



Episode 527 – Martial Arts Radio Live (Episode 11) | whistlekickMartialArtsRadio.com



Jeremy Lesniak:

I want to thank you for joining us this is whistlekick live. This is the 11th monthly installment. This is a thing we've been doing for nearly a year. Wow. I want to give a huge special thank you shout out to Gabe, who is behind the scenes if we were in some fancy TV studio. This is where a cameraman would turn the camera and you would see him but you can't because he's on the other side of the country. And he has remote in and he's doing all sorts of things. I can see him, he's right there. You can't see him but I can. Trust me. He just waved to me. They can't see you wave Gabe. Hello. And, yeah. He's the reason that the show is not lame. So, thank you. Thank you, Gabe. Well, we've got some good stuff in store for you. I don't know why I didn't shut the door in here. You're probably gonna see an appearance by the cat at some point. So, I guess we'll just leave it open and see what happens. She gets particularly annoying. I might get up and shut that door. But thanks for joining us. We've got some people in the chat. They're saying things, saying hello, talking to each other, we encourage that, you know, why do we do this show because we're just trying to collect everyone together once a month in the same figurative place at the same hopefully literal time. So we can talk and celebrate martial arts and everything that's going on. So we got some great stuff involved. And first topic, if you want to throw that up Gabe everybody can see how much of our training should be focused on our own benefit and protection and how much should be focused on the protection of others. Now



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what's really ironic about this question and I'm not going to go deeper. But the episode for this coming Monday, talks about this. The guests that we had on I brought this up we talked about a bunch of it stuff that I have never seen her discussed before. So, to answer that question. How much of it shouldn't. Can you throw that back I want to make sure I'm reading it right. I know I just totally messed it up for you. How much for training should we focus on our own benefit? How much should we focus on the production of others? All right. You can say thanks, even better. I think the majority should be on ourselves. I do, and I don't say that in a selfish way. I say for a couple of reasons. Two reasons. One, it's the whole cliché you got to put on your oxygen mask for you, help other people. If you get seriously hurt, if you die if you any of those things. What are you going to do, how are you going to help anyone else? That's number one. Number two, it's really easy to go and start they shouldn't be starting because I'm talking about my body's saying, I need oxygen. If you're training for other people. If you're training to protect other people solely, that's really hard to do. It's really challenging. And while there's absolutely value there that's absolutely, should be part of it. I want you to run through some scenarios where you've got other people that you're trying to protect. It's not that simple. So, is it relevant? Yes. Is it important? Yes. Is it an advanced subject? Absolutely. Hey, look at all these people joining in tons of them gave us an engine then yes, without a doubt, or missing these buttons. Craig is on the line coming in from his phone. We got Craig, we got Jordan, we got Andrea, we got Eric, we got Hannah, we got Jeremiah. We got other people, we got Jordan, we got Jason, we got Andrew, it's just it's a party, it's great. All right, that was excellent. Matt had a response. Love the question. You can protect anyone else without being able to protect yourself. I said that. And they say that, but there should be some balance between the two. I agree. I agree and if you want to know what I'm drinking it's once again spindrift not sponsoring the show. Anybody knows anybody at spindrift. I would love to be sponsored by spindrift. It's probably the only food and beverage endorsement I would accept because it's really tasty and the only thing healthier is plain water. And I drink a lot of it. So even if they just sent me a couple cases a month I would talk more about them. You know anybody it's spindrift, spindrift get at me. This is funny but it's also real. You know you're a martial artist, if your significant other always gives you the seat with your back to the wall. I've had people rush to take the seat next to the wall, just to give me a hard time. And I've had a conversation with him. Are you going to be observing all the exits and the people that come in and out and monitoring to see who the threat is and who is not? No, then move. It's the responsibility. Having that knowledge having the. Let's face it, the power. The skill that we have as martial artists comes with a responsibility. Once Spiderman quote "With great power comes great responsibility". That's us. Maybe it's not always great. But it's there, it's real. And if you're not going to use it for good. Should you be using it? That ties in with the question. What's your favorite weapon to train? What about to watch? Now growing up, we started off with Bo, and I became. I'm gonna say mildly proficient at Bo. And at the time I was competing and I might be in a ring with 12 other



