

**THE MENTAL WARRIOR
BY MASTER PETER BRUSSO**



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I want to thank all my students and teachers who have helped me get to a place I could write such a book. I hope that other martial artist will find this book a great value in their development of their Ki energy.

I want thank my editor, Helene Wasserman for the countless hours of fixing my writing and putting up with my “I need this now” attitude.

This book is also written in the memory of the following fallen warriors:

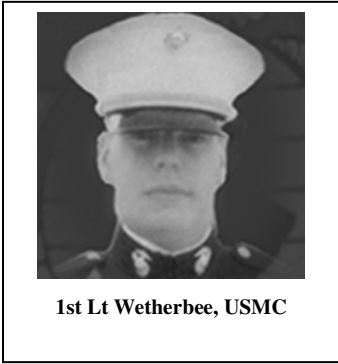


Cal Feamster, Anjing Banfa
Died May 2, 1996



Dave Rast, Anjing Banfa
Died Dec 16, 2006

KIA, Iraq Sept 12 and 13th, 2004



About Master Brusso

Master Brusso has studied martial arts since the age of 6 and accomplishing black belt ranks in: Ninjutsu, Wing Chun, Hapkido, and a brown status in Arnis. He has been teaching military, civilians, and diplomats. He holds a BSEE degree, is a pilot, scuba diver, and EMT. He currently owns Infocard.cc (a high power marketing company), and podcastingforlawyers.com. He is the CEO and Founder of both these Internet properties. He resides in Los Angeles, CA.



Brusso's History

Master Brusso started in martial arts at the age of 6. He first studied Judo and Jujitsu, then Hapkido and Wing Chun. He also studied Arnis and Ninjutsu. He holds black belt status in Hapkido, Wing Chun (sash), Ninjutsu, machete fighting, and close quarter battle. He teaches many military units and foreign personnel. Mr. Brusso served in the US Army from 1971 to 1974 having seen combat in Cambodia in 1972. He has had a commercial martial arts school most of his adult life, and when he doesn't, he teaches anywhere he can. His current effort is on the Internet both at www.awarriorsway.com and [http:// blip.tv/ask-sensei](http://blip.tv/ask-sensei) where he puts up his weekly lessons filmed on location.

About This Work

This original paper, now an e-book was written in 1994. It has been added too, revised, and re-edited till the cows come home. He added a recent section due to a show that was on the discovery channel, which shed some light on the topic of "Time slows down".

Other Works

Be REAL DVD's (2 DVD set)

Master Brusso says “The single most valuable DVDs that I know about!” This series takes a completely new look at things, as a



matter of fact; it isn't like anything you have seen before! It is based on two simple principles for your self-defense.

NO martial arts training should go without viewing this fabulous set of DVDs. Truly a revolution in martial philosophy! \$60 USD

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Touted as the ultimate knife on knife fighting guide. It is 3 DVDs jam packed with over 34 techniques, step by step and illustrated. Also, talks on how to choose a knife, anatomy of targets and more. If you EVER think you might need to defend yourself with a blade, Master Brusso says “I personally can't

recommend this enough!” Cost \$90 USD

Combat Machete

Viewer Discretion is Advised! Born from war, for your survival with long bladed weapons. This is a comprehensive DVD that



contains never before shown to the public, techniques that take you step by step in to the hidden world of combat machete. Shot in infrared technology, Master Brusso shows you how to use and combat attackers with a machete. Machetes are third world tools but used in almost every nation on earth. The preferred low-tech weapon for many

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These tools were developed to assist in your self defense. Don't let its looks fool you...these tools really work. Designed to be a non-lethal option for the general public, military and law enforcement professionals. The defenders are an excellent choice



for your personal defense. Unlike a gun or knife, in the hands of an untrained individual, it's a piece of plastic; yet in the hands of a trained individual, it's a self defense tool of unparalleled magnitude. Non-lethal options for your self defense have not made them selves apparent until now. Carry these tools with you at all times. Hold them when danger is near. You will

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SenseiHood



This is an audio disk that takes or lays the groundwork for your work as a Sensei. It covers a multitude of topics but needless to say, one of the most important plus fundamental disks for a serious martial artist. Cost \$ 20 USD

And MoreDVD's and CD's:

1. *Weapons Disarms*
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Please visit www.awarriorsway.com for all the information on these other great products. Watch our weekly lessons on <http://asksensei.blip.tv>.



Desert Training, 2002 with USMC. Note Dr. Sam in the front, our Ninja Doctor

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Introduction



The concepts of a modern warrior have just started to take root. Business is now seen more as war in contrast to business. The principles of Lao Tsu and Musashi fill the business section shelves in book stores. What is really needed for business and martial arts is an understanding of the concepts of the mental warrior.

All fights are fought in the mind first, and the body second. It's not the focus on a particular technique that wins in business or war; it's the warrior's mind that leads him to victory. So, the emphasis has really been placed on

the wrong things. Although I can understand why, teaching the mental aspects of warriorhood is difficult, and not understood by many. All of us who have been fighting for a while understand what the mental warrior is all about. We have experienced the skill of the mind. We have experienced what it is to flow into an attack, knowing just what your opponent is thinking or feeling, and being victorious (without any doubts) from this knowledge. This is just one benefit from the study of the mental warrior. Now, I can teach it to you in a structured format, such that everyone can learn the secrets of the masters!

