



Episode 503 — Martial Arts Radio LIVE (Episode 8) | [whistlekickMartialArtsRadio.com](http://whistlekickMartialArtsRadio.com)



### Jeremy Lesniak:

Hey, Hey, Hey, what's going on everybody, how are you? Hope everybody's doing well and I hope that this comes through loud and clear. I hope everything's working. I hope all of the technical issues we had last week are resolved. If I have anything to say about it, we did because I spent a lot of time working on it. The network's set up in here is better. Internet has been upgraded insanely and yeah, Andrew says it sounds great. Cool. All right, awesome. Well, the first thing that I have to acknowledge because so many of you in the chat were part of this, is episode 500. Episode 500 of martial arts radio dropped yesterday and it was an amazing video that I was just blessed to be able to kind of curate and bring out because we had some absolutely amazing martial artists, some of the biggest guests we've ever had on martial arts radio, part of that video and if you haven't had a chance to watch it, go to our YouTube channel, check it out it's absolutely amazing. I keep saying it's amazing, it's just it. I think it's really cool. We ask people to answer the question, what would you tell martial artist a hundred years from now and the answers were pretty cool so go check that out. People were saying things look and sound better than last week, I hope so. I spent a heck of a lot of money, I'm spending a lot more money on internet than I was. So yeah, thanks Comcast. They did something right. They didn't tell me that the upgrade was going through, they told me it just, it would happen and then I was sitting at my desk one day and internet just completely dropped



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out because they pushed the update to my modem and and I'm gonna try not to fit it with this microphone the whole time but it's annoying me cause I really want it to be here but if it's here, then it's blocking the camera so there's really, there's no great way, I'm playing with some ideas. And what else do we have to talk about? I want to shout out Gabe for all of his hard work and all of his patience with me and, and everything that we got going on with this show. You'll see that we're going to try a bunch of new things, say things that we wanted to try last week, we didn't get to try last week. Of course, we typically do the show the first Tuesday of the month, 8:00 PM Eastern here on Facebook and just didn't work last week but we're back we're back so those of you that tuned in last week and are giving me another shot, thank you, I appreciate your patience. Well, we've got a lot of stuff for you today so let's, let's get into it, let's start it off. It's going to require a little bit more work on my part than it used to. You've probably seen this one going around. Fencing is the perfect COVID-19 sport, there's masters gloves and if you get closer in six feet, you stab people. I mean, that's, it's pretty apropos, isn't it? I would like to see fencing make more of a comeback. I think people underestimate the benefits of fencing as a martial art. I'm watching the delay, I'm watching to see how things are going and things are looking pretty good, there we go, all right, cool. I'm feeling more and more confident as we go along here. I love this one. This is, this is martial arts discussion of training in a nutshell and it blows me away how many people look for shortcuts, not just in martial arts but in life. They spend so much time trying to find a shortcut. They'll put in more time finding a shortcut than it would take to just do the thing the normal way or the right way or whatever you want to call it and many of you may know I am fond of saying martial arts is one of the few things that gives back exactly and only what you put into it, but a lot of time in you're going to get a lot back, if you don't, you won't. Maybe you've got some natural talent but that's only going to carry you so far. What's great about this stuff that Gabe sent over is that I ... one, I didn't really look at it ahead of time, but two, I didn't tell him (it was more important) I didn't tell him what to include so when we get something like this that I absolutely do myself, it makes me laugh because there are times that I'll be sitting in a restaurant or at the grocery store and I'll play, what would I do? What would I do if all of a sudden people just popped out of nowhere with weapons or, or I got mugged or, you know, if somebody took a hostage and maybe it's a dark view of the world but I appreciate the mental exercise of it, I think it's ... entertaining is the wrong word because that trivializes the situation. I think it's, I think it's a good exercise, It's something that I appreciate doing as a martial artist. How would I handle an imaginary fight that pops up out of nowhere given the circumstances. I don't know if it was the last live or a couple of times ago, we talked about impromptu weapons in what aisle would be the most appropriate or the most beneficial to be in. Pardon me. If you did a impromptu weapon. I think this is a great example of ... at least this is what I imagine is going on with a lot of online training, people signing in and turning off the cameras and just pretending that they're they're training and of course this wouldn't work if you're sitting there in front of your instructor in



