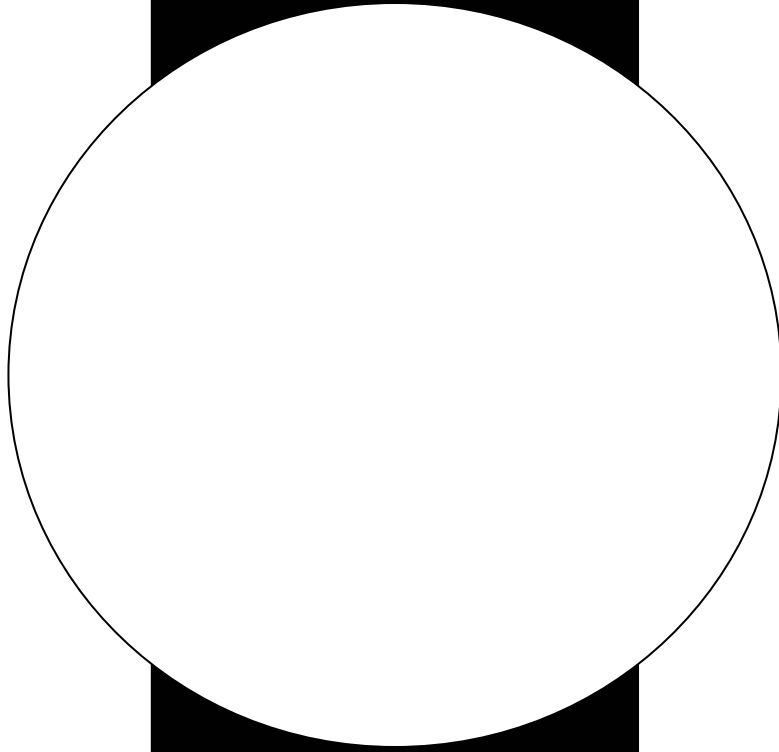


**Inside
Modern
Warrior**



Student Handbook

ABOUT MODERN WARRIOR® - THE ART, ITS LOGO, AND ITS FOUNDER

WHAT IS BO FUNG DO?

Bo Fung Do is an extension of a Kung Fu style known as Wing Chun (Beautiful Springtime). It cannot be taught without learning Wing Chun first. Wing Chun is also the original style of the late Bruce Lee.

Bo Fung Do (Sudden Storm) training teaches you the strong points of several styles of combat, plus techniques unique unto itself. Its practical and efficient approach allows the student to develop a total awareness of the mind and body functioning as one. He or she is soon amazed by their capabilities. The student learns to quickly recognize, exploit, and react to the weaknesses that are inherent in all styles of martial arts and in all forms of combat. He or she emerges a happier, well-rounded, self-assured and self-confident individual. This confidence is sensed by all those around you, whether they are friend or foe.

Bo Fung Do is especially useful for Police Officers and persons defending themselves against multiple attackers. Because this training is specifically geared for life and death situations, it is NOT suited for tournaments. The only thing more potent than the art itself is the respect you gain for it. Bo Fung Do is not for sport. *It is for the real world.*

THE MODERN WARRIOR® LOGO

Bo Fung Do is the name of a system that comes from Wing Chun that has been adapted for multiple combat. The keystone of our system is Wing Chun. It is important to note that without Wing Chun, Bo Fung Do cannot exist. Wing Chun is a Kung Fu system developed by a Chinese nun, and named after the young woman who was the first students of the art. Her name, Yim Wing Chun, means "Beautiful Springtime." This is why we use the symbol of the rose. Our application of the Wing Chun system is known as Bo Fung Do, which means "Way of the Sudden Storm." This is why we use the symbol of the lightning. The yin and yang is the symbol of all Kung Fu, which means that for everything there is an opposite; for darkness there is light, for evil there is good, for man there is woman, etc. Each part of the universe is balanced by its equal



and opposite. When you put it all together you notice that the rose, although beautiful, can also be dangerous. Lightning, although dangerous, can also be beautiful. If you have ever seen one of our students sparring (or fighting) in a multiple situation, you've seen this in action – their constant fluid motion is like the calm in the middle of the storm. It is a very balanced logo – meaningful to our students, and symbolic of our art.

PHIL MESSINA – FOUNDER

Philip J. Messina is the founder and President of Modern Warrior Defensive Tactics Institute in Lindenhurst, New York and was highly decorated in the NYPD in both plainclothes and uniformed assignments. Phil had the highest arrest productivity in the 1977 anti-crime experiment (A.C.E.) averaging better than one felony arrest for each patrol day, and was the first training officer for the largest community oriented patrol program in the USA (C.P.O.P.). He is currently certified as an instructor or instructor trainer in over a dozen defensive tactics and self-defense systems. He has taught defensive tactics for over 20 years, has a martial arts background of over 35 years, and has written numerous articles on martial arts, defensive tactics, and self-defense training. These articles have been published nationally and internationally.

