

Meditations

Philosophy drives Gun Fu. Each class begins with a period focusing on current issues, then assessing and understanding the issues through the insight of applied Gun Fu. In Gun Fu, we strongly encourage that personal reflections be recorded into a journal along with other remembrances of particular note. In time, the journal becomes the student's guiding reference, summarizing where they have come from, where they are now, and what they aspire to become. These extracts are from my personal journal. Those identified as from "The Iron Crane Archives" are my own, as recorded.

Bill Mc Cabe

The mirrors are empty, there is nothing.
Nothing reflects, nothing can be reflected.
-- Zen Koan

When my thought dances,
something senses it.
Then, like a dog chasing the rabbit,
it makes its presence known.
Sometimes the dog is a poodle,
sometimes it is a wolfhound.
Sometimes, it's a dragon,
and not a dog at all.
-- Iron Crane Archives

We are not taught...we are marinated.
-- Iron Crane Archives

He's too busy being smart.
-- Iron Crane Archives

The way to be is to do. The way to do is to finish.
-- Iron Crane Archives

Flows like water,
Reflects like a mirror,
Responds like an echo.
-- Wu Wei (Defined)

Karate comes through you, not from you.
-- Iron Crane Archives

Truth is a partnership of the highest order!
-- Iron Crane Archives

Karate means to vaporize ignorance.
-- Iron Crane Archives

Character is destiny.
-- Iron Crane Archives

The balance between victory and defeat is usually something simple.
-- Iron Crane Archives

Opinions flit, truth sits.
-- Iron Crane Archives

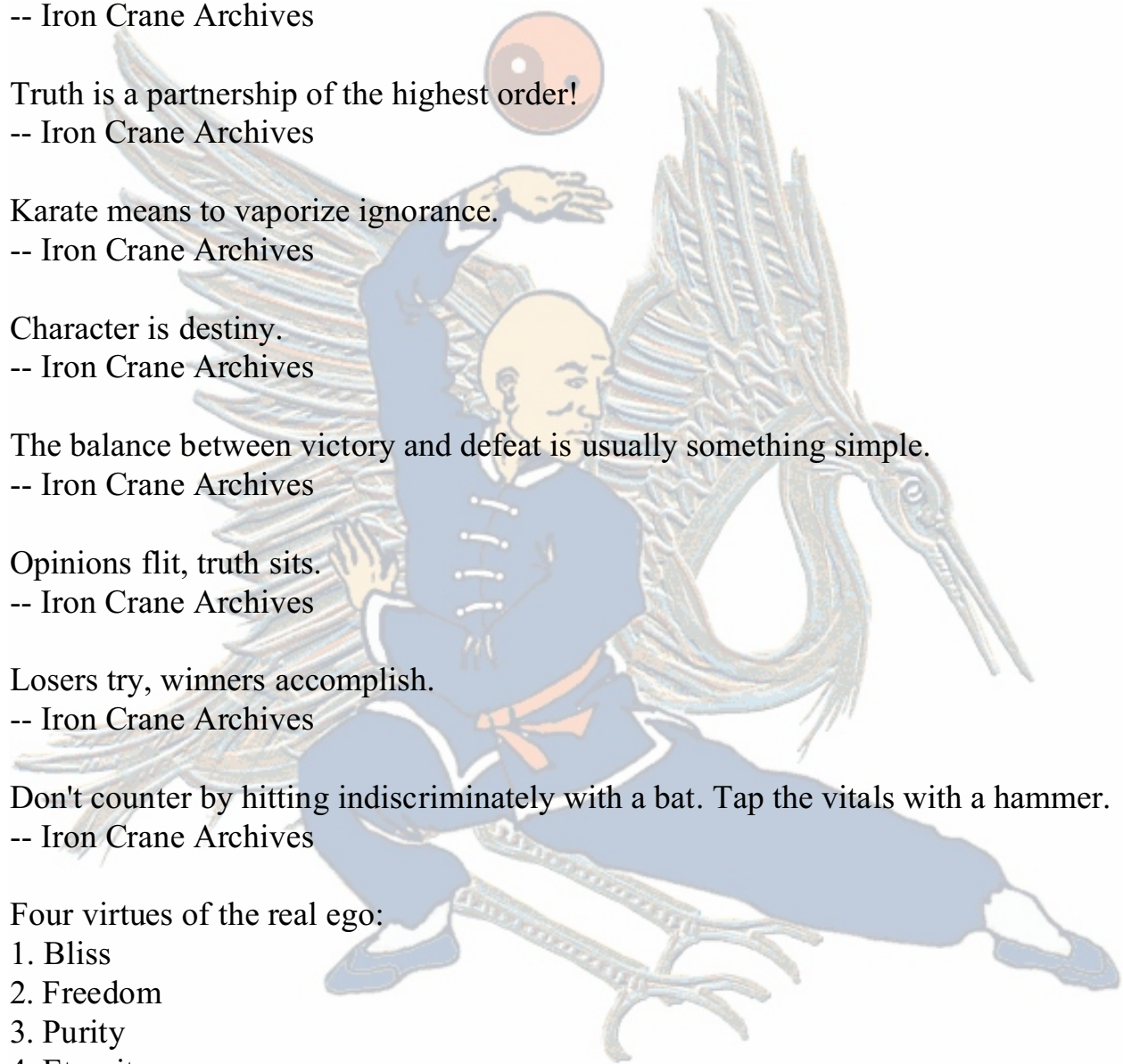
Losers try, winners accomplish.
-- Iron Crane Archives

Don't counter by hitting indiscriminately with a bat. Tap the vitals with a hammer.
-- Iron Crane Archives

Four virtues of the real ego:

1. Bliss
2. Freedom
3. Purity
4. Eternity

-- Iron Crane Archives



Always treat the enemy like the enemy...since he'll eventually get around to treating you that way.

