

Monster Journal #1

MARTIAL ARTS!

One of the Kang Duk Won Techniques that used to drive me crazy, and yet which proved of the utmost value, was the first movement out of Pinan (Heian) Three.



We set up the applications (called Promise Fights) like this. That would enable the defender to see what was coming.



First attack was a kick. We would bring the feet together at the right distance and do the first move out of the form.



Second attack was a punch to the midsection. We followed the form.



Third move was the counter, you can see the fellow on the right turning the arm over for the grab. With some practice we made this move so fast it was workable even in freestyle, though not so rigid.

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Here was the crux of the technique, we twisted, whole body, from the feet, and pulled the attacker into a horizontal backfist that literally took his head off.

What shocked me was not the usefulness of the technique, but the way you had to explode from the tan tien to make it work. It simply wouldn't work if you didn't explode from the tan tien and use the whole body as one unit. Thus, it became not just functional, but a ki builder par excellence.

That is the glory of classical applications.

Needless to say, I learned to love it, but it took a while, and a huge dollop of frustration.

This technique is from the old Kang Duk Won, which you can find in the Evolution of an Art course. If you're interested in mastering the classical Karate arts,, Evolution of an Art is where you go.

Got an idea for an article?

Got a Matrixing win you'd like to share?

Got my address?

aganzul@gmail.com

LETTERS

Got a question? A comment? A win?

How about a photo?

Here's a great one...



David Hayes receiving Sandan from Shihan Frank Lenten (6-23-10)

Here is David's notation...

He (Shihan Lenten) promoted 13 people that day to various grades/ranks in Goju Ryu. He was instrumental in establishing karate in the central New York State area back in the early 60's. He passed way 7/2/2010, nine days after the promotions.~ Dave Hayes

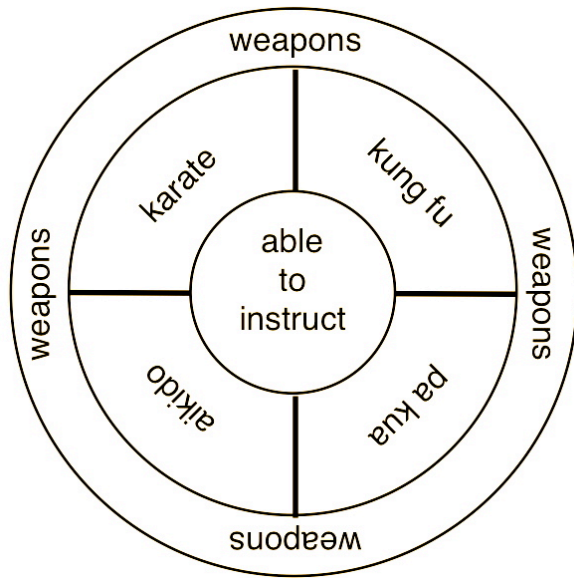
I find this truly remarkable. Shihan Van Lenten knew he was due to take the next step, and wrapped up business before leaving. A deep bow, with thanks, to a True Martial Artist. Congrats and thanks for sharing to David Hayes.

Send me a pic of your promotion!

Or of any significant step in your journey!

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MATRIXING



The theory behind teaching martial arts is that if you just make the student memorize 500 techniques he'll get everything. And, he might (and he might not!), but...what he has got is out of order, mashed together, and so, after spending three or four years memorizing techniques, he then needs to spend ten or twelve years letting the mush settle.

So, three or four years of monkey see monkey do, and you are a black belt.

Then ten or twelve years letting the mess congeal, and you are a master.

Isn't that a long time?

It takes the US Army four months to make a soldier, which would be a military black belt.

Another year to year and a half make a Green Beret, which would be a master. (There are many advanced courses beyond this).

So why can't we make a martial artist in three to four months, and a master in a couple of years?

We can, if we take out the mysticism and get down to the actual physics.

Unfortunately, when we bought into the martial arts, we bought into the ancient training methods, and the ancient training methods had no physics, nor even a language to speak of.