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people. And 10 of them would be using Bo. Two of them would be using Kama. And this was the 90's so it was flying Kama so you had that strings and people spin in the Kama with the strings. And I wasn't going to use Kama. But you know who my favorite ninja turtle was, it was Raphael. And on my 13th birthday. My Bar Mitzvah. I was gifted a pair of Sai by my instructors. And I started training and started competing I adapted MB. The kata MB with Sai and thinking came up pretty good. I competed well with it as recently as 10 years ago. And so I would say that was probably my favorite weapon, I competed with sword after that and I know the basics of a number of other weapons. What was great about Sai was it built your forearms, just flipping that thing out flipping it back. Oh look at look at that camera. I wish I had a pair of Sai right here. I would possibly hit the camera with them. But I would say those are my favorite. Matt says to train forums. I love Nunchucks with a partner Tonfa. I love watching sword work; it can be so pretty to watch if done right. I would agree watching sword is probably the best. Because there anybody who's picked up a sword and really tried to use it. Try to use it in mock combat, tried to use it in cutting anything knows how challenging it can be. Andrew also says Sai. Jason wants to learn the Naginata. Andrew hates Bo, though he recognized the benefit to its usefulness. Jason's current favorite is either the Broadsword or the Spear. You can tell a little bit about what people train based on their answers. You know you're a martial artist when people make Bruce Lee noises at you.

I can't tell you how many times this has happened to me I'm sure if you've been training while it's probably happened to you. Somehow I drink that wrong. Hold on. One of the advantages to this headset, I know the audio quality isn't as good but I've got this fancy mute button, which is nice when you're going live. So I can mute myself. You know what's fun? Put that back up for a moment Gabe. Take a look at the the black and the yellow yeah, I'm driving him nuts asking him to go back and forth. So you got black and yellow and then look at what else I got. It's Funko Pop Scorpion aka Chris Casamassa, aka Episode 216, Shihan, Chris Casamassa is a great guy. When Amazon was like hey do you want this? And I said yes I do, I think this is like \$7. How great is this. And I was telling Gabe before the show that. I don't have a very big bucket list. The major item has already been checked off. I wanted to go to the Galapagos Islands and I did that. Seven years ago, I was there right now. But apparently now, one of them is. I want a photo of me. I think I need to do some important things for that does gonna happen. Context on that Bruce Lee often wore tracksuits in his movies like the famous yellow and black one from Game of Death. In order to promote his idea of the style of no style, just like his be like water quote. I find it a bit ironic that people want to identify so much with that yellow suit when he intended it to be nondescript. Yeah, that's an important point. When was the last time you saw Bruce Lee and anything approaching an official martial arts uniform. It was pretty cool.



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Jared responds, Bruce money Python wanted to make their Flying Circus show so unusual and non sequitur that it had no discernible pattern, however, pythonesque is now a word in the Oxford English Dictionary so in some ways, they totally failed. Gabe asks Jared, do you think it's possible to not have a style or is it theoretical? Jared responds, there are two parts to Bruce Lee's philosophy of no style. The first is that styles by their nature are limiting he's right about that. Even if Jeet Kune do had limitations involved in it as it should. The idea of human physical conflict is too largest subject to learn styles are designed to isolate. And look at this subject from one perspective. The second part is this, when you look at an actual fight there is no style involved. So why train in a style, again, the idea of style is a learning tool, not a result. So it is impossible to have no style. Bruce just didn't want someone to be locked into someone else's style. Each human should make their own style and that unsurprising to me that since Richard Wilson and I would agree so strongly on something great guy, great friend wonder if he's in the chat in there Jared isn't here. I don't know. Can't tell, but hugely pops by at some point. And I agree styles or limiting. However, if you look at style as in artistic expression as a body of work and this is where I think there's value in style actually being constricted and trying to simplify it down to the point of elegance. I think there's something really nice in there if I was to develop a style. It wouldn't have anything and everything as a lot of people do. It would have a handful of forums, maybe four to five kicks, four or five punches, four to five blocks. And from there becomes freeform, maybe have some structured stuff in between, basic techniques and forms maybe there's some organized key home. I don't know, I have no plans to develop my own style so I haven't thought about it that much.

