



Этика

伦理学

倫理学

أخلاق

פילוסופיה של המוסר

Anyone who desires is free to abide to the present code, for free

You received freely, give freely

There is no greater Master than our Creator

The God of Abraham, and Moses and Jesus

A disciple is not above is Master nor the Servant above His Lord (Mt 10:24)

No man can serve Two Masters for either he will hate the one and love the other, or else he will hold to the one and despise the other. You cannot serve God and Mammon (Mt 6:24)

Theory and hypothesis remains such as otherwise evidenced,

The Truth is something else

I - PREAMBLE

The practise of the Zack Kwune Do is beneficial to the body and mind and allows to develop harmony between both body and mind. Thus a shy person will be able to overcome his or her shyness, bringing in self confidence and optimism to foresee a better future, help develop and master coordination of the upper (arms) or and lower limbs (legs), help clean the body with regular and natural supply of oxygen and contributes to replenish the mind.

This Martial arts is addressed mainly to weak, to the people alone and contained on them same, timid, eager of to feel better, abandoned, or eager to do or undertake something to feel good in their body and their spirit, and improve himself, to forget during a time the concern of the everyday life, to continue and make sure that one is well any existing somebody. This art is also addressed to the bad guys (and girls) who want to find the right way while allowing them to exteriorize their surplus of energy and to learn how to control or forget hatred that they can have towards the Society or whoever that they could judge responsible for their misfortune.

It is also addressed to any individual eager to put his body and its spirit at work.

It is not a team sport, no competition is mandatory, and it is necessary to be at least 14 years old to practise it and to have an adult physical constitution. Zack Kwune Do is not taught with the Children because this Martial art can be very dangerous, if not correctly supervised.

Mastering it will be impossible with whoever has bad intentions or a bad heart, and is not willing to change.

The Practice of Zack Kwune Do brings:

A morality, based on the biblical bases establish by the God of Abraham and the God of Moses, and the God of Jesus.

Learning self-defense techniques bare hands

The beneficial effects of physical activity and mental energy expenditure correspondent

Improve your health through exercise

Learning an art

Knowing and understanding the limits of your body

Learning about concentration

The development of knowledge and intelligence

A physical and mental exercise allowing work out of all parts of the body

In contrast to traditional martial arts derived from BU SHI DO, and others, you will not find in the Code of The Zack Kwune Do the Code of Honor of the brave Bu Shi Do Samurai. Indeed, we believe it is incompatible with the principle of application of force only in cases of self-defense. Although we believe that use of force can be applied to the protection and defense of the close family and relatives, to protect the weak, the widow and the orphan, and to help those who stand for or are testifying to the Truth. A code of honor would involve acts of vengeance that this code rejects. The act of **vengeance does not belong to man**. In opposition to honor there is humility and human beings must learn to humiliate before God the Creator of everything. For whoever is haughty shall be lowered.

The Zack Kwune Do is a martial art this means that it's an art-related discipline and self discipline, including the concept of self-defense and protection, until danger is away.

The practise of Zack Kwune Do is by no way a source of religious teaching, political or philosophical movement of any kind whatsoever. Truth can only be one, and it belongs to everyone, to find one's own truth. But be careful, because a sphere that is seen from far away looks like a flat circle and a circle seen from a certain angle can look like an horizontal line. Who sees a sphere will see telling the truth, and he who sees a circle will also tell the truth, the same will apply to anyone who even sees a straight line. All three will be telling the truth and yet, some deem it necessary to condemn them. All three are right but their judgement has a lack of knowledge in order to be complete. Therefore the search of Knowledge goes with the Truth.

Religions, politics and philosophy are sources of divisions, hatred, jealousy, pride, arrogance, opposition and thus divide. Anything

that divides cannot hold (Mt 12:25) and the Zack Kwune Do does not seek to divide but to unite people who have the same point of view and who are looking to improve their physical capabilities through the control of the mind over the body and develop their intellectual abilities by the search for understanding, to bring them in the service of others and goodness. (Anything from the Scriptures is good to be taught, to discipline and build).

The founding members of Zack Kwune Do are mono theistic, ie they believe in the existence of One only God, the God of the Bible, and that he is not anonymous and asks to be called by His name. **He is YHWH, Ex 6:3** and he has created all things in a specific purpose. His name means that **He is the One Who makes all things**, and that all things can exist as they are because He is the One Who makes things happen. Most of the first and last names of some families have even the name of God included in their names, like Julie, Nathalie, Zechariah, etc.... the initials' ie 'representative usually in the form french Hebrew Yah, abbreviated form of name of the God of the Bible. (Juliah, Nathaliah, Zechariah, etc. respectively for Julie, Nathalie, Zechariah). There must be a name for each thing, and this is what allows communication through language and thus facilitates the understanding of things. Knowledge is transmitted through words. **Whoever speaks shall teach and whoever listens shall learn!** Any individual can understand something without using any language but only in using his ability to represent things in 4 dimensions - three dimensions of space and one dimension for time. This way of understanding, although developed to the full, does not, however, replace communication and the transmission of information and knowledge. The language, writing, and teaching by demonstrating are methods that are still currently in use and valid today.

