



Episode 500 – What Advice Would You Give Martial Artists 100 Years from Now |
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Special Guest 1:

Hey everybody Brandon Beliso is here. What would I tell a martial artist a 100 years from now. Well, I think the first thing I would always encourage you to do is to be true to yourself. Art is art. Self-defense is self-defense. And you really have to ask yourself. Why do I study the martial arts? Is it a way of life? Is it for the balance of my mind, body, and spirit? Am I here strictly to learn combat? Am I here to be a teacher and help people be better versions of themselves? It's really about you, defining for yourself because you are a martial artist. Right. You're not just a fighter. You're not just one dimensional being. When we talk about martial arts, it's all encompassing. And if we're going to spend our time 100 years from now, arguing that my white tiger kung fu is better than your eagle claw. Then we're going to miss the point. It's relative. It's art. What is art to one man is garbage to another. So it's really about being true to yourself. That's what I would tell the martial arts students 100 years from now. I'm Brandon Beliso and you go out there and live your best life.

Special Guest 2:

My message is very simple. Learn to teach and teach to learn.

Special Guest 3:

If I have to give advice to martial artists 100 years from now, I would say in the future you can be learning things differently, meaning you can mind [01:30](#) you're programmed to do certain



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move to learn a certain style or a system, or what not. And I think what you have to understand is that learning martial arts truly understand martial arts. You have to learn it the old fashioned way. Meaning, you have to sweat, you have to work hard. You have to train. It takes hours. Hours of repetition of doing the same thing over and over again, and understanding where that comes from where you teach your body to move without thinking to just act and just react without any type of flinch it just automatically moves, and the person feels before he sees. That's where you want to take it to. And I think that takes a lot of hard work. That takes a lot of sweat and you have to understand that you can't learn that online. You can't learn it through computer. You can't learn that through being programmed with wires to your head. It takes hard work then it comes back to the roots into the basics of everything that you learn. So you just have to understand that and learn the roots of what you learn to learn to complete circle and learn what came from learned source of words.

Special Guest 4:

Hi! When I was ask to submit a video for the martial arts time capsule. It was difficult to narrow many years of training down to a few seconds. And so I decided to share three things that I think will be a value to martial artists of any time. Number one, that it's okay to take breaks. Don't burn yourself out. You need to take a break from training for your own self. That's okay. We'll be there in the future to come back to. Number two, winners practice until they get it right and champions practice until they can't get it wrong. Repetition is the key to learning anything well. And so diligent regular repetitious practice on any technique will serve you well in the future. And number three, something done slow and perfect is still perfect. Something fast and sloppy will always be sloppy.

Special Guest 5:

If I had to give advice to martial artists 100 years into the future, it'd be pretty simple. Don't forget the past. Learn something. Get a base. Know what you're doing. Stances are all there for you, the punches the kicks, they're all there. They've been developed over the years and hundreds of years. You do want to make your Karate training or your Taekwondo training or your Kimbo training whatever it is you want to make it your own. That's important. However, don't reinvent the wheel. It doesn't have to be done that way. You can adapt, get something underneath you. That makes sense. And then branch off from there and do your own thing. That's to me, the most important thing for me. I have done, traditional Shotokan Karate for years. Do I make it my own a little bit? Sure. Do I tweak things here and there? Sure, because my body mechanics are different than everybody else's body mechanics. The way I show things a little different than the way other people show things and that's okay. You want it to be your own. You want to adapt and change. That's part of the way life is. But don't forget the past. Keep those traditions alive. Help them grow. Show people. Let them learn the things that you've learned, and let your martial



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arts become yours. Make sure that the people that you work with know where those things came from.

Special Guest 6:

Right now, in 2020 it's estimated that there are over 6,000 martial art styles and systems worldwide. Some of them will never be known outside of their families, or local communities, others or multi country organizations, of 10s of thousands of active members. All these arts create a mosaic of value, which has been imparted to countless students and disciples. Whether they're practice for self-protection, competition, health or wealth being or meditative pursuit. For over 2,500 years, the martial arts have given us a better understanding of our place and purpose in the world. And if survive the toughest of times, and the most peaceful times you are constantly morphing in surprising ways to continue to ensure their own evolution and worth. As long as there's conflict anywhere in the world. The person against the person, or the inner turmoil secondly in our being, the martial arts and serve venerable ambassadors from one of the oldest movement disciplines in the world. And these phases alone. They are worthy of the attention of every rational person who's ever wanted a competitive physical outlet for being in conflict, and some level of advice and direction.

