

POWER

The Manual for powerDOJO Practitioners

ERIC WONG

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The powerDOJO Practitioners Manual

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INTRO

THE FEELING

I was on edge the whole time, watching all the action from a perspective I'd never watched from before.

I was cage side at UFC 115 and it was late in the 1st round when Claude Patrick was standing over Ricardo Funch and landed a couple of heavy punches that caused obvious discomfort.

The round ended and I rushed into the Octagon, put the little wooden stool down for Claude. He sat down and while Kru Alin began coaching him I applied an ice pack to the back of his neck to speed his recovery during the minute break between rounds.

The adrenaline was pumping through my veins and everything was a blur and before you knew it I was rushing out of the cage and took my place watching the action with all of my focus and attention.

Shortly into the second round the fighters clinched then Claude pulled Funch down into his guard wrapping his neck up tight and I knew it would be soon over.

Ricardo tapped out to a guillotine choke and the crowd went nuts.

Again, I rushed into the octagon but this time to celebrate the victory – Claude Patrick won his UFC debut via guillotine choke in the 2nd round.

After Bruce Buffer announced Claude's name and his hand was raised, the roar from the Vancouver crowd was louder and more resonating than I'd imagined and I felt shivers shoot down my spine like a lightning bolt.

It was the same feeling I had after I watched Jeff Joslin dancing around the ring versus Nuri Shakir, before landing a vicious right hand that led to a 1st round victory for Jeff and the Apex World Welterweight title.

I also get this feeling after I hit one of my physical fitness goals, like when I did ten Muscleups in a row for the first time, or when I Deadlifted twice my bodyweight or did Front Squats with two plates per side.

And I get this feeling when I read emails that come in from people who share the results they've experienced from following one of my programs, such as this email I got from Pete L:

"I just had to let you know how grateful I am for this program, ha. I've had lower back problems for the past year which has affected my gym time and work outs, which in turn affects my mood.

I've tried a few different things to fix my back chiro, physio... nothing has really worked.

Been doing your program for only three days now and I already feel an improvement so thanks a million, I can tell it's only going to get better.

Cheers,
Pete"

One more and then we'll move on - I also got this feeling after I saved the final version of this book before I sent it off to be edited, formatted and published, because in that moment, I pictured you reading something that gives you one of those "ah ha" moments you get after learning something you know is going to positively impact your life.

This feeling is one that I love getting.

It's a mix of equal parts excitement and accomplishment that come from a dedicated effort.

It can't be gotten randomly or by luck.

It's one that requires an investment of time and energy before reaping the returns.

In this book, you're going to discover the Principles that I've determined, through much thought, deliberation, trial and error, that will help you get this feeling, too.

Not only that – but they'll make getting this feeling under your control.

I don't know exactly what will give you this feeling, which is why inside you'll discover Principles, not strategies or tactics.

When you understand and apply Principles, you have the power to create strategies and tactics to fit whatever unique situation you're presented with... at WILL.

Now, these Principles may not be all you need, but they are a damn good start.

And that's all I ask – is that you start.

Give them a fair shot.

“Absorb what is useful. Discard what is not. Add what is uniquely your own.”

One of my favourite tidbits of wisdom from Bruce Lee.

The thing is, most people screw it up.

They read the quote then skip to the end and think it's all about doing things in your own “unique way”.

Don't make this same mistake.

The wisdom is in the totality of the statement including the order of the ideas.

First, absorb.

Then you can discover what is useful and what is not.

Keep what's useful and discard what's not.

Only now is the time to add what is uniquely your own.

But skip to the end and you're eliminating the opportunity to learn from those who came before you.

You're re-inventing the wheel.

So take these Principles, apply them, then see what works, what doesn't and go from there.

PRACTITIONERS WANTED

When most people hear the word practitioner, they think of individuals in the medical field, such as doctors, nurses or physiotherapists.

People who have studied a field and now work in that field.

However, just looking at how the word is composed, I make the case that it is a messy composition of two other words: practice and action.

Someone who practices.

And someone who takes action.

But when I did a good old Google search, I found my thinking to be fairly accurate, but not quite, according to the actual origin of the word.

Practitioner is a hybrid formed from the root latin word *practicus*, which means “fit for action” and modeled on the word “parishioner”, which describes someone of the parish (church).

So when combined we’ve got “someone fit for action”.

This is even juicier than what I’d originally thought it to be.

How do you become someone who is fit for action?

You practice, just like a martial artist practices his kicks against a heavy bag, or his punches in the air.

Practice is scripted, intentional and designed to develop and hone your skill.

It’s through practice that you become “fit for action”.

Now, what if you want to master a particular skill?

This is where it gets interesting...

True mastery is both counter-intuitive and a false premise.

It's counter-intuitive because it comes from practice and dissolving the division between practice and competition.

Said another way, true mastery comes from practice and seeing practice as all you do, even if it's the "big show" or a competition.

So if you're an MMA fighter training for the octagon, mastery is when you can step into the fight and treat it as just more practice, not anything different or special than what you do everyday in the gym and on the mats.

When you think about someone you'd consider a master of their sport, when they're competing doesn't it seem like they're performing like it's just another day at the office?

It's also why two individuals can fight each other until they're both broken, bruised and bloody and still hug each other and talk respectfully of the other – because without the other, there would have been no opportunity for this type of challenge, which is what the Practitioner seeking mastery is always after.

And the thing is, one whom others consider a master never sees himself as such.

This is why mastery is a false premise.

The "master" is never a master – he always considers himself a student and never loses the beginner's mind.

Once one considers himself a master and begins to act as if he's mastered his field, he hinders his own growth and development and when you do something to hinder your own growth and development, you cannot be considered a master since a master is always growing and developing.

POWER is about living a powerful life and building a powerful body.

If you want to get something from it, first give up any notions that you've mastered these areas.

Read it with the beginner's mind.

Then, practice.

You got this.

THE FAMILY

A few months before writing this book, my grandma passed away.

I called her Apo, which is “mother’s mother” in Chinese.

Apo was actually born in Jamaica and lived to be 100 years old.

Picture a sweet little Chinese lady standing 4 feet 11 inches tall talking to you with a thick Jamaican accent and that’s Apo.

While making it to 100 is an accomplishment in and of itself, she also had 15 children, which even based on the time when kids were pumped out like gas, was a lot.

After her passing, I also learned that she was an entrepreneur, running a general store in Jamaica while raising all those kids and when she moved to Canada at age 64, she opened a Christian bookstore and rental property in a little town called Hagersville.

I guess the entrepreneurial spirit is in the blood.

Many other amazing stories about her were shared at the funeral and “after-party”, such as the time she heard a ruckus outside of her house and a young man she knew was drunk and resisting a couple of police officers and she came out, marched right up to him and told him in a stern voice to “Stop it and get in the car”.

His response was simply, “Yes ma’am” then he got in the car.

She was a funny old lady with a quick wit and always ready to smile.

My mom was the first of her family to leave Jamaica for Canada at 18 to study nursing and when she started working, she sent money home to help her family and soon, was joined by many of them.

My parents met in Hamilton, where my Dad also landed after escaping from troubles in China at 16 years of age.

When he came over, he didn't know a word of English, was given the name "Frank" by a guy at Canadian immigration and found himself sitting in a Grade 5 class since the school didn't know what else to do with him.

Just picture a 16 year old Chinese guy who can't speak English, sitting in a class with a bunch of 10 year old white kids who have likely never seen a Chinese person before!

But he dealt with it, got educated, learned the language and worked 41 years in a steel mill to provide for his family.

My parents met and had 5 kids, who are all now university educated, me being the last.

That's a snapshot of the Wong family.

Now, I'd like to introduce you to your new family - the powerDOJO family.

If you're looking to become powerful, this is the family to be a part of.

It doesn't matter if you're a professional mixed martial arts fighter, you're a student of the traditional martial arts or if fitness is your #1 hobby – being in top fight shape is the term I use to describe the wholistic, well-rounded level of fitness where all of the Biomotor Abilities are trained and developed.

So exactly what will it be like when I'm in top fight shape?

You'll be flexible and mobile so you can do everything with proper form and do whatever it is you want to do, whether that's Squat deep with perfect form, Deadlift without low back pain or effortlessly throw a high kick.

Without flexibility and mobility as your foundation, any strength or power you build will further tighten you up.

Once this foundation is established, it's on to building your strength and conditioning.

Strength builds muscle, it raises your potential for athletic performance, it hardens your body making it more resilient to injury and it also builds mental toughness as it takes more than just showing up to lift hundreds of pounds.

When you achieve the proper strength numbers relative to your body weight, you'll shift focus to building power as power is the ultimate expression of athleticism.

On the conditioning side of things, you'll feel the freedom that comes along with having complete confidence in your conditioning and your rapid ability to recover from intense all-out efforts.

How does this sound so far?

It's also the place to be if EFFICIENCY is important to you.

Bruce Lee said, "It's not the daily increase but daily decrease. Hack away at the non-essential."

This is a quote I live by and one that influences everything I do, from the routines of daily life to the exercise programs I design.

And it's one that's served myself, my athletes and the tens of thousands of practitioners around the world that follow me well because efficiency is all about doing just what you need to get the result you're after and nothing more.

That way, you've got more time and energy for the other areas of your life, whether it's developing your fighting skills like my pro athletes or being the kind of father and husband that you want to be (as a relatively new dad, the importance of efficiency has been elevated to a whole new level).

In terms of exercise program design, I quickly learned the power of an efficient approach when I started training MMA fighters in 2006.

The first fighter I trained was Jeff Joslin, whom I worked with for two fights: one where he won a title fight and the other his UFC debut.

Before I became his strength and conditioning coach, I was his student, learning the art of Brazilian Jiu-Jitsu at his school in Hamilton, Ontario where I was living and working as a personal trainer.

I'd started my own training business in January 2005, four months after getting my first full-time job as a trainer at a commercial gym because I couldn't stand the high pressure, sleazy sales techniques they used and the clientele that these techniques attracted.

So I up and left and started my own business, which had really begun to take off when I first began working with Jeff. We'd worked together for 6 months before his first fight.

In that time, I got to experience the unpredictability of the pro fight game where he had two fights that didn't happen, then got the opportunity to fight for the title of a Canadian promotion. He won the fight by first round KO.

When the round started, it was the most nerve-racked and excited I'd ever been.

Soon after this fight, he got a call from the UFC's matchmaker Joe Silva to fill-in against Josh Koscheck... in just 6 weeks.

Luckily, Jeff didn't incur any damage from his last fight and he was still in great shape so he accepted and we got to work.

Unfortunately, the fight didn't go his way and he lost a decision after three hard rounds against one of the UFC's toughest and most durable fighters.

After Jeff's UFC performance, I started getting a lot of calls and requests to train local fighters and that's when I began to focus on what I loved – training mixed martial artists and combat athletes.

Then, in 2008, I sold my training business to my partner and dedicated 100% of my time to studying and training fighters to get in top fight shape.

I started sharing the techniques I was using to train fighters on a blog and here we are today – a family of 60,000+ strong scattered around the world.

In that time I've worked with 3 UFC fighters, dozens of professional mixed martial artists, competitive and recreational martial artists in many different disciplines and guys and gals who resonate with my scientific approach to fitness.

Yep, we're a big family and it's great having you here.

YOUR CODE

My first computer was a brontosaurus.

It was a generic 386 in a big grey case that I put together myself, with pins on components that I had to connect via little plastic jumpers for various settings and an operating system that required me to type in cryptic commands to get anything done.

Any fellow computer geeks remember DOS?

I watched all the magic happen on a curved 13" monitor that maxed out at a flickering resolution of 1024 x 768, not that my computer was capable of doing anything at that high of a resolution.

And the monitor alone probably weighed 20 pounds.

But now, I have 1000x the power of that first computer in a device that fits nicely in my pocket.

With a beautiful flat touch screen!

And a battery that lasts all day!

And I can access the internet and use it as a telephone, too, without the terrifying banshee screech of a dialup modem!

The thing is, I could have the very same phone but if the software on it was junk, it might be just as pretty but exhibit as much capability as my old 386.

The difference is the CODE.

You and I and everyone lives by a code, but not everyone has chosen theirs intentionally.

Most inherited their code from their parents, siblings, peers and the society they grew up in.

“Don’t talk to strangers” is an example of this standard code.

So is “go to school, get a steady job, get married, have kids”.

Now, there’s nothing wrong with the standard code.

I’m not in the game of determining right or wrong.

I simply observe and ask, “Is this what you want?” or “How will this help you get what you want?”

The problem I see is when the standard code leaves you with an emptiness inside.

And if you have that emptiness, the standard code doesn’t provide you with a truly fulfilling way of filling it.

If you’re not fulfilled, it can’t be the code’s fault, since everyone else is OK.

“So, there must be something wrong with you,” is what the rules of the standard code would dictate.