Our imagination can only work with bribes of things that we know and that our brain assembles. Only their location in space and time will be different. What we know is only the fruit of memorized data recorded by our senses and translated by our brain. **Someone cannot imagine something that he does not know or that his senses never experienced before.**

Based on this conceptual cornerstone, the members who adheres to this present code, the students of the Zack Kwune Do, have entire freedom of religion or belief or non-belief and this freedom should be respected, but it is requested from everybody to respect peacefully the beliefs of others and if possible follow and abide to the fundamental precepts and highly moral practise of the Zack Kwune Do as defined by its charter and code of conduct and ethics.

II - POSTULATE AND HIERARCHY IN PRACTISE

ヒエラルキー 等级制度

The Creator God exists and He is Almighty (De 5:26). He is the Creator of all things visible and invisible. Ge 1:1. The demons and evil exist. They are strong and powerful Jas 2:19; more than anyone can imagine. Metaphysical, astrological and other researches not devoted to the search of Knowledge of God are useless (Ne 10:28) and do not provide any satisfactory answer to questions such as who we are and where we are going. Such answers can only be hypotheses or assumptions and other unverifiable theories. The Knowledge of Good and Evil belongs to God, the Creator of everything (Ge 2:9) rather than to man. He gave us His Word through the Holy Scriptures to show us what is right and what is wrong and to warn us of what we must do if we want everything goes well for us; His word will not pass without effect and He is faithful and you can trust Him.

The forces of evil are everywhere, powerful and very smart, and we recognize evil compared to the fruit it bears, as a rotten tree gives bad fruit, a good tree will give good fruit in the same way that we look at the worker according to the results of his work. Everything that hurts and causes suffering to others is source of evil. The same goes for the causes of division such as jealousy, envy, selfishness, pride, vanity, nationalism, extremism, capitalism, competition, war, arrogance, self-esteem, infidelity, deception, lies etc.. Evil is so powerful that it may take the appearance of Good and we must, therefore, **use intelligence and insight** to unveil or unmask it; Any system that fails to take into account God and his ways is inherently unjust and will fail. **We have more than 12,000 years of history to back up such an evidence.**

Moreover it does not belong to man to direct his path (Jeremiah 10.23) in the same way that man does not have to bear judgment, because revenge belong to YHWH, the God of Abraham, the God of Moses, and the God of Jesus. **He his the One who pays back** in return.

You have to know your enemy and you enemy shall be Evil according to the Scriptures. It must therefore be recognized that the current economic system whatsoever are imperfect, and we can easily represent the 3 figures of the Bible disclosed in revelation 13.18, 666 as the three areas of imperfection namely, the Executive power, Legislative power, and the Judiciary Power because it comes from man. From a mathematical standpoint this number is an abundant and triangular number and it follows:

$$n(n+1)(n^2+n+2)/8 \text{ or } (n^2(n^2+1))/2 \text{ 7 or}$$

$2^2 + 3^2 + 5^2 + 7^2 + 11^2 + 13^2 + 17^2 = 666$ for the sum of the squares of the first 7 prime numbers and it is also the sum of the first 36 natural numbers $1+2+3+4+\dots+36 = 666$, but also $36 \text{ squared} = 666$)

this is a number of man, but a very smart number which has not been taken at random, and 666 according to the Bible represents the number of the name of the beast. (as in Hebrew WWW could be written 666).

III - MORALITY - WORK OF THE SPIRIT

A / FAITH - CONFIDENCE

יֵמָן Bepa 信心 ایمان

The Creator is a great scientist and a great architect, and he knows better than anyone what is good for us, even the degree and nature of the correction that we deserve at the offense that we commit to His laws.

We are subject to the laws which we agree to abide by; But the laws of the creator are superior to all other laws because they are applied to humans even if they do not agree, and He enforces them according to His own will, and no one is entitle to tell Him what He has to do and How he should do it. He does what He wants the way He wants. This is where the Trust and faith in God starts.

Everything is allowed for who has neither God nor Law, or who is falsely using God to justify his evil deeds, and therefore, these individuals are the most dangerous and we need to get to know such enemy and the evil they represent. **Beware because who is not against us is for us (Matthew 12: 30) and someone believed to be an enemy can become a friend and he that is not with Me (Jesus) is against Me and he that gathereth not with me scattereth(Luc 11-14.23).**

God corrects his loved ones, as a benevolent father corrects his son for his good.

Research consistently perfection and knowledge, because knowledge of God will set you free.