Special Guest 7:

What advice would I have for the martial artist 100 years from now? My advice is train hard and understands that training hard doesn't just mean spending time punching, kicking, grappling whatever your chosen martial art or art is. But it's about making sure that you're physically prepared for what martial art requires. That means pick up your weights. Lift the weights. Functional training is a great way to do that doesn't have to be heavy weights. Make sure you work your flexibility, your cardiovascular system. Work your core, these things are so important for being effective in any sport, no less of course martial arts, which we all hold quite dearly. And secondly, and possibly even more so I wouldn't dare you to be great. Now understand that greatness doesn't mean winning titles or bringing home trophies. Anybody can kick but that's how we talked about when we talk about martial arts greatness. If you truly want to be great in your martial art, then at some point take what has been given to you. Take what you have learned and pass it on to others. Because true greatness, only comes when you're able to take what you've been granted, and empower others to achieve it.

Special Guest 8:

Hello, my name is Eric Jacobus. Right now it's the year 2020. I'm a stunt man and film maker, make movies, video games. If you're watching this supposedly it's in the year 2120. So, if there's anything that I can tell you as martial artists or really anybody. Instead, do not look at the past as if everybody's a bunch of idiots in the past, because that's exactly what my generation has done. What it does is, it makes you arrogant. It makes you stupid, and it kills you. Because the past is



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full of wisdom. There's a lot of wisdom locked up in old books, old movies. Things that have been banned and things that have been burned. Just because something has been banned and burned does not make it wrong, it means that the people that banned and burned the work are the winners. So, history is written by the winners. You are currently living with the winners. And you probably look at my generation like we were a bunch of ignorant idiots. A lot of us are, but do not discount what we have to say, do not ignore what we had to say. Please look at the past. Do not fall into the same trap that we fell into. Because we refused to acknowledge that there was wisdom in the past. Thank you.

Special Guest 9:

Hey guys! It is March 2020 and we are currently in the middle of a global coronavirus pandemic which is shut down all social gatherings, which includes martial arts schools and events. So, we've had to train on our own. We have online videos, live videos on the materials to train with. But we have very limited space so we can't train with each other. We can't train in our schools, which has forced us to adapt what we do. To what we have. That's my privilege to lecture style. Adapt nurture training, adapt to whatever's going on, but don't stop training. Never stop training, keep training, whatever the circumstances, illness, injury. Wherever you got to keep training, keep working hard. Never stop learning, even if you are not able to move or get out of bed, never stop learning. Always keep going.

Special Guest 10:

Hi Gary [09:59](#) With the American mosquito Alliance. Congratulations on your 500th episode of whistle kick radio. That's a great accomplishment. My son Mr. Nikolai Lee told me that the question of the day is what I would talk to a martial artist 100 years from now, about. Well, life is change. And change is good in many areas, not necessarily so in martial art. There is no substitute for perseverance, respect, and dedication. Courtesy. Integrity. Those are things we live by. And we live and we have gone by those things for the past 50 generations or hundred generations. Those things can't be compromised and should not be given up or sacrificed. So, 100 years from now, things are very different than our daily lives. The things that make the martial arts brave. And from those that they built on should never change. Congratulations again, Jeremy.

Special Guest 11:

What would my advice be in the future? My advice to you would be. Don't let fear embarrassment hold you back from trying something you want to try. It's normal to feel weird when you're doing something you've never done before. A lot of people will worry what other thinking about them and they'll stop them from starting martial arts in the first place or maybe they'll have done one style for a long time but they're afraid. Just try something new. Don't let them stop you. If there's something you want to try. Go out there and try it. You never know you might love it. It might change your life. So, don't worry about what others are thinking. Don't



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worry about getting it wrong. Always know, no one gets it right the first time. Keep going, keep trying, and eventually you'll get there. Hello to the future. Oh and never settle.

