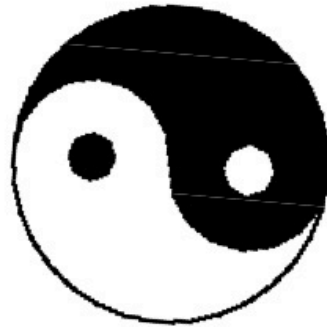


PERFECT KARATE

An introduction to the Matrix Karate Course!



Al Case

PERFECT KARATE

PERFECT KARATE

by
al case

quality press

for information regarding this book contact Al Case at:

MonsterMartialArts.com

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PERFECT KARATE

THE SECRET OF KARATE

THERE ONCE WAS A KING
IN A FAR AWAY LAND
THREATENED BY ENEMIES
HE NEEDED A PLAN

THE ENEMIES HAD TAKEN
HIS WEAPONS AWAY
NO DEFENSE HE HAD
HE WAS IN A BAD WAY

HE CALLED ON HIS PEOPLE
AND ASKED FOR A PLAN
ONE OF THEM RESPONDED
LETS TRAIN WITH BARE HANDS

THE RIGHT TECHNIQUE
CAN UNDO A SWORD
SPIRIT IN THE HEART
CAN DEFEAT A WHOLE HORDE

THE YOUNG MEN TRAINED
WITH ALL OF THEIR HEART
AND ALL OF THEIR SOUL
IT WAS A NEW ART

THEY COULD DEFEAT
A SAMURAI SWORD
OR SHOUT DOWN A CROWD
WITH A SPIRIT WORD

MEN COULD EVEN KILL
A BULL WITH A STRIKE
OR USE JUST THEIR HAND
TO DRIVE DOWN A SPIKE

THE LADIES OF THE LAND
COULD WALK WITHOUT FEAR
WHENEVER A MAN
OF THIS NEW ART WAS NEAR

BUT THE KING OF THIS LAND
DIDN'T LEARN THIS ART
BECAUSE OF THIS LACK
HE WASN'T TOO SMART

HE WAS TAKEN AWAY
AND HELD WITHOUT BAIL
A FAR AWAY LAND
WAS HIS WHOLE JAIL

THE PEOPLE OF THE ART
PRAYED HE'D RETURN
THEY PRACTICED THEIR ART
AND THE THINGS THEY LEARNED

FIRM IN A HURRICANE
THEY HELD TO THEIR STANCES
AND DRILLED OUT THEIR FISTS
IN POWER FILLED DANCES

THE KING NEVER RETURNED
BUT THE PEOPLE GREW STRONG
THEY RAISED HEALTHY CHILDREN
WHO KNEW RIGHT FROM WRONG

AND WHAT IS THE SECRET
OF THIS KARATE ART
NEVER STOP PRACTICING
WITH ALL OF YOUR HEART

PERFECT KARATE

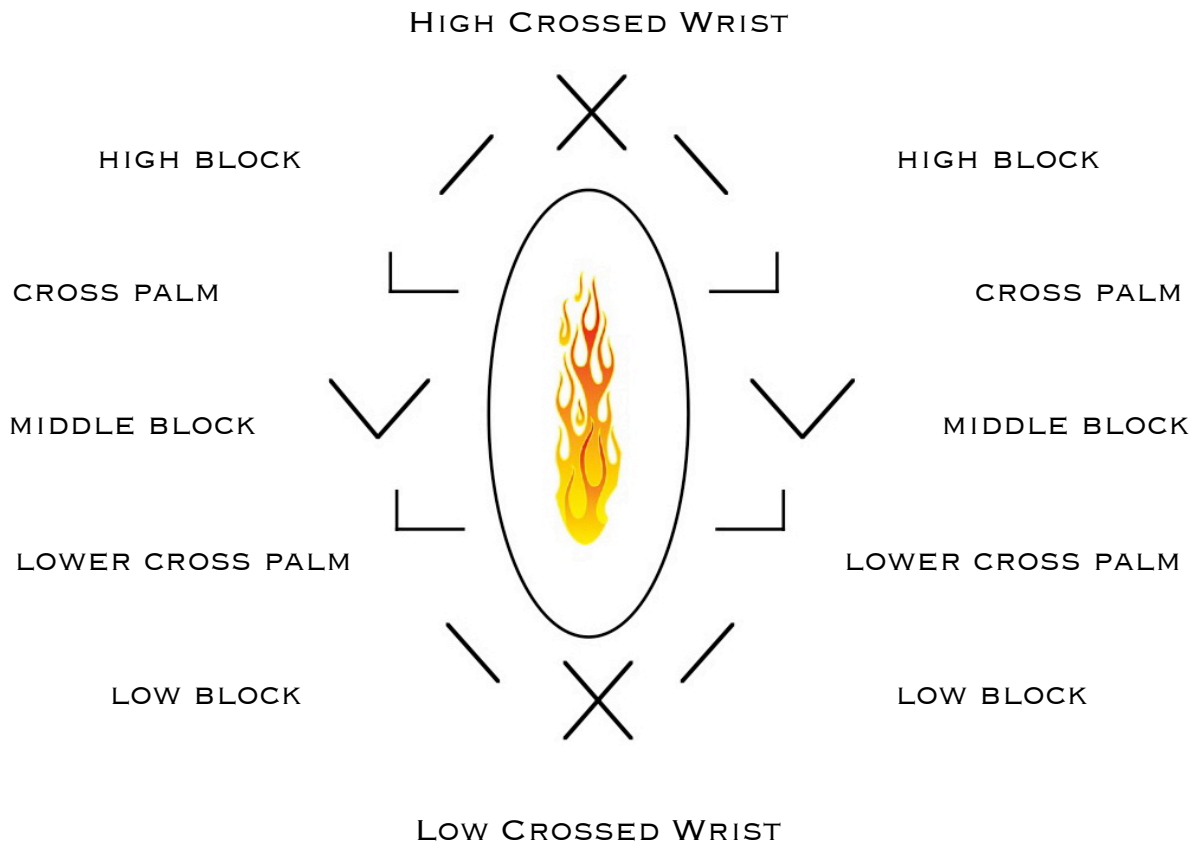
HOW TO PROTECT YOURSELF

THERE IS A CENTER
TO YOUR FRAME
PUSH ENERGY OUT
BREATH TO GROW FLAME

THERE ARE EIGHT WAYS
TO SET YOUR STRONG ARMS
NO ONE CAN ENTER
LEST YOU CAUSE HARM

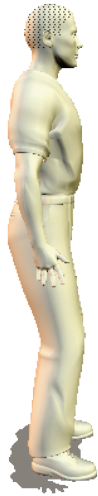
THERE IS A CIRCLE
IN FRONT OF YOUR FRAME
PUSH OUT FROM YOUR CENTER
ATTACKS YOU WILL TAME

MASTER THESE BLOCKS
TO PROTECT YOUR BODY
IT'S ALL IN YOUR WILL
NOT TO BE SHODDY



PERFECT KARATE HOUSE ONE

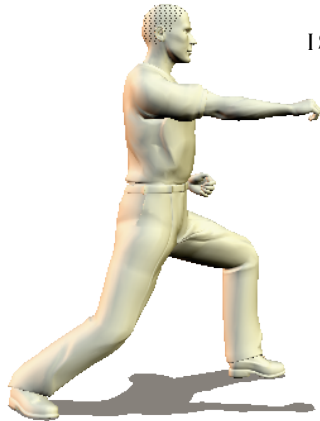
TO START THIS NEW ART
STAND STILL IN THE ROOM
AWARE OF ALL CORNERS
TO THE UNIVERSE YOU BLOOM



