there's excitement, instead of the apathy or robotic unity in virtually every dojo on the planet.



On Monday an instructor introduces a new subject, forward rolls, say. The instructor gives the same material to every student. They are all exposed to the same lecture and demonstration, they all read the same manuals, they all do the same exercise, and on Friday they are all given the same test. The students who perform best on the test are given a new rank, while the others fail. There are no provisions for those individual differences that are an integral part of our reality. Why is it assumed that everyone will assimilate such information at the same rate? Some students may need two weeks to learn the material. What about the students who need only a day to master a punch but need fifteen days for learning a kick?

Stress is one of the largest blocks for human advancement. Do you think that stress is being placed on a student when he/she is racing to keep up with the group? Instructors use step-by-step goal setting rewards as an excuse to literally stunt a student's growth.

Why teach everyone to think and act alike?

What do we have to offer if we are just like everybody else?

We ensure this through the insane pursuit of grades, belt ranks, trophies and tangible rewards, those educational merit badges we dispense on report cards and transcripts. This seems to be the real obsession of instructors and educators--not knowledge and self-discovery, but the pursuit of those external rewards called ranks and degrees.

So, what is wrong with providing rewards in the form of grades for educational excellence?



Grades and knowledge are both exclusive ideas. In fact, grades actually serve to lower motivation for knowledge. A grade, whether a color belt or a large A on a piece of paper is just an external mark. It signifies for an individual that he/she has participated in the **game** of education.

Knowledge is an inner mark, it is reflected in:

- 1. How you feel about what we've learned.**
- 2. How it aids you in pursuing your ideals.**

What you as a person can do with that knowledge.

Knowledge breeds self-awareness; grades breed self-deception. A belt on a uniform has nothing to do with reality. It is a symbol of having conformed. Nobody looks for your belt in a reality-based situation. What you eat today is what will keep you alive, regardless of how much food you ate last week.

In order to be able to stand on your own two feet, you have to step out of your instructor's shoes and take the responsibility of being a self-taught Total Warrior.

It's how well you currently produce that earns you respect and personal advancement. Oftentimes those who can play the game well are actually ill equipped to participate in the real world. And, on the other hand, many who refuse to pursue grades neurotically turn out to be more reality-oriented and hence much more successful at virtually everything they do.



Most traditional systems actually detract from human motivation. When you place a person in a system in which the reward (the grade or the belt) is unrelated to the actual learning activity, motivation is lowered.

For example, if you give an orange belt for completing fifty push-ups, a yellow belt for forty push-ups, and so on down the line, who do you think will ever want to do a thousand push-ups? Almost no one, that's who.

That system says, strive for the reward and work only when you are being rewarded. Since the reward of colored belt has nothing to do in

reality with push-ups, then motivation will cease when the reward is achieved. The reward for training is not located around your waist; it's within. It's the joy of being able to develop your skills, the thrill of performing at your best or discovering and applying a new idea; the freedom one achieves by being able to experience what others have created; the inner glow and self-satisfaction of training for personal growth. These are the rewards of training. Similarly, it is the personal sense of accomplishment one feels when he/she is in top physical condition, the glorious feeling that comes from being physically fit. When you begin to align your rewards in training with the actual activity, motivation will increase and apathy will decline, and not one moment before.



No one can teach you anything. Each student makes a decision to learn. When a student has decided **not** to know something, no amount of "teaching" is going to get that knowledge across. Conversely, when a student decides to learn, no amount of teacher interference will alter that decision. Truly great teachers understand this, and deliberately go about their business of providing a unique environment for individuals to make choices to learn.

They emphasize learning for mastery, rather than striving for grades.

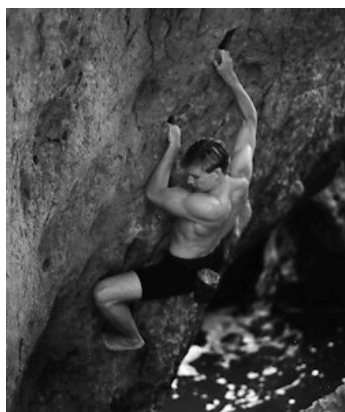
Mastery means no punishment for being slower or faster at mastering a subject. Mastery means that when you acquire knowledge, you get inner satisfaction. The results are personal satisfaction and inner pride, and one receives a grade of *Mastery (such as Black Belt)* when he/she demonstrates mastery of the material. In a mastery system, people want to help each other rather than compete for the few trophies that are made available in the form of grades, belts, and the like. Students have freedom to develop in areas of personal interest and explore challenging subjects without fear of failing. Cooperation rather than competition is the style of learning.



But aren't color belts good for goal setting?

I know it is hard to accept this two-letter word, but I am going to say it anyway: "NO." Unless you are an old oak tree or your goal is to wear a yellow ribbon around your trunk-- colored belts have nothing to do with goals. Your goal is to learn a certain skill such as a spinning back kick. The only realistic purpose of a colored belt is to segregate people from the rest of the group. I think this is just a childish egotistical response to accepting yourself as who you are. In our system you are a student (gray belt), an instructor (red belt), or a life stylist (black belt). Students don't need a rainbow of colors to get them to master the subject of martial arts. In fact, the minute you remove the limitation of colored ranks, the students' skill level improves dramatically. No longer is he/she worried about comparisons or fitting in. They can focus on training, sharing knowledge and development.

In a world of individuals, comparing students to each other using ranks is a senseless activity. The fact is that when formal schooling is complete, the teachers are permanently out of the room. Students who have been exposed to rigid training for long periods of time daily for the rest of their lives. They soon despise all learning activities because they are associated with rigid authoritarian thinking. Teachers in a reality-only system of mastery learning are educating young people to become their own teachers. The presence of the authority figure has nothing to do with the individual pursuit of knowledge and excellence.



It's simply a matter of becoming more reality based. Knowledge is internal. Acquisitions are external. We say we're concerned about knowledge and the inner person, yet all our energy is channeled to externals such as ranks, grades, test scores, diplomas, degrees, and titles. Students should emerge from their training experiences excited about the prospects of being knowledgeable for the pure joy it brings, as well as the limitless opportunities available to a person of knowledge. But too often students emerge

from the traditional maze like one of the flock, looking, thinking, and blinking just like everyone else.

If all of this is true why do so many schools use colored ranks?

Because a dojo is also a business and you improve student retention when you have things to entice them to return. Once a student reaches yellow, he/she can focus on orange. Since the majority of students quit within the first year, colorful belts help get them to stay longer. The problem is that students end up focusing on the belt and the power of each rank rather than their internal skills and development. When you don't have the fruit loopy selection of belts, you force a student to commit to mastering the system or at least thinking about it. If you explain this process to a student they will understand. You simply need to ask:

Do you want to MASTER the system or do you want to get a few colored belts and quit?

This will quickly help place focus on the importance of true GOAL setting: to go all the way. Having too many belts is like kicking a soccer ball halfway down the field and yelling “GOAL.” If a person really wants to score, it is important for him/her to learn what that really means. A colored belt is only necessary when it is important to distinguish the members, such as students or instructors. This type of system is easier for us at Rick Tew’s Martial Science to implement because we don’t limit advance training to advanced students. In a typical class a student will learn any number of skills ranging from self-defense, weapons, tumbling and mind control. Most other systems limit a student’s development by teaching in blocks: you are only a yellow belt and must do yellow belt stuff. This is absurd if a person is ever to excel in the arts. All of this is still up to the instructor to implement and since most systems are still having students line up and throw joint damaging punches in the air, things probably won’t change. This is why the Martial Science exists.

Leaders can only provide a healthy environment in which students can attain their own truths. Here at CMS we have created this environment, one that supports Self-Power. Students have a year to develop individual thinking, self-actualization, and an opportunity for each student to maximize his/her potential as a free-thinking person. Each student is in charge of his/her own success.

As a student you can Master the subject or you can attempt to squeeze the hand of your instructor.



You too can get the most from this concept if you take the first step towards personal power and development. You have to leave the nest so that you can fly. Do not cling to others when you already have the ability and the context for learning and growing. If you fully learn and develop what I am saying, you will be enlightened and truly in control of your own destiny.

10

RTMS

PHILOSOPHY



Read through this section, and then learn, understand, and memorize each part separately. If you have any questions concerning any of the following, speak with your instructor until you have a clear understanding.



As with studying any art, it is important to get a basic understanding of its principles and philosophies that make it what it is today. The importance of the information is to familiarize and increase your knowledge giving you a strategy and guideline in life and in RTMS.

After the following has been memorized, it is required that the student have his/her own personal understanding for each principle or belief.

Example

The instructor asks, "*How do we move in combat?*"

The student may answer, *"Using natural body movement."*

The instructor says, *"Explain that in your own words."*

The student may reply, *"Movement tailored to my own strengths and weaknesses so as not to expend unnecessary amounts of energy; for example, a person who is big and heavy will have a different natural body movement than someone who is small and light."*

This may seem quite obvious, but it is the obvious that people tend to ignore. Basics are obvious yet they are the foundation to our success. This is just an example; it is up to the student to explain the meaning in his or her own words. To help with memory and recall of this information or other knowledge, students are referred to the Tew's Total Memory program. Many systems focus purely on the physical aspects of the style. It is important to seek out knowledge as a path to personal excellence. In turn this will reflect onto your overall ability as a Total Warrior.

RTMS Spirit

Becoming a member of the RTMS is the easy part, but being a member is not so easy. It takes discipline and motivation. To be a part of the fun and adventure, you also have to follow its rules and regulations. By following these guides you have the knowledge and strategy to be the best you can be. It is important to know the meaning behind each word or verse given below.



RTMS Master's Motto:

"Expect the unexpected"

RTMS Success Slogan:

"Achieve a goal daily"

RTMS Honor Code

"I believe in being the best I can be
Building the Team and keeping it strong
I follow its laws and enforce its rules

Be helpful today and positive tomorrow
I endure my training and earn my way
Forever growing in Mind, Body, & Spirit"

It is expected that you memorize this page for testing and belt ceremonies.

RTMS Law

I promise to be:

True in Mind

Honest
Positive
Disciplined

Strong in Body

Healthy
Clean
Energized

Loyal in Spirit

Respectful
Faithful
Honorable



WHAT IS:

RTMS?

A family of martial artists following the strategies and guidelines set down by Sensei Rick Tew based on the principles of growth through mind, body and spirit to build the Total Warrior.



The purpose of RTMS?

To grow in mind, body and spirit.

A Total Warrior?

An individual who practices and uses the synergy of mind, body, and spirit in all situations to combat any obstacles of daily life.

A Martial Science?

A system developed for the purpose of self-defense, based on scientific facts: it only uses the skills and techniques that produce results.

Rick Tew's Martial Science?

A martial science developed by Sensei Rick Tew, based on the principles of success in all areas of our lives not just martial arts. It focuses on the skills and techniques that produce results.

A personal strategy?

A guideline for our own personal success utilizing goal setting, stabilizing beliefs, spirit codes and a plan of action.

A warriors favorite color uniform?

Like weapons the warrior has no favorite color, it is a myth about midnight warriors only wearing black: the colors change according to the situation and/or environment.

The goal of visualization?

To increase ones skills and abilities through mental imagery.

Combat reality?

The understanding of what is practical in a situation and what is not. It is the knowledge of using whatever works to get the job done.



RTMS strategy to win?

To win, the warrior only has to survive.

Natural body movement?

The use and application of movements, offensive or defensive, that are based upon the practitioner's own strengths and weaknesses.



A Kiai?

You kiai to receive a sudden surge of power by speeding up the adrenaline flow. It is also used to break the concentration of your opponent.

A kiai is not used in any situation that relies on your ability to be quiet.

The time to fight?

You fight in a life or death situation only (with a few exceptions).

WHAT ARE:

The codes, or oaths used in RTMS?

Honor Code, RTMS Law, Master's Motto and the Success Slogan.

The strategies for invisibility?

Camouflage, stealth, and mind displacement.

The mental states concerning the four elements?

Earth:

strength and control
stationary

Water:

adaptability and flow
defensive

Fire:

speed and aggression
offensive

Wind:

sensitivity and compassion
acceptance



The primary striking areas?

The primary striking areas are the **eyes, throat, knees, and groin**.
A primary striking area is a body point that, once struck, or in any

attempt to be defended, will result in the breaking of your opponent's rhythm or timing.

The 9 principles of strategy by Miyamoto Musashi?

- 1) Do not think dishonestly.
- 2) The way is in training.
- 3) Become acquainted with every art.
- 4) Know the ways of all the professions.
- 5) Distinguish between gains and losses in worldly matters.
- 6) Gain intuitive judgment and understanding for everything.
- 7) Perceive the thing that cannot be seen.
- 8) Pay attention, even to trifles.
- 9) Do nothing which is of no use.



Musashi was one of Japan's greatest warriors, he was a samurai. His real name was Shinmen Takezo (1584-1645) from the village of Miyamoto. He wrote a famous book on strategy "*The Book of Five Rings*."



11

SALUTING & SIGNING IN



Before beginning class, it is proper to sign in as a group, or if you are by yourself, as a student. Signing in is like saying grace before a meal or praying before sleep.



Soon it will become personal and you will learn the importance of this ceremony. When signing in with a group, you follow these steps for a common order and structure.

Mind, body, spirit position

Stand in horse stance, arms outstretched, hands in the form of the triangle. This is to symbolize your life, strong and sure. You do not focus on one thing but look through the triangle into the nothingness. You are stable and you endure. That is the way of the Total Warrior.

Seiza

Come to a ready stance and raise the hands above the head, then lower them; as you do so, also lower your body into seiza, left knee first. The hands should rest in the lap with the palms up, one hand in the other, thumbs touching.