Special Guest 12:

If I had to give advice to martial artists 100 years from now, I would say to embrace every moment regardless of what happens 100 years from now. Fashion never dies. Remember to accept the fear, 11:57 and the doubts. Those are your strongest weapons. The sport and the competition aspect of Karate may not be forever. But the identity and the lessons it teaches us, those are eternal. Know that you have centuries of martial artists behind you, willing to guide you. The journey for martial arts provides you with is one that many of us will not forget, and wish we could relive. These will be the best years of your life. So live in the moment and take it all in.

Special Guest 13:

In traditional Karate we have what we call Senpai and Kohai. Senpai means senior student. Kohai, Junior student. Now, Senpai has responsibility. That responsibility is to teach the Junior students. Set good examples for them to follow. Lead them, give them direction. Don't abuse them, don't take advantage of them. And on the other side, Kohai also has a responsibility. That responsibility is to follow direction from your Seniors. Follow their example, learn from them. Respect them. Take care of them. This way, we have the old generation, setting the example for the new generation. Then you put Senpai and Kohai together, you make a good working relationship. That way we can preserve all the martial arts, and still move forward to make them accessible for generations to come. This is Senpai and Kohai.

Special Guest 14:

Howdie! Congratulations to Team whistle kick on 500 episodes of your podcast. You should be very proud of yourselves for that. I mean, heck. A few of those episodes are actually pretty good. Okay, advice for the future. Now, clearly we don't know what the world will be like 100 years from now, but I do know this. There will always be good guys and bad guys. And that means we will always need good people to learn how to stand up and fight the good fight. Whether we're still fighting amongst ourselves, or whether we're fighting nimbly and invaders from the fourth sector. I hope that you are one of those people who will stand up and fight. So, if you're comfortable. If you have everything you need, if it seems like times are very peaceful and there's no need to fight. I need you to start training to fight. Anyway, fight, fight, fight. You may not just be saving yourself. You may not just be saving your family; you might just be saving the whole human race. Keep fighting.

Special Guest 15:



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So, I just finished a bad workout here in my basement in quarantine, and I'm excited to give some future martial artists some advice. So, my first piece of advice would have to be, when you're getting started, find an instructor that gets you excited about martial arts. Doesn't necessarily matter what style you're studying. Find an instructor that makes you happy to be in the dojo that gets you excited about what you're doing. My second piece of advice is, take criticism. Criticism is so important for your growth. If somebody's saying you, it's great. You're doing great all the time; they're not helping you grow as an artist. You need somebody that's going to criticize you, that's going to tell you, you can do this to make yourself better. That is something that has helped me throughout the years tremendously and helped me grow as an artist. Another piece of advice that I wanted to give is get around different martial artists. I've had the opportunity to train around people that have different style, backgrounds and although we're essentially doing similar things I like learning the little intricacies of different styles. It's definitely helped me grow and it definitely helps your movement and your foundation and movement. My last piece of advice is, if you ever feel like you're getting stagnant, which I think we all go through those phases of having to rediscover things. And I think rediscovering the martial arts in different ways, is super helpful way to help you become a lifelong learner. If you're feeling stagnant, pick up a new weapon. If you're feeling stagnant go take a class somewhere, go take something new and something different. And you'll learn a lot about yourself over the years. You know if you're sick to it and you study. So get out there, do your thing. Hope this advice helps.

Special Guest 16:

My advice to martial artists would be to remember what it is that brought you to do it the first time. Whether it was you being bullied and you wanted to learn how to defend yourself. Or you needed some help with your self-control or you just wanted to learn a new martial art. Something brought you to the studio, the first time. If you keep that in mind, that becomes your motivation. And that will keep you going during the times when it's hard to train. And the training is boring, that you've done things thousand times, and you may feel like you know it's hard to get here in studio to practice outside in class. To do the things that you need to do to make yourself better. But keep in mind, something made you start. And that is the thing that's going to keep you going through the bad times, through the hard times, through the boring times. That will make you a better person. If you can use your perseverance, and it will help you in the long run to be a better person overall.