STEP TO THE REAR
AND SHOOT THE ARM DOWN
ANY YOU STRIKE
WILL WEAR A FULL FROWN



THEN SHIFT TO ATTACK
WITH WEIGHT, HIP AND THRUST
WHATEVER YOU HIT
IS GONNA GO BUST



NOW BRING UP THE FOOT
AND HOLD THE POLE HANDS
THE LOWER IS INVERTED
FOR THE NEXT IN YOUR
PLAN



PERFECT KARATE

CONTINUE THE STEP
AND SHOOT THE BLOCK OUT
FIST TO OVERRIDE
WITH A SPIRIT SHOUT



SHIFT TO THE FRONT
DRIVING THE SPIKE
INTO THE ATTACKER
WITH ALL OF YOUR MIGHT



TO THE POLE POSITION
THE LOWER IS A CUP
TO SCOOP A KICK UP
AND LIFT A MAN UP

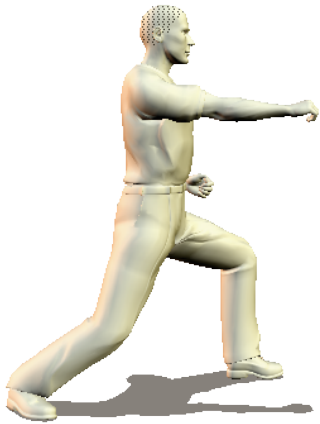


DRIVE UP THE ARM
AND CREATE A STRONG LINE
HE'LL HURT HIMSELF
AND YOU WILL FEEL FINE



PERFECT KARATE

AGAIN DO THE STRIKE
THE WHOLE BODY HITS
IT'LL SHAKE HIS WHOLE FRAME
AND SHATTER HIS WITS



THE HOURGLASS STANCE
WITH THE BUDDHA PALM
DO THE FORM BACK
A 1000 TIMES STRONG



PERFECT KARATE HOUSE TWO

TIME TO GUARD

THE BOTTOM AND TOP
CROSSING THE WRISTS
WILL SWORDS AND KICKS STOP



CROSSING HANDS LOW
WILL CATCH A SWIFT KICK
GRAB HEEL AND TOE
AND THROW WITH A TWIST



PROTECT THE HEAD
SHIFT BACK WITH A BLOCK
LOOSE-TIGHT IS THE METHOD
TO GIVE HIS BONES SHOCK



NOW IT IS TIME
TO RETURN THE FORCE
PUSH WITH THE LEGS
EXPLODE FROM THE SOURCE



PERFECT KARATE

CHARGE WITH THE WRISTS
CATCH ARM NOT THE BLADE
PULL WRIST AND PUSH ELBOW
DISARM AND INVADE



CIRCLE THE HANDS
AS YOU DRAW BACK

STRIKE KNUCKLE TO BICEPS
AND BLOCK HIS ATTACK



PUNCH THE STERNUM
BEND IT ALL IN
HIT WHAT IS SOFT
NOT BONE IN THE CHIN



BRING UP THE FOOT
AND SCOOP UP THE HANDS
TIME TO SPLIT PUSH
AND KICK IN HIS GLANDS



PERFECT KARATE

DOWN YOU GRAB
SNAPPING THE FISTS
PRACTICE YOUR SNAPPING
AND YOU WILL CRUSH WRISTS



BREATH OUT WITH FOCUS
AND LOCK SNAP THE KICK
IF YOU WANT POWER
TIP AND TURN HIP



THE SECRET OF POWER
IS TO FLICK THE FIST
AS IF SHAKING WATER
WITH JUST A LITTLE TWIST



TURN INTO AN ELBOW
WITH A POWER STANCE
TOO CLOSE TO FIST
AN ELBOW IS YOUR CHANCE



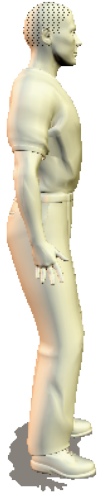
PERFECT KARATE

NOW IF YOU'RE SMART
AND HAVE ENTERED IN
SPLIT TOP FROM BOTTOM
AND TOPPLE DOWN HIM



PERFECT KARATE HOUSE THREE

FIRST YOU SHOULD START
WITH FISTS THAT GROW TIGHT
AS YOU PROGRESS
LEARN TO BE LIGHT



SLOW AND SMOOTH
DROP THE HAND DOWN
ALL IN THE BODY
ENERGY GOES DOWN



CONNECT TO THE PLANET
WITH BLOCK, HIT AND KICK
DON'T HIT WITH A BODY PART
HIT WITH THE PLANET



BALANCE YOU'LL HAVE
IF YOU MOVE NICE AND
SLOW
ENERGY YOU'LL
HAVE
IN SUSPENDED FLOW



PERFECT KARATE

A STRIKE WITH A BLOCK

ALL SIMULTANEOUS
SMALLER UNITS OF TIME
ARE ADVANTAGEOUS



FOUR DIFFERENT BLOCKS
WILL GROW YOUR POTENTIAL
HIGH, LOW, IN, OUT
COMBINE THE ESSEN-
TIAL



OPEN THE HANDS
AND LEARN TO SLAP GRAB
DO IT SIDE TO SIDE
DON'T MOVE LIKE A CRAB



NOW DRIVE DOWN
A PUBIC PUNCH
HIS LEGS WILL COLLAPSE
DOWN HE WILL SCRUNCH



PERFECT KARATE

NOW TO STEP UP

AND PREPARE THE HAND
SHOOT FROM THE CENTER
LEARN TO EXPAND



THE SECRET OF POWER
IS SAND IN A PIPE
SWIRL AND JERK
ALL SAND TO THE
STRIKE



BRING THE HAND IN
IT'S CALLED 'HIDDEN FIST'
FOLLOW THE BODY LINE
TOO FAST TO RESIST