Wellness of body and mind. **An anxious spirit will make the body sick;** faith and confidence should put you in a good mood, knowing however that there is a time for everything, a time to laugh and a time to weep and a time for happiness and a time for the misfortune. These principles are also biblical and are also included in the Traditional Chinese Medicine in the concept of diagnosis.

Everyone has different talents and follows a different path, it is this difference that creates the diversity of people and their benevolent recognition opens a door on fraternity.

The Mind must control the body, the Mind should rule over the Body, and the Master of the mind and body is God.

The mind and body are one --- just as the union of one man and one woman, or as a nucleus and electrons tight together- but can be split up and interact on one another in the same way that energy interacts with matter; this is the well-known principle of Ying and Yang - good and bad - black and white-the water and land taken over by the Asian philosophy. The Bible says the your Yes shall mean Yes and that your No shall mean No. Everything that could be added comes from the Devil, Because for God things are white or black, Good or Evil. There is no space for Gray or for a middle. You have to be on one side, the Good side, the side of the Truth, the side of God. Just like nature's laws, such as quantum mechanics; magnetism, electricity, gravitation, forces repels or attracts, or it is either plus or minus for electricity, or polarisation for magnetism. There can be no incompatibility between science and God, there is only a lack of Knowledge and Humans should show humility and pray God to give them Knowledge to

understand. The fact that many do not believe in God does not prevent its actual existence. **(...they seeing see not and hearing they hear not, neither do they understand - Mt 13.13).**

When we have the body in charge of the mind, meaning that controls the mind, we face an addiction (such as alcohol, tobacco and drugs) and the body becomes the Master of the mind and rules over it. As it is written, we are enslaved by whoever rules over us, as defeated. We thus let our mind be slave of our body. This is this kind of slavery of the body that leads us to lack common sense, and lead us to make bad choices. Likewise the borrower is slave to his lender; and every body can be enslaved by any passion. Priorities have thus to be set up.

With good common sense and faith, behave like a good father. Also respect gray hair because the wisdom goes with the gray hair.

Conquering fears only comes after self-abnegation (also a Samurai Principle)

Defending and help the widow, the poor, the stranger and the fatherless are also biblical principles.

Respect and care for your body, because it belongs to God.

Accept and comply with any authority as far as such authority complies with the high moral standards of the Word of God, and does not make you commit Evil deeds, or hurt someone.

Discard and reject evil and avoid dangerous situations that could turn bad and lead to disastrous consequences, causing directly or indirectly harm to others.

As far as possible try not to be put in a situation where the use of force could be required in order not to have to use your fighting skills you have acquired, and self defense techniques you have learn in practise of the Zack Kwune Do.

Be friendly and nice

Do not frustrate, hurt or offend others

Work your mind so as to clean up the body

Work the body to free your spirit

Develop your Loyalty and Faith

Be Slow to anger; readily forgiving to others

Hope for a better future in a better world

Accept what is, without bearing grudge to anyone while seeking to become better;

Thank God for what you have every day so that nobody can say he has the eyes and cannot see and ears and cannot hear

Accept discipline because it is discipline that teaches you and builds you up

Be also sincere in your thanks

B / KNOWLEDGE

معرفة 知识 Знание ʌ ʌ ʌ 知识知识

Learn how to prioritize, how to organize, and how to find any necessary information so as to be able to make up your own mind about any Truth.

Mutual assistance and solidarity according to what you can afford.

Do what you have to do as if it was for God.

Do not speak too quickly, because you have to teach when you speak. If not you speak to say nothing. Also because **by your words and standards you will be judged weigh your words before you spread them out from your mouth. The mouth is the worse of the weapon!**

Learn how to listen, and try to understand, so that you can hear and so that nobody can say he has the ears and does not hear;

You have to respect the resident alien because your forefathers and ancestors also were resident aliens in their country, without imposing to them further constraints (Ge 15:13;17:18 Ex 22:21; Le 19:34 Le 23:22);

Furthermore we all are resident alien on this earth because the earth belongs to God (Le 25:35) and we all are like tenants on this earth. When leaving it, we have to leave the place clean, just as we also have to pay our rent for the time spent on earth. The price of this rent is our life because we all are sinners.

Search the knowledge and understanding and you will be set free

The **fear of God is the beginning of wisdom** (Pr 1:7 Pr 11:9), who else should you be afraid of ?

The wages of sin is death and by your death you are quitted of your sins, and only by the Blood of Jesus, and God's Will and Power you can be brought back to life. Eye for eye and teeth for teeth is the Law of God that will apply to human being at the time of Judgment; this should not be carried out by men because revenge belongs to God.