Visualization

Lower the head and close the eyes. When signing in, the visualization stage is time for you to let go of all your troubles and start fresh here with your friends. You prepare yourself for class and decide what you want out of the lesson and who you have to be to get it. When signing out, it is time for you to mentally review the class, what you have learned and how you have improved. After a while, the instructor will whisper softly "*open your eyes.*" Do not open them immediately but let the eyelids rise slowly as your eyes begin to focus on the ground. Do not look up at the instructor but keep your focus low.

Mind, body, spirit bow

Place hands flat on the floor, first left then right. The thumb and the index finger of the right hand touch the thumb and the index finger of the left hand, forming a triangle. Bow over the triangle saying, "mind, body, spirit" with the instructor. When you bow you are pledging to be true to yourself, respect yourself, care for yourself, and to maintain a balance among the three points of the triangle in and out of class.

Salute

Raise the head slowly; follow the instructor's lead and salute. The salute should be performed simultaneously with the instructor. Upon saluting, you are showing respect towards the instructor and stating that you will train hard and do your best to maintain group spirit.



This is performed in cat stance, arms parallel to the ground. An open left hand covers the knuckles of a clenched right fist.



To show greater sincerity, such as an apology, you bow your forehead to the knuckles of the left hand. Saluting is used in many ways and you will discover those in class as you begin training. It is important to understand the spirit behind your salute and the bond that brings you and other students together.

➤ ***Respect***

Always salute a higher rank when that person is entering the training area. You hold the salute until the highest rank returns the salute and enters the area. For example, a class of grey belts waits for class to begin and a red belt enters the floor. All present salute to the red belt as a sign of respect.

➤ ***Greeting***

Always begin and end an exercise with a salute, done in unison. When you meet someone new or are about to begin a new exercise with a fellow member, you salute each other before training. This is a sign of courtesy.

➤ **Questions**

When you wish to answer or ask a question, you salute; this is similar to the process of raising your hand. First, execute a salute until acknowledged. Maintain the salute while asking or answering the question. Begin sentence with "Sensei" (or "Sir"). Whenever a salute is returned with another salute, then you may speak. This is done when you have a question or know the answer to a question. For example, the instructor may ask the group, "What is the honor code?" Those who know would then salute and hold the position until the instructor acknowledges and salutes back. At that time, the student would recite the honor code while holding the salute.



➤ **Ceremonial**

Saluting is also done before and after class to show signs of respect between the students and the instructor. When signing in, students are asking to be recognized so that they may learn and are willing to do their best. The salute is the show of total respect for the instructor, saying they will honor his lessons and do their best to learn. When signing out, the salute is thanking the instructor for the sharing of secret knowledge.

➤ **Combat**

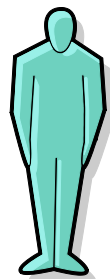
The hand over a closed fist demonstrates you are skilled in the ways of a warrior and contain secret knowledge. With the hand over the knuckles, you come in peace and maintain control over your skill and do not wish to do harm.

➤ **Class**

Always bow first and follow with a salute before entering a place of training. This is also done when exiting the training area. If late for class, maintain a salute until you are noticed and permission to join the class is granted by the instructor.

Bow

Put your hands on the hips and come onto the balls of your feet. Lift your right knee, then your left knee. Stand up slowly and bow with your instructor. This is to show respect to your instructor and to thank him for sharing his knowledge with you.



At the end of class it is proper to sign out before leaving. In a group you will follow the same procedure as when signing in. Then the instructor will announce *Class dismissed*" followed with a *"Thank you, sir"* to the instructor from the students.

The purpose of signing in and out is to show respect and to adapt an attitude of thanks and discover strategies that allow you total focus during your training sessions.

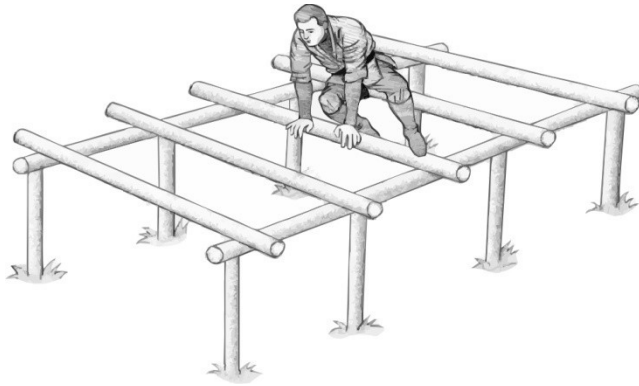
With that said, it is time to salute you for taking the time to read about our philosophy and system and conclude with another welcome to the team and I hope that you will find joy in this system. I look forward to seeing you in class.

MODERN NINJITSU – A MULTI-MARTIAL ART



12

TRAINING PROGRAM



This simple guideline will help you develop a well rounded level of skill in the warrior arts. I followed this program when I was only a teenager training in my backyard.



You can modify the program to fit your needs and add or subtract training so that you can focus more on yourself as an individual.

The Image

What is your image of a NINJA? This is an important first step towards your training. My image was designed mentally by what I call a “Total Warrior.” I envisioned a being who was skilled in many areas of the martial science. Even as I train today, I strive to reach this high

level of skill. Creating an image is the first step in setting your goals as a complete warrior. So you must define COMPLETE and use that as a reference for your personal development. To me, a Total Warrior is someone who is in great shape, inside and out. A person who can manipulate weapons as well as his/her own body. A person always striving for higher goals and new information. A being not limited to the arts or style of any one person.



When defining your image, be sure and decide that this will be YOUR OWN image. You should not adopt my image or anyone else's. This is especially true if your own instructor sets a limit to your development. Is your instructor the image that you want to become? Is your instructor in good physical shape? Is your instructor healthy in the mind? These are just a few questions to help you understand that you are not your instructor. Regardless of his or her own image, you must take responsibility for yourself. Your instructor is simply your coach to help you become a better martial artist. Just as a boxer has a good coach.

Once you have your image and goals you will better be able to utilize the program and adjust it to your own designs.

In RTMS we have many programs and too much information to list here in our web pages. If you would like more information, become an official member by joining a school near you or signing up on the Home Study Program.

Training Schedule

Once you have created your ultimate image of a Total Warrior and visualized your goals, it is time to create a training schedule.

At this point you may be extremely motivated and think that it would be best to jump into training with 100% focus. This is true, in a way. Focus should be followed with the eat, drink and sleep training principle, but you need to make sure your schedule is not so focused that you have no real time for growth.

Variety is key. It is best to give yourself days for rest and mental absorption. Train hard when you train, but don't train so hard each day that you end up breaking down. Mix the training up a bit. Bike instead of run, swim instead of bike etc. Here is a basic example:

Monday: Run / Ninjitsu Circle Drills / Weapons

Tuesday: Weights / Focused Training / Body Movement

Wednesday: Bike / Ninjitsu Circle Drills / Exotic

Thursday: Weights / Focused Training / Body Movement

Friday: Swim / Ninjitsu Circle Drills / Weapons

Saturday: Rest / Mental training

Sunday: Rest / Mental Training

Ninjitsu Circle Drill

This training requires one or more partners. The concept is to get into a circle. One person begins by saluting and rolling into the center of the circle. You decide the attack (straight punch, hook punch, side kick, bear hug etc.) Then one after another, each person from the circle charges you with the chosen attack. You then proceed to work your techniques on each person until everyone has attacked. You roll out and the next person rolls in. This type of training allows you to enhance many areas:

- Working with sudden attacks
- More responsive decisions
- Defending against different sizes and body movement

- Attackers get to work on falling and taking hits
- Targeting and body movement
- Developing your offense and defense
- You must defend immediately

If you only have one partner then you can adapt this drill by creating an attack to defense drill. This means that your opponent attacks and you defend - the defense that you choose becomes the new attack and the original attacker defends against your defense. This can sound confusing but you will get the hang of it. You can continue the loop for as long as you like. To start, begin with only one or two responses. For example: Person 1 attacks with a straight punch - person 2 sidesteps and throws a side kick - person 1 will now defend against the side kick and so on.....

If you don't have any partners - use your imagination and go through 10 attackers just as if you were in the circle drill.

Weapons

A great way to train and keep up your weapon skills is to do another circle drill. This one however only requires you. Place all the weapons you are currently learning into a circle and stand in the center. Start with one weapon and focus on 3 areas of training. The first will be slow motion (or slower motion) training. This requires you to slowly take yourself through some moves - strikes, defenses etc. Once you have mentally reviewed most of what you know, it is time to pick up the pace and work the weapon with speed and power.



Make sure you are careful, especially when working with blades. The third area of training is to work all the defenses you know with the weapons. If you have a partner then use them. So if you are currently working with the sword, review the many defenses against another sword etc. Do this until you have gone through all of the weapons.

Focused Training

This consists of working on developing individual areas or skills. For example: you may want to work on kicking, punching, or even wrist locks. Usually focused drills are aimed at developing punches and kicks. In RTMS we use a bag drill that includes all of the strikes and kicks. This isn't so much focused training. Focused training would be more like working Thai kicks on a heavy bag - or jabs and crosses with a focus glove. Personally, I like to fluctuate between kicks and punches.



Body Movement

Training your body also includes all of your body control skills. Regardless of your age, height or weight - there will be plenty of body skills for you to work on. These skills include but are not limited to: stances, rolls, falls, flips, handsprings, kips, cartwheels, climbing, stealing etc. If you can't do a wall flip due to some form of physical constraint, don't worry. Your goal is to work around your own strengths and weaknesses, even if you are in a wheel chair. One of the best ways to work body movement is to use your Freestyle Forms. A form is a self designed set of movements that include various body movements.

Mental Training

This period of growth is meant to enhance your skills through thought. Mental training can be anything that requires mental focus. Following are a few ideas:

- Personal Development books or tapes
- Fantasy books for imagination
- Creative Mental Training
- Self Hypnosis
- Mental Scenario Response
- Weekly training review

See my book **Winjitsu** for details on the above.

This program is a simple guideline to help you with developing your skills. By following it you will build a strong foundation in your own personal style. As you improve you can adjust the program accordingly. The key is to have fun and work hard. When training becomes boring or dull you will lose interest and growth will fade. Be sure and keep a spark in your training, when things get dull, change them around and shed a new light on the program.



13

INVISIBILITY



The art of invisibility has always been a popular topic. But who are these masters of the “very hard to see?” Warriors in the woods, Ninja’s in black or even the special forces - black, green and aquamarine?



Today we have many students of the art. This popularity was brought on by books, magazines and the ever growing Ninja films - not to mention the fact that it often serves as a realistic tool. Of course other forms of media and entertainment attention does its share to bring awareness to this art.

For example, the villain in the “Blair Witch Project,” David Copperfield, Rambo, all the good presidential candidates, and perhaps even OJ Simpson. All of which either were masters of stealth, invisibility, survival, hiding, and/or verbal claims such as, “I wasn’t there.” Let me start by saying, there are no deep dark secrets about the art of invisibility, (unless of course we really are talking about the above media sources) even though it may create an awe of mysticism

in the eye of your adversary. Invisibility is the art of employing a simple technique (or techniques) and skills utilized in the most effective manner to make one hard to perceive or hear.

None of what you learn here will teach you to just disappear. If an instructor boasts about his skills to turn invisible - simply bring him back down to earth by asking them for a visual demonstration. The problem with most schools on eclectic warrior arts is that they make claims that can never be proven. This and all articles on Total Warrior Internet Magazine are based on realistic approaches towards training. We will not (and I hope you don't either) concern ourselves with black magic or concepts based on ancient history and storytelling.



If you truly want to master the art of invisibility, I would suggest you throw away your ninja books and text guides to wearing black. Instead, turn to the real masters of the art - illusionists and magicians. These masters of perception will offer far more in the art of disappearance, than any real ninja could muster up.

Please note, we are talking about the art of illusion and the way a person perceives reality. I highly doubt a magician will be able to

teach you the physical side of invisibility: such as footwork, climbing, moving quietly etc.

So, until you manage to track down David Copperfield - here are a few tips to improve skills in the physical realm.

To be invisible, you must not be seen or heard in a way that would distinguish you as YOU.

“You might see me, but can you perceive me?”

Remember that famous forest with that famous tree that falls with no one to hear? You know, the one that ends with this question: If there is no one there to hear, does it make a sound? Once and for all “yes,” the tree does make a sound. Why, because if you were there - you would hear it and you would say, “wow that was loud.” Regardless of your presence or your perception of reality, the tree will always make the sound. The real question is simply confusing how we define the word “sound” and associating that to our hearing. When in fact the falling of the tree creates a noise as a fact regardless of the way we perceive definitions. This is another concept of invisibility. Both the theory and the tree remain elusive and thus invisible.



Okay, let me take you out of the woods before we all get lost. The concept of invisibility means that you can make sounds and even cross within visual sight, but you must not be perceived.

So, you can be within your enemy's eye sight, in fact he may even see you. However, because you have blended into the surroundings, you are not perceived. Another example is "Where's Waldo?" You may be looking for Waldo, who is well within your sight, but unless you perceive him, he remains invisible.



Invisibility is the art of blending in, becoming an insignificant part of our environment and disappearing within it. Hey, this reminds me of high school.

So, in order for us to remain invisible - we have to master the art masking any and all indicators. An indicator is something that would basically say, "hey, it's me and I'm hiding behind this rock."

We mask indicators by developing our skills in one area - Camouflage

Camouflage

Obviously you want to remain quiet when traversing through the woods or a dark alley. The key to concealment is learning and practicing a few techniques. Camouflage is usually seen as green patterned clothing for use in a forest. Camouflage (whether artificial or natural) is actually any and all skills you use to remain unseen. This includes - sight, sound, smell and sense.