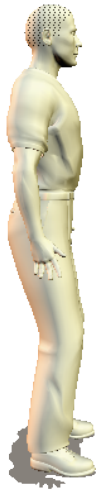


TWIST HIP AND THRUST
AND DROP ALL YOUR WEIGHT
THREE BECOMES ONE
AND INTENTION IS
GREAT



PERFECT KARATE HOUSE FOUR

KARATE THEY SAY
IS ALL EMPTY HANDS
BUT DISTANCE CHANGES
AND SO DO PLANS



USING AN ELBOW
IS A SHORT STRIKE
UP, DOWN OR SIDE
SLASH, SMASH OR SPIKE



ENTERING IN
FROM EITHER SIDE
SPLIT TOP AND BOTTOM
THROW BODY AND PRIDE



IF YOU ARE JAMMED
AND MUST GET AWAY
STEP QUICK AND SPIN
TO START A NEW PLAY



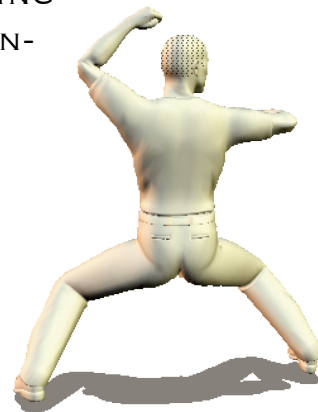
PERFECT KARATE

OR YOU COULD SLIDE

AND QUICK ENTER IN
SLIPPING THE STRIKE
AND STRIKING THE GROIN



STAND LIKE A MOUNTAIN
AND GROWL LIKE THUNDER
STRIKE LIKE LIGHTENING
YOU'LL SPLIT HIM ASUN-
DER



IN AND OUT
CHANGING HIS MIND
HE WON'T FIND THE DIS-
TANCE

YOURS YOU WILL FIND



STRIKE WITH AN ELBOW
OR USE IT TO BLOCK
THE TRICK IS BE
BRAVE AND IN WALK



PERFECT KARATE

TO STAND AND FACE
AND KEEP OPEN EYES
THAT IS AN ART
AS BIG AS THE SKIES



NOW SLASH DOWN
AND BRING IT AROUND
MAKE UP YOUR MIND
AND HE WILL FALL
DOWN



NOW TO BALANCE
YOUR ART ON BOTH SIDES
GO THE OTHER WAY
IN NEVER ENDING
STRIDES



PERFECT KARATE THE THEORY

FIRST YOU MUST LEARN
TO SINK TO THE EARTH
HOLDING YOUR GROUND
DETERMINES YOUR WORTH

THEN YOU BRING ENERGY
INTO THE CENTER
BREATH WITH YOUR MOTION
LET ENERGY ENTER

KEEP THE BELLY TAUT
CHANNEL ENERGY OUT
FOCUS IN YOUR FISTS
AND NEVER FEEL DOUBT

THREE TYPES OF POWER
THRUST DROP AND TURN
PUT THEM TOGETHER
INTENTION YOU'LL LEARN

STRIKE WITH WHOLE BODY
NOT JUST THE FIST
THE LIMBS ARE THE FINGERS
THE TRUNK IS A WRIST

PRACTICE YOUR MOVES
TO THE FINEST DETAIL
LEARNING THIS WAY
YOU'LL NEVER FAIL

PERFECT KARATE A SIMPLE EXERCISE

A SIMPLE EXERCISE
YET OH SO FINE
IS BLOCKS IN A SEQUENCE
TO LEARN TO COMBINE



LOW, OUT AND UP
MOVING IN TIME
THE OTHER HAND BLOCKING
ONE MOVE BEHIND



SOON YOU WILL GET
SLICK AND SWEET
NOBODY WILL KEEP UP
WITH YOUR FAST BEAT



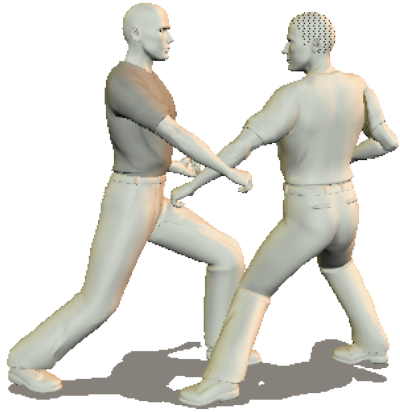
PERFECT KARATE SEQUENCE ONE

FIRST YOU PRACTICE

ONE BLOCK AT A TIME

STEPPING BACK AND FORTH

IN A STRAIGHT LINE



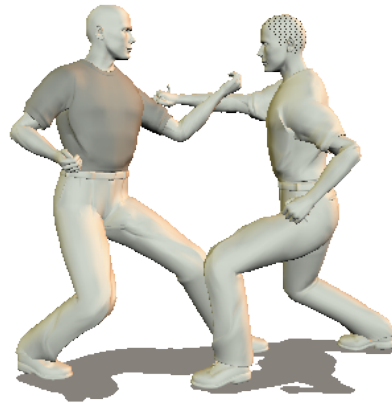
THEN YOU PRACTICE

BLOCKS ONE, TWO, THREE

STEPPING TO-

GETHER

AND TOGETHER YOU BE



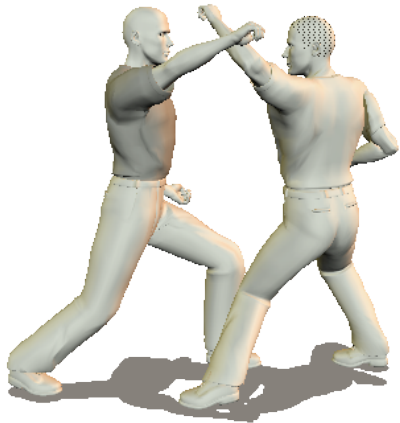
FINALLY YOU WILL GET

SO GOOD YOU DON'T WALK

JUST SIMPLY

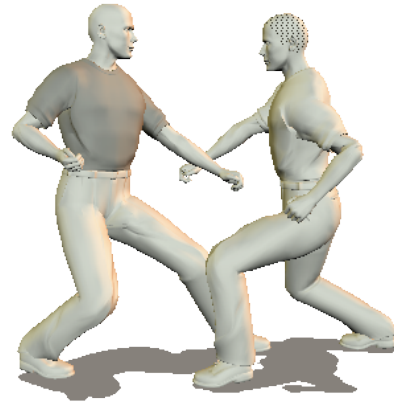
STAND

AND LET YOUR FISTS TALK

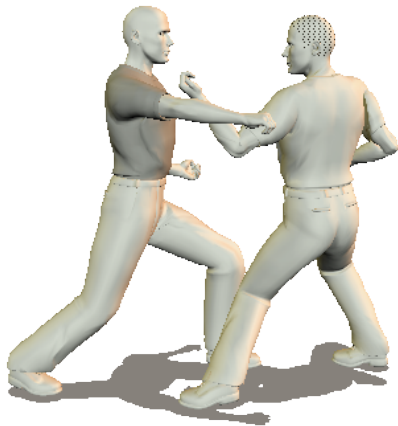


PERFECT KARATE

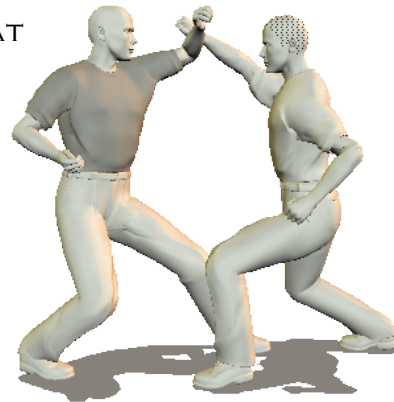
STRIKING IN TURN
YOU SHIFT BACK AND FORTH
STEPPING AT THE END
FOR ALL OF YOUR WORTH



YOU GO LOW
THEN HE GOES OUT
YOU GO HIGH
THEN TURN IT
ABOUT



STRIKE WITHOUT THOUGHT
OF LOSS OR DEFEAT
TRAIN THIS WAY
AND YOU CAN'T BE BEAT



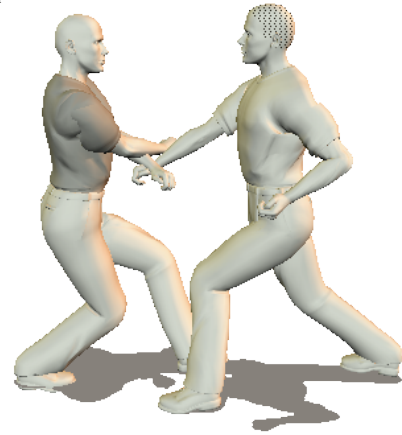
PERFECT KARATE SEQUENCE TWO

A FIGHT OFTEN STARTS

WITH A SIMPLE PUSH
TAKE A STEP BACK
AND SPLIT THE RUSH

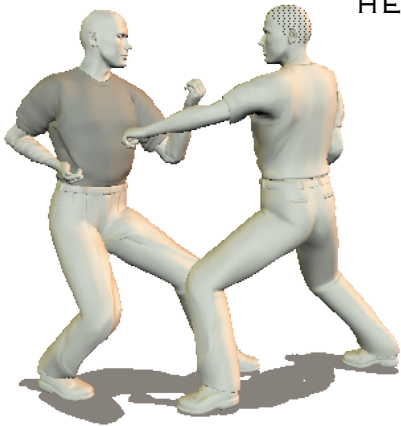


THEN MOVE FORWARD
TO GIVE HIM A PUNCH
HE'LL CROSS WRIST
DOWN
TO CATCH YOU IN
CRUNCH



YOUR TURN TO STRIKE

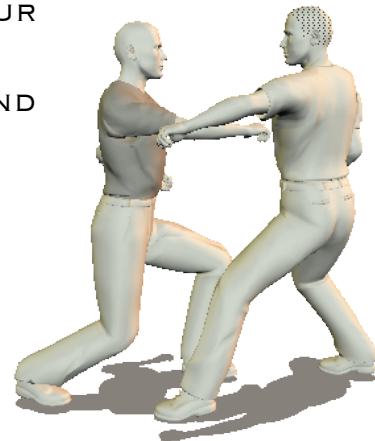
WITH A LEAD HAND
HE'LL HAVE TO BLOCK
QUICK