-- Iron Crane Archives

The ego is an empty reactive shell.

-- Iron Crane Archives

Matter, Energy, Meaning.

-- Iron Crane Archives

The student never sets the schedule, or the place.
Nor should the aggressor.

-- Iron Crane Archives

I don't believe in it, but I have heard it works whether you believe in it or not.

-- Iron Crane Archives

Cultivate good manners toward all sentient beings, including vegetables, and even lakes and mountains.

-- Alan Watts

You learn much more by reverse engineering than you will ever learn by linear extraction.

-- Iron Crane Archives

A good con man can fool anybody...but first, he fools himself.

-- Brando

Life and death are one rope, at different points.

-- Iron Crane Archives

If you make the string too tight, it will break. If you make it too loose, it will not sound.

-- Iron Crane Archives

Use your weapons. It's called Gun Fu because when the time arrives, you fire your guns, holding nothing back.

-- Iron Crane Archives

Like corks on a cosmic sea...both unchanging.

-- Iron Crane Archives

Black Belts command technique.

Masters command timing.

-- Iron Crane Archives

The will to find out is the exact opposite of the will to believe.

-- Iron Crane Archives

Real magic is what happens when you effect change through execution of will.

-- Iron Crane Archives

Ponder for a moment...perhaps it is more likely the paranormal doesn't exist than it is that the surrounding claims are true.

-- Iron Crane Archives

There is a method practiced by some called the "One ahead Method."

You start out by knowing one, then you learn the next, while pretending it's the one you already know.

-- Iron Crane Archives

If there exist two answers to a problem and one answer requires suspension of or revision to established laws, then the other is the likely correct solution.

-- Rule of Parsimony

I am an echo of a strong feeling,
Floating in the air with a mind of its own,
Looking for a place to set.

-- Iron Crane Archives

Do you want to be a champion, or a chumpian?

-- Iron Crane Archives

Thinking is a trick played by the mind when it is too bored to see what's going on around it.

-- Iron Crane Archives

If you want to destroy your ego, try being a good human being.

-- Iron Crane Archives

First you are the rain, then you are the stream, then the lake, the river, and finally the ocean. Once you're the ocean, you can swallow the creek, the river, and the lake.

-- Master Archibeque

Democracy is as close to anarchy as you can get, without anarchy.

Pretty scary stuff!

-- Iron Crane Archives

You can't know it all and be it all at the same time.

-- Iron Crane Archives

There is only now. If you do it now, it is done. If you don't do it now, it is never done.

-- Iron Crane Archives

It is easier doing something already learned, than it is doing something to learn it.

-- Iron Crane Archives

Be like the sparrow, when the hawk comes.

-- Iron Crane Archives

Attack hip to hip, defend hip away from hip.

-- Iron Crane Archives

Necessity is the mother of retention.

-- Iron Crane Archives

Chi is the currency of Gun Fu.

-- Iron Crane Archives

Here is my secret. It is all circles.
If it were anything but, you would already have left yourself behind.
-- Iron Crane Archives

The mind of Gun Fu is like the line between the eagle's eye and the rabbit.
Empty...but filled with intent.
-- Iron Crane Archives

Everybody wants the magic.
Nobody wants the miles.
-- Iron Crane Archives

To become excellent, practice excellently!
-- Iron Crane Archives

Be a Black Belt, not an excuse.
Black Belts and excuses. The world is full of them.
Be a Black Belt, not an excuse for a Black Belt.
-- Iron Crane Archives

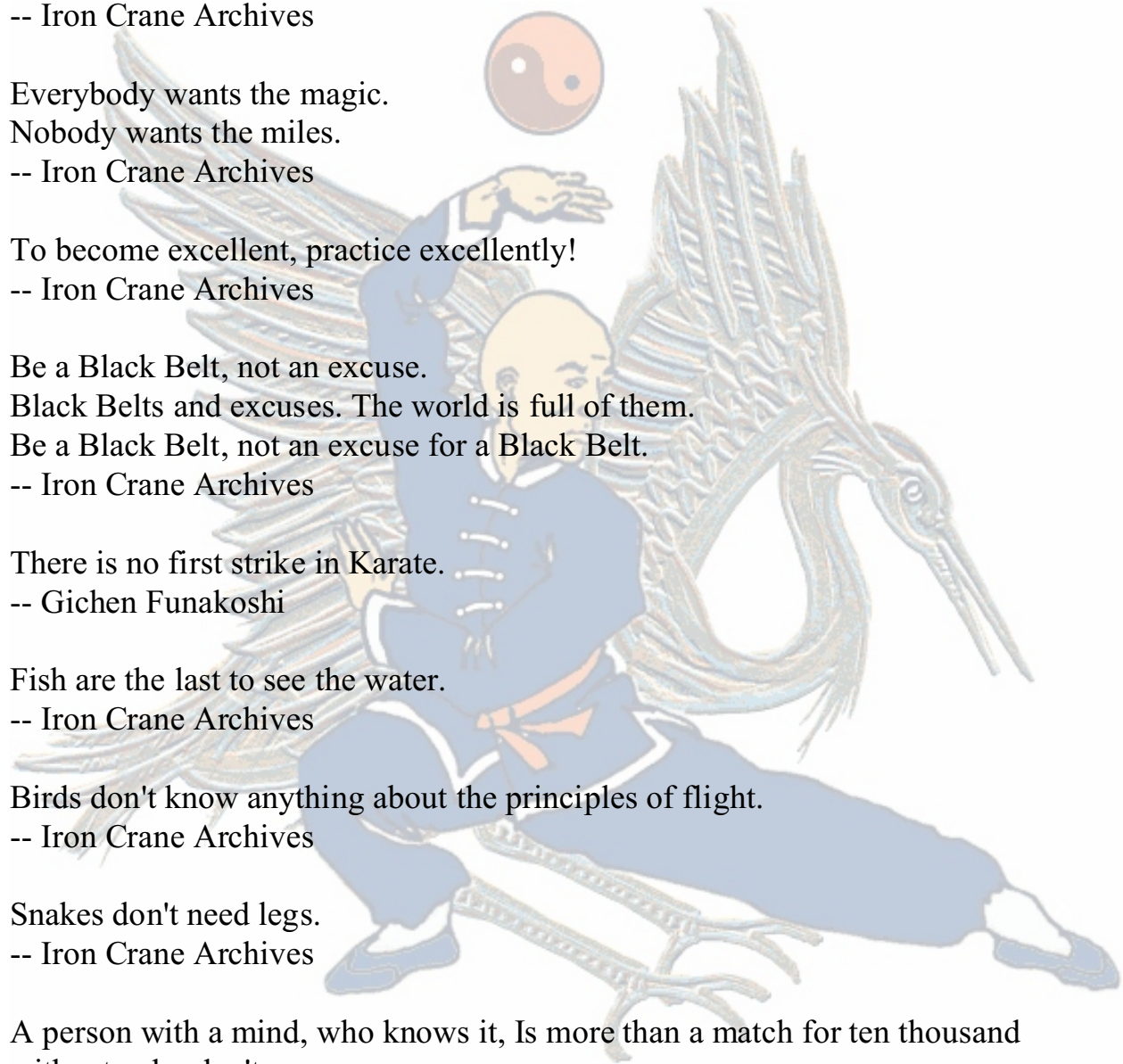
There is no first strike in Karate.
-- Gichen Funakoshi