Phil has been featured numerous times on TV, radio, and in newspapers and magazines both in the US and the Orient. He presently holds over 300 decorations, community service awards, and letters of commendation. Since retiring in July 1987 from the Police Commissioner's Office of NYC PD (where he served as a training officer and supervisor), Phil has conducted training seminars for police trainers and officers from all over the US and abroad.

An active member of the Association for Women's Self Defense Advancement, Phil has been appointed as Strategy and Tactics consultant for AWSDA after developing and certifying the Free Rape Prevention Course currently offered by AWSDA as a community service.

I. Policies & Procedures

A) General Information

1. Groups

Each group has two or three time spots per week. Each time spot is 1 ½ hours long. Students can attend as many tie spots in for their group as they wish. Students may attend any class of a junior group for review and/or make-up. If a student wishes to view a class senior to theirs, all that is required is to sign up in the visitor calendar in advance with a Modern Warrior employee.

Intergroups are classes that combine two or more groups. These happen periodically and are noted in advance on the Modern Warrior calendar.

Eventually all groups merge with another group close to theirs in training time. The merged time spots are usually a combination of the time spots belonging to those groups prior to being merged.

2. Belts & Training Attire

All students are assigned belts. It is optional to wear belts for classes, but it is mandatory to wear belts during Intergroups, while instructing, or when taking a class with a group senior or junior to yours.

Uniforms are not required during classes. Normal footwear is worn, as you would wear in the street. As this is how you would be dressed in the street, this is how you train. Please come to class clean out of respect for other students and instructors. Also note that shoes with heels or certain types of boots may puncture our training mats. Taking these things into consideration is a common courtesy.

Most students wear loose fitting clothing to facilitate learning techniques by allowing the body to move without restriction. During certain classes, students will be encouraged to wear the clothes they would not want to fight in – and then learn how to fight in them. Examples are business suits, dress shoes, skirts or dresses, etc.

Descriptions of belt levels are as follows:

White – Student – Beginner; potential unknown

Gold – First Student – Shows potential and desire to learn. Could become a Martial Artist.

Green – Disciple – Considered to be a Martial Artist. Ready for vigorous training and discipline. Warrior spirit unknown.

Blue – First Disciple – Astute Martial Artist. Ready for severe training and testing of warrior spirit. Potential to become a Master.

Red – First Disciple – Junior Instructor – Same as blue belt with potential to teach.

Black – Master – Has mastered the art and proven his or her warrior spirit. May some day choose to teach. Highest technical ranking. Has achieved Kung Fu.

Black & White – Grandmaster – Founder or pioneer of an art. Must teach at one time and perpetuate art. Strives to learn what is beyond normal human understanding. Kung Fu's highest honor. Has completed circle of yin and yang.

On special occasions, such as some community demonstrations or special affairs, Kung Fu dress is required. This attire consists of Kung Fu style jacket and pants, your belt, and a shirt with a Modern Warrior logo.

3. Jewelry/Weapons/Personal Possessions

Jewelry is not worn during classes since it can injure other students or instructors. It can also be broken or lost. Modern Warrior is not responsible for jewelry or personal possessions that are damaged or lost at the school. Do not bring valuable items to the premises. There will be no live weapons such as firearms, live ammo, or live-bladed knives allowed in the gym or any training area! This is to ensure the safety of all students. Firearms and live ammo are to be placed in the office safe prior to class starting time.

4. Fees

Fees can be paid with cash, check or charge. Fees are due on the first day of the month for that month's classes. An additional late charge of \$10 will be required for all payments made after the first of the month. A fee of \$20 will be charged for checks that are returned for any reason whatsoever. Students may sign up for automatic monthly credit card payments with a Modern Warrior employee. Scholarships are available for students in financial hardship. Please consult Liz or Jen for further details.

5. Leave of Absence

Individuals who have been a student of Modern Warrior for a minimum of one year may ask for a leave of absence. The maximum length of leave granted is in the proportion of one month for every year in the school.

During the period of leave, participation in the school is suspended. A record of make-ups is kept and students are required to complete make-ups after returning from leave. The student may return to the school without reapplying, but may be assigned to a lower group upon return, depending on safety considerations and make-ups prior to leave. Fees are waived during the leave. See Liz for application.