TO KEEP HIS STAND

THEN HE WILL PUNCH
BUT HE IS YOUR FRIEND
HIS FIST ON YOUR
CHEST

HE'LL PUSH TO JUST SEND



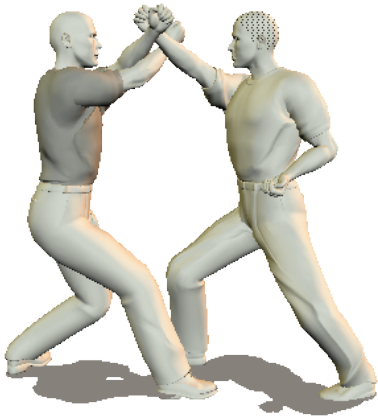
PERFECT KARATE

NOW TAKE A STEP

STRIKE DOWN ON HIS DOME

HE'LL HAVE TO CROSS WRISTS

TO PROTECT HIS HOME.



FOLLOW QUICK WITH THE LEFT

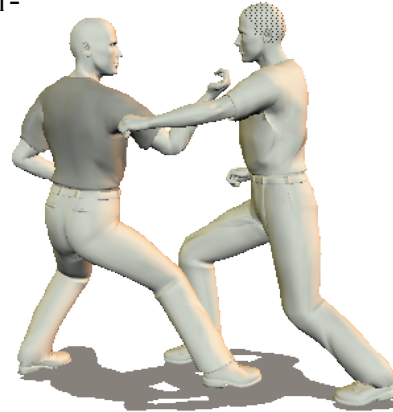
HE'LL HAVE TO BLOCK OUT

STRIKE ON THE BI-

CEPS

OR ON HIS BIG

SNOUT

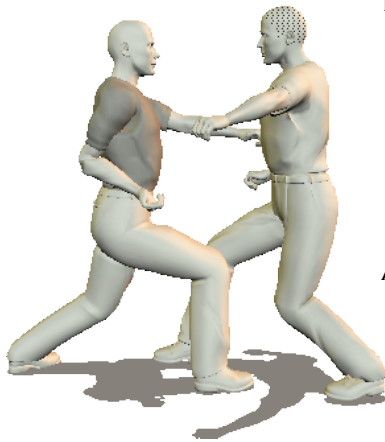


NOW GIVE IT BACK

HARD AND FAST

TOUCH HIM SOFT

SO HE WILL LAST



END WITH A SIMPLE PUSH

AND REPEAT WHAT WAS

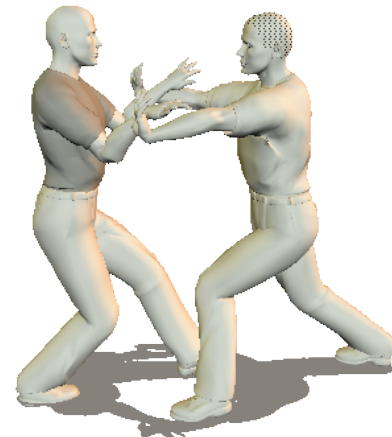
DONE

START A NEW

GAME

FOR EACH OTHER'S

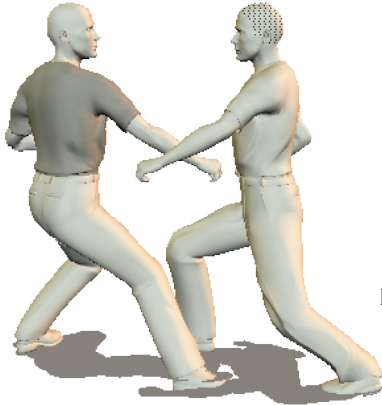
FUN



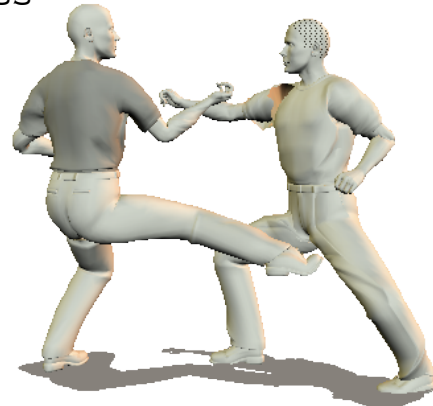
PERFECT KARATE SEQUENCE THREE

IF HE ATTACKS
AND PUNCHES LOW

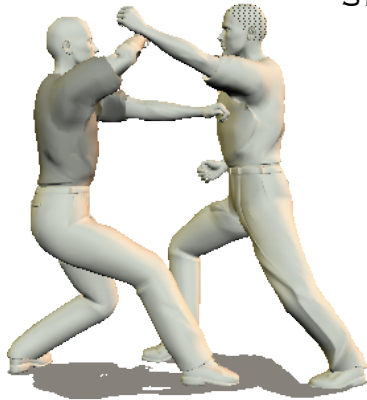
MATCH HIS STANCE
AND SHOOT YOUR ARM LOW



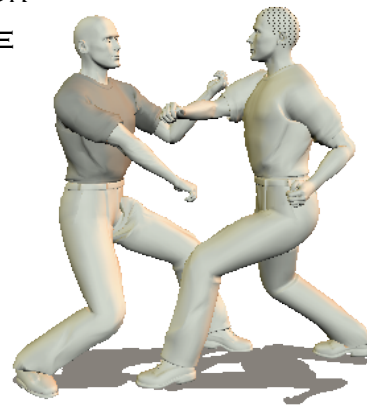
THEN WHEN HE STRIKES
THAT IS ALL RIGHT
BLOCK HIM ACROSS
AND KICK THE
BULBS LIGHT



NOW HE THROWS HIGH
WITH A PUNCH FOR THE HEAD
SIMULTANEOUS
BLOCK
AND STRIKE HIM INSTEAD

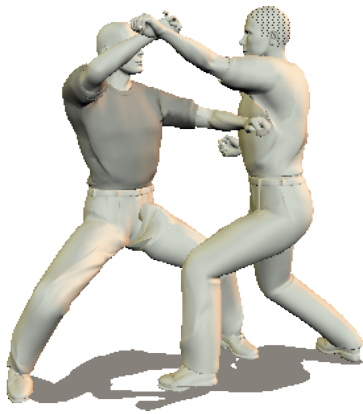


NOW STEP BACK
AND LET HIM COME IN
UNIVERSAL BLOCK
WILL SET UP THE
WIN

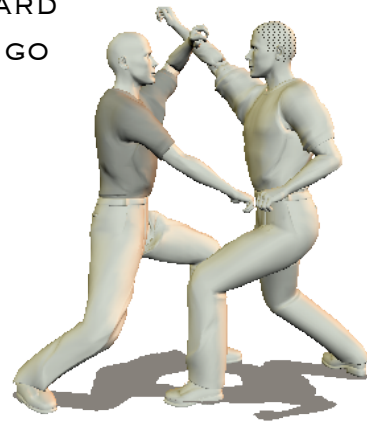


PERFECT KARATE

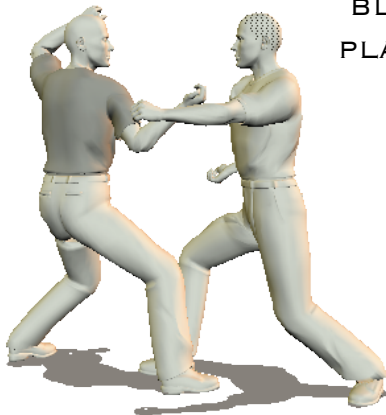
GRAB HIS NEXT PUNCH
AND TWIST WITH A HAMMER
BREAK ALL HIS RIBS
WITH A POWER HORSE SLAMMER