What's the craziest thing you've seen happen in a tournament? Genesis I once saw a guy's windpipe collapsed by a jump spinning back kick. Three paramedics rushed over and performed a tracheotomy then rushed him to the hospital. We heard a couple weeks later that he was alright. Well, let's see, what have I seen. I've seen plenty of blood. I've seen a couple people knocked out. I think craziest if we're really going to talk craziest I've seen, I've almost seen a few fights from people not involved in the tournament. I was almost in a fight with a student's instructor, because he didn't like my score. I think it was a tournament last fall. I saw somebody, almost getting a fight with. It was it was the head center referee. And one of the fighters had a group of friends there and they didn't like how things went. And so there are half a dozen people that were basically threatening the center referee. And I got involved a little bit. Then I got some other people to get involved and just it was messy. Fortunately, nothing happened but it was not pleasant to be part of [14:58](#) I saw two moms get in a fight over their kids and it's part. It's funny because it's ridiculous it's I'm not laughing because it's something that should be endorsed the kids were under 10, of course they were why I think so often the



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people who need to learn the lessons of martial arts are the parents of small children, absolutely ridiculous. [15:32](#) Jenni wins, I don't know.

Jason says I saw a mom changing her child's belt between divisions, asked her what she was doing, she said, Oh, my son is only a green belt in this division and a yellow belt, and this one. I didn't know it work that way. This is a sad but very good question. If you could go back in time to the last martial arts class you attended before the shutdown what would you say to yourself? Would you change anything about that class? I would say, Hey, get your time's worth out of this because it's gonna be a little while, when I change anything. Might have lingered a bit longer. Wait, I said hey can we do another few minutes. I have not been back in a formal class since March. And it makes me sad. I don't know about you guys, but I'm missing it. In case you're wondering I look over here, I've got the Facebook chat on a separate computer so just looking to see what else people are writing in. Let's get philosophical for a minute how does your favorite form technique aspect of the martial arts reflect who you are. All right. I can do this, I can get their. Martial arts is personal growth. It is also artistic expression of us at different stages of life based on how you're feeling who you are what you're in need of, you're likely to find yourself resonating with different things. I have found that at different times in my life I prefer different techniques. I prefer different forms I have found value in certain things for example; I grew up with two instructors who had two different sets of forums. I prefer greatly preferred one set of forums to the other, because one of them. The one I didn't like requires far more new ones, it was less dramatic it wasn't as good in competition. Overall, ironically, two of the three forums that I spent much time with in competition came from that set, but I had to adapt it a little bit. As I've gotten older, I've come to enjoy those forums more, much more because there's more opportunity for new ones, my ability to express myself as a martial artist through those forums has increased as my understanding has increased.

This is an interesting one. I'm curious how you came up with this number. Okay, this is a big number. If you found a golden nugget worth 950 million dollars and had to spend it on martial arts related thing is what would you spend it on? And the answers to this because I think this got posted in the funding friends group. Yeah, I would build a giant Dojo and tournament venue offering lots of different styles. I would fund a Karate research organization. Fund books and documentaries on old style karate. I will build the largest multi-level martial arts gym you've ever seen in your life. No school would lack for sponsorships. I would produce my martial art TV show. That's about 32 pounds of gold I'm thinking kettle bells. Who said that? Who's the nerd