I will take you through



some topics that you need to understand for the mental warrior, and then I will move right into the topic. Much of the mental warrior deals with “mental energy”. . . Ki, or Chi. Thus, I will start with this and move on. . . read and enjoy.



A young Brusso Sensei and Mark Norman, San Diego 1983

Ki Energy

There are two types of Ki energy: that which is from a life force and the other is from projected thoughts. It might come as some surprise that all life forms project an “energy” aura. You have heard of people who have “green” thumbs? Well they project and talk to their plants and thus can grow almost anything. They are in “oneness” with their plants. Plants respond very favorably to Ki energy projections.



Ki has been described as the energy from the body which is directed from the mind. It can be demonstrated in most arts and defies the modern laws of physics. . . or does it? Maybe we just aren’t smart enough yet to understand what it really is? All that aside, Ki is a fundamental force of our lives. We direct it all the time and no one teaches us about it. For example, consider a child that doesn’t want to be picked up. As you reach down to pick up the child, and he/she doesn’t want to be picked up, you will notice that they are extremely heavy! Did their mass suddenly change? No, it can’t. Did gravity change? Nope. So why are they heavier? It’s Ki energy!

Many of the arts even have Ki in the name, for example Aikido and Hapkido. Ki is a fundamental force that we can direct, regardless of whether you are conscious of it or not. Ki energy can even assist in healing! Ki is a fundamental force that comes or is directed from the mind. It is the mind’s presence in the physical world. Ki energy: fact or fiction? In the next section, I’ll show you where it came from. . .

Ki Energy and Other Life Forces!

Let me tell you a story about one of my students who I taught to “talk to plants”, all in the line of his work. When I was in the jungles of Cambodia, I learned to clear my mind and communicate with the surrounding life forces. No, I wasn’t on drugs, either! I was taught that the jungle would talk to you. Yes, that is what I said, talk to you! If you quiet your mind, you can pick up different types of communications.

For example, if a person, or group of people, move through an area, they “disturb” the life forces that live there. Consider this: if a person walks through an area, he or she leaves an “emotional” footprint of his or her travels. The flora and fauna can actually pick up the person’s thoughts, concerns, and his or her presence is a disruption of the normal “quiet” space of the jungle. So, back to my student...

This person tracks people for a living. As such, he is in the field, usually at night, tracking individuals. There is a fair amount of high tech gear that he uses. But, after I taught him how to communicate with plants, the general theory of the physics behind this communication, he had to use it!

The group was dropped in to head off a group of illegal aliens. The senior person in charge thought they went one way, but my student disagreed. The end result was that my student was allowed to go his way, by himself. He tells me that he dropped into this canyon and found a nice big rock to sit on. He quieted his mind and asked the plants if there had been anything that disturbed them. He developed a line of communication with them! The plants said yes... there was a group of people who just came through and disturbed them. My student asked which way they went, and the plants told him the direction. Now, this is where it’s a bit weird, if this isn’t already, but the plants directed my student to a dry creek bed. My student went into the dry creek bed and walked for some time, looking for any sign of a passage of people. None. He couldn’t see any indication that people had been there, no footprints, no twigs broken, no rocks moved, nothing.

At this point, he thought talking to plants was BS. Well, he found another rock, and sat quietly. Asking the same questions,

he got the same answers; in fact they were ahead of him, but just a little bit. He continued down this creek bed, and it narrowed to a place he had a hard time getting through, and still no evidence of movement through the area. He almost stepped on a rattlesnake, and he jumped back. Then, he asked the snake whether there had been anyone through the area, and it replied, "Yes!" The snake indicated that there were some very rude people just ahead of him. The snake was rather upset with them, and my student told him that he would make sure they didn't disturb him anymore. My student was on his way forward down this dry creek bed, alone, and night was falling quickly.

My student continued to move forward, and still saw no evidence of any people at all. He pressed his way through a tight opening in the foliage, and stopped cold. He felt a great disturbance and pulled his weapon out, just standing there. Suddenly, something told him to look left, and there, in the bushes, were 10 people! He bagged them, and called for a chopper. He told me this story as he was transporting them to processing!

I used this type of communication in the jungles of Cambodia, to stay alive and track others. It also helps to project your own emotions or Ki energy into the plants as you travel along. I know I'm not the only one who teaches this method of tracking, so if pass through an area, you want to be "part of" the fauna and flora. Talk to them (flora and fauna), tell them you are just passing through, and be very respectful of their home. They might not tell anything because you are not disturbing them.



**Paige Brusso Sensei
signing wall 1998**

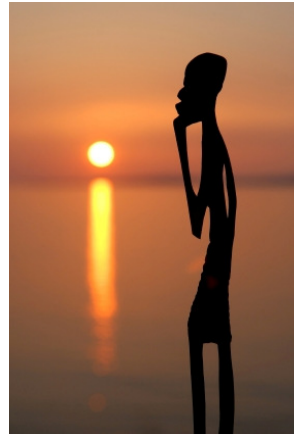
Fifty Thousand Years Ago!

The basic functions of our ancestors, fifty thousand years ago, were the genesis of our Ki usage as we know it today. Fifty thousand years of Ki development resulted in the warrior we know today. Sounds rather remarkable doesn't it? Well, here's the story. .