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class, “Oh, I'm just going to, I'm just going to sit, I'm just gonna stare at you. I'm going to watch you teach. I'm going to watch everyone else do it.” That doesn't work. Of course, that doesn't work. But this is the, the difference with online training. Few weeks ago, we hosted a seminar, I put one on for my living room and there were a few people who didn't have their cameras on and I wondered what they were doing. I wondered were they training and maybe they didn't want to ... they don't want me to see them or were they sitting on the couch eating chips? We'll never know. See, and Gabe has even got these transition slides in here which are super cool, this is from one of the very first photo shoots that we ever did with whistlekick which is great. I love it. Loving the chat. Stacy said she was in her PJ's during the training. Hey, I was pretty much in my PJ's running the training. Why not? What's wrong with that? You know, we've got this martial arts fun and friends Facebook group and I know a number of you are in it, maybe most of you are in it but we launched that because there was far too much negativity going on in a lot of the martial arts groups that I was part of and I got sick of it so started this one and Gabe posted something in there that I really liked, “What non martial arts movie quotes would be hilarious in the context of training? And he gave us some of the best answers and this first one gives me something to talk about so I want to show you this one. Of course, from The Princess Bride, “You keep using that word I do not think, I do not think it means what you think it means.” And the reason I wanted to talk about this one is because I just rewatched this over the weekend. Now, I hadn't watched the princess bride the first time until I was 25, 26? And I didn't like it because I had heard for a decade that it was this great movie and I had these really high expectations and of course, whenever you go new movie with high expectations, it doesn't pan out, right. It, it just, it's never as good as you want it to be. So I kind of dismissed it and I have long considered it the most overrated movie but I said, you know, it's, it's on TV. Where did I watch it? Netflix? I don't remember. I think it was on Netflix. No, I think it was on Disney. And I said, let me give it another shot. Let me go in with less expectation, let me try to pretend that I was, you know, 13 and see how it goes. And it was a much more enjoyable movie and all of the quotes that come up and just the sheer number of times that the fight scenes, the sword scene, especially with, with Wesley and Montoya, that one at the top of the cliff, that's so often referenced in martial arts radio as being a great fight scene. Our guests talk about it. We've had probably half a dozen people talk about that as one of, if not their favorite movie fight scene and so watching it again, yeah, I can appreciate it a lot more. Others, other quotes that people gave for this, “Resistance is futile” Of course, the Borg from Star Trek. I guess I'm going to attempt to do this, this one with the voice, “You're going to learn today. All right, all right, all right.” Not my best Kevin Hart impression but that's from Kevin Hart's Stand Up, he's got a trouble in his voice when he does that, that I just can't hit. “It's all in the hips.” Yeah. “It's all in the hips.” Of course, from Happy Gilmore. Imagine someone saying that to you while you're sparring or, or during partner drills or self defense or grappling. “Don't act like you're not impressed” from Anchorman. “I've been saved by my pinchers of power.” The Goonies, it's a



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movie I haven't seen in a very long time. And then we have two more from the same TV show "I have spoken. And if you don't recognize it from that, you will from this one, "This is the way" from the Mandalorian. Good TV series. Jenny says that The Princess Bride is her favorite movie of all time and she's even read the book. And yes, it is on Disney plus. The fencing scenes in that movie, we got good stuff coming in the chat, the fencing scenes were choreographed by the same person that did Errol Flynn's movies, which would explain why it's so highly regarded. Eric says, "Grappling as akin to violent cuddling" Good stuff. Couple of funny stories that came out of the same post. When we practice for tournament's, sometimes I'll introduce myself with, "Judges. My name is Inigo Montoya. You killed my father, prepare to die. I've joked about a number of kind of sarcastic cliches that I would love to do at tournament's and I keep threatening to do them and I should just go ahead and do them. For example, a very long drawn out bow in process and announcement followed by three moves and then bowing out, you know, kind of this anticlimactic thing. Jordan says his favorite quote will always be "Sweep the leg" and anyone who knows Jordan, knows his affinity for Cobra Kai, not just the new show, but Cobra Kai in the original. Can we call it a trilogy? Can we forget about the fourth one? The irony is, is I don't know someone who was on the fourth one. "I once took a bunch of kids to their first tournament and purposely went a bit late so they could see all of the other martial artists doing their thing in the whole gymnasium. I stopped when their eyes all wide and darting Toto, I don't think we're in Kansas anymore. We went right over their heads. One girl said we don't live in Kansas Sifu. Epic fail." We got some martial arts in the news. Kickside Martial Arts in Hillsborough, New Jersey set a world record on April 25th for the largest martial arts class. They attempted to record the previous week but fail due to technical difficulties. Hey, it wasn't just us. Here's from their Facebook page, The ISKA report on the number from the WLC 2.0, did break the previous world record. The new record has said it 1,925 participants. Can you imagine that 1900 participants? You know what I didn't do? I didn't turn on the lower third. Where did I go? Here it is? Hey watch this. I still don't have anything catchy for underneath that. If you all in the chat wanna come up with something fun that we can use for that, I would be appreciative. See, and now with the lower third, I've got to adjust the camera but that probably fills the frame better so I should have done that in the first place. I need a producer. I need someone to stand like right there and say, "Jeremy do this" so I can just be the guy on the camera. Gabe says, "That's a lot of bandwidth." Yeah. 1900 people would be a lot of bandwidth. I suspect the person hosting did not actively see all of those people. I just don't, I don't think you could do. And then, do we have a slide for this one? We don't. Of course, the 2020 Olympics have been moved to 2021, including Karate so those of you who have been wanting or wanting to hate on karate being in the Olympics, you have to wait. Those of you wanting to hate on the new Taekwondo uniforms, you have to wait. Anybody who wants to be disappointed that they don't get to see judo, wrestling, fencing, boxing, or any of the other combat sports that are in the Olympics because there'll be preempted for what do we do in the