That is the essence of Matrixing, to establish an alphabet, a language, and a complete science whereby the martial arts--any martial art--can be learned within a few months.

[Matrix Karate](#) has the core principles of all Matrixing.

Memorize this:

four,three,cat,fourteen,car,sixteen,one,apple,eye,9,z,43,hatband,six,43,'63
chevy,four,six,six,blank,google,24,35.

How long did it take you? How useful is it?

Okay, one, two, three, four, five...what is the next number?

Imagine a Martial Art that is that logical. Imagine...**Matrixing**.



Unlock Your True Potential!

MonsterMartialArts.com

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THE STATE OF THE MONSTER!

Monster is doing great!

Wife (Connie) has taken over two departments, Mail Room and Disk Production.

That frees me up to work on the Journal, the Newsletter, and production of the next course.

The next course, incidentally, is going to knock the world on its ear.

It's a big one, so start saving your pennies.

Seriously, front punch to world, world falls over~Monster Rules!

I'm in the middle of filming right now.



YOGATA (The Yoga Kata)

For a Perfect Martial Arts Body!

- ✓ Recover faster!
- ✓ Increase endurance!
- ✓ Rehabilitate injuries!
- ✓ Get **MUCH** stronger!
- ✓ Increase flexibility!
- ✓ Stay in weight class!
- ✓ **HIT HARDER!**

Combat Conditioning taken to a new level!

Do Yogata in the morning, before a work out or a match, or just to cool down. Rehab an injury or just get stronger. Work every muscle in your body. Achieve muscular balance. Experience superior health from the natural detoxing effects!

Yogata is available at:

MonsterMartialArts.com

 **Yogata**

NEUTRONICS

After you do Matrixing, I recommend Neutronics.

I don't however, push Neutronics. It can be a little scary.

Now, that said, let me give you one of the smaller abilities that Neutronics can impart.

Please note that people are different, and they grow at different rates, so the abilities you experience may be different, odd, unique, and so on.

When I have a problem that I can't solve, I write the problem on a piece of paper and place it next to my computer. I then go to sleep.

At about five in the morning I will awake with the solution.

Sure, you've heard the old phrase, 'I'll sleep on it.'

I don't just sleep on it. I solve any problem I have, 100% of the time, through this method.

Now, you can try it for yourself, and just knowing what I have said here, chances are you'll start to have success with this method.

Mind you, you have to know how to phrase the problem, and that is very similar to selecting a 'keyword.'

And, you need the discipline of the martial arts. That establishes a structure from which you can launch yourself.

And, Matrixing will zoop you down the path towards this ability.

If this works for you, then you might consider Neutronics.

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CAPTION CONTEST WINNER!

Okay, now for the important stuff!
I thank one and all for entries.
Winner is Howard Jai.



Mr. Matrix disposes of Mr. Illogical

Howard wins the download of...
‘Third Level Sixth Sense Swordfighting!
Actually, Howard wins more than that. Because the book is too big for download I am sending him [‘The Master Books.’](#)

Thanks Howard.

Honorable Mentions go to Matthew Anderson~“That’s it, jerk. Everybody is sick to death of tripping over their own feet!!! Now leave. It’s time for Matrixing!!!”

Thanks, Matthew!