Special Guest 17:

If I had to tell a martial artist a 100 years from now. Something that was very important, I will try to get you to see two things. First of all, every style that you are going to know about somebody had to start from someplace. So, if you get to the point where you felt like you have something new or different it is listening to you to share with the world. Don't be afraid to do it.



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There is no pure style, every style that you know about started as a combination of whatever that person was taught before he or she decided to become their own teacher, and teach what they know. The second thing is, every aspect of the martial art is important, but depending upon your needs. Some things may become more important than others. Your forms, your patents are important. It's important to learn how to punch, kick, throw pen. Pressure points everything. All this stuff's important. It's also important to take care of your diet to the best that you can to be as physically fit as you can. And take care of your health because you can't perform your art if you're too sick to do it. And finally, the martial arts are not just about fighting. They're about peace. And just like the principles of original hip hop, the martial arts should also be about peace, love, unity and having fun. Peace.

Special Guest 18:

Martial arts are not just about fighting. Being the toughest fighter. Being people up on video. Holding title belts and racking up competition wins are not the most important aspects of the martial arts. Let us not forget about our martial values that are at the core of our training. Values such as patience, tolerance, and self-control. Martial art is created for protecting one selves and others. You have a choice. You can either make this world a safer place or add more violence to it. The thing is Shaolin temple, the birth place of the martial arts was first and foremost a Buddhist temple. Tolerance is a very important version in the Buddhist philosophy. It is our job as martial artists to be more tolerant than the average person. Why? Because we train in fighting arms. We know how to hurt people. Plus we train our minds to be sharp, tolerant and forgiving. Practice hard, healthy often. Be humble and gentle when you're dealing with others. If you have to use your martial arts, make sure you do so in the light of what is right and just. Not personified and [20:33](#). Thank you. Train hard and be safe.

Special Guest 19:

What advice would I give to martial artist a 100 years from now? You know what, it's probably some of the same advice that was given to me throughout the years. For example, number one. Don't get so bogged down in your lineage in your history. Who taught, who win, where, how and why it's important. But not so very much important. If you are effective, do you enjoy what you're doing? The answer is yes, then what really more do you need. If you are 2,000 years old, or two years old. If it's effective and you enjoy what you do. Really. Don't get upset if you've been training. Training hard for years and years and years and years perfecting your techniques, and you will never call them to use them in real life. Well, that's a good thing. As long as you're art is effective as long as you enjoy what you're doing. And you're surrounded by good friends, good people. If you're so focused on the fight. You're so focused on doing other things. You're gonna miss out on everything else that's happening around you. In a moment, enjoy what you can do. It's all I can think of for now.



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Special Guest 20:

What would I tell a martial artist 100 years in the future? 100 years or one year. What's the difference? Don't get confused over simple labeling. I train hard style. What does that mean? Hard style has been taken to mean by train. But that's misguided hard style. Training is about linear acceleration, because the strike displacement of your opponent center of gravity and its attacks. But it's not about mindless training. If you attack your opponent, the opponent will counter. What then will if your plan A doesn't work, then you go to plan B, or Plan C? These contingencies are there within the system. All you've got to do is stop looking at technical point of view and start looking at tactical value. It's the tactical work of your moves that help you unlock your system. And it is your needs under duress that guides your training methodology. Be well.

Special Guest 21:

What would I tell a martial artist 100 years from now? Well, even though the martial art is probably not going to look the same, a 100 years from now, it's going to evolve into something else. There are a few things to, I think; still will hold true for instance, there's the same. The bridge between knowledge and skill is repetition. And the bridge between skill and mastery is time. So, basically it means you need to practice a lot, put your time in, and be patient to develop that skill. If you really think about it in a self-defense situation, Guys, the attacker doesn't care what rank you are, what do you defend yourself with skill. So, that means you need to put the practice in and the time and to develop that skill and to your full potential. Martial Arts is a journey, it's not a destination which to me means that you should always keep a white belt attitude. You should always want that thirst for knowledge. You should always want to be looking to get better constantly no matter what rank you are. So, what the formula basically breaks down to, it's a timeless formula. It's practice and patience equals skill. Strength and honor my friends.

