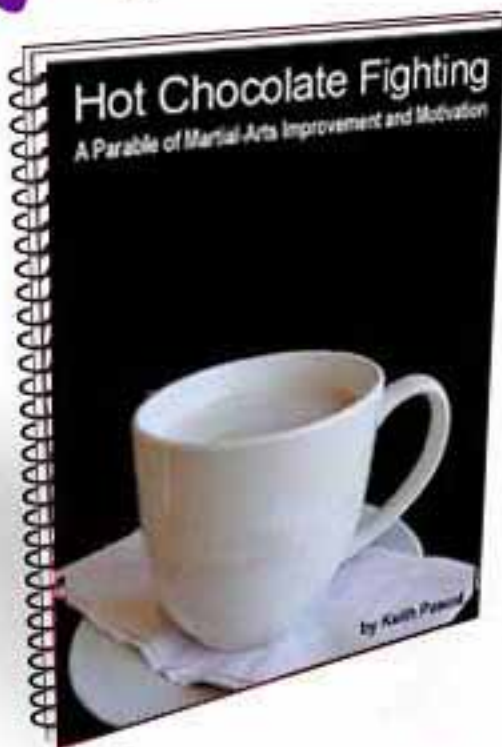
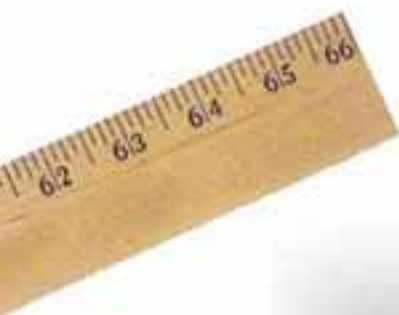


Hot Chocolate Fighting

Questions and Answers, Part One



by Keith Pascal

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This book is designed to provide information about martial-arts improvement and motivation.

It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in the rendering of legal advice, or advice and expertise for your specific situation, environment, or set of circumstances.

Martial training is serious and injuries are possible, even when “just” practicing.

Safety should always be a number-one priority.

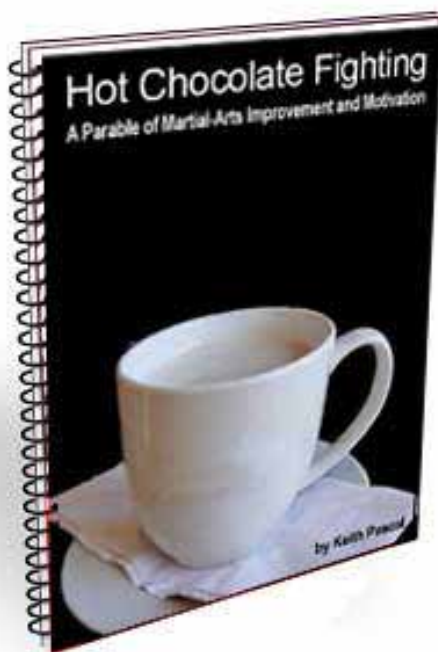
Services of competent professionals should be sought, to help you gain more expertise in judging self-defense situations and learning appropriate training techniques.

Hot Chocolate Fighting Questions ... and Answers, Part 1

by Keith Pascal

Was Hot Chocolate Fighting a simple, little parable with only one message, or can we glean more from the tale with further consideration?

Note: If you haven't read the ebooklet or watched the 11-minute video, the take a look now:



We'll jump right in by asking questions about the story. In Part 1, there are seven questions. I think you'll benefit a lot just in the act of pondering these parts of the parable.

You might discover some important points that I forgot or failed to mention.

This is why I'm presenting the seven questions, before I share my opinions in the answers. I hope you take the time to brainstorm your own pieces of advice, before you read mine.

Here we go....

Question #1: Why was the Yin-Yang symbol mentioned in the beginning? Was it just to contrast old with young, or was there an important suggestion for you to consider? If so, what was it?

Question #2: Why did the older man assume the younger focused on competition, and not so much on self-defense? In other words, why did he choose to take him to a tournament?

Question #3: Why did the neighbor feel it important to find someone short? Why not look for another brown-haired martial artist? Or a successful teen practitioner? Why was short important?

Question #4: Should the teen have been worried about going into the house with someone he didn't really know? Why was it okay to do so, this time?

Question #5: What are the cocoa, cinnamon, milk, and sugar of the martial arts?

Question #6: The man referred to his initial search for great ingredients to make hot chocolate milk. What would be an equivalent search in the world of martial arts?

Question #7: Why did the older man decide to go with basic ingredients? Do you think this was the right choice?

And now, here are some quick answers to the above questions. I hope you find some useful nuggets that help you improve....

Question #1: Why was the Yin-Yang symbol mentioned in the beginning? Was it just to contrast old with young, or was there an important suggestion for you to consider? If so, what was it?

The contrast of the two wasn't mentioned to juxtapose old with young, or precise with sloppy. I included those elements, because I wanted you to get a complete picture.

The man is content in what he's doing. The teen is not. One is happy, the other frustrated ... and not in a good way.

Note: Sometimes, we need frustration to make a leap in skill, but that's not the case with the adolescent practicing in his driveway. He's on the verge of quitting.

I want you to think about your state of mind as you get ready to train. It's so important to practice with the right mindset. You can better prevent injury when your brain is focused on the task at hand.