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summer? Gymnastics, crew and a bunch of other things that are far less cool than martial arts yeah, yeah, we're going to have to wait to complain about all that. Funny martial arts videos. We got some, we got some clips here. Now, there we go. Where's this? Boom, boom. I need like four more monitors. There's only so much I can do, Here. Where's that loading? There we go. Move that over there. Close those two things. All right, hold on. We got, we got audio to deal with here. Where's the audio? There it is. We should turn this on and then we do this for a full screen. All right. These are edited clips of Ed Parker on the Lucy show in 1963.

**Man on video:**

Well, when you yell, it strengthens the body muscles. It also scares the daylights out of your pool.

**Woman on video:**

Yeah:

**Man on video:**

Now, I'd like to show you how to defend yourself.

**Woman on video:**

No, Ed is a pro and you're in the kitchen and he sneaks in through the door and grabs you.

**Woman on video:**

Oh.

**Man on video:**

Now, what would you do?

**Woman on video:**

I don't know, that's when I came to find out.

**Man on video:**



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Are you're ready?

**Man on video:**

I'm ready.

**Man on video:**

All right, go! Oops!

**Woman on video:**

How about that?

**Jeremy Lesniak:**

Good stuff. Good stuff. See, this is kind of the direction that we want to take the show. We want to have more video, we want to have more photos, make it more multimedia. Of course, I'm going to have to get better at switching things back and forth and we're going to have to play with the best format, but hopefully that works for everyone, hopefully everyone's digging that and it looks like everything's still running so I'm just, you know, I'll be honest. I'm, I'm nervous, I'm gonna keep checking. Keep checking, yeah, that's working. Good stuff. That was a good one. And then I think we've got another video clip here that we can load. Let me queue this up. This is one that I bet some of you have seen and involves, let's say a bit of an homage to a past guest of Martial Arts Radio. What else going on in the chat? Ed Parker was trying hard not to laugh in those clips. That was funny. I need to watch that Lucy episode, haven't seen that one before. All right. This, you may recognize, Oh, I ... some of you may even be able to recognize just by that little bit that's right there.

**Man on video:**

Thanks to centuries of experience fighting in the six realms, I've learned nearly every martial art from Ninjutsu to Krav Maga. And I'm ready to pass that knowledge onto you at Scorpion's Family Fitness Dojo. Learn to protect yourself in one of our many self-defense courses offered at convenient hours throughout the week. Take advantage of our afterschool program where we'll teach your child the basics of self defense. Not interested in martial arts? No problem. We also offer Zumba classes for high intensity cardio and fun. All right everybody. Heidi, excellent form. Sharon, keep it up. You're doing great.

**Woman on video:**



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Thanks Scorpion.

**Man on video:**

I need a break.

**Man on video:**

What? I said raise your knees!

**Man on video:**

What are you waiting for? Get over here to Scorpions Family Fitness Dojo. Conveniently located off 11th and Lamar right next to SubZero's Frozen Yogurt Parlor.