What was man's main job for the last fifty thousand years? It was that of a provider of food for his family or tribe. In some rare cases, his job was to just provide food for just himself. This is where the story begins. . .

Imagine that you have to go hunt rather large, aggressive animals, either by yourself or with a group. Imagine they are tigers, bears, bison, elephants, or the like. These animals don't want to die, so they will fight with all their will. Remember the story. . . what's the difference between the fox and the hare? The fox is running for his meal; the hare is running for its life! Those running to save their lives will fight harder when compared to those running for a meal.

A person must be very committed to kill. A person must be "psyched up" to kill. The roots of being "macho" came from having to become stronger, more dominant, and more aggressive than the animals we were going to kill. It must be quite a rush to peak up to kill a tiger! In our combat with these animals, those individuals who could not muster enough Ki to be stronger, faster, more powerful, etc. . . could not make the kill, or were killed themselves, in the fight. Those who could not make the kill were generally removed from existence: out of the gene pool so to speak. Thus, only the strong (Ki projectors) survived to mate, live, and kill again. Effectively, the weak were removed from our collective human gene pool! Man had to be a good Ki projector to live and provide food for those who counted on him.



Woman, on the other hand, had a completely different function. She was the gatherer of fruits, nuts, and roots, plus the keeper of the children. To perform her job, she would venture out into the wild to gather the foodstuffs, many times taking the children with her. Remember the tiger, a good Ki projector who doesn't want to die? He will go around the tribal men who are out there trying to kill him, and he will hunt the relatively easy prey of women or the children. As a result, stalking the women were predators who are great Ki projectors. As the women were going about their business, they might have a "funny" feeling, either that it wasn't safe or that someone is watching (women's sixth sense). They would quickly move the children and themselves into a safe cave or the like. Those who were not good Ki receivers were eaten! Thus, they too were out of the gene pool. This has taken place on the face of the earth for most of our human existence.



Men needed to be good Ki projectors and women needed to be good Ki receivers. If they weren't, they were removed from the gene pool! Now, in reality, ancient men and women needed to be both Ki projectors and receivers. There was a polarization as to



which one they would need to be based on their social position in the tribal unit. They were warriors fighting for their basic survival and thus needed both tools to a large degree. However, a man

could survive with a reduced Ki receiver capability, in contrast to a

woman who was hunted all the time, and could not survive with a reduced Ki receiver capability.

Modern man has had just enough time to start to lose these traits. When food was raised, not hunted, and we became more domestic, we started to lose or not exercise Ki energy usage. Thus, what you don't use, you lose! This is a proven fact in evolution.



Desert training, 2000

INTERESTING TOPICS

Chaos Theory

There is a relatively new science known as Chaos Theory. It was made popularized by Jurassic Park's author Michael Crichton. The short story is that chaos is an orderly event, it has an underlying structure and mathematical formula. Warriors have known this for years! Inside of our minds we have many things that lead us to a chaotic mental state. For example, self-doubt or fear would be classic examples of things that lead the mind into a chaotic event. Things seem turbulent in a fight, and turbulence is the presence of chaos in action.



The mental warrior skills that you will gain can help you to place chaotic thinking into the opponents mind; all the while calming yours down. This really benefits you as a warrior and takes down your opponent's ability to become one with you. The second law of combat states that you must break the oneness of your opponent, as it refers to you. You want to keep your oneness with him, but disrupt his with you. If you don't, he can feel you and tell you everything you are going to do! Thus, adding chaos into their mind is a really important technique for breaking your opponent's oneness and effectiveness.

Time Slows Down!

During a fight, warriors experience the phenomena of time slowing down. Inside your mind, time is not the same as it is outside of your mind or on the clock on the wall. Your mind has a clock of its own and thus, when you are fighting, time seems to slow down. You can see things coming in, almost in slow motion. This is, of course, if you are in a “oneness” state of mind. Many warriors will have sensory overload during a fight and just “blank” out. Time stops for them altogether and, in short order, so does the fight!



Your mind is capable of thinking and existing at blinding speed. It is a matter of training and practice. When you were a white belt, you got hit or kicked easily! Later, it was more difficult, for many reasons, but one of the most fundamental reasons is the speed of your mind. You learned to perceive and process data quicker! This is a great benefit of martial arts, to say the least. The important thing to note here is that time is not a constant. Your mind has a clock of its own and you are in control of it.



Manny and Dylansan fighting MIB test

New Time Development (update)

Recently, I saw a discovery channel special about how the mind works when in a crisis. The show looked at how the mind processes data during a major crisis where the body is “fighting for its life”. They tested the theory that time slows down, or rather time speeds up in the mind during a life-threatening situation. They took a guy and dropped him on his back, through the air, to a net below, a total distance of 120 feet! He was a regular kind of guy, not a parachutist or anything like that, such that he would be “scared to death”. Well, on his wrist they had a display device that he was to read when he dropped. It flashed a series of numbers, for example, 10, 15, 97, during his fall. These numbers would “flash” at a particular rate.

He could see the numbers on the display and read them without the life-threatening situation. Then, when they dropped him, he could not see the numbers. They repeated the test, and again, under a strobe rate that was normal, he couldn't see the numbers during his fall. They increased the strobe rate until one couldn't see the numbers in a normal, non-life threatening situation. Then, they dropped him, and guess what? He could read the numbers!