Fish are the last to see the water.
-- Iron Crane Archives

Birds don't know anything about the principles of flight.
-- Iron Crane Archives

Snakes don't need legs.
-- Iron Crane Archives

A person with a mind, who knows it, Is more than a match for ten thousand
without, who don't.
-- Iron Crane Archives



Caution: You may become what you pretend to be.
-- Confucius

I come to you with only Karate, my empty hands.
I have no weapons.
Should I be forced to defend myself, my principles, or my honor...
Should it be a matter of life or death, or right or wrong...
Then here my weapons,
Karate, my empty hands.
-- The Creed of Isshinryu Karate.

When you insist that others act reasonably, you have become unreasonable yourself.
-- Iron Crane Archives

The secret is to sense when to put what where.
-- Iron Crane Archives

Sure he had genius...it came from within, in the form of discipline.
-- Iron Crane Archives

Our goal is to erase boundaries from the world...as long as there are people out there who aren't fully integrated, we can't withdraw to lesser goals.
-- Iron Crane Archives

Ideology must be tempered by compassion and restraint.
-- Iron Crane Archives

Six Martial Diseases:
Desire for victory
Desire to rely on technical cunning
Desire to show your stuff
Desire to psychologically overwhelm the opponent
Desire to remain passive in order to wait for an opening
Desire to become free of these diseases
-- Iron Crane Archives

Reality is merely an illusion, albeit a very persistent one.

-- Albert Einstein

1. A person's heart is the same as heaven and earth.
2. The blood circulating is similar to the moon and sun.
3. The manner of drinking and spitting is either hard or soft.
4. A person's unbalance is the same as a weight.
5. The body should be able to change directions at any time.
6. The time to strike is when the opportunity presents itself.
7. The eye must see all sides.
8. The ear must listen in all directions.

-- The Code of Isshinryu

1. The mind is the same with heaven and earth
2. The circulatory rhythm of the body is similar to the sun and the moon.
3. The Law includes hardness and softness.
4. Act in accordance with time and change.
5. Techniques will occur when a void is found.
6. The Ma requires advancing and retreating, separating and meeting.
7. The eyes do not miss even the slightest change.
8. The ears listen well in all directions.

-- Funakoshi's Eight Important Phrases of Karate.

You must be the change you wish to see in the world.

-- Mahatma Gandhi

In any non-trivial axiomatic system, there are true theorems which cannot be proven.

-- Kurt Godel

If men could get pregnant, abortion would be a sacrament.

-- Florynce R. Kennedy

Physical, psychological and spiritual mastery are ultimately one.

-- Iron Crane Archives

The ego-less self is fluid in body, mind, and spirit.

-- Iron Crane Archives

"Dojo" means place of enlightenment. It is the place where the ego self undergoes transformation into the ego-less self.

-- Iron Crane Archives

"Ki" is the fundamental creative principle. Look for it there.

-- Iron Crane Archives

Victory is transient. Trophies collect dust.

-- Iron Crane Archives

The constant training of mind and body is the basic discipline for human beings walking the spiritual path.

-- Iron Crane Archives

True Karate is this: that in daily life, one's mind and body be trained and developed in a spirit of humility; and that in critical times, one be devoted utterly to the cause of justice.

-- Gichen Funakoshi

When pushed...pivot and go around; When pulled...enter while circling.

-- Iron Crane Archives

Don't dabble in idle talk and conjecture. Understand through action!

-- Iron Crane Archives

In reality, there is no opponent.

-- Iron Crane Archives

Beware of the dark side...fear, aggression, anger.

The dark side of the force are they.

Easily they flow, quick to join you in a fight.

If once you start down the dark path, forever it will dominate your destiny;

Consume you it will.

-- Yoda the Jedi Knight

To defeat a dog, a cat must be a better cat...and not a cat pretending to be a dog.
-- Iron Crane Archives

Seven Types of Intelligence:

Mathematical

Linguistic

Musical

Spatial

Kinesthetic

Interpersonal

Intra personal

-- Howard Gardner

The secret principle of martial arts is not vanquishing the attacker but resolving to avoid an encounter before its occurrence. To become the object of an attack is an indication that there was an opening in one's guard, and the important thing is to be on guard at all times.