**Jeremy Lesniak:**

Oh that's good stuff. Good stuff right there of course, Scorpion played by Quan Chris Casamassa, who we reached out to for 500, I was hoping he was gonna send something and he didn't. We reached out to every single guest that had been on the show and I'll be honest, some of the people who submitted I ... I was surprised. Some who didn't, I was also surprised. But I've got a few more clips that came in late and we'll be doing an addendum. I'm hoping, knock on wood, to get the audio ... I'm sorry, the editing done on that tomorrow. What else we got going on here? Got some discussion topics here, stuff to do at home. How can practitioners improve their mental training while they're at home? There is a lot of stuff we can do now, of course. Those of you watching, listening, paying attention in the chat, I would love to hear what you have to say because that's kind of the fun of doing this show live is that I get some feedback to see, thank all of you. Oh, shout out to Matt for the scorpion video suggestion. Now my thoughts on what we can do to improve mental training while we're at home. Don't underestimate temperature, cold showers? A lot of us freak out at the idea of cold showers. Well, that's purely mental. In fact, there's all kinds of scientific research showing benefit around cold shower so if you want to think about health, there's actually some reasons to do it, but if you want more than that, it's going to make you tougher. I went for a walk today, it was 42 degrees, I wore a tee shirt and a light sweatshirt. I was cold, but I wasn't that cold, it wasn't going to hurt me. So I powered tripped. Got home, I'd completely forgotten about it. What are some of the other ways that we can, I guess, toughen up mentally. You know, one of the other things ... and this is going to sound silly, but it's something I've been working on for a few years. I noticed that my reaction whenever I bumped my knee or, you know, banged into something, even if it didn't hurt, I would say aw. I had no reason to say aw, it didn't actually hurt, so I've stopped saying



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aw. I've stopped responding in that way and I've slowly worked at the other way that there are times I'll bump into something that really hurts, maybe I'm bleeding and I will do my best to not acknowledge it in that way. I'll observe it. I can observe the pain or whatever it is without embracing it and letting it control me. "What have you learned about training or teaching online and on your own?" I've learned that it can be done a heck of a lot better than I had ever imagined. There are some people out there doing absolutely amazing classes online. It blows me away, some of the stuff that I have seen. I've also learned that there are plenty of people out there and I'm going to include myself with this, who did not do as well teaching online as they would've thought, I would have thought that what my skill would have trained ... my teaching skill would have translated better online but I realized I don't do nearly as well if I don't have feedback, immediate feedback. If I can't walk up to someone, if I can't touch them. Most of my skill in teaching and instructing something is not verbal. It's, it's observational, it's tactile and so, I've been challenged and of course that's an opportunity to get better. We got some comments coming in from my thoughts on responding to pain, "Pain, don't hurt I'm allergic to pain, it hurts." "We don't say out in our dojo gang, we say Aja." Stacy says, "I've learned that my condo is not designed for forms work. Can't wait to have a finished back deck." You and me both. I actually talked to the guy who's going to build that just a couple of hours ago. And I think training on my own, it's hard. It's hard to motivate. This is, this is probably I'm, I'm not gonna say everyone, I'm going to say this is many people's biggest challenge and I am including myself in that. I have a really hard time with carving out time, picking something to work on, et cetera. If you give me a curriculum, a program, a video to train with, I'm good to go. And I think that that's where some of the Martial Arts schools ... excuse me, have done a better job than others in that they've given people something every day or most days, they've given people lots of options for things to train and I think that's great. Laura says, "I've learned I can tell when my students aren't doing deep enough stances, even when they're only showing the top of their heads on the screen." That's a pretty valuable skill. It's impressive. And "With no live sports right now, what fight reruns or highlights have you been watching?" Well, I don't watch a lot of live sports, I don't watch a lot of fight stuff but I will say I saw a video clip today on Facebook that, that empathetically terrified me. Laura says, she needs someone to yell at her when she trains. That video clip I'm referencing, some of you may have seen it. Mike Tyson doing pad work. If it wasn't today, it was very recent. This is not old Mike Tyson clips like some have been going around. This is new Mike Tyson stuff and there a speculation that he'll be getting back in the ring. And even now at, what is he? 45? 50? Is still one of the most terrifying individuals that I could ever imagine fighting in, in any, any way, any rule set. He is a monster. And if you want to watch some really scary stuff, go back, watch him when he was 18. Watch how powerful and fast he was. He defies logic. Imagine what he could do if we taught him to kick. I know that the UFC had their first fight the other day, there's first fight night, no spectators and I think there's some other, I think there's been some other so I think there's