And the solution you’ll get will be some type of band-aid to blind you from the emptiness within.

Whether it’s endless opportunity to spend every waking hour entertained and distracted or a couple of pills to pop when you’re feeling blue, there’s always a band-aid available but never a path to the root of the issue.

You see, the standard code doesn’t want you to explore this emptiness.

That’s because the standard code is all about conformity.

It has you operating as someone more comfortable taking orders from outside than directing from within.

It has you operate within a very rigid and limited framework of possibility where everyone around you looks and acts just like you.

The standard code is like the rope that ties the baby elephant.

The baby learns he can only wander as far as the length of the rope.

When he grows and becomes an adult, even though the rope has no chance of restraining his might, he continues to wander within the limits the rope provides not knowing that he could break free at any moment.

Here's what I say to this...

SCREW THE STANDARD CODE!

It's time to break free and show the world your might!

While operating by the standard code is normal and comfortable, it's not designed to elevate you or your life.

It's time we write a new code to live by.

When formulating the code you're about to read, I kept one 20 pound individual in mind: my 16 month old daughter Livia.

As a father, I feel it's my job to provide her with a solid operating system to start off with.

Then, once she's ready, it's up to her to write the rest of the programs.

The operating system has to be easy to understand and remember and general enough to apply to the important areas of life.

Areas like relationships, your career and your health and fitness.

The code you're about to discover is based on what I call the 5 Principles.

These Principles combined form an operating system that you can install and use to live a powerful life.

I dare say that if you want to be successful in the important areas of your life, missing any of these fundamental Principles is like walking into a boxing match against Mike Tyson in his prime with one hand tied behind your back.

Again, don't just take my word for it.

But don't dismiss them without at least imagining how your life would be if you applied them.

Also remember that the standard code has been installed for years and it's not going to disappear without a fight.

The key to erasing the points that don't serve you is to first notice them and in that moment of noticing, choosing differently.

If you only notice but don't actively make a different choice, you will revert back to the old way of doing things.

This is the two-part formula to ridding yourself of old ways of being: notice the old, then choose the new.

You just have to apply this formula over and over and over.

It's simple, not easy.

The hard part is being patient and persistent but I know you can do it and in being so, you will have re-written your life's operating system.

THE 5 PRINCIPLES TO A POWERFUL LIFE

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Serendipity is when something cool happens to you by chance.

It's like when the season changes and you put on an old jacket or pair of jeans and reach into the pocket to find a twenty-dollar bill.

That's what happened when I "came down" with the 5 Principles (I use the term "came down" intentionally as you'll see).

I started the process out like I start any process – by brainstorming and mind-mapping on my 3 foot by 4 foot whiteboard with a handful of colourful dry-erase markers.

I listed every word and concept that I thought might fit.

When I was done, dozens of terms were staring back at me from my whiteboard.

Then I began the process of "hacking away the non-essential".

I started crossing things out that obviously feel like they fit.

I made some groups of similar ideas to search for the best word to describe the common theme.

Then, when my list was down to about 10-12 ideas, I put my markers down and sat on it.

Not the markers or the whiteboard, but the ideas that remained.

I kept playing with these ideas in my head and over a period of about a month and a half eventually whittled them down to the 5 Principles you're about to discover.

I also have a compulsion with order.

I think it comes from creating so many exercise programs over the years.

Here's something to ponder to show you the thinking that goes into a seemingly simple question:

When creating an exercise program, Bench Press before Back Squat or vice versa?

Without any other data, here are some considerations:

You have more physiological and neural energy for the first exercise, so your priority exercises go first.

Any exercise that is technically more complex should go first since proper form is important to performance and injury prevention and maintaining form is more difficult when fatigued.

Lower rep sets should go before higher rep sets because lower rep sets require peak CNS activity and any challenging exercise will drain the CNS, therefore higher rep can still be effectively performed when the CNS is already fatigued if the muscles themselves are still relatively fresh.

Plus, higher rep sets create greater systemic metabolic fatigue that can negatively impact any subsequent exercises.

Looking at the muscles involved, it's cool to fatigue your legs before Bench Press since they're minimally involved, but fatiguing the chest and shoulders can be problematic before working with a heavy barbell sitting across your traps.

The Bench Press can also make it more difficult to support the barbell during the Back Squat from a flexibility perspective.

So generally speaking, I'd prescribe the Back Squat before the Bench Press.

But even better would be to work the Deadlift instead of the Back Squat and still keep it before the Bench Press.

I'll let you think about this one.

Back to serendipity...

When I put in the time and energy to properly order the 5 Principles, I was pretty pumped when the acronym came out like this:

GIVER

Like finding twenty bucks in my pocket.

Now, let's break this acronym down and talk about how being a GIVER lays the foundation for you to live a powerful life.

GRATITUDE

Gratitude | I | V | E | R

Oliver Twist was a character in a novel of the same name written by Charles Dickens in the mid-1800's.

The story is all about Oliver, detailing his journey as an orphan child in London where he is forced to work in a workhouse, sold into an apprenticeship with an undertaker and then escapes from the work life to join a gang of youth pickpockets until the happy ending.

You can break that rope, little elephant!

The most famous line from the movie comes from a scene where Oliver is at the workhouse where orphans are forced into child labour.

He's eating in the mess hall and after finishing his delicious bowl of gruel, he timidly walks up to the man serving and asks, "Please sir, can I have some more?"

This causes an uproar and one of his "masters" sarcastically offers five pounds to anyone who wants to take this "ungrateful" boy on as an apprentice.

Now, imagine an alternate scene where instead of this polite request, Oliver says, "Gimme some more of that disgusting gruel you stupid fat old man!"

Instead of gruel, I'm sure some beatings would've been dished out.

The difference in the two approaches is Gratitude.

Gratitude really is a necessary requirement to not only getting what we want, but keeping it, too.

And while we could talk about all sorts of reasons why we “should” be grateful or why it’s the “right” way to act, let’s exit the land of morality and instead, bring it back to our own lives with two simple scenarios.

First, imagine you’re at a dinner party and you’re really hungry and you know you’re going to want a second helping, but you’re uncomfortable asking and you’d rather be offered.

Would an offer for seconds be more likely if as you’re eating you’re making sounds of approval and commenting on how good the food tastes, or complaining about the temperature of the food and how you think it’s too salty and over cooked?

Scenario number two: let’s say you’re about to walk into a meeting with your boss and ask him for a raise.

If you walk in and state, “I do so much around here and I’m making jack shit! And you – you sit around in this big office all day in your comfy chair doing nothing, then go and take all the credit for my hard work. If anything I should be in this office, not you, you lazy prick. I deserve a raise!”

Or, “I love working for this company and for you. I think my performance clearly reflects this. I’d like to continue to grow in this company, so I’d like to discuss my compensation with you right now, ok?”

Exactly.

So here’s the thing.

Being grateful for what you have is not just a means to an end – the end being getting what you want.

Being grateful is an end in itself because in the present moment, gratitude instantly creates the conditions for happiness to exist because it is wanting what you have, not wanting what you don’t have.

That being said, if what you want in life involves relationships with others, whether they're employees, lovers, customers or mentors, being grateful is necessary to build strong relationships.

As such, the state of gratefulness is where you want to be for the best chance to create the life you want and love the life you're living.

So, cultivating an attitude of GRATITUDE is a necessary requirement to be part of the powerDOJO family.

This means focusing on what you have, not what you don't have.

It means looking forward and seeing the light at the end of the tunnel, instead of looking backwards and being surrounded by darkness and uncertainty.

It means being present to the luck and good fortune you've experienced and knowing not everyone has had the same.

We don't bitch, moan, criticize or complain in here.

At first, if you're used to operating by the standard code, you might catch yourself doing these things, which is ok.

Especially if you're surrounded by criticizers and complainers.

That's why you need to surround yourself by those aligned with the way you want to live.

In the powerDOJO Family, you don't get looked down upon for not being perfect.

Remember the two-part formula: notice the old then choose the new.

Choose to be grateful for all that you have.

Choose to build others up instead of break them down.

Some people will say things like, “Let me just play devil’s advocate for a minute...”

And I think there is a proper time and place and an elegant way to do so that continues to build the other person up while still getting your point across.

But when someone is expressing an idea they’re excited about, sharing a win, or opening themselves up to you in any way, this is the time they’re most vulnerable and when you can make the biggest impact on them with your positive support versus criticisms or pointing out the flaws.

Don’t ignore the problems or flaws you see; just let them revel in their possibility and positivity until they know you’ve got their back and then share your concerns because only then will they be open to receiving them.

Imagine being surrounded by people who consistently show and express their gratitude and support in their words and actions like this.

Actually, you don’t have to imagine it...

Because this is exactly what the powerDOJO Family is like.

You down so far?

If Gratitude has not been a part of your life, I suggest a simple exercise to make it so – when you wake up in the morning as you’re lying in bed, think of ONE thing you’re grateful for.

Really think about it, visualize it and most importantly, feel it.

Then, after a couple of minutes, get on your merry way.

Do this for 28 days straight.

Then, assess and see the impact it’s had on your life.

If you think it's been positive, commit to another 14-28 days and the habit is yours for life.

This is what we call the Lifestyle Experiment (LE) inside powerDOJO and it's something we use to continually upgrade our life in little ways, which over time, makes a major impact.

The basic structure of the LE is to pick something you want to implement, commit to it 100% for 28 days paying attention every day (ideally with a calendar that you can mark an "X" on after completing it), then when 28 days is up, decide whether you want to continue or not.

The beauty of this structure is that it's easy to stick to since it's only 28 days and if you do decide to continue, you're 80% of the way to making it a habit already and you'll just need another 2 weeks or so of attention to make it one.

Keep the LE as a lifelong practice and you can even teach it to others by asking those you share a meal the simple question, "What's one thing you're grateful for?"

Once they answer, tell them your experience with the practice of Gratitude and if they continue to show interest, tell them about the LE.

But wait, we're getting ahead of ourselves here, we just jumped ahead to the 4th Principle, so let's slow down, get back on track and talk about Principle #2...

INTEGRITY

Gratitude | Integrity | V | E | R

I live in Toronto, a city that's been rated the 9th most congested in North America and has the longest commute time of any in Canada.

Monday to Friday, 450,000 people commute into Toronto to work, with most spending over 45 minutes each way and many having to jump between a car, train, the subway and electric streetcars for this journey.

Thankfully, I run my business mostly from home and when I do have to venture out to train a client, meet a biz associate, deliver a workshop or shoot some videos, I make sure not to do it during rush hour.

Plus, most of the time, I'm riding my bike and because whenever I get in the saddle I'm compelled to ride like I'm competing against Lance Armstrong (the version using PEDs) in the Tour de France, I can make it to any destination less than 5 km (3 mi) away in less time than if I were to drive or take transit.

One day, I was speeding along and I didn't see a little pothole and as such, failed to "un-weight" the bike where you do a little jump and time it so you're at the peak of the jump exactly when your bike goes over the pothole.

This way, the bike glides over the pothole like Aladdin on his magic carpet and you can continue undamaged.

But because I wasn't paying attention, my front tire slammed into the pothole and not only did I get a flat tire, I also broke a spoke.

I replaced the flat and removed the broken spoke and kept going.

And I continued to ride with the missing spoke for a few weeks, not thinking much of it.

On another ride, I hit a teeny-tiny bump that normally wouldn't cause any trouble and BOING-OING-OING!... Another broken spoke.

I took this as a signal to take my bike to the shop.

Unfortunately, this wasn't all I needed as the mechanic informed me that my front wheel needed to be trued as well.

Because I rode without all of the spokes intact, the wheel no longer had Integrity, which then made it easier for more spokes to break and the entire wheel to go out of alignment.

This is one of the core components to Integrity and a perfect analogy of how it works in your life.

But before we go any further, we've got to get clear on one thing...

When I use the word Integrity, I'm not referring to the common usage where it's synonymous with being or doing things in a way that's deemed right.

Who is to say what's right and what's wrong for you?

Whether it's your diet, your choice of spouse or the path you choose to take your business, there is no right or wrong.

I know for a fact that the standard food pyramid is definitely not right for me, since eating dairy gives me acne and will have me stink up a fairly big room within an hour of a few bites of cheese.

I also know that it can work for some who have no problems digesting dairy.

So I can't say that it's wrong.

It just doesn't work for me.

So what exactly is Integrity then?

What powerDOJO Practitioners mean when we use the word Integrity refers more to its original meaning.

When you look at the roots of the word Integrity, it's formed by combining the latin word "integer", which means "whole" (like a whole number) and the suffix "ity", which alters whatever precedes it to mean "the condition or state of being".

So we get "the condition of being whole".

It's easy to see how this applies to our physical body, as not being whole would be when you're missing an arm or a foot or some other important body part.

Not being whole could also mean things like having muscles that don't work properly, for example, deep core stabilizers that don't function because they're not used.