-- Gichen Funakoshi

It is commitment, not authority which produces results.

-- Bill Gore

Earth is spinning around and circling the sun...what is keeping things still? What good is gravity?...it doesn't even hold my grass seed on the ground...how can it be holding down a truck.

-- Iron Crane Archives

Best exercise...push up people.

-- Iron Crane Archives

What we'd like to stay the same is changing, and what we'd like to change is staying the same.

-- Iron Crane Archives

If you understand, things are as they are. If you don't understand, things are as they are.

-- Iron Crane Archives

When you have a hammer in your hand, everything starts looking like nails.
-- Iron Crane Archives

You need head and heart.
-- Dolly Parton

When delivering the one blow against the attacker, the importance of using one's whole strength and being especially accurate cannot be overemphasized. In the event that this one blow is ineffective, the attacker will become more violent, a point not to be forgotten. The importance of using one's whole strength and putting one's heart and soul in this one attempt has been stressed, but it is also important to do so only after reaching a rational conclusion that there is no other way out.
-- Gichen Funakoshi

Amazing what you can cook up when you start with a \$50.00 piece of meat.
-- Iron Crane Archives

If you want to get to the plain truth, don't be concerned with right or wrong. The conflict between right and wrong is the sickness of the mind.
-- Iron Crane Archives

We don't create it. It is! We transform it, but it never changes.
-- Lao Tzu

... the three bodies of the subversives, still alive, were thrown to the ground; the doctor administered two injections to each, directly to the heart, with a red, poisonous liquid. Only two died, but the doctor said all three were dead. They were loaded in a truck of the Brigade and taken to Avellaneda...Afterward we went to clean up and change clothes, because we were covered with blood...Shortly we went to the Police Headquarters where...a priest...told me that the thing we had done was necessary, that it was a patriotic act and that God knew that it was good for the Nation.
-- National Geographic, August 1986, page 254

It takes the same amount of risk to do nothing, as it does to venture forth.
Heroism ... cowardice ... simply perspectives of the moment ... don't make more of

them than they are.

-- Iron Crane Archives

It has been said that the primary function of schools is to impart enough facts to make children stop asking questions. Some, with whom the schools do not succeed, become scientists.

-- Knut Schmidt-Nielsen

For to win one hundred victories in one hundred battles is not the highest skill. To subdue the enemy without fighting is the highest skill.

-- Gichen Funakoshi

If you really want to be lonely, get married.

-- Gloria Steinem

In some sort of crude sense, which no vulgarity, no humor, no overstatement can quite extinguish, the physicists have known sin; and this is a knowledge which they cannot lose.

-- J. Robert Oppenheimer

Real power ...

is like a flea towing a 747 ...

or perhaps it is the 747 chasing after the flea.

Does will lead chi, or does it drag chi.

-- Iron Crane Archives

A person who won't think has no advantage over one who can't think.

-- Paul Lutus

The test of a first-rate intelligence is the ability to hold two opposed ideas in the mind at the same time, and still retain the ability to function.

-- F. Scott Fitzgerald

Any intelligent woman who reads the marriage contract and then goes into it, deserves all the consequences.

-- Isadora Duncan

Truth never damages a cause that is just.
-- Mahatma Gandhi

He said "...you will learn to empty your heart of the token passions that drive men to madness. Colors as you know them can turn you into a blind fool, the sounds that you know can make you deaf. In like fashion, the flavors and tastes that you seek can numb the tongue. You live in a cyclone, which ultimately will cloud your heart and steal your ability to think clearly and decisively. The pursuit of rank and prestige is a path that leads to no destination. From this point, be guided by what you feel, and not by what you think you feel. Forsake causes and effects, and become the process."
-- Iron Crane Archives (A teacher's parting words)

Solutions are like whales...sooner or later they have to come up for air.
-- Iron Crane Archives

People tune in for beginnings and endings. Put important stuff there.
-- Iron Crane Archives

If you don't put reality into the Karate, then you can't put the Karate into the reality.
-- Iron Crane Archives

When passion rules principle, one is already defeated.
-- Iron Crane Archives

In the end the greatest honor is not the belt or the sash, but rather, being part of the collective memory, on equal footing with the masters.
-- Iron Crane Archives

Easy to beat up people, hard to eat a fly.
-- Iron Crane Archives

When you study with a master, you always learn faster.
-- Iron Crane Archives

It's ok to build an enterprise on trust, so long as you trust yourself the most.
-- Iron Crane Archives

Timing is everything...a timely action can survive even incompetence.
-- Iron Crane Archives

A body at rest tends to stay at rest...a body in motion tends to stay in motion.
-- Iron Crane Archives

Know when you're working, and when you're not working.
-- Iron Crane Archives

"How can I make this work for me?"
You should be asking yourself this right now!
-- Iron Crane Archives

Control = Occupy the target's sight, sound, taste, touch and smell.
Sit back for a moment and study how they steal the souls of our youth.
-- Iron Crane Archives

“Wild and Crazy”
When people use this phrase in describing themselves, their friends, or the actions
of either ... tragedy is lurking in the shadows.
-- Iron Crane Archives

No one can make you feel inferior without your consent.
-- Eleanor Roosevelt.