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been a lot of reruns. of course, but pretty sure, I didn't even hear of any kinda like bootleg fights going on during quarantine which I find interesting. We got a birthday boy in the chat. Happy birthday, Fred, welcome. Andrew says, "Tyson is 53." Wow. Doesn't change how scary is, not even a little bit. What do you think will be the next Martial Arts challenge to take off? And the most recent one, and I don't know how much it took off but it definitely got a lot of play where those really well edited fight clips, you know, people punching at the camera and then as somebody else reacting to that punch and then doing something else and kind of passing that back and forth, some of those were so creative and a lot of fun and I, I, I really like when something like that, when someone embraces the medium and it becomes creative. Stacey's commenting. Yeah. The, the Epic badass woman bitch fight video, that is probably the best one that I've seen and just has some utterly amazing people and really, really impressed with all that. "Not even Ip man could beat Tyson." Of course, a reference to what is that? Ip man 3? "The alternative weapons challenge." Oh, do we have that video here? Is that, is that in here? It's a lot, there's a lot of stuff. I don't know if we're gonna get through all this but I'm looking, I'm looking ... Gabe, let me know if that's in here. If that's not in here, let's ... Facebook me the link and we'll ... cause I want to run that, that was fun, you guys put some good time into that. Yeah. So we've seen the bottle cap challenge, the picture posting challenge and, and stuff like that and we've got, there's a video here of Donnie Yen doing the bottle cap challenge. Let's look at that one. Oh, there it is. I missed it. It's here. Okay. Let's do Donnie Yen and then let's go back to that cause somehow, I missed it in this ... man, that guy is cool. I want to be Donnie Yen, he's too cool. I wonder how many times it took them to do that. The fact that he did it, I don't care if it took you a hundred times, it's still impressive. Laura says, the next challenge will be some sort of fight over toilet paper and Lysol. Craig says, "How to encourage students to practice outside of class?" That's a challenge that's been long standing. And Ron says, "The remote forms tournament challenge." I have saw quite a few of those pop up and from what I can tell, participation was fairly low. I do want to show this because this clip comes from some, comes from two people who are in the chat right now, two people I consider friends and I think what they put together was really cool. Now this I know the backstory on, it is the result of a conversation that we had a couple of episodes ago about impromptu weapons and I did not ask them to do this, I did not suggest that they do this, It just suddenly showed up in my Facebook messenger feed one day. [Music] Shout out to Gabe and Andrew that came out awesome. And you know, it's fun, it's certainly a fun video, but I think there's a lot of practical stuff there too, right? The idea that we get better at working with what we have available to us and I think that there's a wonderful mental exercise. You know, we've, we've talked about this. What, what do you have handy? I mean, yeah, I've got, I've got a knife right here because this is what I use as a letter opener. It's a retired kitchen knife, but what else is there? You know, what would I do with this Bluetooth speaker? How would I use this as a weapon? How would I use this charging cable? Well, how would I use any of those things? And one of the things that my original



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instructors used to say is that, “You should be able to take any weapon and apply your empty hand principles to it and you should be able to adapt any form that you know to using that weapon.” And it's something that I've played with over the years and it works and I would encourage you to try it and if anybody wants to put together a video like this and send it in, maybe we'll do a montage of some clips or something. Maybe we'll show some of these next time so go ahead, do that. I want, I want to check it out, I want to see what you do. Greg says, “A broad sword is equal to a bar stool.” I would agree. Andrew's sending out props to gave for doing all the editing and making him look good. My favorite part in that is when, is what Andrew's got the Andrew's the one with the dust pan and the broom and he, he comes around and he sweeps the dirt in the hair at the guy's eyes or at the attackers eyes. We'll be gender neutral. What else did we get? Yeah, got a lot of, got a lot of compliments coming in for those two gentlemen for what they did there. Moving over to the next thing. “Where would you be if you had never found the martial arts or worse yet, what would this world look like if the martial arts were to be outlawed?” Well, the first question is pretty easy. I've finally come to accept that there's a very good chance that I would not be here. I'm not going to bring the show down my talking about that, but bottom line, if I had not found martial arts, I don't know that I would have made it through. Now, what would the world look like if martial arts were outlawed? How do I answer this without going political? Because I don't want to, right? We don't do politics on this show. I suspect we would have some things start to blur the lines. I think we would see, you know, if anyone's familiar with capoeira, it's a dance. It's a dance that has martial arts movements. I imagine that we would see some traditional arts kind of go underground and be taught in the way that they were a long time ago, one-on-one, you know, I'll invite a friend over and teach privately in the garage kind of a thing. I think we might also see some arts do what capoeira does and hide it in music. You know, if anyone has ever watched really good Taiko drummers, you could easily take the drum sticks out of those drummers hands and put in blades or just about any martial art weapon and they, they could go to town, and you can also see empty hand principals coming through in that as well. Stacy said, she agrees martial arts saved her sanity more than once. Jared's suggesting that world without martial arts is a totalitarian government and I'm reading it, but I'm not responding to it because, well, we're not going political. Laura, “Wouldn't be here listening to the podcast for one.” That's a good point. We don't have a whole lot of non martial artists involved in the show and what we're doing and that's okay. Jared's follow up, “I also don't think we could ever stop people from fighting.” Ah, I would agree. There are lots of laws about fighting people don't follow. “Types of headaches, migraine, hypertension, stress, and seeing a white belt teaching a wrong move to another white belt.” Ah, that is painful. It is incredibly frustrating seeing someone who thinks they know trying to show someone and you know, it's hard because it's coming from a good place, they're trying to help somebody out, they're trying to benefit them, give them some good stuff, but it's not their time. “Would love to live in a world where we didn't need the martial arts though.” Ah,