Sight

The human eye sees movement first. So, this is your number one priority, in order to stay out of sight, you need to know what you can do and what your opponent is trying to do. This goes for all your invisibility training. Here are the basics:

Don't be a jerk

You need to lean to move with patience and fluidity. Jerky movements are easy to see. Also, don't go disturbing the peace in a natural environment. A flock of birds taking off is a sign that something is in the area.

Better to make a loud sound than to quietly come into view. If you are heard - it does not mean that you will be perceived. Even if it is obvious that you are there. However, if you are seen - not only is it obvious that you are there, but your exact position is now revealed.



What is that? Is that a big black head?

Your visual goal is to remove the distinct shape of the human form. You will also need to pay attention to shape and lighting. Think of what might create a silhouette and know when you should hide, crawl, walk, stealth or run. What kind of uniform or outfit do you have on? Do you stand out or blend in? Are you carrying a big sword or a what looks like a tree branch?



Form - an opinion

Depending on your situation, jogging clothes often make a much better outfit for urban invisibility. Why? Well, what if you happened to be revealed? A jogging suit is much more believable than the embarrassment of having your tabi out in plain sight. For photographs and Ninja films the uniform portrayed looks great, but it is more effective to look like a fallen tree branch than a model for Ninja magazine.

Colors for concealment

In order to be invisible, it is crucial that you wear clothing or material that blends in with your surrounding environment. Colors should have the same intensity, brightness and contrast in order to remain consistent.

Night: Dark blue, black, gray or other dark color

Country: Greens and browns

City: Gray sometimes blue

Just because it is night, does not mean a black uniform from head to toe will make you invisible. That outfit will make you stick out and be easy to spot when moving. Unless you remain deep in the shadows, a dark black outfit is not realistic. Remember, black isn't a very natural color - the sky is dark blue not black and trees, leaves and grass are usually made up of greens or browns. Also, a black uniform is limited to night work while a green and brown uniform can adapt when the sun comes out.

Remember, the goal is to remove the distinct shape of the human form. Color choices can help to do this.

Movement

Always move from shadow to shadow, rock to rock, obstacle to obstacle. Other strategies and body control are used in combination

with your movements. The more you look like part of the surroundings and the less you look like a human hiding behind a bush, the more likely you will remain invisible.

You will usually use your environment in one of two ways: either to hide behind or blend beside. If the area you are hiding behind does not fully conceal your figure or form, then it is important that you shape your body to look like that of your cover. For example: laying down in a field, crouching amongst rocks and extending your arms and legs along tree limbs and branches.



Night vision

It can take a person up to thirty minutes for their eyes to adapt to the darkness so that they can see. Anyone without this timed night sight, will have greatly reduced vision when looking out into a darkened area. A flash of light is all that is necessary to ruin a person's night vision for another twenty to thirty minutes. What's the tip? Don't lose your night vision and if you can, keep your opponent from developing his. This will allow the shadow warrior to observe his enemy yet still remain invisible and camouflaged in the night.

Note: when watching for things in low light, you will have a better chance of seeing them if your eyes remain unfocussed. You can do this by looking in a circular motion around the object, for example a circular or figure eight pattern.

Most of this is about awareness - your next step will be to develop skills to improve your ability to stay quiet and unseen.

Sound

Another major ingredient to the art of staying invisible is your ability to move quietly through various terrains. Following are some practical techniques for stealth, it is up to you to actually make them work. After time and training, you will begin to develop your own style of stealth. Some will be slight variations of what you learned here and some will be completely new and unique to your individual style.

These techniques alone will not make you move through the night as quiet as the wind. This information is only a principle to aid in your practice and is of little use by itself. You must practice until you become very good at moving silently, in turn - staying quiet.

In order to move in silence, we must pay attention (but not focus on) what it is that makes noise in the first place. The next step would be to reduce these “here I am’s” as much as possible. In training, you can practice on various terrain's to get a feel of the different techniques you can use.



Making choices

Okay, you come to a point where you must choose one of two paths. One path is open and laid with sand while the other is narrow and laid with trees. Which path would you take? The sand path will be quieter

to move across unlike the tree path which has leaves and branches strewn about. However, the tree path offers cover and camouflage and as we learned earlier, it is better to be heard than to be seen. These type of questions only help to explain the variety of choices you will have to deal with. If you prepare - you can handle the situation appropriately.

Basic guide to STEALTH

S - stepping

T - touch

E - exhale

A - attention

L - listen

T - tolerance

H - harmony

Stepping

This is your most important skill to staying quiet. You depend on your foot work. Practice won't make it perfect, but it will sure make a difference. Before completing a step, keep your weight on the ground leg until the other leg is in position. This requires balance and harmony to master.

Touch

Stepping is only half the battle. Use your hands and feet to feel for obstacles and for clearing the way. Thick soled shoes make it difficult to feel and manage over a noisy terrain. Either wear light shoes or go barefoot. The more you can feel your surroundings, the better your chances are of moving through them quietly.

Exhale

Don't hold your breath when you move. Breathe as you step, twist, turn or lower. This will keep you and your muscles relaxed and assist in your ability to adapt with your movements.

Attention

Pay attention to your surroundings and not just the ground below. Keep a circular vision at all times - focus when you step, but keep your attention on your environment. This includes all your senses and not just visual.

Listen

Stay alert to the sounds you are making and pay attention to the way these sounds correlate with your surroundings. Stop completely if you make a sound, listen for any reactions or any signs of being discovered. Keep a constant ear for any changes in the environment.

Tolerance

Patience is your key to staying quiet. If you are not patient, your movements will be jerky and mistakes will occur. How long can you tolerate standing still? How long can you tolerate remaining absolutely quiet? How long can you tolerate holding your leg frozen in the air prior to stepping?



Harmony

Stay focused, keep the knees bent and move with all the muscles and joints flowing naturally. Move like a cat - balanced, patient and fluid.

Techniques for stealth

Below are the eight different techniques we teach at RTMS to develop your footwork skills. These skills must be taught to you by an instructor. Spend time with each one separately, then as your skill improves, combine the techniques, so that you are simulating practical use of each.

1. Normal stealthy step
2. Cross step stealth
3. Cat stealthy step
4. Sweeping cat step
5. Stealth crawling
6. The dropping squat
7. The cross crouch
8. The fall back



Practice

The only way to develop your skills is to actually practice. Since sneaking around other people may cause some trouble - I suggest you find some other means to practicing your footwork. Here are just a few ideas - expand on these and come up with a few of your own.

1. Here kitty kitty

Try sneaking up to a sleeping cat and touching it before it discovers what you are doing. Please note, that this only works on cats that are active and healthy. Also, stuffed animals won't work and by "cat" I mean a house cat - not a mountain lion.

2. Snap, Crackle, Pop

Another fun thing to sneak up on is a mini-cassette recorder. You need one that has voice activation. Create a distance between yourself and the recorder to sneak up on. Then, play it back to see if you could hear yourself getting closer. Pay attention to all the natural sounds in the environment. Try this in different terrains.

3. Don't turn around

Games are a great way to improve your silent footwork. We play a lot of these at camp, the only requirement is having at least one more person to play with. Here is one that we use a lot. Have your partner stand about 50-100 feet away. Your job is to sneak up to him/her and touch them on the back or shoulder without them knowing you are there. Your partner is trying to listen and has one chance to turn around, but only if you are within touching distance. You win if you touch him/her first and they win if they touch you first.

4. Boo!

This next one requires that you know your partner or the other person very well. If you haven't guessed it yet - this exercise requires that you sneak up and scare someone. I used to do this to my family and friends all the time and I was lucky enough that they had a sense of humor. Some people are not very nice and will get very mad if you scare them. So, make sure you know who you are scaring. I have a few interesting stories that came about from the "boo" tactic - for example, my brother once did this (by accident) to a police officer on duty. Although he scared the bejeebers out of the officer - he almost got in a lot of trouble.

The rest you will have to come up with on your own - either that, or join us at a training camp.

A note on Terrain

Dry areas are the loudest and unless you plan to carry a bucket of water with you, try to either avoid dry areas or practice moving through them. Snapping twigs are probably number one cause to losing your concealment.

Smell

You never want to hear, "I smelled you a mile away." Along with clothing, you should also conceal any and all other things that might give you away. This includes your smell. Although this may sound obvious it doesn't always smell that way. Cologne and perfumes are

easy to smell, so is McDonalds. The closer you are to your environment in all aspects, the more likely you are to remain camouflaged within it. Use natural oils from your surroundings to help mask your scent. Heck, take a mud bath.



Other Factors

Remaining invisible is not just a few concepts thrown together to give you an idea about stepping on twigs. You need an overall development. This requires expanding your thoughts and thinking laterally. Many things could have an effect on your ability to stay concealed. Here are a few examples:

- Are the people you are hiding from expecting company?
- Are you in a group? If one member snaps - you all snap.
- Unexpected weather or terrain.
- The concealment you had last night - is gone.
- A dog is barking at what smells like a burger and fries.
- There is a nearby accident and you are the only one to help.
- Did you go to the bathroom before you left the house?

These are just a few - but, if you think about them, you could prepare and or develop a better understanding for the art of invisibility. Don't expect any article to offer you the secrets to mastering the martial arts. No matter how much you know, you still need to develop that knowledge into action. If you want to be good at kicking - kick. This is the same for vanishing into thin air.

That's it for now, until next time - "hocus pocus, I'm out of focus."



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MEMORIZING TECHNIQUES



In the end, your goal will be to have developed a natural reaction in combat. But in order for us to reach this level of response, we must first train receptively in the skills we learn early on.



In the duration of one class an instructor may teach as many as 10 new techniques, some even more. If we are to practice these newly learned skills (outside of class) and return so we can grow - we must remember the techniques taught in the first place.

The process of learning a technique works as follows:

1. **Learn the technique**
2. **Mentally review the technique**
3. **Practice the technique**

The first step is usually in class under the instructors guidance, while the other two are usually performed within the period AFTER training until the time you are back in class. In order to properly review up to 10 techniques, we need to remember what it was that we learned. The average student remembers about only 2-5 out of 10 techniques by the next day. After a few more days they may only remember 1-3. Using the simple memory technique that follows you will be able to remember exactly what techniques were taught.

This skill comes in handy if your instructor asks for you to demonstrate what you learned at the end of each class. With practice you will be able to mimic your instructor and even remember many of his special instructions that would normally have been forgotten.

Before I can teach you the small memory system - you must first understand how the memory works. For in depth training and information you can order my manual or tape on advanced memory skills: "EASI-A - Tew's Total Recall."



Let's say that we need to remember 10 techniques. Just as you would take notes in class to make a list of ten items, you will need to do the

same in your mind. We call this the mental notepad. On a notepad you may have lines reserved for placing information. You will need the same thing in your head. A place to put each of the 10 techniques. We call these places or areas reserved for information PEGS or HANGERS. There are many metaphors to explain how the mind works - I will skip the how and why's and get straight to the techniques. If you need to know why this works or more on how, then refer to Mind Control section on Memory.

So what will be our Mental Notepad, what will be the peg, hanger or hooks that we can LINK each technique to? Well basically, any 10 items that are in your long term memory will work as a peg. But to start, we will use the Rhyme List. Remember, the Mental Notepad is a place to store information - each place needs to have a specific hanger, peg, or hook. This peg, hook or hanger can be anything that you can PICTURE and have stored in your long term memory.

Since we are focusing on learning 10 techniques we will also want to know what technique was number 5. To do this we also need to make sure our peg is associated with the number. This may all sound a little confusing at first, but hang in there and follow through - before you know it, you will catch on to what is happening.

Okay - so we need a list of 10 pegs for our mental notepad. Now I could teach you a defense against a straight punch and tell you to remember this as technique number one, but unless you have an image for number one, you won't really have a good association. You would be left with rote memory and boring repetitions that "this is technique number one." So we will use the Rhyme List to create our numbers and give the images to associate with.

Rhyme List:

One is Gun
Two is Shoe
Three is Tree
Four is Door
Five is Hive
Six is Sticks
Seven is Heaven
Eight is Skate
Nine is Wine
Ten is Hen



We use the rhyme list because it is pretty easy to remember what number goes with what image. If I say, “what is one?” You only need to think of what rhymes with one and you will think of gun. Review the list a few times until know the links.

This is how it works. Your instructor asks you (or your mental coach) “what is the technique for number 5?” Your immediate mental response would be to think “5 is hive.” Once you have Hive in your mind all you need to do to remember the technique, is to remember the associations you made with Hive and Technique. Let’s say that the fifth technique was a defense against a side kick. And all that you need to remember the technique is to remember the side kick. So you simply associate a side kick with a Hive. By the way, I am talking about a Bee Hive. To do this we can picture a side kick hitting a bee hive and thousands of bees pouring out.

1. You think of 5
2. You should think of Hive and then you say to yourself “what happened to the Hive...

3. Oh yes, there was a side kick.

In order to make this work you need to have a good imagination. If you don't have a good imagination, you will, if you keep up this training. Memorizing your techniques in this fashion will help you to enhance your overall mental abilities.

This information on memory is just the tip of the iceberg. There are many more advanced skills and if you find this information interesting, then you might be interested in taking the full memory course. If you have any questions about this memory technique or other RTMS trainings discussed on our web site, feel free to ask and Sensei will do his best to answer your questions. We pride ourselves on not just offering you a web site with text, but a live response and active participation in the system.





15

ONE MINUTE MARTIAL ARTIST



Kenneth Blanchard and Spencer Johnson, MD came out with a book titled *The One Minute Manager*. Soon after followed more books: *The One Minute Sales Person*, and *The One Minute for Yourself*.



