

INTRODUCTION

Hello, my name is Rick Tew and even though my last name (pronounced like the number) says otherwise, there is only one of me. But, I do have a split personality:



In fact, I believe we all have split personalities. And the combination of these personalities is what makes us who we are as a whole. It is what makes you unique. I am going to teach you how to maximize the power within, the power you already have, and how to combine these character traits with practical, proven, success principles to reach your full potential and get a **Black Belt** in what you do. I call this mental martial art and system for success, “Winjitsu.”

As a professional *"Martial Science"* instructor, I make my living teaching and sharing the Way of the Warrior. In the course of my life, I run across many people who seek a verbal definition of exactly what it is I do and teach. Even though I am an experienced speaker and lecturer, I still cannot do justice to the real meaning behind my Martial Science with words alone. It is not a sport; it is a way of life. It isn't about just mastering a Martial Art Style, but instead, how to develop a Life-Style.

It is a very clear picture for me, but trying to explain my life to others who don't have this picture is like speaking in my own dialect. We each have our own view, our own representation of how the world is perceived. Different pictures are similar to different languages. So although my words are used for that initial spark, it is the picture that you see that will lead to an interest in my art and perhaps an eventual

development of a new way of life. In any case, we all have pictures of how our life is represented. This book is about improving that picture.

Let's talk a little about survival for a moment. How do you picture survival? If there were two pictures in your mental museum of life, one of a caveman and one of modern man, what would your picture of SURVIVAL look like for each? There was a time when an average day might be filled with hunting wild animals and defending against neighboring tribes. Physical skills determined your survival as a cave dweller. Is this the image you have of the world today? Do you picture people with knotted hair, dirty skin, and bad teeth wearing animal skins, sharpening long sticks and preparing for combat? Not likely. Today's real world challenges have changed. The knife has been replaced by the mobile phone. Knowledge of spear throwing is not as important as how well you use a computer. And the courage needed to face a lion is similar to the confidence required to face a live audience.

In the martial arts, you learn self-defense to help prepare you for a situation that might be required for survival. It is a basic human need to feel protected. But in today's world, with our challenges being more mental than physical, you are indeed your own worst enemy. I don't say this to sound negative, but to point out that in this day and age your mental skills will take you a lot further than your physical skills. This is unless, of course, you are among the less than 1% that has made a success out of putting a ball through a hoop or scoring a touchdown. But even these top-ranked athletes will tell you that their ability to perform is largely based on their mental skills; their "*Mental Martial Arts*." And this is what I am going to share in this book.

In 2007, Slovenian marathon swimmer, Martin Strel, made a new world record by being the first man to swim the entire length of the Amazon River (3,274 miles). It took him more than two months and a support crew of about 20 people following him in a boat for protection. He was asked this question:

What's more important - physical or mental power?

His reply:

"I'd say mental power. I could not do such great swim 20 years ago when I was much younger, now I can do it. And the reason is I am now mentally matured."

Although it isn't likely you will be jumping into a river filled with schools of flesh eating piranhas, bloodsucking toothpick fish, giant

anacondas, and aggressive bull sharks anytime soon, the idea is that your life will have many challenges. Your mental characteristics are going to determine your ability to succeed and to survive.

Survival in this day and age is based on our quality of living, our balance of needs and how we feel.

We all could benefit from the Mental Martial Arts for survival in today's world. Getting a better job (for example) is part of your modern day plan for survival. Improving your life will improve your quality of living. Since we don't have the external worries of a neighboring tribe, it is replaced with more internal enemies like self-doubt, a lack of interest, and fear.

Winjitsu is the art of winning against our mental opponents.

I have taken the word "Win" and combined it with the Japanese word "Jitsu" (method) to create the Winning Method or Winjitsu. I chose these two words for very specific reasons. First, let's look at the meanings associated with the word, "win":

- to finish first in contest, or the like
- to succeed by striving or effort
- to gain the victory
- to succeed in reaching a place or condition
- to get by effort, as through labor, competition, or conquest
- to gain a prize, fame, etc.
- to be successful in a game, battle, etc.
- to make (one's way), as by effort or ability
- to attain or reach a point, goal, etc.
- to gain favor, love, consent, as by qualities or influence
- to gain the favor, regard, or adherence of
- to gain support
- to persuade
- to obtain and to prepare
- to overcome an adversary or challenge

And now let's look at the definition for the Japanese word "jitsu":