HE PUNCHES HIGH
BLOCK AND PUNCH LOW
HIT THE PUBIC HARD
AND DOWN HE'LL GO



ONE MORE STEP
AND A PUNCH TO THE MIDDLE
BLOCK AND SET UP
PLAY HIM LIKE A FID-
DLE



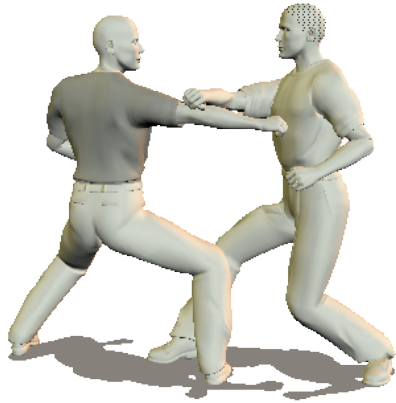
YOUR BLOCK IS HARD
YOUR FIST IS HIDDEN
SOON HE WILL
WISH
AN ATTACK HE DIDN'T



PERFECT KARATE

NOW TWIST AND GIVE HIM
THE FAMOUS POWER PUNCH

YOU CAN GIVE HIM A TURN
IF HE DOESN'T LOSE HIS LUNCH



PRACTICE THESE FORMS
AGAIN AND AGAIN
PRACTICE THE SEQUENCES
AS IF WITHOUT END

WHENEVER YOU THINK
YOU LACK DIRECTION
REMEMBER WHAT YOU SEEK
IS MERELY PERFECTION

PERFECTION OF SPIRIT
IS WHAT WE INTEND
FIND THOUGHT BEHIND MOTION
THE BEGINNING IS THE END

PERFECT KARATE BASIC FRONT KICK

THERE ARE THREE KICKS
FRONT, SIDE AND WHEEL
BE CAREFUL WHEN YOU USE THEM
THEY'RE HARD TO CONCEAL



ALWAYS LIFT KNEE
AS IF OVER A CHAIR
THEN DRIVE IT LIKE A SPIKE
THEY WON'T HAVE A PRAYER



PRACTICE IT IN PIECES

THEN MAKE IT REAL SMOOTH
ONE SIMPLE MOVEMENT
LAID IN THE GROOVE



PERFECT KARATE

BASIC SIDE KICK

LEARN BEST ON A BODY

A BAG AND LAST AIR

SINK WEIGHT WHEN YOU KICK

HE'LL BE OUT OF THERE



RAISE THE KNEE
AND PIVOT THE HIPS
TRY NOT TO BEND
WHEN YOU HIGH KICK



USE THE FLAT OF THE FOOT
NEVER THE EDGE
STOMP FOR THE
WEIGHT
FOOT HURTS IF YOU



WEDGE

PERFECT KARATE BASIC WHEEL KICK

PRACTICE KICKING HIGH

BE AGILE AND STRONG
IN COMBAT KICK LOW
YOU WON'T GO WRONG



YOU MUST LEARN TO BE
SMOOTH IN YOUR MOTION
LIQUID OUT AND IN
LIQUID IN YOUR NOTION



THE INSTEP HAS NO
WEIGHT
THE TOE CAN HURT BAD
I PREFER THE BALL
OF FOOT

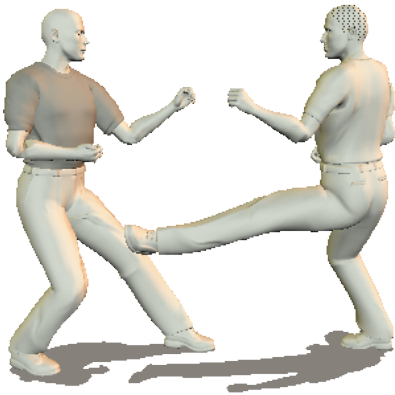
MY BODY WEIGHT IS GLAD



PERFECT KARATE
TWO KICKING TECHNIQUES GOOD FOR COMBAT!

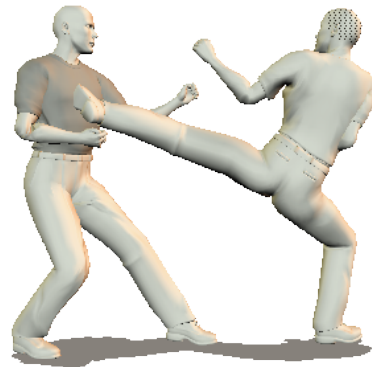
FOR THE FIRST TECHNIQUE
THRUST FOR THE KNEE

A BREAK YOU'LL MAKE
OR A SWEEP IN EXTREME



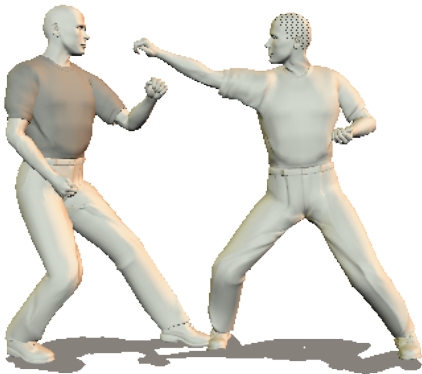
WHEN HE LOWERS ATTENTION
OR MAYBE THE HANDS
SWING LEG LIKE A
WHIP

THE BALL OF FOOT LANDS



FOR THE SECOND TECHNIQUE
LEAN A HAND TO THE HEAD
WHEN THE ARM LIFTS UP

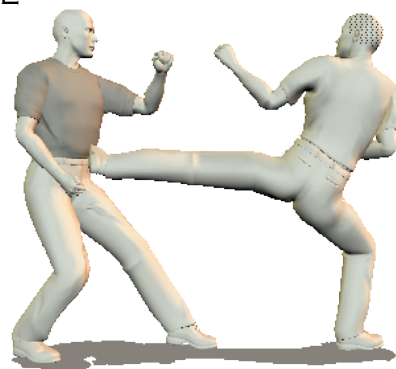
HE'S AS GOOD AS DEAD



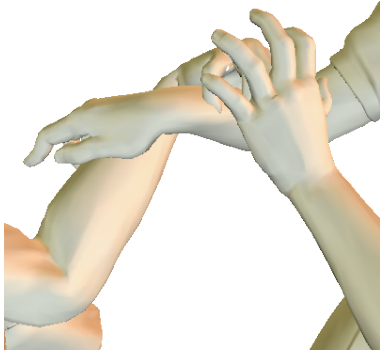
PIVOT FROM THE CENTER
IDEA YOU MUST HAVE

POP SPIN TO THE
REAR
AND KICK HIM

IN HALF



PERFECT KARATE



DISTANCE COLLAPSES
WHEN IN A FIGHT
THE THING TO DO THEN
IS TIE HIM UP TIGHT

YOU CAN CIRCLE HIS JOINTS
LIMBS YOU CAN LEVER
OR SLIP IN BEHIND
TRIPPING IS CLEVER



ONE THING TO DO
IS NEVER FORGET
STUDY TILL YOU WIN
WITHOUT USING
SWEAT



Continue the lessons of Perfect Karate with
MATRIX KARATE

Matrix Karate is a complete course of instruction on DVD,
including a 164 page instruction manual, and a special bonus...
a complete course on kicking!