6. Missing Classes and Make-ups

Each weekly class is numbered and tracked. Attendance is taken at all classes and a record is kept of lessons missed. Missed lessons are required to be made up at some future time. Students who have injuries and cannot fully participate in a class should still attend and be considered as present for the class without participating or only participating in a limited way. This is important so you don't fall behind your group due to injury or pregnancy or other reasons. During these classes the student has the opportunity to visualize and do mental training.

Some classes will require two make-ups. Examples of these are: Sil Lim Tao, Internal Workshops, Nullifying Throws, Impact Chi, and Heavy Bag Endurance. Make-ups can be satisfied by taking additional classes with your own group or with a junior group or by special arrangements on an as needed basis. It is the responsibility of the student to ensure that a class that is made up is properly credited. If a student accumulates 20 make-ups, the student will be placed in the next junior group.

It is the responsibility of the student to sign in before the start of each class. A notebook in the store has been set up so that students can validate that they did attend class on a particular occasion. If a mistake has been made on the attendance, students can clear a make-up by locating their name in the sign up book for the class in question.

7. Sparring

All sparring sessions are narrated by an instructor. There is no cheering, booing, or any other form of audience expression. The purpose of sparring is to learn, not to compete, and tournament rules do not apply. All students will shake hands before and after a match. Do not start until the instructor says "Go." Stop when the instructor says "Break," not when you hear the stopwatch. All sparring classes are videotaped. The lead instructor and the instructor narrating the match have control of the match. Either instructor may call a break at their discretion or for cause. Cause could be an untied shoelace, infractions of sparring rules or other safety issues.

8. Non-Participant Policy

A non-participant is a student who has agreed to accept a position of responsibility and does not carry out the responsibility.

- ★ Screening Committee Members may be voted non-participants by a unanimous written ballot of the Screening Committee.
- ★ If the majority of a group agrees that their group representative isn't doing his or her job, then the Screening Committee will inform the group representative that they have been deemed a non-participant by their group. The group will then vote on a new representative.
- ★ Instructors, assistants, or apprentices may be deemed non-participants by any of the black belts.

Non-participants will lose the following privileges for a period of one year:

- ★ No voting in school elections
- ★ Will not be allowed to instruct
- ★ Will have their names posted for the whole school to see
- ★ Will not be allowed to be considered for group rep or Screening Committee
- ★ Will not be permitted to borrow video tapes, books, or training magazines
- ★ Will not be allowed to attend Kung Fu Weekend

These policies were voted in by the Screening Committee in 1986 and are still in effect.

9. Kung Fu Weekend

Kung Fu Weekend is more than a vacation, but (slightly) less than a boot camp. It is a bi-annual retreat held at the end of August in an outdoor setting for the purposes of enhanced and intensified training. The theme of the Kung Fu Weekend is "Rising to the Occasion." Students are responsible for their own transportation and provisions. Car-pooling is assisted by the school. It is also an opportunity to meet and socialize with the students in other groups. All students are encouraged to attend at least one Kung Fu Weekend during their training at Modern Warrior. It is a great learning experience.

10. Courtesy & Office Areas/Rear Hallway

Coffee and other snacks are available in the rear of both main gyms in the courtesy areas. These areas also contain the restrooms as well as many of the supplies used in the school. Congregating outside the officer or in the hallway is strongly discouraged. Crowding of these areas is a hindrance to the staff and impedes their ability to freely move about. Please use the courtesy areas. When classes are being held, please try to keep the noise down in the hallway and courtesy areas.

Students are not to use the rear office as a hangout. This office is for the use of employees only. If you have business that you must conduct with a staff member, entrance into the office is by invitation only.

When in these areas, as well as in other area of the school, students must be careful NOT TO JOSTLE OR IN ANY OTHER WAY AFFECT THE ELECTRICAL OR CABLE CONNECTIONS IN THE BUILDING. When these connections are broken, it may take hours to track the problem down and repair it.

11. Sexual Harassment Policy

Sexual harassment of any sort is strictly forbidden. Modern Warrior strives for higher standards than the ordinary martial art school. Acts of competitiveness and intimidation are seen as part of an establishment of pecking orders. This is the domination of another and is contrary to the ethics of Modern Warrior. Many of these acts can spill over into the area of sexual harassment, which is also a form of domination and intimidation. Any student who feels that they are the subject of such harassment should bring it to the attention of Phil or Liz. Disciplinary action will be determined by Phil or a panel of black belts.

12. Access to Phil

Students may make an appointment to talk to Phil for issues that are of a private or personal nature that may require his undivided attention for periods of time that are longer than the time available between classes. (Exception: Any emergency or complaint regarding sexual harassment does not require an appointment.)