Without functioning core muscles, one is not whole and one's body is out of Integrity.

But when it comes to how we operate in the world, what does it mean to be in Integrity; to be whole?

I was first introduced to this definition from my friend and mentor Glenn.

Glenn is a few years older than me and we grew up in the same town and went to the same high school and university. I knew of him because he played on the high school volleyball team but we weren't really friends.

We connected a couple of years after I'd graduated from university because I took a personal development course from a company he worked for.

A few more years went by before we re-connected.

Glenn was trained as an engineer and worked in the field for a short time before realizing he wasn't passionate about it nor would it make him wealthy.

So he had some success starting different businesses then got into real estate investing and quickly grew his portfolio to become 100% financially free by the age of 28.

In the years Glenn was doing all of this, his name came up occasionally from mutual friends about what he was up to so I knew he was making moves and story was legit.

Before we met, I'd gotten to the point where I had money to invest and it was prudent to think for the future.

For the first 5 or 6 years of my business, all of my focus was on its growth but because business owners don't have pensions, we've got to create our own.

Now, I knew I needed help, since I'd learned the error in trying to do everything myself and especially because the few attempts at investing my money in the past failed miserably (anyone want to buy some RIM stock?).

I did some research and reached out to my network and when I heard Glenn's name come up, I setup a meeting with him.

We had a few meetings and I felt comfortable enough to do a few short-term investments with him.

They all returned as promised, which gave me the confidence to sign up for his 5 year mentorship program that he runs with his business partners.

While I was expecting the training to include all sorts of strategies for investing in real estate and wealth management, the majority of the program focuses on character development.

And what I've discovered is that the technical stuff is the easy part, especially once you've developed your character to be a match for the kind of life you desire.

We've all heard the stories of lottery winners who hit the jackpot then squander it all in a short period of time only to end up where they started or worse before their big payday.

The reason why this happens is that to become wealthy AND preserve it, you must first develop your character to be a match for that wealth or in Glenn's words, you must become a steward of wealth.

Makes sense, doesn't it?

So this is where I discovered the definition of Integrity that you're learning right now.

At its core, Integrity means to honour your word, where honouring your word involves doing what you said you would do by when you said you would do it and when this is not possible, to clean up whatever mess gets created and make a new promise (which could include to not do the original thing you had promised).

Integrity does not mean to keep your word.

This distinction is critical to understand.

The difference is that if something comes up where you can't keep your word, you can still be in Integrity.

For example, you're on your way to meet a friend for dinner at 7pm and you get into an accident, you can still honour your word by texting them that you'll be late, then picking up the tab.

Or if you can't make it at all, your new promise could be to make a new dinner date the next day and pick up the tab then.

Or it could be to say that you can't make dinner at all for the near future because you've got a deductible to pay and you insist that you treat, so you'll get in touch when you're able.

The possibilities are endless.

But it's up to you to take the initiative to clean up any mess created and let the other person know what's up.

Another important key is that Integrity is not just about honouring your word to others, but also honouring your word to YOURSELF.

It definitely includes doing what you said you were going to do, but it also includes operating in a way that's in alignment with what you STAND for.

To walk the talk.

This is where living by a code is critical – if you don't have a code, you have nothing guiding your day-to-day, unconscious actions.

You're like the tumbleweed that goes wherever the wind blows with no direction and no will.

But when you truly stand for something and say, "This is the way things are, take it or leave it," you're like the centuries old redwood where there's no doubt where you stand and when in your presence, everyone looks up to you in awe.

This is the reality of having a code and living with integrity in this day and age – everyone will look up to you because it's such a rare phenomenon.

You only "look up" to those who stand tall and firm in their position.

Here's the beauty - when you operate like this, you're not just impacting your own life, you're impacting the lives of those around you because now, they have a point of reference they can use as a barometer for their own actions and lives.

To review, Integrity is to do what you said you would do by when you said you would do it and when this is not possible, to clean up whatever mess gets created and then making a new promise AND to live by the code you stand for, since your code includes the fundamental principles that guide your thoughts, words and actions.

This is a working definition of Integrity that takes into account the reality and unpredictability of life while still inspiring trust even when you can't keep your word.

An important trap to beware of is that if you're stuck on keeping your word 100% of the time to the point where you stop promising anything that would require you to stretch and put in some effort, you're playing a game that's too small for your capability.

Like, if you strive to be a person of Integrity but your only promise is to wake up every day by 11am.

Make sense?
OK.

Now can you see how Integrity is related to getting results in every area of life, whether it involves others or not?

In my business, a simple example is if I were to promise that the programs I offer, such as the Hip Flexibility Solution or Ultimate MMA S&C Program, provides more benefits than they'll actually deliver (i.e. full splits in 7 days).

I may sucker people in but once they see what they got, they'll be disappointed and will either ask for a refund or simply suck it up and disappear.

If the programs actually do suck but I'm honest, I might say, "Do this program and it's going to take time and you might work up a sweat but don't expect to get more fit or lose any weight," the problem is that nobody would buy it because it's not inspiring since it doesn't provide any value.

In this case, I'd be someone that was OK with putting out a shitty product, which would mean that I have low standards for what I put out into the world.

This communicates that I stand for sub-par products and nobody is going to look up to me for this.

Or give me any money.

But if I make a big promise then deliver, you'll be happy, which could lead you to purchase other programs that interest you and you might even refer friends and family.

Without being clear on the definition of Integrity, I've been totally clear on this concept as I've built my business, which is why I have so many repeat customers who have no hesitation to purchase my programs since they know they're going to get at least what they paid for.

I don't have to hype or sensationalize things.

That's why you'll never hear stuff like, "6 Pack in 6 Minutes!"

I simply say, "This is what I've got. This is what it'll do for you. This is why it's better than the typical way of doing things. This is what it costs. If you want it, click here to buy it. Otherwise, have a great day!"

And that's it.

My customers and clients trust I'll deliver and since that trust is present, they know they won't get ripped off.

If you don't trust the person selling something, unless it's your only option, you'll take your business elsewhere.

Do what you said you would do, by when you said you would do it and when you can't, clean up whatever mess was created and make a new promise.

Integrity, like all of the 5 Principles, is universal and can be applied to improve results in every area of your life.

Take a look and see where you've been out of Integrity and then look at the results produced.

Now imagine that you maintained your Integrity by honouring your word.

Can you see how the results might have been different?

Just like with Gratitude, if you want to take on Integrity as a part of your code, I suggest trying a simple exercise:

Show up on time.

While it's simple, it's not necessarily easy, especially if you're the type of person who typically shows up late (that was me).

So whenever you give your word to being at a certain place at a certain time, whether it's to meet somebody or do something for yourself, do your best to honour your word.

Note that when you first take on an Integrity exercise, you might find yourself out of Integrity more often than not.

This is cool and totally expected.

You wouldn't expect anyone to know how to ride a bike the first time they got on so don't expect perfection when you start something new.

Just like with all of the 5 Principles, the key is not perfection, but progress.

And this is what the 4th Principle is all about.

But before we get there, let's talk about WHY you'd want to live with Integrity in the first place.

VISION

Gratitude | Integrity | Vision | E | R

My wife and I first moved in together after two years of dating.

To say this was a shock to my system was an understatement as I'm sure most people can attest to about their first experience moving in with someone.

I'm no neat freak by any stretch but there's just something about a fistful of hair stuck in the shower drain that rubs me the wrong way.

My wife probably doesn't have anything like this about me though so let's move on.

We were both living separately in Hamilton and decided to move to Burlington, which is a neighbouring city.

Neither of us had any experience buying a house and we showed it with our first important decision by hiring a real estate agent we met at a random open house.

It would've been a better strategy to ask around and get a referral but we didn't know any better and so we hired Tamer.

Tamer was a nice guy but in looking back and assessing his performance, it was clear that he didn't take our lives and situation at the time into consideration, nor did he ask us any good questions to clarify what type of house and neighbourhood would've worked best for us.

So, we ended up in a small townhouse complex where 90% of the home owners were retirees.

Thanks Tamer.

While everyone was nice, here we were, a young Chinese professional couple living in a retirement community where 100% of the residents were Caucasian.

Not that we were ever uncomfortable being the only visible minorities for blocks, I just point it out because I think it's the makings of a not-so-good sitcom for any aspiring TV writers.

We lived there for just over a year before we realized we had to get out.

While the chemical sensitivity I developed to A535 was the straw that broke the donkey's back, we would've eventually moved.

We discussed what we wanted from our new home and decided on moving to the big city of Toronto.

The "S1X" as Toronto-born R&B star Drake likes to call it.

Toronto is a city built for young professionals.

There are tons of restaurants, bars, entertainment, recreation and most importantly – other young professionals – so it sounded like fun.

We figured since we'd spent the past year plus in the quietest and lowest energy community possible, we needed to do a complete one-eighty.

So we decided to move right into the thick of it all to the downtown core where condos are your only option.

Before we started looking at places we could call our new home, I drew a sketch of the view I wanted.

The most distinctive part of this sketch was the CN tower on the left of the drawing.

I'd forgot about this sketch as we weren't in a huge rush to move (I think I caught arthritis) and it was a few months until we got serious.

We then hired my cousin Tim as our real estate agent and he was the perfect choice since he lived in a condo downtown himself and took the time to ask the right questions to discover what would best suit us.

It took a few months until we found a place, which was a cool two storey loft close to one of the busiest intersections in Toronto at Queen and Spadina.

It was a bit hectic getting the deal done because the seller wanted a short close and we hadn't yet listed our current home.

I nearly suffered a coronary event!

But we got it done and on one particularly pleasant early summer evening a week or two after moving in, I stepped onto the balcony with a frothy glass of Guinness in hand, leaned my right hip up against the railing and sipped peacefully as I admired the cityscape.

We were on the 9th floor of the condo and we could just barely see above the building in front of us.

I stood there, sipping on my stout, looking around when something clicked as I looked towards the CN tower.

I put the beer down, ran back in and rummaged through a few boxes that were still unpacked and located my sketch pad.

When I opened it up, I rapidly flipped through the pages and when I found what I was looking for, I was shocked at how similar my sketch was to the actual view I could now call my own.

"Ho-leeeee shieeet," I thought to myself.

In that moment, all of the research and books I'd read from Steven Covey to Tony Robbins to Jack Canfield to Denis Waitley professing the power of visualization was proven true.

The thing is, the view from the balcony wasn't one of our top priorities.

We were more concerned about the actual living space.

Add the rush factor of getting the deal done in and the view moved very low on the priority list to the point where I didn't even realize it was exactly the view I'd drawn months before.

Visualization is powerful stuff I tell ya.

Since this happened, I take Vision very seriously and will spend much time and energy crafting the exact Vision I want in super high resolution.

If you don't do this, your life becomes one that others envision for you.

Whether it's your boss, the CEO of your company or the Vision of the your government, if you don't create your own Vision, there's always someone else waiting with a Vision for you.

And while this other Vision may work out, it's like getting into a cab and saying, "I don't care where you take me. Just take me somewhere."

I'm not willing to take that chance and because you're here, I know you aren't either.

There are actually two aspects of your Vision that you need... Since we've already started, we'll continue with the aspect that focuses on seeing what you have.

As I share this with you, remember that there is no right way to create your Vision, this is just what's worked for me.

Please take a moment and give it a shot, then feel free to tweak and fine-tune as your experience grows.

One way you can create your Vision is what I did in the condo story – draw it out.

If you're an artistic person, this may work well for you but even if you're not (I am far from artistic), it will still work.

The key is the creation and the feeling associated with the creation – feeling as though what you're creating is without a doubt your reality.

Another method you can use is the one I use for my family, which is to create mental movies in full 4K resolution where I can see, hear, smell, taste and touch everything inside.

If you create your own mental movie, add as many senses as you can.

Let me share an example: part of my mental movie for my family includes us together, sitting around the kitchen island at home, talking about all of the animals we saw on the African Safari adventure we took.

My kids and I have a “roar” going back and forth making the different sounds of the animals we saw and my wife is laughing as she's slicing some ripe and juicy mangoes for us to enjoy, then joins in with her rather poor impression of an elephant and my kids and I laugh some more.

I imagine this scene vividly in my mind's eye and I play it out as if it's happening right now.

This is crucial – in your mind, you must live it as if you're seeing it happening right now in the present.

This is one way to create your Vision for yourself.

I also have Visions for my business, which include mental move components, such as the one where I see myself leading a workshop for my top coaches, many of whom traveled from various places around the world, to come together to learn and grow themselves as trainers so they can go back home and better help their clients look, move and feel better.

I'm teaching and we're all practicing together and after the workshop is done, we clean up and hit up a cool restaurant lounge (on me) to celebrate the completion of the workshop and the experience of learning and growing together.