Special Guest 22:

Master said that the greatest challenge for martial artists is perseverance. I don't think that will ever change. And so, my advice would be to make it fun. And the way you do that is through what I call embrace the circle. Embrace your circle of friends. Embrace your art, embrace those who train with you, embrace your instructor, embrace these things sincerely with the heart, and they will help you keep going when the training gets hard. And it's not just about the workouts. You see it's not just about the forms of the techniques. It's about those who share the hard work with you. Those who laugh with you, those who encourage you, those who push you like sharpening iron. So, I think good healthy trusting relationships built for the martial arts will help people get through it and endure, and persevere, until they get where they want to be at. And as you learn your art, you will come full circle at some point. And as you start over with your techniques, you will have a chance to focus on those that you really enjoy. And that's sort of the



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secret to because, like I say, if you enjoy what you're doing, then do what you enjoy, and that will take you far in this.

Special Guest 23:

My message to martial practitioners a 100 years from now, that I hope that as a society, you have moved to a place where you're able to practice for martial arts in a way that the Japanese called Ningun case in Amici. There is ways for the betterment of human beings. By this, I mean that as a society, you have moved to a point where warfare techniques, combat techniques industry to defend your loved ones, become truly in the society. And then you're able to practice, share, and celebrate your respective disciplines. For the historical, cultural, aesthetic, or even aesthetic merits. And then you can use those to lead other people towards mutual understanding, respect, and to keep moving on as a society.

Special Guest 24:

Martial artists of the future, make sure you train every discipline you possibly can. Your original art is a great starting point. But don't let that hold you back from going out and experiencing as many martial arts as many Instructors, Masters, Grandmasters, Professors as you possibly can. Listen, take in as much of that knowledge as you possibly can and ask questions. The only way you get answers is by asking questions. Most of our martial artists will love to answer, and they love to share their knowledge, the more questions you ask, the more knowledge you'll gain.

Special Guest 25:

100 years in the future. Times will have changed but people won't. Martial art is about mastering yourself. It's about the battle with yourself. And we often look back to the past and we're in order of the old martial arts Masters. We feel yeah but times are different and people were different. Now you know, we know more and more [28:28](#) we've moved on from those times. Actually, the people are just the same. People are still fighting the same battles within themselves fighting the same demons. Hundred years in the future, thousand years in the future. We're still going to be people, still fighting that big battle against their egos, against ourselves. Ultimately it's still the same.

Special Guest 26:

One of my teachers told me when he practices formal exercises. He imagined of all the Masters who came before, standing behind him, practicing with him. I really like to start him off and imagine this when I practiced. It helped me realize those who came before were like us in a lot of ways. Working hard, studying hard, trying to follow a path they chosen. Ordinary people, just trying to do their best from where you are now looking back. Don't romanticize us, we were like you are. Don't think we were some kind of special heroes, working miracles, doing marvelous things, practicing with solid gold. We want you to know though, we've always thought of you.



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And whether you ever knew of us or not. As you practice and walk your path, our spirits are all right there with you. Keep up the good work.

Special Guest 27:

If I have to give advice to somebody doing martial arts a 100 years to go. Let me think what I would say to them. I think the first and foremost thing would be, keep training and keep training hard. Karate and Martial arts in general is something that you really need to work on consistently step by step over time. Like one of my instructors, because like Sensei always say, keep training. Your good Sensei, always said, step by step, these little steps that really matter. And it's paying careful attention to what you're doing. Don't just accept what people say in terms of to do something one way or to do something another way. Rather listen, understand, work on question, and understand what your body does. These are the things that I think really matter in terms of getting better at martial arts in general. And also, understanding that they take a really long time to do to work on and be straight. The second bit of advice I would give is pay attention to the people above you. Learn from them, understand, but also nurture and take care of the people underneath. I think right now we're at a precipice in martial arts to really work and build the really good stuff. This is our opportunity to do that now. And in hundred years, it's going to be even more critical to help and nurture those people understand the true meaning of martial arts, and every single aspect of what we do.

Special Guest 28:

So, my message for martial artists 100 years in the future. And I'd say don't be afraid to look back and to discover where the techniques and the strategies and your style your school come from. And then to use that knowledge and use that information to keep developing them and to keep improving them and take them to the next level.

Special Guest 29:

What would I tell a martial artist 100 years in the future? Always watch your back.