13. Forbidden Words

Other than the words that are of a harassing nature or are politically incorrect, the only word not acceptable at Modern Warrior is the word "CAN'T." To say, "I can't" is negative thinking and leads to defeatist attitudes. This conflicts with survivor attitudes.

14. Smoking Policy

Smoking is forbidden on the school premises. Students who are smokers should be aware that there are additional requirements for smoking candidates for the master's test.

15. Master's Test

In order to become a master of the art of Bo Fung Do, one must pass a three-part test (body, mind and spirit). Upon passing this test, the student receives a black belt to symbolize this achievement. Each part of the test is written by another master of the art and successful completion is determined by the author of the test. The test usually spans a period of three to four months minimum. If one part is not passed, it must be repeated in a new, more difficult form.

At Modern Warrior, masters are respected, but not revered. Students are not required to bow or worship at the feet of the black belt. The respect of the masters comes from knowing the master as a person and what they have achieved. The master earns the students' respect by being a role model and teacher. To be a master is not to have finished the journey, but to continue on a new path. When one receives a black belt in Bo Fung Do, they are considered master of themselves as opposed to a master of others.

B) Internal Operations

1. Instructor Training Program

a) Martial Arts Training Program

Students may participate in the Instructor's Program. The procedure is as follows:

★Yellow belts and above may put their name on the list to instruct. Individuals are chosen from the list.

★Individuals chosen become an apprentice instructor and begin by instructing a new class in either Martial Arts, Women's Self Defense, or Police Defensive Tactics.

★After completing two cycles (two six month cycles of martial arts program. – up to lesson 22, or one cycle of Women's Self Defense or Police Defensive Tactics plus one cycle of martial arts) the student becomes an assistant instructor.

★After attaining a red belt, the student becomes a junior instructor and monthly fees are waived in exchange for classes being taught.

★After the student becomes a junior instructor, they may be chosen to become a chief apprentice instructor (train to run classes). As a chief apprentice instructor, one cycle of teaching is unpaid. For the second cycle of teaching, the instructor will receive payment for running the class.

Instructor Classifications are as follows:

★Senior Instructor: Black Belt

★Chief Instructor: Red or Black Belt in charge of running class

★Junior Instructor: Red Belt

★Assistant Instructor: After instructing two training cycles (Yellow or Green Belts)

★Apprentice Instructor: Instructors in the process of first two training cycles (Yellow, Green or Blue Belts)

b) Women's Self Defense/Police Defensive Tactics

Students who have completed the 16 week Women's Self Defense Program or the Police Defensive Tactics Program are eligible to help out as instructors for these courses.

c) Rape Prevention Classes

Any student who has attained a yellow belt (passed lesson 22 in martial arts program), completed the Women's Self Defense class, or completed the Police Defensive Tactics Course is eligible and encouraged to assist at an AWSDA sponsored Rape Prevention Class.

d) Special Classes and Seminars

Modern Warrior conducts classes periodically in Ground Fighting, Sticking Hands, Weapons Defense, Steel Fan, Self Defense Key Chain, etc. as well as longer term (several days to several weeks) PDT oriented seminars and courses. Students may assist as instructors for these classes and seminars. (See Phil or Liz if yellow belt or below).

NOTE: All instructors are assigned a time spot. If for any reason an instructor is unable to be at their appointed time spot on a particular day (due to illness, vacation, work, etc.), it is that instructor's responsibility to find a replacement instructor. An instructor list is available for this purpose only.

2. Committees/Group Representatives

a) Group Representatives

Each group has a student-elected group representative for each time spot the group meets. This person acts as a representative of the group. Students may approach their group representative with any issues or concerns relative to their class (confidentiality will be observed). An example of a student's concern may be requesting extra classes in a particular area such as kicks or conditioning. The group representative would then relay the concern (after class) to either the head instructor, the Safety Committee (if appropriate), or he or she may wish to discuss the issue with other group representatives from that group for their input.

Responsibilities also include:

- (1) Ensuring that money (\$2 -\$3 per person) for supplies is deposited in the group's can (it's the students' responsibility to deposit money for supplies)
- (2) Supplies are well stocked
- (3) Overseeing the clean-up of the gym and lavatories

Each group is assigned a month for clean-up and it is the group representative's responsibility to delegate them maintenance duties to students in the class during that month. The group representative must ensure a fair division of duties among all students. Large jobs should be split up between students. With all students pitching in, clean-up only takes 15 minutes after class.