I also break down my Visions for my business into shorter time periods such as 2 years, 6 months and 3 months, with the shorter times being more action and results oriented.

An example of this is the book you're reading right now – I set the deadline for the book to launch in Q1 2016 and my first big deadline was to have the manuscript complete by January 28.

While completing a project I'm proud of is a reward in and of itself, for this book I promised myself I'd purchase a set of Bose QC25 noise-cancelling headphones if I completed the manuscript on time.

My buddy Yuri Elkaim keeps raving about how good they are at helping him get work done when he's travelling and I have a flight scheduled to take my family to Florida on Jan 29 so I figured it'd be the perfect incentive.

Setting up a reward is not a necessity and it's definitely not a structure to rely on for everything, but it's nice for bigger goals especially if you're not the type to spend money on "things" regularly (I'm somewhat of an essentialist and don't buy too much "stuff").

The most effective structure is to get present to the fact that there's nothing more important than honouring your word because it is the only path to success and building trust with others and yourself.

When you're truly present to the importance of Integrity and become proficient at it, you living life exactly as you want will be all the reward you need.

Everything else is just gravy.

Did you catch it?

We just hinted at the second "type" of Vision, which you can integrate into every other Vision you have, but must also live distinct from them.

The other type is the Vision you have for who you are.

What kind of man you are.

What you stand for.

Your character.

Your CODE.

Basically, who you want to BE in this world.

Do you want to be the man who is calm in the face of danger, or the man who panics and cowers?

Do you want to be the man who feels that he is the master of his own destiny, or one who fears the future?

Do you want to be able to share all the good inside of you with those who you love?

The biggest test of my character came in 2006...

It was the second year of my personal training business and one of our marketing strategies was to give talks at a local health food store for students of their healthy lifestyle program.

They ran 3 instances of the 12-week program each year.

There were typically around twenty attendees at each talk and one semester, I'd been battling some severe cystic acne.

It was all over my face and nose and I felt like Rudolph the red nosed reindeer and I was embarrassed and ashamed to even look in the mirror.

The prospect of having to stand in front of a group of strangers to give these talks almost made me sick to my stomach.

I had to battle a lot of negative thoughts like, "I'm so ugly" and "Who is going to trust what I have to say about fitness when I look like I don't even take care of myself?"

Luckily, I was currently immersing myself in the field of personal development, reading everything from Tony Robbins, Steven Covey, Jack Canfield, Napoleon Hill and the like.

I feel this is what got me through those times because after much negative self-talk, I came to the point where I said to myself, "If anything, by doing these talks and doing them with confidence, I'm going to come out stronger for it."

And I did.

It helped me become much more comfortable talking in front of others or in front of the video camera.

Plus, I became much more confident in general.

But this never would've happened had I not had a Vision for the type of man I wanted to be.

Living by the 5 Principles is part of the Vision that I have for you.

Take them on as part of your own personal code and I bet that once you live them, you'll see the benefits and keep them around for good.

But if they don't work, drop them.

All I ask is you give them a shot.

Now, I'm not going to leave you hanging, so here's an exercise to do RIGHT NOW.

It will only take 5 minutes so do not proceed to the next chapter until you've done it.

Read it through once, then read through again and do it.

Here it is:

Picture one fitness feat that you want to be able to accomplish, that's something that will take some work and something where you might not see the entire path laid out before you.

It could be a Handstand Pushup, Muscleup or simply being able to Squat freely without pain.

Now, see yourself performing this exercise for one set.

On your rest break, look around and see what the environment looks like.

Notice some little details.

Do you hear anything?

Perhaps some music, or other people working out, or silence?

OK, your rest period is over, do the exercise for your 2nd set.

Now, on your rest break, think how far you've come to be able to do what you've just done.

How do you feel?

AWESOME!

Way to go!

You just did something many will never do. :-)

Come back to reality for a second (feel free to go through this exercise again before the next chapter) – you just sparked the creation of new neural connections in your brain.

Just like any living organism, these neural connections want to continue to live, so they'll do their best to live and grow.

It's up to you now to support them.

Even though the path towards your goal may not be 100% clear, my guess is that you know a good place to start.

It may not be the right place, but it's a start and that's the most important.

So get started and nurture those baby neural connections that you just gave birth to and when they grow up to be big and strong, they'll be the ones to get you to your goal.

You've just laid the foundation of Gratitude and Integrity and now you've begun creating your Vision – a Vision that will pull you towards it.

What's next?

Next, we have the 4th Principle, the one that old Chuck Darwin was very keen on...

EVOLUTION

Gratitude | Integrity | Vision | Evolution | R

There's a family of raccoons that hangs out in my neighbourhood.

I think the family consists of a mother and at least two kids. I know there are at least two because I'd once seen two little ones following the mother as she went about her errands, but now they're all grown up and I can't be sure exactly how many there are since all raccoons look alike.

Yes, I'm a species-ist.

Get over it.

Now, this family of raccoons is particularly bold.

They're not only out at night, they're out during the day, scampering about, crawling along fences, scaling walls and probably the most bothersome to myself and my neighbours, rummaging in garbage bins.

The dimensions of a typical Toronto garbage bin are about 3.5 feet high by 2.5 feet wide.

They're made of smooth plastic inside and out and to my untrained eye, there's no easy way to climb, open and enter, not to mention climb out of when done doing what raccoons do inside garbage bins.

A few times, I'd gotten quite the scare going out at night to throw away some trash.

I'd walk out to the back and when I was a few feet away from the bin, a raccoon would explode out like a rocket and quickly scurry away.

I looked it up and in the wild, raccoons will eat almost anything.

While they're particularly fond of creatures found in water such as clams and frogs, they'll also eat slugs, birds, bird eggs, fruits, vegetables, nuts, seeds and even dead animals.

Kinda like us!

But now that we've taken over much of their habitat, they've adapted to their new environment and have foregone hunting wild game and foraging for fresh produce to eat our garbage, which is freely available and offers infinite variety.

This, my friend, is one aspect of the Principle of Evolution at work.

Adapting to what's available.

I'm sure you already know this.

But there's something important about Evolution that includes more than just adaptation, something that's often not discussed in the same conversation.

While the mischievous raccoon has been around for about 25 million years, the species we're going to look at now has been around for billions of years and is the perfect model for this second trait of Evolution that we're going to talk about now.

Bacteria were among the first life forms to appear on Earth, about 4 billion years ago.

They are single-cell organisms that are typically a few micrometres in length.

Here are some mind-blowing stats about bacteria, courtesy of Wikipedia:

- They're present almost everywhere including soil, water, acidic hot springs, radioactive waste, in manned spaceships and of course, everywhere in and on the human body
- A gram of soil typically contains 40 million bacterial cells
- A millilitre of fresh water typically has a million bacterial cells
- The mass of bacteria on Earth exceeds that of all plants and animals combined
- There are approximately ten times as many bacterial cells in the human flora as there are human cells in the body
- Bacteria evolved by engulfing other species to create new functioning organisms, such as chloroplasts in plants that transform sunlight into energy

Pretty amazing little cells and they're being recognized more and more for their benefit to human health not to mention the rest of nature.

For a species to last 4 billion years is a great feat indeed and there's no species with the absolute number and total mass that compares.

The reason why they've lasted so long even in the face of our best efforts to eradicate them with antibiotics and antibacterials is because they not only adapt, they also pass on their adaptations to their "offspring".

This is huge and is often left out of the Evolution conversation.

Bacteria reproduce fast as any BJJ athlete who has gotten cellulitis and watched their leg blow up like a balloon knows first-hand, with some doubling their population as quickly as every 9.8 minutes!

Their process of reproduction is called binary fission and they don't wait around for the perfect partner or the perfect time to do so.

In fact, they don't need a partner at all.

Such self-satisfied little cells they are!

Binary fission occurs when a bacterial cell reaches a certain size.

Once they hit this size, something in their DNA triggers them to split.

The result is two cells from one and this process continues on and on unless interrupted from some unfavourable external circumstance, such as too hot or too cold temperatures, antibiotics or a lack of food.

But sometimes as we're learning today with the rise of "superbugs", which are resistant to many of the antibiotics doctors throw at them, they are evolving faster than we can kill them.

It's because they've fully integrated what you're learning right now about Evolution.

They adapt to their circumstances then they perfectly pass on the "knowledge" they gained to their offspring, since their offspring are an exact replication of them.

They can then go off and continue having hot and steamy binary fission as soon as they're ready.

So Evolution is more than adapting, where adapting is simply the process of learning, applying and changing for the better.

True Evolution, the type that all powerDOJO Practitioners live by, involves adapting AND passing on what you learned so others too can learn, apply and change for the better.

We help others evolve and ultimately this contributes to the Evolution of the entire human species.

If you just keep what you learned to yourself, you're hindering the process of Evolution.

This is a driving force behind doing what I do.

It's the reason I wrote this book.

I consider you family and I want you to experience the benefits I've experienced from everything I've learned and applied that's worked or benefitted my life.

I'm not just reserving this book for my daughter and my siblings and any of my hundreds of blood relatives who might be interested.

I see the entire human species as one and the more we can get this concept out there and share our "secrets" with each other, the better the world will be for all.

My friend, the veil has now been lifted and you're either feeling charged up, ready to put this Principle into practice and get out there and learn, apply, benefit from then TEACH others how to do the same...

... Or, you're feeling a bit uneasy.

You're uneasy because you're thinking, "How could I ever teach what I know to others? Why would they listen to me? I'm no expert."

This is a perfectly normal response.

Now, here's a little secret that I teach my top Practitioners:

The best way to learn something for yourself is to teach it to others.

For example, I get ten times more benefit from teaching you exercises than I would from just learning exercises and using them by myself.

Another example - just coming up with and writing the 5 Principles for this book has already made them more present in my life.

The process of learning, applying, then communicating what you learned in a way that others can apply it properly is a skill that greatly strengthens the topic in your own brain.

And just like any skill, you'll start off not too good at it and with continued practice, will get better.

Now, let's look at the process of teaching an exercise to someone from a neuroscience perspective to see how it could support the idea that teaching something improves your own learning.

Your brain is organized into different areas called lobes, where each lobe is responsible for carrying out a particular function, whether that's speech, sight, movement and everything else you do.

When you teach an exercise to someone else, you get a different visual perspective of the exercise, which involves the parietal lobe.

Before you can communicate the exercise to the other person, you must organize it in your own head, which requires the frontal lobe.

Communicating with your client so they understand the exercise involves the left temporal lobe.

And once they start performing the exercise, you must compare what you're looking at to what you know, which involves the right temporal lobe.

In short, you're involving a hell of a lot more of your brain to teach an exercise to others than you do if you just learn and do the exercise yourself.

Can you now see how much more powerful this?

So if we were to drop the whole, "Let's do this for the greater good... think of the children!" idea, if for no other reason, it's a good idea to share your knowledge because it helps you get more for YOUR OWN LIFE than if you don't share it.

Evolution is a topic I love, which is why we've spent so much time on it already and I'm going to wrap it up soon, but I have just one thing left..

If you're a little nervous about teaching say, exercises you've learned from me to someone else, then instead of going all the way, start out by simply sharing a video with them, especially if the video is about something they're interested in or want help with.

You can then follow up later and ask them if they tried it.

If they haven't, you can show them how to do it then tell them to give it a shot and if you notice anything they're doing incorrectly, help them fix it by either showing them yourself or mentioning a specific point in the video to pay attention to.

I have so many exercises that don't require equipment freely available online that there really is no excuse to start practicing the skill of teaching like this.

And once you do it, you'll know in your bones that the best way to learn something is to teach it.

So give it a shot.

This isn't just a self-serving way to spread my exercises around the interwebz, although if you do I'll be very thankful and it will help me grow.

I really do just want you to get this concept and I know the only way for you to get it is for you to do it so I've just laid out an easy path for you to follow.

So if it's one of my exercises, cool.

Or if it's a video of a cool guitar riff that you've mastered and you think a buddy who also strums will enjoy it, use that.

Whatever it is, just do it and you'll have gotten what I've shared in this chapter in much greater depth than if you'd just read it and moved on.

And if you're still not ready, then you will be when you finish the next chapter where we cover the 5th Principle.

RESPONSIBILITY

Gratitude | Integrity | Vision | Evolution | Responsibility

RED PILL BLUE PILL

The four words above may represent one of the most popular scenes from any movie of my generation.

For those of you who haven't seen the Matrix trilogy, please go out and watch them all starting with the first one right now, because I'm about to spoil it for you.

The blue pill represents what most people think life is.

For people in the Matrix, they live typically normal lives including going to school or work, playing sports, eating and hanging out with friends.

The red pill represents the reality that's being hidden from them.

In the Matrix, machines control the human race and use humans to power themselves by plugging them into pods to use their bodies as little power plants.

The brains of the humans in these pods are wired up and fed images of a normal life so they don't know any better while

One of the leaders of the revolution, Morpheus, presents "the chosen one" Neo with two pills.

