

The Manual of Gun Fu

Iron Crane
Dojo



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THE MANUAL OF GUN FU

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2003
6th EDITION

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What is Gun Fu?

Gun Fu is a living art. Gun Fu embodies the sweat, knowledge, heart and spirit of those who came before me. I take what I find, learn it, improve it, then pass it on. Because of me, Gun Fu is a living entity and possesses its own spirit, its own heart, its own body, and its own mind. Know what this means!

What is the Spirit of Gun Fu?

The Spirit of Gun Fu is an impeccable attitude.

What is the Heart of Gun Fu?

Truth is the Heart of Gun Fu.

What is the Body of Gun Fu?

My body of steel is the Body of Gun Fu.

What is the Mind of Gun Fu?

My technique is the mind of Gun Fu.

What is the Mission of Gun Fu?

(The mission statement describes what will happen to you if you undertake this program.)

The mission of Gun Fu is to become a better person through dedication to the martial arts.

What is the Goal of Gun Fu?

(The goal statement describes your ultimate performance objective once you embark on this path)

Mind over Matter

What are the Rules of Gun Fu?

- 1. You need to have a plan.**
- 2. In the streets, there are no rules!**
- 3. You can't block what you can't see.**
- 4. Don't stop. You need to flow like water!**

The Stances of Gun Fu

1. Neutral
2. Cobra
3. Dragon
4. Bow Stance
 - neutral bow
 - forward bow
 - reverse bow
5. Forward Stance
6. Seisan
7. Seiuchin Stance
8. Back Stance
9. Cat Stance
10. Reverse Cat Stance
11. Crane Stance
12. Monkey Position
 - on one knee
 - on two knees
 - lying down
13. Grasshopper Position
14. Sanchin Stance
15. Horse Stance

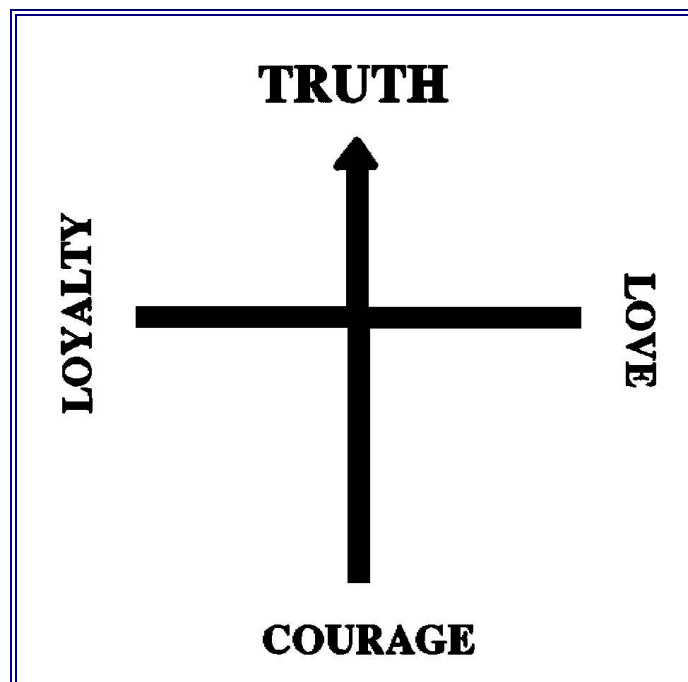
STUDENT'S NOTATIONS:

Gun Fu Hand Tools

- 
1. Karate Punch *Seiken*
 2. Vertical Punch
 3. Backfist *Uraken*
 4. Palm Strike *Teisho*
 5. Knife Hand *Shuto*
 6. Hammer Fist *Kentsui*
 7. Phoenix Fist *Ippon Ken*
 8. Dragon Fist *Nakadake Ken*
 9. Thumb Fist
 10. Knuckle Fist *Hiraken*
 11. Ridge Hand *Haito*
 12. Stoh
 13. Spear Hand *Nukite*
 14. Flat Hand *Kaisho*
 15. Back Flat Hand *Haishu*
 16. Prayer Hand
 17. Open Hand *Soft*
 18. Back Open Hand *Soft*
 19. Bear Hand *Kumade*
 20. Panther Hand
 21. Tiger Hand
 22. Cobra Strike
 23. Eagle Strike
 24. Chicken Hand
 25. Camel Hand
 26. Grasshopper Hand
 27. Spike Hand
 28. Live Hand
 29. Neutral Hand
 30. Lariat
 31. Dead Hand

STUDENT'S NOTATIONS:

The Cardinal Points of Gun Fu



Movement Drills

1. [Punching Standard](#)
2. Kicking Standard
3. [Standard #1](#)
4. [Standard #2](#)
5. [Standard #3](#)
- hands only
- feet only
- anything goes
6. [ABC Striking Patterns](#)
- basic
- using multiple techniques with each letter
7. [Tai Chi Movement](#) ---demonstrate your ability to flow through an improvised sequence of animal moves.

STUDENT'S NOTATIONS:

Breathing Techniques (tan jun breathing)

1. [Five Centering Exercises](#)
2. [Sanchin Breathing Form](#)
3. [Dragon's Breath Form](#)
4. [An Mai Chuan](#)

Gun Fu Foot Tools*

*Also see Appendix "K"

1. Front Kick
2. Side Kick
3. Back Kick
4. Face Kick
5. Inside Kick
6. Outside Kick
7. Hamstring Kick
8. Shin Bone Kick
9. Shin Bone Turn Kick
10. Axe Kick
11. Drop Kick
12. Stomp
13. Heel Hook Kick

Multiple Kicks

14. Alternating Legs
15. Same Leg
16. Five Kick Combinations

Optional Kicks

17. Round Kick
18. Sit Down Round Kick
19. Double Flying Front Kick
20. Flying Side Kick
21. Jumping Spinning Side Kick

STUDENT'S NOTATIONS:

Self Defense Techniques

A practitioner of Gun Fu should be able to defend him or herself in any situation. To develop this skill in a safe practice environment, we have categorized the most common self defense problems which you may expect to encounter in real world situations. By developing confidence in responding to these attacks, you will learn to defend yourself against the unknown attacker. For testing purposes, you will be required to produce a minimum of three immediate responses to each category of attack. Therefore, you should write in your preferred alternative responses for each attack listed. For purposes of illustration, we have included video clips demonstrating preliminary response moves. In actual testing, the self defense criteria would be met only when the sequence is run to completion, and the attacker is unable to continue. *These clips are for informational purposes only. Actual self defense should be practiced in a controlled environment emphasizing safety, and only under the direct supervision of a Black Belt instructor, and only after you have been cleared by your personal physician.*

Grabs From the Front:

1. Grab to the wrist/sleeve:
2. Grab to the elbow/sleeve:
3. Grab to the side at rib cage:
4. Grab to either front shoulder:
5. Grab to the chest:
6. Grab to the waist:
7. Grab to the hair:
8. Grab with both hands to the chest:
9. Two handed front choke:
10. Front head lock:
11. Hip throw defenses:
12. Shoulder throw defenses:
13. Grab to both arms:

One Hand Grabs From the Rear:

14. Grab to the hair:
15. Grab to the collar:
16. Grab to either shoulder:
17. Grab at belt level:
18. Head lock:

Two Hands Grab From the Rear:

19. Two hands grab rear shoulders:
20. Full Nelson:
21. Choke from the rear:
22. Bear hug (over defender's arms):
23. Arms locked around upper torso (under defender's arms):
24. Arms locked around waist (under defender's arms):

Open Attack Defenses:

25. React and defend against hand attacks:
 - lunge punch
 - opposite hand punch
 - backfist attack
 - multiple punch attack

26. React and defend against attacks with weapons:

- stick attacks
- knife attacks
- bo attacks
- sword attacks
- pistol defenses

27. React and defend against foot attacks:

- front kick
- side kick
- face kick
- hook kick
- round kick

28. Multiple hand and foot attacks

29. Ground defenses:

30. Ground control techniques:



The Animal Fighting Styles

As a student of Gun Fu, you are expected to master the concept of animal fighting. At any point in time, you should be able to explain any of the major animal applications, and provide three examples of the underlying principle. You should also know and be able to explain why animals are employed to portray concepts of self defense in Gun Fu. The following animals are your foundation:



What is the Black Sash?

The ultimate destination of every Gun Fu student is to wear the Black Sash of Gun Fu. There is no higher honor...and nothing you ever do will require the same level of discipline, dedication, and commitment. Appendix "T" gives the testing guidelines for each level. Make this your road map! Mark off what you already know, and identify what you still must learn. Your instructor will provide the specific requirements for each of the 9 levels leading to your Black Sash. When you feel ready to challenge a test, submit your petition. Always remember your instructors want you to earn your Sash. They are on your side...always.

Getting Your Black Sash

Appendix "A" details the constellation of requirements for Black Sash. Part of the requirement is to have command of 15 Kata. Of the 15 Kata, 10 should be empty hand Kata, and 5 should be weapons Kata. Of the hard and soft empty hand Kata, the Black Sash must know a minimum of 3 from either group. Any combinations not violating the above rules, are valid. Kata from other systems may be accepted within these requirements with the approval of the head instructor.

STUDENT'S NOTATIONS:



Appendix "A"

Black Belt Testing Guide

Empty Hand Kata

Hard Style

Shotokan

Takiyoku 1, 2, 3
Heian Shodan
Heian Nidan
Heian Sandan
Heian Jodan
Heian Godan
Jutte
Tekki Shodan
Tekki Nidan
Jion
Jine
Bassai

Kenpo

Short Form 1
Finger Set
Short Form 2 & 3
Long Form 1, 2 & 3
Form 4
Twin Shadow Set
Returning Shadow Set

Soft Style

Hap Ki Do

Ki Bon Hyung
Cho Gup Hyung
Jung Gup Hyung
Ko Gup Hyung
Tae Gup Hyung
Komo Hyung

Inner Core

Inner Core 1
Inner Core 2
Inner Core 3
Inner Core 4

Creed Form
Dance of the Dragon
Form 5
An Mai Chuan

Isshinryu

Seisan
Seiuchin
Nihanchi
Wansu
Chinto
Gusanku
Sunsu
Sanchin

Gun Fu (Hard or Soft)

Dancing Dragon
Monkey Kata
Tiger Kata
Bear Kata
Iron Crane
Dragon's Breath
Standard 1
Standard 2
Standard 3
Continuous Strike Kata
Mantis
Celestial Wind Kata

Weapons Kata

Isshinryu

(Bo Kata)

Toko Mini No Kuno Dai
Bo Shi Shi No Kuno Dai
Urashi Bo

(Sai Kata)

Gusanku Sai no Sai Bo
Sai Chatan Yara Bo
Ki An No Sai Bo

Arnis

Anyo Uno
Anyo Dos
Anyo Tres
Anyo Quatro

Compositional Arnis

Set #1
Set #2
Set #3

(Weapons Kata Continued)

(Other)

Takiyoku Tonfa 1
Takiyoku Tonfa 2

Takiyoku Tonfa 3
Tonfa Kata
Hama Higa

Gun Fu

Thousand Sticks (Two sticks)
Thunder Meets Earth (Two men with two sticks)
Snow Leopard (Broadsword)
Wings of Light (Kama)
Shan Hai Men (Two men with staffs)
Twin Musashi's/basic form (Two men with swords)
Twin Musashi's/long form (Two men with swords)
Ancient Fury (Cane)

White Lotus Sword System

White Lotus 1
White Lotus 2
White Lotus 3 Nunchaku Improvisation Set
White Lotus 4
White Lotus 5
White Lotus 6
White Lotus 7 (Singing Dragon)
White Lotus 8 (Full Circle)

Short Stick

Short Stick Strike Kata (1&2)
Short Stick Block Kata

Self Defense Against One Opponent Grabbing

A minimum of three valid responses are required against each type of attack. For Black Sash, the response should be immediate.