After reading all these books and understanding the benefits of preparation and focus, I coined the phrase (and more importantly, the training concept), “The One Minute Martial Artist.” Basically, the One Minute Martial Artist Concept is broken into 3 active parts:

1. Beginning of class
2. During class
3. End of class

I say, “Beginning, During and End of class” because this concept is part of the way we train in the Martial Science. If your system or instructor does not follow this training concept - you can simply change the formula to the following:

1. Before class
2. Break in class (this may or may not be possible)
3. After class

Since much of the One Minute Martial Artist is mental, you should be able to incorporate the concepts into any training program.

Beginning of Class - Just a Minute

1. Mind, Body, Spirit position.
2. Open Focus
3. MBS questions



Mind, Body Spirit Position - Giddy-Up!

Before we begin a class in the Martial Science, all the students will line up from left to right (left being highest rank). Normally, I don't believe in having too much order or structure because it can lead to a

lack of individualism. But, in this case, it is actually beneficial for the student of life to have some form of foundation and order. We fight to break the rules, but we don't fight to remove the guidelines - this strategy is helpful in life, school, religion, health and training.



This line up and stance is actually called the Mind, Body, Spirit, Position. The idea is to stand in horse stance while focusing on your goals through the triangle you have positioned with your hands. Refer to the Mind Martial Science section on our web site for the meaning behind Mind, Body and Spirit. You want to use the same principles here.

This Mind, Body, Spirit position and stance is a metaphor for life. Stand strong, keep your focus open and work on your goals using Mind, Body and Spirit.

When you are standing in the Mind, Body, Spirit position and looking through the triangle, you are checking to see that all is in balance. All the while, you do not focus directly on one problem or thought, (you do not dwell), you look through it. You are stable and you endure. This is the way of the "Total Warrior" (practitioner of the Martial

Science). You hold this position for at least one minute and until the instructor is ready to begin class.

The concept is to develop your strength and focus, while heading in the direction of your goals. You will begin to understand the endurance part once you have stood in Horse stance for more than 5 minutes.

This stance or position, is a form of meditation. Your stance symbolizes your life, secure and strong, yet there is enough pain or discomfort to offer a challenge and help you grow. This is felt through the legs and arms and transmitted to the mind. As you look through the triangle you are looking past it and not actually focusing on any one thing.

Open Focus

We call this stance the “Focus” stance, but you need to understand that we mean “open focus” with the idea of how to stay focused on your goals. Staying focused means that you don’t direct your attention to very small details only to be hit from something you should have seen or been aware of. By looking through and ahead, while keeping your focus open, you are more likely to be aware of your surroundings during your quest. This will leave you open for opportunities and warn you of impending danger.

Try this: Stand about 5 feet from a wall. Hold up your index finger (palm inward) about 6 inches from your face. Now focus in on the finger and look at your fingerprint. This is “closed focus.” Now, change your focus to the wall without moving your head or finger, simply adjust your eyes. The finger will move out of focus and the wall (straight ahead) will come into view. Now look in the direction of the wall, but don’t focus on any one thing. This is open Focus.

You are still looking in the right direction, but you are more aware of what will come into your view. You can still see your finger. Think of trying to drive a car while looking at the steering wheel or looking only a few feet in front of your car. You won’t be able to see what is going on around you. You wouldn’t have time to avoid any obstacles and if you needed gas, you wouldn’t see the station or know when to pull off the road.

To maintain open focus, you will need to develop your peripheral vision. This is seeing things out of the corner of your eyes (things that

are not in focus) without having to actually look in that direction. When keeping your focus open, this is very easy to do. Often times the instructor will ask questions or give a small speech while you are in the MBS position. You can practice developing your peripheral vision by not looking directly at the instructor - instead, keep your focus straight ahead and open.

MBS Questions - “Score... I mean Goal!”

Your 1 minute starts once you are in the Mind, Body, Spirit position. First you create your goal and mentally place it inside the triangle. Goals are either long term or short term. Each class, you will pick one to focus on. Long term goals are those that will take time to develop, such as skills for your next rank or even instructor status. Short term goals are those goals that are meant for immediate development in this particular class, such as better rolls and falls or improved kicks. Usually, students are visualizing their next rank as their goal. However, you can use this technique for any goal you create such as increased stamina, increase in performance, more strength, more skill or any other attribute that would be beneficial to your training.

Using Mind-Body-Spirit

Next, once you have your goal mentally placed inside the triangle for focus, you ask yourself the following three questions:

1. What can I do mentally to enhance the realization of this goal?
2. What can I do physically to enhance the realization of this goal?
3. What can I do spiritually to enhance the realization of this goal?

Answer each question in your head. Don't worry about thinking of the perfect answer. The key is to develop a new skill and to apply focus to your goals. The next training session you may use the same mental answer or come up with a new one.

Visualization

After you have reviewed what you can do to enhance your current focus using mind, body and spirit you will then need to mentally visualize what we call a “positive performance.” This entails visualizing yourself performing the skills in class at the level you would like to achieve. When visualizing, be sure and see the images from your own eyes. That is to say, don't see yourself doing things as if you are watching, see yourself doing things as if it were actually happening. This type of training is part of our Creative Mental Training program, but works well in the beginning of class.

The above 4 step plan: Mind, Body, Spirit position, creating a goal, asking MBS questions, and visualizing a positive performance is your one minute as a martial artist prior to training. It will take time in order for you to be able to do all of these things in about one minute, but don't rush your thinking or worry about it if you take time to develop the skill.

Do you have a minute?

Have you ever reached the end of the day and thought “hey, I forgot to kick my Body Opponent Bag (see BOB issue 5)?” Okay, so not everyone has BOB to kick around, perhaps it is just as simple as forgetting to call someone or as basic as leaving the refrigerator door open. The fact is that sometimes we get so caught up in the activity (such as training) that we lose track or forget to focus on all of our goals. I bet you know a few people who do this when they talk. They are so busy talking, they really don't know where they are going with it. We are all victims of this type of verbal confusion at one time or another. We get into arguments and instead of focusing on results or what we want the outcome to be – we focus primarily on winning the debate. This kind of energy isn't very productive and if you want to get from A to Z, then you have to learn to stop getting stuck on B, C, and D. You will need to learn how to be outcome oriented.

Outcome Oriented

As you may have learned by now the key ingredient behind the 1 Minute Martial Artist concept is FOCUS. In the first article we talked about OPEN focus. This issue is going to focus on OUTCOME focus. Although your outcome is an end result of your training, you won't reach completion unless you focus first and during the training session. So, how do we become outcome oriented? Well, we start by understanding that it is the end result we are striving for. Naturally we are working towards an end result but we need keep in mind all the things we want to accomplish along the way. If you get too busy you may end up missing out on focused or outcome oriented training. You can avoid this trap if you simply take a time out to focus on what it is (exactly) you want to accomplish.

If a student is sparring and gets angry and then afterwards kicks himself for forgetting to stay calm - to me this is an example of not being focused. We all get out of focus at times, so this isn't about being perfect - it is about having a strategy and improving your performance. Outcome orientation is needed if at any time you go, “uh I forgot to do that and that. Oh, and that too.”

This process is to help you maintain focus while you are training in order to ensure you complete all your goals - large or small. The key is to take time out for evaluation and focus. Taking a time out can be as little as 1 minute to review your training. Often when you take a step back it is easier to see the whole picture. So what is the picture you are looking for when you train? The answer is in itself the answer. In other words, you are looking for answers. But getting answers is only half the battle. What do you need to do first in order to get an answer? That's right, you need to ask a question.

Questions

1. What will have to happen for me to get what I want out of this lesson, class, program etc?
2. What do I want to learn, remember, enhance or practice during this lesson?
3. What specific goals mentally, physically and spiritually do I want to focus on?

You can change or adapt these questions to better suit your needs. The key is to remember that you are focusing on the outcome - not just what you want to start with.

Tic TOC you don't stop

Another concept that will help you with your training and organizing you thoughts is T.O.C. or what I call, "keep in the Tic TOC." The TOC stands for Timing, Organization and Completion.

Timing

Timing is priority and getting things done that need to be done. It isn't just when to do something, but also the motivation and desire to get it done in that moment.

As many people have said, "Timing is Everything." Well, that saying is pretty close to reality. Why sell rocks when people are hot for Beani babies. Knowing what has priority is part of this timing. It has to start from the top and work down. We can think of this as long and short term timing. One year to one minute. What needs to be done this year, this month, this week, this day, this hour and finally this minute. Knowing your timing is key in order to fulfill the tasks you create during organization.

Organization

This is probably the hardest task in training. Staying organized takes work and since so many people are focused on the work - they spend little time getting organized.

When things are not organized you have no timing - when you don't have timing you can't reach completion and the balance is off. Without balance your training does not thrive with an even flow - instead it spurts with success and failure - this can be nerve racking.

If you want a healthy training program you need to get organized.

Part of organization is knowing what the timed priorities are. But, the main power to organization is an individual endeavor. Organizing yourself is the key. This starts with being prepared - getting things organized to do the training - then you must do the training in an organized manner.



Most people fall prey to either just jumping in to the activity without being organized, or they spend time organizing but they do their

training in an unorganized fashion. This doesn't help. Balance is important and an equal level of thought has to be put into each one.



Completion

Without finishing or accomplishing your goals, the training is never really complete. When it comes down to success and future growth, what matters is when a job is completed.

Working on something for hours on end is only a waste of time until the training produces a finished result. That is the goal for every task. So, make sure you start and finish each task with the same energy. Don't leave things hanging in the background.

Naturally you will need to work on what is of priority, but part of staying organized and having good timing is knowing what should be completed. Back flips are not priority if you have yet to learn your stances.

If there is anything I have learned in all my years of action and training - it will be the importance of the Timing, Organization and Completion. They will not do you or the training any good simply as thoughts. They need to become a part of your character and you need to find a way to keep them on the tip of your head.

With them your training will thrive and continue to grow - without them, time will just pass... "Tic-Toc, Tic-Toc, Tic-Toc, Tic-Toc."

Stop drop and roll

What do you do when you are on fire? As you may have remembered from childhood classes on protection - you stop, drop and roll. I use this simple strategy and the title for my concept on pattern interrupts. A pattern interrupt is something you do to interrupt a pattern. You use the strategy when you are in a stuck state. A stuck state is more easily described as a negative state of mind. If you are angry, upset, confused or simply in a state of mind that you do not enjoy - you can use my strategy for stopping, dropping and rolling.

Stop

First you will need to stop what you are doing. This means stop thinking, moving or reacting in or with the pattern you are used to. Simply stop where you are.

Drop

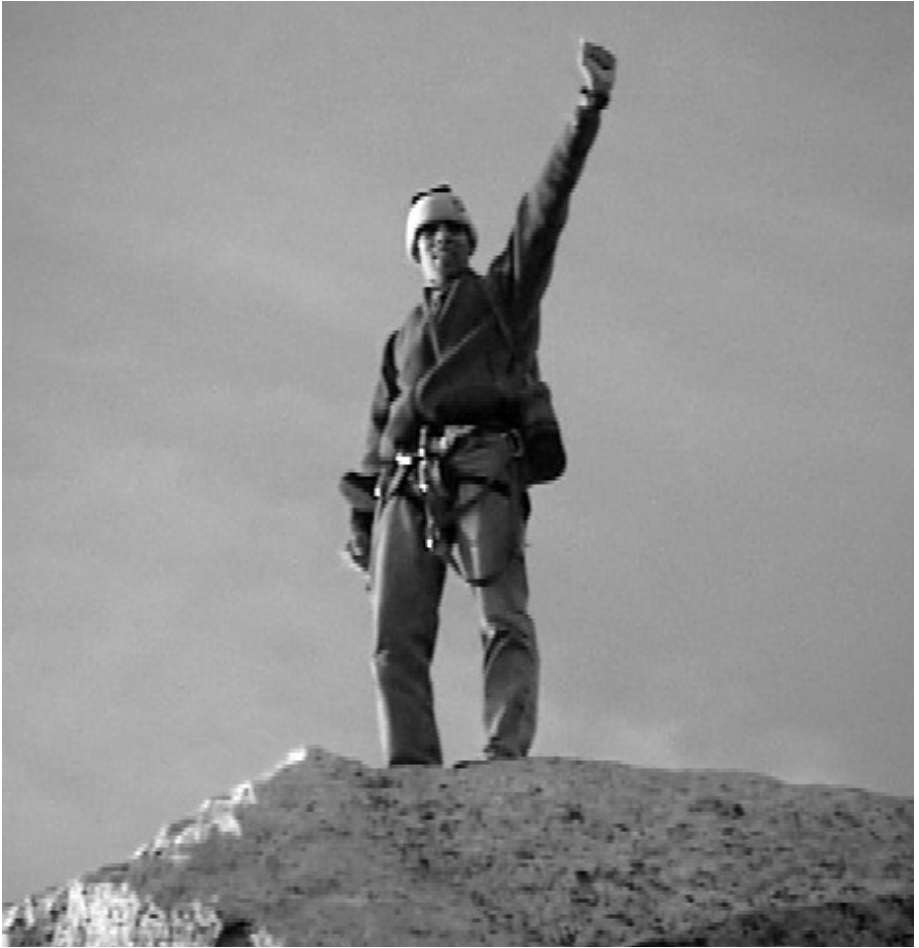
Next you want to drop any mental reactions you might have going on at the moment. In the physical realm you want to drop to the floor. Yes, the floor (or mat).

Roll

This next technique is what will actually break up the pattern. You need to do something really odd. A simply forward roll will do the trick.