He can take the blue pill and forget everything he saw, get plugged back into the Matrix and live in blissful ignorance then die not knowing any better, or he can take red pill and live the rest of his days fighting to free the human race.

Thankfully, Neo took the red pill, otherwise, we wouldn't have had much of a trilogy.

And by taking the red pill, he chose Responsibility over ignorance.

Responsibility is a value we've all heard about at some point in our lives.

At my grade school, it was one of the core values in our three-word slogan: Respect, Achievement and Responsibility.

I was taught that being responsible included doing my homework and showing up for class on time.

While these are in the best interests of both school and student, they don't get to the core of what the Principle of Responsibility truly is.

Instead, these are simply extensions of the Principle – tactics created by the school that represented Responsibility, but which aren't universal to every situation you may be presented with.

All too often we're overwhelmed with tactics, which places a strain on our memory and cognitive capacity and when forgotten about or simply not used, poor performance is the result.

But because Principles are fundamental and because there are so few compared to the infinite number of tactics possible, they're more easily remembered and we can then use them to create – in the moment – whatever tactic we need for the outcome we're after.

This is why I haven't shared too many tactics with you so far, because I want your focus to be on absorbing the Principles.

The Principle of Responsibility is not about showing up on time or doing what others tell you to do – Responsibility is about taking ownership.
Ownership of what?

EVERYTHING.

Your words, thoughts and actions.

The state of your relationships.

Your health and fitness.

How much money you make.

Basically, your thoughts, actions and results in every area of your life.

Responsibility is a tough pill to swallow, because sometimes, it will absolutely SUCK to take Responsibility and you may feel as if you weren't actually fully responsible for whatever crappy result happened.

And if you're looking at it from the common point of view, you likely weren't.

In some situations, it's obvious that we're responsible, such as being overweight as a result of eating a bag of plain, kettle cooked potato chips (mmmmm, my favourite) each night while watching TV on the couch for 3 hours.

There's no mystery to why one would be overweight if they did this.

Thing is, if this is what's chosen willingly, it's not being irresponsible.

Where many give up their Responsibility is in situations where their impact wasn't obvious or it's clear that others contributed to the result.

For example, let's say you play ice hockey and your team loses a game.

Surely more than one player was responsible, right?

There are five players and a goalie on the ice at any given time, plus refs calling the play and coaches making decisions on what strategy to employ and what players to send out.

And if you asked most people, you'd probably get agreement that no, you weren't fully responsible for the loss.

But you can still choose to take full Responsibility for your part.

So even if the coach comes in after the game and announces to the team that you were the best player on the ice, it's responsible to look to see where you can improve.

The reason why you might choose to do this is because by doing so, you empower yourself to find where you could've contributed more, which gives you a path to improved performance [Evolution, anyone?].

Now while this may sound like a lot, it's actually the path of least resistance if high performance and results are what you're after.

That's why you want to choose to take Responsibility instead of "it wasn't my fault".

There's one more aspect to Responsibility that I first learned from Steven Covey in his book "The 7 Habits of Highly Effective People".

Covey breaks the word down into its roots – "response" and "ability".

It's your ability to respond as opposed to reacting.

A response is deliberate and chosen while a reaction is unconscious and automatic.

If we're not getting the results we want in our lives, we must choose new thoughts and actions, otherwise, we'll continue to get the same results over and over.

That old *insanity* thing.

Habits create our lives and the only way to create new habits is to change our habitual ways of being, which first comes from the desire to do so (Vision), then constantly choosing to respond, to think and act in accordance with that Vision.

This is what Responsibility is all about.

Because if you're not taking full Responsibility, you're handing over the steering wheel to others and everyone else will drive to their own destinations, not yours.

In short, you're giving up your power.

The word power comes from 13th century word pouer, which means "to be ABLE".

Thus, to be powerful means to be full of ability.

And being responsible is being able to respond with power.

This nicely sums up what being a powerDOJO Practitioner is all about.

We're able to respond with power in every situation - whether that's physically in sport or how we respond when challenged by a boss, customer, spouse or child.

We practice and constantly refine this ability and see every situation as another opportunity to practice this skill.

Yes, it's a big burden to carry but I'll argue until I'm blue in the face that giving up your power will always end up being a bigger burden to carry.

PRACTICE, NOT THEORY

If you've read straight through until this point and have not yet begun implementing what you've discovered, remember this saying from my friend and mentor James:

“Theory comes from practice. Practice does not come from theory.”

Put what you've learned to the test and from there, discard what's been useless and then you'll have the beginnings of your own theory of what works best.

If you're feeling a bit overwhelmed or stuck or you know you could use some guidance on implementing everything we've just discussed, hold that thought, finish the book then we'll talk.

THE 5 PILLARS TO A POWERFUL BODY

YOUR POWERFUL BODY

What does it mean for you to have a powerful body?

What is your powerful body capable of?

What does your powerful body look like?

What do you DO with your powerful body?

There's a dude named Peter Drucker who is an expert in management or something.

I'm not sure exactly who he is or what he does because I've only heard his name come up when other people quote him.

The quote itself is gold:

“Most people overestimate what they can accomplish in one year and underestimate what they can accomplish in five.”

Whatever Vision you had of your powerful body, you can get it.

Even if it seems somewhat far fetched right now.

It just takes time and doing the right things.

The right things are what you're about to learn.

The ball is now in your court.

BE A GIVER

This section is for you if you're looking to make a change with the way your body looks, feels or functions.

While it may seem like a bit of a leap from what we've spent all our time discussing up to this point, it's not and I'm going to prove it to you.

We're going to apply the 5 Principles right now so you can see how they apply to your fitness (and every area of your life where you want to progress).

GRATITUDE

Most, especially those wanting to lose weight, are unhappy about their body.

They look in the mirror with disgust and sometimes shame and embarrassment.

The media perpetuates this negativity with all of the superficial and sexual images it portrays.

If you resonate with this, stop it right now and be grateful for your body.

The lungs that work unconsciously to extract oxygen from the air.

The heart that beats over one hundred thousand times a day to feed your muscles with fresh blood and oxygen.

The muscles that contract and relax to help you move in whatever way you want.

The ears that pickup the frequencies of your favourite tunes.

The unique spirit that makes you, you.

This is all a part of your body (well, maybe not the last one, but let's stick to the point).

And it's all amazing and gives you amazing opportunities to experience life to its fullest.

So be grateful for your body right now and every day forward.

INTEGRITY

Up until today, have you done everything you said you were going to do, with respect to achieving your fitness goals?

If you can't answer "yes", you're not alone, because I definitely have not.

I've missed workouts.

I've had periods where I lost control over what food and drink I put into my body.

My biggest thing is getting all excited about something and mentally committing to it without looking at the big picture of how I'm going to integrate it and be consistent.

So I lose my Integrity.

However, I can share that since I've begun to regard Integrity as a core Principle I live by, I've been much more consistent in my training and the results speak for themselves.

VISION

Fail to plan, plan to fail.

Vision includes what you see is possible for yourself and the initial steps to get you there.

We've already gone through an exercise on this for your fitness, so continue to use it and build upon it.

‘Nuff said.

EVOLUTION

To evolve, you must first have a Vision in place to move towards.

Once you do, find or create a plan and stick to it.

You also need to pay attention to the results as you go along.

If you feel like you’re not on the right path, tweak and fine tune to get yourself back on track.

This is Evolution at work.

It’s also involved when you reach your goal – at this point, it’s time to evolve your Vision and continue to go deeper or branch out laterally to keep yourself evolving.

And along the way, don’t forget to teach others what you know.

RESPONSIBILITY

I’ll let you fill this one in.

How would adhering to the Principle of Responsibility help you achieve your goals?

I hope you can see how powerful and universal the 5 Principles are.

Keep them in mind and continue applying them and watch your life change for the better.

Now, it’s time to talk about what you probably thought this book was all about – how to train for a powerful body.

PILLAR #1: FLEXIBILITY AND MOBILITY

Flexibility is something I neglected for years, until I could no longer ignore its impact on my fitness.

I've been boxing ever since that fateful first kickboxing class I tried back in 2006, where I felt like my hips were going to explode with every kick I threw.

It was such a painful experience and I was pretty embarrassed because I was supposed to be an MMA strength and conditioning "guru" and I kicked as hard and high as a 5 year old karate white belt!

Since that day, I chose to focus on boxing, so I wouldn't have to suffer through embarrassment like that again.

A few years ago, I was at the Goodlife gym on the corner of Richmond and Peter streets in Toronto, two blocks east of my condo.

I was warming up for a heavy bag session getting ready to unleash my inner Manny Pacquiao.

After finishing my warmup, a guy in his 40's or maybe 50's, wearing track pants and a baggy hoodie, places his gym bag on the floor near me, looks my way and says, "Hey. I'm Jim. Mind if I work in?"

Although I'd rather work the bag by myself, I respect that this gym has only one, so I reply, "No problem, Jim. Let's go round for round."

I work for 3 minutes on the bag, hitting it with various combinations and dancing around it like we're partners in the waltz.

After my round ends, I catch Jim's eye and give him a little nod.

He nods back, slides out of his grey track pants and throws them on his empty gym bag.

He then steps up to the bag and proceeds to unleash a thunderously POWERFUL and HIGH roundhouse kick.

It lands with a loud THUD and it's clear that Jim has some skill...

What's even more impressive is that he unleashed the kick without much of a warm up!

If I did that I would've ended up in the hospital with a torn groin or hamstring.

Jim continued to throw all sorts of kicks: front kicks, side kicks, roundhouse kicks with either leg... All with power and speed.

When Jim's round comes to an end, he turns to me, nods his head, and then it happened...

He proceeds to take his hoodie off by slipping it over his head, revealing...

A shockingly big beer belly!...

Here I was, a 31 year old guy not far from his prime who couldn't throw a high kick if his life depended on it and this middle-aged guy with a big beer belly is throwing high kicks with speed and power after next to no warmup.

Sure, just because you're a middle-aged guy and you've got a beer belly doesn't mean you can't throw impressive high kicks.

But when I saw it, something just *clicked*.

I'd been avoiding throwing kicks for years, because of my tight hips...

I made up all sorts of excuses for why my hips were tight, like the back surgery I had when I was 14 (which did play a role in keeping me tight, which you'll learn all about in the next chapter), or that my hip anatomy prevented me from being very flexible.

But the moment I saw Jim's big round beer belly, I decided to make a change.

Looking back, I see how neglecting my flexibility has hampered my performance and riddled me with injuries.

I've been weight training consistently for years, but there are a few exercises that I'd always had a problem making gains with.

Whenever I'd get to around 250 pounds in the Back Squat, I'd start to feel pain in my knees.

Whenever I'd get to around 300 pounds in the Deadlift, my back and SI joint would get irritated.

Nothing like pain or an injury to throw you off track.

Deep down I knew it was because of my inflexible hips, but until I saw Jim throwing those kicks with his big beer belly, I never committed to doing anything about it.

Call it ego or whatever you want, the important point is that I used it to to change my ways.

I then set out to find the most efficient methods to improve my flexibility after years of neglect.

After much trial and error, I determined that the most common method – static stretching – was woefully ineffective for someone like me who'd been building strength while neglecting flexibility.

The reason why is because the exercises I was doing only reinforced my flexibility issues by making my tight muscles and tissues stronger and even tighter.

Plus, I discovered that there's more to flexibility than just stretching the muscles – other tissues such as fascia and the joint capsule play a (sometimes greater) role.

That's how I developed the 3D Flexibility System, which is a simple way to understand and address nine factors that can keep you tight:

Soft tissue, which includes muscles, fascia and the joint capsule.

Neuromuscular, which includes pain tolerance, activation and using certain automatic reflexes.

Strength, which includes prime mover strength, joint stabilizer strength and core strength.

Any or all of these components can keep you tight so you need to at least take them all into consideration when trying to improve your flexibility.

We're not going to dive into the details of the 3D Flexibility System here, because this book is about Principles, not a blueprint of exactly what to do.

A physical book is great for theory and background but is an insufficient medium to teach exercise, which is why I deliver my fitness programs online, so I can make use of video.

Before we move on, I'd like to make a distinction between flexibility and mobility.

Flexibility is your ultimate ability to get into a range of motion, which could be through passive means like using a towel to pull your leg higher or the weight of your own body to go deeper into a range of motion.

Mobility is your ability to move into and out of a range of motion under your own control.

On first glance it seems like mobility is all we need since it's about being able to move and not just be put into certain positions, but certain flexibility exercises help improve mobility and sometimes are the key to unlocking a certain range of motion.

For example, if your hip extension ability is poor and limits your ability to Lunge, (which could come from tight hip flexors, a tight joint capsule or weak glutes), the 3DF Hip Flexor Sequence I've created is wonderful for improving this ability, which then translates to an improved Lunge.