Repent from your bad way and bad behavior for this is what the Lord wants, and accepts the teachings of Jesus because he is the one who explains the Scriptures, and accomplishes them, **this means that there is no more prophet after him.**

Goodness and benevolence (also shinsetsu in Japanese from the samurai code). Love thy neighbour being careful with him and manage loyalty which is entrusted and sincerity (including environmental and land space, because we only are temporary tenants on earth, and we must leave room clean when we leave. Justice, Righteousness, Nobility, Love, Humility, Sympathy, Indulgence, Understanding, Friendship, Encouragement, Compassion and Forgiveness, Honesty shall be words of your daily vocabulary.

Honesty and pursuit of a goal keeps you busy, and help you avoid boredom,

The observance of Moral Code is required by any person reaching the level of 〇〇〇 in the Art of the Zack Kwune Do, because as an ambassador one has to be a living example of the application of such principles as set forth in the present Code. Beware, nobody is perfect, and this is understood but repentance is a priority for bad behavior.

C / DISCERNMENT AND GOOD SENSE

常识 Здравый смысл 常识

Do not unnecessarily disrupt and overwhelm your next door neighbor. The discernment in the light of the scriptures is to establish levels of higher priorities; Refer to Jesus and the Bible any time you have a complicated situation. Try to do your best in the light of the Scriptures, and try to guess what would Jesus do in such a situation, and prey faithfully to find a way out.

D / LOVE OF GOOD AND HATRED OF EVIL

ㄸ ㄸ 善 Добро ㄸ ㄸ

E / GOODNESS

善意

F / RIGHTEOUSNESS

فانون 法(法学)法律 מ ש פ ט י ם

The righteousness - (Tadashi in Japanese from the code of Samurais). Follow the line of duty without depart, but with honesty, loyalty, sincerity, to make decisions fair and reasonable

Learn to recognize and accept your mistakes: respect what others hold for sacred, thus you will avoid conflicts

Do not deal in secret (because it is no secret that do come to be unveiled), nor does by treachery;

Politeness is an expression of respect for others;

Courage and faith: Yuukan (Code of Samourai). It impels us to uphold what is right and good in spite of the fears and trials that may arise: So if we know what is right and do not do it, we will demonstrate our opposition to such concepts and thus will be in opposition to God, and do not forget that the translation of Satan means Rebel, or Opponent - and that **whoever goes against God constitute himself an opponent to God.**

Keep calm and lucidity.

It is Good to do what is Right;

It is Bad to do Nothing as it is bad to do nothing bad;

It is even Worse to do Evil;

Know fate without daring if necessary

Who is not against us is for us and he that is not with Me (Jesus) is against Me and he that gathereth not with me scattereth(Luc 11-14.23).

Anyone with ears shall hear and anyone with eyes shall see, and anyone with discernment shall understand.

Maintain self-control in time of disasters, problems, suffering, with serenity, lucidity and confidence.

G / DEXTERITY

مهارة スキル Умение ט נ א ל א ט

The self-control and impassibility indicates the absence of fear;

You will show respect to your brave enemy, skilful and intelligent, because you really do not know what will be God's Will on the outcome of the battle that you cannot avoid. But you do not wish the killing in combat, or even revenge; you will avoid instead to become a cause of evil, pain or misfortune to your enemies, in so doing you gain your enemy and he will follow you and become your faithful friend because your enemy of yesterday has perhaps the same high moral values that you say you stand for.

H / RESPECT

تسامح Терпимость ט נ א ל א ט 义务

Give to whom asks or requests,

There is no respect without modesty or humility, respect demonstrates the confidence entrusted and trust allows the spiritual evolution, the spiritual well-being contributes to good physical health.

Respect shall be demonstrated everywhere, in your behavior, your vocabulary, your clothing, your work, your leisure, your hobbies, etc.... avoid criticism and denigration;

The pretentious and haughty; proud and arrogants will be humiliated.

I / WISDOM

دماغ (حكمة حکمت) 知恵智慧 Мудрость ה כ מ ה

The fear of God is the beginning of wisdom

The gray hair must show honor to the wisdom

To show your emotions should not be interpreted as a sign of weakness (not as Seigyo in the Code of Samurai), but not to reveal your emotions demonstrates self-control and can be useful in case of combat. The **simulation reflects falsehood and falsehood comes from Evil**. If you win by deception on an opponent more frank and faster and more agile than you **then you lose** your combat, and you must also **learn to accept losing, because through failure you will improve**; however changing your mind when you realize that it was just as wrong, just like you modify your movement changing the course of its trajectory, because your adversary is placing his care on the place targeted, this is simply a matter of common sense and logic and has nothing to do with fake;

J / HUMILITY AND SIMPLICITY - KEN

71115 Смирение (в христианстве)

Honor demonstrated personal dignity and is at odds with the self-abnegation: as opposed to the principles of MEIYO samurai; **LIFE is more important than Honor**, abstract notion devoid of meaning and not constructive. Honor can be a source evil; you will rather show humility and wisdom and common sense whenever a situation involves honor; Honor and Glory in this sense shall be reserved for God, but thy shall honor your Father.