They dropped him again, and he could read the numbers! By the way, the numbers were always different and randomly generated. The control group knew what numbers were displayed but the subject didn't. Each time he had a new set



MIB Test, Lewis, Gociagoa, Kalawi, Camber and Sarsky-Pearson

of numbers to read. This shows that the mind “speeds up” its processing in a “life- threatening” situation and, thus, it shows that for us warriors, we have experienced circumstances when time slows down. It shows it scientifically. At the time of this e-book writing, there were no such scientific investigations, so I wanted to update the e-book.



Master Mel going to sign his name with a spray paint can, 1998

WARRIORHOOD

What is it?

Warriorhood is that place where all of your skills are placed at the disposal of your mind. The mind is the center of our existence. As such, it is the first line of defense. Our mind must be used and trained in a way so that it accesses all the “mental



techniques,” then moves them into physical technique. Once this is done, it must then monitor the results and continuously acquire information from the environment.

We have all heard the stories of masters who fight. They come into the contact, square off and go into a stance. Sometimes, they walk around measuring each other, then one laughs, they both bow to each other and walk away! One master lost, one master won. . . but how? They had the fight in their minds! Just by feeling each other’s intentions, they could both see what the other was going to do, then one knew it was wrong, the other knew it was right, and the fight was over without a move.

Legend or myth? If one looks at this or even asks those who have fought in war, it is absolutely true. You can feel, or know without knowing, exactly what is going to happen next. That is, at least as far as the opponent is concerned. The opponent transmits his thoughts to his body for action, and it is at this “command” to action, that his ki energy is projected. The projection is prior to his even moving! Thus, the myth is taken out of the experience. It is this fact, the fact of communication from the mind to the body that can get projected. It is the simplest form of thought projection. When a warrior gets good at this, you can even see his thoughts at the “vocal level” of his mind. As you

practice the exercises below, you will understand the anatomy of a warriors mind, and become familiar with all of the aspects of each area.



Days gone by!

Oneness. . .

In the purest sense, the mental warrior exists in a state called oneness. This is a place where dualistic aspects of life don't exist. It is coined in various movies, "feel the force Luke," for example. Oneness is a simple thing, and we experience it every day of our lives, yet to teach it, it's still held in a mysterious realm where only the masters can roam.



Oneness is simple. I'll show you. Have you ever been watching a movie, for example Kung Fu,



where Kane is in the desert and Indians are shooting arrows at him. He reaches up and catches the arrows which are flying toward his heart. He catches them with the greatest of ease and skill. Then, you notice the shafts of the arrows wobble and flex. Heck, you can see they are rubber! And look how slowly they are moving, anyone could catch those arrows! Ha, "that's not so hot," you say to yourself. In contrast, remember the first Star Wars movie, where the X wing fighters were flying into the canyon on the

Death Star, laser cannons blasting away at them. Remember leaning your head from left to right or right to left as the X wing fighter of Luke's dove into the canyon. The sounds of "stay on target. . . STAY ON TARGET," rang into your ears. You were in the X wing fighter with Luke, you might have even felt yourself sweat! Well, that is oneness. It's the absence of dualism. There is no subject or object. There is no you and the movie; you and the movie are one!

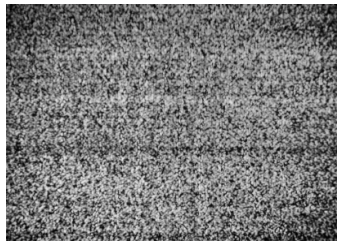
Love is much like that too. When you are in love with someone, and experience oneness, it's like no other feeling in the

world. Rather, think of a time where you had to be mechanical about some aspect of your relationship. That is dualistic and in total contrast to oneness.

When you fight, you should always strive to become one with your opponent or environment (multiple attackers). You should always strive to clear your mind of all thoughts and focus your attention on the work at hand, "living in the now." I have included exercises to assist you in this. Your "oneness mind" is like a TV. The signal coming in at you is just like free space (air) signals that come from the TV station. Your ability to put an antenna out there to pick it up, and then your ability to have the signal strong enough to see a clear picture, are all functions of the oneness mind. If you can, which you do all the time, receive a given TV signal. Then, you have to lower the noise or static of the picture to see it clearly. This is a given. We have all had times when we tune or play with tuning a TV picture to have the least amount of static. Maybe I'm dating myself here as an "old fat man," but even today you can still have the experience of tuning something to a station's signal.



Noise is what stops us from really seeing or



understanding the TV picture. It places a hazy or washed out and unclear picture in front of us to observe. Just a quick story here.

..

Imagine that you were an astronaut going to Venus. Venus is a planet that has an extremely dense layer of gas around it. So dense that when you reach the surface of Venus you cannot use conventional optical or visual means for navigation. Instead, the engineers have created a new kind of "seeing" device -- it consists of a radar and laser. With this new device, it works just like TV and allows you to see the ground in front of you.

After you land, you will be using this device on a rover. You will then drive around the surface of Venus and check it out.

After you land, you load into the rover, open the outer doors, zoom out onto the surface of Venus. Suddenly, the device quits! You can't see anything! You landed near a large canyon, at least the size of the Grand Canyon on Earth. Are you likely to just drive without seeing what is in front of you? No, I don't think you will go anywhere until you can see your path clearly. By the by, this is why we find ourselves procrastinating, we can't see our path clearly, our minds will not let us move forward without a clear idea of what we are



going to do!