Procrastination is opportunity's natural assassin.
-- Iron Crane Archives

The “real” world is a projection of our thoughts onto the screen of our five senses.
-- Iron Crane Archives

Physical symptoms are the outward manifestations of inner dis-ease.
-- Iron Crane Archives

Existence is a means for the whole to know itself.
-- Iron Crane Archives

Theoretically, it may be possible; practically, you should watch your step.
-- Iron Crane Archives

The purpose in this dojo is to learn that we create our own reality.
-- Iron Crane Archives

We form physical reality as a replica of our inner selves.
-- Iron Crane Archives

There is discipline in spontaneity.
-- Iron Crane Archives

Learn and enjoy.
-- Bubba Don

Thoughts through space...consciousness through reality.
-- Iron Crane Archives

Past present and future are realities only to the ego. To the rest of the entity, there is only the "spacious present." Go and speak with the birds my friend. They will tell you.
-- Iron Crane Archives

The ego must choose one event.
-- Iron Crane Archives

You are what you practice ...
even if it's impossible.
-- Iron Crane Archives

Every event can be changed before, during, and after its occurrence.

-- Iron Crane Archives

Relax explosively!

-- Iron Crane Archives

The five colors blind the eye
The five tones deafen the ear
The five flavors dull the taste
Racing and hunting madden the mind
Precious things lead one astray
Therefore the sage is guided by what he feels and not by what he sees...

-- Lao Tzu

There are ways to improve your balance,
there are ways to take your opponent's balance.

-- Iron Crane Archives

"...don't participate in evil...in the violent deeds of the administration, in the law courts, the collection of taxes and what is more important, in soldiering, and no one in the world will enslave you."

-- Tolstoy

Everyone wants to live a long time, ...no one wants to be old.

-- Iron Crane Archives

We don't die from old age...we're just lucky if we die with it.

-- Iron Crane Archives

When you happen to fall into a pile of manure, everything ends up smelling like crap.

-- Iron Crane Archives

We live in a world where we are responsible for the consequences of what we choose to do, and for the consequences of what we choose to do by not choosing to do.

-- Iron Crane Archives

Even a bad actor playing Hamlet will get something right.
-- Sir Lawrence Olivier

You can make a fresh start with your final breath.
-- Sir Lawrence Olivier

Always leave them hungry for more.
-- Sir Lawrence Olivier

Spiders launch themselves into space on a silky thread that comes from within.
-- Iron Crane Archives

I can't ensure my success, but I can certainly ensure I deserve it.
-- Iron Crane Archives

I live like I play guitar, by ear, by feel...and I know it's ok.
Like if I ever learned all the rules, I would apply them, and everything would be the same.
-- Iron Crane Archives

When you strain, it doesn't come; when you give up, it doesn't exist.
-- Iron Crane Archives

We love a person because of their defects, as well as their qualities.
-- Malcolm X

“I shit, therefore I am!”
The new paradigm.
-- Iron Crane Archives

It is appallingly obvious that our technology exceeds our humanity.
-- Albert Einstein

Geometry, vectors, balance, peng ...
These are the keys.
Connect them to your intent!
-- Iron Crane Archives

Genius is one percent inspiration, and ninety-nine percent perspiration.
-- Thomas Alva Edison

Fear only failures and shortcomings.
Then learn to laugh at your fear.
-- Iron Crane Archives

Speed and strength will stop developing,
balance and coordination will continue to grow.
-- Iron Crane Archives

When birds of prey are attacking, they fly in low without extending their wings.
When wild beasts are about to attack, they crouch low with their ears close to their heads. Similarly, when a sage is about to act, he always appears slightly dull.
-- Gichen Funakoshi

The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.
-- Albert Einstein

If you take one step toward God, he will take two steps toward you.
-- Malcolm X

We shall not cease from exploration, and the end of all our exploring will be to arrive where we started and know the place for the first time.
-- T. S. Eliot

Most people would rather die than think; in fact, they do so.
-- Bertrand Russell

The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man.

-- George Bernard Shaw

The opposite of a correct statement is a false statement. The opposite of a profound truth may well be another profound truth.

-- Niels Bohr

What is it if I let you make \$500 to let me make \$10,000?

-- Malcolm X

Be careful while reading health books. You might die of a misprint.

-- Mark Twain

Man is the only animal that blushes -- or needs to.

-- Mark Twain

He who asks is a fool for five minutes, but he who does not ask remains a fool forever.

-- Chinese Proverb

Please accept my resignation. I don't care to belong to any club that will have me as a member.

-- Groucho Marx

As far as the laws of mathematics refer to reality, they are not certain, and as far as they are certain, they do not refer to reality.

-- Albert Einstein

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and, if they can't find them, make them.

-- George Bernard Shaw

I am quite serious when I say that I do not believe there are, on the whole earth besides, so many intensified bores as in these United States. No man can form an adequate idea of the real meaning of the word, without coming here.

-- Charles Dickens

Dirty glass of water/clean glass of water, let them inspect them...you won't have to sell anyone on the clean glass.

-- Malcolm X

Psychiatry...the odd care for the id.

-- Iron Crane Archives

Martial art is "yes" or "no"...never maybe.

-- Miyagi (The Karate Kid)

“Intent is the only reality”

This is the secret of Gun Fu, and of Mind over Matter.

-- Iron Crane Archives

Put a gun into the hands of a kid and birds and rabbits will start dropping like flies.

-- Iron Crane Archives

Optimist: This is the best of all worlds.

Pessimist: It certainly is.

-- Iron Crane Archives

Beware the programming of boredom ... learn to recognize its traits.

-- Iron Crane Archives

When you look into a mirror, your reflection sees you.

-- Iron Crane Archives

Be forever in pursuit of the mysterious excellence!