We must seek **exemplary conduct** and not an honorable one, and the sense of humility should not result in a feeling of shame, or contemptible because **humility is a virtue in the eyes of God**. The feeling of guilt and shame felt when we do not do what is right, should lead us to the change in our behavior to remedy the cause; Such a feeling of guilt and shame indicates the beginning of any improvement in the behavior:

We must strive to have a good reputation, because a good reputation can be exemplary and persuade others to change, but when the disgrace takes place it must be forgotten and forgiven because vengeance belongs to God and that it is not for man to direct his steps.

If you show an offense when provoked it is a sign of pride and arrogance and selfishness that demonstrates a lack of self-control and humility.

The honor indicates a certain degree of pride and there is no honor to be proud. Similarly the riches and glory of the world belong to Evil; ('I will give you all the riches of these kingdoms if you do an act of worship to me' Satan said to Jesus).

The appraisal of oneself should be moderate and it will be better to **decline or disappear in order to avoid any confrontation**. The vanity loves to show and parade and the desire to be admired, loved and respected can be legitimate, but it must be genuine, that is to say that there must be a reality in the qualities expressed which are targets for judgments from the others and it will be more valuable for you to be admired for your qualities of self-abnegation for example, or real degree of humility, or loyalty to any test, and so on.

If you proclaim yourself modest, this is already poor judgment. Your qualities and abilities are seen through the eyes of other, mostly depending on what you do and not according to what you say but what you say will be the basis or the standard that will be used for your own judgement.

K / FIDELITY - CHUJITSU

フイデリテ Верность

Being true to your word is an act of loyalty, but not respecting your word can be an act of common sense, and in this case you will have to humiliate yourself for not respecting your word and for speaking too fast;

Your silence does not indicate boredom. The approval of God is more important than the approval of men. God is faithful and we must be faithful. Fidelity requires sincerity, because one can be faithful only if one is sincere. Lies and ambiguity breeds mistrust and lead to evil, hatred, division and conflict.

Efforts will be made as far as possible to respect your word and keep commitments. The holy scriptures are also known as the Word of God and the Word of God does not remain without effect.

L / SINCERITY - SELJITSU

حقیقة Истина 真理 (פילוסופיה אמת ו שקר)

The sincerity is a reflection of the real self. What reward is there to gain by treacher. Do not hide or disguise your feelings. And if someone is acting badly, let him know that he is acting badly with sincere arguments showing him knowledge and example. The lie is a sign of dishonesty and cowardice. Who do you fear if it is thy God? The fear of something else shows of lack of Faith. Just fear God for your wrong doing, and prey for the mercy, with hope that He will save your soul.

Word and Perfection are Chinese ideograms representing sincerity.

Avoid swearing and giving your word, because no one knows what the future has in store. Therefore do not worry about tomorrow for tomorrow will care for itself.(Matt 6:34) **Your behavior and your example should demonstrate that you can be trusted without any other form of guarantee.**

The truth can sometimes be cruel and hurt, and you will have to exercise discretion and intelligence to avoid such situations where temptation of falsehood and lies will be around. Try your best to refrain from answering a question which answer could be offensive ; this is called compassion;

M / COMPASSION

אהבה (حب) אהבה אהבה Сочувствие אהבה אהבה 爱希望 אהבה אהבה

Learning to know one another as you go about the other with good intentions will avoid a lot of conflicts because every body is afraid of what is not known; so learn about the other, so that he will know your good intentions, and will not be afraid of you, and will not prepare war against you.

N / SEARCH FOR HARMONY AND PERFECTION

הרמוניה 和声 Гармония

Look for perfection in everything that you do knowing that it never will be perfect but glorify your Creator about the

perfection of the Creation.

O / BE YOURSELF

פ ש ט ו ת

Know your limits, and try to extend them through hard work; know yourself, and avoid to have any idol in your mind, so as not to take the wrong way and worship him instead of your Creator. All men are equal before God. Your next door neighbor and brothers are just different from you, and this is diversity ; diversity is good because diversity is in the Nature, and as God created the Nature, God probably like diversity.