So, back to the fight. . . if we can't see the picture clearly, we have missed the information that the other fighter was so nice to transmit out of his body to us. Darn. . . However, if you lower your noise in your mind, you will start to receive a clearer picture. This can be done by the exercises described below. Thus, the aspect of quieting the mind in order to receive the energy from the person in combat with you is very fundamental. Why do you think the warriors of old meditated? It was simply a tool to quiet the mind and help to form the oneness level of the mind necessary to survive battle.



Sensei Megan Brusso working with a tiny tiger, 1999

THE FOUR LEVELS OF THE MIND

In this simplistic look at the mind, warriors split the mind up into four functional regions: 1) impulse level, 2) thought generations level, 3) voice level, and 4) action level. Let's explore this in some detail.

The four levels of the mind

Impulse

Thought

Vocal

Action

1) Impulse Level

The impulse level is characterized as that region where all of the signals that keep us operating correctly generate. This includes, your heartbeat, the temperature of your stomach, the



excretions from the endocrine system, the pressure from your right ear drum, or the muscle contractions of your intestines, etc. These are electrical impulses that literally flood into your mind. I have heard it said that these impulses are on the magnitude of the following analogy: if all of the people in the world had a phone, picked it up and called at least five others on a conference call, this would start to approach the magnitude of the signals occurring at any one second in your mind! There are fifty billion people in the world? That means that if you multiply the signals times five you get 250 billion signals a second! This is an astounding amount of data to handle, yet even the most simple of us humans do it.

2) Thought Generation Level

This is that area that generates thoughts, ideas, concepts, inventions, emotions, recalls images, etc. Researchers are not sure exactly how this area works, but it does appear to be both chemical and electrical. It really doesn't matter for the discussion at hand, but can really matter to top human performance. It is only

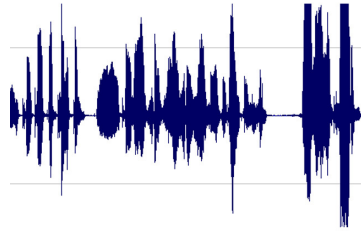


important to note here that noise can be generated in this region. The noise that clouds oneness images, for example, or masks the ability to receive Ki energy signals. These Ki receivers are in the impulse level area, generally. These Ki images will be transferred down to the thought generation level. If this area is full of noise, or you are not living in the “now,” you will completely miss the

Ki images. Once the Ki images are received, they then flow down to the next level.

3) The Voice Level

This is where you will talk to yourself or verbalize the ideas that come from the level above. It's where you "check out the ideas." You refine, or in some cases execute, the ideas right away without thinking further. Some people even get into big trouble by doing so. . . speaking their mind they call it, thus hurting people and not really thinking out what they're going to say. However, all that is of little importance for the understanding of this level. Most people are aware of the thought generation level, the voice level and erroneously think this is the total content of their mind. Wrong. This level, as well as the next level, are where Ki energy is transmitted to the outside world.



4) The Action Level

Here is an area where warriors talk about hearing someone move before they do. This is about knowing what a person is going to do just before they move. They hear the commands of the mind telling the body to move! Masters fight their battles in this and the two levels above this. The action level



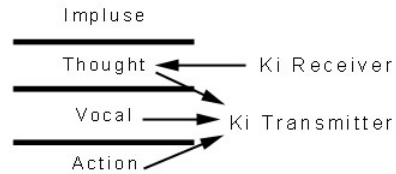
is where you have decided a course of action, in the voice level, and command your body to execute the course of action. You might say, "I'll wait until the opponent puts his weight on his front leg, then I'll feint an attack high to bring his

consciousness high, and then kick the leg out!" You wait until the opportunity presents itself, then you EXECUTE the plan! You say "GO". . . in your mind or whatever you might do. This Ki energy is thus transmitted throughout your body in the form of electrical and chemical signals to the correct muscle groups to make the feint and kick happen. This "splash" of energy is also transmitted out to the world. The Ki flows from your brain out your body, all the while the Ki is transmitted from your brain out into the air, just like a TV signal, and thus it can be received by an opponent. This signal can be received and processed before you even move! Your body works so much slower than your brain! This is how it is done. The mystery is gone. . .



Ki Energy Interactions

The four levels of the mind



Ki energy can be received and transmitted, as I have pointed out earlier. However, it is interesting to note that reception of Ki energy is in one level only; that of the thought level. You will be going along, doing whatever, and all of a sudden a picture, idea, thought, or even an emotion can “bang” into your head. This is Ki energy reception and it happens in the thought level only. Does this happen all of the time?

No, it doesn't happen all of the time, but it does happen. I think we have all had times that something “jumped” into your thoughts, and we talked about them. At the same time, those around us have said, “I was just thinking the same thing too”. This isn't an accident. Their energy or your's was sent out on the “airwaves” and one of you picked it up or generated it. It doesn't matter which one of you it was, but it's important to note that it happened. Ki reception is in the “thought” level, and that is what is important to understand. On the other hand, Ki transmission happens differently.

Ki transmission can happen on three different levels: thought, voice and action. When you think about things, you are transmitting. When you talk to yourself in your head, you are

transmitting. And finally, when you say, “Go” to your body, as in make something happen physically, you are transmitting, as well.

