

The science of combat part one

There are many subjects that we call scientific, meaning that there are provable laws. Few people would say that combat is a science.

Combat can be defined as: the desire to engage with an adversary in a violent encounter with the aim of eliminating them, or rendering them non functional.

In order to survive a violent encounter it is necessary to identify the constants that are found in all violent encounters which result in permanent physical damage.

The result of the violent encounter is that a person is damaged to such a degree that medical attention and physical adjustment is required.

In essence they need to go to the hospital, "first aid just ain't gonna to cut it"!

When we visit an emergency ward in a hospital, or see the horrific injuries that occur in sport that result in an athlete being stretchered off from the playing field - we see many different injuries.

Yet the effect is the same each individual is "non functional".

If we become the cause of an injury we will also make an individual "non functional".

In all violent encounters there are three necessary components:

- 1) INJURY Some action that will put them in the hospital.
- 2) Penetration You need to be in close proximity in order to cause the injury.
- 3) Rotation We need to turn the torso so that you use your body weight to cause an injury, whilst at the same time reducing the chances of an injury being caused to you. (A deeper explanation of this point is beyond the scope of this report).

Injury, penetration and rotation are found in all violent encounters.

There is a science to combat.

Injury penetration and rotation and now let's look at the law of CAUSE and EFFECT in relation to both combat and life...

You need to be the one that is causing the injury.

Definition of CAUSE: The force, person or idea that creates a change in the status quo. It is the first to move - the unmoved mover and controls the changes. Free from restrictions.

Definition of EFFECT: The force, person or idea that is altered, the result of an external force being applied. Restricted from freedom.

How about life?

Is it random? Or are there also constants that can be applied to all of the 7 billion human inhabitants of this beautiful planet?

Yes there are.

Most people live in the EFFECT state.

They are reacting to external forces. In order to make the transition to being the cause in your life it is helpful to understand ?

In life there are always three constants...

You...

No matter where you are, or what actions you take YOU will always be there.

You can escape from everyone in this planet apart from one - "yourself".

So it is a good idea to have a positive relationship with "yourself".

Here...

You are reading this information "here" when you, so called, travel to a destination you are "here" in the beginning of the journey, "here" during the journey; and "here" when you arrived.

There is no other place other than "here".

Therefore since there is only here, how futile it is to seek the solution to life's challenges "over there".

The answers have to be here, where else can it be?

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Now...

The time is always now vertical time. You have never been in the past or the future. When you experienced the past it was “now” when you arrive in the future it will be “now” and all the phases in between.

It's always now.

Hoping for solutions to come from the future? Unrealistic - as you are never going to be in “the future”.

The one time is now!

These are life's constants.

You, here, now.

Armed with this information you have the foundations to create your own life.

You have the ability to change your ideas, thought and feelings about your life circumstances.

Cause is the seed of change.

Rather than different actions, implement a change in ideas or thoughts which will cause you to take different actions. Actions speak louder than words, yet ideas support actions.

Reach for the best feeling thought before taking action. Ideas you can believe in.

Think and use your imagination to visualise and feel deeply “how you want it to be” rather than how it is (which is only temporary).

A third aspect to consider is THE POSSIBILITY FOR CHANGE.

Since one of life's constants is “everything changes”.

Nothing changes until something happens, and when that happens; everything changes.

You possess the ability to change how you feel about a situation, this altered idea will draw to you a different result or effect Most individuals have only fleeting happiness rather than constant joy.

A person on a trampoline feels temporary happiness and then comes down to earth, whilst if you stand on the ground and look upwards you can have constant joy.

Have your feet on the ground and your head in the clouds.

Use your emotions as a guide towards your preferences...

Feel the energy of your joyful life.

Believe in your dreams before they physically appear.

Believing is seeing.

You are more than you can imagine

Until next time

I am here

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