Plus this extra special bonus,
THE MASTER'S HANDBOOK

Out of print for 30 years,
This 60 page manual details
the original and innovative thinking behind Matrixing.

PERFECT KARATE



MATRIX KARATE!

The bullies thought he was easy meat.
But when they turned up the heat,
he was doing the cooking!

*Every high school has its
gang of bullies.
You know the kind, loud-
mouthed, swaggering,
picking on the smaller kids.*

They specialize in ‘tease and torment’ classes, and nobody, not even the teachers, are able to stop them.

Ernie was an easy-going kid, got his homework done, had pretty good grades, and was liked by most everybody, which, of course, made him a target for Sam and Tom. But what really made him a target was when they were slapping Sally Rogers books out of her hand and laughing.

Sally was in tears.

She was a freshman, and had no idea how to protect herself against these two upperclass toughs.

“Go away,” said Ernie, stepping between the two overgrown, brain-dead louts.

At first, the two laughed at skinny, little Ernie.

“You’re a dweeb,” sneered Tom,

Then Sam, who was short and squat and the meaner of the two, swaggered up and went to push Ernie.

Big mistake.

Ernie put up his hands and brushed Tom’s arms outward, then he kicked him in the groin, and punched him in the nose



PERFECT KARATE

with a left fist, and then buried his right fist in Tom's gut.

Tom went back and down. He wasn't hurt too bad in the groin, he didn't know that Ernie had pulled his kick, but he had tears coming out of his eyes, and he was having a hard time breathing.

"Get him," Tom gasped at Sam.

Sam, who had sort of a dopey face, put a grimace on his face and went forward.

Then he went back.

Ernie had kicked him in the shins, both of them, and then snapped a kick to within inches of his groin.

Sam wasn't quite so eager; this new kid was fast!

"I don't want any trouble," Sam held his palms outward, seeking peace.

"Tough luck, you little s___!"

Tom stood up, bounced a little, acting like he might actually know something, and moved to the right. He nodded to Sam to move the other way. Slowly, the two bullies circled Ernie, tried to set him up for a rush.

Sally, forgotten by the bullies, ran for a teacher.

"You're gonna learn, you little fart, who you been messing with," muttered Sam.

"Yeah," agreed Tom.

Finally, they thought they had him, and they rushed.

Now Ernie knew there was no holding back. He had to protect himself.

Sam tried to kick Ernie, and it felt like he had bashed his shin on a two by four. Then a buzzsaw began cutting through him. He couldn't follow the

lefts and the rights, and suddenly a foot tripped him. He was down and bleeding...and crying.

Tom was confused. He had been trying to get close to the new kid, and the new kid had just rushed at Sam, and now Tom was all alone.

Tom blinked and looked around. For so long, he and Sam had been cock of the walk, and now a couple of dozen kids were gaping, and a few were actually laughing.

The kind of Karate that Ernie knows is called Matrix Karate, and he learned it much the same way you're going to learn it, from a simple course offered at MonsterMartialArts.com.

"What's going on!" Mr. Jergens' voice was strong.

"No-nothing," stumbled Tom, aware that he was no longer a force to be reckoned with.

"Sally just dropped her books and Sam tripped on them," said Ernie.

Mr. Jergens' gaze swept over the now silent crowd.

Tom was frightened, Sam--who was just a loud-mouthed bully--had apparently had his head handed to him.

And Ernie was picking up Sally's books.

He didn't know what had happened, but whatever it was, he was glad. "You and you," he pointed at Tom and Sam. "Get to my office right now!"

He looked at Ernie.

"I'll carry Sally's books home for her," Ernie said.

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Mr. Jergens smiled as the two youngsters walked away.

You know that the scene just described is true. Bullies pick on younger kids all the time, and...

...you also know that if you had known Karate in high school, especially the kind that Ernie knew, then life would have been a lot simpler.

Nobody shoving you in the back, 'borrowing' lunch money and not returning it, cutting in line.

Instead, sports would have been easy, lots of friends, and even your studies would have been easier.

Well, you know...IT'S NOT TOO LATE!

THE TRUTH ABOUT MATRIX KARATE

Matrixing is the logical breakdown and analysis of the martial arts. With matrixing one can examine an entire art, one can see exactly what pieces are missing, what has been altered or corrupted, and, in short, correct that art.

The reason Karate is perfect for introducing Matrixing is that Karate is a short and simple art.

Many people think that Karate takes a lifetime.

There are over fifty forms to learn,

It takes decades to become a master, and so on and on and on.

The truth, however, is

different.

One of the originators of Karate, a fellow by the name of Yatsusune Itosu, said that it only took three or four years to master Karate. That's right...master. And that means it only takes about a quarter of that time to become a black belt, and that's all!

So what has happened to Karate since it was originally created, to make it so large and top heavy and difficult to learn?

What has happened is that every teacher has introduced something new.

Every teacher has injected pieces of other arts, forms he has created himself, even entire arts!

On one hand, this is understandable. After all, we are talking about an art, and art is the fact of creation.

But instructors should not add to a system without letting the student know what has been added!

In the system I originally learned, Kang Duk Won (House for Espousing Virtue) Korean Karate, my instructor learned ten forms. But I had to learn twenty-one.

My instructor had added one Chinese form, seven forms he had created, two additional basics forms, and a two man set.

It took him two and a half years to become a black belt, it took me near seven.

So now comes the question: how do you separate the data?

If you've got five teachers between you and the source of the karate you were instructed in, how do you get rid of the



PERFECT KARATE

extra data, the unnecessary data, the data that is unique to them, but merely extra work for you, and not necessary to mastering the art!

The answer is that you need to learn how to matrix.

Not only do you learn an entire system on this course, but you learn how to apply matrixing to that system, and that will enable you to apply matrixing to any other martial art in the world!

I am telling you right now, you will be able to go through entire systems, picking out moves and techniques, whole forms, and saying, 'This isn't right, that doesn't fit, uh oh, somebody went stupid on this one.'

Furthermore, you will have the ability to logically take apart whole arts...and fix them!

Do you understand what an authority that makes you?

The ability to look at an art and fix it?

Nobody has ever been able to do that before!

But, then, nobody has ever had matrixing before.

HERE IS WHAT YOU GET ON THIS COURSE!

A complete rundown on the essentials of a true art.

The Mechanics of Power.

Perfectly aligned forms .

Perfectly aligned techniques from the forms.

A complete matrix of all karate techniques.

A bonus section on kicking.

So how much would you expect to pay for the information on this course: an entire art, and the ability to analyze and fix entire arts?

A thousand?

Two thousand?

How about \$19.95? (plus S & H)

\$19.85 (+ S & H) is not even the equivalent of a tankful of gas. That's not even half a month of instruction in most schools!

You get two DVDs, a 180 page booklet on CD, and the only completely matrixed Karate in the world.

**COMPLETE WITH A MONEY
BACK GUARANTEE!**

Really, let's face it, to learn an entire art, and to learn about an incredible new science that can be used in every art, and even every study you might have in life, is just about the most amazing opportunity you could have!

ORDER FORM ON BACK COVER!

Or simply go to:

MONSTERMARTIALARTS.COM

PERFECT KARATE

CORE PACKAGE!

THE FOLLOWING FOUR COURSES ARE
THE CORE PACKAGE OF MATRIXING!