Clean-up duties include:

- ★Cleaning of the three bathrooms. (toilets, sinks & floors) Assign one per person.
- ★Cleaning the courtesy area behind each gym. Assign at least two people per area.
- ★Vacuuming the office, hallway and store.
- ★Sweeping and/or disinfecting the mats in each gym. At least two people.
- ★Empty garbage cans and refill bags in the offices, bathrooms, hallways and store.
- ★Empty large courtesy area garbage cans into dumpster in parking lot. Replace bags.
- ★Purchasing supplies: coffee, sugar, half & half, cups, paper towels, toilet paper, garbage bags, cleaning supplies, etc. A list is maintained for this purpose and is posted on the side of the microwave in the courtesy area.

b) Safety Committee

The Safety Committee is a group of five students, the chairman of which is appointed by Phil. The others are appointed by the chairman (usually representatives of all groups). The committee deals with safety concerns, which may include safety conditions within the school environment, sparring sessions, another student's unsafe behavior in class, or any issue that may involve safety. Issues may be brought to the Safety Committee's attention either verbally or in writing, and may be anonymous. Any student may make a referral directly to the Safety Committee by either contacting in person or in the student mailbox any Safety Committee member, or by leaving comments in the suggestion box. The names of the Safety Committee are posted on Phil's message board.

If a complaint is made against a student, he or she is informed of the complaint by the Safety Committee, in writing. (the person who filed the complaint may remain anonymous) The Safety Committee then reviews the complaint and interviews the person filing the complaint, if the person is not anonymous. The Safety Committee then investigates the complaint further, as appropriate. An example of a further investigation may be the view of a video tape of a particular class (if a sparring session is involved). The Safety Committee then makes a decision as to what actions should be taken. A decision could be a warning, a suspension from sparring or certain other classes, or a suspension from the school.

NOTE: Any one black belt has the same authority as the entire Safety Committee.

c) Screening Committee

The Screening Committee is a group of five students (three members and two alternates) elected by the students. It is the responsibility of the members of the Screening Committee to meet and interview applicants. Based on that interview and any input from the sponsor, the Screening Committee will determine if that person will become a student at Modern Warrior, by majority vote. The Screening Committee may place specific limitations or pre-determined conditions on a student's enrollment in the school. Examples of this may be asking that the student wait until the next enrollment cycle, or that the student watch classes regularly for a specified amount of time before beginning classes. The Screening Committee may also be consulted when new school policies or rules are instituted.

3. Visitors/Observers

Visitors and observers are allowed to observe classes with prior approval. There are certain classes that may not be open to visitors. See a Modern Warrior employee to schedule these visits. Each class is only open to two visitors at a time.

4. Modern Warrior Recommends Comparison Shopping

Modern Warrior is unique in philosophy and teaching methods. This institution encourages all students to visit other martial arts schools as a basis for comparison. All students must remember that the purpose of any visit is to learn about the other school, not for the purpose of showing off or demonstrating Modern Warrior's techniques. Sparring at another school is prohibited unless approved by Phil in advance.

II. Communication & Bulletin Boards

There are several means of communication within the school that students and staff can use to convey information to each other. These include flyers, mailboxes, and bulletin boards that are located throughout the school and have important information posted on them. With the many students that pass through the school each week, it is important to make use of these items and read the information that is posted. All students should make an effort to check the bulletin boards frequently.

1. Bulletin Boards

a) Student Bulletin Board

This bulletin board is located on the right side of the hallway leading to the dressing rooms in the south gym. Students are encouraged to use this bulletin board to post information that they would like the other people in the school to know about such as business cards, items for sale, etc.

b) Student Message Board

This bulletin board is located in the courtesy area of the north gym. Messages may be left here from other students, instructors or staff personnel. Students should check this board at least once a week. Make use of this board!

c) Sign-Up Sheet Clip Boards

These clipboards have sign-up sheets for upcoming free classes, to help instruct with the Free Rape Prevention, to assist with black belt testing, or other community events. They are located on the door leading to the courtesy area of the south gym.

d) PDT Board

These boards are located in the hallway leading to the dressing rooms in the south gym. They contain information for student in the Police Defensive Tactics course, or others in the law enforcement community. Please check this board for upcoming PDT classes or for newspaper articles and other issues related to law enforcement.

e) AWSDA Bulletin Board

The AWSDA board is located in the south south gym courtesy area. Here students will find information posted for AWSDA members such as; upcoming seminars, interesting articles, photos, etc.

f) Miscellaneous Bulletin Boards

These boards are located in the hallway to the rear of the south gym and within the courtesy area. They contain important information for all students such as soaring rules, the name of Safety Committee members and Screening Committee members, upcoming classes, and information about seminars for other organizations.

g) Picture Board

This board is located in the hallway of the south gym and has photos and names of all of the students that are enrolled in the Martial Arts program. This is helpful for new students that do not know all of the other students in the school.

h) Survival Board

This board is located in the north gym courtesy area and displays photos and articles which depict the types of wounds and incidents which people are capable of surviving.

i) Phil's Message Board

This is a small board in the hallway of the south gym. It is used solely for Phil to leave messages for the students. This board is sometimes referred to as the "Uh, oh" board.