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that is a great point. “I would make a slight adjustment to that, I would love to live in a world where we don't need to learn self-defense” Because I equate martial arts to a lot more than that but I think ... “What would martial arts look like without self-defense?” Oh, it would probably be much more like a dance. Comes full circle. Conversation comes full circle. “What advice would you give a student who wants to teach?” Start teaching. Learn from as many people as possible, teach as many people as possible and make sure that you are confident in the knowledge of how things work when you start teaching it. You don't have to know how to teach everything, but you have to know how to teach something and you need to learn how to work from that. I'm a big fan of people learning how to teach very early on. Once you learn how to tie your belt, you can teach other people how to tie your belt, their belt. Once you learn the basics of the first form, you can show somebody else because let's face it, what's the first thing people need to learn? The pattern. How does the form go? What's the gist of the movements? We're not talking about high level stuff, but anybody who's spent time teaching knows that even going over basic things with someone else reinforces and makes it so much more valuable, more real to you. “It's worse to see a black belt teaching wrong move to a white belt.” Yes, yes it is, go back to that headache chart where Stacy suggests “Help it to summer camp.” Jared says, “Only teach what you know.” Of course, Jared is the host of Martial thoughts and Jared, I don't think I've sent ... said anything to you about this yet, but the episode you did unpacking Star Wars and martial arts was utterly phenomenal. If any of you out there are Star Wars nerds, Jared, I don't remember what episode number it was cause I don't think of your show that way, I barely think of my show that way, because things don't always go in order, but it was awesome and I loved it and I hope you do more of them. Craig's says, “Improved visualization and engage in writing exercise for strengthening metaphors.” Oh, I like that a lot. You know, taking the, the skill of teaching beyond the mats or the floor or whatever you want to call it and engaging your mind much more because yeah, I think you have to. If you could get a black belt, any style, which would it be? Jared says, “First I want to earn a show [00:40:11] sounds like there's a little bit of, a little bit of distaste at the word choice. “Get, earn, achieve, undertake, pass.” I think there are a lot of verbs there. I don't think the question was intended as to hand over in exchange for money without skill. See, I just complimented her, now I'm gonna now I'm gonna pick out a little bit. I want to earn a [00:40:45] in the art of setting right now, besides that, I studied PCA K ... P C ... Words. Words are hard. PCK slot for about a year and I'd want to become proficient in that. John [00:41:02] high school buddy, says, “Tiger style from Wu Tang.” Matt says. “I'd love to have one in capoeira, but I think one in BJJ would make me more rounded.” Jen says, “A second taekwondo” and she's interested in learning Kung Fu. Rodney would love to add Hapkido or BJJ. Stacy says she's not so ... her body doesn't have the moves for a capoeira but loves it. For me, if I ever added to mine, it would be a kindred art. Stacey's a Taekwondo practitioner like hapkido for the cane work. Jordan says “BJJ”. Nikolai says, “And I always butcher the pronunciation of this and because it, it from ... I actually looked up how to



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say it once and it doesn't sound like it's spelled but I'm going to pronounce it like it's spelled, Kalaripayatuu which is an Indian martial arts, some claim it's the oldest martial art. It's not necessarily fully practical for the modern American society but has some history as one of the oldest recorded arts and we've got a footnote here. It was originally a traditional form of martial art that started in Southern India. Kalaripayatuu or Kalari is the science of war treatment and Marma therapy believed by the historians to be one of the oldest existing martial arts in the world. It's all about inner peace and fluid animal movements. Jared says, he's gotten some good responses from the Star Wars episode. No doubt, it was great and it was fun because there was someone who had approached me and wanted to do something like that and I've been bugging them for an outline for probably six plus months and he actually just reached out yesterday and I said, "Sorry, Martial thoughts beat us to it." Craig says, "I'd take the MMA triad since in real life I don't touch that stuff. Kung Fu for years." And I don't know what you mean by the MMA triad, I'm guessing you Muay Thai, BJJ, boxing? I don't know what the other one would be. I don't know. He'll probably comment. We've got another video here. That should be good. I haven't reviewed this, fortunately, I've got Gabe reviewing these so I don't have to worry that they've got something terrible popping up. Where is it? Come here you. Loading. You know, if I did this in the future I could just load up all of these links and you know, then to switch it over, I wouldn't have to do this as we go but that would have required forethought that I hadn't thought of because this is the first time we're doing this.