Front Grabs

Single Hand Both Hands

1. Grab to the sleeve at wrist
2. Grab to the sleeve at elbow
3. Grab to the rib cage
4. Grab to either shoulder
5. Grab to the chest
8. Grab at chest level
9. Choke
10. Front head lock
11. Hip throw
12. Shoulder throw

- 6. Grab to the waist
- 7. Grab to the hair

- 13. Grab to both arms

Rear Grabs

Single Hand Both Hands

- 14. Grab to the hair
- 15. Grab to collar
- 16. Grab to either shoulder
- 17. Grab at the belt
- 18. Head lock
- 24. Arms around waist

- 19. Grab at shoulder
- 20. Full Nelson
- 21. Choke
- 22. Bear hug (over arms)
- 23. Arms over upper torso

STUDENT'S NOTATIONS:

Self Defense Against One Opponent Attacking

A minimum of three valid responses are required against each type of attack. For Black Sash, the response should be immediate.

Hand Attacks

- Lunge punch
- Punch with opposite hand
- Back fist
- Multiple punches

Foot Attacks

- Front kick
- Side kick
- Face kick
- Hook kick
- Round kick
- Multiple hand and foot

Self Defense Against One Person Attacking With a Weapon

There will be a minimum of 3 random attacks with each weapon. One valid self defense response is required for each attack.

Weapons Tested

- Stick
- Knife
- Bo
- Sword
- Gun

Defender will also be required to respond to opponent holding knife against neck, throat, chest, and back.

Self Defense Against Multiple Attackers

A minimum of three valid responses must be demonstrated against two opponents attacking. For Black Sash, the responses should be immediate.

Three or more valid responses must be demonstrated against three or more opponents attacking. For Black Sash, the responses should be immediate.

Kicking Proficiency

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Petitioner must demonstrate proficiency and command of the basic arsenal of kicks. Three to five kicks will be executed with each leg. At the head instructor's request, kicks may have to be done into a moving target.

Kicking Arsenal

- Front kick
- Side kick
- Back kick
- Face kick
- Inside kick
- Outside kick
- Hamstring kick
- Shin bone kick
- Shin bone turn kick
- Axe kick
- Drop kick
- Stomp
- Heel Hook Kick

Multiple Kicks

You will perform 5 variations of two kicks in succession. Each variation will be performed a minimum of 3 times from each side.

You will perform 3 variations of three or more kicks in succession. Each variation will be performed a minimum of 3 times from each side.

Weapons Improvisation

You will be given three everyday objects. You will then be required to demonstrate three self defense applications, using each object as a weapon.

The Animal Fighting Styles

DRAGON: Explain and demonstrate the Dragon, applying it against 3 attacks.

BLACK PANTHER: Explain and demonstrate the Black Panther, applying it against 3 attacks.

BEAR: Explain and demonstrate the Bear, applying it against 3 attacks.

EAGLE: Explain and demonstrate the Eagle, applying it against 3 attacks.

COBRA: Explain and demonstrate the Cobra, applying it against 3 attacks.

MONKEY: Explain and demonstrate the Monkey, applying it against 3 attacks.

DONKEY: Explain and demonstrate the Donkey, applying it against 3 attacks.

GRASSHOPPER: Explain and demonstrate the Grasshopper, applying it against 3 attacks.

TIGER: Explain and demonstrate the Tiger, applying it against 3 attacks.

PRAYING MANTIS: Explain and demonstrate the Praying Mantis, applying it against 3 attacks.

STUDENT'S NOTATIONS:

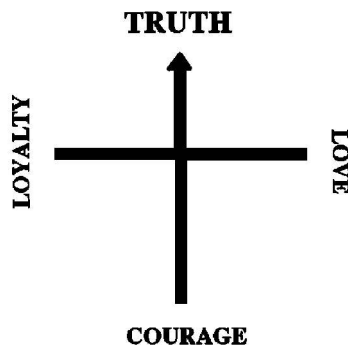


Appendix "C"

The Cycle Drills

(fluid application of self defense)

- Empty Hand Cycle
- Knife Cycle
- Foot Cycle
- Middle Stick Cycle
- Bo Cycle
- Sword Cycle



Gun Fu Cycle Drills

Defender responds to four attacks in each cycle. The attacking sequence is North, East, South and West. They are executed in sequence, one after the other, in clockwise order. After the final reaction, defender returns to starting position, in ready stance, facing North.

I: Empty Hand Cycle:

North attacks with right hand lunge punch. East attacks with left hand lunge punch. South attacks with two hand grabbing motion from above. West attacks with left hand (right optional) grabbing motion from rear.

II: Knife Cycle:

North executes downward side slash with right hand. East executes downward side slash with left hand (optional reverse right). South executes straight in thrust. West executes reverse hand stab with right hand.

III: Foot Cycle:

North attacks with right front kick. East attacks with left front kick. South attacks with right side kick. West attacks with left roundhouse(face) kick.

IV: Middle Stick Cycle:

North attacks with #1 Arnis strike (Right side). East attacks with #2 Arnis strike (Left side). South attacks with #5 Arnis strike (Frontal Stab). West attacks with #12 Arnis strike (Overhead).

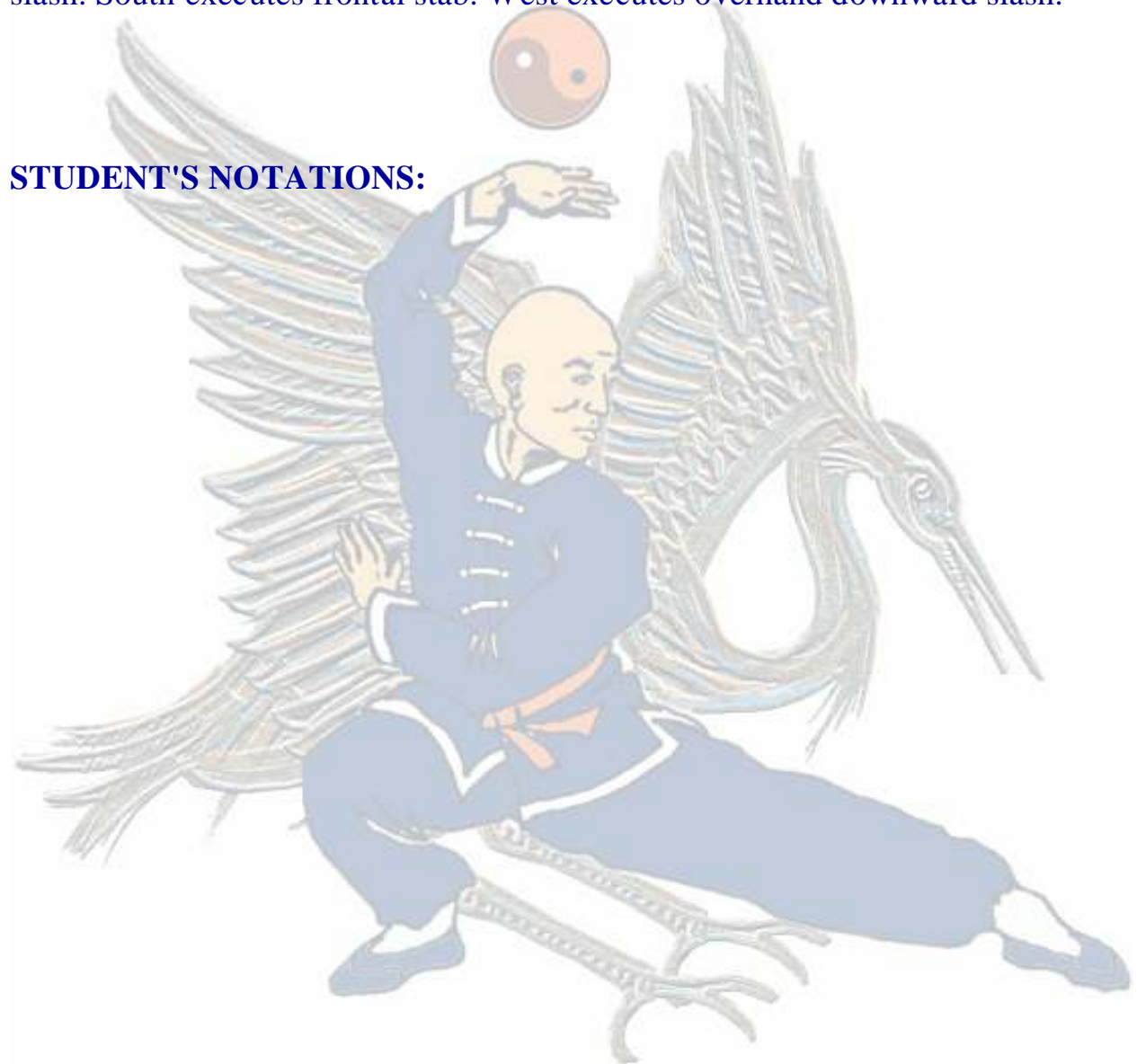
V: Bo Cycle:

North attacks from right (Outside in). East attacks from left (Outside in). South attacks with a straight in thrust (Frontal Stab). West attacks overhead.

VI: Sword Cycle:

North executes right side horizontal slash. East executes left side horizontal slash. South executes frontal stab. West executes overhand downward slash.

STUDENT'S NOTATIONS:





Appendix "D"

Dictionary of Common Terms

<u>ENGLISH</u>	<u>FOREIGN</u>	<u>PRONUNCIATION</u>
AREAS OF THE BODY		
Lower Body Area	Gedan	Gay Don
Middle Body Area	Chudan	Chew Don
Upper Body Area	Jodan	Joe Don
BLOCKING (UKE)		
Ankle Hooking Block	Ashikube Kake Uke	Ah She Coo Be Kak Kay Oo
KayAugmented Block	Morote Uke	Moe Row Tay Oo Kay
Downward Block	Gedan Uke	Gay Don Oo Kay
High Block	Jodan Uke	Jo Don Oo Kay
Hooking Knife Hand Block	Tensho Uke	Ten Show Oo Kay
Inside Outward Block	Uchi Uke	Oo Chee Oo Kay
Middle Block	Chudan Uke	Chew Don Oo Kay
Outside Inward Block	Soto Uke	So Toe Oo Kay
Reverse Wedge Block	Kakiwake Uke	Kah Key Wah Kay Oo Kay
Scooping Block	Sukui Uke	Sue Coo Ee Oo Kay
Wrist Hook Block	Tekuki Kake Uke	Tay Coo Ke Kah Kay Oo Kay
X-Block	Juji Uke	Ju Gee Oo Kay
BODY WEAPONS		
Arch of Foot	Teisoku	Tay Soe Coo
Backfist	Uraken	Oo Rah Ken
Backhand	Haishu	Hi Shoo
Ball of Foot	Chusoku	Chew So Coo
Bottom Fist	Tettsui	Tet Sue Ee
Chicken Beak	Keiko	Kay Koe
Dragon's Head Fist	Ryutoken	Roo Toe Ken
Edge of Foot	Sokuto	So Coo Toe

Elbow
Forefist
Heel of Foot
Inverted Fist
Knee
Knife Hand
Middle Finger/One Knuckle
Palm Heel
Ridge Hand
Spear Hand
Two Finger Spear
Vertical Fist
Wrist

Empi
Seiken
Kakato
Gekken
Hiza
Shuto
Nakyubi Ipponken
Shotei
Haito
Nukite
Nihon Nukite
Honken
Koken