Special Guest 30:

If I had to give advice to martial artists a 100 years from now. I tell them don't get bogged down by what we're doing now, yeah know your history, know your lineage, know where your arts come from, know the people involved but, don't be afraid to carve your own way. Don't be fearful of forging your own path, learning what the martial can be. Then, everything has to adapt. We have to evolve. Martial arts were different now than they were 100 years ago. And hopefully, we're not just going to put a box around them, and expect all of you in the future to train exactly as we are, because who knows what differences, you'll need to account for and how people and society and weapons and culture all are.



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Special Guest 31:

If I was able to give advice to martial artists 100 years in the future. I say be a sponge. There are so many martial artists today and I can only imagine how many more there will be in the future. Every single martial artist I have ever met has taught me something important, and has made me the black bone I am today. Be a sponge and taken a little bit more with every single class, take it a little bit more with every interaction taken as much as possible. Sure, I can call it one thing and someone from a different style can call another. But we all have the same goals, to kick.

Whatever the reason to kick is, to break a board, to perform or to even just build our confidence and prove ourselves that we can kick. We just want to do it. So focusing on style is great and all but man martial arts is martial arts. Every style builds confidence in its own way. Every style has its benefits and detriments but at the end of the day, are we all just trying to accomplish the exact same goal. We all just want to be martial artists and have fun right. Isn't that why you began martial arts and because it was fun. So, next time you find yourself questioning whether another martial artist is right or wrong, correct or incorrect, just try to learn something from it and have fun. I think we'll grow, and we'll get better this way. In closing, my advice is to just be a sponge, take in as much information as possible. Always keep learning. And again, do the same thing you did or take martial arts for the same reason you did when you started is to have fun.

Special Guest 32:

Martial artist of the future. If I can give one piece of advice, it would be to remember that your journey is your own. And that means that you have to focus on the things that you can control, and the things that you want to get out of your training and that might change over time. So, reflect often, you know, learn from everybody, but keep your goals in mind and remember the training is meant to make you a better person. It's meant to make you happier. And that's really the only thing that matters. So, don't be concerned with what other people are doing or how they're doing it. Learn from everyone. And then absorb what is useful. Okay, forge your own path, and hopefully if that's the case, you're gonna get the most out of it and be able to do it for the rest of your life.

Special Guest 33:

100 years from now, I would say to you. Remember the Covid-19 pandemic of 2020. Millions were infected and thousands died. Countries went into economic decline, and many businesses crashed and millions were unemployed. Martial art, Dojos close across the world, and some even went out of business completely, but not all people. Martial artists, Warriors, found a way to continue their improvement. We adapted, evolved, and excel. Technological innovation paired with the discipline and resolve of practitioners around the world allow the continuation of training through virtual classes. I say to you find a way in disruption, there is opportunity. Trust your instincts and your training and use your fear to fuel your creativity. Assume the bigger picture. Think outside the constructs of what is known. This is the way of Budo. This is a way of



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the Warrior. This is a Warriors mindset to not only survive but to evolve and forge a path to victory. This is a way of Budo of Shinkendo find a way to live. That is beautiful to behold. Make your life and expression of art.[37:20](#) candle life [37:21](#)candle.

Special Guest 34:

A lot of people in the martial arts as they progress, they reach a point where they think that either they or their system that they're practicing has all the answers, and they're not willing to look beyond their system. Richard Fineman who is a Nobel Prize winning physicist once said, I can win without uncertainty. I think that's really what it comes down to I think people are afraid to admit that they don't have all the answers. And I think that what we can learn from that is that we have to embrace the fact that we don't know everything. And that some of what we think we know may actually be wrong. Once we can do that, we're in a better position, not just to continue to grow as individuals in the martial arts. But we're in a better position to continue to push the arts forward for future generations.

