

Vol. 01

Martial Arts Magazine

The Unwritten Way

Warm Blooded

Why as a martial artist you must be warm blooded with a cool head.

An out of Control Car

Gaining power steering over the mind so that it functions as it should and as you want it to.

How Does Power in Martial Arts Travel from the Body's Center to the Hands and Feet?

Also in this issue: "How to Sleep Without Baggage", "Stretching with Connection", and "The Art of Awareness". Plus more.

Table of Contents

"If you drive a car at top speed, the only way you get anywhere is if you can handle the drive properly."



Articles

In a Nutshell: A warm Blooded Creature with a Cool Head.	02
Health and Fitness: Going All In - The Power and Price of High Intensity Work	03
The Mind is Like an out of Control Car	08
Powering Up - The Energy of Warm Up	10
How to Sleep Without Baggage	12
Part 1: Finding Your Stance	14
Stretching for Connection	16
The Art of Awareness	17
Q&A: Understanding Power in Martial Arts	18
(Excerpt) The power of Sound: Technique and Form	21
Diet: Insights into Fasting	22

The Unwritten Way

In a
Nutshell

A Warm Blooded

Creature with a Cool

Head

It is possible to hit with immense power not because one is wild and careless, but because one is balanced and precise. It is often the case that people with a sense of ease about them can suddenly explode into activity when they need to. Such individuals can hold an immense power within themselves, as a kind of stored energy (See Page 20). The key is to maintain a *cool presence of mind* so that you do not simply react to the happenings around you indiscriminately. *Keeping active in the body and cool in the head*, one can act both decisively and intelligently. One then acts with discretion.



Going All In - The Power and Price of High Intensity Work

balanced, whole-body development

High intensity physical work stimulates the nervous system to heighten the senses and produce powerful actions. However, high intensity work can also become a kind of physical stress on the body. For this reason, it is often beneficial to condense the intensity of physical activity down into smaller timeframes.

High-intensity physical work is like flipping the body's "turbo" switch. It jolts the nervous system, sharpens the senses, and you can perform with incredible power. For a few moments, you feel unstoppable—fast, focused, alive. But there's a trade-off. The same intensity that propels you forward can also become stress on the body if it's sustained for too long in terms of physical exertion.

“The key is to maintain intensity of awareness and attention to life”

Take the sprinter. When they charge down the track for 100 metres, it's an all-or-nothing effort—ten seconds of pure adrenaline, as if their life depended on it. But even the best sprinters don't repeat that sprint over and over, nor do they extend it much beyond those few explosive seconds. Why? Because high-intensity bursts are incredibly taxing. Push the system for too long, and the body begins to pay the price: cellular strain, muscular wear and tear, and recovery that lingers longer than you'd like.

In terms of martial arts, there is a balance to be struck. The key is to maintain intensity of awareness and attention to life, whilst giving the body time to recuperate and having the self discipline and discernment to do this. It is about being as disciplined in maintaining and preserving health as you are when pushing yourself to the limits from time to time.

That doesn't mean intense activity should be avoided. In fact, short bursts of maximum effort can be one of the most effective ways to spark growth and resilience. When you commit fully to an action—even briefly—you create the conditions for balanced, whole-body development. Pushing your energy to its limit raises the ceiling of what your body and mind can handle. But these dimensions are only limited. It is your energy that can become unlimited, but only if it is channelled wisely.

So in terms of physical all out physical effort, It's a kind of recalibration: once you've touched that upper edge, everything below it begins to feel more manageable. This is the reason why athletes and those who push themselves are able to sustain more when it comes to taking on life challenges.

Pushing your energy to its limit raises the ceiling of what your body and mind can handle.

“Even rest is a kind of intense presence which is contained within rather than externalised.”

The real secret lies in balance. High-intensity work delivers the biggest benefits when it's paired with a strong foundation of recuperation, stability, and maintenance. It's not just about the output—it's about what supports that output. This supports are a kind of maintenance system which is also a kind of input in itself. There is input going on during recuperation which you do not see.

Muscles, joints, and even the nervous system need downtime to adapt and grow stronger. So in order for your energies to remain high, it is beneficial that these energies do not always go into overcharging the power lines of the body, the nervous system. In other words, the body's energies are supposed to go into maintenance of the system, so if this is absorbed in power output only, then the energies do not go where they need to get to.