That's it - you stop, drop and roll. I know this might sound silly or totally unrealistic, but it is a part of mind control (mind martial science) and by understanding the concepts you will see how and why it works. In the training hall the rolling tactic fits right in, but any unique interruption will work just fine. Let's say that you were to stop, drop and stick your finger in your ear while you sang the national anthem. That too would work.

A pattern is simply a state of mind that you find yourself in more frequently than needed. Just like a record - it plays the same tune over and over. In order to stop this tune from playing you need to destroy the record. This requires a pattern interrupt. When the record (mental state of mind) begins to play - you simply react with something physically unusual. After doing this a few times you will no longer be able to get into that exact mental state.



Spirit / Power Move

After you have performed a pattern interrupt you will want to do a power move. This will add a positive empowerment to get you back on your feet.

A spirit move is designed to release an anchored state of mind harnessed by the rapport of your teammates. The move will eventually become personal and soon a worthy opponent against your mental demons.

1. A shout, yell or sound with its own unique personality.

2. A move, like making a fist and throwing it in the air, performing a kick or stance.
3. A feeling of power and confidence

These three ingredients are combined to create a powerful state of mind. Spirit moves can be practiced while performing a specific drill that requires team spirit or energy. Spirit Moves can vary according to your situation and needs. If you want a lot of energy, then you would move fast as if you were energized. If you want to relax, then move slower and breath with a relaxed body. So forth and so on.

All of the above can be performed in about 1 minute. Practice these techniques so you can be prepared for your next class. Also understand that these techniques can be transferred over to everyday life. Try it.

Mental is More

Okay, so you've reached the end of a training session, what more can you do to improve your training? I mean gosh, the class is over... or is it? Actually it has just begun. Let me explain:

Breaks and breathers

Like a mental kick boxing match, we fight one round at a time. Before continuing to punch and kick our mental opponents we must be prepared to do so. A break is important for us to subconsciously review, learn from the last round and rest up for the next period.

You need to see the end of each class as it if it is simply a break before the next class. Why, because unless it truly is your last class- it is just a break. It doesn't matter how long of a break it will be, just the fact that it is a break. Your brain needs this break in order to maximize your training for the next session.

With a break, you are able to take 100% of the knowledge you just learned and turn it into 110% or more. How is this possible? I mean, you just learned 100% of the training, how is it possible to take that knowledge and turn it into 110%? Wouldn't that be like trying to take an uncut apple pie and adding a slice? In theory yes, in reality no.



You have to understand that you come into every training session with at least a little bit of previous knowledge. In order for us to learn something new, we need to remember something old. This is how we learn and associate. It is part of the problem solving system in our brains. So, after a training session, if you meditate and visualize on the class, you in turn will be associating and linking it to previous training. This will create new ideas, improved training and a better understanding of your session. Thus, you will have come out of the class with more than you actually received. Okay, how do we do this?

Minute made visualization

After a class, a few minutes can be spent to mentally review the physical and mental training you just received. You do this by mentally seeing yourself perform the training and techniques again. The image is vivid, colorful, detailed and most importantly, live. In your imagination, you need to feel like you are in the experience. See everything going smoothly and from your own eyes. All your senses need to be active so you not only see it, but you also hear, taste, smell and feel it. Once you have learned something, you can then place it in the mind and improve it or change it. This is a great form of training. You can solve problems, handle situations and perfect strategies in the

mind. Martial Artists can go home and review all the techniques, movements and stances that they've learned. It only takes a minute to do this and you can break your training up for reviews throughout the day.

It is important to review your training in the positive form - regardless of your mistakes or imperfections during training. Many people concentrate on the things that they don't want. Because the brain expects this negative image like a command, the chance is great that it will come true. So, be sure and keep your images set in the positive and perform the techniques in your mind the way you would like to perform them in reality.

Remember, what your mind can conceive and believe - it can achieve.

Notes

Once you have mentally reviewed your class, it is now time to take a minute to write in your class journal. Some students prefer to write in their journals first, but since at RTMS we end class with a mental review.... it is written that way here. The choice is yours.

Here are some things to include in your review notes:

- INSTRUCTOR
- DATE
- CLASS NOTES
- CLASS SUMMARY
- THINGS I DID WELL
- THINGS I LEARNED
- THINGS I NEED WORK ON

Review notes will improve your memory of the techniques as well as give you a study sheet for future reference. You will be able to practice your mental visualizations anytime by simply reviewing your class training sheet.

Class notes

In this area you will want to draw diagrams or put in any creative notes that you can think of. This is your area - even ideas about class can be placed here. If possible - try to add symbols, drawings and or unusual text to assist in remembering the class. If you are familiar

with Tew's Total Recall or "Brain Bombs" from our memory program - then this is where you can use them.

Class summary

In this section you can break the class down into parts and list them in the order that they were taught. Be sure and include class focus and not just the techniques. Try to summarize in your own way so that it makes it easy for you to follow and understand in the future. These sheets will come in handy a year from now - especially if you plan to teach.

Things I did well

Make sure that you stay positive and record the things you did well in class. Write down all of the positive aspects of your involvement. Be sure to include mind, body and spirit.

Things I learned

List all of the new skills and techniques that you were taught. Include mental concepts too.

Things I need work on

This area requires reflection on your class. Ask your instructor and training partners to offer some suggestions on what you need work on.

Review

After about 24 hours of learning any new data our mind forgets about 80%. In order to keep from losing this information, we need to review. If you review properly, you will bring the new information into your long term memory. Here is the schedule:

- 10 minutes after class write a class training sheet
- 24 hours later do your first mental review
- 1 week later do your second mental review
- 1 month later do your third mental review

Naturally this process can be enhanced with more reviews. The above schedule is the bare minimum of what is required. Now most of your training will be repeated in class, so it isn't likely that you will forget a lesson. Still, this process helps you remember things that are not repeated as well as enhance your overall abilities as a martial artist. Try it out and you will soon see the results.



Okay, that wraps it up for the One Minute Martial Artist. I hope you will take the time to include these strategies into your training. Before we go, let's review all of the concepts we talked about in part 1, 2 and 3.

Beginning of class

- * Mind, Body Spirit position
- * Open Focus
- * MBS Questions
- * Visualization

During class

- * Outcome Orientation
- * Tic T.O.C.
- * Stop Drop and Roll
- * Spirit Move

After Class

- * Creative Mental Training
- * Class Training Sheet
- * Review



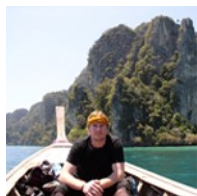
Okay, that wraps it up for your 1 minute in the martial arts.

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LOOKS CAN BE DECEIVING



In the April 2000 issue of *KARATE illustrated* (page 76) something unusual yet typical for martial arts magazines caught my eye. I noticed a series of photos depicting a self-defense tactic against a stick-wielding opponent.



After mentally and physically reviewing the defense, tossed it out with the rest of the garbage about real combat. This isn't what bothered me, since so many articles show unrealistic responses to dangerous situations. What really got me going was that just under the article there was a title and it read:

“Simple Self-Defense Moves That Work”

This made me laugh. First of all, the tactics were not simple and secondly they will not work in a real combat situation. These kinds of claims should not be allowed into the martial art magazines unless

they have been reviewed by some kind of educated board on self-defense (real self-defense). Since this will probably never happen, people and students are stuck with getting ridiculous information from the magazines.

After closer observation I noticed that the title was actually for a different section and not directly related to the stick defense. Still, this only spawned the realization that there should be a focus applied to all the photos in a self-defense magazine with the following concept in mind - Simple and effective.



My goal is not to have you throw out your new issue of "Black Belt" magazine or any other martial related material. My focus with this article is to bring to the public's attention that just because you read it in a popular magazine and just because the title said: Simple and Realistic, does not mean that it is. This is just a lie to help sell the article. Okay, that was a little harsh but still, reality is truth. I love to read martial arts magazines and there are many great articles. So keep reading and enjoying your issues, just make sure you question the concepts.

Although there are hundreds of photos and articles out there depicting totally unrealistic tactics, I am choosing one for the purpose of this article.

Okay, we had to re-shoot the photos so we could show you what they looked like in the magazine. However, we are extremely accurate, as silly as the techniques may seem.

NOTE: These tactics are the ones that you should **NOT** do. Unrealistic Stick Defense:

1. Assailant jumps out and attacks with a stick



Okay, so this really isn't that odd looking. The only argument I have here is that the attacker is supposed to be jumping from out of nowhere. The defender probably wouldn't have much time to react. Still, this photo is depicting a "standing off" situation and doesn't really deserve any comment. If it did, I would say this, "The stance is leaning back and the hands are down: bad ninja."

2. Defender blocks the blow



This reminds me of two things: One, is the way people demonstrate the psycho knife attack. Two, is the popular Karate cross block. Both are unrealistic when dealing with weapons. The cross block can be

applied if there is a jamming motion and the defender moves his head out of the way. If someone is jumping from out of the shadows swinging a stick, you will be lucky just to protect your head. You probably won't have much time to develop a defense or respond with a high block. The attacker above looks more like he is attacking with a hammer fist than a stick.

We must understand that people do not hit or swing sticks the way most schools teach their students to strike. The photo basically looks like the attacker is swinging his fist or arm at the defender. The only time you will get that swing is when the opponent exaggerates the attack or you get really close, really fast. If you had to hit someone with a stick, how would you do it? Although it happens that people swing like this, the problem is that students limit their defenses to only these kinds of strikes. If this tactic was to work it would require at least two ingredients:

1. That your opponent swing in that high arc.
2. That you move in and JAM the attack.

3. Disarms opponent and delivers a blow to the groin with the stick



This is totally ridiculous and would only work in the training hall with a submissive opponent. This picture dictates that the defender (after only blocking the attack) will be able to now control the motion (and the opponents hand/arm) of the stick. Not only is this unrealistic, but striking to the groin with your opponent still holding the stick

wouldn't do much anyway. Getting control of your opponent would require at least one break up technique.

4. Holds onto opponent's wrist



Okay, let's say that you were able to get into this position, but since the above tactics wouldn't work, you won't get into this position. However, if you did, it wouldn't be that bad. If you have a proper wrist lock and you managed to get the stick in your hand, you would be in a very good position. The opponent is facing away, you have some control with wrist lock and you have a weapon ready to strike. Great, if in fact you could actually get here.

5. Sweeps opponent's right leg



Here we go again. We tried this over and over to see where the author was getting this technique from. But in all our test this sweep turned out to be just as we suspected - worthless. First of all you should never, I repeat “never” cross your legs in a combat situation. This isn’t Kung-Fu theater and you don’t have time to be tying up your legs. Whenever you sweep, do so without cross stepping. Next, even if you could sweep, the way the opponent is positioned in the first photo doesn’t allow for a realistic follow through. Your opponent would have to literally throw himself to the floor. Try it!

6. Prepares to run away



This shot helps you to see the stance and understand how unrealistic this shot really is.

NOTES:

I am always amazed at all the unrealistic defenses most students of the martial arts were being tested on. Knife defenses that would get them killed and stick defenses that would crush their bones.

As instructors we are coaches and there to guide our students. Our job is to find tactics that work and teach them. A gym coach wouldn’t teach a future Olympian techniques that would land them on their heads, so why is it that martial arts is so backwards? I believe much of it has to do with following tradition and not reality. But hey, who am I to stand in front of thousands of years of history and improper techniques, let the knife speak for itself.

Getting back to the stick defense, let's talk about what you COULD do in the same situation. Please note that we have a variety of ways to respond to a stick attack, this particular response is to reflect a more realistic reaction as compared to the above photo series. This text is not about stick self-defense, it is about unrealistic vs. realistic tactics.

So, what can you do?

Example:

- 1. Anytime you sense, see or feel danger - get your hands up!**



- 2. The defender steps in (jamming) with a right elbow as the left hand and arm clears the swinging arm and stick.**



There is no reason for you to stand still and wait to be stuck with a weapon. Instead, move forward and jam the attack. This will also decrease power of the weapon.

3. The first break up is applied with a body shifting forearm strike to the side of the neck.



The shift is important as you are using your body weight to apply a very devastating blow to the side of the neck. When you attack, you are forcing the sharp bone of your forearm into the neck which will also cause your opponent to be disoriented.

4. The second break up is applied with a rising shin kick to the groin while grabbing the back of the opponents gi, jacket or hair for control.



5. Rear sweep while another elbow is applied to the face.



The sweep works by applying force high and low.



Notice the defender ends in a solid stance after the sweep.



6. A finish is applied by stomping on the head at which time the stick will be pulled from your opponent's hand.



Another example:

1. Since your opponent jumped from out of nowhere and your Spidey senses were down - you have no time for a fancy reaction.

The only thing you can do is try to protect your head. Remember, you don't know exactly what is happening. All you know is that there is danger and you must react quickly, even if you can't see your opponent or opponents. The hands will help to shock the blow and at least give you room to see. A blow to the head will leave you unconscious and helpless.



You will need to rely on your adrenaline to continue since your arms will be in a lot of pain.

2. After the initial blow, you drop the right hand down over the weapon or weapon hand keeping the other hand up for protection.



3. Your next goal is to attack with a break up or distraction tactic as soon as possible.

In this situation the hands are switched and the right hand strikes out to the face and eyes. Note, it isn't important that you get a hold of the hand during the switch - if you lose it - jam and continue the technique.



4. After the initial break up, get a grip on the back of your opponents jacket and adjust your weight, even spin your opponents position if needed.



Never assume your opponent will just go with the flow of events. Keep a good hold of a positioning point like the head (holding the hair), shoulders (grabbing onto clothing) or anything else that gives you some additional leverage over your opponents movements.

