

Create The Top 10 Successful Habits

Sparring

Life Meditation * Power Exercise

Alternate Sparring 1

1. Double punch --- Think like successful people!
2. Double hook --- Look like successful people!
3. Double upper cut --- Listen like successful people!
4. Double back fist --- Speak like successful people!
5. Double elbow across --- Act like successful people!
6. Double elbow back --- Feel like successful people!
7. Double elbow up --- Write like successful people!
8. Double elbow up and down --- Dress like successful people!
9. Triple punch --- Network like successful people!
10. Multiple punches --- Fight like successful people!

Fun, meaningful, and beneficial!



Alternate Sparring 2 (Single or double)

1. Leg raise -- Think positively!
2. Swing kick -- Look positively!
3. Inside swing kick -- Listen positively!
4. Pick Axe kick -- Speak positively!
5. Knee kick -- Act positively!
6. Pushing kick -- Feel positively!
7. Front kick -- Write positively!
8. Roundhouse kick -- Dress positively!
9. Side kick -- Network positively!
10. Double step side kick -- Fight positively!

Alternate Sparring 3

1. Low block -- Think wisely!
2. Middle block -- Look wisely!
3. High block -- Listen wisely!
4. Knife hand block -- Speak wisely!
5. Knife hand Strike -- Act wisely!
6. Spear finger -- Feel wisely!
7. Palm heel strike -- Write wisely!
8. Double low block -- Dress wisely!
9. Double middle block -- Network wisely!
10. Double high block -- Fight wisely!

Alternate sparring 4

3rd Keup and Higher (Brown belt with Red stripe)

Back side kick-- Think big and possibilities

Back swing Kick-- Look big and possibilities

Back Hook Kick—Listen big and possibilities

Jumping back side kick -- Speak big and possibilities

Jumping back swing kick -- Act big and possibilities

Jumping back hook kick – Grow big and make things happen

12 Styles of Sparring



- 1. Alternate Free** (Set or Free)
- 2. Aerobic** (Stamina)
- 3. Action Movie** (Creativity)
- 4. Eye Contact** (Mental Power)
- 5. Smile** (Enjoyment)
- 6. Personal Power** (Passion)
- 7. Debate** (Leadership)
- 8. Motivational** (Energy)
- 9. Self-Sparring** (Inner Power)
- 10. Limitation** (Flexibility)
- 11. Practical** (Realization)
- 12. Team Spirit** (Team Building)

Fun! Practical! Meaningful! Worthwhile!

Life Meditation



Life meditation is a way of life: self-actualization through communication, motivation, and solutions for your life.

Life meditation helps you to build a positive attitude, sharper focus, and self-leadership, which will help you to become a strong leader.

(1) Attitude



Maintain this position and internally say to yourself:

“The 5 Pillars of True Success will bring harmony and balance to create a successful future; therefore, I will be healthier, wiser, more confident, wealthier, and happier!”

“I will enjoy today with a smile (smile and laugh out loud a few times if you can, but if not, do so silently.)”

“I will have a quality day by doing my best and showing an attitude of gratitude.”

“Attitude is everything. I will do at least one good thing for my family, for my profession, for my community, and to make the world a better place to live. I feel great and fantastic! What a day! I will have a great day (with a smile!)” Now, extend your arms and then hug yourself (crossing your arms over your chest, showing a gesture of love.) Say to yourself: **“I love myself! I love my family! I love my profession, and I love people!” Pump both fists over your head and say with passion: “Attitude is everything; I feel great and fantastic! I am a people person; I am going to have the best day ever!”**

You will feel energetic physically, mentally, and morally, which will generate a positive attitude.

(2) Focus



Focus on your goals, plans, and whatever you are doing now, or whatever you will do, which will force you to create better results. How?

Clean your mind by inhaling deeply and exhaling peacefully. While inhaling, intentionally visualize that you are receiving positive energy, and while exhaling, push out all negative energy. After you clean your mind, continue to use Power Breathing peacefully with a smile.

Focus on whatever you are doing or you will do. For example, to practice a speech, imagine that you are in front of an audience and mentally rehearse what you will say with passion from beginning to finish. You will be inspired to believe in yourself deeply, and feel confident and passionate about your next speech.

You will have a fun, meaningful, and successful speech. Use the same technique in whatever you do: Setting goals, making plans, practicing martial arts, or anything else. You will enjoy it more and have better results!

(3) Leadership



In life, we are all faced with making important decisions like choosing right or wrong, or deciding to quit or keep going. How do you decide? You must communicate within to find the answer.

How? Clean your mind by inhaling deeply and exhaling peacefully while Power Breathing.

Ask yourself if what you are doing is right or wrong, or ask yourself what you want. You may not get the answer right away, but until you get the right answer, keep asking. Eventually, you will have the right answer. It will help you choose or decide the right thing to do.

Alternately, if you are faced with a crisis personally or professionally, you must find the solutions to your problems or overcome the obstacles. How?

First, clean your mind by inhaling deeply and exhaling peacefully while Power Breathing, and ask, “Why?” Dig out the answer to why and then proceed. Second, “How?” find how to handle the obstacle and come up with a solution. Third, execute the solution you found. You will turn crisis into opportunity.

With this technique you can handle any challenge -- personal or professional! You will be proud of yourself as a self-leader.