IV - ATTITUDE OF STUDENTS - NATURAL SKILLS

The Zack Kwune Do, in addition to its own techniques, borrows some techniques of use of elbows and knees from the sport of combat called **Kick Boxing or Muay Thai**, techniques of attack and blocking of the Chinese martial art **Kung Fu Shaolin Wing Chun** style, techniques of direct strikes punched and kicking with the use of rotation of the hips borrowed from the Japanese martial art of **Karate Do Ko Shu Ko Kai** style, techniques and moves of kicks borrowed from the Korean martial art **Tae Kwon Do**, self defense techniques borrowed from the **Japanese martial art of Aikido**, techniques of some weapons borrowed from the Japanese martial art of **Bushido - samurai**, aerial techniques borrowed from **Vietnamese martial art Viet Vo Dao** and grabbing techniques borrowed from **close combat and the Japanese martial art of Judo**. All movements including **gymnastics, dance; Tai Chi and Yoga**, which can be added for those who want some acrobatics and slow motion and relaxation. The Zack Kwune Do also uses the principles of **physical laws** that govern our universe, such as gravity, kinetic energy, potential energy, speed and angular momentum, centripetal force, wave mechanics, thermodynamics, pressure and friction, and centers of gravity, human anatomy, energy and electromagnetics, or to summarize all the physical laws that could apply to our human body.

Advances in training can only occur with the right attitude of the student, in the pursuit of understanding of the logic and usefulness laying behind this or that movement or technique as well as physical laws involved causing any result. The study of all forces at work, from the impulse starting until inertia takes over, the work out of the moment and its conservation, the use of energy assigned to the acceleration of the motion and the various stages of acceleration, the calculation of the expanded force, power and pressure released leading to the quantification of the impact or result. All of this in good coordination of motion and harmony.

The body must remain flexible and straight but not stiff throughout the duration of the combat. Offer less areas open to the opponent by taking a lateral natural guard stand (Tae Kwon Do), or in as the cat (at 75 ° and 90% by weight on the back foot to allow attacks from the front); Never leave your weight put on the front leg, except for certain Karate strikes. Guard high arm protecting the torso and up to the head, knees and feet of protecting the belt down to feet. The form Zen Kutsu and Oie Tzuki borrowed from the Karate are worked out but only developed in combat in cases of special circumstances.

The body is equipped with weapons with a high destructive capacity if they are used correctly. Any limb is a weapon, each extremity of each limb is a weapon, each side of each extremity of each limb is a weapon. If we take 6 faces (top-to-bottom - behind the left - and right for each each extremity ie feet and hands) 3 faces for knees and elbows we have 18 types of single weapons plus the head (4 sides) and chin (single-sided) totaling 23 opportunities, which now are added fingers, phalanges, and the fists (the ends of the fingers and wrists are already counted in the 6 faces extremities), we obtain 29 opportunities.

Learning about the determination of which choices to adopt, according each possibilities as explained above, relies on the variables of the time and space, along with your own location within those variables and the location of your opponent, and also above all, your state of mind, the state of your body, speed and angles of motions, acceleration, mass, temperature, time of response, your health and nutrition, possibilities of approach of the adversary. The issue of the combat also relies on your adequate anticipation of the reactive capacity of your opponent. You should be able to predetermine such capacity within the first fraction of second of contact with the adversary (visual, cognitive and sensitive - all your senses must be listening).

Learning about concentration and vagabon mind is as important.

It takes time to master the movements, seeking perfection but can not reach, through repetition and over again. The quest for understanding, avoid boredom and will teach you patience.

Imagine that energy is everywhere (chi) and that flows of energies constantly interact within the body and are in contact with the earth and the surrounding areas and environment. Our bodies are also subject to the gravitational and magnetic forces, flows pass through the top of the head (north or +) and the bottom of the feet (or south -). Our body is made of atoms, and cells, and organs that all have a certain degree of polarization, and there is a constant exchange of energies between each tiniest part that constitutes your body.

You will imagine the intake of power behind the soles of the feet to help a very stable balance of the body, the head moving like a puppet and the body in its movement remaining in a right axis of center of the top of the head and spine, except for movements requiring curves or bending.

The movements are fluid and circular, accompanied by the corresponding breathing,

Ying procedure, defensive or passive, when the movement returned to inspiration

Yang outside, aggressive attack against accompanied Expiration

Slow and deep breathing - **breathing is the breath of God - the manifestation of the spirit that animates the body**. The concentration and the spread of the spirit through the body by breathing move its energy within the body. The work on the mind will increase or decrease the body temperature at any given location; It is to control the flow energy and its placement in areas needed by the body **meditation (Shan)**, concentration and breathing. The Asian call it the Chi Kung, or Chi Gong, or **Qi Gong**.

The blood is the soul who communicates with the spirit by breathing. The soul can die (Eze 18:20), and the spirit returns to God.

The nose, lungs and kidneys are in communication for breathing

The Heart, gallbladder, liver and pancreas for fluids

None ever rigidity of tension and constant movement

Try to feel the movement, within its motion, its need for the well-being and harmony with the natural physical environment; **The beauty of movement and motion must reflect the art of the artist.**

The concentration is used to learning, where the reflex is developed, the mind may be occupied with something else,

You will seek to increase endurance, strength, toughness, force, balance, relaxation, flexibility and agility in every part of part body, mainly the parts regularly used in a circular motion. You will also strengthen some other parts of the body such as the hands, fingers, shins, elbows, forehead, forearms, knees, feet, the edge of the feet and hands, ankles, neck, wrists, while retaining the joints well oiled and well ventilated.