-- Iron Crane Archives

Observe how your enemy tries to harm you...it is what he fears most.
-- Iron Crane Archives

Rudeness is the weak man's imitation of strength.
-- Iron Crane Archives

A person's attitude is the same as a weight.
-- Iron Crane Archives

He is medium, because he is neither rare nor well done.
-- Iron Crane Archives

“God bless you, God bless America.”
This is how politicians conclude their remarks.
Ignore pretense ... find the facts for yourself.
-- Iron Crane Archives

You can't hit what you can't see ...
you can't know what you do not know.
-- Master Archibeque

Someone who says they won't resign, four or more times, definitely will.
-- Iron Crane Archives

The word "Bu" of Budo (martial arts) is written with the Chinese character for "stop" within a character signifying two crossed halberds meaning to stop conflict. Since Karate is a budo, this meaning should be deeply considered, and the fists should not be used heedlessly.
-- Gichen Funakoshi

Americans are willing to go to enormous trouble and expense defending their principles with arms, very little trouble and expense advocating them with words. Temperamentally we are ready to die for certain principles (or, in the case of overripe adults, send youngsters to die), but we show little inclination to advertise the reasons for dying.
-- E.B. White

I never saw a wild thing sorry for itself. A small bird will drop frozen dead from a bough without ever having felt sorry for itself.

-- D. H. Lawrence

Intelligence is a form of bio-chemical energy. You just happen to be there when the process unfolds.

-- Iron Crane Archives

The key words and phrases of propaganda:

1. For your own good
2. The situation is serious (be afraid)
3. This is not a denial
4. Be realistic
5. Love, God, and/or Country
6. I don't remember saying that
7. I intend to honor my commitments.

-- Iron Crane Archives

“In the spirit of partnership and cooperation.”

When people start saying things like this ... watch out.

-- Iron Crane Archives

Five classes of spies:

1. Local inhabitants
2. Government officials
3. Converted enemy spies
4. Doomed spies
5. Surviving spies

-- Sun Tzu

You can have your cake and eat it too, but you can't crap on it and eat it.

-- Iron Crane Archives

The only thing separating evil from reality is a rationale.

-- Iron Crane Archives

The spirit of the master becomes embodied in the arts.
-- Iron Crane Archives

There are many ways for a cat to fly to the moon.
All are difficult.
For cats on the moon, all are valid and possible.
-- Iron Crane Archives

Basics are the principles of maximum efficiency.
-- Iron Crane Archives

A true Karate man smashes thru obstacles even when he appears to be sleeping.
-- Iron Crane Archives

There was a time when I thought I was wrong, but I was wrong.
-- Iron Crane Archives

I'll tell you exactly what I think. I think that what I think isn't so important.
-- Iron Crane Archives

Mind over matter...know what you can do, and when you can do it.
-- Iron Crane Archives

The most important exercise is the exercise of restraint.
-- Iron Crane Archives

Actions are how I translate into reality.
-- Iron Crane Archives

Your choices are to give up or to get up.
-- Iron Crane Archives

Strive to be a cultural warrior. Leave something of value for the future.
-- Iron Crane Archives

Things look bad ...
could be worse ...
could be lying
in a hearse.
-- Iron Crane Archives

Goal of training:
Physical health and development
Mental balance and discipline/stability
Spiritual harmony with creation
-- Iron Crane Archives

A wise man can be stupid on occasion, but doing the same stupid thing twice
makes him a fool.
-- Iron Crane Archives

Like most great masters...he had few money worries...that is, he had very little
money to worry about.
-- Iron Crane Archives

True practice is done with the entire body.
-- Iron Crane Archives

The best way to predict the future is to invent it.
-- Alan Kay

We do not inherit the land, we borrow it from our children.
-- Native American Proverb

It is better to remain silent and be thought a fool than to open one's mouth and
remove all doubt.
-- Voltaire

Life is what happens to us while we're making other plans.
-- John Lennon

If all economists were laid end to end, they would not reach a conclusion.
-- George Bernard Shaw

What your body remembers is forever.
-- Iron Crane Archives

I don't like to surprise people by accident.
-- Iron Crane Archives

Everything new tastes just like chicken.
-- Iron Crane Archives

Five factors governing the Art of War:

1. Moral law
 2. Heaven
 3. Earth
 4. The commander
 5. Method and discipline
- Sun Tzu

Listen to the powermongers ... they take credit for anything, rewarding you for participation with rations of praise which pale the reality. They accept responsibility for nothing ... and will hang you in public so they and their cronies can survive to take credit for getting to the root of the problem. Like a tree with roots skyward ... like the anti-Christ.
-- Iron Crane Archives

The Rule of doubling.
With proper guidance, skills should double yearly.
-- Iron Crane Archives

“Disportray”

It's our word ... try to figure out what it means. Learn to recognize it. Grind it to dust when you see it.
-- Iron Crane Archives

The victorious strategist only seeks battle after the victory has been won.
-- Sun Tzu

Attack like fire
Be rapid like the wind
Be intense like the forest
Be firm like the mountain
Fall like lightning
-- Sun Tzu

A lion must be very hungry before he can catch a deer.
-- Iron Crane Archives

When the student is ready, the teacher will appear.
-- Iron Crane Archives

In the valley of the blind, the one eyed man is king.
-- Bubba Don

Fear is faith in the negative.
-- Iron Crane Archives

The three ascending levels of talent, in order of importance:

1. Power and speed
2. Timing and elimination of pause
3. Simultaneous execution

-- Iron Crane Archives

Great spirits have always found violent opposition from mediocrities. The latter cannot understand it when a man does not thoughtlessly submit to hereditary prejudices but honestly and courageously uses his intelligence.
-- Albert Einstein

Only two things are infinite, the universe and human stupidity, and I'm not sure about the former.
-- Albert Einstein

