



**Golden Sage Martial Arts  
Saturday Web Class  
Physical and Mental fitness  
1-23-2021**



**Professor Bob Karnes**

I was looking for something with light impact and I found this

**Taichi Qigong Shibashi with annotations**

<https://www.youtube.com/watch?v=rEGnXgMe8Uw>

A slow, low impact exercise that involves coordination of mind, body, and spirit. Perfect for all ages but especially suited for elderly individuals. Develops mindfulness, balance, rhythm, and harmony.

Health, healing, and wellness benefits are numerous.

I am feeling physically disconnected from friends and students here and in the States, but I am so grateful to be part of Team Wiesbaden Sports and Fitness Center Web Classes and I value our Gym access.

And I am very grateful to Germany our Host nation, grateful to our awesome US Army Clay Kaserne Garrison for all the support with Physical and Mental Health Services that are available for all of us.

These Golden Sage Martial Arts web classes are supported by our Garrison Fitness Center and I am grateful.

**The Martial Art Physical and Mental Training never stops**

Golden Sage Martial Arts Web Based classes continues to post solo physical and mental exercises that are encouraging and challenging our students to continue to progress in their dedicated training to be better more skilled, and confident people.

Many Web Classes at  
[www.bobasan.net](http://www.bobasan.net)

**We all need physical or mental health recovery sometimes and there are many paths to it.**

**The ongoing need for ethical self-defense**

To live in a functioning society we must follow ethical protocols and guidelines that we call laws. In order to do this our environment must be safe so we may thrive and help one another when we can. There are many levels of self-defense needs ranging from conflict resolution to defending ones own life or the life of another. This requires dedicated study and training.

## **Zen and Far Eastern Philosophy for Peaceful Warriors**

### **We strive to be fit, calm and aware**

If we can be calm and aware we can be better prepared for possible conflict we have a better chance to use conflict resolution skills to be and promote our well being and the wellbeing of others. Avoid and escape if possible, appropriate level of self-defense if required.

### **To expect the best and prepare for the worst**

#### **Moving Meditations**

Movements in many martial arts requires the defender to be calm and aware. The advanced state of Mushin (which is a calm uncluttered mind) in order to respond appropriately and without needless resistance can help the smaller defender overcome a larger attacker.

**To intuitively do what is needed. Not to freeze or to over react is a goal.**

#### **Three parts to internalize your training**

**Step #1 Learn the technique.** As we begin learning the techniques we practice slowly step by step in a relaxed Manner. At first we do them solo then (when covid rules allow) with a cooperative partner.

**Step #2 Master the technique.** By going through the correct relaxed movements we can reach a subconscious skilled conditioned reflex. For advanced students this becomes a skilled conditional reflex adapting to whatever presents itself. Driving a car, walking without falling, or playing a musical instrument is achieved by these three steps. The more relaxed and aware we are the better we do at these skills. At this point In our Martial Art classes it is safe to practice with a partner in a more realistic application of techniques that have been proven to work in real life situations.

**Step #3 Forget the technique.** After we have repeated successes during practice we can allow our worries and fears to disappear (the chattering mind) and the technique becomes natural, fluid, and effective. At this level it feels like the technique did itself. When learning a new technique we start over at #1 Learn the Technique with a beginner mid set.

**Dedicated Martial Art Training is on path towards self-discovery in all parts of life. The path towards peace is like making an implement for war.**

“Iron is full of impurities that weakens it; through forging it becomes steel and is transformed into a razor-sharp sword. Human beings develop in the same manner.”

O Sensei Morihei Ueshiba the founder of Aikido  
from the book THE ART OF PEACE

The Following is from my Martial Art Book-Manual for Advanced Black Belts

## Zen and Far Eastern Philosophy for Peaceful Warriors

### Shoshin Beginner's mind

**Shoshin (初心)** is a word from Zen Buddhism meaning “beginner’s mind.” It refers to having an attitude of openness, eagerness, and lack of preconceptions when studying a subject, even when studying at an advanced level, just as a beginner would. The term is used in the study of Zen Buddhism and Japanese martial arts.

### The Teacup

A learned man once went to visit a Zen teacher to inquire about Zen. As the Zen teacher talked, the learned man frequently interrupted to express his own opinion about this or that. Finally, the Zen teacher stopped talking and began to serve tea to the learned man. He poured the cup full, then kept pouring until the cup overflowed. “Stop,” said the learned man. “The cup is full, no more can be poured in.” “Like this cup, you are full of your own opinions,” replied the Zen teacher. “If you do not first empty your cup, how can you taste my cup of tea?”