A shiny skin shiny reflects a shining spirit, bright and healthy. A dull skin, reflects a sick mind.

The eyes reflect your soul and you must learn the ability of not to show your emotions in combat. The eyes should be deep, unwavering, indicating an extreme degree of concentration of the entire body, but with a free projected spirit constantly moving so that it cannot be caught.

The practise can be flexible and relaxed, or hard and powerful.

The smooth practise will develop flexibility, agility, speed of reaction, dexterity, precision, balance, escape, flight, the defensive, reveals the beauty of motion and art of the artist. The work will be especially at the joints and breathing, anticipation, speed and acceleration of nervous flow and development of the speed of sensory perception and mind and is recommended for the elderly. Proper breathing feeds the entire body while relaxing soothes and reduces blood pressure. The combat training of this technique may last up to an hour and a half in a battle against one, 15 minutes in combat against two, and 5 minutes battle against 3 opponents.

The hard practice, will develop the strength and power, stability, stamina, acceleration, mediation, concentration, the offensive, and is based on the physical body controlled by the speed and dexterity of the mind. This practice is recommended for those with less than 50 years of age. People with higher age can obviously practise the strong method but being very careful with movements worked out because the body weakens faster after 50 years and the joints are deteriorating also faster. Healing takes more time too. It is recommended for people aged over 50 who want to practice the strong method to have more than at least 6 months of earlier regular Zack Kwune Do practise combined with 3 years of smooth practise of any other relaxing art like **Tai Chi** or **Kung fu** or **Yoga**. Working with strength and concentration will teach each limb of the body and the path they will have take in response to each possibility of any strike. The repeated movements develops reflexes. The work force increases blood pressure because the energy requirements are higher. The combat training of this technique may last for 10 minutes sequences interrupted by 30-second breaks between each session of combat;

Both methods are used to each training because they are complementary to the martial art that is the Zack Kwune Do and necessary for the good balance of body and mind.

The concentration during combat is a waste of time but the eye must indicate a state of extreme concentration - reflexes developed cause the body to react with speed and acceleration resulting in power and precision - During the struggle, the spirit should not stop on something, as a fraction of a second lost can be fatal. On the contrary, the mind is constantly in motion, without setting a specific location. It leaves the body free to move in harmony with the body of the enemy and must constantly be one step ahead on anticipation of movement.

The breathing exercises its relaxing (chi kung)

It is also better to adjust the movement to space rather than to stop it - the release of energy in the vacuum caused returns shock waves affecting the joints - that is why the learning and practise of movements must be done slowly and with flexibility and harmony - the release of energy being in a split second, the movement must continue its course and return to its point of origin or continue it motion in another direction.

5 minutes daily routine movements selected for flexibility and harmony can allow some improvements faster than 1 hour hard training for someone who seeks only the physical aspect;

Self discipline is important because it is what will make a sound basis in the development of progress: curiosity about knowledge is also a good teaching to the student, perseverance, and research on the development of natural talents from the student, in which a rapid containment will lead to progress rapidly visible;

You will have to work every movement, understand, improve, develop, project, monitor, manage, implement it from every possible angle and in all possible states, and in the various states of mind, quickly and slowly, with and without concentration, smoothly and with power, with tension and without tension. A trained body is in good shape and it will better resist to powerful and incessant attacks from the opponent;

You will need to **learn and develop patience, because if God was not patient, the world would already be destroyed;**

There is no limit in the development of an art form whatsoever (because perfection by man can not be achieved) and that is what makes its beauty, as the quality, harmony of its practise will reflect the state of mind of the individual who practise it. No voodoo or magic but simply logical work of the mind and body in harmony with the natural environment;

Assume that evil is everywhere around a sphere that surrounds the body. The mind and body must be ready at all times to respond to physical attacks that could come from any angle from whatever front, behind, left, right, above or below, or all sides at the same time (This is the **principle of Ting-protection principle**). Be prepared at any time and also think that these attacks will be dazzling, powerful and very fast, appear and disappear, and that they can destroy you because they are stronger than you. This will help you to get away, to avoid fighting and put you in safe locations. So you will not be defeated.

The movement of the feet should be like those of a cat, so you can move your body in an instant in any direction at any time, while also being able to both prevent or block an attack, passing on the offensive immediately.

The assessment and evaluation of distances in the fighting is of paramount importance (Qun bu). An error of a few inches could have serious consequences on your life or the live of your opponent. Learning of control and mastery of the attacks is therefore essential. The **Kuai Bu** is a rapid movement. The **Zhan Bu** will be a jump.