Em Pee
Say Ken
Kah Coo Toe
Gay Ken
He Zah
Shoo Toe
Na Kay Oo Be Ee Pon Ken
Show Tay
Hi Toe
New Key Tay
Nee Han New Key Tay
Han Ken
Koe Ken

CLASS TERMINOLOGY

Attention
Begin
Belt
Bow
Bow to Instructor
Club or School
Contest
Forms
Get Ready
Inner Power
Instructor
Left
Master
Meditation
No
Referee
Right
Sparring
Spirit Yell
Stop
Striking Board
Student
Technique
Thank You
Uniform
Yes

Kyotsuke
Hajime
Obi
Rei
Sensei Ne Rei
Dojo
Shiai
Kata
Yoi
Ki
Sensei
Hidari
Shihan
Muk Sho
lie
Shimbum
Migi
Kumite
Kiai
Yame
Makiwara
Karate-Ka
Waza
Arigato
Gi
Hai

Coats Gay
Ha Ji May
Oh Bee
Ray
Sen Say Nee Ray
Doe Joe
She Eye
Kah Tah
Yaw Ee
Kay
Sen Say
He Da Ree
She Han
Mook Show
Ee Yay
Shim Bomb
Me Gee
Coo Me Tay
Key Eye
Yah May
Mah Key Wah Rah
Kah Rah Tay Kah
Wah Zah
Ah Ree Ga Toe
Ghee
Hi

KATA

Crane on a rock
First Cause #1
First Cause #2
First Cause #3
Flying Swallow
Half Moon
Horse Riding #1
Horse Riding #2
Horse Riding #3
Jion Temple
Kata of the Universe
Peaceful Mind #1
Peaceful Mind #2
Peaceful Mind #3
Peaceful Mind #4
Peaceful Mind #5
Penetrate a Fortress
Ten Hands
To Look at the Sky

Gankaku
Taikyoku Shodan
Taikyoku Nidan
Taikyoku Sandan
Empi
Hangetsu
Tekki Shodan
Tekki Nidan
Tekki Sandan
Jion
Ten No Kata
Heian Shodan
Heian Nidan
Heian Sandan
Heian Yodan
Heian Godan
Bassai
Jutte
Kwanku

Gone Kah Koo
Teye Kyoh Coo Show Don
Teye Kyoh Coo Nee Don
Teye Kyoh Coo San don
Em Pee
Han Get Soo
Teh Kee Sho Don
Teh Kee Ni Don
Teh Kee San Don
Jee On
Ten No Ka Ta
Hay An Show Don
Hey An Ni Don
Hay An San Don
Hay An Yo Don
Hay An Go Don
Baw Seye
Ju Tay
Kwan Koo

KICKING(GERI)

Back Kick
Crescent Kick
Front Jump Kick
Front Kick
Groin Kick
Heel Kick
Joint Kick
Knee Kick
Round House/Ball of Foot
Round House/Top of Foot
Jump Kick
Side Kick
Snap Kick
Thrust Kick

Ushiro Geri
Mikazuki Geri
Mae Tobi Geri
Mae Geri
Kin Geri
Kakato Geri
Kansetsu Geri
Hiza Geri
Mawashi Geri
Mawashi Kubi Geri
Yoko Tobi Geri
Yoko Geri
Keage Geri
Kekomi Geri

Oo She Row Gay Rhee
Me Kah Zoo Key Gay Rhee
Mah Eh Toe Be Gay Rhee
My Gay Rhee
Ken Gay Rhee
Kah Kah Toe Gay Rhee
Kan Set Sue Gay Rhee
He Zah Gay Rhee
Mah Wah She Gay Rhee
Mah Wah She Coo Be Gay RheeSide
Yoe Koe Toe Be Gay Rhee
Yoe Koe Gay Rhee
Kay Ah Gay Gay Rhee
Kay Koe Me Gay Rhee

PUNCHING(TSUKI)

Alternate Punching
Consecutive Punching

Ren Tsuki
Dan Tsuki

Ren Tsuo Key
Don Tsuo Key

Double Fist Punching
Lunge Punch
Reverse Punch
Roundhouse Punch
Straight Punch
U-Punch

Morote Tsuki
Oi Tsuki
Gyaku Tsuki
Mawashi Tsuki
Tsuki
Yama Tsuki

Moe Row Tay Tsoo Key
Oh Ee Tsoo Key
Gey a Coo Tsoo Key
Mah Wah She Tsoo Key
Tsoo Key
Yah Mah Tsoo Key

RANKS(JAPANESE)

10th Grade
1st Grade
2nd Grade
3rd Grade
4th Grade
5th Grade
6th Grade
7th Grade
8th Grade
9th Grade

Ju Kyu
I Kyu
Ni Kyu
San Kyu
Yon Kyu
Go Kyu
Rok Kyu
Sichi Kyu
Hachi Kyu
Kyu Kyu

Ju Que
Ee Que
Nee Que
Sahn Que
Yown Que
Go Que
Row Que
See Chee Que
Ha Chee Que
Que Que

BLACK BELT LEVELS

1st Degree
2nd Degree
3rd Degree
4th Degree
5th Degree
6th Degree
7th Degree
8th Degree
9th Degree
10th Degree

Shodan
Nidan
Sandan
Yodan
Godan
Rokudan
Sichidan
Hachidan
Kyudan
Judan

Show Don
Nee Don
Sahn Don
Yo Don
Go Don
Row Que Don
See Chee Don
Ha Chee Don
Que Don
Ju Don

STANCES(DACHI)

Back Stance
Cat Stance
Crane Stance
Forward/Front Stance
Half Moon Stance
Hook Stance
Hour Glass
Ready Stance

Kokutsu Dachi
Nekoashi Dachi
Tsuriashi Dachi
Zenkutsu Dachi
Hengetsu Dachi
Kake Dachi
Sanchin Dachi
Fudo Dachi

Koe Coo Tsoo Dah Chee
Neh Koe Ah She Dah Chee
Tsoo Ri Ah She Dah Chee
Zen Coo Sue Dah Chee
Hahn Get Sue Dah Chee
Kah Kay Dah Chee
San Chin Dah Chee
Fue Doe Dah Chee

Straddle Leg Stance
Sumo Stance

Kiba Dachi
Shiko Dachi

Key Bah Dah Chee
She Koe Dah Chee

STRIKING (UCHI)

Back Strike
Downward Strike
Forward Strike
Upward Strike

Ushiro Uchi
Otoshi Uchi
Mae Uchi
Tate Uchi

Oo She Row Oo Chee
Oh Toe She Oo Chee
Mah Eh Oo Chee
Tah Tay Oo Chee

KOREAN TERMINOLOGY

Back Stance
Backhand
Begin
Bow
Cat Stance
Forms
Forward Stance
Front Kick
Front Stance
High Block
Horse Riding Stance
Knife Hand
Left
Low Block
Lunge Punch
Master
Meditation
Middle Block
Ready Stance
Reverse Punch
Ridge Hand
Right
Roundhouse Kick
School
Side Kick
Sparring
Teacher
Uniform
Yell

Hu Gul Sugi
Ree Kwon
Si Jak
Chong Bong
Twi Pal Sugi
Hyung
Chon Gul Sugi
Ap Chagee
Ap Sugi
Sang Dan Makki
Kima Sugi
Soo Do
Wen Chok
Ha Dan Makki
Paro Chigee
Sa Bum Nim
Mook Yom
Chung Dan Makki
Chun Bee Sugi
Pan Dae Chigee
Yoi Sudo
Ba Run Jok
Dol Rio Chagee
Dojang
Yop Chagee
Tae Ryon
Sa Bum
Dobok
Ki Hap

Who Jool Sew Gee

Chawng Bawng

Hee Oong
Chawn Jool Sew Gee
Aup Chaw Gee
Aup Sew Gee
Song Don
Kee Mah Sew Gee

Sah Boom Neem

Appendix "E"

The Elements of Attack

(Offensive Fighting Strategies)

Water Concepts

Earth Concepts

Air Concepts

Fire Concepts

Gun Fu Water Studies

(Sparring Concepts #1-5)

1. The lead jab
2. The lead jab followed by a shuffling in reverse punch
3. Closing the gap with a lunge and a lunge punch
(Executed off of the same knee position) The punching blitz. Shuffle reverse punch, followed by a standing punch, followed by a lunge punch
4. Closing the gap---(3 feet out)
 - Push off with the rear foot
 - Same push off with a jab and reverse punch
 - Same push off, with a lead jab, opposite hand reverse punch, same side front kick,

then opposite side reverse punch followed by a sweep
---Always jab realistically when initiating any sequence of techniques

STUDENT'S NOTATIONS:

Gun Fu Earth Studies

(Sparring Concepts #6-10)

1. The shuffle kick movement (front, side, roundhouse)
2. The lunge kick movement (front, side, roundhouse)
3. Side kick attacks (stepping back, stepping forward, spinning)
4. Roundhouse kick attacks (lead leg, rear leg, stepping forward)
5. Angular attacks (side, roundhouse, back)

STUDENT'S NOTATIONS:

Gun Fu Air Studies

(Sparring Concepts #11-15)

1. Double kicks with the same leg
2. Jumping kicks initiated by instep kick
3. Jumping kicks initiated by a rear leg front kick
4. Jumping off of the front leg and attacking with the rear leg
5. Jumping spinaround side kick

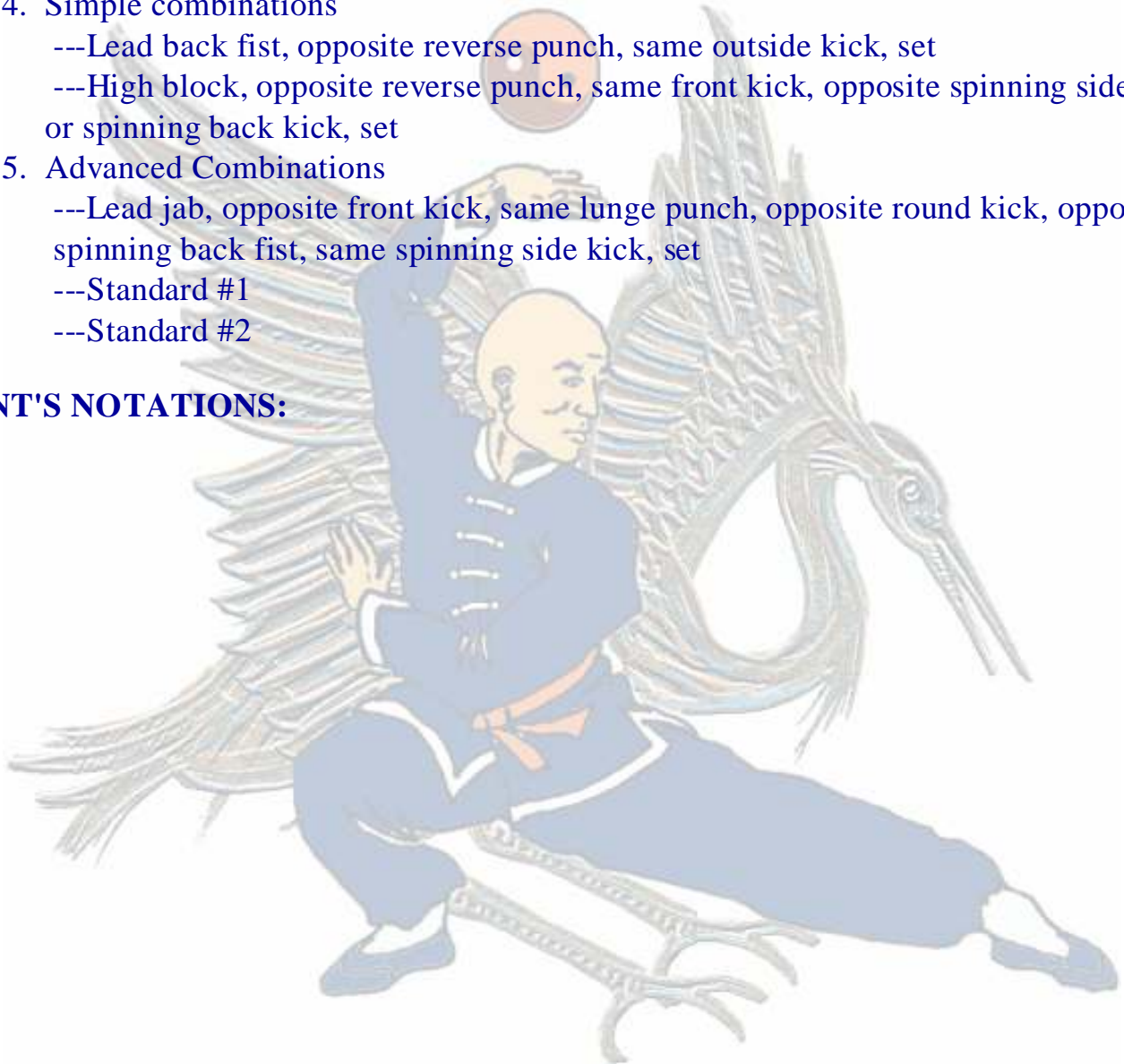
STUDENT'S NOTATIONS:

Gun Fu Fire Studies

(Sparring Concepts #16-20)

1. The heel hook kick
2. The outside kick
3. The axe kick
4. Simple combinations
 - Lead back fist, opposite reverse punch, same outside kick, set
 - High block, opposite reverse punch, same front kick, opposite spinning side kick or spinning back kick, set
5. Advanced Combinations
 - Lead jab, opposite front kick, same lunge punch, opposite round kick, opposite spinning back fist, same spinning side kick, set
 - Standard #1
 - Standard #2

STUDENT'S NOTATIONS:





Appendix "F"

Mastering Falls

Forward Rolls and Basic Drops

1. Basic ending/floor position (right side)
 - Left lateral leg lies flat against the floor with the toes pointing
 - Balance of the body is on the left side, with the right leg bent 90 degrees, heel off the ground, using the ball of the right foot to cushion impact
 - Head is locked, and the chin is tucked
 - Left hand slaps the ground (palm down) at a 45 degree angle to the line drawn through the center length axis of the body
 - Right hand is bent 90 degrees at the elbow and is positioned to protect the stomach
2. Basic roll position (right side)
 - Positioned on both knees, reach forward with the left hand and position hand/palm flat against the ground. Push off with the left leg and roll over the right shoulder, ending in the basic floor position
3. Side drop position (right side)
 - Sitting in a catcher's crouch, thrust the left leg sharply to the right. As soon as your balance falters, drop smartly into the basic floor position, using care to land clean, thus minimizing impact
4. Advanced roll (right side)

---Begin from a forward stance with your right knee forward. Using the "live arm" concept, position the right arm to your front, touching the ground to the inside of the right foot. The left hand may assist by touching the ground slightly behind the right once the roll is begun. Pushing with the left leg, tuck your chin into the left chest and dive forward, using the right arm to guide you into a clean shoulder roll. There are two landing options:

---Option #1: Land stationary in the basic floor position

---Option #2: Carry forward and execute a clean roll to standing position

5. Standing roll (right side)

---Start out in the advanced roll position (above)

---Carefully step back two paces, and come to normal standing position

---Starting with the left foot, step smartly (two steps) into a right shoulder roll. There are two landing options:

---Option #1: Land stationary in the basic floor position

---Option #2: Carry forward and execute a clean roll to standing position

6. Obstacle roll (right or left side)

---Set an obstacle in your direct path that you must clear simultaneous to entering your roll. Preferably, this should be a horizontal bar, possibly even a Bo, sitting by gravity on two supports. As skill level develops, the bar/Bo should be raised in height, up to a maximum of three feet

---Next, try doing the same roll over the back of one partner (kneeling, resting on his hands). Then try two partners, and then three...and so on

---There are two landing options:

---Option #1: Land stationary in the basic floor position

---Option #2: Carry forward and execute a clean roll to standing position

7. Suicide roll

---This is executed in motion. The roll is executed by doing a full airborne spin, without the right arm making contact on the ground

---Because of the mechanics of this maneuver, the landing will necessarily be the basic floor position

8. Back drop

---Sitting with your legs straight, and your body perpendicular to the ground, tuck your chin into your chest, then drop backward, landing on the bridge between your shoulders. When you hit the ground, strike both arms to the side at a 45 degree angle, palms downward. The arm strike to the ground should just precede the impact of the shoulders onto the surface.

---From the catcher's crouch. Drop hard, arching your back and shoulders so that they impact the surface while the small of your back remains curved and off the ground. Same ending position as above

---From standing. Drop smoothly into the catcher's, then continue smoothly into a backwards roll, dissipating the force with motion

---From standing, with a push. Same as above. Accept the incoming force, and convert it into a controlled motion as you drop to the ground

---From a headstand. Enter a headstand position (assisted, and then unassisted), then allow yourself to continue backwards into a full backdrop. Remember to land first on the balls of your feet, and also to keep the small of your back arched, dissipating the force with your feet, shoulders, and arms

9. Forward/face fall

---From Kneeling. Enter kneeling position (choir boy). Allow your body weight to drop forward, placing both arms immediately in front of your chest and head, in a wedge position. Lock the head and neck firmly (do not use the chin tuck for this fall). Upon impact, the body drops slightly, as though using the arms and lower back as shock absorbers

---From Standing. Roll off of your toes, up and forward, dropping from full height into the same position as above. Pay careful attention to the particulars, otherwise you are risking injury

Be sure to master each specific concept before going on to the next. There is no such thing as a short cut to mastering falls. Practice, master, then move on to the next level.

Master the right side, then master the left side.

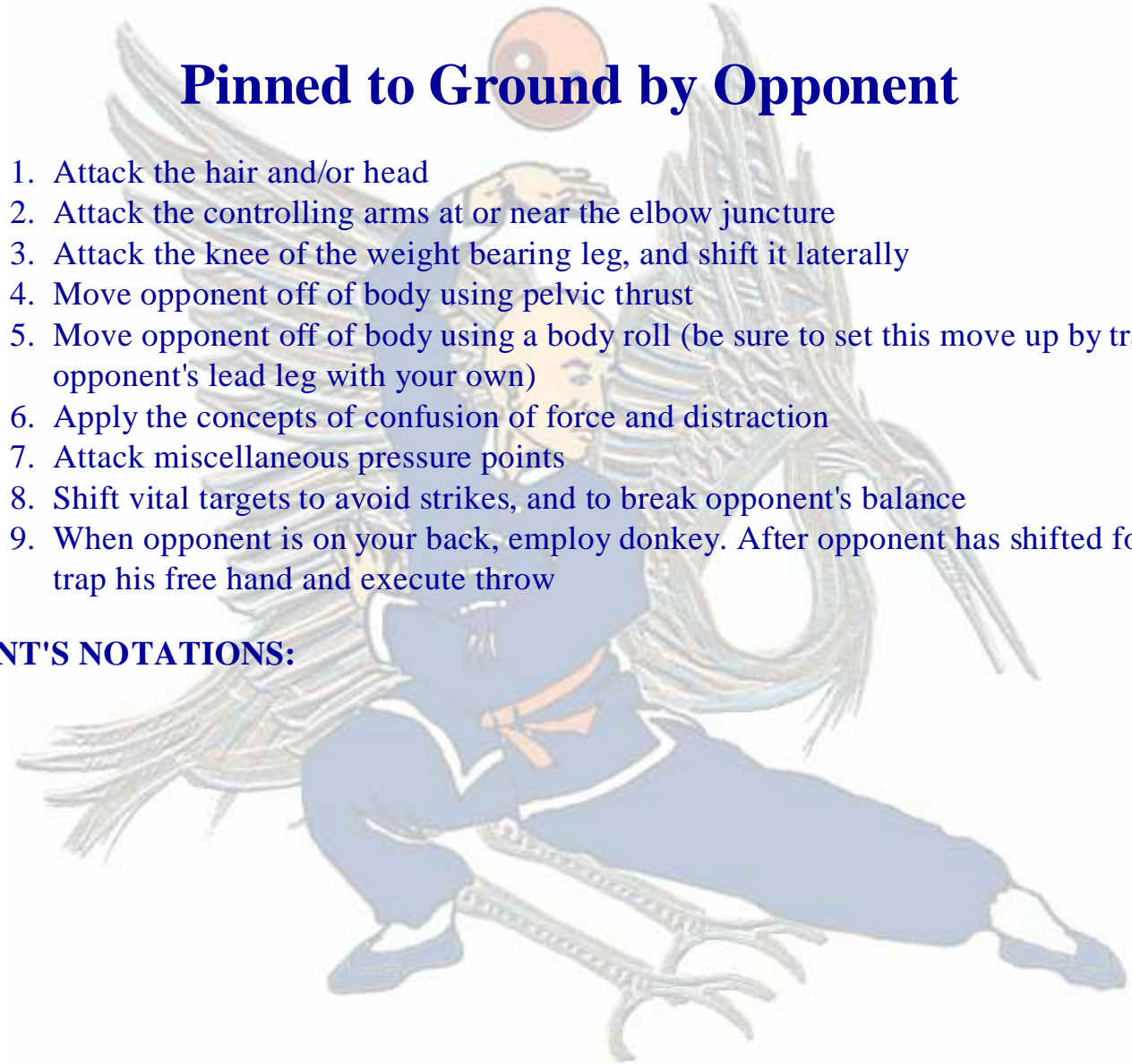


Appendix "G" Ground Defenses

Pinned to Ground by Opponent

1. Attack the hair and/or head
2. Attack the controlling arms at or near the elbow juncture
3. Attack the knee of the weight bearing leg, and shift it laterally
4. Move opponent off of body using pelvic thrust
5. Move opponent off of body using a body roll (be sure to set this move up by trapping opponent's lead leg with your own)
6. Apply the concepts of confusion of force and distraction
7. Attack miscellaneous pressure points
8. Shift vital targets to avoid strikes, and to break opponent's balance
9. When opponent is on your back, employ donkey. After opponent has shifted forward, trap his free hand and execute throw