So think of intensity as a form of cooking the meal. You do not need to sear the steak all the time, certain phases of activity require a slower kind of cooking. In terms of physical activity, give it everything you've got in the moment, then step back and let your body rebuild. Give it all you've got when you need to, and when this becomes counterproductive, give something else all you've got.

So you move from fast to slow cook. You do not just burn the outside and then turn off the cooker completely. Even rest is a kind of intense presence which is contained within rather than externalised.

So, each time you hit the gas, you'll come back sharper, stronger, and more powerful than before, that is if you learn to cook at the right temperature. In other words, the idea is to let the meal stand after you have cooked it to perfection, rather than overcooking it. Then it has established a structure to it which is a stable and refined mixture of elements.

the idea is to let the meal stand after you have cooked it to perfection

“The two factors, handling and power, go up at once”

But here’s the caution: intensity without balance creates problems of its own. If you engage in unnecessary amounts of high-intensity physical work, you risk becoming lopsided in your development. Too much physical output at the expense of other factors—like awareness, precision, or recovery—tilts the scale. This is particularly so as one gets older. You may grow stronger for a while, but eventually the imbalance shows itself: wear and tear, nagging injuries, or a slow decline in overall capabilities. This can be avoided in many ways.

True progress comes when intensity is matched with awareness, not when one overshadows the other. For example, if you drive a car at top speed, the only way you get anywhere is if you can handle the drive properly. If you can drive at top speed and well, you get where you’re going fast. This is super efficient. So for the best results, the two factors, handling and power, go up at once rather than being at odds with each other.

So how do you harness intensity without letting it run you down? The answer is simple: go for intensity over duration, and keep it in short, deliberate bursts. After warming up (Page 10), practice your chosen movements—martial arts actions, for instance—for about a minute with full commitment. Then rest. When you are resting, awareness and intensity of focus stay on, but physical output goes down.

Mix your training methods and techniques together or practice them in isolation, but always come back with full power for another minute or two, as your body allows. Depending on the activity, 10 second burst may be fine, as needed. It is about intensity not duration. And then, when it is time to rest, recuperate and maintain fully, not partially.

Each cycle conditions you to handle higher output, while giving your system the space to recover. Over time, this gradually builds endurance—the ability not just to hit the upper limit, but to sustain it when you need it.

When you are resting, awareness and intensity of focus stay on, but physical output goes down.

“intensity of activity overall should not go down, it is only the physical dimension which varies in its pace”

Equally important is the preparation. Warm up thoroughly and refine the skill at lower physical intensity before going all in. As I said before, intensity of activity overall should not go down, it is only the physical dimension which varies in its pace. You want to create the right impression on your body before you “go for it for real.” That way, when you unleash full effort, you’re not just expending energy—you’re laying down patterns of strength, precision, and resilience that will serve you for the long haul.

So in terms of effort, it is just a case of redirecting this effort towards restraint over yourself physically when it becomes intelligent to regenerate your physical energy. It is not that you put no effort in when you are recharging, this is when the effort is most needed.

Whether you are punching, sitting, kicking, or whatever else, sustain your awareness and attention towards what you are doing. The time you spend applying this to physical exertion may vary, but in terms of attention and awareness, one’s intensity need never go down at all.

When you fully commit to preserving your system as well as rewing it up, you will not feel like you are being lazy by turning down physical exertion. This is because you’ve committed one hundred percent to the training process as a whole, rather than the bits you like or dislike. This is a better indicator of future progress as well as sustained health and motivation. So the key is to put everything into it and then drop the baggage (See Page 12) knowing that you’ve done all you can, and that means you’ve reached the very boundry lines of your capability.

“one’s intensity need never go down at all.”



Article

The Mind is like an out of Control Car

When you use your mind without discretion and the necessary awareness, it is like a car which you turn on but is not doing what you want. In other words, it became a driverless car which is totally out of control.

When you don't maintain the car, update it, make sure it is in working order, it is then that the car does whatever it wants. In the same way, when the mind is on but nobody's at the wheel, it will stop and start, the brakes won't work, the engine will burn out... All sorts of issues.