2. Mailbox

The mailbox for students is kept in the office. This mailbox is meant for student mail only and includes any mail that may come to the school addressed to a student, as well as any message or information that one student may bring in for another. Student mail is to be given out during announcements after class.

3. Calendar

The monthly calendar for classes can be found between the dressing rooms in a file folder. An online version may also be viewed on our website with an access code available to all Modern Warrior students. It is important to check the calendar frequently for class updates and schedule changes.

4. Suggestion Box

The suggestion box is the wooden box located in the hallway of the south gym on the bottom white shelf. (Under the medical supplies) It is a box where students can put comments or suggestions about the school or any other kind of concern that they would like to make the school staff, instructors, or Safety Committee aware of. If you prefer, comments may be anonymous.

5. The Modern Warrior Store

The Modern Warrior Store sells a wide variety of martial arts equipment, uniforms and media. There are many items in the store that can be especially beneficial for a Modern Warrior student to own. Many times, the Modern Warrior Store will hand out flyers to Modern Warrior students only, giving additional discounts on these special items.

There are also many items in the Modern Warrior Store that are only available to students of the school. These items include: Modern Warrior shirts, hats, and special training videos.

The store hours are as follows:

September 1st – May 31st

Sunday..... 10am – 6pm
Monday..... Closed
Tuesday – Friday..... 12pm – 6:30pm
Saturday..... 10am – 6pm

June 1st – August 31st (summer hours)

Sunday..... 10am – 3pm
Monday..... Closed
Tuesday – Friday..... 12pm – 6:30pm
Saturday..... 10am – 3pm

During class times, (evening hours) there is usually an employee who can assist you with purchases. Modern Warrior students are entitled to a discount of 15% off supplies and 10% off of books, videos and DVDs.

III. Affiliated Organizations

1. The Association for Women's Self Defense Advancement

AWSDA is an international, non-profit (501 c-3), educational organization, dedicated to ending violence against women by providing training programs for instructors, and services for women, designed to increase their education of self defense and rape prevention. Its membership includes male and female self-defense trainers as well as women all throughout the world. AWSDA sponsors the free rape prevention classes offered at Modern Warrior and also certifies its trainers to become Rape Prevention Instructors. As an AWSDA member, you will automatically receive a subscription to the highly acclaimed *Fisted Rose*. This informative newsletter is chock full of self defense related articles and other important information. Also as an AWSDA member you will receive discounts on the annual hands-on and lecture training seminar, which is always jam-packed with a variety of topics. The training conference has classes geared for all levels. Each class 2-hours long and classes can range from lecture to hands-on to live fire firearms. With the many classes to choose from you can custom design your own seminar experience. All interested students are encouraged to join AWSDA, as it is a very worthwhile and necessary organization. Visit www.AWSDA.org for more information.

2. International Law Enforcement Educators & Trainers Association

The International Law Enforcement Educators and Trainers Association is an organization by, for and about Instructors and training for the criminal justice professions. As an organization, ILEETA is committed to the reduction of law enforcement risk through the enhancement of training for criminal justice practitioners. ILEETA members are fully committed to the saving of lives through the development and delivery of high quality training. As training and education professionals, ILEETA is committed to the safety and security of all citizens, and the furtherance of understanding between society and the criminal justice professions. To become a member of ILEETA one must be an educator or trainer, there are no student or associate members. For more information about ILEETA, or how to become a member, visit www.ILEETA.org.

Path Of A Warrior

For students, *Path Of A Warrior* gives many insights into the history of Modern Warrior and the lifelong teachings of Phil Messina.

If you find Phil to be a bit of a mystery, you are not alone. He is unlike many martial artists instructors in that he does not seek the limelight, but instead pushes his students into the limelight. You can learn why Phil believes it's not his accomplishments that are important, but rather the accomplishments of those he teaches that makes Bo Fung Do what it is.