5. Apply another set of break up attacks. In this case we are demonstrating a knee to the solar plexus, chest and face.



A break up will buy you time while breaking down your opponents defenses.

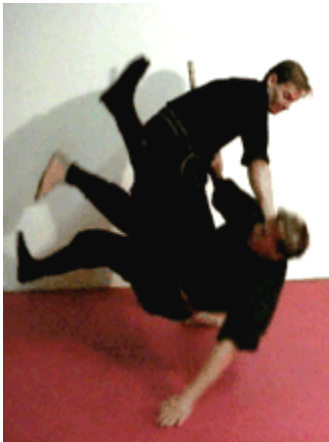
6. Next you are going to lower your center of gravity as you spin and slip the back of your leg over his knee and deep between the legs.

This preps you for a powerful throw.



Notice you maintain a firm stance, power control on the shoulder and a solid grip on the weapons hand.

7. As you sweep, lift your leg up. This will bring your opponent into the air and give him another blow as he hits the ground - hard.



8. Controlling the weapon hand and arm you are in a position to finish your attack overlooking your fallen opponent.



To wrap it up, simply ask yourself a question when it comes to training techniques: would this really work? It is okay to practice techniques in class for developing body movement and control, just make sure you understand and your instructor explains what is and what is not going to work on the street. Then ask why?

17

OFFENSIVE BEHAVIOR



I remember watching a video on Lima Lama and even though it has been over 10 years since I have seen that tape - the words of the narrator still ring in the back of my head: *“Notice the master is not intimidated”*



Intimidated! By what, one of his students preparing to strike with an obvious attack? Give me a break. Better yet, give the students who want to learn self-defense and watching these tapes a break. I took a closer look and just as the voice stated in the background, the master did not look intimidated.

First of all - no instructor teaching on a video tape is ever going to be intimidated by a throw dummy. About 80% of most traditional techniques performed on self-defense training video wouldn't work anyway. At least not as they are taught. The real concept should be to train the body and give you a number of tools that you can use in case

of a combat situation. So why in the world would you be intimidated when training your techniques?

In a typical class situation there is consent between the attacker and the defender. You are going to hit me and I am going to defend with such and such technique. It is possible to pull this stuff off in a real fight, but totally unrealistic to think that you are training for a real fight. Picture a student punching a Master and then freezing like a statue while the master throws a series of targeted blows to the stiff student.

“Okay, you punch at me and hold your arm out straight while I jump around and do something fancy.”

What is it that we are learning here?

On the Offense

In my opinion, most self-defense systems are focused on the offensive maneuvers in a combat situation. The, “I will do this, when you do that” approach. What I mean to say is that we are so focused on our deadly attacks, that we learn very little about actually defending ourselves. I agree that it is important to learn how to target a kick to the knee - but balance is what you need in order to survive and train for real combat. Remember, it is called self-defense, not self-offense. If you are not learning to train your defenses properly, you will be in for a huge shock when the moment arrives for you to defend yourself.

Being offensive makes sense in the dojo when you are selling a punch. People come there to play Jackie Chan and act like movie marvels. They don't want to look weak and defenseless. Let's be honest - do you think you will be able to maintain a certain hero like composure during a combat situation? No, it gets ugly, it is an ugly thing. So, you have to practice in this arena too.

Okay, I am not talking about the guy jumping you in the big puffy suit and you throwing a thousand and one punches and kicks while screaming for help. I am talking about an overall focus of self-defense during your training - not just panic attacks or punching a giant ball on the top of someone's shoulders.

All in all, it comes full circle. You are on the defense, but you win with your offense. The key is to keep these on the same level. Since we already focus so much on technique - let's talk a little about playing

the defense. Below are 9 things to train on to improve you defensive abilities.

01. Natural reactions

Okay - I know we all want to look like we have everything under control and yes, it would be nice to NOT be intimidated by our opponent. But let's face it, if you had everything under control, you wouldn't be in this situation. No matter how good you get at driving down a one lane highway, nothing is going to guarantee that the car coming from the other direction isn't just going to drive into your lane. When that happens, you will react and if time allows - respond. Either way, I can guarantee (unless you are on drugs) that you will not just sit back and smile while Death overlooks saying, "hey, he doesn't look intimidated."



So, a natural reaction is something that you need to develop. In class, you already know your opponent is aiming his fist at your face. You know what he is going to throw and you usually know exactly what technique to use. This is okay for practice and the development of specific training, but it won't develop a natural reaction. Why,

because that isn't how you would move or act in a real situation. The way your body moves and the way your internal systems function will be different in a real life event.

Acting naturally is also the ability to adapt with what is actually happening. In class we try to control the situation or set up a scenario that we can fit into. This isn't how it works in real life. Punches are going to come and some of them are going to hit you. You can either learn tactics that utilize these attacks to help you defend yourself - or you can get hit in the face.

02. Awareness

You do a forward roll, you get up and you get back in line. This is the typical approach for most training. You do the technique, practice the roll and that is it. But this is only 75% of the training. Awareness is key in developing a true self-defense strategy. For example, if you were pushed into that roll, wouldn't it be wise to come up with your guard? Perhaps there are multiple attackers, so when you roll you could be looking around and using your side vision. Keeping an awareness requires that you envision an actual situation and or opponent. One way to practice this is to observe before, during and after any technique. We practice these concepts in the Martial Science by actually connecting techniques together in order to keep the student on their toes. We also play games like tossing a pad (or Frisbee) to the person after they roll. This will teach them to get their guard up and keep their focus on the environment.

03. Weapons

With so much focus on grappling, very few people are taking the time to distinguish between the cage and reality. On the street you do not want to go to the ground. It might work in a commercial arena where there are rules, but on the street there are too many elements at work. Your opponent could have a knife, stick or chair. You don't just dive for a person's leg when they have a baseball bat swinging at your head. If you practice a traditional system, take a long hard look at your weapons training. Is it realistic? I have seen a number of knife defenses performed in traditional systems that actually give the attacker a better edge. And let's be realistic, do you really think you can stop a sword with a few fancy moves and some hand claws? This might work in cartoons, but reality offers a different view.



Getting on the defensive with weapons is a touchy subject but usually systems focus on two unrealistic concepts:

1. Too slow
2. Too complicated

Too slow

Many systems teach fancy so called weapons defense tactics. The problem is that your opponent would usually need to be loaded up on slow motion pills in order for you to pull it off. Cross blocking a knife thrust for example - often seen in basic karate training. Or how about high blocking the typical psycho stab? Kicking the knife, grabbing the blade and a number of other techniques are not as easy to do when your opponent is truly trying to dice you into small pieces.

Too complicated

Then you end up with these guys who are so good at knife manipulation that when they teach a technique it has like 500 components. Twist here, turn there, flip that and flop those. Just way too much to think about when in fact a knife defense is based on very few yet very important maneuvers.

Good weapons self-defense has to be seen from the Defensive. The first thing we teach when a blade is drawn is to move the body into a position that protects the major arteries. This is a defensive reaction and very important. Another important factor is having the ability to size up your opponent without underestimating his ability. This can be done by first determining whether or not the attacker is a pro or an amateur. This makes a big difference since 99% of all your techniques will only work against an amateur who thrust the weapon or slashes wide.

For practice - try these two simple drills and then try to add more and build on this for a basis for real self-defense.

Knife

Give an opponent a wooden knife and simply have them attack you any way they want. You simply react, respond or defend in a manner that you were taught.

Pair off with a partner - each of you with a wooden knife. Then, try to cut each other, being careful not to smack the wood into the head. This will teach you professional knife fighting skills.

Stick

Give you partner a rubber escrima stick (wear head gear during this one) and stand at arm's reach. Then allow them to strike at you with the stick. You can defend yourself any way that comes to mind.

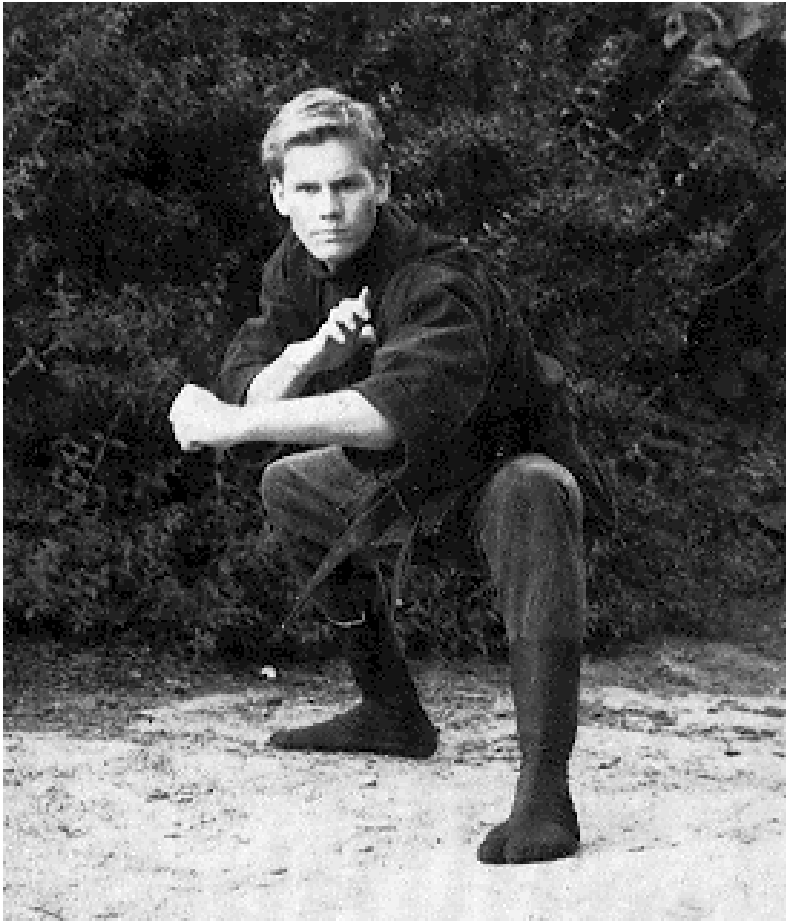
04. Multiple attackers

This isn't something easy to practice. There are strategies, but in a defensive manner it is truly about survival. I am writing this article more as an awareness issue and not as a training solution. Although I offer some tips - they are purely some concepts that will help bring you to a new reality so that you can expand upon the Defensive concept. With multiple attackers it isn't easy. To start, you can gear up with 3 guys and simply try to spar your way out of a bad situation. On the street, things might be a little different. You could be cornered; one could already have a hold of your jacket. Even a skilled martial artists is in trouble when faced with more than one attacker. What is important to realize here is that your non combative skills will be the most important. Your ability to talk, move, run, evade will be your assets. The second you get into a grapple with one opponent it leaves you open for attacks. So, learn to throw quick punches and

kicks that are used for distractions or limiting an opponent's movement.

05. Combat stance

Intimidated or not, you better get yourself into a low stance. Unless you are boxing or sparring, a low stance will give you stability and control. By lowering your center of gravity you have more balance and it will be much harder for your opponent to take control or knock you over a coffee table. Imagine someone coming up behind you, picking you up and throwing you across the room. Try it - once standing straight up, feet together - then once with your weight low feet apart knees bent like that of a horse stance. It is much harder to throw you when your weight is low.



When facing off with an opponent you want stability - especially if you feel you need to gain control of their body while maintaining control of yours. You can push and pull when you are in a good combat stance. The following are the steps to getting into a good Martial Science Combat stance.

- 1) Step back slightly wider than shoulders width apart, both heels down.
- 2) Turn lead foot at angle inward and the rear foot at an angle outward.
- 3) Lower your weight.
- 4) Left arm bent aligned with shoulder hand up prepare to block, grab or strike.
- 5) Right arm is near chest prepared to help manipulate the opponent or attack

o6. Push your own buttons

As we move through the world physically it is easy to get caught up with our external life. But in truth you live inside that bone that forms your face. Your entire reality is actually all balled up in your brain. It controls your feet, fingers and attitude. It also controls your state of mind. That it is you, but very few of us actually understand how to gain this Mental Mind Control. In the Martial Science we believe this is an important concept to train in. Why, because we are reactive beings. If I smack you in the face - you will probably blink. If I jump out and scream, you will probably have a limiting fear and shock to your system.

With some basic training and a few drills on the Mind Martial Science, you will be able to develop triggers that put you into the right kind of mental state. Think about it for a second - if you had a button on your body that you could push whenever you entered a combat situation, would you push it? This would depend on what that button did - right? Well, for most of us that button is a limiting, controlling and fear driven stimulant. However, we can make that button into a turbo boosting, confident, powerful force if we simply reprogram the trigger.

It sounds complicated, but it is all very simple. If you don't learn some stimulus responses- your opponent will jump out and guess what... each time he does your button gets pushed. So why not program it so that you actually become more powerful when something like this occurs.



07. Water fight

Okay, most of us stand like we own the building when a punch is being thrown at our face. This is usually because we know what is coming, eyes wide as we move around acting like Jackie Chan. This isn't how most people would react if they were blasted with a number of punches to the face. A more realistic approach would be like that of swatting a 100 bees diving in your direction. It is a defensive approach. In this situation your eyes close up, the skin on your forehead tightens and you feel and act in a more realistic manner.

Here is a good exercise: have someone squirt you in the face with a water hose. Now defend against that water stream as if they were punches to the face. Bring your hands up, squint but don't close your eyes. Walk toward the water or away from it. If your eyes are

sensitive wear goggles. Make sure you keep your posture for self-defense. Don't just turn your head all the way around. Once you get used to this, add a ball or other safe object to the situation. You have to catch the ball while being squirted in the face. This will teach you to defend and still be aware and prepared to strike. Experiment with this drills to develop a basic understanding for the way we actually work during a facial onslaught. Makes sure that you allow the water to flow through the hose before you start to the drill. Water from a hose that has been left in the summer sun can be scolding hot - so be careful.