MATRIX KARATE

(One CD and two DVDs)



Karate is an art designed for defense of one temple, use against soldiers with specific weapons, and this more than a hundred years ago. Furthermore, it was designed for teaching masses of children, and then those same methods were used to teach masses of servicemen, with no regard for specialized languages, cultures, and so on. In other words, Karate has been corrupted. By learning Matrixing technology you can revitalize Karate, view it in its pure form, *and even learn it ten times faster!* This is the only course in the world that presents Karate in its True Form. 2 DVDs show the perfectly designed form and techniques. A 164 page book reveals the theory of Matrix Karate, and illustrates the core concepts of Matrixing Technology. BONUS: An entire course on Kicking (The Power Kicks Course) EXTRA BONUS: 60 page 'Master's Handbook' (The Master's Handbook has been out of print for thirty years! It is not available anywhere else!)

\$19.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

MATRIX KUNG FU (Monkey Boxing)

(One CD and two DVDs)

Here is the secret of all jointlocks! Sure, you could learn thousands of techniques, and it would only take you a few decades, and then you would have a vast amount of data to sift through to select the correct technique for a situation. OR...you could learn the core forty techniques from which all other techniques are grown. This brilliant application of Matrixing technology takes the material of arts which would take lifetimes to learn, and condenses it into a course *which can be done in a couple of weeks!* 2 DVDs show the breakdown of



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each technique. A 108 page booklet detailing the techniques and other valuable information concerning them is on CD.

BONUS: this course includes a form of freestyle which is virtually unknown, and which enables you to translate the techniques of this course into combat. For people who are tired of studying two arts, the classical moves...and freestyle which doesn't even remotely resemble those classical moves, this is the answer.

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

MATRIX AIKIDO

(One CD and two DVDs)



Morihei Uyeshiba had a vision which could transform the world, and he created an art to share that vision, an art which could transform and enlighten the entire world. The only problem? It takes too long. With Matrixing Technology that is no longer true. With Matrixing Technology Aikido can be learned quickly and easily. You can literally learn it in a couple of hours, and a couple of months should transform you totally and utterly into that vision of perfection that Morihei Uyeshiba experienced. On this course you learn the theory, theory which cuts to the true and makes Aikido amazingly simple, through a simple 32 page manual. Yes, you heard correctly, 32 pages! That is all it takes to outline the exact core concepts of this art and make them totally workable. Then you view a seminar in which four students are taught Matrix Aikido in 80 minutes! That's right. At the beginning of 80 minutes they don't know Aikido. At the end of 80 minutes you will see them performing Aikido simply and easily. Sure, they make mistakes, but *their learning curve has never been seen before on this planet!* And what is even more incredible, just by viewing this tape, by seeing the core concepts actually work, you will be able to do Matrix Aikido. And *your learning curve will be out the roof!* This is prove positive that Matrixing works.

Guaranteed! If you continue to do this art, for one hour a day, you will master Aikido within a matter of months!

Consider this analogy: you aren't being taught thousands of techniques, which make up the branches of the tree. Instead, you are being given the trunk, and

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told to grow all the branches. This means that you are not learning something, monkey see monkey do, but rather creating it, on the spot, as you need it.

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

THE MASTER INSTRUCTOR COURSE

(One CD and two DVDs)

This is the only course of its kind in the world.!

This is not Boot Camp Extreme. It is not how to make a student 'Monkey See Monkey Do.' It is, simply, the underlying core concepts for all arts!

This course teaches you how to have Perfect Form and Perfect Technique. It does this without mysticism, but with *hard core principles that cannot be denied!* Once one has examined the material of this course it is almost impossible for them to have less than perfect form and technique. Simply, for the first time in history, the right way of doing the martial arts is defined, and if you know the right way of doing the martial arts, why would you want to continue doing them the wrong way? On this course you will receive a CD which has a 104 page book. This book defines perfection of art. It gives you the reasons. And it goes along with the two DVDs perfectly. In other words, you read and watch, and receive instant enlightenment. You will see the seven secrets of Perfect Form, and you will see the six secrets of perfect technique, and your art will be forever changed.

Now, I make this claim, and I put it in your face. If an Instructor doesn't know the material of this course, he is not really an instructor. He is not teaching, he is doing something else. This is a totally and absolutely true statement, and I defy anybody in the world to prove it wrong!

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

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KUNG FU PACKAGE!
THE FOLLOWING FOUR COURSES ARE
THE CORE PACKAGE OF SHAOLIN KUNG FU!

THE SHAOLIN BUTTERFLY

(One CD and two DVDs)



Are you a student of Shaolin? Then you know how intricate and labyrinthian that art is. Hundreds of separate systems, thousands of schools, all firmly convinced that they are right. With Matrixing Technology you can instill rightness within the Shaolin art, any Shaolin Art. This course includes a complete art derived directly from Fut Ga Shaolin. This Art is based on specific footwork, and is called the Shaolin Butterfly. The footwork Matrixes potentials of motion, and a half a dozen concepts which are central to Shaolin are defined, Now, here is something to ask yourself: where does Shaolin go? Do you just study endlessly? Absorbing things? Or is there an end to it?

The Shaolin Butterfly proposes that Shaolin has a distinct goal, and this is the evolution of the student into the softer arts. Thus, the unique footwork of the Butterfly feeds directly into Pa Kua Chang. This is the first time in history that the translation from hard into soft. from external into internal, has been exactly defined.

The CD has a 121 page book which defines the six Butterfly forms which describe the Art. BONUS: On the two DVDs, in addition to seeing the Butterfly forms and their two man interpretations, you receive four Nine Square Patterns. These are the patterns of the Butterfly, the Monkey, the Dragon, and the Tiger. In addition these forms will be broken down and demonstrated in countless applications.

An entire Shaolin Art. Matrixed. This is truly amazing stuff.

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

PERFECT KARATE BUTTERFLY PA KUA CHANG

(One CD and two DVDs)

Pa Kua, walk in a circle for ten years, and maybe, just maybe, if you are one of the appointed few...

Nah. The problem with Pa kua is simply and merely that there have been missing pieces. The odd thing is that sometimes the missing pieces have been in plain sight. To correct this problem, you don't get one mystical, esoteric, hard to understand art, you actually receive three versions of Pa Kua!



The first version is Ten Hands Pa Kua, and it defines basic form and establishes the simplicity of energy production.

The second version, Teacup Pa kua Chang, begins the process of learning how to pulse and flow the energy.

The third version, Eight Animals Pa Kua Chang, is the traditional form. But now, with the missing pieces put in place by the first two simpler arts, the Eight Animals will really snap, crackle and pop!

The problem here, the problem that Matrixing Technology has fixed, is one of doing the right step at the right time.

Between the two DVDs and the CD you get 142 pages of logical instruction, examples of the three arts, and loads of applications.

One thing you should think about is that this art, being fed by the Shaolin Butterfly, is really going to make sense, and for a simple reason.: the people who mastered the internal always had prior experience in the external. They understood the hard, and that enabled them to make sense out of the soft. This is only logical. A fellow who studies and understands the realities of actual combat is going to be able to confront and understand the softer arts because he has a proper base of understanding. Simply, he knows what a punch is, and if you know how to punch, then it is going to be ten times easier to understand what it is like to stand on the receiving end of a good punch.

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

**(There is an order form at the back of this book,
or you may order from the website.)**

PERFECT KARATE FIVE ARMY TAI CHI CHUAN

(Four DVDs)



The sad thing is that if you are learning Tai Chi for health, you are only getting about ten per cent of the health benefits.

Oh, this is true, and for a simple reason.

By learning how to make the form functional, you learn how to extend your Intention. Intention is the spearhead of awareness. And Intention is made real and visible through the learning of function.

In other words, you have to learn the applications. In this version of Tai Chi, while matrixing is occurring, the real intent is to align the form with function.

No more mystical moves with questionable energy flow that might or might not be there. Now you can be sure of creating energy. You can be sure by examining the applications, and if they are working, then the Intention is working, and even measurable!

On the four DVDs I will go over the form, discussing the exact geometry of Intention in each move. Then I will demonstrate applications for every move. Guaranteed, there will be no misunderstanding concerning energy and energy production in any move in the form when I am done.