Another rather interesting aspect of Ki energy is it can be transmitted on to objects. Just like my story of people who walk in the jungle, leaving behind “Ki energy footprints”, you can do the same thing on objects. Take antiques for example; they can have these Ki energy footprints on them from previous owners. Sometimes you hear that people pick up antiques and have “feelings” from them. Well, it’s very possible that what they are feeling are these Ki energy footprints left on the object from previous owners. Many times weapons were passed down from one warrior to the next, and these weapons seem to take on a life of their own, in the hands of a warrior.

Yet another interesting aspect of Ki energy footprints comes from our everyday memory. Ever have someone recount an event that happened to them during the day, and you get a “picture, feeling, or thought” from their mind? As we record daily events, we also record Ki energy transmissions, thoughts, and impressions as well. This means that as one person is recounting an event, you can actually get visions from the other people, animals, or things that were in close contact with your storyteller. I know this sounds wild but I have experienced it many times in my own life. I listen to my wife talk about a particular animal she was working with that day and I can see things from the animal’s point of view! I know, send out the men in the white coats for me, but I’m not alone here. Many times warriors will recount stories and facts that could have only come from other sources, as the storyteller wasn’t aware of these facts.

As one can see, Ki energy takes many forms and is around us all the time, everyday, everywhere. It’s



Master Mel Lagasca 1998

good to understand the basics of Ki energy and how to use it as a warrior.



Anjing Banfa home on the range, 2000

MENTAL EXERCISES

The following mental exercises are the basics.

The Quiet Oneness Mind Exercise:

This is the first and most elementary exercise. One must get through this level or his or her progress in the other areas will be slow. This is the most difficult level too. It's difficult for various reasons, as you will experience firsthand.

Find a quiet place and lay or sit down. Make yourself comfortable and close your eyes. Your singular purpose is to think of absolutely nothing! Every thought that comes down to your



vocal level, you must throw out and not think about. Clear your mind of any and all thoughts, pictures, or the like. Sit in this quiet state as long as you can.

Increase the length on a weekly basis. As you will find out, your mind will rebel your efforts to be quiet.

As you sit quietly trying not to think about anything, your mind will get very creative. It will drop down pictures of people of the past, it will produce all kinds of thoughts for you to think about, it will put stuff together for you such as sights, sounds images of things in your past or in your future (which is a whole other topic, i.e., time). Your mind will go almost crazy in the thought generation area. Be steadfast in your approach to quieting the mind though, because your future progress will depend on it. Continue this exercise until you can at least hold a five minute quiet period in your vocal level.



The Ki Receiver and Transmitter Exercise:

This exercise is performed using a coin. I usually use an American Quarter but other similar weight coins can be used. This exercise has four-fold benefits, you can operate in 1) a pure mode of Ki reception, 2) a pure mode of Ki projection, 3) hidden ki projection, or 4) hidden Ki reception.

The basic idea is to have two people face one another with a ½ arms length separation. One person has the quarter and places it in their hand palm up and hand open. Thus, the quarter is resting on the palm of their hand. The other person will have their hand palm up and about one foot above the other person's hand. Then, in the wink of an eye, turn the palm down, swoop down from above and snatch the quarter from the first persons open hand. If the first person can feel when the second person is going to swoop down to grab the quarter, they are to close their hand, thus stopping the person from his grab attempt.

Now, some ground rules: 1) keep your hands open, 2) no fakes. . . when you go to grab you go, don't start and stop. Remember the idea is to practice you Ki projection and ki reception. You should split the exercise in the two major regions, Ki reception and Ki projection.

In the Ki reception exercise, the coin holder should clear their mind, and the Ki projection person should attempt the grab.



The receiver will start to "feel" or "sense" the grab from the opponent without the other starting to move. Truth in fact, you can't use your eyes, the timing is such that you can't react in time if your early warning system is visual. The only way to

keep the quarter is to use Ki reception!

In the Ki projection, the grabbing person will imagine grabbing the quarter in their mind, then their mind will strongly yell "GO." Then, attempt to grab the quarter. The Ki receiver should start to close on the GO, and thus has received the strong Ki projection. If nothing else, this exercise will bring money building

skills to your bag of tools! In a bar, school, or party you can come away with a fair sum of money!



Brusso and Feamster in the water, LLNL

The Ki Receiver Fine Motor Skill Exercise:

In this exercise, the opponents are one step away from each other, facing each other with their feet together and standing at rest. Take a small stick or ball-point pen, hold it above your head and in front of you. The pen holder will at a random time simply drop the pen which will fall from above their head to the ground in front of them. The opponent must receive the Ki “drop” take a step forward and with a straight reach grab the falling pen. No cheating here, either. Many will scoop up from underneath and either hit the pen in the air to grab it or grab it from underneath.

The total concept is to reach straight out and grab the stick or pen. Thus, you actually train for Ki reception and then program a fine motor skill movement with the Ki reception. This is extremely important because you are actually using all the areas of the mind that you need to fight with. You are using the preceptors, data processors, thought generation, action level, and then, as you move into action, your impulse area is giving you feedback on your progress to target and updating the attack computers for the grab!

Now, didn't you just think you were grabbing a stick! Wrong! You are now practicing as a mental warrior! You are gathering all of the necessary steps to make a successful warrior



Sensei's Penikas, Blackwood, Brusso, Kadalowbouski, Murice

via the steps in your mind, not just your body. When a person gets really good at this, he or she should increase the distance between the two opponents. Thus, the Ki reception must occur earlier for a successful grab.



