

# Action Philosophy: Advanced Basics / Self-defense



**Natural Meditation \* Power Exercise**

**Advanced Basics:** Horse riding stance

**Create mental fitness to create mental success!**

Double low block & double middle block.

**“I am positive and intelligent”**

**Create moral fitness to create moral success!**

Double high block & double knife hand block.

**“I am strict and flexible”**

**Create financial fitness to create financial success!**

Double knife hand strike & double spear finger.

**“I make more and spend less”**

**Create life fitness to create life success!**

Double palm heel strike.

**“I am free and able”**

**Create Mental Fitness to create Mental Success!**

**Stepping Kicks: DDDPE FMAS to Succeed!**

Stepping Leg Raise -- **Desire to succeed!**

Stepping Outside Swing Kick -- **Discover to succeed!**

Stepping Inside Swing Kick -- **Decide to succeed!**

Stepping Pick Axe Kick -- **Plan to succeed!**

Stepping Knee Kick -- **Execute to succeed!**

Stepping Pushing Kick -- **Focus to succeed!**

Stepping Front Kick -- **Maximize to succeed!**

Stepping Roundhouse Kick -- **Achieve to succeed!**

Double Step Side Kick – **Set higher goals to succeed!**

Fun, meaningful, and beneficial!

# Self-defense

## 1. Why? Purpose of self-defense:

- 1) Defend yourself from various attacks.
- 2) To build inner power and have peace of mind.

## 2. How? To build the best self-defense technique

- 1) Practice step by step (break down technique)
- 2) With action philosophy
- 3) 3 styles of self-defense:
  1. Slow motion.
  2. Regular.
  3. Action Movie style.

## 3. Practice like it is real -- the 5 Powers of Self-defense.

**MU-DO, JA-YUN, and PYUNG-HWA self-defense!**

**Create Financial Fitness to create Financial Success!  
Self-defense with action philosophy!**

1. Be rich and happy!
2. I am a genius and positive!
3. I am positively greedy and confident!
4. I am crazy and intelligent!
5. I choose the right friend!
6. I let money follow me!
7. I make more and spend less!
8. I invest for success!
9. I create ventures!
10. I create a GPS to success!

**JA-YUN 11-14. I create a GPS to success!**

**Black belt Self-Defense**

**Knife ---- Control!    Sword ---- Control!    Staff ---- Control!**

# The 5 Powers of Self-defense

Practice like real and perform like practice!

## **Physical Self-defense:** Defend yourself from physical attacks.

**Attacker and defender, alternate sparring:** 1) Single, 2) double, 3) triple, and 4) multiple punches.

Attacker says ---- Defender says:

**Stressed out** --- 1) Exercise, 2) Why and how, 3) Find the right person, 4) Focus on goals.

**Junk foods** ----1) Commitment, 2) Determination, 3) Control.

**Toxic: Cigarettes, alcohol, and drugs** ---1) Commitment, 2) Determination, 3) Control, 4) Professional.

**Insomnia** ----- 1) Exercise, 2) Why and how, 3) Improvement.

**Fist** -----1) Prevention, 2) Smiling, 3) Talk it out, 4) Defend yourself.

## **Mental Self-defense:** Defend yourself from the 5 major verbal attacks.

How? Think rationally not emotionally. (Attacker and defender: Both bounce around.)