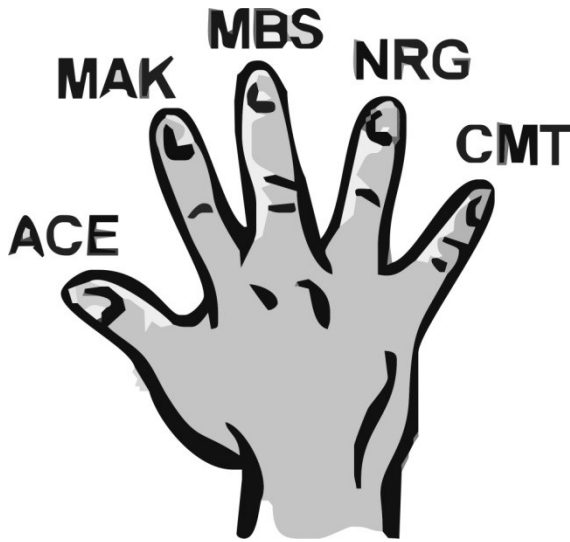
Jitsu (also known as jutsu) means art, or technique - as seen in jiu-jitsu or ninjitsu. It is similar to the way "do" is used in judo or kendo. It usually follows the main concept or idea. For example, in kendo, the "do" represents the method or way and the "ken" represents sword and thus it is the "way of the sword."

So Winjitsu is the “Art of Winning” or the “Winning Technique.”

I have compiled this text to give you an often-confused description of the benefits the Martial Science has to offer, especially in the area of improving our self-image. It also must be noted that it is not necessary for the reader to participate in said “Martial Science” activities to benefit from the knowledge within this book. I use the Martial Science as a way to explain the principles that I believe help us to improve our lives, build confidence, generate inspiration, face our fears, and enjoy a healthy lifestyle. It is however, my experience as a martial artist that has brought me into the world of personal excellence, and I owe much of my current lifestyle to the teachings of this so-called martial knowledge. I was able to kick-start my life through the martial arts.

Perhaps this knowledge will add some light to a dark path and/or brighten your future with the use of the principles and strategies contained herein. Maybe you will embark upon your own journey through the Martial Science as I have. Or perhaps this information will encourage a new motivation, a lifetime habit, help you strive for a new goal, better performance, or a more balanced lifestyle. My hope is that it will improve your life and that you will use this information any way you choose, whether that is to balance your character, break free of limitations and take on more goals, or to increase your level of joy in this world.

A System OF FIVE FINGERS



I teach the skills of freedom, balance, and facing your fears with initialisms associated to each finger. Yes, I consider the thumb to be a finger. I like the idea of having five toes and five fingers, even if we call one of them a thumb.

There are five areas of focus that help us to create the power to break through and the strength to hang on. Take a moment to picture the following two characteristics for survival:

A WARRIOR:

An individual that combines the power of the fingers to form a fist and is able to break through barriers, face challenges, conquer enemies, and courageously fight to survive.

The survival strategy of the Warrior is to take the spear in hand and head out for the hunt in order to provide an immediate solution to an existing problem.

A CULTIVATOR:

An individual that combines the power of the fingers to provide strength to grip, hang on, stick to the task, condition the mind, and provide loyal team effort.

The survival strategy of the Cultivator is to plant seeds, grow a garden, and over time, provide a solution that lasts.

Winjitsu is all about improving the skills it takes to be both a good Warrior (a person able to defeat immediate challenges) and a Cultivator (a person able to survive the test of time). Now let's breakdown the five levels that make up this system of mental martial arts:

ACE (thumb) – Achieving Combined Excellence
Finding your Winning Personality

MAK (index finger) – Motivation – Action – Knowledge
Making it Happen

MBS (middle finger) – Mind, Body, and Spirit
The Synergy for Success

NRG (ring finger) – Neuro Reasons for Growth
Internal Power for Achievement

CMT (little finger) – Creative Mental Training
The Magic of our Imagination

In The Palm of Your Hands

On each finger of the hand is an initialism/acronym (ACE, MAK, MBS, NRG, and CMT) that refers to a set of strategies or lessons that will help you to practice your Mental Martial Arts. **Self-Power** will be getting yourself to use and master these strategies until they are not just external aids, but also internal personalities.

Once you memorize the three-letters for each finger (and the meaning behind each of them), it will be easier to recall the tools for each section. You will then be able to take time using the principles of *Creative Mental Training* (level 5 of Winjitsu) and enter the *Dojo* (training hall) of your mind in order to develop your skills.

Most of these skills I learned through **my experiences** in life and training in the martial arts; others are a collective energy from many

sources including books, friends, and speakers. But most of all, they are techniques I have used and continue to use to build my confidence, overcome my fears, help others, and improve my life. They are universal principles and will work equally well for you.