It takes a lot of principles to be poor and meek.
-- Iron Crane Archives

Reality is for people who can't handle drugs.
-- Iron Crane Archives

It is OK to look dumb, but not to be dumb.
-- Iron Crane Archives

The "sure touch" will spook no one.
-- Iron Crane Archives

I rest when I am tired, and when I am hungry, I eat.
-- Iron Crane Archives

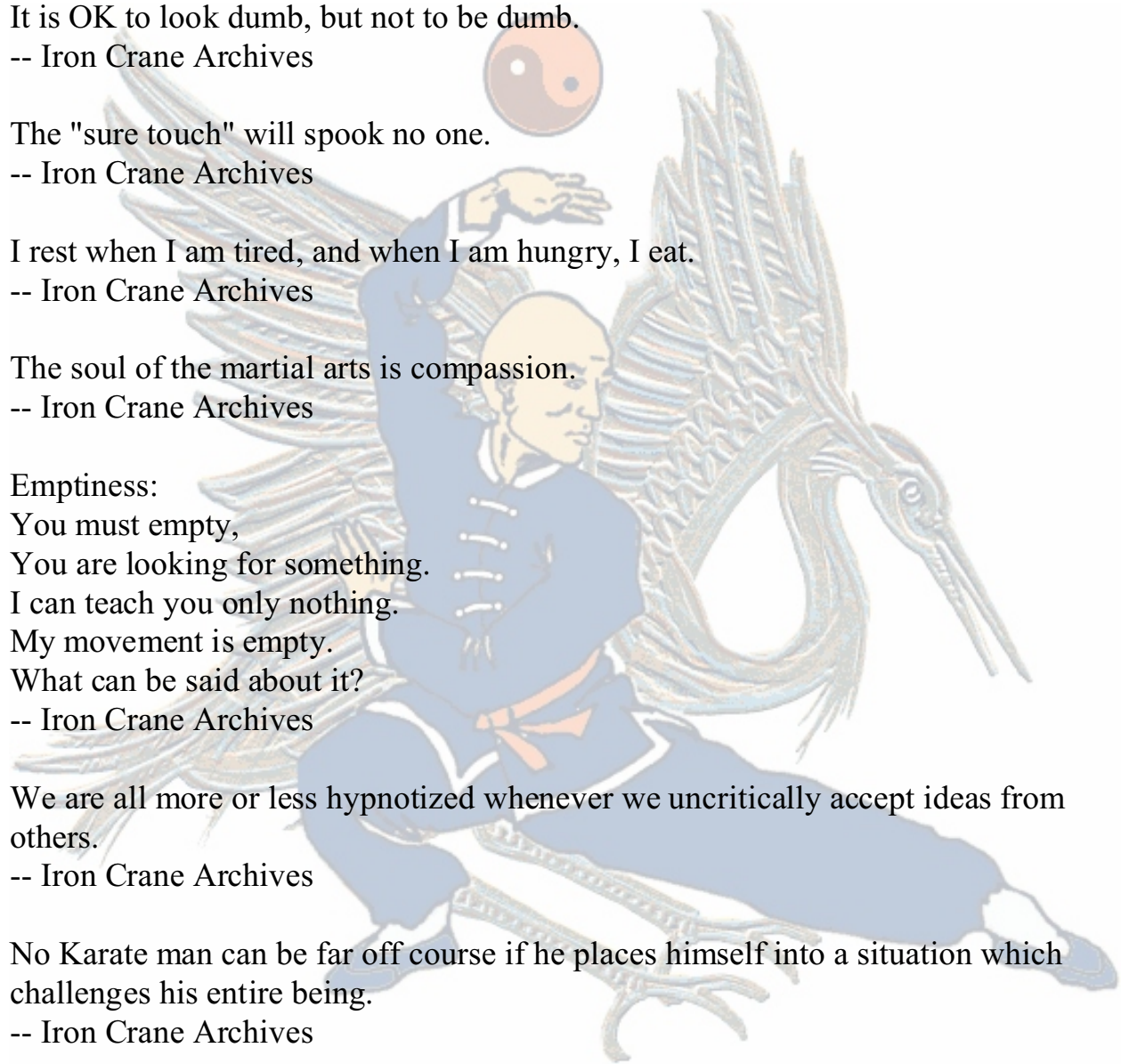
The soul of the martial arts is compassion.
-- Iron Crane Archives

Emptiness:
You must empty,
You are looking for something.
I can teach you only nothing.
My movement is empty.
What can be said about it?
-- Iron Crane Archives

We are all more or less hypnotized whenever we uncritically accept ideas from others.
-- Iron Crane Archives

No Karate man can be far off course if he places himself into a situation which challenges his entire being.
-- Iron Crane Archives

It is a wise man indeed who pays the lower price for a job that won't get done.
-- Iron Crane Archives



The universe as we know it is inhabited by matter, energy, and being. Matter and energy are governed by the rules of nature. Being is governed by truth, love, courage and loyalty.

--Iron Crane Archives

Never go into a boat without oars...even if it's the Queen Mary.

-- Iron Crane Archives

We don't create reality. We create the painting.

-- Iron Crane Archives

Unhappiness is a choice...Happiness is an illusion.

-- Iron Crane Archives

The master fired two arrows into the target...both dead center. The first shot was easy, from experience. But the second...how does one explain that?

-- Zen Koan

Every creature has a hiding skill and a fighting skill suitable to a warrior.

-- Iron Crane Archives

I'll believe it when I see it.

I'll see it when I believe it.

-- Iron Crane Archives

One must become the dragon in bits.

-- Iron Crane Archives

On a quiet sea, one can sail in all directions.

-- Master Archibeque

From a cosmic perspective, accident is the same as intent.

-- Iron Crane Archives

No one can be as good as you are at who your are...

The only question is whether you like who you are.

-- Iron Crane Archives

Concerning reincarnation...it is no less probable being born twice, than it is being born once.

-- Iron Crane Archives

There are two kinds of unhappiness in the world...not getting what you want, and getting what you want.

-- Confucius

Attacking is the way of thugs, criminals and oppressors. I am none of those.

