



Philip Lai Qi Gong Association

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My dear Qi Gong friends:

### Three Conditions for Success in Martial Arts and Life

There are three conditions that support the cultivation of a martial arts practice.

The first of these conditions is **Courage**. In order to defend yourself from an attack or perform demonstrations of martial arts techniques in front of an audience, a degree of courage is required. Courage is also required if you are defending your point of view in an argument or debate. In order to cultivate your courage, you should meditate to calm your mind, relax, focus, empty your mind of fear or ego, and boost your positive outlook.

The second condition is **Strength**. A practitioner needs to know how to cultivate his strength, use energy effectively and how to concentrate his entire body and mental power into a single point and strike the opponent's weak points with speed and accuracy. In order to cultivate your strength, you must define your passions that activate your desire and work diligently towards to your goals. Then you should analyse the strengths and weakness of yourself and your opponent and assess the environments that will provide you an opportunity to achieve victory. Qi Gong and meditation can help you to improve your strength, health, endurance and ability to explore your wisdom and reveal your intrinsic powers and abilities.

The third condition is **Skill**, which requires that both courage and strength already be present. Skill requires **speed**. The practitioner must move very quickly to succeed in hitting the target. Skill also requires **power** behind the energy applied, a great concentration of focused energy. Finally, skill requires **Accuracy and efficiency of technique** to support the speed of the motion and delivery of the power. Qi Gong and meditation can train us to observe and assess the opinions' strength and weakness, and even read, sense and influence their mind. It can also improve the coordination for our mind and body. So that they work together effectively and efficiently. For example we can use the breath and visualization to make our mind quicker and more agile. We can use the coordination of our toes, feet, ankle, calf, knee, the waist, hip, body core, shoulders, wrist and fingers to maximize our entire body's strength to focus at one point and hit an

opponent's weakest point rapidly, efficiently and effectively.

These martial arts principles can also be applied to daily life. To begin learning a profession, such as a teacher or restaurant owner, we first need to gather information, ask for help from others and open our mind to learning, take risks, make mistakes, learn from mistakes and bounce back from failure. This requires courage.

We will also require strength, passion, health, endurance, wisdom and mental power to work and apply ourselves consistently. We need strength and passion to progress, to build new things, to expand our knowledge and advance our careers. Long-term consistency will generate a high quality product or service.

Finally, skill and techniques can be used to:

- plan and execute** your job/task/goals,
- solve** problems that arise,
- complete** a job on time or compete in the business world with speed, power, efficiency and accuracy toward a goal.

The skills include:

- 1) Analysis or assessment to understand:
  - a) History, current mission, significant change, stages of growth
  - b) Significant strengths and weakness of yourself, competitors, and external environments
  - c) Significant opportunities and threats
- 2) Systems to measure and improve yourself to achieve your objective (mission)
- 3) Cultivation, Manipulation, Coordination of your social network, connections and key people who can help you to achieve to your task/objectives.

Together these principles can allow us to cultivate the kind of energy and abilities that lead to a job well done and success in your life.