Also, if you think you'll do well, you'll probably have a better practice session than if you think it's all just this side of hopeless.

You learn more when you are ready to learn.

Would you agree that having the right outlook when you train is an important point?

Obvious? Not to some. For some practitioners, actually making a conscious change before training is about to make a big difference.





Question #2: Why did the older man assume that the younger focused on competition, and not so much on self-defense? In other words, why did he choose to take him to a tournament?

The clue came when the teen was kicking on the pavement. He practiced two kicks (that we know of) over and over. His first kick was a front thrust kick. The kick shot forward from the rear leg. It kicked to the front, and then took into the lead-leg position.

He also practiced flying roundhouse kicks.

Both kicks represent a more classical, tournament way of fighting. In a street fight, with progressive, efficient fighters, you'd expect most kicks to start from the front, to save time. Rear leg kicking, for the most part, is too inefficient for a self-defense situation.

This follows the rule of the closest weapon to the lead target. (Research Bruce Lee.)

As for the second type of kick — real street fighters know the dangers of flying through the air with movie-style kicks. These techniques great for the movies, and sometimes work in tournament fighting, but in a defend-yourself emergency, those kicks are a “no-go.”

The teens choice of kicks told the older man a lot about his preferences, training, and martial interests.



Question #3: Why did the neighbor feel it important to find someone short? Why not look for another brown-haired martial artist? Or a successful teen practitioner? Why was short important?

Why was this the one important criterion? Because it's what the teen mentioned as his possible barrier. So, whether or not it was a true hindrance, it was in his mind.

It had to be dealt with eventually.
Agreed?

The older man chose sooner, rather than later. (Or, maybe all of his martial-arts friends just happened to be short.)

If you have some personal challenge impeding your progress in the martial arts, you can choose to ignore it, or meet the problem head on. Which attitude will get you where you want to be?

Question #4: Should the teen have been worried about going into the house with someone he didn't really know? Why was it okay, this time?

No worry, at all. His mother provided the clues; the boy noticed when the man addressed her by name. He also saw her relax when he asked to make hot chocolate and have a chat. Finally, he noticed that his mother turned and went back into the house, rather than running to care for his scrape.

This neighbor was safe.

Still, it's important to place the beware of strangers reminder in any ebook or video where a youth follows an adult he doesn't know.



Question #5: What are the cocoa, cinnamon, milk, and sugar of the martial arts?

Timing, distance, kicks, punches, elbow strikes, eye jabs, strategies, tactics, the five ways of attack, and more.



Question #6: The man referred to searching for great ingredients in making hot chocolate milk? What would be an equivalent search in the world of martial arts?

As a martial arts editor, I receive subscribers requests for help in their search for greatness. These quests fall into two categories:

a) They are searching for the newest bandwagon. They quest for the best. They want to discover the greatest fighting style, the one that will beat all others.

In the U.S., we went from judo to karate in the 1960s. From karate to kung fu in the 70s. From kung fu to Bruce Lee's JKD, fits in there somewhere.

We also got MMA ... and the flavor of the month (for the last few years) has been Krav Maga. Actually, MMA and Krav Maga seem to vie for top popularity position ... back and forth.

b) A number of subscribers also want the “secrets” in the martial arts revealed. These people want to learn the Death Touch (Dim Mak). They crave the dark secrets of the Ninja.

They believe that you can effect mind control on an opponent with your gaze.

Question #7: Why did the older man decide to go with basic ingredients? Do you think this was the right choice?

People can waste away their lives searching for the best ingredients ... the magic of their chosen field. Some make their journey ten times as hard by trying to find the easy way. (Touch one spot on the enemy, and he’s down, for good.)

Later in the story, we discover that the older man possesses a lot of martial talent. True?

So, maybe the question should be, “Why did the older man choose a basic-ingredients analogy for the teen?”

And the answer is ... maybe that’s what the youth needed. (Maybe that’s what everyone needs.)

Be honest with yourself, would you rather know a few Death-Touch-type secrets, or be able to completely control a fight with the basics, getting in whenever you want, generating the kind of speed that you want, and the power to knock down your enemy?

Which would you choose?

I don’t know about you, but I’d choose (I choose) to have the skills akin to a master of the martial arts.



The older guy could only wish the same kind of success for “the apprentice.”

Note: We'll discuss how at a certain point, you do need to find better ingredients to be a truly great martial artist. That will come later ... maybe with a discussion of iced tea or cold chocolate milk.

In **Part 2 of Hot Chocolate Fighting Questions ... and Answers**, you'll explore how to perceive important differences in technique, how to improve your roundhouse kicks, and more.

Stay tuned for the next set of questions.

In the meantime, I have two resources to recommend, if you want to improve and gain a real martial arts advantage. One resource is FREE; one is not.

Take a look:

1. Get the martial arts advantage with this **Free Newsletter**. And get a very useful ebooklet (with a martial arts strategy you can really use ... right now). Join for Free, here.

AdvantageMartialArts.com

2. If you're not really sure how to end a fight quickly and efficiently, then I'd like to recommend the following ebook and its ebonuses.

Do you want solid suggestions on how to win the fight fast (beyond the worn-out advice of "kick him in the groin")?

Then you need this strategy and these techniques ... all with a complete, money-back guarantee.

[If you want to win the fight fast, click here.](#)