

# Monster Journal #1

## THE STATE OF THE MONSTER!

The Chinese have a saying: “May you live in interesting times.”

Actually, it’s sort of a curse. Life, according to the saying sayers should always be the same.

Isn’t that hell of sorts?

If life isn’t changing, then aren’t you stagnating, and what is the point of it all then? Eh?

So, let’s try changing the Monster a bit.

I’ve been tweaking the website, making it more friendly in a lot of ways.

And, I’ve been working over the blogs. Got some ideas on that.

I need to get more computer literate. (Ugh! It hurts! Don’t drag me into the ‘Smart Age!’)

Thinking about consolidating sites, maybe bundling Monkeyland with the Monster, doing a few things like that.

And then there is the newsletter.

I love the newsletter, but, I need to morph it into something bigger and better.

So, I’ll try a few formats, and then maybe go forward, or go back, depending on what happens.

So, this issue is PDF and downloadable.

Servers won’t get mad at me for sending out too much mail, I get to put actual ads in the thing, and I get to focus on certain things, and generally expand.

It’s not a newspaper, or a magazine, but I think Journal best describes it.

You like, you tell me.

You don’t like, you tell me.

And may we all live in interesting times.



WHAT’S THE CAPTION?

Give me a good caption and win a free download!

One Winner will get a download of...

**‘Third Level Sixth Sense Swordfighting!’**

This is one of the books from ‘[The Master Books](#).’

Other entries will get honorably mentioned.

## MARTIAL ARTS

One of my favorite techniques is the ‘Hidden Fist’ concept.

A technique as a concept, don’t you love it?

Anyway, the idea is to strike in such a manner that somebody doesn’t see it.

Several ways of doing this, but, in Pinan Two (Heian Two), there is a specific technique in which the defender punches under and on the line of the attacker’s arm, thus, the attacker can’t see the counter because his own arm is in the way.

Here’s the graphic of how it works.



Obviously, you’re going to have to make your body movements quick and subtle, because you don’t want him to even have a clue that you’re sneaking a punch in under his own arm.

Tell the truth, while this technique has great value, I think it is more suited to sticking a knife into the armpit of someone wearing armor, which would be more in keeping with the original Okinawan Naha-te.

If you want more in this vein, the Kang Duk Won book (part of the [Evolution of a Art course](#)) has all the forms, and the original fifty techniques that I was taught. And I was taught second generation American, so it is a tight line back to the original art form.

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## MATRIXING

Do you want to think faster?

Such an odd question. I mean, usually the question is, 'do you want to be stronger, faster, and able to beat up bullies?'

But studying the martial arts is going to make you stronger and faster, and, truth, they will make you a little smarter.

But I am talking a lot smarter, and in a shorter period of time.

Look, the fact is that the bully, the mugger, the gangbanger, or whoever...wants your money, and he doesn't want to pay the bruises for it. So he sneaks up, gets close, and that's when he attacks.

So you have to think fast enough to

- a) see the set up
- b) see the attack
- c) figure out the solution
- d) be sure that it is the right solution

And you have to do it all right now.

Instantly.

Intuitively.

And we have just described the exact result of Matrixing.

Matrixing enables you to figure out all the angles and all the possible defenses. When you know all the angles and defenses it is easier to select the right one. Matrixing is the only science in the world that enables you to do this.

***And it doesn't take three to four years to learn!***

Matrixing is not slanted by nationality or tournament or commercial interests, or anything. It is pure martial arts without any distraction.

If you can do the martial arts, purely and without distraction, then you won't make mistakes.

No matter that the distance is too close, or the attack is from the rear.

And that is what Matrixing is.

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

## NEUTRONICS

Neutronics is the science/philosophy behind Matrixing. It tells the why of the why.

The prime principle of Matrixing is:

For something to be true  
the opposite must also be true.

This is the verbalization of the yin yang, and it describes the universe specifically and in total.

For use in martial arts:

If the force is greater flow it,  
if the flow is greater force it.

This may be as far as you want to go. Many people are satisfied with technique, and this is okay.

However, if you have an interest in zen, The Tao, The book of Five Rings, or anything of that ilk, then Neutronics might be of interest to you.



Cartoon from the old Monkeyland Gazette.

Got an idea for an article?

Got a Matrixing win you'd like to share?

Got my address? It's [aganzul@gmail.com](mailto:aganzul@gmail.com).

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## LETTERS

Got a question? A comment? A win?

How about a photo?

Or a video! I'd love a video!

Here's a great one...



8th Dan Phil Porter (86) presents Robin Boss with his 6th Dan on July 3, 2010.

This promotion came shortly after Robin became a [Master Instructor](#). He didn't think it was a coincidence.

"Your concepts helped me understand things I needed to understand to reach this level in Karate-Do."

Robin (who often goes by the name 'Rocket'), is a Canadian based Martial Artist with incredibly fast hands.

Got a promotion? Maybe a shot of a beautiful kick in the sunset? At the beach? On a mountain top?

Send it in.

That thing sitting in your mind might open up somebody else's mind, so give...

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

## ***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**



**[Matrix Aikido](#)**

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## Memorize this:

four,three,cat,fourteen,car,sixteen,one,apple,eye,9,z,43,hairband,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**

## 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**

My instructor (Bob Babich) told me that there were many ways to the top of the mountain. I built an escalator, showed it to everybody, and left it running. Now, will they have the courage to take that first step...

### The True Art