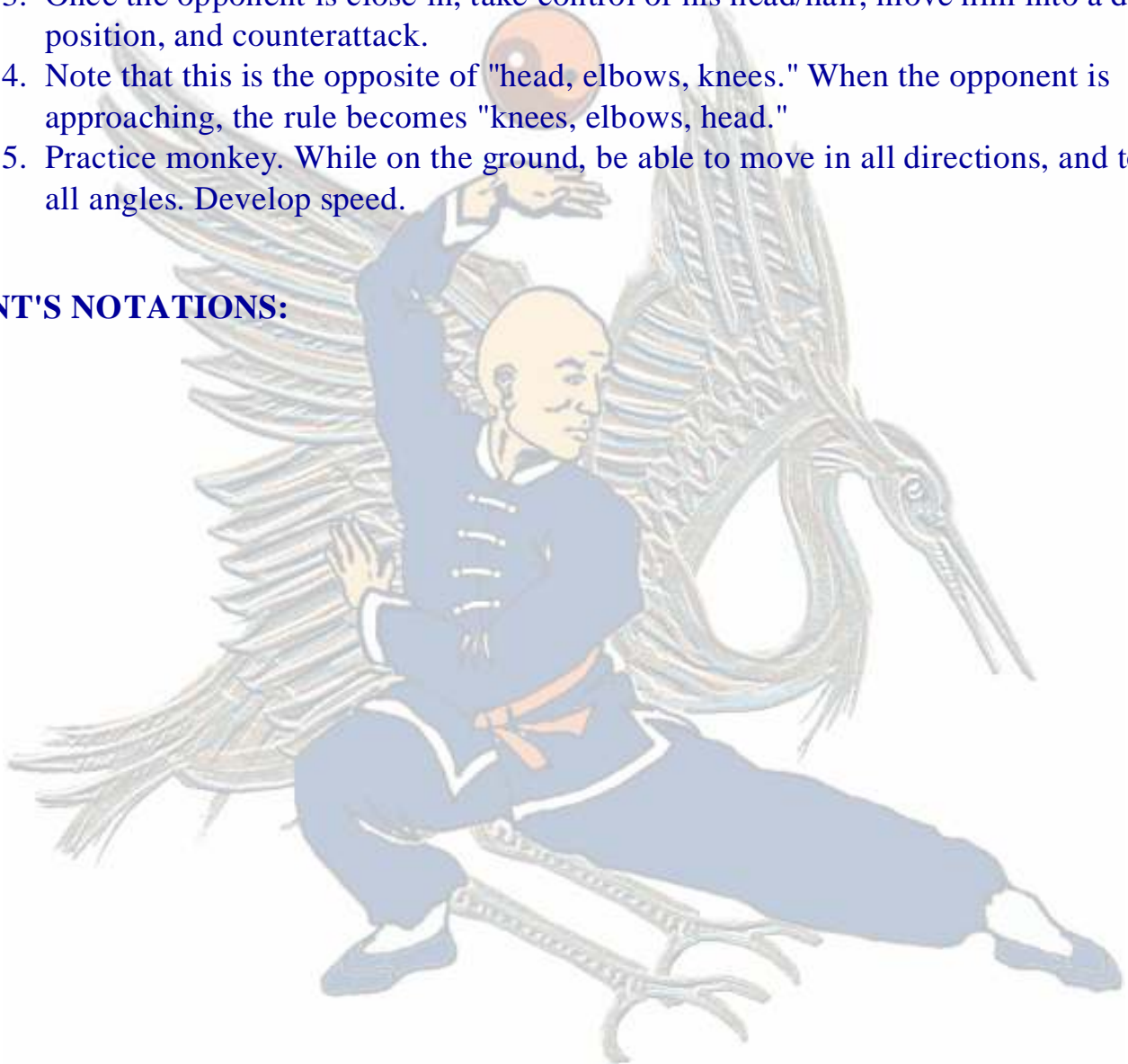
STUDENT'S NOTATIONS:



On Ground With Opponent Approaching

1. As opponent approaches, attack at legs with ground fighting concepts. Wait until contact/control of opponent's legs/knees is certain. Do not reveal your strategy.
2. Once opponent has broken into your defensive zone, and is descending, use body shift to protect vital targets. Attack opponent at elbow area control points.
3. Once the opponent is close in, take control of his head/hair, move him into a defensive position, and counterattack.
4. Note that this is the opposite of "head, elbows, knees." When the opponent is approaching, the rule becomes "knees, elbows, head."
5. Practice monkey. While on the ground, be able to move in all directions, and to protect all angles. Develop speed.

STUDENT'S NOTATIONS:





Appendix "I"

The Isshinryu Connection*

*For more insight into this related style, please refer to Isshinryu Karate, By Steve Armstrong as told to Jay Alevizon, Copyright DLAW Publication 1984, Tacoma, WA.

The Creed of Isshinryu Karate

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 are my weapons,
Karate, my empty hands.

The Code of Isshinryu Karate

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.

STUDENT'S NOTATIONS:



The Kata of Isshinryu

1. SEISAN

Shorinryu---Named after a Chinese Karate-ka, notable for his raw power. Performance time: 60-65 seconds.

2. SEIUCHIN

Goju-ryu---Chojun Miyagi taught this Kata to Tatsuo Shimabuku. Performance time: 55-60 seconds.

3. NAIHANCHI

Kung Fu and Shorinryu---A Kata of lateral movement, designed for someone whose back is against a wall. Performance time: 35-40 seconds.

4. WANSU

Shorinryu---One of Isshinryu Karate's most imitated forms. Performance time: 45-50 seconds.

5. CHINTO

Shorinryu---In the thirteenth century, Chinto, a Chinese sailor was shipwrecked on the Okinawan coast. Naked and penniless in a foreign country, he hid in a cave, foraging for food in a neighboring village at night.

The villagers complained to the Okinawan King, who sent Matsumura, his best Samurai, to capture the thief. When the discovered sailor refused to surrender, the samurai tried

unsuccessfully to take Chinto by force.

Matsumura, impressed by Chinto's martial ability, returned to the king and reported that there would be no more trouble with the thief. Matsumura then returned to Chinto's cave, befriended him, and became his student.

Chinto taught his martial system to Matsumura, including Chinto Kata.

According to legend, Chinto's art merged with native Okinawan Te to form modern day Karate. Performance time: 55-60 seconds.

6. KUSANKU

Shorinryu---This Kata is a mock battle waged against eight imaginary opponents. Kusanku was a great Okinawan martial artist. Performance time: 65-70 seconds.

7. SUNSU

Shimabuku---Shimabuku combined elements from seven Isshinryu Kata to create this new form. Performance time: 65-70 seconds.

8. SANCHIN

Goju-ryu---Because of its emphasis on muscular tension and control of breath, students enjoy discussing their subjective experiences of performing Sanchin. Performance time: 117-122 seconds.

9. KUSANKU-SAI

Shorinryu---Derived from Kusanku, this Kata is performed with two sai. Although in the film made by Sensei Shimabuku in 1966, three sai are used, using two sai is more practical in the dojo. Performance time 75-80 seconds.

10. TOKO MENI NO KUN NO DAI

Shimabuku's favorite Kata. It is a Bo Kata created in the 18th century by Toko Meni. Traditionally, the Bo was wielded on the left side. Shimabuku wielded the Bo on both the left and right side. Performance time 70-75 seconds.

11. SAI CHATAN-YARA NO SAI

Shimabuku told the story of a great fight between two masters, Cambra Yama and

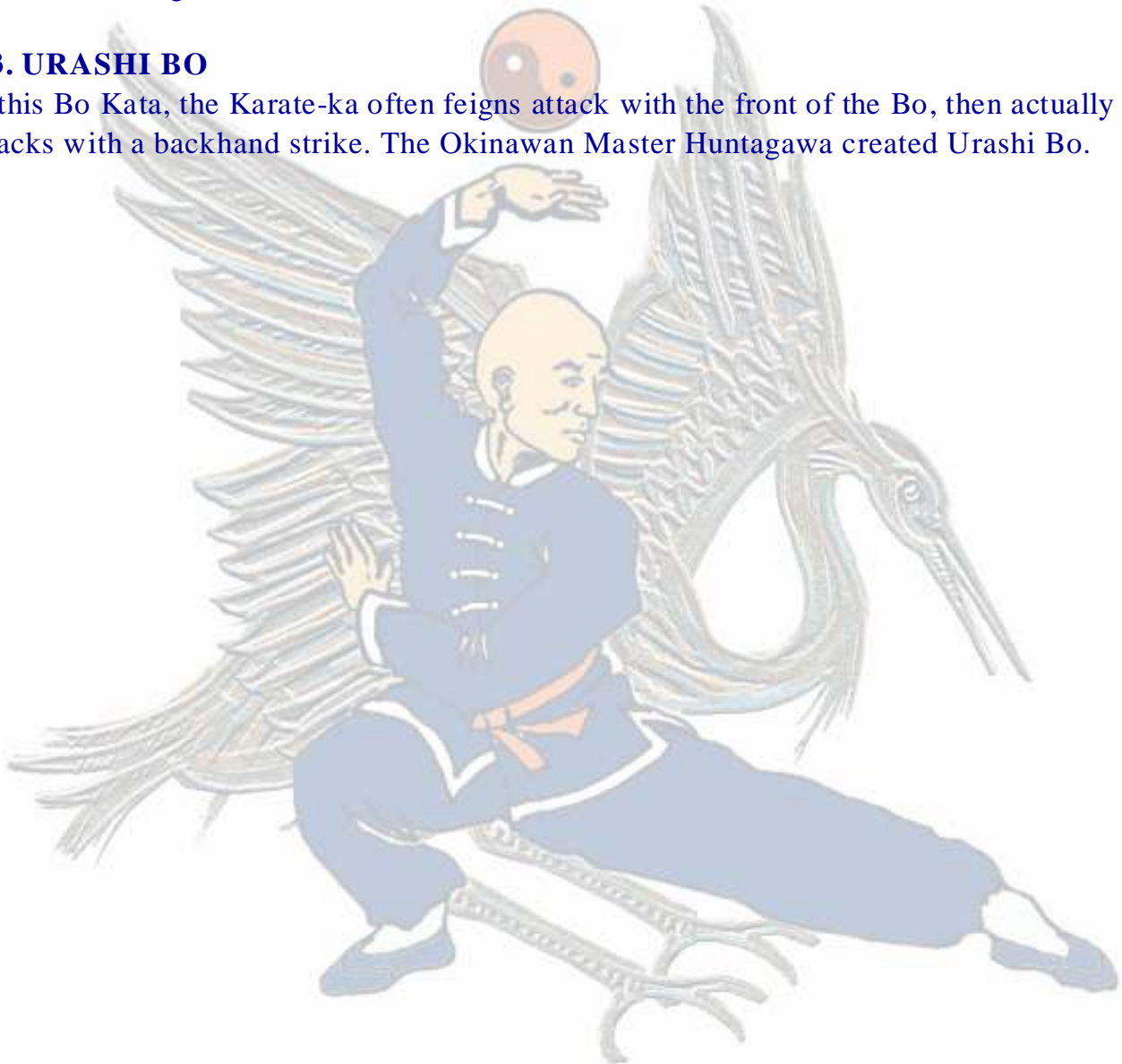
Chatan-Yara. During the fight, Yara, feigning retreat, ran into a fort. Yama took the bait and pursued Yara. Yara ambushed Yama, cutting off his right arm with a sai, thus ending the fight. Performance time: 130-135 seconds.

12. BO SHI SHI NO KUN NO DAI

Created by Shi Shi No Ieketa. Master Shimabuku said that he once fought a fight with the "Thirteenth generation of Shi Shi No Ieketa." Performance time: 110-115 seconds.

13. URASHI BO

In this Bo Kata, the Karate-ka often feigns attack with the front of the Bo, then actually attacks with a backhand strike. The Okinawan Master Huntagawa created Urashi Bo.



Appendix "K" Developing Kicks

Developing Kicking Proficiency

Kicking proficiency comes from practice, combined with attention to the body dynamics of kicking. In addition, one should develop a personal program for developing and maintaining limberness and strength. Of particular importance to the execution of kicks in Gun Fu is inner thigh, and inner leg strength. You will learn the exercises for developing these areas. Practice them aggressively.

Once you have become comfortable with the basic kicking tools, and can execute consistently with proper technique, you should aggressively work to develop the ability to kick in combinations.