At the offensive, imagine that your strikes will go through your opponent, and cut it into pieces and leading strikes with precision and at the speed of light. Rapid motion must hide your techniques to your opponent so that he does not know what strikes him and what hurts him. A fist or a foot. You should have the ability to transform your attacks into blocks at any time in the offensive. In the defensive your blocks can be turned into attack at every moment.

Every movement must be a surprise to the enemy, so that he cannot avoid it.

The legs and feet are the basis of the physical body but all senses must be alert. Feet and knees must be able to strike at any moment at the same time as the relocation of offensive or defensive body, while having the ability to block at the same time the attacks arriving below the belt. Your breathing should be slow and deep, and at a steady pace. One need only hear the sound of the air shattered by the speed of movement and the noise of blows on the enemy. The kiai being released every fatal blow deals with the vital points of the opponent.

All senses, constantly on the alert must work in harmony and complement or replace each other if necessary, in case of failure of one of them. The spirit may be substituted for each of them, in order to be able to see in the night, to hear without listening, and feel without touching because the spirit is the source of energy.

The **mental work (Gong)** is also important because it is where the movement starts.

The **Shun** represents perseverance of the practice of training so that the movements become reflexes.

The **Ji** involves lightning speed in the movement.

Hen is the furious power which is released in a smaller possible fraction of a second on the smallest area possible, at this very moment energy is released and transferred to the opponent.

Attack shall look like a retreat and retreat shall seem like an offensive (**Ba tiao**)

The weak points of the enemy must very soon be discerned, in a split second before the battle starts to determine the weaknesses and strengths of the enemy. The early fractions of a second, you will confirm or deny the initial impressions and techniques used must be adapted to these adjustments if necessary.

The principle of opening (**Kai** principle) is that each movement is incurred, offensive or defensive, an opening is created which can be either a strength or a weakness, rendered vulnerable, or caused to bring the opponent in a trap.

The **Zhe** is the demonstration of fists, feet and head, with the determination (the heart-faith or trust) to defeat the enemy, which is expected to frighten and help avoid combat.

The **Zhui** is the principle that every moment of the battle is to be used for thrusting the enemy, allowing him no rest or respite. Every movement must be activated at lightning speed, faster and faster, with power, surprise, flexibility, agility, determination and fury to scare away the enemy;

The training must take place morning, noon and evening. 3 times a day. They can be for some short period of time. The work out of breathing along with flexibility can be only 5 to 15 minutes and be carried out during breaks at work. This helps maintain a good physical form, to oxygen the body and soul. Neither the time, nor the weather, nor age, nor to your condition should be of any hindrance. Forget your headache, or your laziness, nor does attention to rain or snow, or a storm, practice all season and regularly; Feel the energy behind each movement.

The quick turnaround is accelerated when a blocking movement runs the risk of becoming an assault and vice versa. Moreover counter attack occurs in a single time and a single movement, along with the blocking. Such a principle in the fighting style is borrowed from Wing Chun Kung Fu Shaolin monks and is very effective. Bruce Lee returned to this technique in his teaching of Jeet Kune Do.

The saving energy during the combat will be translated into effective action at the right place at the right time and in the correct position in a response consistent with the attack of the opponent.

Only a constant and regular practice for several years with a good training of the mind can achieve that level of efficiency.

When energy is released onto an opponent during that tiny moment, the body must be in perfect condition for stability and anchor, and then be able to leave at lightning speed in a position of protection. No tension in the body should be felt during combat. The state of relaxation of the body is crucial for the successful completion of movements in perfect harmony and coordination with the adversary. Any tension increases resistance to the moving speed of the movement, expenditure of energy and puts the body in a weak position diminishing the flow of the body's movements and romps harmony. And the state of relaxation can feel more easily weaknesses of the opponent;

It is recommended that any student seek an approach to the understanding of physical phenomena by learning or reviewing laws that govern our universe according to the current state of knowledge (movements, rotation, velocity, acceleration, force, energy), research and the study of the anatomy of the human body, major organs and their functions, skeletal, digestive system, muscular system, lymphatic, Endocrine, Nervous, Cardiovascular, urinary and reproductive. To deepen the knowledge of biological and chemical elements, as well as good notions of organic chemistry. Student will also seek to develop a deeper understanding of the world around us including exploring the plants and their benefits, minerals and their functions, interactions between vegetable, mineral and the living world, food and energy translation . The calculation of its own biorythms. One can draw an entire education by observing and studying the world around us, plain and simple. It is also interesting to learn about ancient civilizations, including their wisdom, their teaching to better understand them, because in contrast to what most people believe, people were as smart as today, and also as arrogant, jealous , pretentious, ambitious, selfish, boasting, unfaithful, liars, and disrespectful... only knowledge has increased and technology has developed. But in reality, we do not know anything, we only know how to copy nature and play sorcerer's apprentice.