-- Iron Crane Archives

Karma is not justification for doing or not doing anything. Rather...it is an explanation for something that has already occurred.

-- Iron Crane Archives

Swift as the wind,
Still as the forest,
Invading like fire,
Immovable as the mountain.

-- Sun Tzu

You can't con somebody, unless he thinks he's conning you.

-- Iron Crane Archives

If you can lock them out, they can lock you in.

-- Fineberg's Law

Fish don't know how to swim;
birds don't know how to fly;
snakes can't walk.

-- Zen Proverb

The life force which moves the earth through space is the same as that which pumps my heart.

-- inspired by the Code Of Isshinryu

Two masters met at a bridge. One was Judo, one was Karate. Neither would yield to the other. They met at the center. As the Karate man presented his strike, he was already floating through the air. Falling from the bridge, he held the heart of his adversary in hand. All that remained was the bridge and silence.

Silly men!

-- Iron Crane Archives

Learning to fight without hurting someone is superior to learning to fight by hurting someone.

-- Iron Crane Archives

The secret is "did."
Youse gotta did
what's you gotta done
if you gonna does
what you wanna do.

-- Louis Armstrong

There are two objectives in the martial arts:

1. Elimination of the non essential;
2. Striving for the ideal.

A black belt is not perfect...he or she has simply integrated the two objectives into everything he/she does.

-- Iron Crane Archives

I do everything wrong in the wrong way...He does everything wrong in the right way.

-- Iron Crane Archives

They are practicing practicing.

-- Iron Crane Archives

It takes decades to train a pure mind, and hours to train a person to use modern weapons.

-- Iron Crane Archives

You are transparent and can see his intentions. He cannot see yours.
-- Iron Crane Archives

Whenever I felt like throwing a punch, I could feel him hitting me first.
-- Iron Crane Archives

When you put punches and kicks into the mind of an imbecile, the whole world
turns into a punching bag.
-- Iron Crane Archives

If you must anticipate, then anticipate what will really happen.
-- Iron Crane Archives

For years I hurried...
but look where I'm at...
smack in the middle of here and now.
And not one second sooner!
-- Iron Crane Archives

Strategy and emptiness are one.
-- Iron Crane Archives

There are only two ways to live your life. One is as though nothing is a miracle.
The other is as though everything is a miracle.
-- Albert Einstein

Magic is in the 4th dimension of reality.
Don't make more of it than there is.
-- Iron Crane Archives

In my opinion, the greatest single failure of American education is that students
come away unable to distinguish between a symbol and the thing the symbol
stands for.
-- Paul Lutus

I do not feel obliged to believe that the same God who has endowed us with sense, reason, and intellect has intended us to forgo their use.

-- Galileo Galilei

The punishment for being rich is 9 times as long as the reward for being poor. I only hope that the reward for being poor is being rich.

-- Iron Crane Archives

Never attack when there is obstruction.

-- Iron Crane Archives

The dog is not Spot.
You are not John Smith.

-- Iron Crane Archives

Skiing downhill. Make the holes big and the trees small.

-- Iron Crane Archives

Make haste...but do it slowly!

-- Iron Crane Archives

Kata is the water of the martial arts.

-- Iron Crane Archives

It is always easier to move when you are inspired...but timing it is not so easy.

-- Iron Crane Archives

The human mind cannot concentrate on more than one or two strong points of interest...And never on more than one if the two points are fairly far apart.

-- Iron Crane Archives

To search for the old is to understand the new.

The old, the new

This is a matter of time.

In all things man must have a clear mind.

The Way: Who will pass it on straight and well?

-- Poem by Master Gichen Funakoshi

Eying the Gordian Knot, Alexander was tempted to analyze, to name, calculate, and theorize. Instead, he acted...in the midst of silence and emptiness.

-- Iron Crane Archives

"Sensei" means "There!"

-- Iron Crane Archives

It distresses us to produce Black Belts who are less than perfect.

-- Iron Crane Archives

It involves the same risk to venture forth, as it does to do nothing.

-- Iron Crane Archives

When an eagle readies for attack, it surrounds itself with emptiness.

-- Iron Crane Archives

There is no rubbish, in men, or in things.

-- Zuigan Roshi

"Sensei" means "Teacher". It doesn't mean "Hot Stuff".

-- Iron Crane Archives

When a student leaves a Sensei, part of the Sensei goes with him.

-- Iron Crane Archives

What I know is what I know...

What you don't know, you don't know...

What you don't know, is what I know!

-- Hugh Clark

The important things:

Earth, air, fire, water, spirituality, compassion and biodiversity.

-- inspired by the writings of David Suzuki

The Gun Fu of Business:

1. Working
2. Marketing
3. Training
4. Screwing around

Always be doing one of the first three.

-- Iron Crane Archives

Black Belts in Gun Fu never leave the Dojo.

-- Iron Crane Archives

There is no spring of knowledge, nor master to guide your way.
You flush...they go,
Why do you miss them so?

-- Iron Crane Archives

Identify what you are, become that, but better!

-- Iron Crane Archives

Improving yourself, as in perfecting yourself, usually has little to do with
defeating others.

-- Iron Crane Archives

Practical submission is the key to avoiding conflict.

-- Iron Crane Archives

If you hold on to anything positive or negative, you will suffer.

-- Iron Crane Archives

You are how you train. You are not how you plan.

-- Iron Crane Archives

There is no suffering,
no cause of suffering,
no cessation of suffering,
and no path.

-- The Heart Sutra

Differentiation---Nature and manifestation become separate.
-- Iron Crane Archives

When questioned regarding the difficulties students were having in achieving awareness, he responded, “They chew away frantically at every lump of shit they happen on.”
-- Lin Chi (Zen Master)

Only emptiness follows ...