Crompton Sensei in the desert 2000

What You Were Thinking Exercise:

This uses the backdrop of slow fighting to practice Ki reception and Ki projection. As you fight, extremely slowly, you clear your mind and see if you get any “feelings, images, or smells, etc.” from your opponent. If you have a very significant experience of something that is going to happen, stop the fight and ask, “What were you thinking or going to do?”

Investigate your opponent’s thoughts and where he was to see if you picked up on something. If you did, keep doing the same thing until you get in good contact with that area of your mind. This is extremely important to continue to perform for the sake of repetition. Repetition is the mother of skill. At least at first, it is also important to note that you need to fight in a room in which others are not fighting, because you can get the other fighters thoughts

mixed in with those of your opponent. If the other fighters have a stronger Ki projection, you will be stopping the fight and asking your opponent what he was just thinking and find that he wasn’t even thinking of what you were receiving! This is because you were picking up on what others were doing! Oops! All the time you thought that you were failing in your Ki receptions, and all the time you were right on the money!



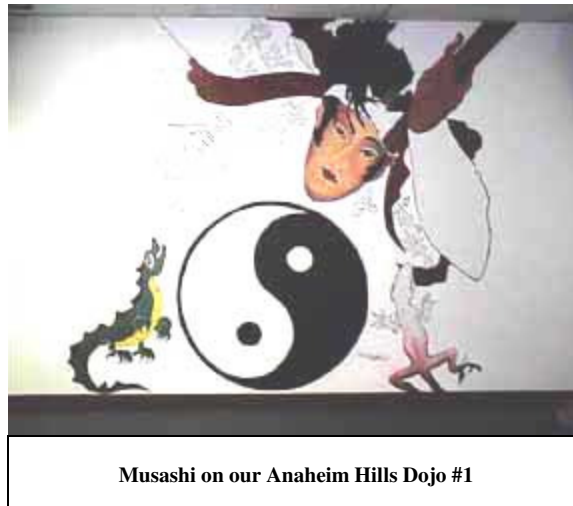
Ki Energy Punch Drill

This is an excellent way to practice your punching technique and your Ki energy development exercises.

This is a two-man drill where one person is in a stance and the other person is standing facing the opponent. The punching person should range himself or herself such that full extension is a few inches short of the opponents face or chest. Yes, very close to one's face, so pay very good attention to your targeting skills. The opponent will hold up his or her hands at shoulder width apart with hands open, as if to catch something. The punching person will get ready to punch and the opponent will get ready to catch the arm between his hands, as the attack comes in. The stage is now set.

The object of this exercise is for the puncher not

to transmit when they are going to attack. The catcher is trying to pick up on the Ki energy "bursts" of the attacker. This is a very clever drill and can really help both sides of your Ki energy development.



Now, if the puncher is getting in and out, without the receiver catching them, great! Then, the puncher should start to project their Ki energy such that the receiver can start to "capture"

the event, and close on catching the punch. Once you have practiced a bit, reverse the roles.

It is very important to be able to project your Ki energy, as I have stated before, and this exercise can really help to develop your Ki energy transmission. For example, if the puncher yells, "GO" in his mind, but doesn't move, yet the catcher responds; then you know you are transmitting! Work this drill often and it will help to build up both sides of the Ki energy equation.



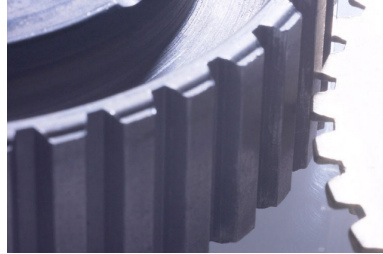
Greg McFall Sensei on a test 1999

Tennis Ball Exercise

One time, I was taking jujitsu from a Sensei named Joann Watson, as I recall. It was in Livermore, California around 1980, and she had a very interesting Ki energy exercise.

Her dojo had one wall, which was cement block. One of her brown belts, a very nice guy, had great Ki energy projection. He was the “projector” and the rest of us were the receivers.

Joann Sensei had me face the block wall with my back toward the brown belt, who would throw tennis balls at my back. I was in a stance, facing the wall, and my hands covered each of my ears so I could not hear anything. I have to tell you, I was a bit nervous about this exercise, but on I went. I gave myself my own advice not to cheat myself by moving at random. I was determined not to move unless I felt the ball or the Ki energy, regardless of how it looked, me a big Ninja Sensei getting hit by these tennis balls.



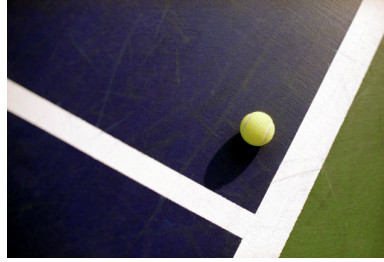
Well, there I stood, legs slightly wider than my shoulders, knees bent, hands on my ears, and I'm ready to move at an instant.

Unfortunately I have forgotten the brown belts name, so for the story let me refer to him as John. John was sitting on the mat with his head down, tennis ball in hand. When he felt like it, he would gather his energy and look up right to the middle of my back. He would let the tennis ball fly with all his Ki energy.