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that's doing the conversion on that because it wasn't me? You know the best part is, my initial instinct was, oh that was, and then I realized that I probably know 20 martial arts nerds that are nerdy enough to have done that math. That's great. What would I do? what would I do with \$950 million? If I now the question big question does whistle kick count as martial arts related if it does. Easy, for buying product we're developing things we're running more content, we've got more shows we've got more. Just more things that we're doing we're doing more of them. Now what if whistle kick doesn't count. Whistle kick doesn't count. I'm thinking of a few things. I'm going on tour and I'm teaching seminars for free. And maybe that even counts as whistle kick. Could be a heck of a lot of scholarships. See, the thing is it's close to a billion dollars and how you get a billion dollar dojo or training hall. It's just too big. It's too big. It's too big. It's too big. I'd build a large training center. And that might cost five mill. So putting in like a big metro area. Matt says, open a school host an open tournament annually and help invest into others who want to open a school but don't have a startup and lastly give Jeremy whatever he needed to turn with okay, into whatever his end game vision is uncomfortable reading the last part complements me very strongly. I'll just do it he's done more for martial arts artists that I think I ever will you don't waste good thank you Matt that means a lot to me. Frank, I would set aside a fund so that I could study as many martial arts as I wanted for as long as I wanted a nice round figure would be \$1 million to rest. You guys would go to Jeremy so you can build that residential training place he always wants to end whistle kick smiley face. Gabe and buy the whistle kick bus. Frank for \$949 million. You can probably have a whistle kick yacht and plane to go with it. Yeah, the residential school the college. I think we could probably do that in there. That would be a lot of fun. I hope we can make that work someday. Scholarships. Jason says tacos, to the next martial arts TV show. And three, Bruce Lee robots. Can you imagine an army of Bruce Lee robots? Which Iron Man is it two with the hammer industries the cheap knockoffs but there's a bunch of them, and they're autonomous. What if you had a bunch of those that were Bruce Lee. They will take Bruce Lee. That'd be crazy, a whole bunch of Bruce Lee bots. I'm imagining something across between that and whichever Austin Powers; it is it has the FEM bots. How do you define respect in the martial arts and how does it differ from honor? Honor is a code. Honor is internal respect is what you do. I didn't expect that to be such a clear definition in my mind, as I was reading it, it just kind of clicked in. In martial arts we're, whether we realize it or not we talk a lot about honor but shito is a code budo is your codes, these are structures; these are laws in the sense that we guide ourselves by force. Respect is an outward expression at times of that honor. I can show respect to people, whether or not it has to do in martial arts. I can also give you circumstances where I can be honorable and not show respect. What if somebody starts a fight with me [24:00](#) about them in the middle, they punch me in the face I'm not going to bow before I defend myself.



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Battling would be respectful but it wouldn't be honorable. The code of combat has been, it's been set. Now after I'm done, hopefully, defending myself, depending on how you view it. Maybe I would bow to them or something similar. If I'm taking them when they're down that's not honorable for is it respectful I think the two relate. Pretty, pretty cleanly. Matt says we define respect as treating others the way you want to be treated. Yes No sir, ma'am. Looking down as we bow saluting flags as we enter exit the training floor, et cetera. My opinion honors more of the title role reputation that you've built for yourself, and in what you do and stand for. Yes, see so we agree. What you do and stand for that's the code. What's that internal peace? Internal versus external, I liked that. This was fun I think that we ended up with some good conversation around, and this is an aside, if you're not part of the martial arts funding friends group you really should be. There's some good stuff happens over there it's not, it's not constant it's not too much. No promotion in fact there has never been a whistle kick promotion to the point that people have attempted to share, not me. Other people have tried to share whistle kick things in there I am the admin of the group and I have not posted I've deleted it. That is how committed I am keeping it commercial free. I won't even let whistle kick stuff come through. What do you think about having martial arts clubs in the workplace well you say martial arts club. Gabe I'm assuming you don't mean like a stick, like a club, I assume you mean clubs. When you think about having martial arts clubs in the workplace? I think it's great. I take it back to my feeling that any martial arts is beneficial. Everywhere sure is beneficial, and the more opportunities for people to train, the better. Mike says Mike Rowe, who has been on the show twice. I'm wishing more did. Andrew Andrews been on the show first initial thought is that I could see problems with a shift in power between employees and management. Oh, good point, if I'm a senior manager and a yellow belt and one of my newest hires is the black belt teacher; I could see that as a problem. If I'm the senior manager and the black belt, not so much of an issue from the senior manager and the company, hire someone else to come and teach it's fine till new hires start grossly progressing faster than the senior managers. It's an important concept. And this illustrates one of my fundamental beliefs that it's very difficult to maintain multiple distinct relationships with another person and this is why it's really hard to work with a spouse. This is why it can be really sensitive, for a martial arts instructor to socialize with students outside of training. It's why as a general rule. An instructor dating their students is a terrible idea because there's a power dynamic and a healthy relationship has parody. Matt responds I like the idea but I agree with Andrew I don't feel it would go over well. Gabe says yeah I can definitely see where issues would arise one of my first jobs I worked with a couple of guys who train together and it was interesting, because the manager was a lower rank than his employees so their roles were reversed in training. They had a good relationship and we're friends so there were never any issues at work. Less he says I think we've all had at least one boss that we wanted to punch, at some point or another. Ironically, the only boss I've actually punched is the one that I like is one Stevie Wonder like Michael Sowell, John Michael Sowell



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he's been on the show. I've never actually spar with Jeremy that's me. We should fix that sometime once all this craziness is over. Lessy, if the name doesn't ring a bell to you guys. She is one of the driving forces behind martial arts right here. It's good to have the martial arts audience that understands what I mean by, I want to punch you some time set as a friendly gesture. Totally. I understand. I agree. I think the cleanest way to do it involves someone who is not an employee, doing the instruction. Now let's suppose that you've got an employee who is really skilled and they would be perfectly qualified find another company, and you guys swap. Because again that multiple distinct relationship thing, assuming that you like your job, assuming that you don't want to be fired from your job. It's important. It's important to respect and maintain that balance of power where appropriate. Lessy is awesome. Yes, she is. Andrew says, be careful Jeremy she has reached on you. Andrew, everyone has redrawn me. I'm five foot seven. When I stretch instead set up really tall. But as I've told plenty of people, he's spar me. You got to spar me like I'm six foot. I have very flexible hips. I can, my hips this joint like a snake's jaw will kick you from far further away than you would ever imagined possible. This is a good question. For tournament's I have my pump up jams but if your martial arts journey had a theme song, what would it be?

See I'm torn between giving some kind of positive inspirational answer in something horribly self-deprecating. So I'm going to think about that. Oh, no, we don't have any other answers so I gotta be the one here as all of you in the chat, come up with something. A theme song. So, I mean it could be, it could be cheesy and say something like, Don't Stop Believing by literally Journey. I could see this this is the challenge thinking on the spot, doesn't always come out well. Somebody in the chat save me. Okay. Paul says, ACDC's TNT. Okay. Gabe type in his, this would be. Now We're Free from the movie Gladiator. Okay. All right. I don't know. I'm gonna have to think on that one. I got nothing. And here's why. Here's why because I'm thinking about describing my martial arts journey. And it has been long and varied and encompasses so much. I started when I was four. There's nothing to talk about my martial arts journey is to talk about my life. There's not a lot of life that doesn't relate to martial arts there's not a lot of life that is separate from martial arts. The things that I do that aren't martial arts related still come from a martial arts mindset. Maybe, that's an excuse. Maybe I'm being lame with my answer but that's all I got. Andrew says right now it's one is the only number. Yes, I think we could all agree to that as an anthem. When you tell a non-martial artists what you do what word do you use for example I do karate or I practice kung fu. This has come up a couple times on the show, and I wish I remembered who said this, but we had a guest who really made the case that the word play was the right verb. And while it doesn't hit my ear right, I agree. And here's why. When we say play in English. We can use that word in a number of different ways. If we're talking about



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playing with blocks as a small child. That's not what I mean. Gabe us I think it was someone who was in color and you know what I don't think it was plays generally the verb ascribed a couple enter but this was someone else because what I'm remembering is that they had to make a strong case for it. Now maybe I'm wrong, because you know, what did we have yesterday Episode 522. We've been talking to a lot of people. I've been talking to a lot of people. I don't always remember. But if you use the word play a little bit differently if we're thinking about play in terms of, let's say basketball. LeBron James plays basketball. It's a cat. You want to come on camera. Nope, not at all. LeBron James plays basketball but he plays basketball very differently than I play basketball. I play basketball I'm just hanging out, having fun shooting hoops. He's literally trying to do his job. He is playing. Hopefully enjoying himself, but he's taking it very seriously making a lot of money. And I'm not specifically saying that it's basketball, you can find the same thing in professional sports across the world. Pro football, pro soccer, pro baseball. Play is it a good word because the best participants, the best athletes, enjoy what they're doing. They have fun but they also invest enough of themselves that they're getting better they're moving things forward they're generating results for the people around them. And I think you can say the same thing about martial arts. Andrew says I do martial arts Matt says I teach karate slash martial arts I tend to say teach more than train or do. Laura says I break slash kick stuff. Even if you're not willing to use the word play when you describe what you do. I would like to suggest that you think about it from that perspective. If someone can't watch you at least from time to time. Participating in martial arts and say that you're having fun, that you are being playful. And you're probably taking it too seriously. So, alright. This is a great meme. 35:32 kick thing my face when someone asked what do you do for fun. Um, I don't know, kick things. And that's pretty descriptive of a lot, a lot of us is certainly descriptive with me. Kicking things is pretty therapeutic something that I do for fun. It's something I do when I'm frustrated. It's something I do when there is minor demolition to be done and I have the opportunity. We got Nathan in the chat. Oh, that's interesting. Jason says our Japanese exchange students would say that they play karate. Okay. I like it, I like it so this is where words can have multiple definitions and I think it's important to recognize that that there's a nuanced language. And we shouldn't get wrapped around the axle on it. I could say, I play martial arts. And I could mean that in a rather serious way. And if you hear me say I play martial arts. You don't necessarily need to assume that, I mean something to, you know, here's a better example. If someone says, Oh I heard you play karate. If I had heard that even just a couple years ago, I would have assumed that was disrespectful doesn't have to be. Mike says I always say I study martial arts.



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Study, train, play, do teach, learn, and practice. I think it's probably my second favorite word is practice. Because what is a medical professional do they practice. They're a practicing doctor, they're a practicing dentist, and they're continuing to learn. There's so much to learn. And I think that's a really valuable approach. All right. If you could be any fictional martial art character who would you choose? It's wide open. I think, I'm going one of the Ninja Turtles. No, that would not be a good life I wouldn't want to live in a sewer, who hadn't made. I'm trying to think. Who? Who had the best life with that. Craig is saying Master Oogway. He's very wise formidable warrior and makes me laugh. I've heard that name and I'm trying to place it so I'm going to need some help people in the chat, Craig if you're still in here. Gabe's helping me Kung Fu Panda. Okay. Yes, that's why I've heard that. Yes, I'll agree with that one. That one's pretty good. See, here's the thing, everybody was thinking of, I don't want to be them, because they get beat up and shot and stabbed and thrown off things and it's tragic. And I don't want to volunteer to be tragic. Any other thoughts? Tommy says Poe. You know the more I'm thinking about this more and realized martial arts characters in movies and TV. Really, the whole construct is set up. So they suffer because that's what creates conflict. Let's be real who's gonna watch a movie about somebody where everything's going great. We don't like that. We need to see some we need to see some growth, some conflict some overcoming. You can put that one up. Chuck Norris built the hospital that he was born in. I like that. I like that. You know I love the Chuck Norris jokes keep going. I am fearfully looking forward to what people will say about him when he passes. He's an older gentleman. And he's Chuck Norris and he's in great shape and everything we know that. But these jokes are funny because he was okay with them, not originally but he's okay with them now. I hope they'll continue. I hope people will continue to make Chuck Norris jokes. I hope we will remember him in that way because there's a whole generation of martial artists who are probably not going to watch his movies, they're not going to see his TV show. There is a group of people who in 10 or 20 years. When you say Walker Texas Ranger will think of Jared peda lucky, because that's who they've cast her to in the reboot and not Chuck Norris. True story, Chuck Norris actually survived two heart attacks in the same day last year I didn't know that. I'm unsurprised he's rugged man. He's a good guy. And my entire opinion of Chuck Norris comes from Bill Wallace and what he had to say. If Bill thinks you're a good guy. I think you're a good guy. Anyone have experience in team forums or team fighting. A team forum to me means synchronized forums. Team fighting, I'm used to the rules on that being total accumulated points but I've heard of other sets. Other rule sets with that. Matt says I've made interactive team forums with up to four people in them. Never demoted it but how to two persons. Three Nunchuck former we would switch pass the third Chuck around each other. Oh, that sounds really cool. I would love to see video of that. I just went well, you know, which competitions existed. Not virtually. And I hope that when we get to have them in person again, I hope that people will consider having different events I think having at least one kind of different fun, creative event, even if not everybody's doing it at an event. I think that's, I



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think it's important. Tommy's done both. Call Tommy posts some of your, your thoughts in the chat, please and I read them. Alright, Gabe, what we got going on here. Is that what you're showing first, we're showing Grumpy Cat didn't Grumpy Cat just die. Think grumpy cat died, your instructors making this face what just happened and what is he or she saying, I have gotten that face many, many times from probably every instructor I've ever had. And it's not limited to when I was younger. I am, I am prone to cracking jokes in class. I am. Most of the time good at knowing when it is not appropriate. Once in a while I'll push that line. But being generally a higher rank, and generally having the favor the instructor, get away with some stuff. Once in a while I'll make a joke, and I'll get that face. As a kid, I got that face for everything. Craig says so Craig when you said you remembered the former really well. You meant you didn't really remember it the correct way. I remembered it just was so self-imposed modifications.

Laura says, I get that face when I walk in the door. I love it. Jason says yes so one night our entire class had gas, our instructor got fed up really quickly. You ever teach a kids class where it's like everybody had burritos for six days before coming in. Oh, it can't get anything done. Because if there's one demographic that things farts are funny. It's young children. And all it takes is one of them laughing. And then the moment you get a second admission, all bets are off. Gabe says Jenni has just snapped around into a fighting stance threatening me with her potent sidekick after I tickled her from behind, and she's saying, hey now. These are some of the complications when you are married to your instructor. What's the strangest place you've ever done a forum? Let's see. I have done forums, not on a train, on a plane, not on a bus, maybe on a bus. I've done them in bathrooms. I've done them in gymnasiums. I've done them outside, in rivers, lakes, parking lots, in the woods. I'm trying to think. I'm sure I have. I just don't remember when. I hope some of you all have. Laura says cruise ship. Oh cool. I don't know that I've done one on a cruise ship. I've been on a cruise ship a couple times. Matt says my desk, when in high school, outside of our friendlies restaurant. Retirement on the courthouse, probably more strange ones not coming to mind. Gabe says, I did a cut it in Disneyland once. Well that's cool. Lessy says outside the Eiffel Tower, Tokyo Tower, on top of a mountain in Switzerland, Dublin Castle. So far Lessy wins by a mile. Andrew says I don't know it's incredibly strange but my wife and I were on vacation at a resort in Jamaica. Told all the students in the Dojo that I would still be practicing every day. I ended up recording a different Kata every day from someplace in the resort and posting them on Facebook. It was pretty neat to do and occasionally guess what asked what, I was doing the neatest was on a wall inside of a pool, the wall was one to two inches below the surface, and it was about eight inches wide. I didn't read you. Everybody's got different names. I didn't have fun she showed on a techie showed on [47:38](#) I don't remember the Taekwondo name for. Unfortunately video quality was



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too low to share here. Bummer. Jason that would have to be during a parade for me the parade kept stopping so I had the kids start doing forums. Oh, I did, I was dressed as a ninja turtle I was Raphael, of course, and we were all doing pinyon showed on on the back of a float tried to get through chunji underwater says Paul didn't go too well. Laura said the cruise ship it didn't work too well with the waves. Yeah, I think Lessy wins by a mile. What's the most valuable martial arts advice you've ever been given? Have fun. I know it sounds simplistic. It's easy to dismiss because it just sounds like a very cavalier thing to say Oh, just have fun. No genuine, have fun. If you have fun, other things will happen if you do not have fun nothing else will happen. How easy it is it to stick with something for years and decades the rest of your life, and invest time and money and sweat and blood and whatever. If it's not fun. You've got to find a way to make it fun. Anybody who's taught knows if you don't make it fun. They don't stick around and they don't learn anything. Tommy says give. Sorry, Tommy says get up. Jason says serious advice use my martial arts to help to heal people not hurt people. 49:36 empty mind beginner's mind are keys and mastering itself so you in return can help the next person master themselves. Being able to pass it on I think is pretty great pretty important. This of course doesn't just apply to BJJ, it applies anywhere. And I've had to do this to people I've had to do this to people in seminars. Hey, I'm paying attention. You don't have to pay attention, but stop distracting me with you're not paying attention. You can wait a few minutes the show's almost done. Would you like to say hi to everyone? Come here. Come here cat. If you watch first cup, which is weekdays at 6:30am Eastern on YouTube, you get to see Zuza once in a while because she usually sits with me on the couch. You can see she's being a very grumpy cat right now. She's probably looking for more food I will feed you in like four minutes. What's the worst martial arts advice you've ever been given? Oh, I'm gonna read other people's while I think about that. Do we have feedback from people? Yes. Matt says, do the technique like this, which was different from how I normally would do the same technique so I asked what the application will be since I'm doing it differently because it's how I said to do it. Teaching applications to techniques under fourth degree black belt is bad. Block is block. Double block because only block two is only blocked to opponent students need not no more than that had a huge issue with that. Yeah. I've had the you know because I said so, which usually is covering for people not knowing things.

What else have I heard? I've heard people talk about stretching various methods of helping people stretch are ways to get more flexible that are just not going to be healthy, over time. You know we've had that 22 push up challenge going around among a lot of martial artists, and I've sent some videos because people are doing their push-ups like this which you know what if you really want rotator cuff surgery. That's great. Index fingers out. Keep your elbows closer to your body is a little bit harder. Yeah, but it puts the load on the shoulder which is where it's



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supposed to be. Someone once told me only do what's easy for you. I can make a case for that in certain circumstances but not as an overall training philosophy. Game tech. And we'll probably end on this one. What do you think of Joe Rogan's comparison of video games to martial arts? Do we have what he said? Because I'm unfamiliar. In video games are a real problem, you know why because they're fun. I have a real problem with them. They're really exciting but you just don't get anywhere you could learn jujitsu and then three years later you're an elite Jiu Jitsu athlete, or you could just be playing video games. Three years later, you could be that same kid playing video games. We're going to skip that one. Let's go to the next thing. I don't want to. I don't have enough. You know what Gabe let's save that for next time. Let's do before. Yeah.

What are your thoughts on skipping ranks or testing for multiple ranks at once? Ah, it has a place, it, it should be rare. When I trained in shorter comp because I had a fair amount of time in I already had a black belt. I skipped some ranks to start as a white belt. And I think it went from white to blue to brown. Over the course of a couple years. I still had to know all the forms, I still hadn't know all the techniques. I was given some essentially some credit for time in. But my standard [54:27](#) held all the same standards. I thought that that was an OK way to do it. What I don't like is and if you listen to the show, you know, I'm not a big fan of just going from black belt to black belt and getting grandfathered in. Andrew says I think it's okay, obviously each school will be different perhaps someone came in with previous experience which made learning things much quicker for them. Or maybe they just have a natural attitude for it and pick it up quickly at the lower ranks I've seen it done and haven't had much issue with it. However, I've never seen it done for higher ranks above fourth. Grant says I'm not a fan I don't mind letting someone test early but not skipping ranks altogether to touch on Andrew said if someone comes in with previous experience, depending how long ago it was I just honor rank or do a one on one lesson to see what they know to determine if they should start over now. Where this becomes really relevant is kind of a couple cases one. If people are paying for their promotions and I mean like significantly. Or if testing only occur at time intervals. If you have somebody come in, and they've got prior experience. And, you know, they show up for classes and, you know, they were a black belt before. And you test them for yellow belt, bam, and then you know two months later you test them for blue belt because they know all this stuff, bam, there's nothing inhibiting their progress and I think that that's the key, what is best for the student. Are they able to progress, are they moving forward, you're good to go there. And it looks like pretty much everybody in the chat says, some of the same things, although one. Jason answered the worst advice comment what was the worst martial arts advice you've ever had and you should only learn martial arts from Asian people. That is horrible so horrible it's



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not even a good thing to think you know what maybe there was a time when that would have been good advice. But we are long past. And for those of you, of course, if you've been around a while, you know that Gabe helps with the show and has done a phenomenal job over the course of a year or knocking on a year, man. We're doing this, and tomorrow is a special day for someone very special in his life. So, want to give a shout out to Jenni. Happy Birthday, Jenni. Jenni, of course, is, you know, not going to talk much about that yet Jenni's working on some stuff too She's doing a killer job on a project in the background. And I am super excited to start seeing that come forward. Because. Here's a hint. Any of you with martial arts schools, teaching children, especially those of you looking for material for your zoom classes. You're gonna love what she's working on. Great stuff. Great stuff. So, well, there we go there's another, there's another installment of whistle kick live thank you for joining us. Thank you to everyone in the chat had a lot of fun and appreciates your time.

I appreciate your comments, your humor. I appreciate your support. Huge super-duper shout out to Gabe, as always for all the work that he puts in on this, I could not. I couldn't do it without him but it would suck a lot. It would not be nearly as much fun for me or any of you so that's pretty valuable. What else. We've got first cup coming live to you in like eight hours. So if you want to check that out tomorrow morning. On YouTube do so of course martial arts radio Mondays and Thursdays in your podcasts feed and don't forget the apparel the programs the little bit of gear that we have left. Yes, it's all it's all there go to whistlekick.com. And that's that. So, thank you everyone thanks for tuning in. Thanks for your time, your support. And until next time train hard. Smile. And have a great day.