Special Guest 35:

A 100 years ago guys were tough. 150 years ago, even tougher, and so forth. So, every time when the technology gets better, people do less physical activity. So, for you to be a martial artist, you have my respect because this is not something that you do in a cocoon using virtual reality and playing video games. You actually have to leave your home and take some classes. Now, is there any class online? Please don't take those. Right. I mean, come on having a real person to work with, that is the goal. Especially when you are competing, because that you do against a real person as well. Now, if I'm right, and that means that there's a lot of technology at your fingertips right now, and you are competing, trust me, my fellow martial artist, get rid of as much technology as you can, and you will be successful. Oh, and what about that crazy guy a 100 years ago who called himself El Wafo. He always said it in the future, everybody would use this open stance. Wooh, I guess this guy was right. God speed.

Special Guest 36:

What would I tell a martial artist 100 years in the future? First, treasure the moments. Treasure all of the individual aspects of being a martial artist. From your fitness, to classroom training, to competing, to going to camps and clinics, and seminars, and most importantly, hanging out with your martial art friends. All of those situations, treasure each one of those moments, and you will truly be rich in experience. Second, respect traditional values will embrace modern training techniques and methodologies. The training methodologies are going to evolve. The techniques are going to evolve. But those bedrock principles of courtesy, integrity, perseverance, the honor and respect, the traditional values of being a martial artist are timeless. And they separate us from merely being fighters, to propelling us to be martial artist. And finally, strive to continually reinvent yourself. As a martial artist, you will grow. And as a martial artist, if you are so blessed,



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you will grow old to work to continually reinvent yourself as a martial artist as you journey through life. Those are the things that I would tell martial artist 100 years in the future.

Special Guest 37:

What I would tell a martial artist from 100 years in the future? I would say make sure whenever you're looking at your own martial art. Whatever it is that you're doing, you're looking at it through the lens of history. Every martial art was created for a specific purpose, by a specific culture, by a specific person. All of those biases can affect it. It can affect its efficiency. It can affect its ability to do certain things in certain ways. So, make sure you're looking at it through that. If you're having any kind of problems with your martial art, it's probably because you're not looking at it with those two questions of when and why it was created. The only thing I can say is everything you've ever read about Chuck Norris is true. The man was a God.

Special Guest 38:

Hello future martial artists! You are so lucky you've discovered one of the greatest human inventions of all time. Traditional martial arts. Humans have been learning how to use tools, fashion weapons, learning from their environment, watching the animals, studying nature. All of this knowledge, all of this information, all of this practice has been distilled over millennia into traditional combat systems that have arisen all over the world. And every system has certain commonalities. Learning to move efficiently, learning to deliver power in a specific targeted way, learning how to use the various tools that are unique to that discipline. And all of this is just simply a way of using our brains, using our bodies, developing them in the most efficient and the most powerful way. And I think if you're like me, you're going to find that this becomes a lifetime endeavor. You're never going to exhaust it. And all you can do is keep carrying on this tradition and passing it on to the next generation and being part of something that really goes back to the dawn of the human race. So, congratulations, keep practicing and enjoy every minute.

Special Guest 39:

What advice would I give to you 100 years in the future? For right here, where I'm a martial artist training and wondering what advice martial artist 100 years ago would give to me, and I think, very similar. Of course, our situations are different. Our accessibility to methods of training are different, but ultimately it all comes down to self-defense and personal growth. So, whether it was 100 years ago or 100 years in the future. Train to protect yourself, train to protect those you love, train to be ready for whatever life may bring. No matter what your situation is, where in the world you live. That is my encouragement to you. Always keep in mind what's practical, what's useful, and what works. We need things right now, people 100 years didn't need. You're going to need things 100 years in the future that we don't need. But it all comes down to what is practical and what's useful. I hope that helps.



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Special Guest 40:

Congrats, Jeremy whistlekick on your 500th episode. My advice for martial artists 100 years in the future, actually also kind of applies today. But it would be to not stop training and not get complacent once you reach your higher ranks. So, just because you reached showed on or need on first degree second degree, however your style does it. Don't all of a sudden sit back and feel comfortable. You might hit points where you feel really good about your martial arts. That's when you should start to worry a little bit because you have a really big mountain to climb. Your training and your education in martial arts is going to ebb and flow for the rest of your life. So, don't think just because you've reached one goal that we can now sit back and relax. I also encourage other school owners and instructors to not let your new students just all of a sudden go and teach it to stop their training. Always hit the Dojo. Always keep an open mind, your body is going to change your thoughts, are going to change your perception of your style and other styles is going to change. Keep an open mind and keep training. There's always something to learn, no matter how long you've been in.