Path Of A Warrior is a book about strategies, philosophy and wisdom. Contained within are many of the writings found on the walls of the Modern Warrior gym, along with explanations, stories, and anecdotes, written by many past and present Modern Warrior staff and students. This is the kind of book that you want to go back to over and over again. It becomes like a comforting old friend. Although no one really knows Phil Messina, through *Path Of A Warrior*, you will come to know more than most.

Path Of A Warrior is available in the Modern Warrior Store for \$20 to Modern Warrior students and \$25 for non-students.

Reference Chart

A) Aggressive

- ✎ 1. Palm up (inside or outside)
- ★ 2. Palm out
- ★ 3. Bon sao (inside hand)
- ★ 4. Angle strike block (superior and inferior position)
- ★ 5. Bent wrist block (outside hand)
- ★ 6. Elbow blocks
- ✎ 7. Palm depress
- ❖ 8. Bo Fung Do block
- ❖ 9. Double arm blocks (used against weapons)

B) Passive

- ❖ 1. Palm across
- ❖ 2. Palm back block
- ❖ 3. Circular redirection (to inside and outside)
- ❖ 4. Angle redirection

C) Neutral

- ✎ 1. Fuk sao (inside and outside)
- ✎ 2. Bong sao (front side and low)
- ✎ 3. Taun sao (lay back block)
- ❖ 4. Trap blocks

✎ - Normally used in sticking hands exercises and in combat situations.

❖ - Can be used to initiate sticking hands in combat, but not normally used during sticking hands exercises.

★ - Not normally used in sticking hands exercises, or to initiate sticking hands during combat.

Options According To Range

A) Extra Long Range

1. Side thrust kick
2. Reverse thrust kick
3. Low crescent kick

B) Long Range

1. Side thrust kick
2. Reverse thrust kick
3. Low crescent kick
4. Heel thrust kick
5. Front snap kick
6. Side snap kick
7. Inside snap kick
8. Finger jab (palm down)

C) Medium Long Range

1. Side thrust kick
2. Reverse thrust kick
3. Low crescent kick
4. Heel thrust kick
5. Front snap kick
6. Side snap kick
7. Inside out kick
8. Finger jab (palm down)
9. Finger jab (palm up)
10. Half fist (palm down)
11. Front peck
12. Side peck

D) Medium Range

1. Heel thrust kick
2. Front snap kick
3. Side snap kick
4. Inside out kick
5. Side stomp kick
6. Scissor kick
7. Hook kick
8. Finger jab (palm down)
9. Finger jab (palm up)
10. Half fist (palm down)
11. Vertical palm strike
12. Horizontal palm strike
13. Front peck
14. Side peck

E) Medium Close Range

1. Heel thrust
2. Front snap kick
3. Inside out kick
4. Side stomp kick
5. Scissor kick
6. Hook kick
7. Finger jab (palm down)
8. Finger jab (palm up)
9. Half fist (palm down)
10. Half fist (palm up)
11. Vertical palm strike
12. Horizontal palm strike
13. Reverse palm strike
14. Uppercut
15. Inside chop
16. Outside chop
17. Vertical chop
18. Wrist strike (front)
19. Wrist strike (rear)
20. Front peck
21. Side peck
22. Reverse peck

F) Close Range

1. Inside out kick
2. Side stomp kick (instep)
3. Control knee kick
4. Finger jab (palm down)
5. Finger jab (palm up)
6. Eye gouge
7. Half fist (palm down)
8. Half fist (palm up)
9. Vertical palm strike (low)
10. Horizontal palm strike (low)
11. Reverse palm strike (low)
12. Uppercut
13. Inside chop
14. Hook
15. Hook Palm strike
16. Forward elbow strike
17. Reverse elbow strike
18. Upper elbow strike
19. Forearm strike
20. Front peck
21. Side peck

22. Reverse peck
23. Double hand strikes
24. Head strikes
25. Hand strikes to knees
26. Throws
27. Grappling techniques

G) Extra Close Range

1. Side stomp kick
2. Controlled knee kick
3. Eye gouge
4. Vertical palm strike (high)
5. Horizontal palm strike (low)
6. Reverse palm strike (low)
7. Hook palm strike
8. Hook (low)
9. Forward elbow strike
10. Reverse elbow strike
11. Forearm strike
12. Front peck
13. Side peck
14. Reverse peck
15. Head strike (face only)
16. Shoulder strike
17. Throws
18. Grappling techniques
19. Biting (thumb & fingers)
20. Hand strikes to :
 - Kidneys
 - Rear of solar plexus
 - Base of skull
 - Rear of groin

Sil Lim Tao (Exercise)