But just doing the Lunge over and over may not help improve the movement, if doing the movement doesn't allow you to address the limiting factor because of a compensation you use to perform it.

That's why it's best to regard both flexibility and mobility as useful tools with the ultimate goal being to improve your mobility, which broken down, is your "movement ability".

Because we're doing this to move better, whether it's to throw a higher, faster kick or Squat deeper with more weight and without getting injured.

Flexibility and mobility is the first Pillar because if it's limited, every subsequent Pillar is limited, too.

So if you've got strength and conditioning goals but you know you've got flexibility and mobility issues, dedicate more time to your flexibility and mobility and you might just reach your goals without directly training for them.

When you fix flexibility and mobility problems, it's like "releasing the brakes" and you're no longer fighting your own body to move, which is how your performance increases.

I've experienced massive benefits from doing so and many of my top Practitioners have told me the same.

As you already know, I'm a stickler for not just doing the right things, but doing the right things in the right order, so keep flexibility and mobility as a top priority and you'll continue to make gains while avoiding injuries.

PILLAR #2: MOVEMENT TECHNIQUE

One day I was training a boxer who had a national tournament coming up in a couple of months.

Because it was a bit farther from the competition, we were working strength, where it's more about lower reps and heavier weight.

We were doing a 1-arm Dumbbell Row and we were spending a lot of time on the setup.

“Put your hand right directly under your shoulder. Turn your elbow down towards your feet. Now pull your shoulder blades down and back. Keep your spine neutral. Look straight down keeping your neck in alignment.”

We got into the exercise and immediately the positioning deteriorated, so I stopped the set, got a lighter weight, cued the starting position and started again.

But the position was lost again so I stopped the set at which point the boxer shared their frustration and called said, “You’re like the effin’ form police!”

This wasn’t the first time I’ve been called this, so I replied calmly, “Would you rather I earn my money by sitting here silently counting reps?”

In my opinion, being the form police is one of the two top priorities of a trainer (the other being program design).

You could train a monkey to count reps for you but in the training session, coaching and teaching technique is where the value is.

I then made an analogy to the value of training proper punching technique, they got it and we carried on.

Technique is not just a superficial thing where you do an exercise so it “looks right”.

Technique is both how a movement looks and how it's created i.e. what sequence of muscle activation and relaxation occurs.

Without proper technique, energy is wasted, excessive strain is placed on passive tissues like ligaments and peak performance is not possible.

You're basically inviting strength plateaus and injuries if you're doing exercises with poor form.

Every movement has an optimal way it can be done where it's most energy efficient and least potentially damaging.

Sure, you might be able to Deadlift with a rounded low back, but soon your lumbar discs are going to explode and then, you won't be doing any Deadlifts at all.

Ultimately, technique must be looked at within the context of the overall goal.

If the goal is to throw the hardest punch possible to achieve the high score at the carnival, then sure, some random guy can run at the machine and throw with all his power and he *might* win, but if he were to bring this technique into the ring against a trained boxer, he'd quickly get knocked out.

For powerDOJO Practitioners, the goal includes to continue to evolve our physical abilities in all of the key Biomotor Abilities (BMAs): flexibility/mobility, strength, power, agility, cardio and relative strength endurance.

Evolving in these BMAs requires us to use proper because it allows us to make faster gains, so we can train more abilities, and it allows us to train consistently and avoid losing time away because of injury.

That's why Technique is Pillar #2.

The mistake many make is that they try to memorize all of the little cues of every exercise.

Since there are hundreds and thousands of different exercises and movements that one might do in their lives, this can be an impossible task.

That's why we also focus on the fundamental movement patterns, which are 7 basic movement patterns that create all of the rest: Squat, Lunge, Bend, Push, Pull, Twist and Locomotion.

It's also why we're all about Principles and in this case, the Principles of efficient technique, which apply to virtually every exercise and movement you'll do including the fundamental movement patterns.

Remember – Principles are superior to tactics and techniques – with Principles you can CREATE techniques at will.

This frees your mind from the burdens of memorization and allows you to use efficient form for every movement you do, not just the exercises you perform during your workout.

To make it even easier for you to remember, here are the ABC Principles of Technique – understand them and they'll be with you forever:

ALIGNMENT

The Principle of Alignment includes what we commonly know of as good posture as well as the alignment of your other joints involved in an exercise.

When we think of good posture we typically think of how we look from the side when we're standing straight.

What you're looking for here is a straight line from the ankle through every joint up to the ear including the knees, hips and shoulders.

It also includes neutral spinal curves and shoulder blades.

Good posture is a requirement of the majority of the exercises you'll perform and of daily life, so ensure you memorize and train your body to be able to maintain it.

The other piece of alignment to note is that you want to ensure your joints are aligned according to their function.

The joints in your body are simply organized: knees, spine and elbows are hinge joints and should only perform a hinging movement, while hips and shoulders are ball and socket and are free to rotate in any direction.

So if you're performing a Squat, if you turn your toes out a bit, then at the bottom, you must push your knees out so your thighs point in the same direction as your feet, which avoids any lateral and rotational stresses on your knees since they can then hinge as they're designed to.

The motion of pushing your knees out comes from your hip joint, which is designed for maximum mobility in all directions, making them perfectly designed for this type of motion.

Another example of this is when performing a Lunge – if your knee caves in (valgus), then this stresses the passive tissues such as the medial collateral ligament and medial meniscus.

While stimulating passive tissues can strengthen them, it's only to be done if you know what you're doing and intentionally doing so, not as a by-product of an exercise or movement with strength as the goal.

The reason why is because when overloaded, passive tissues can take a long time to heal, versus overloading muscles, which heal much quicker.

So to sum it up, alignment is about maintaining good posture and the integrity of your hinge joints.

Apply this and in the majority of cases, you're good to go.

BREATHING

The Principle of Breathing is to first breathe naturally or if that doesn't fit your goal, to breathe in a way that facilitates the movement or exercise you're performing.

For exercises where maximum spinal stability is not a requirement but you're using a load where 12 reps is the max, natural breathing until the last couple of reps is best, where breathing naturally means inhalation occurs when moving the hands towards the body and exhalation occurs when the hands move away from the body.

An example is to inhale when pulling the weight towards you and exhaling during the eccentric for a Seated Row.

Another example is to inhale on the way down and exhale on the way up when doing a Pushup.

QUESTION: how would you breathe for a Pullup?

For exercises where maximum spinal stability is required, like Squats and Deadlifts, holding the breath during the hardest part of the movement provides maximum core stability since the core must be stable to maintain neutral posture.

Outside of that range of motion, exhaling during the concentric and inhaling during the eccentric is optimal.

So that means inhaling before you start a Deadlift, holding your breath when you start to move then exhaling when you're about halfway up.

QUESTION: how would you breathe for a Back Squat?

ADVANCED QUESTION: how would you breathe for a Standing Overhead Barbell Press?

Finally, if you're running or cycling or doing an aerobic workout, it's best to breathe as slowly and deeply as possible.

Forget about trying to time your breath with a certain cycle of the movement.

Focus on deep, relaxed breaths and you'll maximize your energy and endurance.

CONTROL

Outside of very specific power movements and exercises like the Olympic Lifts and explosive Jumps, control is the name of the game.

You can tell if you have control if you can perform a movement as if you're in slow motion, which requires strength and balance.

If you can, then you can control the entire range of motion.

If not, that means there's a range of motion where you're either using momentum to get through or you're compensating in some way.

Momentum is not necessarily a bad thing and when you're flowing from one movement pattern to another, it may be necessary, but you still want the ability to control the range.

And you definitely want to avoid compensatory movements as much as possible.

Identifying them is the first step, next is understanding why you're compensating and fixing it.

Fixing compensatory movement patterns is beyond the scope of this book, but typically, it's a combination of weakness, tightness and over activity of certain muscle groups.

Because tightness is often present, the first thing that comes to mind for people is to stretch, typically using traditional static stretching, but this method will not address the weakness or improper movement patterns, which is why it often doesn't work.

As I mentioned in Pillar #1, static stretching will not necessarily fix tightness, if that tightness is a symptom of something else.

If you do want some more info on this, check out the free presentation on the 3D Flexibility System that I've posted at www.powerDOJO.com/book for you.

So that's a short overview of why proper technique is so important and some Principles on efficient technique.

Keep them in mind whenever your ego wants you to do more than you can with good form.

PILLAR #3: ATHLETIC RESISTANCE TRAINING

If I were able to go back in time to when I was 16 when I first began lifting weights, I would definitely focus on developing flexibility and mobility first, mastering exercise technique second, then work on building Strength.

But hindsight is 20/20 and I'll never be able to change the fact that the first program I ever followed consisted of three exercises: Bench Press, Bicep Curls and Skull Crushers.

I used to walk home from school and go straight to the basement, put a Nirvana or Stone Temple Pilots CD in then get into my workout.

I'd warmup with a few Pushups facedown on the low pile green carpet then some light sets of the Bench Press.

The bench I trained on was made by York and it was black and green and had the pec fly attachment, which I never used.

The barbell was a standard bar with a mix of iron and vinyl coated weights secured by plastic collars.

Because I worked out by myself, I sometimes failed on the Bench Press and had to roll the bar down my body to get it off of me.

Luckily, I wasn't too strong yet and I never got crushed.

If the plates clanked too loudly when I put the barbell down in between sets of Bicep Curls my mom would always yell as she came down the stairs with concern in her voice, "Are you ok?"

"I'm fine," I'd reply, slightly annoyed but in looking back on the scene today, it brings a smile to my face.

"Don't work too hard, you'll hurt yourself," she'd always say as she'd return to the main floor.

After I finished my workout, I'd make my way upstairs and my parents would have dinner ready, which was often a stir fry of meat and veggies in soy sauce on a bed of rice, of which I'd eat extra on workout days.

A few months of this went by and then I noticed the sleeves on my shirts started to get tight and so did some of my girlfriends at school.

Despite the fact that the program was totally imbalanced having no Pulling or lower body exercises at all, it worked and part of the reason it worked was its simplicity.

I never suffered from paralysis by analysis due to too many exercises or complex rep/set schemes or being confused about how to do an exercise – I simply did 3 sets of 10 of the Bench Press, Bicep Curl and Skull Crusher every Monday, Wednesday and Friday.

Because of this simplicity, I was very consistent and because I was consistent, I got the results I should have gotten from that program.

This motivated me to keep going and while I can't remember exactly how long I followed this program for, the one thing I do know is that I haven't stopped lifting weights or resistance training since.

Recently I've been coaching four individuals who have had problems with their weight, where they go up and down like a yo-yo.

Their problem is the same – a lack of consistency.

The intriguing thing in talking to them is that they were all focused on coming up with the "perfect" plan instead of focusing on the most important part – being consistent and building the habit of working out and eating well.

And with each individual, I've recommended they focus on being consistent, so the most important metric to track is actually doing the scheduled workouts.

Weight lost and performance gains are secondary to building the habit of working out.

Until you demonstrate consistency, you haven't earned complexity.

Another common issue I see is that after being off for a while, people will come back to the gym with a super intense workout.

Then, they don't do anything for 5 days because they're too sore.

Can you say starting off on the wrong foot?

So if you've had a problem with consistency in the past, here's what I recommend:

Schedule your workouts in advance, with no more than 3 workouts scheduled per week.

Either print it off or write it in one of those free calendars you get from the bank or your local real estate agent [*Buy Low, Sell High with James High!*].

For the workouts themselves, start on the conservative side, so if you're lifting weights start the first 2-3 workouts with just 2 sets, or if it's cardio you're doing, start with just 15 or 20 minutes of low intensity work or even walking for half an hour.

Then, check off the workouts as you complete them and if you can do 4 weeks in a row where you do 3 workouts each week, you've earned the right to add a 4th workout or come up with a more complex/intense plan.

This is a simple way to start off on the right foot to build consistency and to build your body up gradually so you don't get so sore you miss a workout.

Anyway this was just a tangent I figured I'd take you on because I've come across this phenomenon a few times in the last little bit.

Let's now talk about Pillar #3: Athletic Resistance Training.

To train like an athlete you need to take into consideration 3 key concepts:

1. The Biomotor Abilities (BMAs) relevant your sport
2. The fundamental Movement Patterns
3. Focused training phases

THE BIOMOTOR ABILITIES

The term biomotor abilities was first coined by legendary strength coach Tudor Bompá who also brought the concept of Periodization to the Western world from what was formerly known as the Soviet Union.

In total, there are 8 BMAs:

1. Flexibility
2. Coordination
3. Strength
4. Power
5. Speed
6. Endurance
7. Balance
8. Agility

The main focus of resistance training is to build strength and power.

Of course, Technique is always superior to pure brute strength, which is why Technique is Pillar #2, but if you have two competitors with all else equal, the stronger will be victorious.