When the driver of the car is bad at handling the thing, that is when they need to physically slow down,

So when a driverless car is romping about on the roads, it is doing what it is designed to do, just not what you want it to do. It is not that it wants to do much of anything, it just functions that way according to laws of nature, as well as environmental and internal factors. It is not a law unto itself, it is just that it functions like anything else on this planet, which it is a part of. It is the same with the mind.

So if you drive at full pelt, you need a certain awareness and discretion about your action. Instead of just going full throttle without optimising other aspects of performance, performance overall drops if you are not careful.

The whole problem is not being careful. If you were to prepare for an outing, it is useful to look ahead, see what the weather might be like, all sorts of factors. The mind is supposed to be prepared for a much longer journey than a day or two, it spans a lifetime.

So in order to stop your car running away from where you want it to go, you need control and restraint. Whether you lose the mind completely, or it malfunctions, either way it ran. When the driver of the car is bad at handling the thing, that is when they need to physically slow down. They need to also turn up their attention and focus towards other factors, such as maintaining and preserving awareness and upgrading according to the environment.

In summary, the mind works perfectly well and is doing what it is supposed to. If, through not fault of your own, you take on unnecessary baggage, get out of practice at using it, or some other issue arises, then performance drops. This is because of external factors too, such as new requirements in the world. The car exists in the world and conforms to laws of nature, just like the mind does. It is about understanding and adhering to these laws to get the best performance and ride smoothly.

“when a driverless car is romping about on the roads, it is doing what it is designed to do”

The Unwritten Way



Article

Powering Up: The Energy of the Warm-Up

When you practice a skill with focus and attention, you gradually move it from conscious effort into subconscious flow. This shift—from thought into deeper expression—creates what can be called an “energy form” of the practice. Just as the physical body performs the physical movement, the energy body performs the energy form. There are also sound bodies of energy, or foms (Page 21). The Physical body and energy body are separate, yet deeply connected, shaping and strengthening one another.

A well-designed warm-up does more than prepare muscles and joints—it awakens the energy body. By increasing the transmission of energy throughout the system, you heighten your reserves, sharpen your mental alertness, and quicken your physical reactions. The result? Any action you take afterward is amplified, because you’ve switched on a higher gear.

“Any action you take afterward is amplified, because you’ve switched on a higher gear”

This amplification doesn't come from brute force. It comes from preparation—hydrating the cells, generating internal heat, and gradually building pressure inside the system. In this state, the body is not just ready to move—it is primed to release energy with power and precision.

When we talk about hydration, we don't just need to think about drinking enough water. Water makes up over 70% of the body, so we need to get this flowing and fleshing out the system. Yes we must drink enough water, but it must also get where it needs to go, circulating properly.

If you are just relying on brute force, then there is not the necessary drawing upon the flowing nature of water and the power it can bring with it. Water does not contain power, it expresses it in a certain flow and continuous style of movement. Sound also supports this kind of continuous kind of movement (Page 21).

A warm-up, then, is not a formality. It is the key that unlocks the energy body, turning ordinary movements into potent expressions of strength and awareness. It is not that you need to do the warm up out of fear of injury. When one is properly warmed up, then they know that they can do the activity even if they haven't spent lots of time going through the motions of a warm up. At the same time there are many people, no matter how much they warm up they always seem susceptible to injury!

So we are warming up the physical side of things by increasing the flow of movement which is represented by the water element. Water is deeply connected to energy movement. For example, the water of the Earth spirals up in a centrifugal way as the Earth itself spins. In the same way, when we move from the Centre (Page 18) we create movement elsewhere more peripherally, like how the contained energy of a battery lights up a room by transmitting itself in a certain way across various formats (Page 18).

A warm-up, then, is not a formality. It is the key that unlocks the energy body, turning ordinary movements into potent expressions of strength and awareness.

The Unwritten Way



How to Sleep Without Baggage

Many people try to sleep while still carrying the weight of the day—like keeping their coat and hat on in bed. The body may be horizontal, but the mind is still standing, replaying conversations, unfinished tasks, or regrets. The result is restless nights and groggy mornings, when energy is needed most.