08. Running and Hiding

Okay, so you're all grown up and you have too much pride to be running away from an attacker. This is simply the hardest thing for a person to do. Walking away is one thing, but running and hiding is simply childish right? Well, if you are trying to protect yourself, the best thing you can do is simply get away. You may have spent 10 years grappling, but if the day comes and you are faced with a biker gang on too much corona- you better know how to use your feet. You can't grapple your way out of these situations. Also, what if you are in poor shape and facing a group of angry teenagers? Well again, you had better be able to move and move fast.

I climb rocks, walls, fences and trees. It may not seem very realistic and I do it for fun most of the time - but at least I could combat an army simply by cutting down the numbers after a chase. You run and that cuts down 50%, you climb over a fence and it cuts down 25% more. You crawl through holes, roll over obstacles, jump bridges and dodge cars - cutting down the remainder of your assailants.

Escape and evasion may not seem like the macho strategy, but it is one that is realistic and again - defensive.

09. Percentage Base

Okay, I believe that at any given moment you have a certain percentage or chance of survival. This is to say that you might have a 50% chance of defending yourself. Most systems focus on the other end of the spectrum with 100% success as their vision. This is truly a goal, but it is unrealistic to think that your techniques didn't work just because you got beat up. Think about it - you get attacked and if you didn't train you could have been killed or seriously injured. So just

because you get beat up, doesn't mean that your training isn't working
- it could just mean that you would have gotten beat up much worse.



The goal is to increase your percentage base. We do this by training and developing our skills. Increasing this base is focused on the following areas:

- Toughness
- Strength
- Endurance
- Agility
- Technique

Notice that technique is last. Odd as it is, most people focus primarily on the techniques when the other four skills are what usually determine your survival. Another way to increase your percentage base is to determine what your strengths and weaknesses are. By building on these, you can increase your base percentage.

Okay - I can't go into depth on these training methods - this article is just to give you an idea of what is out there. It is important to understand that you need to be on the defensive and see the situation from that point of view. Having someone swing a stick at you without having them follow a set pattern, truly gives you the ability to taste some of what you are really dealing with. Self-defense doesn't mean that you can't have a little art and fun with your training. It simply means that we need focus on a lot of given areas during our training. Since we are learning self-defense as well as a martial art - I believe it deserves proper recognition.



18

SOCK ME AMADEUS



I first became interested in the so called “Mozart Effect” when I was reading a book on Super Learning (by S. Ostrander and L. Schroeder) during my stay in Europe. It suggested the use of music for enhanced review and study.



Their suggested list consisted of classical composers such as Bach, Corelli, Handel, Telemann and Vivaldi. Mainly concertos by various Baroque composers. Mozart was not on the list. At the time I was still being introduced to the concept so who and what really didn't matter to me as much as why.

However, I began to research the effects that music seemed to have on learning and to my surprise, I discovered that there was much to learn. I also learned that many language programs also suggested the use of classical music to improve one's ability to memorize new words. Many tape programs today including the popular Accelerated

Learning system (guaranteed language comprehension in 30 days) makes use of classical music on their audio programs. Usually this is done by playing the music in the background with the words in the foreground and then with the words in the background as you focus on the music in the foreground.

“How powerful is your magic sound.”
-Mozart

Not only does this music find a powerful place in study but it is also being released for playing to babies – new born and in the womb. They even sell headphones designed for the mothers stomach so that she may pass on the powers of Mozart to her child during pregnancy.

As it appears to fit into almost every form of learning experience – I have concluded that it will fit just as well with the Martial Arts. In my system of martial science we are focused on teaching and learning via mind, body and spirit. So it is only natural that we extend this phenomenon over to our program.

SOUNDS IMPORTANT?

From Zen monasteries to intensive care units, accounts abound of men and women who experienced the remission of a disease or disorder as the result of some sound or melody, who went from agony to satori – bliss, sudden enlightenment, rebirth.

Depending on their wave forms and other characteristics, sounds can have a charging and releasing effect. In some cases, they positively charge the brain and body. At times, loud pulsating music can energize us and mask or release pain and tension from the body, and help us break through to new levels of achievement.

In the martial arts for example, sounds customarily accompany certain movements. When a martial arts practitioner utters a “Kiai” or another strong vocalization, he or she is simultaneously releasing and directing energy.

On the other side the wrong sounds used at the wrong times can bring immediate headaches, extreme discomfort and disequilibrium. Low-frequency sounds can also invade the body, pierce the eardrum, and create stress, muscle contractions, and pain. An estimated 60 million

Americans have hearing loss and a third of those losses are caused by exposure to loud sounds. People who work with jackhammers, snowmobiles, tractors, shop tools, lawnmowers, and even vacuum cleaners are at a constant risk

A California study reported that 61 percent of college freshmen showed a measurable hearing loss in the high frequency ranges caused by prolonged exposure to loud noise. Rock concerts are among the worst threats, which is why, most rock musicians wear earplugs when they perform. The heavy metal band Motley Crue agreed to sell earplugs at its performances.

Don't wear headphones while you work out

And although headphones are convenient and affordable and have made the worlds greatest music accessible to the ordinary person, they can also lead to hearing loss.

During exercise, your body pumps blood and oxygen into your arms and legs, leaving the delicate linings of your inner ears dangerously unprotected. Headphones, which transmit primarily low-frequency sounds can contribute to dullness of hearing, ringing in the ears, and eventually deafness. If you must use headphones then opt for the padded version over the kind that you put directly into your ears.

Improving your hearing

One simple exercise is to remove your visual cues in order to enhance your overall hearing. In a safe part of your home or office, experiment for 15 to 30 minutes by keeping your eyes closed and simply listening to the world around you. Feel the sounds coming from all directions. Learn to differentiate between them. Is the hum of your refrigerator different from that of the air conditioner or other appliances? What others sounds can you hear – birds, wind, rain etc.

Sonic Vitamin C

The most stimulating and charging aspects of sound are in the high-frequency range. The higher the frequencies help activate our brains and increase attentiveness. To create this effect, turn down the bass volume (and the midrange if you have graphic), on your sound system and bring up the treble. Music with violins will help you obtain the most “nutritious” results.

The right sound

If possible, your right ear should be directed toward the speaker. Nerve impulses from the right ear travel directly to the left brain, where the speech centers are located, whereas nerve impulses from the left ear make a longer journey through the right brain, which does not have corresponding speech centers, and then back to the left brain. Thus resulting in a delayed response and a subtle loss in attentiveness and vocalization. This is not only useful when listening to music but also in class. Situate yourself so that your instructor is slightly to your right. Follow the same rule when in a conversation, using the telephone or having a meeting. This can improve listening, focus, and retention of the information presented. Whether you are arranging your sound system or choosing a seat in a classroom you can increase your overall learning powers.

Training

Playing music while you train can help to create a dynamic balance between the more logical left and the more intuitive right hemispheres – an interplay thought to be the basis of creativity.

All in all music affects the respiration, affects our heartbeat, reduces muscle tension, enhances brain power and improves body movement and coordination. It affects body temperature, can increase endorphin levels, regulates stress hormones and can boost the immune function. Music changes our perception of space and time, strengthens our memory, improves learning and boosts productivity. Music enhances romance, sexuality, endurance, and stimulates digestion.

It's good for you – that's why.

WHY MOZART?

Was Mozart known for his superior skills in the martial arts? No. Then why am I writing an article that includes his name? Well, if you haven't figured it out yet... I am going to suggest that you practice the martial arts with music by Mozart playing the background. Okay – why not Bach and the Martial Arts or Vivaldi and the Martial arts? Well... because Mozart and the Martial Arts just sounds better. And I mean that literally – let me explain:

It has been found again and again that regardless of a listener's tastes or previous exposure to the composer, the music of Mozart invariably

calmed listeners, improved spatial perception, and allowed them to express themselves more clearly – communicating with both heart and mind. Mozart indisputably achieved the best results and long term reactions, regardless of location.

The rhythms, melodies and high frequencies of Mozart's music stimulates and charges the creative and motivational regions of the brain. Yet it all sounds so pure and simple. Mozart has an effect or an impact the others do not have. If you desire to learn more about this research, I suggest books by Dr. Alfred Tomatis for the past and Don Cambell for the present. Listening to Mozart is great for:

- Communication
- Learning
- Reading
- Auditory Processing
- Motivation
- Well-Being
- Social Skills
- Second Language Acquisition
- Writing
- Creativity
- Musical Ability
- Self Esteem
- Attention
- Voice Quality
- Memory
- and of course – Martial Arts

DR. ALFRED TOMATIS

Dr. Tomatis laid the groundwork for a new multi-disciplinary science called Audio-Psycho-Phonology (APP). It explains "why the way we listen" has a profound impact on almost all aspects of our being. In the early 50's, Dr. Tomatis also discovered that Listening Problems are the root cause of many learning disabilities.

Throughout 50 years of clinical and experimental research Dr. Tomatis chose only one composer – Wolfgang Amadeus. He found that Mozart was universally accepted and had the best therapeutic results especially the violin concertos and created the greatest healing

effect on the human body. Dr. Tomatis not only discovered the root cause of learning disabilities, but also developed a highly effective technique to remedy them. Thanks to his revolutionary discoveries, he enriched the lives of hundreds of thousands of children and adults. It has helped adults fight depression, learn foreign languages faster, develop better communication skills, and improve creativity and on-the-job performance. Finally, many clients report psychological gains: improved self-confidence, higher levels of energy and motivation, greater clarity of mind, and a sense of well-being.

Making use of Mozart is a powerful tool that is easy to follow, effective, inexpensive and self-administered.

Music itself is rapidly becoming the common tongue of the modern world. People today spend more money, time and energy on music than on books, movies, and sports. The most popular cultural icons of our era are not statesmen or saints, but singers and vocalists. Beyond our addiction to rock concerts and CD's, stereos, and MTV, our daily communication and commerce is largely based on a musical model. From Don Campbell's book, "The Mozart Effect"

Music truly is the universal language cutting across all ages, sexes, races and religion. Music helps plants grow, lulls children to sleep, marches men to war, artist to paint and ninjas to jump.

So, what next? You will need to start improving your Mozart collection. Here is a simple easy to follow guide:

- Get out of the house
- Visit your nearest bookstore or music store
- Browse the Mozart CD's
- Pay attention to those designed for brain power
- Buy one, two or more
- Listen to it repeatedly

I prefer the CD's by Don Campbell called "The Mozart Effect" but I also have and make use of a number of other CD's in my collection that I enjoy on a regular basis. Be creative and find a few that appeal to you.

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“SLAM JAM BREAKFACE”



Like a Grand Slam breakfast with eggs, pancakes and bacon - RTMS has some basic ingredients for making its own self-defense platter. Okay, so I can't tempt you with some honest to goodness home cooked pancakes.



But, I can offer up something to shove down the throat of your opponent. Something that will stick like peanut butter and work like jelly - I mean JAM. The focus of this chapter is on a Martial Science defense concept called “Jamming the Attack.”

What will happen if you shove a stick into the spokes of a moving bicycle?

What will happen if you put a solid concrete wall in front of a moving train?

Both of these questions help to answer the question “what is Jamming the Attack?”

I’m only going to teach two techniques that apply the principle of jamming, but this will be enough to give you an idea of how it works.

Okay, think of that train again, “choo, choo.” Imagine it hitting that concrete wall - not a pretty sight. Well, the face of your opponent is that train. If your attacker is moving at a fast pace toward you - then all you have to do is put something in his way. Granted, it would be nice if we could pull out a concrete slab and drop it in front of a charging opponent, but this isn’t a cartoon. So, we will have to replace the wall with the palm of our hand.

Basically, the concept of jamming is simply moving in or toward your opponent. But how you move, is the key. Let’s work with a defense from a hook punch or haymaker. Below is a simple list of responses to follow to help build up the defensive reaction.

1. Your opponent pushes you back (offers a few words of profanity) and then steps forward to swing his powerful hook punch.
2. You realize that this guy is big and that this punch is going to hurt, so you immediately throw up your JAM BLOCK and step forward.

Before I go on, let me explain what a jam block is. First we need to define the parts of a Jam Block so we can help you understand why we call it that. The Jam is the part where you move forward and place your hand in your opponents way, allowing him to run into it. The block is the way you hold that jamming arm and the use of your other hand for security. Try it with me:

The Jam Block:

* Reach out your left hand and hold it there, as if you were to be saying, “STOP!”

* Now bend your elbow slightly to the outside - your hand will pull back about an inch or two.

* Now bring your head closer to the shoulder - simply lay your head into your arm a bit. You may need to lift your shoulder up and make sure nothing but your forehead is above the arm.

* Finally, bring your right hand and rest it on top of the left arm protecting the face

The idea behind the Jam Block is to provide a jamming strike while protecting against the attack. The curve in the elbow is what actually does the blocking (try it) and the hand is extra protection. Your head is low so that you do not get a blow to the nose and if your opponent does contact - it will be to your forehead. The cranium is the hardest bone in your body - much harder than your opponents knuckles. The jam is a palm heel and a finger gouge to the eyes. You won't actually be able to really gouge out the eyes with this, but you can poke or scratch the retina. Many of the techniques in the Martial Science attack to the eyes. If your opponent can't see you, he can't hit you. Great against bigger assailants.