The level of strength you need depends on your sport or activity.

Marathon running requires very little strength, while an American Football linebacker requires a ton.

However both will benefit from the fact that properly designed resistance training programs can at the very least prevent injuries by improving muscle length and strength imbalances, so even though a marathon runner doesn't need much max strength, resistance training is a very useful tool.

So if you're training for a particular sport, you need to assess the level of strength necessary and work towards that as your foundation.

We'll talk about some strength goals if you're a Mixed Martial Artist in a sec.

Then, once you've reached your desired level of strength, you shift your focus to developing power.

Strength is the total amount of weight you can move regardless of time.

Power on the other hand is a function of both how much weight and how much time it takes you to move it.

Mathematically, the equation for power is:

Power = Force x Velocity

And since Force = Mass x Acceleration, power can be expressed as:

Power = Mass x Acceleration x Velocity

So you can see, Power is about how much weight you can lift, the rate of acceleration and the ultimate speed at which the object moves.

The thing is, as the weight you lift gets heavier, the speed at which you can lift it decreases, so true power is all about finding that sweet spot of weight and speed.

But I digress.

There's also an aspect of training for power that most people don't know, but we'll discuss this in a little bit.

First, let's talk some basic strength goals.

If you're a Mixed Martial Artist or you're someone who is into fitness for the sake of being fit and healthy, here are some Strength guidelines to shoot for:

Bench Press = 1.5 x Your Bodyweight (BW)

Back Squat = 1.8 x BW

Deadlift = 2 x BW

Standing Overhead Barbell Press = 1 x BW

Pullups = 15

Any more than this and you're not going to be adding much to your performance and you might actually hinder it because as with everything, as you reach higher levels, it takes more time and energy to get further increases, so you may be trying to build Strength to get a 1-2% gain, but you could invest the same time and energy to get a 5-10% gain in another Biomotor Ability.

I also have additional guidelines for other exercises like Muscleups and 1-arm Pushups and recommended ratios for muscle balance, but these are beyond the scope of this book and reserved for my powerDOJO Inner Circle members, since they're much more advanced and often require more coaching and feedback from me.

Also note that the guidelines above will change depending on your bodyweight, so if you're lighter (155 pounds or less), aim for slightly higher numbers (i.e. Back Squat = 2 x BW) or if you're heavier (200 pounds or more) aim for slightly lower numbers (i.e. Overhead Press = 0.9 x BW).

They'll also change based on your particularly anthropometrics, which is a fancy word to describe the size of your body segments such as your arm length and torso length, but generally speaking, these are solid goals to shoot for.

There are many different programs and methods focused on building Strength, including Starting Strength by Rippetoe, 5x5, 5/3/1, Reverse Pyramid Training my Ultimate MMA S&C Program and so on.

There's no need to get into these different methods here because there's lots of information on the internet that you can find on your own.

The basic tenets behind all of the methods include hitting movements/exercises at the right frequency based on the volume/intensity the program prescribes and ensuring you make the program a bit harder as you go, which forces your body to adapt, whether it's adding weight, reps or sets.

The bottom line is to simply pick a method and follow it until it doesn't work, then pick another method and keep going.

Once you've hit your desired level of Strength, you maintain it while focusing on building Power through exercises like the Olympic Lifts, Jumps, Plyometrics and more.

OK so remember how I mentioned something most people don't know about power?

Well here it is – true power begins from being relaxed, then requires an explosive movement followed by relaxation, with the shorter the time between each phase.

Every truly powerful movement requires at least one cycle of being relaxed, contracting, then being relaxed again.

Let's look at throwing a punch – most boxers and martial artists have probably heard their coach or teacher tell them to stop “muscling” the punch.

Muscling a punch happens when there's too much contraction and not enough relaxation – the arm gets stiff and the punch is slower.

Then if you've ever asked a highly skilled fighter how it felt when they landed a knockout punch, they'll tell you that throwing the punch didn't feel like anything.

This is because it was just a blip of a muscular contraction with lots of relaxation before and after.

Or hitting a golf ball – right at the peak of the backswing, there's a brief period of relaxation and then POW, full contraction and once the ball is struck, relaxation again for the follow through.

The Power Clean is another great example. You start by pulling the weight, then you dip under where you actually relax for a brief period of time, then you do the second pull which is when total body extension happens and once you've applied max force to the bar, you relax and drop under, then catch it and stand up.

Basically, it's contract-relax-contrast-relax-contrast!

This is why I love the Olympic Lifts – they really teach this skill of full contraction followed by full relaxation.

Try this – stand up and jump as high as you can.

Notice how it felt.

Now, do the same thing but keep your quads and hamstrings contracted hard the whole time.

Not only will it feel weird, your jump will also be a lot lower, if you can even get off the ground.

This is the difference between how strength and power feel. Strength requires maximum contraction the whole time otherwise you'll get crushed by the weight, whereas power requires you to apply force quickly, then relax and let momentum do its thing.

So Power is not just about your ability to generate force, it's also a skill and requires you to master whatever the technique is that you're trying to execute powerfully.

Again, why Technique is Pillar #2 – because for many sports, even without much Strength, the ability to precisely contract and relax allows for the display of great skill and power.

THE FUNDAMENTAL MOVEMENT PATTERNS

The movement patterns (MPs) are a concept first talked about by Paul Chek and they consist of seven fundamental movements that make up pretty much every movement we can perform as humans:

1. Squat
2. Bend
3. Lunge
4. Twist
5. Push
6. Pull
7. Locomotion

The key to athletic resistance training is to focus on these movements, versus isolation movements typical of bodybuilding.

There's nothing wrong with isolation movements and I use them all the time for specific purposes, but in general, if because of time constraints you had to choose between a Back Squat and a Leg Extension, take the Back Squat every time since typical movements in sport (and life) rarely occur at one joint in one plane of motion and instead require multiple joint movements in multiple planes of motion.

Picture throwing a simple right cross - your hips and core rotate, your shoulder flexes and your whole arm rotates - a little bit more going on than a tricep kickback or preacher curl!

Again, don't get me wrong – isolation movements are still useful in activating weak or inhibited muscle groups, in fact, they're better than compound movements when rehab and activation is the goal.

But unless that particular movement is relevant to your sport or goals, you're better served focusing on the MPs, which are all about compound movements like Squats, Deadlifts, Pullups, Pushups and Lunges.

Locomotion is anything cyclic and repetitive like walking, running, cycling, swimming and crawling.

THE 8TH MOVEMENT PATTERN

Now, the 8th Movement Pattern is one that isn't included in the above list, yet is required by many different activities of daily life and sport.

I first started playing with the idea of the 8th Movement Pattern when training fighters and realizing that kicks could not be classified inside any of the original 7 patterns I'd learned.

I ignored it for a while but as I thought more and more about it, I realized that this was a hole that needed to be filled.

Because my framework for creating programs was missing a key component, none of my programs addressed it.

As such, my training programs were imbalanced.

I call this 8th movement pattern the Hip Lift pattern.

The Hip Lift pattern is used whenever you lift your leg up off the ground, whether it's to the front, side or back.

So when you're climbing a set of stairs, you need a Front Hip Lift to get your leg up on to the next stair.

When you throw a kick, you use a Hip Lift pattern to get your leg up.

When you're lying down on your back, you're doing a Front Hip Lift to perform a single or double leg raise.

And even when you're on all fours and crawling, you need to perform a Hip Lift to bring your knee up and take a step.

Now, because I understand that the Hip Lift pattern is fundamental, all of my programs take it into consideration and the result is a more balanced body, fewer injuries, more breaking through plateaus and better movement.

I've personally experienced the power that properly training this pattern has.

Since I've implemented Hip Lift exercises, my flexibility and mobility have increased dramatically and my hips feel better than they ever have before.

And there's a reason that this pattern is so critical in today's society – because we sit way too much.

When you sit, your hips are in flexion.

In this position, muscles that lift your hip such as the iliopsoas are shortened, blood flow is decreased and over time they get weaker, tighten up and can even stop firing.

Then, other muscles that aren't as well-suited to flexing the hip must come in and compensate for the "dead" hip flexors, so the tensor fascia lata is one that often becomes overactive.

This is the beginning of a movement dysfunction and can manifest in many different problems down the line.

One common problem caused by a weak Hip Lift pattern is tight hamstrings.

Another is flexion-related low back pain, where you might find yourself getting a sore lower back from simple activities like bending over to tie your shoes.

The reason why this happens is because in addition to creating hip flexion, the iliopsoas also extends and contributes to stabilization of the lumbar spine.

Without this muscle group firing, you can easily lose your neutral lumbar spine during simply daily activities and over time, the repeated stress on your lumbar discs caused by frequent lumbar flexion results in damage, just like how a trickle of water can cause deform stone.

One more problem is getting down into a deep Squat position.

Without a properly functioning iliopsoas, in addition to losing your lumbar extension, your hips cannot flex properly and you might find that to get down deep, you need to round your back a lot and your heels come up off the ground.

But once you integrate the Hip Lift pattern and integrate it correctly, you will also experience benefits that you can't even imagine right now, since you're activating a muscle group that was inactive.

One thing to be aware of when you begin training the Hip Lift pattern correctly like I'm going to show you is that you may experience cramps in the hip flexor muscles that feels very uncomfortable.

This is actually a good sign because this means that you're firing muscles that haven't been working and they're basically waking up and learning how to fire again.

After a few weeks, you'll find that this cramping will begin to dissipate where you won't even feel it anymore.

Now there are a few key exercises that I want to share with you that I think everyone should begin with when they start training the Hip Lift pattern.

And because performing the exercises with proper technique is critical to their effectiveness, I've shot some videos of these exercises where we'll go through everything in detail so you can do them right.

I've posted them for you for free online at <http://www.powerDOJO.com/book> so make sure you head over there to get these and everything else I've already mentioned.

This one concept is golden and I guarantee will take your training to the next level, whether that means higher, faster and more powerful kicks or less pain and increased flexibility and mobility.

And when you combine it with the 7 original movement patterns we discussed earlier, you've got a complete, balanced program to help you get in the best shape of your life while staying injury-free.

FOCUSED TRAINING PHASES

If you're short on time, it's tempting to try and train everything all in one workout, including strength, endurance, power and speed.

While amateur trainers promote workouts that say you can get all of these things in a single workout, they're leading you astray [or, they're lying to you, but let's give them the benefit of the doubt].

While doing workouts like this may get you results for a period of time, you WILL hit a plateau.

Unless you're a beginner, the only way to make consistent gains is through the use of focused training phases, also known as training blocks.

And the best part about using focused training phases is that it allows you to continue to make gains over the long-term while simultaneously minimizing the amount of time you have to spend each week working out because you're NOT trying to fit everything in.

For most, a phase of four weeks is the ideal amount of time to spend to make gains.

And a nice psychological side effect – these phases keep your workouts interesting since you're not doing the same workout all the time and you can look forward to a new workout every month in addition to consistently higher performance and fewer overuse injuries.

If you're a pro fighter or competitive athlete, strength and conditioning it's easy to get motivated for your workouts because you know they'll help you perform.

But for the rest of us, a little bit of variety helps keep training fun because there's always a new challenge and it makes it much easier to stay consistent, which is the key to long-term results.

Now, let's talk about your ability to go the distance...

PILLAR #4: COMPLETE CONDITIONING

The concepts you're about to discover about Complete Conditioning were born out of two things: my experience training professional MMA fighters and my personal distaste for doing aerobic work.

My distaste started when I was in 6th grade and decided it would be fun to join the cross-country team at school.

We'd train in the mornings before school started, maybe two or three times a week and without fail, I'd pull up in the middle of a training run with a vicious side stitch that forced me to stop and keel over like I'd been kicked in the gut.

I remember my coach asking me what I ate for breakfast.

"Oatmeal," I'd reply, since I ate oatmeal for breakfast every day for a few years.

"Hmmm," he replied, then said nothing more, I guess because oatmeal was probably better than what most kids were eating for breakfast.

Today, I know that my body was reacting to the milk I put in my oatmeal (the proteins in dairy give me cramps and make me fart), but I had no clue back then and kept having my runs interrupted with that stupid side stitch.

I've never enjoyed running or cardio since (and I imagine neither do any of those who trailed me on those runs), although I must say I'm starting to enjoy it more now that my guts don't cramp up every time I run.

Anyway, this early experience plus my desire to help my fighters be as explosive in the final rounds of a fight as they were in the beginning helped me refine my approach.

The theme beneath my approach to working with combat athletes can be described in one word: efficient.

It was clear from the get go that with all of the training fighters already do, their strength and conditioning program had to be as efficient as possible, otherwise I'd cause an overtraining injury or poor recovery so their other training sessions weren't as effective.

Then, after assessing the needs of the sport of MMA, it was clear that just running or riding the bike wasn't going to cut it.