The foundation drills are given below. Work these combinations aggressively. Remember that technique and smoothness will guarantee speed, but speed will not guarantee technique and smoothness. Always work to eliminate pause. Analyze what you are doing between kicks, eliminate unnecessary motions, and emphasize continuity of execution. When practicing with others, especially lower belts, note how much time they lose between kicks. Then re-evaluate what you are doing.

Two Kicks With Alternating Legs

#1 Front kick R leg; side kick L leg

#2 Front kick R leg; back kick L leg

#3 Front kick R leg; face kick L leg

All sets should be executed a minimum of 5 repetitions on the right side, followed by 5 repetitions on the left side.

Two Kicks With the Same Leg

#1 Front kick R leg; side kick R leg

#2 Front kick R leg; back kick R leg

#3 Front kick R leg; face kick R leg

Practice as above

Five Kick Combinations

#1 Front kick R leg; side kick L leg; side kick R leg; back kick L leg; front kick R leg

#2 Front kick R leg; face kick L leg; back kick R leg; side kick L leg; face kick R leg

#3 Inside kick R leg (OK to face kick); spinning side kick L leg; face kick L leg; face kick L leg; round kick R leg (OK to do spinning side kick)

Practice as above

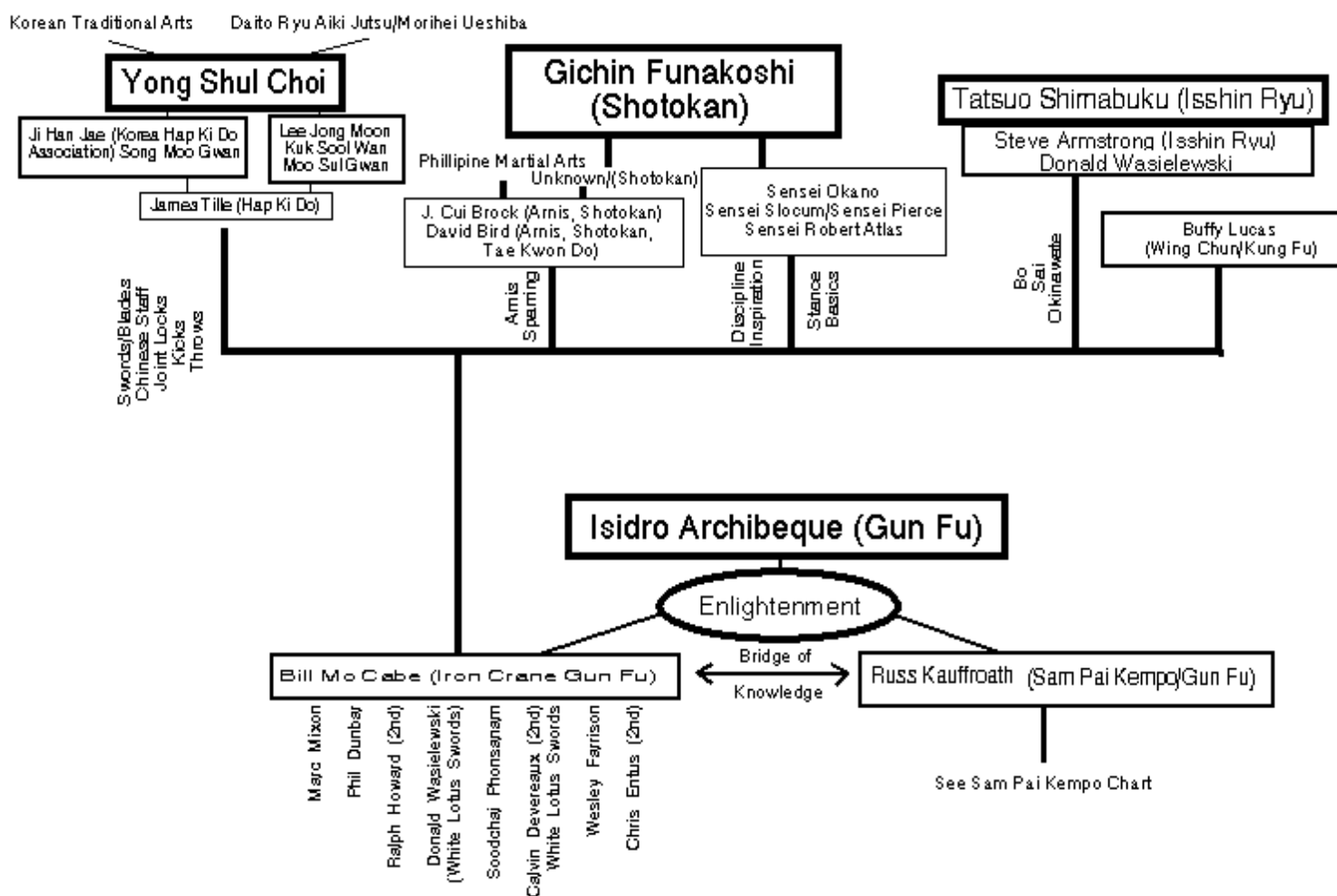
Final Notes

Do not pause at any time. End each kicking sequence in the starting position for the next.



Appendix "L"

LINEAGE OF IRON CRANE GUN FU



Appendix “M” - The Path to Mastery

Gun Fu Promotion Requirements Black Belt II (Nidan)

- All of the Requirements for Shodan
- Execute 10 Empty Hand Kata
- Execute 10 Weapons Kata
- One year teaching an organized class or/
- Attaining Black Belt, by test, in another style

Gun Fu Promotion Requirements Black Belt III (Sandán)

- All of the Requirements for Nidan
- Execute and Demonstrate Mastery of Rope Techniques
- Execute and Demonstrate Mastery of Handkerchief Techniques
- Execute and Demonstrate Mastery of Hat Techniques

- Create, Demonstrate and Explain 1 Empty Hand Kata
- Create, Demonstrate and Explain 1 Weapons Kata
- Be actively engaged as a teacher in an organized class

Gun Fu Promotion Requirements Black Belt IV (Yodan)*

- All of the Requirements for Sandan
- Execute and Demonstrate Mastery of White Lotus Sword System
- Execute and Demonstrate Mastery of Knife Techniques
- Execute and Demonstrate Mastery of Bo Techniques

*A properly certified Gun Fu Black Belt of the Iron Crane School can also attain a level of Yodan by satisfying the following:

1. Take four students from white belt to Black Belt in full compliance with the standards recorded in the manual; and
2. Have no active restrictions to promotion or advancement, of record.

Gun Fu Promotion Requirements Black Belt V (Godan/Master)

- All of the Requirements for Yodan
- 1 Hour Demonstration of Technique to Panel of Masters
- Recitation of Personal Philosophy, Standards, and Ethic
- Present a Record Video for Review by the Board and for Retention in the Gun Fu Archives

Gun Fu Promotion Requirements Black Belt VI (Rokudan/Esteemed Master)

- All of the Requirements for Godan
- Review of Lifetime Contribution to the Martial Arts By a Panel of Masters

Gun Fu Promotion Requirements Black Belt VII (Shichidan/August Master)

- All of the Requirements for Rokudan

- Review of Lifetime Contribution to the Martial Arts By a Panel of Masters

Gun Fu Promotion Requirements Black Belt VIII (Hachidan/Head of System)

- All of the Requirements for Shichidan
- Review of Lifetime Contribution to the Martial Arts by a Panel of Masters
- If Appropriate...Designation by Current Head of System

Gun Fu Promotion Requirements Black Belt IX (Kudan/Head of System II)

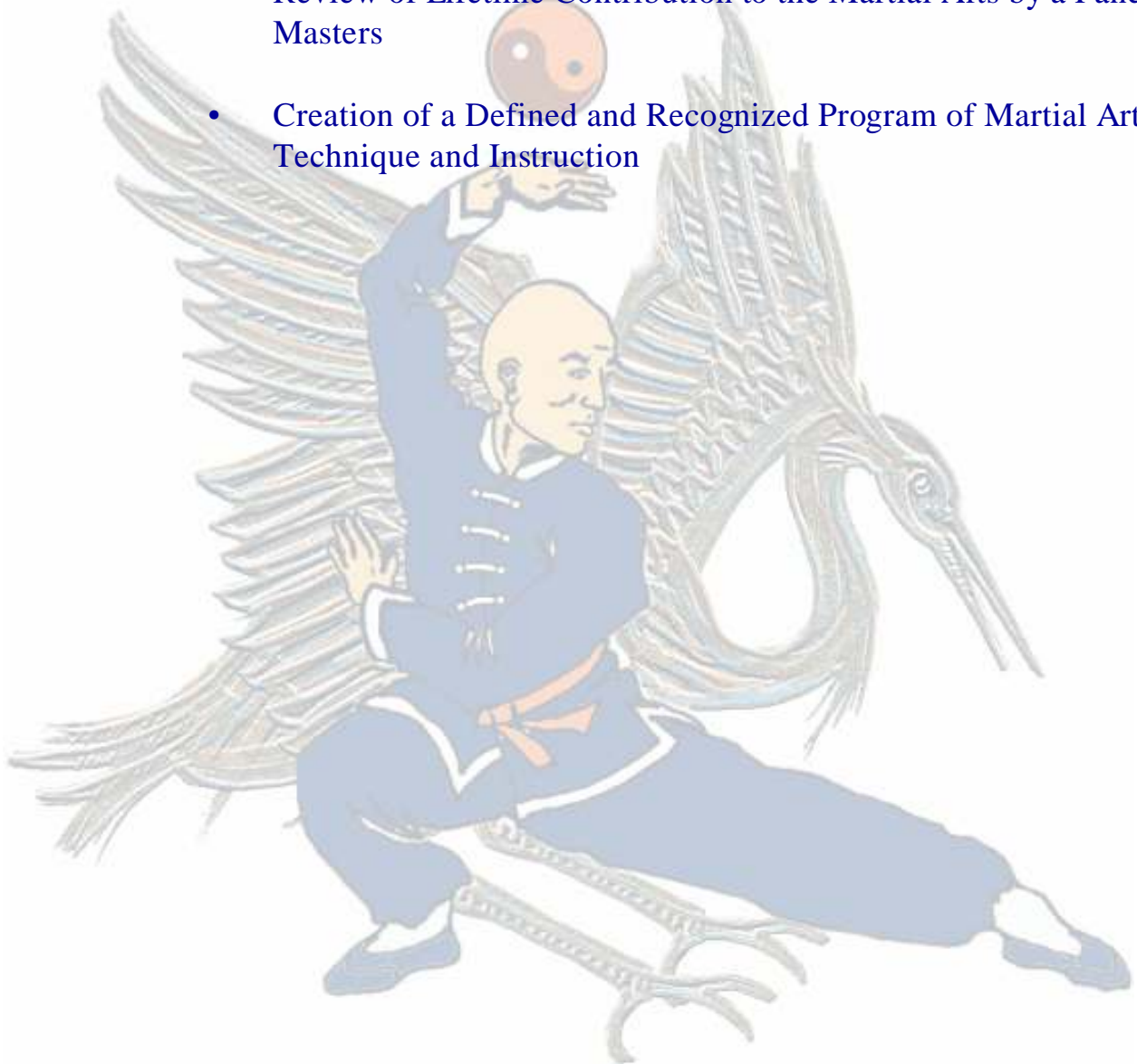
- All of the Requirements for Hachidan
- Review of Lifetime Contribution to the Martial Arts by a Panel of Masters
- If Appropriate...Designation by Current Head of System

Gun Fu Promotion Requirements

Black Belt X

(Judan/Founder of System)

- Review of Lifetime Contribution to the Martial Arts by a Panel of Masters
- Creation of a Defined and Recognized Program of Martial Arts Technique and Instruction





Appendix "O" - Other Styles

STYLES

Perhaps nowhere is the great diversity of human thought more evident at first sight than in the world of the martial arts. The complex tapestry of humankind is intricately mirrored in the martial arts.

