



MATRIXING: THE PRIMER



AL CASE
(The Master Founder)

Matrixing: The Primer

QUALITY PRESS

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These boxes contain wins written by people like you.

Matrixing: The Primer

introduction

Matrixing is the analysis and handling of force and flow (direction). Matrixing is a specific set of principles which, when applied to a Martial Art, reveal data that is missing, highlights data that is false, improperly placed, or which otherwise compromises and corrupts an Art. An Art that has been Matrixed becomes pure and logical, and able to be absorbed up to 10 Xs faster! Consider the following analogy:

If I gave you 4, 6, 2, 9, 3, 1, 7, and Z, and a shaved cat...you would never find ten. If I gave you 1, 2, 3, 4, 5, 6, 7, 8, and 9...you would most certainly find ten...and *nobody* could stop you from finding ten.

If you learn Matrixing you won't make mistakes, hesitate, or commit some bonehead blunder that could get you killed!

Now, that is the exact definition of Matrixing. but doubtless you wonder where it came from, how it was developed, and so on. That's what this book is about.

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CHAPTER ONE ABOUT MATRIXING



I'm going to ask you a rather silly question: when people take books from shelves in libraries or stores, who fills in the spaces? Well, obviously, they have a few workers who go around and replace the books. Of course, over time, you'll notice that authors slide from one shelf to another, and that means that somebody had to not just replace a few books, but adjust the whole section. Too many blank spaces. Somebody had to deal with it. No big deal, you just have to look a little extra, right?

In computer terminology what has happened is called 'fragmentation.' Your information is being stored in pieces (fragments), and the pieces are placed here and there, and as you delete stuff, move files around, and save work, you end up with 'blank spaces.' The result is a computer that hesitates, starts up slowly, and so on. Then you have to run a program, or even take your computer in and have somebody 'defragment' it, which is to refile everything in some sort of order which doesn't have all those 'blank spaces.' Not a real big deal. Not in this age of technology.

And that brings us to the Martial Arts. You learn a system, and it is a 'put together' of other systems. A technique from here, a technique from there, but while there are similarities, they...don't...quite...fit...together.

You provided me
the insight and
raised my level of
awareness.... CRC
(founder Chung Mu
Kwan)

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Maybe you're a power junkie when it comes to forms. You like the Iron Horse from Karate, and you like Sanchin, but they...don't...quite...fit...together. Or maybe you know Wing Chun and Jeet Kune Do, but, while one, in a certain sense, 'grew' from another, Bruce obviously had way too much material when he developed his Art, and they don't...quite...fit...together. And this lack of fit is constant all through the martial arts. You've got Japanese arts being put together with Korean arts, and Buddhist with Islamic, and tournament with classic, hard with soft, and...and...and...

The results are several. One, it starts taking longer to learn, because logic is breaking down. Two, students make more mistakes, have more hesitations, and it causes them to doubt the data they are inputting, and, years later, they can even fail as teachers because of this doubt. Three, the arts become difficult to learn, mysterious, and no matter how much you practice, the mysteriousness is always there. But, regardless of all this, you're having fun, and you're getting faster, and so what if it takes a while. Until the day you go to defend your girlfriend and you hesitate, or select the wrong technique, and...LOSE!

What happened? You studied so hard! You know so much! What happened is what happened to a library... blank spaces on the shelves. Places where your information got shuffled and filed wrong, or just didn't make sense, or there was a gap from missing information, and so on.



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Look, your noggin houses a computer, and you haven't 'defragmented' your computer lately. I say this with certainty because there are no programs in the martial arts to shuffle and refile your martial knowledge in the correct order. Heck, people don't even know that there is a correct order!

Matrixing is the analysis and handling of force and direction (flow). Matrixing puts order and logic into your art(s). Matrixing orders everything so that you can see what fits, and what doesn't, and then you can reorder your arts in such a way that there are no blank spaces. Heck, you can even isolate things that you didn't know you didn't know.