“see thoughts and emotions as constantly available to you but you can also get some respite from them”

The truth is, much of the “baggage” we carry into the night can be dropped. Thoughts and feelings about the day’s events are not fixed; they’re more like pop-up windows on a computer screen. You may not control when they appear, but you can choose not to click, not to dwell. With practice, you can simply let them fade, the way weather passes across the sky.

Before sleep, it helps to put aside ideas about yourself, your work, or your worries—at least temporarily. In doing so, you see how small and fleeting these thoughts really are. The more you let them go, the lighter you become, and the easier rest comes.

So whether you are sleeping, walking, sitting down, or whatever, set aside some time to drop indentifications with these thoughts and emotions, just as you would take off a coat.

Sleep is not just about closing your eyes—it’s about unclenching the mind. Drop the baggage, and you create space for genuine rest. Tomorrow will thank you. We unconsciously hold onto many impressions and sensations throughout the body and mind which can be relinquished only by becoming more conscious and aware of more. At the moment, you may think your being is just of thought and mind, that is all that is holding on to these states.

Let’s say you are walking in the forest. The birds singing, the wind blowing, the sun shining, etc., all of these things you experience but they are not you. So this is the same thing, to see thoughts and emotions as constantly available to you but you can also get some respite from them, as if getting inside and out of stormy weather.

*You may not control when they appear,
but you can choose not to click, not to
dwell*

The Unwritten Way

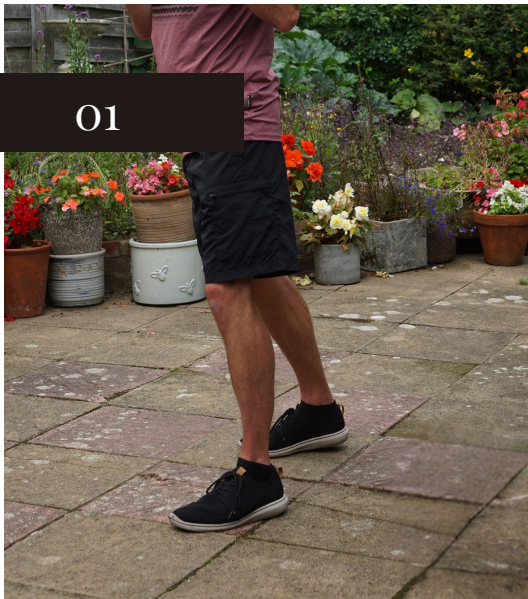


Part 1

Finding Your Stance

A martial arts stance is more than just where you place your feet—it's the foundation from which all movement begins. Start with the left foot forward, the toes angled slightly inward. This subtle turn engages the outer edge of the foot, giving stability and readiness. Behind, the right foot rests at about a 45-degree angle, supporting balance and allowing for quick adjustment.

Though your stance will shift as you move, this position serves as a reliable reference point—a place to return to whenever you reset. It's both neutral and strong, a reminder that every strike, step, or block begins with grounded balance. In martial arts, before power comes posture, and the foundation for this is the stance.



Stand with the left foot forward. Make sure your front foot is turned slightly inwards towards your body, so that the toes point across slightly.



The rear right foot also points across, at around a 45 degree angle.



Whilst the foot position is likely to change during activity, this is your true position, which means it is a reliable default position or point of reference when starting out.



We need a stance which allows for the best balance between taking effective action, breathing capability, and circulation of energy.

Stretching for Connection

Stretching isn't just about flexibility—it's about creating a sense of connection from head to toe. The goal is to find a balanced engagement throughout the body: enough to counteract excessive laxity, but not so much that it restricts movement. Sink into the abdomen, lift through the spine, and feel how the body organizes itself naturally around this balance.

Think of the abdomen as the center of the Earth: here, pressure is greatest, grounding you firmly. As you extend away from the center, the pressure eases, releasing unnecessary tension. You do not want this tension held elsewhere. Engaging the core keeps you stable and secure, while extending the spine allows energy to flow upward, fully transmitted through the back. The result is a body that feels both grounded and light, ready to move with strength and ease.



The Art of Awareness

“Awareness of self extends to awareness of the situation.”

Situational awareness in self-defense isn't about panic or overreaction—it's about presence. It's the ability to observe and understand the environment around you without letting agitation or tension control your actions. Think of it like the weather: a sudden storm changes your experience of a place, but you can navigate it calmly, accept it, and respond appropriately, rather than trying to pretend it isn't there.