In trying to comprehend this, we start by attempting to understand what is meant by "style."

When martial artists are introduced, one of the first questions asked is, "What is your style?" In a way, it's like asking someone what their religion is, or whether they are conservative or liberal in political persuasion. We tend to want to put people into "boxes" when we think of them, and once we identify a box for them, we are quick to lock them into it. Unfortunately, putting people into boxes, or hanging labels on them really gets us no closer to truth and understanding than having no knowledge whatsoever. In the martial arts, the generic descriptive for these boxes is "styles." So, a martial artist might answer the question by saying "My style is Tae Kwon Do, and I am a fourth degree Black Belt. My instructor is Mr. Lee." If the listener is experienced in the martial arts, he knows that Tae Kwon Do originated in Korea as an amalgam of several traditional Korean foot fighting styles, melded with techniques and concepts garnished from Korea's neighbors in Asia, to include China, and Japan. Tae Kwon Do practitioners are characteristically superior kickers, and are trained to project indomitable spirit, but are not nearly as sophisticated in the application and use of hand techniques as they are with foot techniques. Tae Kwon Do practitioners often have extraordinary jumping ability, exceptional endurance, and an abundance of confidence in their hard earned skills. Of all the martial arts styles, Tae Kwon Do is perhaps the most successful in terms of having established schools and teachers in virtually every major city in the world. Their growth has been phenomenal, and possibly reflects the formal support of the home country government.

Virtually every style has its "story." Funakoshi, founding father of Shotokan, was an expert of Okinawan styles when, through chance circumstance, he was invited to demonstrate his skills on the main island of Japan. The diminutive Funakoshi possessed extraordinary skills and won acclaim, respect, and acceptance throughout Japan. His great skills came to the attention of the Emperor himself, at whose request, Funakoshi remained in Japan, where he formalized, cultivated, and propagated his art of Shotokan. Today, many proponents view Shotokan as a Japanese art,

rather than an Okinawan art. Interestingly, Funakoshi, who assembled Shotokan from various Okinawan styles, was careful to acknowledge the historical Okinawan link to China during the evolution of the Okinawan empty hand fighting arts. It was Funakoshi who popularized the term "Karate," or "way of the empty hand" for his newly developed style.

Similar stories can be told of hundreds of arts evolving in virtually every corner of the world. In the Philippines, there are as many formal styles of stick fighting, or "Arnis," as there are islands in the archipelago. The United States must be reckoned as the modern day standard bearer for the martial art commonly referred to as boxing; and Greek Pankration, or classical wrestling, continues to draw followers in Europe and in the United States. There is Thai boxing, as prolific in Thailand as baseball is in America. Thai boxers are trained from youth to master the art of the ring sport which allows hand and foot attacks to virtually every part of the body. They fight in a "boxing ring" and wear boxing gloves, but that's where the similarity ends. Their reputation for spirit and courage is unequalled, and their skills as fighters are seldom matched. Not infrequently, the main claim to fame of touring martial artists from other styles is that they ventured into Thailand and defeated a Thai boxer in his own arena. Of course, very few can legitimately make that claim.

Not to be overlooked are the several other styles of Korean arts, namely Tang Soo Do and Hap Ki Do. Tang Soo Do is a major style like Tae Kwon Do, without quite the same degree of world coverage. Hap Ki Do, means "the way of coordinated power." It is an ingenious art by any standard, focusing on pressure points, precision strikes and kicks, joint manipulation, and complex theories of movement. This is in addition to the core hand and foot techniques integral to the other Korean styles.

Though we touched upon the Okinawan arts briefly when we focused on Funakoshi, it would be unfair not to say more about this island incubator where so many of the martial arts that exist today took their modern form. Historically, Okinawa has been within the Japanese sphere of influence. Nonetheless, it has always been a stepping stone to the Chinese mainland, and its cultural heritage manifests close affinity with both Japan and China. Let there be no question that the residents of Okinawa have a special pride and identity rooted in the unique heritage of their tiny island. However, through most of its history, Okinawa was a colony or possession of Japan, and consequently, is now closely aligned with Japan in language, culture, and attitude.

Historically, the residents were farmers, fishermen, and merchants. These simple people systematically assimilated the fighting arts of China, Japan, and perhaps even Korea, and through centuries of application, and refinement, produced a system of "styles" unique to their island culture.

When Funakoshi adopted the word Karate, or empty hand, for his art, he surely had the Okinawan heritage in mind. These farmers, merchants, and fisherman, while burdened with perpetual occupation by their Japanese cousins, were often deprived of civil rights and liberties taken for granted in our own society. To maintain control of the islanders, Japan carefully controlled the

dissemination of weapons and instruments of combat. The Okinawans, ever diligent, ever resourceful, perfected the transmission of power through the human body and into intended targets. Their weaponless power is legendary, and there are many accounts of Japanese armor being penetrated by the hands or feet of peasant fighters during skirmishes.

Most incredible is the ingenuity of these humble people who, barred from using the legitimate weapons of combat for maintaining their sovereignty, eventually looked to the ordinary tools and implements of their humble lives to create new styles of fighting, and new approaches to armed combat unique to their circumstances. Their fisherman's oar became the match of the samurai's sword. The nunchaku, everpresent in today's martial arts movies, was adopted from an implement used to beat the grains of rice from their shells. The sai, which can loosely be described as a trident, capable of being held one in each hand, was adopted from farm tools used to plow the earth. The Japanese were to learn much from these islanders, and today, much of what is identified as Japanese Karate, has its roots in the minds of the Okinawan peasants.

When digging further into the origins of styles, one ultimately ends up in China. One way or another, China is the great shaper of all Asian martial arts. There are many legends about the origin of modern martial arts in China. One such legend is the account of Bhodiharma crossing the Himalayas, bringing the teachings of Buddha into China. When teaching disciples, he found they had difficulty concentrating, and to solve the problem, he initiated them into physical exercises which would later evolve into Kung Fu or Wu Shu. It was his spiritual descendants who became famous in legend as the Shao Lin monks.

Realistically, one does not find the origin of Chinese martial arts in as recent a historical event as Bhodiharma's crossing the Himalayas. China's history is filled with epic conflicts leaving virtually no parts of the country unscathed. Recognizing the demands for human carnage that such a historical spectacle required, it only makes sense to conclude that throughout Chinese history, there was ample opportunity for all to become exposed to the fighting arts. With refinement, continuous utilization, and systemization, primitive theories of conflict became formal styles of martial arts.

Today, there are countless variations of Chinese martial arts. Historically, practitioners from each town or village began to develop similarities in movement which eventually became styles. Even different regions of the country began to manifest broad differences in martial approaches. Transmission from teacher to student followed any number of avenues. Some arts were taught in the temple. Some were passed on in the market place. Others were passed from father to son, or from father to daughter. There are legends supporting the existence of all these approaches.

Whatever the country, whatever the history, and whatever the style...in time, the masters discovered properties of human potential that were hitherto unknown. They perfected their arts, then hid their secrets. With hundreds of years of practice and contemplation, some of these arts began to take on outer worldly characteristics. The secrets of movement, and energy, once understood, gave new insights into the life process. Legends began to spread of mystics, holy

men, and sorcerers. Truth to be known, the arts do lead to a final destination. Those who have made it are not quick to share their insights with the undeserving. Accordingly, even today, the greatest masters (and there are still some around) remain hidden by curtains of commonality. From the deep Orient, to the streets of New York...you can find them sweeping parks, turning the soil, or working as laborers on a road crew. They are one with their art, and they are their art. There is no motivation to propagate their art to the public, nor incentive that the public could offer to make that happen.

These are the guardians of the heritage. They protect it from the unknowing, and undeserving.

FUNAKOSHI

Funakoshi holds a unique position in the martial arts. He is the modern master, who single handedly brought martial arts into the modern age, and ultimately out of the Orient. He is unique among masters in that he was highly skilled as a martial artist (he was the personal student and protégé of two of Okinawa's finest masters, Itosu and Azato), and was a recognized scholar.

Compare "The Code of Isshinryu Karate" (Appendix I, page 1...I have included it below for your convenience) to Funakoshi's own "Eight Important Phrases of Karate.":

The Code of Isshinryu Karate

- 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.

Eight Important Phrases of Karate

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.

Other quotations from Funakoshi:

"True Karate-do 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."

"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."

"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."

"There is no first strike in Karate."

"Know the enemy and know yourself; in a hundred battles you will never be in peril."

When you are ignorant of the enemy but know yourself, your chances of winning or losing are equal;

If ignorant both of your enemy and of yourself, you are certain in every battle to be in peril."

"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."

"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."

"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."

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 Funakoshi)

Appendix P Our Philosophy

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 insights be recorded into a journal. 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.

Bill Mc Cabe

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

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

Karate means to vaporize ignorance.
-- Iron Crane Archives

Attack hip to hip; defend hip away from hip.

-- 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 win.

-- Iron Crane Archives

Don't counter by hitting indiscriminately with a bat. Tap his 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.

-- 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

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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

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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

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.

-- 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.

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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 \$25.00 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.

-- 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

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!
Control = Occupy the target's sight, sound, taste, touch and smell.
-- 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 5 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

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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."
-- Iron Crane Archives

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

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

"...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

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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 that 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

It is appallingly obvious that our technology exceeds our humanity.

-- Albert Einstein

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

-- Thomas Alva Edison

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)

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

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

-- 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

He is medium, because he is neither rare nor well done.

-- Iron Crane Archives

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
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

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

Basics are the principles of maximum efficiency.

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-- 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

Actions are how I translate into reality.

-- 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.

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-- 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

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

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

Power and speed

Timing and elimination of pause

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

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

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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.
-- Isidro 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

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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.

-- 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 grasped 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. Eliminating 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

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 9x 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, 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 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.