Special Guest 41:

So, when I think about advice for future martial artists. I think about what do I wish people told me. And one of the thing is it I kind of learned the hard way is you got to have self-care. You have to learn to take care of your body and everyone's different, right? We're hard on our bodies, right? We punch and kick, we're hard on our hips, we're hard on our shoulders. Think about a professional athlete, right? Almost every pitcher has to have some kind of shoulder surgery at some point in our life, right? So you want to think about that stuff. So what kind of things can we be doing? You know, should you get regular massages? You mean we learn a healing art? Okay, what about yoga, there's all different types of yoga. So think about that, right? Try to be an example for your students. When you get up in age, I know me I want to be able to perform in my 60s, 70s, hopefully, my 80s. Right. So, what are you doing to keep yourself healthy, keep yourself working. And that would be the advice I'd give the future martial artists.

Special Guest 42:

You have to believe in yourself. When you make a goal, and you start down the road towards achieving that goal, you will meet challenges. And if you don't believe you can do it, it's much harder to make yourself do the things you actually have to do. To achieve it. You know, you're gonna have to work hard, you're gonna have to work harder than the other people also try trying to achieve the same goal. Depending on what the goal is, you will have to give up things that you like. You will have to restructure your time, you will have to be really smart, and how you plan things out. You might have to diet, you have to give up things you like and you know, it's hard. It's hard. But if you don't believe in yourself at all, you don't take the appropriate steps, it's too hard to take those steps. If you don't believe you can do it, why do it. So, you do have to believe you can do it. Your loved ones might say to you, you know that you're wasting your time, they



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might they might say in a really cruel way or they might say it and kind of a gentle way. But they think you're really not spending your time well. And again, you have to protect your goals with positivity from everyone. And you got to keep nurturing your goals. Like you know, like you have a garden, like you have a plant that needs care. You need to care for your goals. But in order to do all the awful hard work it takes to achieve your goals. You have to have the belief in yourself that you can do it in the first place. So, of course you have to work hard. Of course you have to give up things. But most importantly, you have to believe that you can do it at all, or else you don't get started in the first place. So, get started. If you get off track, that's okay, get back on track. All right, good luck to you all.

Special Guest 43:

As a longtime martial arts practitioners, speaking to martial artists. I often ask myself, why do we do, why do we practice, why do we train? We're always told that we're here to practice and train to get ourselves physically, psychologically, emotionally ready for any challenges that may await us. Whether it's physical or emotional, we strive to learn how to persevere to initiate to counter to defense. With that being said. People ask me, what advice can we offer to people 100 years from the future? The first thing I have to ask myself is, what are we doing in the present? Right now? 2020 our biggest enemy right now is the Covid-19 virus. It's put a lot of havoc in the world today. I know a lot of martial artists that go five rounds. 10 rounds can submit people 20, 30, 40 ways traditional martial arts, people that know 40, 50 forms. Despite of physical skills, oftentimes controlling self-discipline is what's really lacking. Ask yourselves, can you really not touch your face for 15 seconds? Can you stay hunker down for one day, two days, three days without losing our sense of calmness? So, 100 years from now and tell people, practice your skills, maintain your composure. Be patient, train hard, and leave the world a better place when you're done with it. Thanks a lot. Keep improving.

Special Guest 44:

Hi! I'm James Glenn. I was asked what advice I would give to a martial artist 100 years from now. I think the same advice of martial artists 100 years ago would have given me. Train hard, train humbly, and trained to be part of the community. Not separate from it, because a peacetime a fighter is a liability, but in peacetime a warrior is a doctor a lawyer, a former teacher. We're all in this together we are all moving forward in life and so help everyone and you will be helped.

Special Guest 45:

Well I'm not sure 100 years but definitely karate it help the people. So number 1, keep training [50:38](#). Then number 2 when it comes to karate. Mentally exercise. Number 3 give your loyalty. This is a hundred years greater still people study. Also, you study history. History is very important because it's the root where you come from how to go. So master. Ask for the



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instructors and where it comes from, who start doing this. And this kind of study. This is very important before you learn karate.