

**From one of my teachers**  
**Prof. Steve McLaughlin**

I have been asked to give a TED type martial arts talk, and to start a short traveling lecture series and demo. Here is the first rough draft of it.....

In a real fight you do not "need" to be brave.

Of course it certainly helps not to be timid, but that does not include being not being afraid.

What you need, is to be prepared.

Having to be brave means that you are not certain about what is going to happen.

When you can predict what is about to go on and how to react, you don't need to be overly brave, and take unnecessary chances or use unnecessary force.

Being brave means you are in "reactive mode" playing catch up, you are "behind" the moves of the fight. you are mentally solving problems after they happen. This can be a viable method of fighting but being predictive can stop it from getting that far.

Many people think that to win a fight you need to be strong and brave. A certain strength to do what you need to do, is all you need. It does not overcome fear. And that is a good thing.

Good training (plus correct exercise and diet) turns the emotional Kidney/Fear response of fight or flight into a signal from the amygdala to the hypothalamus that in turn creates an action that can be controlled with training to aid you. It can maintain the benefits of an epinephrine (aka Adrenalin) surge for temporary strength and speed, and in particular, help create a heightened awareness from the extra blood flow and oxygen to the brain.

These effects without training can get into an "overstimulated and uncontrolled mode of pumped up fear fighting and mistakes" or with correct training be turned into tools for succeeding in a predictable way.

Let's be clear. Being predictive does not necessarily mean to attack first. It means to know what is going to happen well enough to decide whether to use defensive, reactive moves or more aggressive pre-action moves.

One of the single best pre-active moves is the Kiai. This is literally unknown in modern martial arts. And if it is used, has no real effect because it is used incorrectly. Most of the time martial artist just think of it as yelling to scare your opponent, or to help focus some strength at a difficult point. Both of those concepts miss the point and use of Kiai. As a person trains, The kiai is one of the single most effective methods of dealing with an opponent's weapon.

In DanZan Ryu all the weapon techniques are bundled individually under the Kiai no Maki heading. It is also one of the more useful healing techniques in martial arts. It is vastly under utilized, under appreciated and misunderstood.

When you have enough correct training for fighting techniques to become muscle memory and mental reflex, you can reach that spiritual calm that allows the vision needed to succeed.

Whether with one opponent or many. A series of singular training methods, more so than "slap fight" sparring will achieve this faster and more deeply ingrained. When someone is trained well enough to spar in a real martial art, the sparring play fighting and rules are dispensed. You will practice controlled fighting and you will have enough skill to keep yourself from being injured. These fights only last a minute.

One of the single best examples of the spirit of fighting can still be seen in Sumo.

When you see a master of a martial type art actually have to fight, it is remarkably simple and appears effortless. It is over with - smoothly and in short order. They know what is going to happen and how to react. You won't see amazing complex and trick moves. Usually it is done with of the most basic techniques taught. Done the right way, at the right time with the right amount of effort.

In Hawaii we call this Kina Ole. "Do nothing incorrect". This is the flip side of "do everything right."

It actually makes more sense to narrow the focus of not making a mistake while doing what you know, rather than trying to think of every possible thing that needs to go right. Nature will do the right things, we only really need to focus on not screwing up and not intentionally sabotaging ourselves.

It has been my experience in winning and losing fights and battles, that between equals, there is no "winner". One person or side is not usually able to dominate the other. Winning happens when the other side makes a mistake, or loses heart, and loses.

My advice? "Focus on not losing." But don't be desperate about it and make a mistake! Winning will take care of itself. And try to be gracious about winning. You could have lost. Does losing mean defeat? No, it means you learned another lesson about your skills.

How can you predict what will happen in a fight? The human body can only move certain ways. A sword is only sharp on the edges, a club is only deadly at the tip, a gun is only deadly if it is pointing at you. If you have taken the time to study a few of the other popular and successful martial art styles of the day, it is fairly easy to spot their style in the first few seconds of an encounter. How they stand, how they breathe, where they focus.

There are only 3 things that can happen in a fight.

Punch, kick or hold.

By and large - martial arts is simple physics.

Your opponents method is often to attack first and suddenly without warning and from an unexpected direction. OR to mislead you to attack first predictably for their counter attack (as used in Hawaiian Lua), or to have you focus in the wrong direction. This misdirection is call KUZUSHI. It can also include off balancing your opponent mentally or better yet physically.

Ultimately Kuzushi (breaking) will involve GRAVITY and therefore Traction. And Gravity always wins. The first person to use gravity will win the encounter, once it devolves to that status.

The downfall of jujitsu has come when people think it is about one on one fighting. It never was and never will be. This is the sport influence. People still think jujitsu is grappling in various forms. That is only 1 small part of jujitsu. If you never studied the grappling portion of jujitsu it would still win fights and battles. Several forms of Karate come from only the atemi, the striking arts of jujitsu.

Jujitsu was born in the world of weapons and survival, and not just on the battlefield. The tools of war and healing enhance the advantage of survival. Jujitsu is an equal adjunct to using any kind of weapon and healing art with or without those tools. - The word jujitsu means "to be adaptable."