**Gesture attack:** Flips off with middle finger.

**Defender:** “Thank you,” and give back 5 fingers with a wave.

**Attacker’s response:** “I am so sorry for my stupid gesture. Please accept my apology.”

**Disgrace attack:** “You are an idiot.”

**Defender:** With a smile say, “thank you.”

**Attacker’s response:** “I am so sorry for my stupid remark.”

**Racial attack:** “Hey, Chink, Nigger, Spic, or White trash, get out of here.”

**Defender:** With a smile say, “thank you for your special recognition.”

**Attacker’s response:** “I am sorry I said such a stupid thing.”

**Criticism attack:** “You are an idiot, so you can’t do anything right.”

**Defender:** (Sincerely) “Thank for your advice, I will improve myself.”

**Attacker’s response:** “I am sorry for my stupid comments, please accept my apology.”

**Curse attack:** “F- you, Son – O. B., etc.”

**Defender:** With a smile say, “thank you.”

**Attacker’s response:** “I am sorry I overreacted.”

**Enticement attack:** “You look stressed. I have something for you to take the edge off.” (Show drugs)

**Defender:** “Thank you for your concern about me, but no thank you.”

**Attacker’s response:** “I am sorry for my stupid act; I will never do it again. I am quitting now.”

**Argument attack:** “Your idea is wrong, my idea is right.”

**Defender:** “Thank you for your advice, I agree with you”

**Attacker’s response:** (Sincerely) “I am sorry, I am wrong. Please forgive me. I really need a friend like you.”

## **Moral Self-defense:** Defend yourself from the 5 major self-attacks.

**Depression attack:** Self-doubt or loneliness.

**Response:** 1) "I am positive and intelligent," 2) "Exercise," 3) "Why and how," 4) "Focus on goals."

**Negative attack:** "I feel terrible because of the bad weather."

**Response:** "I feel great because I can control the weather within."

**Fear and Anxiety attack:** "I am afraid to do anything."

**Respond:** 1) "Exercise," 2) "Why and how," 3) "I am a genius and confident."

**Hatred attack:** "I hate other people."

**Response:** 1) "Exercise," 2) "Focus on goals," 3) "I love myself unconditionally."

**Jealousy attack:** "I don't like him or her because she or he is better than me."

**Response:** 1) "Exercise," 2) "Focus on goals," 3) "I am genius and positive," 4) "Learn from them."

**Anger attack:** "I am angry."

**Response:** 1) "Exercise," 2) Laugh louder, 3) "I am a genius and flexible."

**Guilty attack:** "I was a criminal, I hate myself."

**Response:** 1) "I will never do stupid things again," 2) "Learn from the mistake," 3) "I am positive and intelligent."

**Natural attack:** Disorder, Car accident, or lost job,

**Response:** "Attitude is everything."

## **Financial Self-defense:** Defend yourself from the 3 major financial attacks.

**Self-financial attack:** "I can't be rich."

**Response:** "I am genius and positive, so I can be rich and happy."

**Credit card attack:** "I buy anything all the time on my credit card."

**Response:** "I cut my credit card until I can control my spending."

**Liability attack:** Over payment, co-sign and enticement attack.

**Response:** "No, no and no to over payment, co-sign, and enticement attack"

## **Life Self-defense:** Defend yourself from life attacks.

**On the way to success. Internal attack:** "Too many headaches, quit now."

**Response:** "I am genius and positive, I never give up until I make things happen."

**External attack:** "You can't make things happen because you are not qualified."

**Response:** "Thank you for advice, but no thank you. I can make things happen."

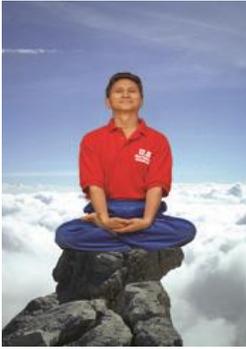
**After success. Internal attack:** Toxic and evils entice you.

**Response:** "Never stop disciplining myself to control my life."

**External attack:** "I am a target because I am successful."

**Response:** "I am a life-long learner, so I am competitive. Nobody bothers me!"

## Natural Meditation



**Natural meditation is a mini-vacation: Your mind can go wherever you want to go.**

Depending on circumstance and your personal preference, you can go anywhere you want to go: A beautiful beach, or a mountain, a popular city (such as Rome or New York) or a rural countryside. You can also meet whomever you want; you will release stress and tension, and gain plenty of peaceful energy in the process. You will feel relaxed, energetic, and peaceful.

**Natural meditation creates inner power: Self-discipline to improve yourself.**

Meditation is self-discipline. Intentionally visualize your thought in action. You can turn frustration into energy, turn crisis into opportunity, and turn negative into positive, which means you can control your own destiny. You will feel energetic and positive.

### Natural Meditation



Close your eyes, intentionally visualize, and internally say to yourself:

**“I am sitting on the ground.**

**It is raining and cleaning up my body, mind, and spirit. Now, I feel great and fantastic!”**

Enjoy the fruits of discipline in a mini-vacation to improve yourself; you will feel calm and energetic. *Continue...*



Intentionally visualize and internally say to yourself:

**“I am sitting on fire: it is burning out all my negative fat! I feel so positive and energetic!”**

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You will feel fresh and energetic. *Continue...*



Intentionally visualize and internally say to yourself:

**“I am sitting on ice, and it’s snowing. I discipline myself to build indomitable spirit! I feel I can do anything I set my mind to do!”**

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You start to feel strong: you can do anything you set your mind to do. *Continue...*



Intentionally visualize and internally say to yourself: **“I am at a beach. I enjoy walking and jogging in the sand, swimming, riding the waves and playing in the ocean, and watching the beautiful, huge ocean. I feel that huge and beautiful ocean in my heart! I feel my heart is bigger than the ocean.”**

Enjoy the fruits of discipline in a mini-vacation to release stress and recharge your energy. You will feel rich, energetic, and peaceful. *Continue...*



Intentionally visualize and internally say to yourself:

**“I enjoy walking in wild nature and watching the beautiful scenery. I feel so relaxed and peaceful.”**

Enjoy the fruits of discipline in a mini-vacation to release stress and recharge your energy. You will feel calm, relaxed and energetic. *Continue...*



Intentionally visualize and internally say to yourself:

**“I enjoy being massaged by a mountain waterfall. I feel so fresh and vigorous.”**

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You will feel you have so much energy. *Continue...*



Intentionally visualize and internally say to yourself:

**“I climb up to the top of the highest mountain on earth! While standing on top of the mountain, I yell loudly, ‘YA-HOO!’ I am a mini-universe; I feel I can do anything I set my mind to do. I am a life champion!”**

Enjoy the fruits of discipline in a mini-vacation to improve yourself. You will feel the whole world is yours! Now, you feel stress-free, calm, energetic, and you feel you can do anything you set your mind to do.

You can go anywhere all by yourself or with somebody: You can meet anybody you want to meet, and have a conversation with him or her. You can do anything you set your mind to do.