#### **Man on video:**

Okay. Thanks a lot for coming everybody. Before we start learning any throws, et cetera, first thing about Judo is you just gotta make sure that you can fall okay. So I'll just check all your [00:44:29] one by one. Good. Step forward, that's good.

#### **Man on video:**

So yeah. Just one big bow then the throat. One then...

#### **Jeremy Lesniak:**

Oh, it's good stuff. Mr. Bean is pretty ridiculous but I like it. Jared, don't apologize, I'm just picking on you my friend. Star Wars ... Oh, I didn't realize you had more, I missed the others. Episodes 114 through 118 on Martial thoughts. Really good stuff. If you weren't even casually interested in Star Wars, I would encourage you to check that out and of course, you know, make sure you're taking out Jared's show cause he does great stuff. I'll listen to stuff. Over the last few episodes, the topic of rank display has come up on the side. "Most martial arts schools display rank with a belt, a sash or even a patch but Frank mentioned that Muay Thai uses



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armbands. What are other ways have you seen rank displayed in the martial arts?" Primarily I've seen it as belts. I also have seen some things around colored uniforms, colored trim, for example, the karate school I grew up in, we weren't allowed to wear black uniforms until we were brown belts and it was supposed to just be black and white forever. I mean, that was all we had and then there was a sarcastic young man in school who kept telling his mother that he wanted a blue uniform when he earned his black belt, because that was funny to him and then he got his play, earned his black belt and was presented with a blue uniform and then the wheels fell off and there were red uniforms and, and only, only a few of the instructors dared where anything else color-wise but in our school that was a bit of an indication and yes, if you couldn't tell I was the person with the blue uniform, I still have it. It's in my closet right there, it's in that closet. I'm not going to show you because there are, I have no idea what else is in that closet right now? Jaredd says, "In Aikido, you get a Hakama." To people who are not familiar with what a Hakama is, it's basically a big black skirt at your ... showed on at your first degree. "Savate uses colored gloves." Andrew thinks. I have not heard of that, but okay, I could, I could get down with that. Tangsudo, not only does belts but there's some, some colored trim I did train in a school in college where the patch, I mean, this wasn't the only way we could tell rank but the patch had some color to it that was supposed to match your belt and being a college student, I was generally behind on updating my patch cause I had to use that they weren't, they weren't even adhesive patches, you had to sew them on and they were supposed to be with a matching colored thread and I was like, "I'm a college kid. I don't have time for that." I got, I got other stuff to do. "As long as we're allowed to gather it all this summer, are you participating in any martial arts camps this year? What are some of the coolest drills or games you've seen at camp?" I have no idea. I spent a few years teaching at a camp in Maine I've, I've taught, I've taught at a number of martial arts summer camps and I actually, I really enjoy it. I, I liked that opportunity to engage with martial artists, you know, whether they're kids or adults, you know, just for a longer period of time. I think when you build that rapport, when you have a little bit of a relationship with someone, when you can share a meal with them, you're better able to teach them, you're better able to understand who they are and what they need and I can be a better instructor and on the flip side, as a student, I am able to learn better when I understand better how the teacher teaches. I can kind of wrap my mind around how I need to show up, show up, not just physically be there but, but how I need to show up for class and how to learn because learning as a skill. "COVID martial arts camp game keep away." Yes how do you, how do you lose? Because if you approach someone, then you also lose, I don't know. Maybe that's the point. "What's your funniest training injury?" I don't think I have any funny ones. I've, I've broken two bones. One of my teeth is a crown from a kick that I will never know how it got there but it took some very strange trajectory and I think the funniest one, not really funny but oddest is, I broke this finger. I have no idea how. We were sparring in class, I was wearing gear but it was broken and if you look, you can see, let's see,