Awareness of self extends to awareness of the situation. By acknowledging what's happening around you, you integrate the environment into your own experience rather than being disrupted by it. This balance—seeing clearly, accepting fully, and responding deliberately—is at the heart of smart, effective self-defense. It allows you to move with confidence, act with clarity, and maintain control, even in unpredictable circumstances.



Q&A: Understanding Power in Martial Arts

Q: How does power in martial arts travel from the body's center to the hands and feet, and why does it feel like it's coming from deep inside?

Think of power as a wave rising from the body's core. It starts in the *Hara Centre*—the high-pressure energy hub at the base of the spine—and flows upward in a spiraling motion. As this energy ascends, it builds momentum, like a wave growing taller as it moves across the ocean. By the time it reaches the extremities—the hands, the feet, the points of impact—it's amplified, ready to deliver maximum force. Space and positioning matter too; just as a wave needs room to build, your movements require freedom to fully express this energy.

The Unwritten Way

Q&A

“The Hands and Feet

Being furthest from the core

Move the fastest”

The Hara Centre acts like a battery, storing energy and heat that can be released throughout the body. When power moves upward, it travels through the spine, diaphragm, lungs, and even toward the head, spreading energy and focus throughout the system. The hands and feet, being furthest from the core, move fastest—like the crest of a wave racing ahead of its base. This is why punches and kicks feel explosive: they're the natural outlet of energy that started deep inside, flowing outward in a coordinated, powerful sequence.



“strong and stable, yet mobile and light”

By understanding this process, martial artists learn to generate force not just through strength, but through the smooth transmission of energy from center to periphery—letting the body work as a unified, dynamic system rather than isolated parts.

you can imagine the body as a car. There are elements of friction which keep things tight and unmoving. At the same time there are areas of smooth functioning, which do not hinder movements. Together this creates an overall machine which is both strong and stable, yet mobile and light.

Energy Flow from Hara to Hands

1. Hara Centre (Core Battery)

- Location: Lower abdomen
- Function: Stores energy and heat, like a battery ready to release power

2. Upward Ascent (Spiral Wave)

- Energy rises from the core through the spine
- Builds momentum, creating a plume-like surge of power

3. Transmission Through the Body

- Passes through diaphragm, lungs, and torso
- Spreads movement and energy throughout the system

4. Periphery (Hands & Feet)

- Extremities move fastest, like the crest of a wave.
- Terminal Point of impact: energy is fully expressed in strikes and kicks

Tip: Think of your body as a single, flowing system—power isn't just in the muscles; it travels through them, from the center outward, gaining speed and strength along the way.

“power isn't just in the muscles; it travels through them, from the centre outward”

The power of sound: Technique and Form

“It is up to the particular musician to perform it in the way they know best”

When you look closely, it is not just pace that changes within a classical martial arts form. The qualities that are expressed within a single form also vary dramatically. Some movements have a certain swing in them, whilst others have a more constant flow, just like in a musical symphony. The accomplished martial artist realises that although they may vary the expression of the sound and movement, they remain rooted to a core oscillation.

The particular symphonic expression of a piece of music cannot be demonstrated on the music sheet. It is up to the particular musician to perform it in the way they know best. This is also the case in martial arts.





Diet

Insight into Fasting

Fasting is a popular trend nowadays. Science has shown that regular fasting can promote optimal health and functioning. The gut has many important functions besides consumption of food, which it can perform if there is a rest from food. There are many different protocols for fasting. I won't go into them all, because I am not an expert in this field. However, in my experience, if you exercise regularly but want to purge the system of toxins, excess bacteria, and build up of cellular damage,

it is a good idea to fast around once per week, or twice per month. If you can manage fasting for twenty four hours, then this has some great benefits. Twelve hours is also beneficial. However do not attempt these long stretches without eating food unless you are sufficiently able to keep your overall energies high with meditation or some other light but engaging activity. Alternatively eat some easily digestible fruit. You may even experience withdrawal like symptoms from chemicals the body has become dependant on, so be mindful. Otherwise, you could do more harm than good.

The mountain's stability is a result of an ossification occurring between the Earth and the atmosphere. Attuning yourself to nature can even ossify the joints, but what an exhilarating process.