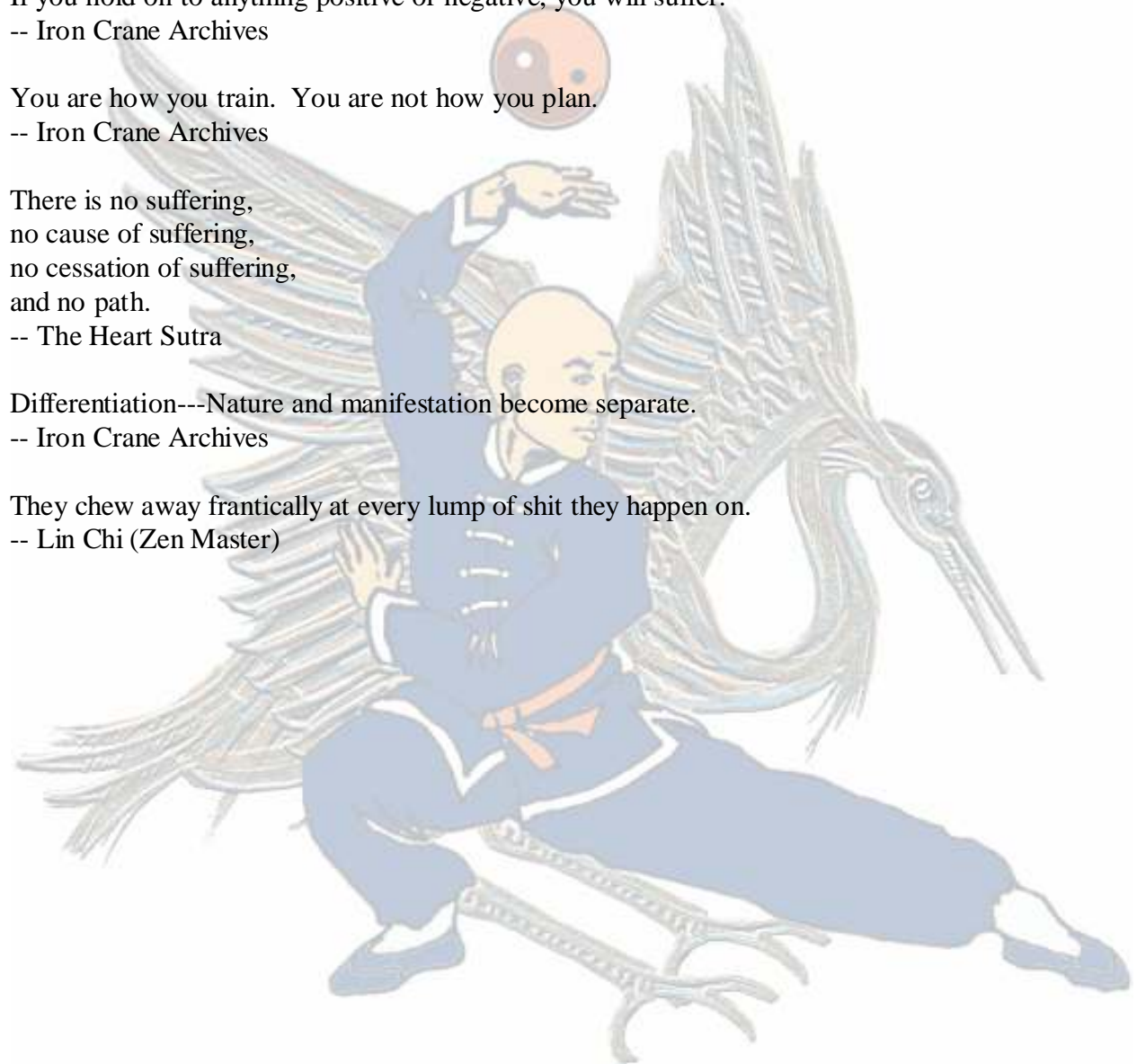
-- The Heart Sutra

Differentiation---Nature and manifestation become separate.

-- Iron Crane Archives

They chew away frantically at every lump of shit they happen on.

-- Lin Chi (Zen Master)



Appendix "R"

Restricted Techniques

(Practiced at Brown Belt level or higher)

Golden Monkey Techniques

- #1 Eagle lands at collar
- #2 R hand drop
- #3 The Boa
- #4 R collar pull
- #5 L collar pull
- #6 The Swan
- #7 The Pretzel
- #8 Double knuckle up
- #9 Couplet of power
- #10 Blood Choke



Appendix "S"

Standards

You will progress faster one class per week for four years than you will at four classes per week for one year.

1. Be there.
2. Be on time, be there until class is concluded.
3. Sign in at onset.
4. Pay when due.
5. Minimum 24 hours notice to instructor when not coming.
6. Higher rank has absolute authority.
7. All rank is permanent.
8. Authority of rank can promote to two levels below.
9. Black Belt and higher can promote to own level, in accord with Appendix "M".
10. No contact until Brown Belt or higher. Touch contact at Brown Belt. Black Belt and above, as agreed.

Protocol

11. **Bow** when entering or departing dojo.
12. **Bow** when Sensei enters class.
13. **Address** all black belts as "Sensei".
14. **Show up** on time dressed and in position.
15. **Be clean, wear clean uniforms**, no odors, practice good personal

hygiene.

16. No jewelry in class.
17. **Pay** on the first class of the month, mark paid in the sign-in book.
18. **Call 24** hours in advance if you must miss a class.
19. Be awake and balanced at all times, do not lean against walls.
20. Do not yawn.
21. **Record** techniques and observations in your personal notebook.
22. No racial, religious, sexual or physical traits are to joked about or commented on within the confines of the dojo.
23. When told to execute a move/kata avoid thinking & questioning, just execute.

Safety

24. Student has the right to abstain from any exercise to protect him/herself.

Aids Awareness

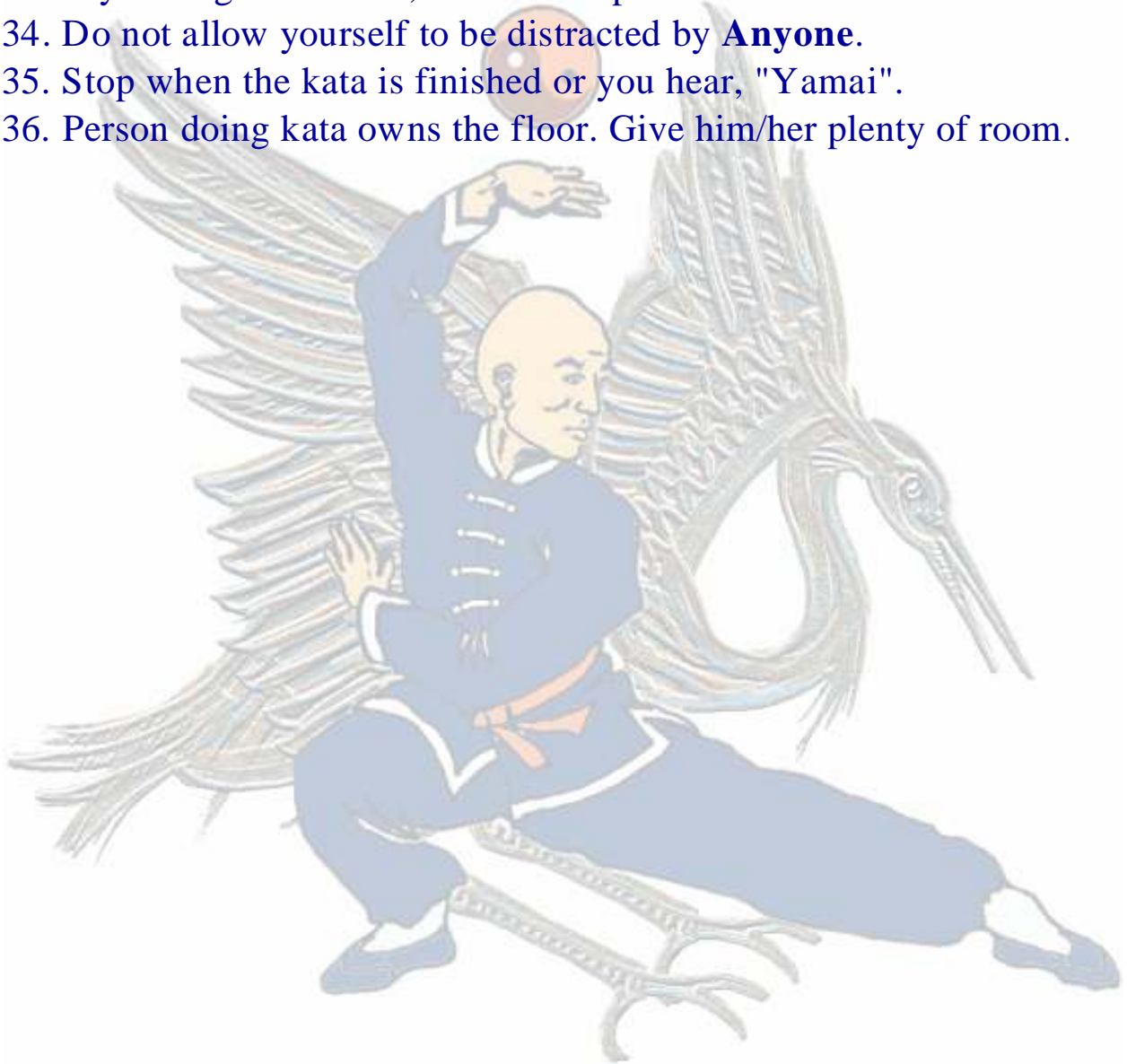
25. Bandage all wounds, scrapes, cuts.
26. Do not use someone else's sparring gear.

Sparring & Exercises

27. You have the right to claim self-defense distance before exercise.
28. Lower belts (purple and below) strike no closer than 6" from opponent's face.
29. Do not strike pressure points on opposite sides of opponent's body.
30. When you hear "Yamai" or your opponent taps out, release your hold immediately and carefully.

Kata

31. Do not begin a kata until you are ready.
32. Once you start a kata you must finish it.
33. If you forget the kata , make one up and finish it.
34. Do not allow yourself to be distracted by **Anyone**.
35. Stop when the kata is finished or you hear, "Yamai".
36. Person doing kata owns the floor. Give him/her plenty of room.





Appendix “T” - Tests of Rank

Two sets of testing criteria exist. Gun Fu is a rigorous martial art. It requires great strength, endurance, and discipline. Like it or not, those qualities exist most frequently in adults, and not as frequently, in persons under 18 years old. To attain Black Belt, an adult must actually execute self defense techniques in full attack situations. A child or young adult, no matter how talented, would be physically challenged to perform effectively under those circumstances. There are two sets of testing criteria, one for the adults, the other for students under 18 years old. The objective is fairness, and creating a path where all students can progress in accordance with their capabilities. The ranks for those under 18 are referred to as Junior Ranks. Most juniors reach maturity and transfer to the adult program before they are ready to test for Purple, Brown, or Black Belt. They arrive in the adult program well grounded in basics, and ready to go to the next level.

It is a unique feature of the Gun Fu system that any student can challenge any test for rank at any time. So...even if a student is under the age of 18, he or she has the option of challenging the test for adult rank. It is not encouraged, and is rarely attempted.

Because the testing requirements are so extensively detailed, our practice is to refer students to the website where they can download the specific requirements for their next belt level. You are welcome to visit the site directly, using the links provided below.

[Adults](#)

[Juniors](#)

Appendix "V"

The Vital Points

VITAL STRIKING POINTS---SAMPLE APPLICATIONS AND THEORIES

There are two concerns whenever Striking Points are taught. First is whether the student will apply them irresponsibly, causing injury to another person. Second is whether the student, not knowing the sensitivity of the human body, out of ignorance, causes injury or discomfort to another person. It is to resolve both concerns that we share these descriptions of martial arts Striking Points. These are derived from many sources, some of uncertain reliability. Again, these are presented for informational purposes only. These general principles and descriptions will sensitize you to what you should not be doing when working out. Any contact to the body of a partner poses risks, and sometimes the problem does not manifest until months or years have gone by. For the most part, these descriptions will have meaning only to someone who has been properly taught by a Black Belt instructor. To the extent the meaning is clear to your understanding, take the knowledge and use it to protect yourself, and those with whom you practice. Unless you are under the direct guidance and supervision of a qualified instructor, you should not use or experiment with any Vital Striking Point applications.

Access is limited to active students of the Iron Crane Dojo. [Click here to enter.](#)

Appendix "W"

Warm Up Exercises

Gun Fu Warm Up Exercises

- Head front to back
- Head turn side to side
- Head tilting side to side
- Head rotations
- Arms in crab position at chest level (side to side)
- Side to side tiger
- Arm swinging crouches
- Frankenstein Arm swing twist (spread legs)
- Sunrise
- Sunset
- Front back 45 degree angle
- Hip side to side
- Elvis/hip rotation
- Knuckles to the ground eye to the sky
- Elvis / hip rotation
- Scoops
- T-touches while spreading the legs
- Weeping willows
- Knee crouches/knee bends
- Knee circles
- Side knee stretch shallow
- Side knee stretch deep

Conclude warmups with one set of Chinese pushups, and one set of dual tension sit ups.