To be efficient, you need to understand exactly what you're trying to train so you can target it with laser-precision and that's why I've defined two distinct types of cardio that are necessary to train for optimal results: CYCLIC and ACYCLIC.

To get in top fight shape, you need both methods.

Cyclic cardio is what most people think of when they hear the word cardio.

It includes running, biking, the elliptical, swimming, rowing – any activity that is a repetitive motion.

The main benefit of cyclic conditioning methods occurs on your cardiovascular system: your heart, lungs and blood vessels – the systems that transport blood and oxygen throughout your body.

Because of the repetitive and efficient motion, the muscles used to perform whatever activity you're doing typically aren't the limiting factor, your cardiovascular system is.

Cyclic cardio workouts come in two main flavours: steady state workouts, where you maintain the same pace throughout and interval workouts, where you alternate between higher and lower levels of intensity for a set number of repetitions.

Both types of cyclic conditioning methods have different subcomponents as well, which we won't go into depth here because there are many variations and the best method to use depends on what else you've got going on including your goals, your current resistance training program and if you've got a competition coming up.

The main point to get is that you need to train and alternate between both types of cyclic conditioning methods because you get different adaptations from each.

Acyclic conditioning methods are more beneficial for simultaneously developing your cardiovascular system and the sport-specific and functional movement patterns you need.

They definitely do improve your cardiovascular system, but your neuromuscular system is usually the limiting factor, not your cardiovascular system.

They're done by performing a workout like a circuit that involves different movements and exercises strung together that also elevate your heart rate.

So, your typical "metcon" or CrossFit workouts.

The problem I have with the typical approach to circuit training is that there's no scientific basis for the way most circuits are designed – they're just a random mash of exercises thrown together with the only goal of getting a "burn".

That's why I've refined my approach to circuit training based on the three energy systems of the body.

I call it the CAGE Cardio Scientific System of Conditioning and it involves three specific types of circuit workouts to optimally train your body for combat sport and peak physical fitness:

1. Aerobic + Lactic
2. Aerobic + Alactic
3. NRG System Complexes

Each of these three workouts follows a very specific design so as to target particular energy systems and produce a specific effect.

Cycling through these workouts provides many benefits including continued progression, reduced risk of overuse injuries and workout efficiency.

These workouts have been tested and proven by UFC fighters to get in peak shape to battle inside the Octagon, as well as busy guys who need short workouts they can do anywhere that keep them fit and lean.

I've published many CAGE Cardio workouts on powerDOJO.com so if you've been following me for a while, you probably have a basic understanding of this powerful system, but if you don't, I suggest first going to www.powerDOJO.com/book and reading through the Scientific Conditioning for MMA PDF to learn more about the CAGE Cardio system and you'll also get an example of each of the three types of workouts.

When you follow this system, you're no longer blindly working out, your workouts are precisely designed to get you the best results in the least amount of time possible.

PILLAR #5: PROGRESSION AND PERIODIZATION

One mistake many make is jumping into a new workout program at a level they're not prepared for.

I made this mistake when I got into road cycling in university.

My roommate/bro Matt was a competitive cyclist and was always doing epic training rides of 3+ hours, sun, rain or snow.

I decided that I wanted to join the fun, so for Christmas I got a road bike.

The first ride we went on was about 2 hours long on a cold and windy winter day.

About an hour and a half in, I started feeling funny.

Like, deliriously laughing at things that weren't funny kinda funny.

Reason why was that I was "bonking".

Bonking is a popular term in the world of cycling and other endurance activities where your body runs low on energy, either muscle glycogen or blood glucose. It's also referred to as "hitting the wall".

When I started acting all weird, my buddy Matt recognized the symptoms immediately and tried to help by letting me draft him, which is where I rode really close behind him so that he blocked the wind and made it a little easier on me.

Unfortunately, we were about 30-40 minutes away from home so I had to really grind it out.

When I made it back, my head definitely wasn't on right but I do remember making a bowl of oatmeal and a pot of Mr. Noodles, then wolfing them both down before passing out on the lazy boy in the living room while still wearing all my sweaty riding gear.

I woke up a few hours later and groggily went on with my day before turning in for bed early.

When I woke up the next day, I was sore as heck and didn't feel like riding for a week, which was not a good way to start this new hobby.

I've also done this with weights, where I've come back after a short time off and picked up where I left off, only to be so sore that I was forced to miss scheduled workouts.

The reason why I've shared these stories with you is because it's a mistake that so many people make.

I have learned from my errors and now whenever I'm coming back after a layoff or starting a new exercise, I choose weights, reps and sets conservatively instead of trying to lift as much as I can.

Aside from the soreness aspect and how it can impact your consistency, you need to give tissues like your ligaments time to build up to intense loading.

We aren't as sensitive to the stresses our ligaments feel compared to when we load our muscles up, so if we jump into a workout at too intense a level, we can easily damage ligaments forcing us to the sidelines for a long time while also possibly causing a permanent decrease in joint stability.

Not worth it in my opinion.

We touched on this when we talked about Pillar #4 – Athletic Resistance Training and it's so important I wanted to mention it again.

So start slow and build.

This is the path to LASTING results.

Another common issue plaguing exercisers around the world is that they walk into the gym then think to themselves, “So, what do I feel like doing today?”

If this is you, you’re likely missing out on these two important pieces of the performance puzzle.

The resulting workout probably looks the same every time – you’ll gravitate towards the exercises and weights you’re comfortable with and you’ll never make any progress.

Plus, if there’s any interruption in your schedule, such as for travel, illness or anything else, you’ll never know where you left off and will continue to run on the hamster wheel without going anywhere.

This is the difference between TRAINING and WORKING OUT.

Athletes TRAIN.

People who make the same New Years Resolution every January WORKOUT.

Training is when you have a program designed to achieve certain goals and you progress (and evolve) towards them according to the rules of the program.

Working out is when you’re merely looking for “a good workout” or “to work up a sweat” and you just wing it and don’t have a clear program or plan for progression.

While working out is fine, to me, if this is going to be a life long endeavor, then I want to evolve and not just run through the motions because that keeps it interesting and exciting and makes it more likely for me to be consistent.

I’d get bored as hell just going to the gym and doing the same thing over and over.

All of my top powerDOJO Practitioners are the same way – we have a burning desire to constantly improve and need new challenges.

We train like athletes and we get the kinds of results people who simply workout don't.

That's why everyone whose desire is to be fit and healthy for life who wants to continue to evolve needs these 3 things:

1. A properly designed program for your goals
2. To TRACK all of your workouts including sets, reps and weights
3. The knowledge of how to progress the program over time, both workout-to-workout and phase-to-phase

Synergy occurs when you put these 3 things together and then your results go through the roof.

The previous Pillars gave you the groundwork on what components you need as a part of your strength and conditioning program, such as:

Proper flexibility and mobility so you can perform every exercise with proper technique...

Phase-based resistance training workouts based on the movement patterns and biomotor abilities...

Both cyclic and acyclic conditioning workouts to ensure you develop complete conditioning...

Once you have these components in place, putting them together in a proper program where everything complements each other then tracking your progress on those workouts is how you become a top Practitioner, too.

Here's a simple example to illustrate the importance of this – think about an exercise you've been doing for a while and tell me how much were you doing for this exercise a month ago? 2 months ago? A year ago?

If you have no idea, then how do you know for sure how much progress you've made?

This is why you need a record of all of your workouts, so you can check back to make sure you're moving forward.

You could use a small notebook, but this can be tedious as you'll then have to write the name of every exercise you do over and over.

Instead, it's much more EFFICIENT to have a standardized training template where you can see an entire phase of your program on one page.

I've put the training template I've been using with great success for years online for you to download for free at www.powerDOJO.com/book - go ahead and grab it and start tracking your workouts like a pro.

This template lays out workouts on one page and allows you to easily track your progress as you train.

I've also developed a workout tracking tool for my powerDOJO Inner Circle VIPs that allows them to quickly track the important details of their workouts and helps me make better suggestions because I can see what they've been doing and make more informed suggestions.

So now you've got 2 of the keys to making long-term progress...

The final key is the knowledge of how to progress your program over time including how to progress the workout itself, as well as the microcycle (week-to-week) and mesocycle (phase-to-phase).

Proper progression is what PERIODIZATION is all about and applying this scientific concept is your ticket to ultimate performance.

When you know how to do this, your workouts become much more streamlined and efficient and there's absolutely no need for you to be in the gym for more than an hour or more than 3 days/week of doing S&C workouts.

It's the "secret sauce" I've used with my pro athletes that allows them to achieve maximum performance while also maintaining a heavy training load and avoiding overuse injuries.

All of the programs I create and publish, even the free CAGE Cardio workouts I've posted include instructions on how to progress the workout over time.

When you switch your workouts up too often, your body gets confused and doesn't know what to adapt to, whether it's strength, improved aerobic conditioning or enhanced power, for example.

It would be like reading a different book every day of the week – you'd start to mix up the stories and you'd get lost.

Same thing happens to your body.

The thing is, progress can be made doing a random mish-mash of workouts, but only for those at the beginner level.

Once you pass the beginner stage and you've been training for a year or so, you need to use phase based training and periodization to continue to make gains.

I typically create programs based on four week training blocks, which gives your body sufficient time to adapt, but then mixes it up enough to keep training interesting and allows you to make progress in all of the different areas such as strength, power, endurance, etc.

I've put a video I made on Periodization that I've posted on www.powerDOJO.com/book for you that I suggest you watch if you want to go into more depth on this topic.

What I wanted to leave you with here was the distinction between training and working out and the understanding that if you want to continually make progress, you need to periodize and progress your training.

THE BEGINNING

Yes, I know this is a weird chapter title to be found at the very end of a book.

But as I'm sure you can tell, we do things different 'round here.

Whenever you learn something new, this is where you are – the beginning, not the end. We're just getting started.

To summarize I want you to fill in the blanks:

What are the 5 Principles to Living a Powerful Life?

G _____
I _____
V _____
E _____
R _____

What are the 5 Pillars to Building a Powerful Body?

- #1. F&M:
- #2. MT:
- #3. ART:
- #4. CC:
- #5. P&P:

If you were able to answer everything, great job.

Now it's time for the rubber to meet the road and put what you've learned here to work.

You know how to get started.

But if you think a little guidance might help you get the most out of what you've learned, go here:

www.powerDOJO.com/book

On top of all the free resources I've already mentioned, you'll discover how you can get my help implementing everything we've discussed.

And I mean EVERYTHING.

One last thing before you go – I want to share a little bit about my Vision and Mission for powerDOJO going forward...

My Mission is to help 100,000 individuals move through life with POWER.

This sounds like a lot, but the way I'm going about it is different.

I actually prefer working with a smaller number of people, but having a stronger relationship with those people.

That's why I see 1,000 strong in my Inner Circle.

My Inner Circle is my membership site where I deliver new workouts every month while supporting my members inside what we call The Mastermind.

It fires me up whenever I hear my members have achieved a new goal or results that they're proud of, like when I helped a dozen of my Kyoudai (brother/sister in Japanese, which is what we call each other inside the Inner Circle) do their first Muscleup (you know who you are).

I require all Inner Circle members to go through an application process to ensure that we get the right people inside and the quality, positivity and energy remains high.

From the 1,000 Kyoudai, I see 100 rising up to work more closely and in-depth with me.

These 100 will be on my Elite Pro Team.

Typically, my Elite Pros will be martial arts instructors or Personal Trainers, but I'll also have a few regular peeps who are interested in learning how to teach others how to move better and become more fit.

Not only that, I'll be teaching my Elite Pros how to build their business and their incomes just like I've been able to do.

I can't teach anything I haven't done myself and since I've been able to achieve a decent level of success in my business and continue to grow it year after year, I feel compelled to share what I've learned along the way with those who resonate with my methods and the way I conduct business.

The first milestone for my Elite Pros will be to help them help 100 others move through life with POWER.

From these 100, 10 will rise up to work more closely with them and this cycle will continue on and on until 100,000 are influenced (and beyond).

Bacteria have proven this model over millions of years, so I'm not going to mess with it.

And the Principles and Pillars you've discovered will be fundamental to all of this happening.

If you want to join me in this Mission, you'll figure out how.

It's truly been a blast writing this for you.

We'll talk soon.

PEACE~

Eric



This manual is dedicated to YOU.

The type of person who takes action.

The rare breed dedicated to constant learning, growth and improvement.

One who is open-minded and willing to challenge their own beliefs and old ways of being.

These are things I know about you already, otherwise you wouldn't be here.

So keep doing what you're doing because these are required qualities for success in every important area of life.

Read through this manual once then keep it handy because I'll be referring to it often in the articles and videos I'll be sending you via the powerDOJO VIP Email Newsletter.

It'll help you further understand the concepts taught.

I'm really looking forward to sharing my thoughts with you through this book.

Let's do this.

- Eric