1. – a. From attention, both hands palm up to chest.
b. Make two fists and pull into tuck position.
c. Point toes out; then pull heels out and bend knees (practice position).
2. – a. Cross arms into downward X with fingers extended and left arm over right touching.
b. Pull arms into upward X with right arm over left still touching.
c. Point X outward to chest level, then separate arms to shoulder width with palms up.
d. Make two fists and pull into tuck position.
3. – a. With left arm, strike with vertical fist outward to centerline.
b. Bring left hand and wrist into upward fuk sao position (wrist bent & fingers toward you).
c. Rotate into down fuk sao position and back to up fuk sao.
d. Make fist and pull into tuck position.
e. Repeat A through D with right hand.
4. – a. With left hand, go into tight palm up block (arm extended about 1/3).
b. Go into extended palm up block (arm extended about 3/4).
c. Rotate hand toward pinkie into outside combat position (thumb facing you).
d. Pull down centerline into inside combat position.
e. Rotate to side fuk sao position (knuckles to opposite shoulder) & lower hand below belly button.
f. Push hand outward along centerline 3/4 and into outside combat position.
g. Repeat D through F three times.
h. Pull down centerline into inside combat position.
i. Push hand across to edge of opposite shoulder (edge of zone).
j. Pull back to inside combat position.
k. Vertical palm strike along centerline.
l. Rotate toward pinkie into upward fuk sao position.
m. Rotate to down fuk sao and back to up fuk sao.
n. Make fist and pull into tuck position.
o. Repeat A through N with right hand.
5. – a. With left hand, palm strike downward (palm facing floor).
b. Repeat A with right hand.
c. Pull both hands up to waist level (palms still facing floor).
d. Palm strike to rear with both hands (arms 45 degrees downward & knuckles toward you).
e. Pull both hands back to waist level.
f. Palm strike down to front with both hands (arms 45 degrees down & knuckles toward you).
g. Turn hands toward each other with left hand over right.
h. Raise arms until left hand over right elbow and right hand under left elbow.
i. Strike out to both sides at shoulder level (arms fully extended with palms down).
j. Bring arms back to H position with right hand over left elbow & left hand under right elbow.
k. Bring arms to double vertical block (arms parallel to edge of zones with palms facing each other).
l. Convert to double palm up block, pulling elbows in and shoulder forward.
m. Pull hands to chest with palms facing out and fingers extended up.
n. Strike with double finger jab.
o. Lower arms to groin level with palms parallel to floor.
p. Raise arms in front of you, with wrist bent and fingers pointed downward.
q. Convert both hands to upward fuk sao position.
r. Rotate both hands to down fuk sao and back to up fuk sao.
s. Make fists and pull into tuck position.

6. – a. With left hand, palm across block to edge of zone.
b. Pull back to inside combat position.
c. Horizontal palm strike along centerline (fingers toward left shoulder).
d. Rotate hand toward pinkie into fuk sao position.
e. Rotate into down fuk sao and back to up fuk sao.
f. Make fist and pull into tuck position.
g. Repeat A through E with right hand.
7. – a. With left hand, go into tight palm up block.
b. Go into extended palm up block.
c. Convert to palm depression block (fingers extended with palms parallel to floor).
d. Go back into tight palm up block.
e. Rotate hand toward pinkie into side palm strike position and strike along centerline.
f. Rotate hand toward pinkie into up fuk sao.
g. Rotate into down fuk sao and back to up fuk sao.
h. Make fist and pull into tuck position.
i. Repeat A through H with right hand.
8. – a. With left arm, elbow strike forward.
b. Point arm and fingers down 45 degrees (palm downward and thumb towards you).
c. Convert to tight palm up block.
d. Bend wrist back & strike up w/ reverse palm strike (palm up & fingers point at opponents throat).
e. Rotate hand toward pinkie into down fuk sao position and back to up fuk sao position.
f. Make fist and pull into tuck position.
g. Repeat A through F with right hand.
9. – a. Point left arm and fingers downward 45 degrees (as in 8b).
b. Point right arm and fingers upward 45 degrees, above and parallel to left arm.
c. Pull left arm to fist tuck position & sweep right arm to palm depress (fingers away & palm down).
d. Pull right arm into fist tuck position and vertical punch with left hand.
e. Pull left arm into inside combat position and vertical punch with right hand.
f. Pull left arm into fist tuck position and pull right wrist and fingers into up fuk sao position.
g. Rotate right hand into down fuk sao position and back to up fuk sao position.
h. Make fist and pull into tuck position.
10. – a. Pull left foot into right foot, keeping knees bent.
b. Straighten knees.
c. Slowly lower hands to sides with fingers extended and palms facing the floor.

End of Exercise.