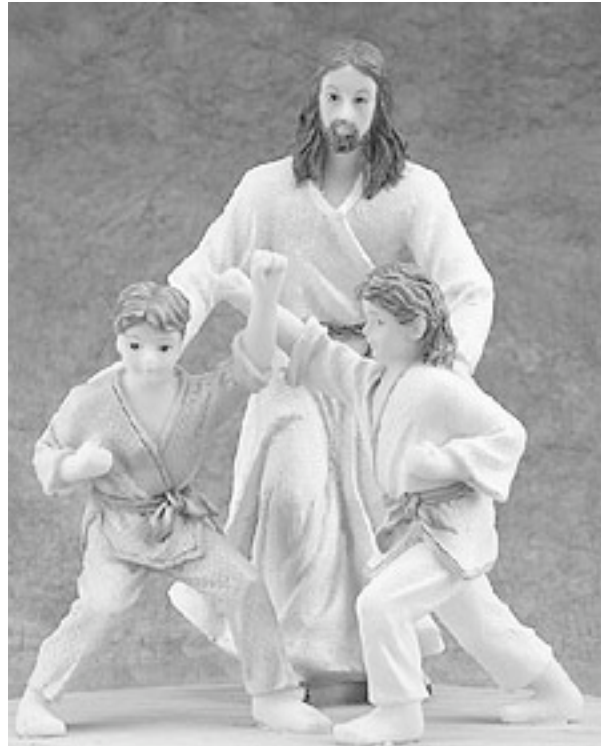
Honorable mentions go to Peter Dwan. Peter is the sole distributor for Monster Courses in Europe. He doesn’t win anything, but he gets to shake his own hand and pat his own back.

Thanks Peter.

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NEW CAPTION CONTEST!

Okay, guys and gals, here’s the new contest photo. Best caption wins [‘The Master Books.’](#)



Makes you blink, doesn’t it?

So send me a caption, and you might win [‘The Master Books.’](#)

Contest will close on the Ides of March.

BTW, if you have a a pic that deserves a caption, send it to me. If you have a pic that gets used, I’ll send you [‘The Master Books.’](#)

That’s right, you can win the contest just by sending in an over the top pic that says something, but we’re not sure what.

Send photos or entries to
aganzul@gmail.com

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i'm going to vomiting....

(Said by a fellow who didn't take the course,
but who certainly had an opinion!)

WINS BY PEOPLE WHO TOOK THE COURSE!

Having studied aikido for longer than I care to admit, I watched this clip and actually ordered these DVDs...I have to say these clips DON'T do the DVDs justice...the fact that after just 80 minutes these guys could apply the concepts that were covered is true testament to the lesson. I cannot say that anyone walking out of their first aikido class could do what these guys are doing on the fly. Of course it doesn't LOOK like stylized aikido, but I have to compliment AI on his DVDs.

Hi AI,

I'm through with Aikido already and right now watching Pa Kua. I have to say this stuff is absolutely amazing! It's so easy to apply. You give us the basic concepts and all the techniques will be developed automatically! I will definitely order additional courses in the future. Keep up the good work!--Thanks, Soeren



Hey AI,

You're a man of your word, this is good stuff. These are concepts I can definitely use.

I have always enjoyed your writing. The Matrix Aikido DVD was incredible. You gave the whole art to the viewer in a simple manner--better than the high ranking dans have ever done.--D Wood

Sensei,

I must say I am completely dumbfounded! The amount of information is completely overwhelming! I am watching Matrix Aikido, and the quality of the information is completely beyond reproach, simply amazing. It's apparent that what goes on in those (classical) classes is

NOTHING like what you teach. I'm sure that they focus on technique, such as do this, do this, do this, and then that happens, whereas you focus on concept! No wonder you can teach people Aikido in 80 minutes! It's easy when you understand the concepts!--In Sincerest Gratitude, JRW

Studying under AI is the best way to learn the martial arts--period. The things I'm learning from him are just mind blowing, and it just flat out works. It's like I'm Neo, just downloading all the data into my mind in a pre-assimilated fashion, ready for use!--Mike W

In 80 minutes you will see hundreds of techniques evolved from simple concepts...**by people who didn't know Aikido!** In classical Aikido you spend decades crawling through branches looking for the trunk. With Matrixing I give you the trunk and let you find the branches...the question is, do you want to be 'going to vomiting...', not able to learn, stuck in your opinion....or **can you open your mind and discover a whole new way of learning?**

Matrix Aikido is available at:

MonsterMartialArts.com

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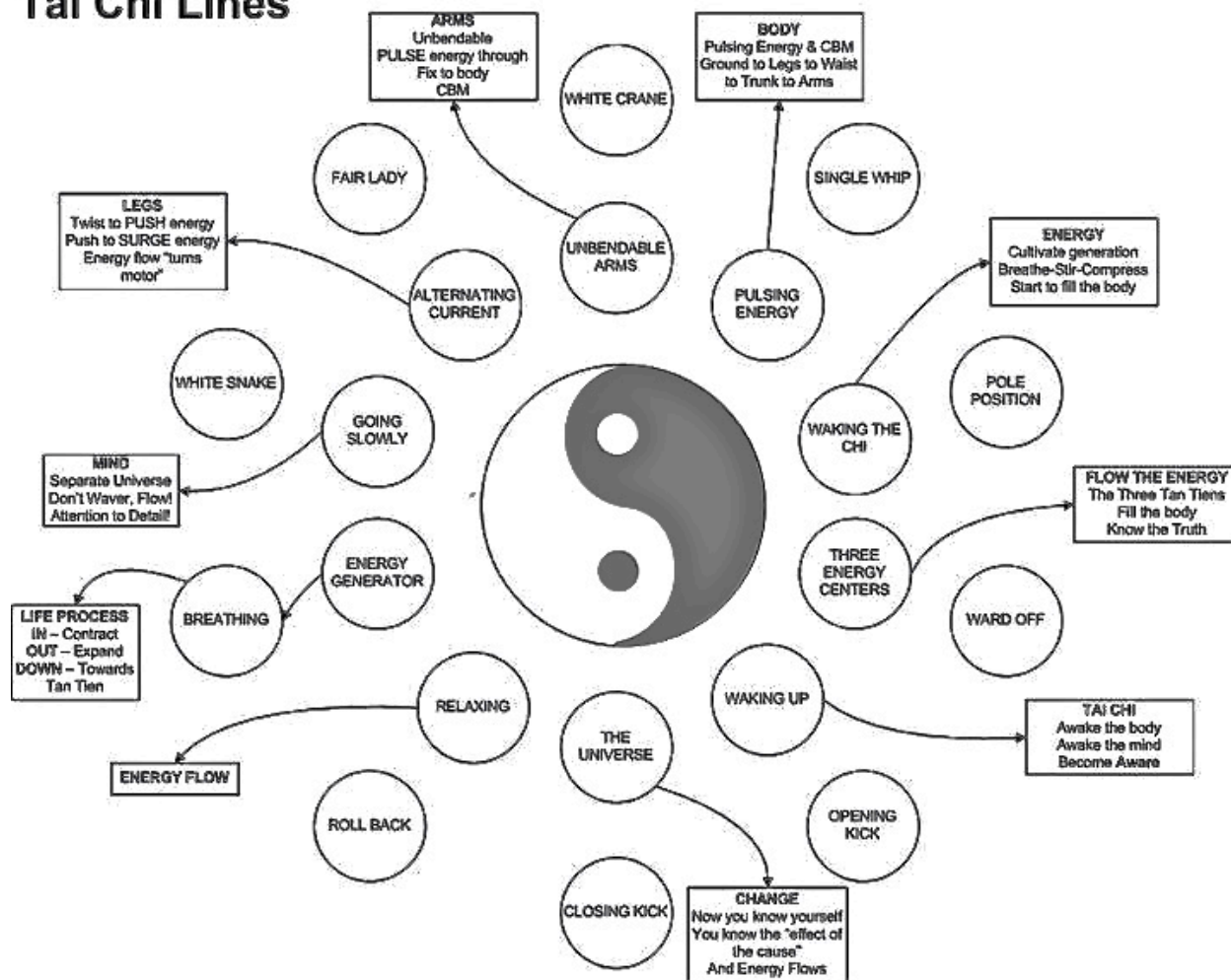
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Matrix Aikido

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Tai Chi Lines



This image was crafted and submitted by Angelo Pabon.

If you have graphics which represent the martial arts, please submit.

The depth of your soul will enlighten your fellow man.

Is an image fuzzy? Too small? Drag and drop to your computer, open and resize. Yippee!