And your hesitations will begin to reduce. Drastically. And you will start to select the right techniques. Your confidence shoots up. Your learning curve shoots up.

And here's something rather incredible, when you matrix, you start to see the blank spaces in other peoples arts! And here's something even more incredible. When you matrix the martial arts, OTHER PROGRAMS IN YOUR MIND START TO MATRIX!

Quite simply, your life becomes more logical and scientific, and this enhances your ability to be an artist. Odd, but true, but that is Matrixing.

These are the things the Best martial artists in the world JUST SIMPLY KNOW. The only problem is they don't know how to teach them.

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CHAPTER TWO YOUR ART HAS BEEN CORRUPTED!

How has it been corrupted?

Consider these reasons:

missing data

incorrect data

slanted data

hidden data

too much data

And there are a lot more reasons. But let's just take these five and explore them a bit.

Data is missing. Somebody didn't tell you something. You weren't the favorite student of 'The Master.' You received your art from somebody who didn't have all the data.

Heck, you wouldn't even know that you didn't have all the data. But Matrixing will enable you to spot the gaps in your knowledge and fill them logically and intuitively.

Incorrect Data. Have you ever gone through your art and found something that just didn't make sense? That was so stupid you could get yourself killed if you tried it?

When I was teaching my son the martial arts he came home one day laughing. He said that some kid had told him the perfect defense for a punch was to bend down and hit the attacker in the foot.

We both laughed. And I thought that this was something only a child would do.

Then, years later, I saw a well known UFC fighter, tell a fighter almost exactly the same thing.

Incorrect Data. Data so stupid it could get you killed. Yet, it sneaks in, and gets practiced, and you never know it.

My perception and awareness of my own body has gone up tremendously.--WG (10 yrs exp)

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Slanted data. Man, this is a killer, and it effects everybody, and people even know it, and they don't care!

Your art can be interpreted by people who have interests other than the martial arts. It can be slanted for religious reasons, (chanting instead of concentrating on function), military reasons (rigid methods of training that do not promote actual knowledge), health reasons (Tai Chi, acupuncture, massage, etc.), tournament reasons (altering techniques for a 'point.'), commercial reasons (teaching to entertain), ego driven reasons (bow to the Master), and there are other examples of this permeating the martial arts.

Heck, some people practice specific arts because they are slanted, and they never consider what has been done to the function and workability of the art. They are just too in love with the 'mysticism of the culture.'

Hidden data. The actual function of a form is never revealed. This is an interesting one because everybody has an interpretation of a form, and the result is that people end up studying two arts, the Art of the Form, and the Art of Fighting (freestyle).

Man, Matrixing cures this one, but quick! Yes, there are reasons for doing certain things that have nothing to do with fighting and function, but these are few and far between, and Matrixing points them out so that you can concentrate on making your Art work!

Too much data, This is another one of my favorites. I can't tell you how many systems have been mixed together. Some fellow studies several styles, doesn't want to lose any of the fabulous knowledge he has acquired, and so mixes the systems together.

And you can't fault the guy!

But, the result is like trying to learn to Speak French, Chinese, and Farsi in the same classroom at the same time.

Man, no wonder it takes people so long to learn the martial arts.

But I tell you this, when you look at Matrix Karate, and see how simple the art actually is, and how you can actually absorb the material, in a usable and workable manner, in a matter of days, it will change the way you look at the martial arts forever.

Don't believe me? Money back guarantee, brother. That's all I've got to say to anybody who doubts. Just try it,

I realized I was
in contact with
something which
would definitely
alter the world of
martial arts

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and if what I have said isn't 100% absolutely, totally true, get your darned money back!

Okay, you've got the skinny on what Matrixing is now. You can hop on back to the website, select any course that you prefer, and learn more.

But, if you want an actual example of how Matrixing will effect you, you can read the following section.

I find your instruction clear and universal.
The logic of Matrixing is true.

CHAPTER THREE

HOW MATRIXING WILL EFFECT YOU!

It took me thirty years to figure Matrixing out.

Now, you've been reading this stuff, and it makes sense, and you're thinking about your own art right now, and how you can make it logical and more functional, just based on the things you've learned on one simple page.

But what you are reading only tells you about Matrixing. It doesn't teach you Matrixing.

There is a huge difference between knowing about, and knowing. So imagine what you could do with a hundred pages or so of pure Matrixing, and maybe a DVD or two showing you exactly how to make it work? Imagine having all the data that I discovered over the years, in the correct order, with whole arts as examples so you can really make it work.

Look, knowing about Matrixing is great, but it will still take you a l-o-o-o-ng time to make sense out of everything.

Honestly, the only way to get to the end of the Martial road is to get my courses and actually do them. These courses are totally different than any other courses you have ever tried. They have the actual and correct data on them.

Get Matrix Karate, this provides you with a perfect template for Matrixing, and then you can simply 'plug your art in.'

Yeah, it is that simple.

Whether you have four months of experience, or forty years, plugging it into the Matrix concept will instantly align your data, get rid of the BS, and make everything make sense.

You want some real numbers on this? This is what is going to happen once you start to Matrix.

As I reread all my books on Aikido I found myself using the Matrix theories and understanding it all.--SD (26 yrs exp/triple black belt)

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A REAL EXAMPLE OF MATRIXING

Let's say you go to class and learn three things.

Eight classes (two a week) a month, and you know 24 things a month. Call it 25.

At the end of a year you know 300 things.

At the end of 20 years you know 6000 things.

Now, you order the Matrix Karate course from me. Twenty lousy bucks. As you go through the material, do the forms, start plugging your own art into the forms, You suddenly understand that of the nearly 6,000 things you learned in 20 years...

1000 things were mixed in from other arts

1000 things you learned were false and unusable

1000 things you learned were slanted to a specific culture or religion.

1000 things you learned you didn't really learn because there was hidden data that you weren't taught

1000 things you learned were just extra data from other arts

And, of the remaining 1000 things you learned, the data is out of order, taught incorrectly, or just...doesn't...work!

And here is the terrible thing...there is no way you could know all this without Matrixing.

But, knowing Matrixing, here is what is going to happen.

You will start practicing your forms, and you will start isolating individual techniques and re-thinking them. You might alter them, you might discard them.

You will probably think about a new order for doing your techniques.

My brain is just buzzing away ready to go into overload. I have been taught so much and learned so little.

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As you go over more and more forms, you will start re-thinking your forms. Some you will toss. Some you will alter. Some you will combine.

And, you will get hungry for more.

Heck, maybe you have that interest in Shaolin, and you want to see if Matrixing can make Shaolin into something as sweet and simple and easy to absorb as Karate.

And, here's the really juicy thing: there are over twelve courses!

None of that two or three forms with a handful of techniques, all done from eight angles at various speeds.

Outside of a short list of basics, and front and side views of forms, you aren't going to see the same material twice.

Over 30 DVDs and a dozen CDs, and almost no repetition.

Think about it.

That is one heck of a lot of data!

And it is all aligned, and all ready to go, and it doesn't wreck your current art, but only makes it stronger, easier to do, more perfect!

Matrixing is not designed to harm any art; it is only designed to fix and correct arts and make them totally workable.

And, as you go over the techniques, and forms, and courses, you are suddenly going to realize something: You're happy.

Yeah. That simple.

You're happy.

You're happy that the Art finally makes total and utter sense.

That you're actually learning as fast as you are able. Nobody to stop you or slow you down. Nobody to get in your way.

You're finally getting somewhere.

One last thing; one final statistic.

You've read, or will read, the testimonials.

They are true. They are actual people like you. Many of

As I reread all my books on Aikido I found myself using the Matrix theories and understanding it all.--SD (26 yrs exp/triple black belt)

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them doubted, and doubted greatly, but they took a chance.

Not much of a chance when everything is money back guarantee.

But, still, they set their legs and took a leap.

But here's something beyond even testimonials. Here's a piece of data that is sheerly astounding.

60% of the people who order my courses order more.

Do you realize what an astounding figure that is?

Nobody, and I mean NOBODY, has statistics like that.

If you know anything about mail order and internet and this kind of business, you'll know that nobody but nobody has that kind of 'second sell' figure.

But I do.

And there has got to be a reason for it.

The reason is that what I am selling is the straight goods.

When you take a Matrix approach to these arts it puts it all in a different light...a nice bright understandable light. You can't use what you don't understand!

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Here are some of the Matrixing courses, and you will find more on the website.

I always recommend starting with Matrix Karate because it has the template for all other arts. But, that said, you should really order what interests you.

You like Shaolin? Go for the Butterfly.

You like Pa Kua? Got three styles on that course.

If you want to start at the beginning, click on Matrix Karate.

[MATRIX KARATE](#)

The course that started it all! This course gives you a whole art and introduces you to the basic principles of Matrixing. This is the basic template for you to use if you wish to straighten out any other art.

[MATRIX KUNG FU](#)

This is the heart of my work, this is the forty techniques that make up all other techniques. These are the jointlocks, and takedowns, and how to enter into them, that make up virtually every other art in the world. In Matrix Kung Fu, however, the data is ordered, and there are no missing pieces. This is a piece of a larger art called Blinding Steel.

[MATRIX AIKIDO](#)

An astounding seminar in which I take four guys and teach them how to do Aikido in 80 minutes. This is teaching by concept, and it really works. After you watch this seminar you will be able to add Aikido to any art, and to any technique within that art. Includes complete art and the instructions on how to teach your own Matrix Aikido seminar. Invaluable data for a school owner who wishes to pump up his curriculum or bring in newbies.

[MASTER INSTRUCTOR COURSE](#)

The exact data that is needed to teach. In fact, if you don't know this data, you aren't really a teacher. This course has the secrets of how to have Perfect Form and how to make

Al Case has developed a system that actually analyses all possible motions of the body from every angle in any combat situation without any superfluous extras. I've also discovered through the course many concepts which I had never considered before...

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ANY technique work. No complete system on this course, but you will get the data to make all other systems work.

SHAOLIN BUTTERFLY

In developing Matrixing I took a look at various Shaolin arts. Inside one of the obscure forms from Fut Ga (a basic Shaolin Art, very similar to Choy Li Fut or Hung Gar) I found a perfect footwork. I took this footwork and matrixed it through hand potentials, and the result is a Shaolin that can be learned within days, and taught within weeks. It includes a tremendous range of Shaolin techniques and concepts. This course includes the complete system.

BUTTERFLY PA KUA CHANG

Most people think this is esoteric and takes lifetimes to learn and so on. The truth is, it is one of the easiest arts to learn. Matrixing fits this one like hand and glove, this art was designed to be matrixed. On this course I include three systems: Ten Hands, Teacup, and Eight Animals.

FIVE ARMY TAI CHI CHUAN

There is Matrixing here, but I am more concerned with defining the function of the art. An art that is functional is going to be ten times better than an art that is not. Tai Chi is a tremendous art, and this course goes a long way at dispelling myth and making it all work. Includes the complete system.

CREATE YOUR OWN ART

This is the only course of its kind. Nobody has ever taught a course like this. Teaches you exact methods for breaking arts apart and putting them together. This is, after all, what the fact of creation is. I take Pa Kua Chang and break it down, and put it together with a second Art, The Infinite Fist, to make yet a third Art, Infinite Pa Kua Chang. You will see some of this material on the Pa Kua Chang course (teacup Pa Kua), but not broken down and explained as I do it here.

NOTE: this is an older tape, and the quality is not great.

Matrixing should be studied and utilized by all martial artists within their art and in life in general...

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There are other courses available on the Monster website, but this is the meat of it all. These are the courses that deal with hard core Matrixing.

You can select the course (art) that interests you and study just that material, and get the Matrixing viewpoint, or you can start from the beginning (Matrix Karate), and just go down the list.

On the website I have even arranged easy packages to save you a couple of bucks here and there.

Which is silly.

Where are you going to find whole arts as inexpensive as what you find on the Monster website? I mean, as little as ten bucks a burned disc!

Heck, one computer CD actually has three complete books...that's three arts...on it. That's over 500 pages, over a 1000 illustrations, near 50,000 words! Go on, search the site for it, you'll find it, and I ask you...where else on earth can you get three whole arts for ten bucks!

And the point is...I'm still trying to save you money!

Why am I doing this?

I'm doing this because I want to share The True Art.

Look, I'm sixty, got a few years left, but I'm winding down, and should everything I learned be forgotten?

Why?

Why not pass it on?

If I can't take it with me...then why not do the next best thing and make sure that somebody else has it?

And, of course, I am dedicated to making sure that the Golden Age of the Martial Arts gets a good start.

Oh, yes.

The Golden Age of the Martial Arts is just starting, and it's Matrixing that is going to blow the lid on the whole thing.

Each day I am noticing more and more how Matrixing is helping people with not just martial arts, but THINKING. HH (TV producer)

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I HAVE OVER THREE HUNDRED PAGES OF WINS...AND MORE ARE COMING!

As a student of the arts for the last 17 years, I did find your Master Instructor Course most enlightening... My life and lineage have an added degree of harmony now.

My brain is just buzzing away, ready to go into overload. I have been taught so much and learned so little.

With a Matrix approach the pieces fall into place and the student's eyes open!--JW (certified acupuncturist/Chinese medicine)

After day two I am finding it all coming together remarkably quickly.

I've been so impressed with the courses that I ordered 3 more!

PLEASE keep these (the newsletters) coming, they are one of the very few e-mail I get that has anything worth while written in them. Thank you for writing them, they help me a lot in my day to day life.

I have enjoyed studying your work. I love how it is changing the way I look at Karate and Hapkido.

I have not even got through it all yet but I am having all these enlightening thoughts.

Hey Al, The pan Gai noon dvd is great ! but your newsletters lately are tremendous, anybody not getting these is missing the boat but the giant cruise ship.

Thank you Sensei Case for such great programs, I look forward to keeping in touch with you. And thank you for the newsletters, I look forward to each issue. Take care Sensei.

Very excellent stuff! Needless to say that I was up late last nite going through the material. I am more than thrilled with the purchase. Before I even received the order I knew that your courses were priced too low. My order is more than a bargain.

It all comes back to the fact that the arts were originally designed for survival and sim-

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plicity is what will save your butt when the crap hits the fan.

I know I've said it before, but I love your newsletters. They transport you to a different place.

After 35 years in the arts I thought I knew a lot, but you are teaching me a whole new world.

Al Case has developed a system that actually analyses all possible motions of the body from every angle in any combat situation without any superfluous extras. I've also discovered through the course many concepts which I had never considered before...

Your approach really is an eye-opener. Understanding (myself and my art) to me is the only real incentive to keep on exploring the martial arts, not some guy who yells at you from the front of the class while you're doing pushups on your knuckles ;-)

I don't know if your main purpose is to teach Karate or to change lives. I think you do pretty well at each.

Let me say thank you for the dvds. To say they are the best would not do them justice so lets say you have opened my eyes to the matrix mania.

You are giving so much to us all

how can we repay you?

I will be teaching in a new way in the new year thanks to you.

I have already shown some of it (matrixing) to my avid canemaster students and instructors.

They wish to know how I found all this stuff out in such a short time.

Thanks to you all is good at the dojo.

It is as though there is something you see and it allows you to dump the non essential stuff! You have a master's eye. Then you turn to us and say, Hey, here it is. You can have it....and, by the way, pass it on to someone else, make the world a better place! Man, this is about the art...not let me screw you for lots of money!

I have used and tested the principles that I learned from you on both my Assistant Instructors and my Students and they really do work. It helps to take out much of the mysticism new students often associate with the "Internal Arts"

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and makes teaching all Martial Arts more clear and precise.

I want to first thank you for making the Master Instructor's Course, I have read the book twice as well as watching the DVDs twice and I must admit that I learned a lot. I did know a lot of the information, but it was all garbled inside of my mind and I didn't really understand how to communicate it until I studied your course.

This training is changing my life.

Stuff we know but just never saw it in this manner. A simplified way to see the truth as it is. Not an Oriental Mystery but a simple art...

Enjoyed the interviews on YouTube, very enlightening.

Wow! This is loaded with great info that takes out so much of the trial and error I have seen and done while teaching/learning.

I later went on to teach at Loyola Marymount University under the renown Toshiaki Namiki Sansei I was tested and passed by he and Hirokawa Kanazawa Sansei for Sho Dan

black belt in Shotokan Karate. Remember I have about 6 weeks of training under Al and 2 weeks learning the Shotokan Katas. I excelled in the Kumite against one of Shotokans top black belts Shengao. They had no choice but to give me the belt.

I am AMAZED at how you cut through the unnecessary complexities of these arts. I have never seen anyone explain so simply the real "secrets" of these arts and skills (and I am 39 yrs old and have been a martial "hobbyist" since age 14).

I hold black belt ranking in Kenpo, Karate, Hapkido and Jujitsu, and I used to box and kickbox and I used to moonlight as a bouncer in my youth for many years.

If I had seen your work 20 years earlier, I would probably have studied 10 more arts by now.

Great newsletter! I really enjoyed reading that!

I have looked over the material and really feel I got more than my money's worth.

Thank for such eye opening revelations, your courses

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should be mandatory for all schools, and instructors.

Having studied and practiced in the martial arts since I was 5 years old, it wasn't until studying your "Master Instructor" course that a lot of what I did (in the present and in the past) "hit me."

I'll tell you this Al, when I was in the hospital all I kept thinking was that it was my training in Shaolin Butterfly that I fell back on to save both me and my partner who was down and was unable to get up.

The interesting thing I got out of the master instruction course was I found myself changing hats from student to teacher.

Sounds simple right?

Not a chance!

I found myself questioning everything I had ever been taught.

Al, Thanks for writing me back quickly, I bought your books several years ago, and they changed my thinking about martial arts profoundly. With your help, I broke out of rigid kata and began to see patterns of applications in many styles.

It will be great to see you giving instruction on DVDs.

Consider, if you wanted to learn how to swim, would you sign on with an instructor that told you that in order to master floating on your back it would take 7 years at \$125 dollars a month on contract? Or a tennis instructor that tells you that the 'How To Serve' course is three years?

Well, my friends, this is the attitude of many in the martial arts.

And it is wrong.

It is wrong because it just doesn't make sense!

I would like a certificate for the Master Instructor course, not that I collect certificates, I have tons of diplomas that are in a drawer somewhere all scrunched up, never been much for pieces of paper, but your materials mean something...

(Certificates are free after you have done the course)

...he seems to be the only person I've seen who doesn't need to bring a knife to a knife fight and still kick ass!

(this is from a complete stranger after he had seen the Blind Steel snippets on youtube)

Studying under Al is the best way to learn the martial arts--period.

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The things I'm learning with him are just mind blowing, and it just flat out works. When I learn a form from him it's like I'm Neo, just downloading all the data into my mind in a pre-assimilated fashion, ready for use!

The leader of the group and I played with short axe vs various attacks a couple weeks ago. He knows I do martial arts, so he asked "what could you do with a short ax?" I took some of the "40 monkeys" and just "plugged in" the ax...It was fantastic, and he was just blown away.

I have your other systems, Fast hands/Fast knives, and Disarms. I have been able to integrate them into the Kali and Kuntao I've been practicing. I am looking forward to getting my hands on the Forty Monkeys ceating my own fighting concepts. Thank you for being an inspirational instructor.

My sparring partner thinks I have become faster. I notice also flowingness in sparring and balance. I feel more in control. THANK YOU!