I was hit! I didn't feel any Ki energy, just the sting of the ball. So there I stood, ready for the next one, and HIT! Again and again he hit me. I was determined to stand there until I could feel it. Then, I felt the need to move, which I did as fast as I could, but I got HIT anyway!!! It hit my side, not the middle of my back. This was progress. Well this went on for over 20 minutes. I started to feel the Ki energy and moved, and then the ball hit the wall with a WHACK! I continued for another 10 minutes, not

getting hit at all. Joann Sensei said it was the best example of learning to read Ki energy she had ever seen.

I went home happy but with welts all over my back! This was the price of learning Ki reception, Joann Sensei style. I have always thought of ways to help my students learn about Ki energy, both from the jungles (survival) point of view and also to help them in their daily lives. It is exercises like this, which can be very useful for students.



Cal Feamster “the Mountain Man”

Cal Feamster was one of my first black belts. I awarded Cal his black belt based on his study, his knowledge, but more importantly, on a fight we had together.

Cal and I were fighting one day at Livermore National Laboratory. I taught martial arts during lunch hour each and every week I worked at the lab. Fighting wasn't unusual for us, but let me tell you, Cal was about 6 feet 4 inches tall, and all of a “mountain man”.



His legs were as long as pine trees and his arms were as long as telephone poles. He was a formidable opponent, to say the least. However, I usually had the upper hand. Let me remind everyone here, a Sensei's job is to teach his students to beat him up. Not the other way around. Well here is what happened.

We were fighting at our very high level, no issue for me, and then I got hit! I couldn't believe it, just like that, Cal was inside my attacks and defenses. So, I started to think of one technique, but would execute another, and I hit Cal with ease. Then, I sensed that he was going to attack, and I attacked; I was hit! Darn. Then, I realized he was reading my thoughts. As I projected the wrong thought, he acted on it. Then, I got very comfortable to think one thing, yet do another. Then, I got hit again! I realized that he was reading past my deception. He was also using his deception to fool me into acting wrongly. I stopped

the match. I shortly awarded Cal his black belt, as there was little left I could teach him.

He had achieved the ability Ki receive and Ki project at a very high level. His technique was awesome, and it was time to move him on to other studies. I will never forget my surprise when I realized Cal was inside my head. He, unfortunately, died a few years later, but I was honored to be his Sensei and see him grow in the arts. He will be missed forever, and always will be in the hearts and minds of Anjing Banfaests for years to come.



Cal Feamster at a Martial Arts Demo, Livermore CA

1981

Wouldn't you like to know 3000 techniques to protect yourself?

I remember a Hwarangdo teacher once asked me “wouldn't I like to know 3000 techniques” so that I can get out of any situation I might find myself in? I smiled and said, “NO”. I went on about my way.

Rude? I don't think so.

It is far more important to learn how to “synthesize” technique, as you need it. What the heck do I mean? Well, the whole reason we have been talking about Ki energy is to put it in the hands of the warrior, to use, to move, to transmit, to receive, and to mold this energy into whatever they warriors need, at the time they need it.

There is something I call the “navigator” inside each warrior. It's a place that, just like a navigation unit you might have on your automobile, it takes us, almost magically, where we need to go. It makes up the



technique we need, when we need it! That's right. Driven by Ki energy, and fueled with martial arts concepts/principles, it can make its own technique up, right out of thin air. I do it. All warriors do it. They don't know how they do it, but I do.

The end result of all of this mental stuff is to put capabilities into the hands of a part of our brain, which I call the navigator. This place isn't talked about much in the arts but it is that place where we dynamically make up our fighting techniques, on the fly. You must understand that most martial arts are static techniques, and you couldn't really learn technique any other way.

However, a fight is anything but static. Well, it's static at the end but not getting to the end, usually.

So how is it we "fuse" all of the static technique into a dynamic fighting art? The "navigator" does it. The navigator uses Ki energy as its eyes and ears. Ki energy is the sensory unit for the navigator. Ah, now you understand why it's so important to develop your Ki energy, for without this, a warrior's "navigator" is blind. You can now understand how important it is to develop your Ki energy capabilities.

Martial arts are dynamic, and thus no single condition can



Cal and I knife fighting at LLNL, 1980

be trained for in a static sense. Remember those 3000 techniques? They are worthless, unless you understand study and feed the navigator. Everything is dynamic in a fight. Thus, you need to allow your navigator to have the tools to perform its wonders. Your navigator will develop a defense against an attack and execute that plan long

before you are even aware of what just happened. This capability can only be performed by the navigator. It can only work its wonders via Ki energy and martial arts fundamentals. Study well.



Master Murphy at a Black Belt Test 1997



Dylan Porter and me in the desert

Summary

As shown, the mind is a many splendored thing. It is one of the finest creations ever made, and it was given to use without a user's manual. I hope that you can take this paper and continue to refine your skills and take them to the level that you want, as a mental warrior. It is important to the future of the arts that we cover these mental techniques because most of the arts have fallen victim to the physical side. After all, it is easier to show the physical side than the mental side. There are literally thousands of books on physical techniques, and very few on mental techniques. It is really the thrust of this ebook to integrate the mind and the body as one, in a systematic way. A way in which you can measure progress, and know where to spend more effort to produce the results you want. Have fun with it and remember. . . "feel the force."



Master Peter Brusso



The twins, Masters Lagasca, Myers, and Murhy

Notes: