

**MASTER YOUR
CHI**

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**MAXIMIZE YOUR ENERGY AND IMPROVE YOUR LIFE IN 21 DAYS!
BY MASTER DANIEL R. SEGARRA**

Important

Before embarking on any physical program, you should consult your personal physician to make sure you are healthy enough to participate and the advice given will improve and not worsen your current state of health. The author and distributors assume no responsibility and you, the reader, assume all responsibility for your own health.

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For your FREE Companion Workbook visit:

<https://www.facebook.com/masteryourchi>

THE RIDDLE



Before we begin, I want to ask you a riddle. By the end of this book you will know the answer.

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I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?



What is Chi?

You may have heard of the term as in “Tai Chi” or in some other form. Some people believe Chi is some kind of mystical life ‘force’ like in the Star Wars movies. For practical purposes we are going to define the concept of “Chi” in a very simple, and easy to use way. We are going to offer you a program that is simple to understand and easy to follow that when applied will have a positive impact on your life.

Chi literally defined means energy. It is a Chinese word that literally means steam (energy) from cooking rice. The beauty of this simple definition is it allows us to understand complex natural systems in a very elegantly simple yet profound way.

Because the term “Chi” literally means “energy” it is used in Asia to describe just about any type of power from solar, to wind, to electricity.

Therein lies the root of most of the confusion concerning the term. Since “Chi” is also a catchall word used to describe any form of energy, it is also often attributed to anything unknown or mystical as well. So, in the orient you can find many so called ‘Chi Masters’ ranging from legitimate health practitioners to fakirs and magicians.



The goal of this book is to give you a practical program to enhance your personal energy. So, we are going to focus on three real practical areas:

- Mental Chi
- Physical Chi
- And Technical Chi

We define the concept of “Chi” as the totality of energy produced by the various biological systems of the body.

Mental Chi is your level of mental energy. Your motivation, your mood etc. If you were to think of an illustration of a thermometer with low negative emotions at the bottom and high positive emotions at the top this would be your Mental Chi meter.

Physical Chi is your body’s level of physical energy, health and readiness, how centered you are etc. Again, using the thermometer example think of exhausted, ill at the bottom and vibrant and healthy at the top of the meter and this would be your Physical Chi meter.

Technical Chi is the amount of power you generate in a given movement. Be it sports, Yoga, dance, or in our case martial arts. Technical Chi relies on both mental energy and physical energy because if you are lacking in either, it will harm your performance, with technical Chi we use the analogy of creating a kinetic chain with the applicable parts of the body involved in the action. For example, an athlete running has to focus on how

the various parts of their body pushes off the ground throughout their body to generate and increase momentum. The martial artist needs to know where the generation of power starts, what parts of the body are involved (and which are not), and in what order they fire in order to get maximum power and energy in their motion. This needs to be taught by qualified instructors. However, your understanding of Mental Chi and Physical Chi can be and will be greatly enhanced by this book.

Increasing your Chi/Energy in all three areas requires three basic things:

- Suitable Nourishment
- Suitable Exercise
- Suitable Rest

Mental Chi is the level of mental energy your feel. This incorporates emotions, thoughts, focus, stress etc. Your level of Mental Chi depends on the three basics as mentioned above. You must nourish your mind with positive information, challenge your mind to grow with mental exercise, and rest your mind with proper sleep and meditation.

Physical Chi involves how your body feels, what's the level of energy you feel right now? Think of a physical scale from exhausted to bursting with energy. Your physical Chi depends also on proper diet, exercise and rest.

In the Korean Martial Art of Tang Soo Do we call these three aspects of our training we call them; Neh Gong (inner energy training using breath and visualization) , Weh Gong (external

energy training using movement and breath), Shim Gong (mental training) and Moo Gi Gong (technical martial energy development).

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**“Where the mind
goes
ENERGY FLOWS!”**

Increasing your Mental Chi (Shim Gong training)

“The mind is the master of the body.”

-The Ship Sam Seh

I spoke about suitable nourishment earlier and in this case it is what we expose our minds to. Do we hang out with negative people (energy vampires)?, do we read, listen to or watch negative media? Do we have a negative self image and self talk? Are we ‘nourishing’ our minds?

We are bombarded with negativity every day. In the news, media, interpersonal relationships, at work etc. For example, researchers (1) analyzed language to study negativity bias, and found there are more negative emotional words (62 percent) than positive words (32 percent) in the English



dictionary.

Why is this? Well, in our brains, there are two different systems for negative and positive stimuli. The amygdala portion of our brains uses approximately two thirds of its neurons to detect negative experiences, and once the brain starts looking for bad news, it is stored into long-term memory quickly. Positive experiences have to be held in our awareness for more than 12 seconds in order for the transfer from short-term to long-term memory. So, the brain is like Velcro for negative experiences but Teflon for positive ones.

This does not mean we should try to only listen to positive comments. Researchers (2) also found the ideal positive to negative ratio is 6:1. Six positive comments to every negative one. It seems we need some negativity in order to grow, but our evolution as a modern society has unbalanced the positive/negative scale and if we want to improve, we need to keep that in mind.

Martial arts are a perfect example of this. The modern martial arts school is usually a positive environment that follows this same ratio. All of this negativity and stress can dramatically impact your mental Chi energy level.

Chi Vampires

Chi Vampires are anything or anyone that drains your energy and has a negative impact on your life. You want to decrease, minimize and limit these things and people in your life. Now some people you can't get rid of, and some situations you can't change. You can however change your attitude toward them, possibly turning the negatives into positives. Here is a daily mantra (something you recite every day to illicit change). It is your garlic and kryptonite against the Chi Vampires;

Today I will be MASTERFUL
Today I will be Masterful. And if any event, person or my own Ego, Emotions or Frustrations try and stop me, I will pause, take a breath and re-center myself and be Masterful from that point on.

The Negativity Diet

A simple exercise to help you increase your mental energy and decrease negative stressors in your life is a Negativity Diet.

Basically, you set the goal of reducing how much mental energy you give negative experiences throughout your day. So, commit to giving no more than three minutes of your mental energy to any given negative stimulus. For example, you get stuck in traffic and start getting angry, realize the traffic is becoming a negative stressor and change your attitude toward it. Recite 'Today I will be Masterful', Put on the radio, call someone (hands free of course), or just breathe. The object is to change your emotional state of mind and break the cycle of negativity by not dwelling on it more than you have to. It's o.k. to let your body naturally respond with anger for example, but don't stay fixated in that mindset. It will burn out your "Mental Chi"

So each day our goal is to reduce negativity. When you complete a day, proudly acknowledge that to yourself. And set the goal of completing one whole week of negativity reduction. If you find yourself going past the three-minute mark, then start over again. Don't get upset if you get off track, just get back on.

This simple exercise can have a profound effect on your mental AND physical health.

Read, Learn and Nourish the Mind

Our Martial Arts Academy offers a free book such as this one you are reading right now to our members each month. Use that as an opportunity to nourish your mind.

Martial arts are a constant source of mental nourishment. You continuously look to improve yourself both mentally and physically. You learn about the science of movement, other cultures, languages and philosophies. Read any book that can nourish your mind in a positive way.

Exercising the Mind

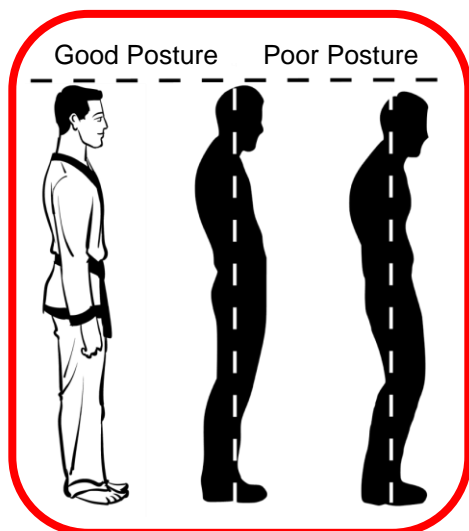
Our minds are designed to explore, learn and grow. One fascinating aspect of the human mind is that the body cannot distinguish between an intense thought and a real experience. Ever watch a scary movie? Bet your heart rate went up and down and all over the place while watching it. What about the adrenaline one experiences on an amusement park ride or in a Halloween haunted house attraction?

Your conscious mind knows these things are not real threats but can't stop reacting as if they were real producing the same biochemical effect throughout your body.

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**“Fake it till you
MAKE IT!”**

So, knowing this we want to “Fake it till we MAKE it!” by pretending we can trick our mind into making more ‘Chi’ energy. By asking ourselves ‘How would a martial arts ‘Master’ handle this?’, we force ourselves to think on a higher mental level, modeling those more advanced than us. Einstein said, “A problem cannot be solved on the same mental level that created it”. So, asking ourselves the RIGHT question instead of negative doubtful self-talk we elevate our Mental Chi.



Power Poses (Ki Seh)

“Hold your head as if suspended from a string”

-The Ship Sam Seh

Proper posture is vital to optimal performance in the martial arts. It maximizes our energy ‘Chi’ both technically and internally. A poor posture actually works against gravity

making you use more energy just to maintain it, whereas a proper posture works with gravity using less energy. Powerful postures are some of the most important parts of the martial arts no matter which art you study. Posture contributes to most of your technical power and that's pretty obvious to most involved in the martial arts for any length of time. But did you know posture can affect your mental attitude. See, often it is thought the attitude creates the posture and that is for the most part true, but



it also works in reverse. A study led by Amy Cuddy a Harvard University researcher found if you adopt a powerful posture it will affect your testosterone and cortisol chemical levels (two life sustaining adrenal hormones essential to the maintenance of homeostasis) increasing them significantly making you more powerful.(3) (4)

Here's how the study went down...

First, a saliva sample was taken from each subject and their testosterone and cortisol levels were measured. Second, the subject was asked to sit in either a high-power pose (more expanded) or a low power pose (more contracted) for two minutes. Third, a second sample of saliva was taken from each subject and their testosterone and cortisol levels were measured again.

When the researchers looked at the results, they were stunned by the impact that body language had on the hormones within the body. High power poses increased testosterone by 20 percent and decreased cortisol levels by 25 percent.

Think about that. A cornerstone of martial arts training is Powerful Postures and now the research shows how it affects your energy levels and how being in a powerful posture can help you better deal with stress!

Now consider this; A study done "Psychopathy and Victim Selection: The Use of Gait as a Cue to Vulnerability," surveyed

47 inmates at a maximum-security prison in Ontario and found that social predators are very good at picking victims based on their gait—their posture and their stride. (5) (6)

"The authors secretly filmed 12 people walking—eight women and four men, some of whom had been attacked before. Then, they showed the footage to a group of inmates, some of whom exhibited interpersonal traits commonly associated with psychopathy — manipulateness, a lack of empathy, superficial friendliness—and asked them whether or not each person would make a good victim.

These “victim ratings” were then compared against each person’s actual history of victimization.

Sure enough, the people whom the psychopaths picked as “likely victims” were usually the ones who had been victimized in the past. These people were often said to have “walked like an easy target”—slowly, asynchronously, with short strides."

So not only does assuming a powerful posture make you more powerful it can make you less of an appealing target.

Another older study demonstrated how changing your facial expression can also impact your internal state. A study was done by Fritz Strack and his team on smiling versus frowning. They found that if you smile it enhances your mood making you feel more positive. (7) (8)

"In 1988 a team led by Fritz Strack came up with a brilliant cover story that allowed them to manipulate facial expressions without the research participants’ awareness. The researchers

told participants that they were studying adaptations for people who had lost the use of their hands. Such individuals would need to use their mouths to hold pencils for writing, or to use a television remote. The study was to assess whether the unpleasantness or difficulty of these tasks affected their “attentional abilities and responsiveness.” The current study on people with full use of their hands was simply designed to test the procedure.

The participants then held a pencil in their teeth (which naturally activates the muscles typically used for smiling) or lips (which does not activate those muscles), and then rated several cartoons for funniness. Those who were (unknowingly) “smiling” rated the cartoons as funnier than people who weren’t smiling.”

In other words, the simple act of smiling made them feel more positive versus frowning. Now how does this apply to martial arts? Well in traditional martial arts we are required to go through all kinds of traditional rituals; bowing, saluting, various customs and etiquette. All of these contribute towards changing us subtly into martial artists. Power postures, rituals, etiquette all contribute towards the positive powerful peaceful feeling or abundant ‘Chi’ energy, we experience after a good class and also lessen the chance of us getting victimized.

So, pay attention to your posture.

Another thing to realize is that ‘Fake it till you Make it’ works both ways. See just as our brains can be fooled into creating positive energy they can also be triggered due to the biological

fight or flight response to create negative energy. Stress can deplete and drain your 'Chi' energy. That is why it is so important to train yourself to catch when your energy is becoming imbalanced and then learn to re-center yourself.

Let's use the example of getting cut off in traffic. You are happily driving alone when suddenly a rude driver cuts you off almost causing you to crash. Your heart rate instantly elevates, your gasp air, your arms tense maneuvering the wheel to avoid getting into an accident. You are now officially freaked out as the adrenaline pumps through your body.

Now you can stay in this adrenalized state, getting angrier and angrier with each bad thing that follows, not realizing it is actually depleting your energy OR, you can realize your fight or flight mechanism was activated, take a deep breath and relax your shoulders letting the tension go.

Some tips to further exercise your mind: Switch It Up

Try building and strengthening your neural pathways while doing everyday activities by switching the hand you that you use. Switching your hand forces the brain to adapt by expanding or forming new neural connections in your brain. For example, force your brain to experience something new by switching the hand that you use to control the computer mouse. This may feel awkward at first, because it forces your brain to use new neural routes but will get easier as your brain creates new neural pathways and adjusts to the switch. Other switch up tasks

include brushing your teeth, combing your hair, putting on socks, using the remote control, holding a purse and dialing phone numbers.

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“The present becomes the past the very moment we conceive the thought. Time is an illusion, there is no past, present or future only points of perception that we interpret as time.”

-David Cunliffe

Suitable Rest - Meditation

Proper quality rest and meditation will recharge your mental batteries.

Studies have shown we produce up to 20,000 thoughts a day and thanks to the amygdala the majority of those are negative. Remember these 20,000 thoughts a day need managing and filtering — no small task for any person.

Daniel Kahneman a Nobel Prize winning Israeli-American psychologist, presented the idea (9) that the “psychological present” for the average person is a window of about 3 seconds – everything else is either past or future. In other words, we spend most of our time in either the past or the future.

Fortunately for the trained Martial Artist we learn through martial arts training to be more in the moment and present

minded. When practicing self-defense or sparring for example you have to be more present minded otherwise you are going to get bopped a lot.

This present mindedness then overlaps into other areas of our lives. We learn to apply present mindedness while doing everyday daily tasks; cleaning our home, driving our car, walking, eating and being attentive towards others.

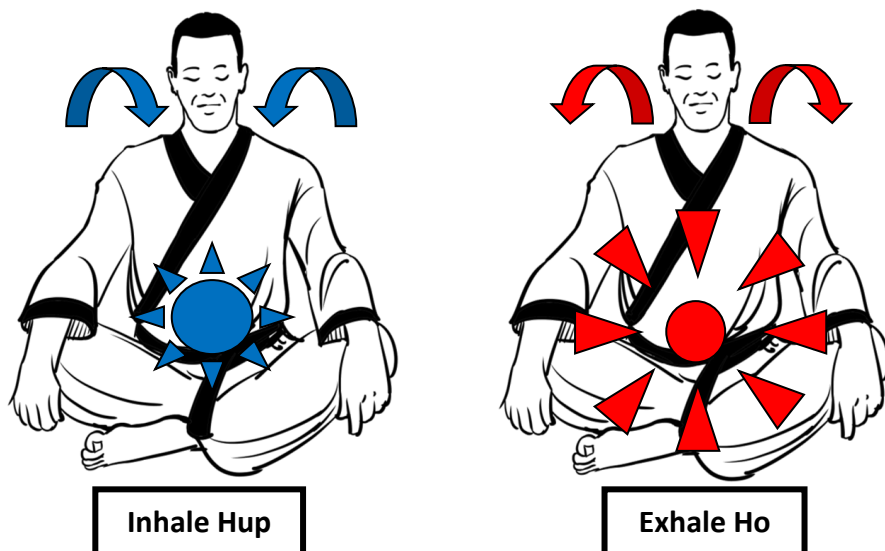
In martial arts through the practice of meditation, we learn to expand the amounts of time we are present minded. Meditation can have an extraordinary positive benefit on your mental and physical wellbeing.

In the next chapter we are going to explore meditation and how it can improve the quality of your life.

Meditation #1 Basic Belly Breathing – Kicho Ho Hup Bup

“Use that energy to create a relaxed clear awareness in your abdomen, your power will be activated

-The Ship Sam Seh



The simplest form of meditation is observing your breath. The most basic is inverse breathing. Inverse breathing is when on your inhale (Hup) your abdomen (diaphragm) expands and on the exhale (Ho) it relaxes and contracts. Simply sit in an upright posture and begin your breath by inhaling and expanding your abdomen. You can place your hands overlapping on your abdomen to feel this expansion. This area is called the Dan Jun (energy field) in Korean martial arts. When you breathe abdominally you use more of the lower more blood rich portion of your lungs increasing oxygenation. Mentally observe the breath as it enters your nostrils, fills the abdomen (really the

lower lungs), then the chest. Feel the inhale peak and then be mindful as it transforms into the exhale, gently expelling the air out of your mouth. Follow this cycle. You may want to set a timer for five minutes to start.

Keep in mind this is 'belly' breathing. When we actually execute a technique, we actually expand our abdomen when we exhale and relax it on the inhale, which is natural breathing. We do this to stabilize our core and center ourselves through our motion. Plus, exhaling on the execution of a technique adds much more power to it. Belly breathing is how you breathe as a baby. Then you learn the bad habit of chest breathing, which makes you top heavy and does not fully utilize your lungs thereby limiting your energy.

Chi Gong

Chi Gong is the practice of various breathing exercises and postures to balance the body and maximize one's health. In Tang Soo Do we normally practice two sets of Chi Gong (Ki Gong in Korean) exercises; The Moo Pal Dahn Khum (Eight Precious Warrior Exercises, and the Moon Pal Dan Khum (Eight Precious Scholar Exercises). These are covered in my books on Ki Gong and are available here:

<https://www.facebook.com/SecretsOftheWarriorScholar>

For the Master Your Chi program we will teach a very basic Chi Gong exercise that is easy to do but powerful in its effects.

Chi Gong #1



1. Start with your feet double shoulder width apart. Relax the upper body. Breathe with your abdomen.
2. Place your hands one on top the other in front of your hips
3. Inhale and raise your hands forward and up over your head. Coordinate your full inhale with the movement of the arms. Start the inhale in your abdomen.
4. Begin exhaling and lowering the arms in a circle with the breath, bend at the knees slightly. This is called 'Horse Stance' in the martial arts. Coordinate the exhale with the downward motion of the arms and the sinking of the stance.
5. Finish with the palms facing each other in front of the hips.
6. Straighten the knees and return the hands one over the other in front of your hips. Repeat steps 3 to 6 as many times as you'd like. Start with at least five reps.

Meditation #2 Sam Soo Muk Nyum Bop

Meditation is the practice of being in the moment. Sam Soo Muk Nyum Bop (three hand position meditation) helps you stay in the moment. It is natural for your mind to drift during meditation. This is your Egos way of fighting back as you start to regain control of your mind. As your Ego starts to lose control it will attempt to distract you with random thoughts, physical discomforts, whatever it can attach your mind to.

Knowing this we can gently steer our minds back on track using the three hand position technique.



Hands 1



Hands 2



Hands 3

Basically, every three breaths you change hand positions. The basic technique starts with your hands on your knees (see hands 1). Then after three breaths you move your hands in a bowl shape (see hands 2) in front of your abdomen with the thumbs at the height of your navel. Then finally, palms facing each other in front of chest (see hands 3). This is one cycle. You can repeat for as many cycles as you want.

The advanced method of this technique is, you start with hand position one and continue breathing, and then when a thought distracts you, you change to hand position two. You continue breathing in position two for as long as possible. If another thought distracts you then you move to position three, and so on.

Method #3 Car Meditation (Eyes open)

'CAR MEDITATION!' you may be thinking I'm crazy? Let me explain. You don't actually shut your eyes and mediate in the traditional sense. Instead, when coming to a red light (be it as a driver or a passenger), you simply place your hands in your lap, relax your shoulders and become aware of your breath. Your eyes are open and aware of the traffic light and other cars the whole time. When the light turns green you go about your driving.

This method will calm your mind; you will be less stressed while driving. You will not be in such a hurry and be more relaxed when you get to where you are going thereby being more productive in your day.



**The past is history, the future a mystery.
The now is a gift that is why it is called the
present.**

Physical Chi

Physical Chi also depends on suitable nourishment (diet & breathing), suitable exercise and rest.

Proper Nourishment: Air

Nourishment is not just food but also the air you breathe and the quality of it. On average, a person at rest takes about 16 breaths per minute. This means we breathe about 960 breaths an hour, 23,040 breaths a day, 8,409,600 a year. Unless we get a lot of exercise. The person who lives to 80 will take about 672,768,000 breaths in a lifetime. Improving the quality of your breath even slightly can have a dramatic impact on your overall health.

When you breathe as stated in the meditation exercise, you want to breathe with the belly/diaphragm as this uses more of your lungs and gives you a better-quality breath.

Proper Nourishment: Food

While this is not a 'diet' book it is important to bring to your attention that what you eat and how much you directly impact your energy level. For example, remember after Thanksgiving when you ate too much and could barely move? Or maybe you can remember a time you did not eat enough and felt weak or shaky?

Too much food can make you slow and lethargic and makes you weak. So, eating proper foods (healthy food) in the proper

amounts consistently will contribute dramatically to your level of 'Chi' energy.

Drinking

Your body is mainly comprised of water and it needs water to function properly. Six to eight glasses of water each day is the recommended amount. When you are dehydrated you do not think clearly and have slower decision-making skills. This is due to the interrelationship between the Body's Chi and the Mental Chi level. If one is weak it impacts the other.

Proper Exercise

Exercise is the next way to increase your Chi energy and health. Just like food if we exercise too much or too little it can deplete our energy levels. If you are not currently on an exercise program, then Martial Arts is an excellent way for you to improve your overall health as it focuses on mind and body where other sports mainly focus on technique.

Seven Day Nutrition Challenge

This is a simple way to help you better nourish your body using either pen and paper or even better your smart phone. Each day record what you eat, what time you ate it and how many calories were in it. Record everything. At the end of the week you can start to spot daily patterns in your eating habits (good and bad), your daily caloric intake and make sure you are

drinking your 6-8 glasses of water every day. You can record this old school in a notebook. But it is recommended you simply do it with your smart phones notepad. This way you have access to it all the time. At the end of the seven days you may notice your eating habits tilting in one direction (good or bad) or the other, and this overall view can help you recognize and correct these habits.



**Write Your Goals Down if they're
not written down, they're just dreams.
When you write things down, it
sets off a chain of events that
WILL CHANGE YOUR LIFE.**

Seven Day Physical Challenge

If you've never exercised before then start off with something very simple like going for a thirty minute walk each day. If it rains march in place while watching the T.V. In other words, no excuses get moving. If you are more active, then you can try the following exercises. The goal is to exercise daily and complete an entire week. By the end of the week you can begin increasing your reps.



IMPORTANT

If you do not understand how to perform these exercises, ask your Martial Arts instructor. They will show you how to properly do these exercises to avoid injury.

One Set of the Fantastic Four

Run in place for three minutes to warm up

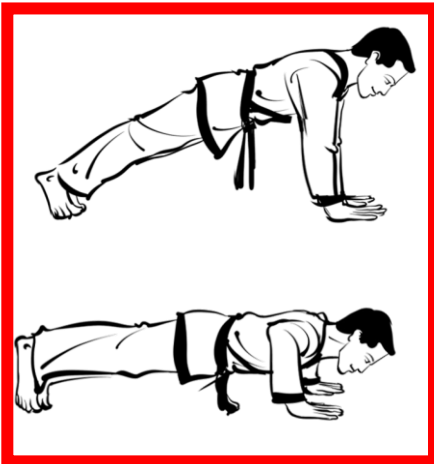
Start with as many repetitions as you can. One is better than none. Then try to work your way up to twelve.

12 repetitions: Pushups on floor or wall (muscle)

12 repetitions: Burpees (Cardio/Muscle)

12 repetitions: sit ups (Muscle)

12 repetitions: Mountain climbers (Cardio)

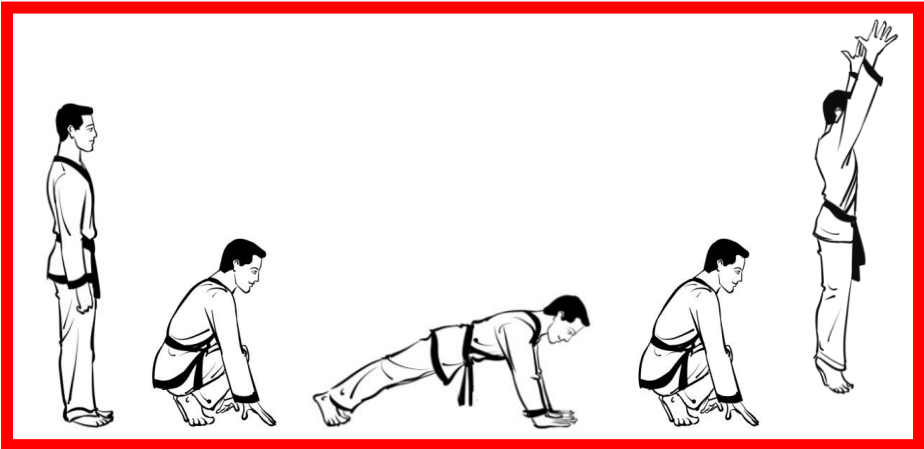


Push Ups

Start with your feet together with the balls of the feet on the floor and the hands placed palms on the floor under the shoulders. Inhale and lower your body toward the floor without touching and keeping your posture straight. Exhale and

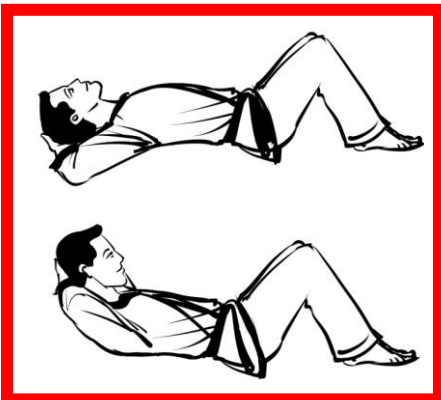
push up to return to the first position. If this is too difficult then spread the feet apart making it easier or begin by doing pushups

off a wall moving your feet away from the wall to increase difficulty.



Burpees

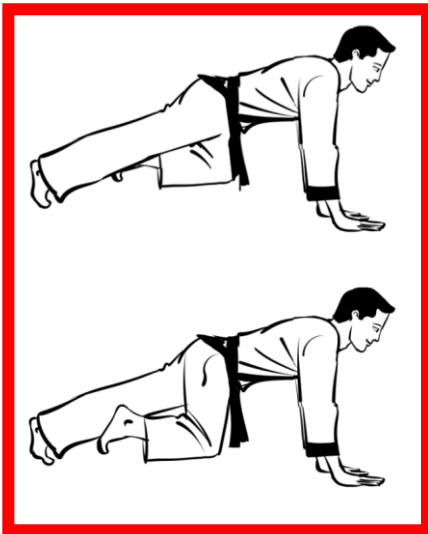
Burpees are a five-part exercise that if you only had one exercise to do this would be the one as it activates and exercises more muscle groups than all the others. 1) Stand, 2) Squat on the balls of the feet, 3) Kick both feet back into Push Up position, 4) Return to Squat, 5) Jump Up



Sit Ups

To start a proper sit up place your feet flat on the floor and bend both knees. Your hands are behind your head but not used to lift your head up but to add more weight to the upper

body as you contract your abdomen. You want to make sure the small of your back is always flat on the floor and curl the upper body upward toward your bent knees. Remember to not pull with your hands, contract your abdominal muscles, keep the small of the back on the floor and exhale on the contraction and inhale on the relaxation.



Mountain Climbers

Mountain climbers start similar to pushups, but you bring one knee forward toward the chest then hop changing knees, running in place with your hands on the floor. It should look like you're are running up a steep incline. Remember head up, hips down.

Quality sleep

Quality sleep is the final piece of the Chi energy puzzle. No matter if you do everything else right if you get poor sleep you are going to wake up with poor energy.

Some tips to improve your sleep:

1) Don't eat two hours before sleep. Your body will use energy to digest instead of healing and recharge and you will wake up with depleted energy

2) Don't leave the TV on all night. Your subconscious will in part still tune into the TV and it will distract your mind keeping part of it awake instead of allowing you to get into deeper levels of relaxation.

3) Stay off the computer, smart phones and social media at least an hour before you go to sleep. They will over stimulate your brain and make it difficult for you to get to sleep fast.

4) Take a hot bath or shower to relax you.

6) Try a warm glass of milk, decaf tea or a nightcap.

Many cultures have a version of a nightcap to help get to sleep. One of the more popular ones is the 'Hot Toddy'. Not only does this old favorite conk you out pretty quick but it is also great if you are having difficulty getting to sleep because of a cold or cough.

Hot Toddy recipe (Adults only)

One cup of decaf herbal tea (look for a brand that is either green tea or is a sleep aid recipe. Both easily found in supermarkets)

Squeeze of a lemon wedge

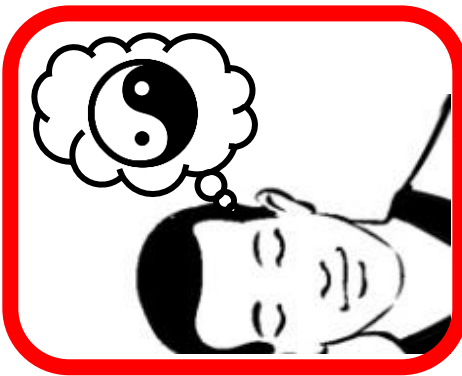
Tablespoon of honey

A shot of Whiskey (no more than one ounce).

Both green tea and herbal sleep blends will help relax you. The heat and steam will also aid as a decongestant. The honey will help regulate your blood sugar as you sleep. The shot of Whiskey also helps as a decongestant — the alcohol dilates the blood vessels, making it easier for your mucus membranes to deal with the infection. The lemon contains vitamin C and also

helps the immune system. If you have a cough you can add Cinnamon, cloves and or ginger. They promote salivation and these secretions will soothe a sore throat and dry cough.

6) The tension and relaxation technique. To speed you off to sleep fast try this technique. You basically, while lying in bed, extremely tense all muscles in your body head, face, fingers and toes, for a six count then completely relax, feeling your body get heavy and sink into the mattress. You can do this a couple of times if needed.



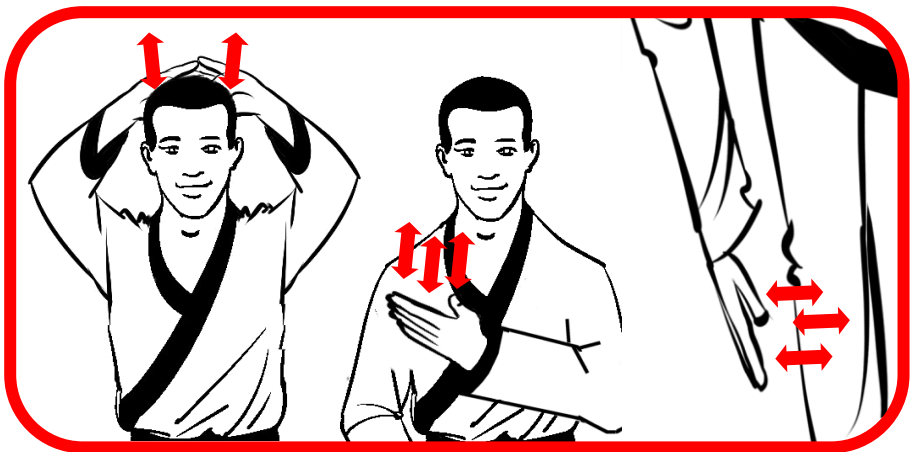
7) Mental imagery. We're not talking about counting sheep. There was some merit to this technique back in the day. Sheep herders would worry about their flock and keeping track of those sheep. So, they

would count them at night. This may have worked great for the Sheppard's but It takes a lot of mental work to count them all up. What we don't want to do is activate those parts of the brain that are associated with processing information. When falling asleep, it tends to be more helpful to occupy the mind with something relaxing and passive, rather than active. A 2001 study (9) published in the journal "Behavior Research and Therapy" showed that amongst a group of people with insomnia, those who used "imagery distraction," fell asleep faster (and with less stress) than those who weren't given any instructions. A simple

exercise that can help is imagining you are going down a winding heavenly circular staircase. The repetitive boredom of this action with the relaxed imagery of a heavenly peaceful setting will help your brain wind down and get into deeper states of relaxation.

Waking up your energy

Self-massage is part of the Asian health culture. One simple method that is very easy to do is called patting. Basically, you start gently patting you're the top of your head with open palms the move completely around your head, then the opposite arm reaches across and pats the other side starting at the top of the shoulder and moving down the back of the arm and up the inside of the arm. After doing both arms then both palms pat the chest and torso, moving around the sides to the back. Patting the back kidney area, you can use the backs of the hands. Next move onto the buttocks and down the backs of the legs coming back up the front sides of the legs. Finally make a fist and tap the bottom of the feet. You can do this sitting down or leaning against a wall for balance. Do this for as long as you like. You can repeat any areas that are sore or need a little more attention.

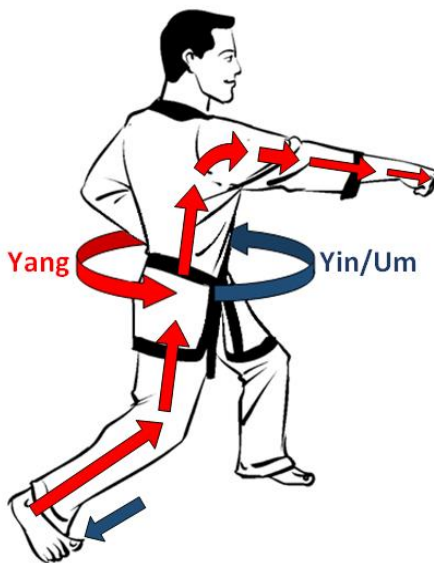


To finish rub your palms together to warm them and gently rub your face with both hands in an upward circular manner. Then follow the same pattern you did tapping but this time rubbing with your palms from head to toe. This is called 'Dry Washing' or 'Air Washing'. This will balance out the whole self-massage. After the patting and rubbing exercise finalize by massaging your ears by gently pinching them between your forefingers and thumbs and then rub them with your palms. Then rub your palms together to warm them once more and gently cover your eyes with your palms and breathe deeply.

Technical Chi – Moo Gi Gong

“When you move give awareness and purpose to every movement, your energy will flow through those movements and surprising things will happen when you meet your opponent.”

-The Ship Sam Seh



Technical Chi is the energy/power you generate through your technique. We use the term “kinetic chain” to describe how we start the process of power generation. For example; the first link in this kinetic chain is pressing the ball of the foot into the earth. This counter pressure then goes through the knee

and up to the hips. The hips then rotate directing and amplifying the energy and direct it through the shoulders, which in turn push that power through the elbows, into the hand and focus it into the two largest knuckles. This is the same process kicks for blocks, hand strikes, etc. Using the concept of the kinetic chain you maximize your ‘Chi’ when you strike.



Yin and Yang

The philosophy of Yin and Yang is the oldest in the world. Ancient humans felt the extremes of heat and cold, dark and light. They eventually described these extremes of energy with the Yin Yang symbol. In Korean it is

pronounced Um/Yang.

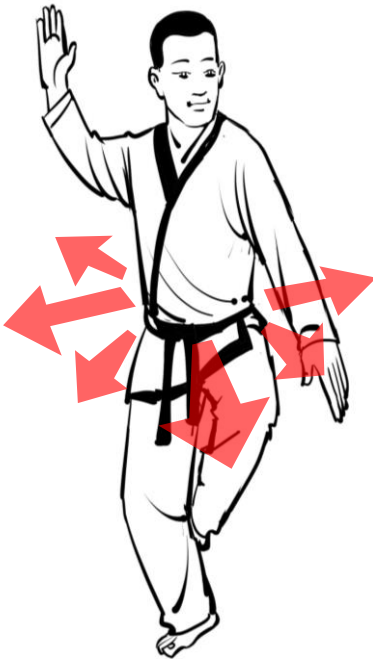
Yin and Yang are not two separate energies but actually describe the extremes that one energy manifests itself as. Think of Chi as water, that water can be hot (yang) or cold (yin). It is still water but manifests itself as two different extremes. Even further it can manifest itself as a liquid (water), a solid (ice), and a gas (steam). So, to think of Yin and Yang as two separate energies would limit your understanding and application of it.

Understanding Yin/Yang reminds us to keep balance in our lives and to remain centered. If we find ourselves being too Yang we need to relax, breath and balance that out with Yin. If we find ourselves too Yin then we need to fire up our Yang energy.

The 13 forms (Ship Sam Seh)

Martial arts Grandmaster Hwang Kee encouraged all of us to deeply study an ancient poem called the 'Song of the Ship Sam Seh'. This translates to 'The song of the 13 forms'.

Basically, there are eight ways to move the hips and five ways to move the feet, added together they total thirteen different combative energies that create all motions. By moving the hips in combination with the feet in various ways you create various types of offensive and defensive motions.



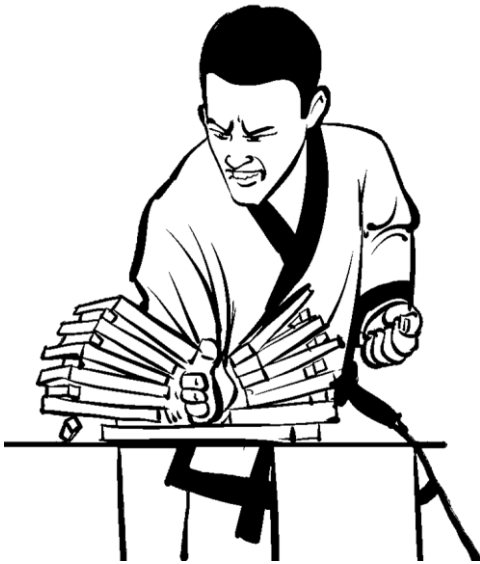
8 Hip Motions (Pal Gey Huri Bop)

1. Hips forward
2. Hips backward
3. Hips left
4. Hips right
5. Hips clockwise
6. Hips counterclockwise
7. Hips up
8. Hips down

Five Steps (Oh Bo Bup)

1. Step forward
2. Step backward
3. Step Left
4. Step Right
5. Switch/Cross feet (centered)

Now how does this come together? Well your step creates a kinetic chain through your body, the hips direct that energy to a specific part of your body like your hand, foot, elbow, knee etc. So, these eight hip movements and five steps create various kinetic energies that then give birth to all your basic motions.



Tension & Relaxation (Suchuk & Ewan)

Understanding the Kinetic chain concept is a large part of power development. Suchuk/Ewan is the tensing and relaxing of the involved parts of the body in that kinetic chain. So, if one link in that kinetic

chain is too tense it will negatively impact your flow of power. For example; if we use the previous example of the punch. The kinetic chain starts with the ball of the foot, goes through the knees, hips etc. All that energy you built up can be dramatically reduced if your shoulder is too tight (suchuk). Also, if your punches kinetic chain is almost complete, but your wrist is too loose (ewan) you could break your hand. So, you must understand and apply the concept of Suchuk/Ewan in order to maximize your technical energy. The tension part of a technique should be for the most part quick and explosive, like the way your body tightens and relaxes when you sneeze.

Applying Suchuk & Ewan into your daily life

There are two major tension areas in the body, the buttocks and the shoulders. This is due to the biological fight or flight response. When we feel threatened (whether that is actual or

perceived) our body prepares to defend itself. This creates three options in the primitive part of our brains that overrides other functions;

- Flight (run, escape)
- Fight
- Fright (Freeze)

The fight or flight response creates tension in the shoulders to protect the vital areas of the neck from attack and tenses the buttocks muscles to get ready to run or fight (move). What happens throughout our day is we get these lower level fight or flight reactions that go under our conscious mental radar. For example, getting cut off in your vehicle, missing a train or bus, getting stuck in traffic, someone being rude etc. All of these can activate your fight or flight response on both and once activated you might stay tense long after the threat is over.

So, to counteract this we want to be aware of our posture throughout our day and remind ourselves to relax our shoulders and hips. Once you begin practicing this it will get easier and easier to sense when you are becoming tense and counteract it by relaxing.

A large, stylized red Chinese character '氣' (Qi) is centered within a red rounded rectangular border. The character is written in a traditional calligraphic style.

**We can't control what happens outside us
but we can control what happens inside us.**

Using everyday Anchors to stay on track

It is very easy to get off track and forget the techniques in this book no matter how well-meaning you are. One way to avoid this is to use constant actions we do throughout the day as reminders or triggers to anchor these good habits.

For example you have to open multiple doors each day. The next time you touch a door handle take a second to breathe and remind yourself to relax and center yourself. Do this enough and it becomes an anchor/trigger.

In the martial arts we bow before entering the training space to do this exact same thing. Every time you sit use it as an opportunity to remind yourself to have a good posture. When you eat use that as an opportunity to become more mindful by chewing slowly and enjoying each bite. Maybe even chew each bite a set amount of times like five or six before swallowing The point is to use everyday actions you have to do as triggers to remind you of these powerful habits.



The Song Of The 13 Principles

Author Unknown

Reorganized and Translated by

Master Daniel R. Segarra

What is the purpose and philosophy behind the martial arts?

1) *Living Masterfully, rejuvenation and prolonging of life beyond the normal span. So an eternal spring.*

What is the main principle of the martial arts?

2) *The mind is the master of the body.*

To pass through the gate and be shown the way, you must be taught by an instructor.

Gradually when you apply these principles in your life, more and more your skill will develop naturally.

3) *Hold your head as if suspended from a string, keep the base of your spine and posture erect, your energy will rise to the top of your head.*

4) *Use that energy to create a relaxed clear awareness in your abdomen, your power will be activated.*

5) *Let that power flow through the whole body continuously*

6) *Keep your body flexible and ready.*

7) *Remember at all times pay attention to your center.*

8) *When you move be natural, bending, stretching, opening or closing, let nature take its course.*

9) Remember the source of your power is in your waist, center the mind in the waist.

10) Pay attention to the slightest change from full to empty.

11) When you move give awareness and purpose to every movement, your energy will flow through those movements and surprising things will happen when you meet your opponent.

12) Stay alert and seek the meaning and purpose of your art at all times; Stillness embodies motion, motion stillness.

13) Seek stillness in motion.

When done correctly all you do will appear effortless and masterful.

So never neglect any of the thirteen principles.

Every word of this song has enormous value and importance, failing to follow this song attentively, you will have wasted away your time.

氣

Watch your thoughts; they become your words, watch your words; they become your actions, Watch your actions; they become your habits. Watch your habits; they become your character. Watch your character; it becomes your Destiny.

-Lao Tzu

Making Sense Of Ancient Wisdom

No matter how wise the sagely advice is, it's useless to us if we can't practically apply it to our lives. So, when Grandmaster Hwang Kee first encouraged Tang Soo Do practitioners to 'deeply study' this song, many were excited to do so. But then because of its cryptic phrasing it was put to the side and forgotten for the most part like a discarded fortune cookie.

I knew it was important because Grandmaster Hwang Kee placed such a high value on it, but my repeated rereading of the song refused to unlock its secrets.

Then I realized this is an Eastern concept not easily translated for the Western mind and I was relying on other people's translations. So, I personally translated it to learn more. Like a gold miner panning for gold, I began to see some flecks that made sense. I then started playing with reordering the lines and it began to make even more sense.

Had I placed that 'Song' or poem, if you will. In the beginning of this book in its original form, you may have glossed over it like I and many others did in the past, missing its true value. So, dissecting its content and presenting its secrets in a practical form made the most sense. This entire book has been how to apply this song into your life. So, you can create more energy, be in harmony with life's energy and instead of fighting the energy, learn to dance with it.

You see Martial Arts are all about connecting with something greater than ourselves. Transforming ourselves into the best

possible versions of ourselves. Ironically, we take the study of violence and through that learn virtue. We learn the techniques of violence to protect virtue, whether it's ours or someone else's. We then train so hard, not in the hopes we can actually use these skills on another human being but hoping we don't have to. By having the skills to defend our virtue we can then deal with conflict not from the mindset of a potential victim, but that of a victor, a master.

Transform Violence to Teh or Virtue 德 (Duk in Korean) Leading to Victory without Violence

I know some of you may be thinking "But sometimes you have to punch the bad guy in the face". Yes, that is true, but doing so from our Ego is a missed opportunity, especially if we could have avoided it, or turned it into something positive. Having to defend ourselves purely as a necessary thing to do instead of from our Ego is like a bamboo having to bend in the storm, it is necessary and natural for our survival. The wind blows the bamboo bends. It doesn't think about it, get offended by it, feel guilty about it, it just does what it has to do to survive, then it goes back to doing its thing. As a matter of fact, the occasional storm strengthens its roots.

So too do we need the occasional storm to strengthen us. See we can't control what happens outside us but we can control what happens inside us. Like a good sailor we can't control the weather, but we can adjust our sails.

O.K how can I get started and how long will it take me to become a Master?

As a martial arts instructor I've heard many variations of this question over the years. My favorite is 'How long does it take the average person to become a Master?' to which I respond, 'Average people don't become Masters'. See you can't put in an average effort and expect a great result. In order for you to become great the effort has to be proportionate to the result. So, in order for us to truly benefit from the information in this book we need to make it our habit.

So how long does it actually take to form a habit?

Well, bestselling author Dr. Maxwell Maltz suggested in 1960s that a habit can be developed as early as 21 days. Recent research has indicated it can take longer than that about 66 days on average. But setting the goal of being consistent for 21 days will help you gain the momentum to keep doing these life improving changes. In a Forbes article [\(10\)](#) by contributor Jason Selk writes about Tom Bartow, a highly sought after business coach, who developed a model of what habit formation really looks like:

The 3 phases of habit formation:

Phase 1 The Honeymoon: This phase is where you just learned something and are highly motivated to apply it. But at some point, the 'honeymoon' must end and reality sets in.

Phase 2 The Fight Thru: As motivation starts to wane and reality sets in you may find yourself struggling with staying on course. Old habits may start creeping around the corner and you start to struggle. The key here to breaking through this phase is to win a few 'fight thru's' This is a critical step to moving onto forming lasting habits. To win a 'fight thru'.

RECOGNIZE: Recognition that you are having a challenge is essential for winning the fight thru. When you are experiencing a 'fight thru', simply say to yourself, "I have entered the fight thru, and I need to win a few to move past this." Winning each fight thru no matter how small will make it easier to win the next. The flip side is, when you allow yourself to lose a fight thru, you make it easier to lose the next one.