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you can see that there's a gap between this finger and this finger. See how they don't line up straight. It's because I broke my ring finger on his finger on this hand and hospital decided not to set it right away. They said, "Nah, it'll be fine. We'll set it tomorrow." Well, the plastic surgeon had to rebreak my finger because they were wrong. Laura's got one, "Doing forums in slow motion with a cup of hot water balanced on your head, great for hot summer days." I liked that a lot. What about doing it on cold winter days, even more motivation. Other responses to training injuries. Jenny says, "Well, I've repeatedly given myself black eyes or bloody forehead gashes with my own sanctual bone because no one beats me up but me mostly. Then there was the time with the four on one sparring match. I was one of the four and Matt was the one." They're married and let's see. Nope, not going to say anything about that. "I was an orange belt at the time and had been sparring for maybe two months. During the match, my other three team members were holding back and not making much contact with Matt at all, not me. The big, bad eight cup that I was, I kept working my way in and trying to get some strikes in. At one point, I cut between two of my partners and slid in to land a sidekick, as my leg was coming up, Matt saw me lifted his size 14 foot and planted a side kick of his own right under my left arm nailing me in the rib cage and good. Took my breath away. We pause for a moment to make sure I was okay and we finished the match. It turns out that kid cracked a few ribs. He and I had just started dating so we tell everyone that was the day he kicked his way into my heart." Very sweet, very cheesy and the type of thing that only people who trained together understand. I'm sure you had some looks or at least some surprise as you told people what had happened. Laura cut her knuckle doing line drills and punching. "No idea how, we determined I punched a Ninja." I could see that. Matt, "The other half of this duo has two good ones so during sparring with my buddy Steve, I accidentally kicked him in the mouth. There was blood all over the floor. We were walking in circles looking for tooth. His tooth had cut my toe but I didn't realize it. Second. During an XMA seminar tricks flips, et cetera. (Shout out to Mike chat, who was a guest on the show a very long time ago) "During the warmup we were doing cartwheels. I managed to break my foot long ways between two toes down to my heel. I had to sit out the whole seminar. The day before I was training with some of the guys showing off my seven twenties, both sides and a few other tricky flips, but I was stopped by a Cartwheel." I like that, that's good stuff. "Have you had an injury that forced you to change the way you train from that point on how did you deal with it? Not only physically, but also mentally and emotionally." I'll be honest, I haven't had anything like that. I, and some of you will likely disagree with me and that's okay. I do not believe that there is an injury I cannot recover from. Maybe someday I'll bump into something but I have met too many people who have overcome too many things and I've managed to work through 100%. I, here I am now I'm less than a month away from turning 41. I am stronger, I am healthier, I am more flexible than I have ever been and I'm going to keep pushing that boundary as long as I can and at some point, it'll probably not be the case, I'll probably not be able to say someday that I'm the strongest I've ever been but so far I'm on



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track to keep doing that for a few more years. That's my plan. Hey, look at that, we are coming to the end of our time and I think that this is a good point to end it. Is there anything else that we wanted that I wanted to get through that we could do in the next couple of minutes? Pretty good. We got through most of it. And you know, I'm going to, I'm going to put it out there because Gabe's been helping me with this. We should have a new segment starting next month. Something that I've been working on for a long time. Some of you know about this, I'm not even going to tell you what any of it is, I'm just going to be that, that guy who was really vague and a bit of a jerk in doing so, but it's fictional. We should have a fiction segment, something fictionalized for next time and I'm looking forward to that. I'm looking forward to sharing that, all sharing all of that with you so we'll see, we'll see how it goes and we're going to save the rest of this stuff that we've got. We've got some more topics and thank you Gabe for making sure that there's more than enough and we will share that with you next time. Now, if you didn't have enough, man, excuse me. If you didn't have enough, if you want more of me live, tune in tomorrow morning, 6:30 AM Eastern on YouTube for first cup where you can join me for my first cup of coffee. Watch me drinking coffee in a bathrobe, going from blahblah to a moderately functional human being and you can respond much in the way that we're doing this and leave questions, comments. It's a different style show but fun in its own, right? I want to thank everybody for tuning in. Thanks for joining us. It'll be three ... I don't know. Three weeks, four weeks, however many weeks. First, Tuesday of June. What day is that? It's not my birthday, isn't it? The 2nd. Okay, good. June 2nd, 8:00 PM right here on Facebook and make sure you join the martial arts fun and friends group. Make sure you're part of whistlekick Martial Arts Radio behind the scenes and make sure you're getting the newsletter go to [whistlekick.com](http://whistlekick.com), subscribe to that and check out all the new stuff we've got and if you've watched or listened this far in, I'm going to let you know, I filmed the videos for the speed training program today, those are going up hopefully tomorrow and make sure you're paying attention because we're going to offer a flash sale when we release that. It's ... I don't want to toot my horn too much but it is unlike anything else out there, the strength and conditioning program we did, it's good. It's really good. There are other strength and conditioning programs, the speed training program we're doing, there's nothing else like that. There's nothing else out there that is like this and I hope it fueled some sales. It would be nice for whistlekick to be profitable. All right, all right. Well thank you for tuning in, thanks for watching, thank you for commenting to those of you in the chat. Have a great night and I will see you soon. Take care.