We are talking ninety minutes of applications!

When I ragdoll my partner, or pulse energy, or flow him in some manner, I will explain exactly what I am doing. He twitches there, I move here, result is him down there. The energy when from here to there.

Guaranteed, this version of Tai Chi is going to make sense out of all other versions, and you then get 100% of the benefits possible through Tai Chi.

\$39.95 (+ S&H)

For more information go to MonsterMartialArts.com

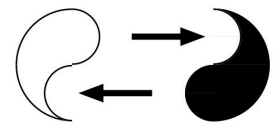
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or you may order from the website.)

CREATE YOUR OWN ART

(One CD and two DVDs)

This is the first and only course of its kind on planet earth; this is the only course guaranteed to actually make you an artist.

Consider, if Michaelangelo only made copies of Leonardo DaVinci's work, he wouldn't be an artist, he'd be a copy-



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cat.

Yes, there is an art to being a copy cat, to following the Monkey See Monkey Do instructions available in most schools, but to enter the True Art you have to step out of the mold and be an artist. A True Artist.

There is a fifty-four page book on the CD (Create Your Own Art) to help you understand the exact process of becoming an artist. These are exact steps you can easily follow.

Then, on the two DVDs, you will see original footage taken of me back in the eighties when I was first discovering this stuff. You get a up close and personal eye to how the Matrixing Technology was created. You learn two separate arts, Infinite fist and Pa Kua chang, and then you learn how to combine them.

Then, if all that isn't enough, you get another book on the CD. This is the 133 page manual on Buddha Crane Karate. This is an entire Art which demonstrates the principles revealed in the Create Your Own Art manual.

And, if all that isn't enough...back to the DVD and take a look at a couple of arts created by my students.

This really is the pinnacle of the Martial Arts.

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OTHER COURSES!

**THE FOLLOWING COURSES WILL
MAKE YOU A COMPLETE MARTIAL ARTIST**

MATRIX COMBAT

(One CD and one DVD)



This is a sweet introduction to the realities of Matrix Technology. There are five modes of combat. Everybody knows about freestyle, and most people can do it. It is taught in Karate, Tae Kwon Do, and all other manner of arts.

Fewer people know Sticky Hands from Wing Chun, which was made famous by Bruce Lee, and which is a very intense form of close combat.

In Tai Chi Chuan the mode is Pushing Hands. This is a type of combat unique to the softer arts, and not usually understood, to any depth, outside of Tai Chi circles.

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Now we come to One in the Center freestyle, as taught in Aikido. Sure, people have tried to adapt this exercise to other arts, with emphasis on concepts other than Flow, but not with much success. Quite simply, it usually doesn't create evolution in the student when it is altered.

The last exercise is Lop Sau. Many people think Lop Sau, done in various form in a variety of arts, is a simple exercise, but that is because they haven't seen the whole thing. Lop Sau, done in its entirety, is a phenomenal combat mode which ties other modes together, and, indeed, is the missing link in many arts, and for many students.

Now, you may know a few of these combat modes, but probably not all of them, and, more important, you don't know how they fit together.

Nobody knows how they fit together, if they haven't seen this tape. There is just too much missing data, too much that is simply not understood concerning all five modes and how they fit together.

Now, here is the statement: if you don't know the five modes, you are probably just fighting. When you know all five modes, and how they fit together, you aren't fighting, you are controlling, much the same as a parent would control an errant two year old. You simply pick them up, guide them this way and that, and they are at your mercy.

Don't believe me? Go look for the Matrix Combat (sometimes titled Dharma Combat) on the net. I believe it is on Youtube. In that short segment I take two fellows near forty years younger than myself, and I control them. If you're sharp, you'll see that I use Pa Kua, Aikido, Tai Chi, and, at the end, that simple kick is karate.

And, I could speed up, but this is an instructional segment, and, if I was to speed up, the ground would be littered with their broken bones.

So, do you want to keep fighting? Or do you want to move to the head of the class, to evolve and actually become what a Martial Artist is all about.

Order this tape, take a look, and realize that what I am saying makes sense.

On the CD you will find logical theory pertaining to each method of freestyle. On the DVD you will see the proof of the pudding; I demonstrate each mode, and I show how they all fit together. At that point you will be hard put to deny that the Martial Arts are one big pie, and that they can be puyt together so that they become a unified whole, a totality that makes sense and is true.

Simply, this is your introduction to the True Art.

\$9.95 (+ S&H)

For more information go to MonsterMartialArts.com

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(There is an order form at the back of this book,
or you may order from the website.)

OUTLAW KARATE

(One CD and two DVDs)

This is the original One Year Black Belt Course. When I first advertised this I received a variety of threats, and everybody was sure that I was a quack. The fact of the matter is that this Karate was well on the way to being perfect. I still had a ways to go, but I was distilling the essence of Karate. I had isolated hard core techniques that were so potent that one could topple an elephant.



I called this version of Karate Outlaw for a couple of reasons.

One, I had been trained in a school frequented by Outlaw Motorcyclists. These fellows tried everything on the street, and if something didn't work, they would bring it back and work it over till it did work, or discard it as BS.

Second, and more important, in putting together this Karate I was breaking my mold, going outside the bounds of what was excepted as Karate. I was going 'outside the Law.'

On the CD there is a 157 page book with the six forms, and all the applications of those forms.

On the DVD I and a student demonstrate three of those forms and go over the applications.

Look, this is some of the strongest Karate you will ever see, and it is pivotal as it makes the bridge between Classical Karate, and Matrix Karate and Perfect Karate.

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

EVOLUTION OF AN ART

(One CD and two DVDs)

This is an entire Art, from conception to evolution to the future.

First, there is the art of Pan Gai Noon. This art has three forms. One of the forms is Sanchin (Three Battles) which has



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had drastic impact on virtually every style of legitimate Karate in existence.

Second, there is the art of Kang Duk Won. Kang Duk Won is classical Karate, it is the karate taught to Imperial Palace Bodyguards on Okinawa and Korea..

Then there is the Art of Kwon Bup. Kwon Bup is Classical Karate taken to an extreme. It is straight line, powerful beyond belief. It is Classical Karate streamlined, designed more for freestyle than anything else. People who do this Art comment on the fact that they feel like fighting machines afterwards.

This is three complete arts. On the CD you will find 142 pages of Pan Gai Noon, 267 pages of Kang Duk Won, and 103 pages of Kwon Bup.

This amounts to 512 pages, over a thousand illustrations, nearly 50,000 words, 18 forms, and uncounted applications.

On the DVD you will find the three PanGai Noon forms, and half of the KangDuk Won and Kwon Bup forms.

And lots and lots and lots of applications.

This is the complete evolution of an Art. Where it came from, what it currently is accepted to be, and where it goes.

Absolutely incredible stuff.

\$29.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

THE MASTER BOOKS

(One CD)

Ten books on one CD. Books that detail Bodyguarding, swordfighting, teaching, all manner of martial interests. The prize of the collection, however, is 'How to Start Your Own School.'



\$9.95 (+ S&H)

For more information go to MonsterMartialArts.com

(There is an order form at the back of this book,
or you may order from the website.)

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THE WAY!

**YOU CAN HAVE EVERYTHING!
YOU CAN HAVE FORTY YEARS OF RESEARCH!**

Yes,
you could study for forty years,
and you would make some progress.

But,
I tell you this-
in this body of work
which is The Way,
there are things which have never been discovered
in the entire history of the Martial Arts.
There is a complete and new science
which will increase your speed of learning
by as much as ten times!

It's a smart idea!

And,
there are complete arts
to help you understand this new science.

Look,
you can have it all.
And it's worth it.
It's really worth it.

THE WAY

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