ASK TWO QUESTIONS: "How will I feel if I win this fight thru?" and "How will I feel if I don't?" Tap into your EMOTION. Let yourself feel and be motivated by the positive in winning the fight thru and the negative in losing.

LIFE PROJECTION: If you still find yourself losing the battle even after the above techniques then imagine in great detail how your life will be in 5 years if you do not begin making changes.

Think of the BIG picture. Be honest with yourself and allow yourself to feel what life will be like if the changes are not made.

Phase 3 Second Nature

This is where you start “getting in the groove.” Once in second nature, the following are the three most common interruptions that will send a person back to the fight thru phase:

DISCOURAGEMENT: Allowing negative results to discourage you and you start thinking “This isn’t working, and there is nothing I can do.”

DISRUPTIONS: Changes to your current pattern (e.g., vacations, holidays, illness, weekends).

SEDUCTION OF SUCCESS: You begin to focus on positive results and start thinking you are there so now you can relax. If you experience an interruption that sends you back to the fight thru phase, winning 2 or 3 fight thru’s will bring you back to the second nature phase. Let’s face it adopting some habits will be easy some not so easy. So, remember each small win will help lead to larger ones. These tiny battles will help you win the mental war against bad habits.

A Typical Day Applying The Master Your Chi Method

It is important to keep all this information in perspective and simple enough that you can actually begin applying it. So, here is an example of a typical day.

- Wake up and do the self-massage to wake up your energy.
- Remind yourself what part of the MY-CHI (Master Your Chi) you will focus on today (i.e. mental, physical)
- Recite 'I will be Masterful' to remind your conscious and subconscious mind to stay on track.
- Eat a healthy breakfast including water.
- Meditate for a few minutes & practice the 'Car meditation' on your way to school/work
- Be aware of your posture while at school/work & take an occasional stretch break
- Eat a healthy lunch and remember your water.
- Practice the 'Car meditation' on your way home
- Eat a healthy dinner and remember to drink water.
- Write your experiences in your Master Your Chi Workbook
- Use the restful sleep methods to get a great night's sleep.



Energy first – Your Basic Human Needs

Tang Soo Do Grandmaster Hwang Kee knew we as martial artists and human beings have to satisfy certain human needs in order to reach the higher goal of becoming the best we can be, to realize we are part of a greater whole, and to explore our full potential. To achieve this, we need to have certain needs satisfied. Dr. Abraham Maslow organized this into the "Hierarchy of human needs". For example

#1 is basic needs; Air, food, water, shelter.

#2 Safety needs; living in an environment where you are not constantly threatened, and you are safe.

#3 Social needs; family friends, human interaction.

#4 Esteem needs; To feel valued.

#5 Self Actualization; to reach your full potential.

So, to explore our full potential we need to satisfy the body's need for energy, first and foremost or we cannot possibly reach the higher goals of personal development. Through martial arts we satisfy the body's need for 'safety'. Not only does martial arts help you fulfill your safety needs but also social, esteem and self actualization needs as well.

Being in the martial arts makes you part of a martial family (social), you become a valued member of a school (esteem) and train to master yourself (self-actualization).

This book and its companion workbook combined with your Martial Arts training will help you get on the path not only towards increasing your energy but exploring your full potential.



Final thoughts

Here we are not at the end of this book, but the beginning of your journey towards Mastering your Chi. I truly hope you put this information into action and learn to Master Your Energy and make positive changes in your life. And as promised, below is the answer to the riddle in the beginning of this book.

To your health and happiness.

D. Segarra

I am your constant companion. I am your greatest helper or heaviest burden. I will push you onward or drag you down to failure. I am completely at your command. Take me, train me, be firm with me, and I will place the world at your feet. Be easy with me and I will destroy you.

Who am I?

I AM HABBIT

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For your FREE Companion Workbook visit:

<https://www.facebook.com/masteryourchi>

Glossary of Martial Arts Terms

Bo Bup (步法) The Korean term for ‘Stepping Methods’

Chi (氣) The Chinese word literally translated as ‘Energy’.

Chi Gong (氣功) The practice of breathing exercise and postures for health. (C)

Dan Jun (段田) Korean for Energy field (source)

Duk (德) The Korean pronunciation for the Chinese word Teh ‘Virtue’

Gi (기) A Korean pronunciation for the Chinese word literally translated as ‘Energy’.

Grandmaster Hwang Kee the founder of Tang Soo Do Moo Duk Kwan.

Ho Hup (呼吸) Korean word for ‘Exhale/Inhale’

Huri (후려) Korean word for hips.

Jaseh (자서/) The Korean word for stance or posture.

Ki (氣) Both the Korean and Japanese pronunciation for the Chinese word Chi/energy. (K/J)

Ki Gong (氣功) The Korean pronunciation of the Chinese term Chi Gong.

Ki Seh (氣勢) The Korean term for Power Posture

Moo Gi Gong (武氣功) Korean word for ‘Martial energy’.

Moo Pal Dan Khum (武八段錦) Eight warrior health exercises. (K)

Moon Pal Dan Khum (文八段錦) Eight scholar health exercises.

(K)

Mu Hap Ki (舞合氣) Dance with your energy (K)

Muk Nyum (默念) Korean pronunciation of Meditation..

Neh Gong (內功) Korean word for 'internal energy'.

Sam (三) the Korean word for 'three'.

Seh (勢) the Korean word for form, stance, posture.

Shim Gong (心功) the Korean word for 'external energy'.

Ship (十) the Korean word for 'ten'.

Ship Sam Seh (十三勢) the thirteen forms (K)

Shin Chook (伸縮) the Korean word for 'Relaxation/Tension'

Tang Soo Do (唐手道) the Korean Martial Art. Literally translated as Tang Dynasty Hand Way.

Teh (德) the Chinese word for Virtue. (C)

Um (陰) the Korean word for the Chinese term Yin, part of the term Yin/Yang.

Weh Gong (外功) the Korean term for external training/

Yang (陽) part of the term Yin/Yang. (K/C)

Yin (陰) part of the term Yin/Yang

Yin Yang (陰陽) the Chinese concept of complimentary opposites. Man/Woman, Light/Dark.

(K) = Korean pronunciation (C) = Chinese pronunciation (J) = Japanese

MASTER YOUR CHI!

What would you do if you had unlimited **ENERGY**?

Master Your Chi is a 21 day scientific program that will teach you:

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- Breathing exercises to improve your health.
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Master Your Chi workbook for Free!

About the author



Master Daniel R. Segarra is a 7th Degree Black Belt in the Korean Martial Art Tang Soo Do. He has studied the martial arts for over forty years and has taught hundreds of students. He has traveled the world training with some of the most famous Grandmasters of the Martial Arts and is a certified Master Instructor. Master Segarra is the author of several martial arts books and has been featured in Combat Magazine and has been on Good Morning America, the Today Show, Fox news and other television programs.



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