Okay, back to the attack situation. The defender (you) stepped forward with a Jam Block response - from this point on, it is up to you to decide where to go. You can continue to break up the opponent, attempt to escape, go for a takedown or manipulate his body. Just be sure that when you practice Jamming, you apply all of your other tactics. For example, be sure and keep a low center of gravity - if you step forward and don't drop into a combat stance, you are likely to be pushed over.

The Jam!

Now think back to that bicycle. You jam a stick into the spokes and the whole thing is going to shut down or flip-flop down the street. We call this, "shutting down that attack" - but more simply, "The Jam."

The next technique really kicks butt and I mean that literally. It is our world famous defense against a spinning heel kick and it uses the Jam.

Simply put - when your opponent spins to attack with his nice and fancy spinning kick, you simply step forward with a front thrust or even snap kick to his behind. This creates a sticky situation and will not only jam or stop the attack, it will most likely knock your opponent off balance.

This technique is great in sparring. You don't even have to kick for this technique to work. Ask your opponent to throw his best spinning kick while you simply step forward. You don't even have to attack. Just step into the kick. You also don't have to wait for a spinning kick

to use this technique. You can also just jam a leg forward against a hook or round kick.

The idea is that your opponent must commit that attack and he expects to contact at a certain distance. When you move in and close the gap (or jam that attack), the attacker has no time to adjust, since a body in motion stays in motion. Most people are taught to move away from an attack. Not only is this dangerous, but it only helps to set you up. If you move back, one of two things can happen:

01

You can trip and fall down (unless you have eyes in the back of your head).

02

Your opponent will just throw another kick - until you either, fall down or the foot actually contacts and you feel the agony of de-feet (pardon the pun).

Your opponent also expects you to move back, so when you jump forward, it not only works, but it confuses your opponent. Sometimes you will need to fake as if going back and then jump forward, or even program your opponent by moving back a few times as a reaction to his movements and then change up the response.

Jamming is an effective and realistic response to a situation. It is one of the few primary tactics that we use when teaching our self-defense course. So the next time your opponent throws a wild attack - just think of adding some jam and make a sticky sandwich, with your hand and his face or both?



RTMS LEVELS GUIDE



The Levels Guide is designed to record your progress in Rick Tew's Martial. It is essential to the growth of your training. Keep it updated for the duration of your training.

Use it as a guide for achieving mastery in the Martial Science. Please note that the Martial Science is ever-changing and we want to focus on your own strengths and weaknesses. Although we offer a complete system in the martial arts it is really just a guideline to help you master your own personalized system.

However, Mr. Tew has spent more than 20 years in the field of the Martial Arts and Ninjitsu and this system is exactly what you need to excel in the martial arts or personal development. People that attempt to offer similar programs are usually copying what Rick Tew has created for his students.

If you are a member of RTMS then you are one of the few to get it from the source.

Levels

There are 5 levels required for Instructor Status, each with 18 individual lessons.

The 18 lessons are made up of 2 skills or techniques from the following 9 areas of focus in the Martial Science:

- 01 Stance
- 02 Roll
- 03 Fall
- 04 Strike
- 05 Kick
- 06 Body Movement
- 07 Knowledge
- 08 Combat
- 09 Weapon

Each level also represents a belt color (although not a requirement in our system):

Level 1 = Gray Belt

Level 2 = Yellow Belt

Level 3 = Blue Belt

Level 4 = Red Belt

Level 5 = Black Belt

Learning

When learning any new skill you can go through the *TEWS* filter and acronym:

T = Training

E = Experience

W = Winjitsu

S = Sharing

Training

This is when you learn a new skill or concept. It is the first step to learning. So, for example you might be told that – a *positive attitude* will help you to succeed. After learning a new lesson you must then move on to step two – experience.

Experience

This is where you actually try to *understand* what the lesson or training is really all about. In the example above, you learned that having a positive attitude is key for achievement, but perhaps you don't fully understand the lesson. So, you will want to ask yourself if you know anyone in your life that has a positive attitude and seems to be very successful. You can also review your life and see if you can remember a time when being positive was aiding in your ability to succeed. Once you have a clear understanding or can relate to a specific experience, you can move on to step three which is Winjitsu

Winjitsu

This is the act of applying your new skill to your life. *Winjitsu* is Rick Tew's *Mental Martial Art* system. It is used to take on challenges in your reality. When you have learned a new skill and understand it clearly, you then need to apply it in order to get that information to sink in. In our example you would go about finding ways to apply positive thinking, positive attitudes and or positive reactions to situations in your life and then review the results. Once you do this, you are ready for step four – sharing.

Sharing

This is the true way to learn any new skill or idea. When you share information, you are really hammering that training into your being. It is one of the fastest ways for you to become proficient in a skill and it is why we use it in our system and at our College of Martial Science camps. So, taking the example above - you will want to get with someone interested in learning the material you have now learned and teach them everything you know about the subject. If possible, try to do this in the following manner:

Teach the lesson on day 1

Teach the lesson again within 24 hours

Teach the lesson again within 1 week

Teach the lesson again within 1 month

Teach the lesson again within 1 year

The above strategy will ensure that the information you have learned will stick with you for the rest of your life.

NOTE: It is important that when you are doing the above, that you also be sure to adjust, review and improve your lessons. You are

looking for kinks, new data and up-to-date information. Often strategies change and what worked a year ago can become obsolete with a new idea or invention. So be sure to keep an open mind and do your research.

Testing

Each of the skills required for each level are also part of one of the following categories:

Mind – You simply must have an understanding for the information

Body – You must have a physical understanding

Spirit – You must have experience in the lesson

We have color coded the lessons to make it easier to understand which lessons are part of the Mind (Red), which ones are part of the Spirit (Green) and which ones are part of the Body (black).

Mind

This means that you do not need to perform a physical demonstration, but that you simply need to understand and in many cases only read the information provided. For example, in Level 1 - the *RTMS* book is a requirement. However, we only require that you read this book in order to understand the system of Martial Arts that you are studying.

Body

This will almost always mean that you must have a physical representation of the technique or skill. For example, in Level 3 - one of your requirements is a “dropping roll” and so it would be required for you to actually demonstrate this skill physically.

NOTE: if you are physically handicapped and or incapable of performing any specific technique, this is okay and not required to pass the levels. We work with you to build around your own strengths and weaknesses.

Spirit

This means that you simply need to experience the training. But you do not need to perform this for an instructor. We request that you do at least *10 sessions on 10 different days*.

For example, in Level four - there is *sparring* as a requirement. What we require here is that you get in at least 10 sessions of sparring on 10 different days. The idea is that you experience the training and from

that, you will have learned the necessary basics. The same goes for grappling and climbing. Although there are specific lessons in each of these, you will have learned them through your 10 sessions and or experiences.



If possible, we prefer that (when testing) you do your best to explain EVERY lesson in one manner or another. For example, although you only need to spar to pass the sparring section it would be good to explain what you learned from the experience and how you might share this information with others. For grappling you could teach the foundational tactics that are key for any grappling situation.

The idea is to use your common sense and do your best to find a way to share / demonstrate what you learned.

There are two boxes next to each specific skill or technique. You mark the first box when you have been taught or studied the specific skill. You mark the second box when you receive a passing grade from an instructor on that specific lesson.

When performing physical skills for the instructor to TEST, **you must do** the following:

1. Demonstrate the skill
2. Apply the skill
3. Knowledge of the skill

For example, if you are testing on a forward roll, you might:

1. Show the roll alone = demonstrating competency
2. Show how the roll could be used when pushed = application
3. Show how to teach a person to do a proper roll = knowledge

There are also lines and spaces for you to take notes next to each lesson so you can keep personal records. These will assist you in your training. So be sure to make use of them and review your notes daily.

Use the **class sheet** on the last page to take notes for each of your classes. You will need to make copies for future classes.

Good luck in training!



CLASS TRAINING SHEET

Instructor: _____ Date: _____

CLASS NOTES:

SUMMARY:

Things I did well:

Things I learned:

Things I need work on:

LEVEL ONE

- | | | |
|--------------------------|--------------------------|-------------------|
| ☐ | ☐ | HORSE STANCE |
| ☐ | ☐ | FORWARD ROLL |
| ☐ | ☐ | FLAT FALL FORWARD |
| ☐ | ☐ | FIST STRIKES |
| ☐ | ☐ | FRONT KICKS |
| ☐ | ☐ | DUCK |
| ☐ | ☐ | RTMS BOOK |
| ☐ | ☐ | NATURAL REACTIONS |
| ☐ | ☐ | STICK / TONFA |
| ☐ | ☐ | CAT STANCE |
| ☐ | ☐ | REVERSE ROLL |
| ☐ | ☐ | FLAT FALL BACK |
| ☐ | ☐ | PALM HEEL STRIKE |
| ☐ | ☐ | LOW SWEEP KICK |
| ☐ | ☐ | JUMP |
| ☐ | ☐ | STRETCHING |
| ☐ | ☐ | COMBAT REALITY |
| ☐ | ☐ | KNIFE |

LEVEL TWO

- ☐ ☐ DEFENSIVE STANCE
- ☐ ☐ SIDE ROLL
- ☐ ☐ FLAT FALL SIDE
- ☐ ☐ KNIFE HAND STRIKE
- ☐ ☐ BACK KICKS
- ☐ ☐ PIVOT, SHUFFLING, SHIFTING, STEPPING
- ☐ ☐ MIND MARTIAL SCIENCE- ACE / Winjitsu 1
- ☐ ☐ TRIANGULATION
- ☐ ☐ CHAIN / ROPE
- ☐ ☐ POWER STANCE
- ☐ ☐ DIVING ROLL
- ☐ ☐ ROLLING FALL
- ☐ ☐ JABS / CROSS / HOOK / UPPERCUT
- ☐ ☐ ROUND KICKS
- ☐ ☐ CARTWHEEL
- ☐ ☐ MIND MARTIAL SCIENCE- MAK / Winjitsu 2
- ☐ ☐ INSIDE / OUTSIDE BLOCKING AND COUNTER
- ☐ ☐ STAFF

LEVEL THREE

- ☐ ☐ FIGHTING STANCE
- ☐ ☐ DROPPING ROLL
- ☐ ☐ AIR FALL
- ☐ ☐ FINGER STRIKES
- ☐ ☐ SIDE KICKS
- ☐ ☐ KIP
- ☐ ☐ MIND MARTIAL SCIENCE- MBS / Winjitsu 3
- ☐ ☐ JAMMING, BLOCKING AND RUNNING
- ☐ ☐ SWORD / HALF STAFF
- ☐ ☐ LOW DEFENSIVE STANCE
- ☐ ☐ SUPERMAN ROLL
- ☐ ☐ OFFENSIVE FALLS
- ☐ ☐ BENT WRIST
- ☐ ☐ CRESCENT KICKS
- ☐ ☐ HAND SPRINGS
- ☐ ☐ MIND MARTIAL SCIENCE- NRG / Winjitsu 4
- ☐ ☐ PHASES OF COMBAT
- ☐ ☐ ENVIRONMENTAL WEAPONS

LEVEL FOUR

- ☐ ☐ OPEN/BOW STANCE
- ☐ ☐ TABLE ROLL
- ☐ ☐ DEFENSIVE FALLS
- ☐ ☐ FOREARM STRIKE
- ☐ ☐ KNEE
- ☐ ☐ STEALTHING
- ☐ ☐ MIND MARTIAL SCIENCE- CMT / Winjitsu 5
- ☐ ☐ GRAPPLING
- ☐ ☐ SAI
- ☐ ☐ BLADE STANCE
- ☐ ☐ ROLLING WITH OBJECTS
- ☐ ☐ FALLING WITH OBJECTS
- ☐ ☐ ELBOW
- ☐ ☐ REVERSE HEEL KICK
- ☐ ☐ CLIMBING
- ☐ ☐ ELEMENTAL MEDITATION
- ☐ ☐ SPARRING
- ☐ ☐ NUNCHAKU

LEVEL FIVE

- | | | |
|--------------------------|--------------------------|--------------------------|
| ☐ | ☐ | REACTIVE STANCE |
| ☐ | ☐ | ROLLING ATTACK |
| ☐ | ☐ | STUNT FALLS |
| ☐ | ☐ | RIDGE HAND |
| ☐ | ☐ | DROPPING HEEL KICK |
| ☐ | ☐ | STRIKES & KICKS FORM |
| ☐ | ☐ | DIET |
| ☐ | ☐ | MAGNIFICENT 7'S |
| ☐ | ☐ | BLINDING POWDER |
| ☐ | ☐ | COMBAT STANCE |
| ☐ | ☐ | ROLLS FORM |
| ☐ | ☐ | FALLS FORM |
| ☐ | ☐ | KNUCKLE FIST |
| ☐ | ☐ | ADVANCED KICKS |
| ☐ | ☐ | 1-40 FORM |
| ☐ | ☐ | TIC TOC |
| ☐ | ☐ | PERSONAL SECURITY COURSE |
| ☐ | ☐ | FIREARMS |

ABOUT THE AUTHOR

Rick Tew is an internationally acclaimed Sensei or teacher in the martial arts. Utilizing the martial arts as a gateway to excellence, he created his personal development programs. His courses are for everyone who wants to integrate mind, body, and spirit to access his or her true potential.



Mr. Tew delivers dynamic principles on motivation, excellence, and management. His performances are truly a unique approach to personal excellence.

Rick Tew realizes the power of personal achievement. He believes it is through the combination of specific parts that make a stronger whole, whether it is an inner or outer team. Through his system of WINJITSU "The Mental Martial Arts," Mr. Tew's principles are on the cutting edge of personal development.

If you would like to know more about having Rick Tew as a speaker for your organization, company or university, please write or call for information.



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