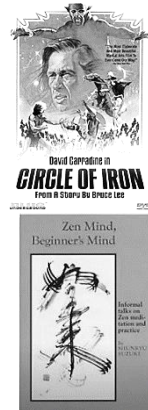
### From the Movie Circle of Iron

Cord (the student): You know it. You seem to know everything.

Blind Man (the teacher): Each morning when I awake like a scholar at his first class. I prepare a blank mind for the day, to write upon.

### From the book Zen Mind, Beginner's Mind by Shunryu Suzuki

“If your mind is empty, it is always ready for anything, it is open to everything. In the beginner’s mind there are many possibilities, but in the expert’s mind there are few”.



## Isshin Mushin Zanshin

### The mind of training

The Before , During, and After

Martial Arts Philosophy - Isshin Mushin Zanshin Three Stages of Conflict

[www.youtube.com/watch?v=ucVq80\\_21x0](http://www.youtube.com/watch?v=ucVq80_21x0)

**Isshin 一心** as defined, one heart, one mind or one spirit. **Before the conflict**, at the same time, I observe the situation, I connect with the opponent, how many are there?. I get into a stance or ready position. I use my voice to stop the conflict. (*I call this defensive stance and situational awareness PBK*).

**Mushin 無心** as defined, clarity of mind, unobscured by mental activity. **During the conflict**, I do not imagine the outcome of the confrontation, I let go of all preconceptions. For those who do not train this becomes their weak point. When you train physically in the martial arts you will find the technique sometimes does itself. No thought, no preconceived ideas.

(without this you are only doing the physical and nothing more PBK).

**Zanshin 残心** is defined, as a continued, relaxed alertness after the technique being on guard **After the conflict** is Lingering spirit. Translation: After victory, tighten your helmet strap. Meaning: Keep your guard up until the very end. Reassess the situation, your opponent may get up or you may face more opponents. Remain connected mentally and with the energy.

## Zen and Eastern Philosophy for Peaceful Warriors

More excerpts from Black Belt Judo by George R. Parulski, JR.

The Calm Mind: Meditation and Judo (Martial Arts PBK)

Those nearing the level of black belt, as well as beginners interested in philosophy, have probably heard the expression “Empty your mind so it will reflect.” Yet few understand the meaning of the words, and fewer still know how to make the words a reality. The “Calm mind” is a collection of philosophical ideas, is an attempt at explaining relaxation, harmony, reflection, and unity of the mind, body, and spirit.

Success in acquiring a calm mind is based on 1) an understanding of the philosophy of Zen and Mushin, 2) the techniques of meditation, and 3) a complete understanding of the complete technique. You also must be able to:

Look in a detached manner, using the senses to greatest sensitivity.

See without intellectual analysis of what is going on but with intuition and feeling and,

Feel an opponent's move without actually seeing it coming.

(You do not need to live in a Zen monastery. Just train the physical arts with dedication and study the concepts of Zen and do your meditation to train your mind). PBK

### In ancient tradition many teachings were conveyed through storytelling

A senior monk and a junior monk were traveling together. At one point, they came to a river with a strong current. As the monks were preparing to cross the river, they saw a very young and beautiful woman also attempting to cross. The young woman asked if they could help her cross to the other side.

The two monks glanced at one another because they had taken vows not to touch a woman.

Then, without a word, the older monk picked up the woman, carried her across the river, placed her gently on the other side, and carried on his journey.

The younger monk could not believe what had just happened. After rejoining his companion, he was speechless, and an hour passed without a word between them.

Two more hours passed, then three, finally the younger monk could contain himself any longer, and blurted out “As monks, we are not permitted a woman, how could you then carry that woman on your shoulders?”

The older monk looked at him and replied, “Brother, I set her down on the other side of the river, why are you still carrying her?”

"Before enlightenment, chop wood, carry water.

After enlightenment, chop wood, carry water."

A monk told Joshu: “I have just entered the monastery. Please teach me.”

Joshu asked: “Have you eaten your rice porridge?”

The monk replied: “I have eaten.”

Joshu said: “Then you had better wash your bowl.”

At that moment the monk was enlightened.

Experiencing life moment to moment      Do the next thing

**Prof. Bob Karnes and Alicia Karnes, Sensei Ni**

**Golden Sage Martial Arts**