

# Cuong-Nhu Philosophy

## 5 A's of Self Defense

- Awareness
- Alertness
- Avoidance
- Anticipation
- Action

## 5 R's of Self Defense

- Right Time
- Right Place
- Right Techniques
- Right Perspective
- Run

## 5 W's of Self Defense

- Wrong Time
- Wrong Place
- Wrong People
- Wrong Attitude
- Wrong Techniques

## 5 P's of Achievers

- Perspective
- Patience
- Perseverance
- Pride in Accomplishment
- Practice till Perfect

## 5 D's of a Winner

- Direction
- Discipline
- Determination
- Dedication
- Do till Death

## 5 Wins

- Over Yourself
- Opponent's Respect
- 3rd Party's Respect
- Over the Situation
- People's Hearts

## 5 Re's of Meditation

- Relaxation
- Respiration
- Renewal/Rejuvenation
- Reflection
- Realization

## 5 Sources of Power

- Mind
- Body
- Spirit
- Soul
- Ki

## 5 Rights

- Think Right
- Eat Right
- Exercise Right
- Rest Right
- Perform Right

## 5 F's for Training

- Fortify Your Body
- Find Your Own Way
- Fly Your Spirit
- Feed Your Soul
- Flow Your Ki

## 5 Selves

- Self-Acceptance / Self-Tolerance
- Self-Confidence
- Self-Esteem
- Self-Control
- Selflessness

## 5 RE's for Healing

- Reduce
- Relax
- Reach
- Reevaluate
- Remember

## 5 Fears of Achievement

- Fear of Hard Work
- Fear of Failure
- Fear of Intimidation or Pressure
- Fear of Associating with People
- Fear of Death

## 5 Loves of a Sensei

- Teach
- Share
- Students
- Martial Arts
- Growth

## 5 Saves - Wing Chun

- Distance
- Energy
- Manpower
- Time
- Life

## 5 H's for Life's Meaning

- Health
- Help (self & others)
- Heal (self & others)
- Harmony
- Happiness

## 5 S's for Warmups

- Safety
- Slowness
- Self-Awareness
- Stretching
- Strengthening

## 5 Alls (3-D)

- All Angles
- All Levels
- All Techniques
- All Situations
- All People

## 5 Res's for Interrelations

- Responsibility / Self Respect
- Respect Others
- Responsiveness
- Resolution
- Resiliency

## 5 Firsts for Friendship

- Communicate First
- Smile First
- Care First
- Share First
- Forgive First

## 5 -tives for Harmony in Love

- Assertive
- Communicative
- Active/Positive (A/P)
- Innovative/Creative (I/C)
- Meditative

## 5 -sives to Avoid Trouble in Love

- Possessive
- Submissive
- Obsessive/Compulsive (O/C)
- Oppressive/Divisive (O/P)
- Abrasive/Corrosive (A/C)

## 5 Ups of Teaching & Learning

- Shut Up
- Put Up
- Beat Up
- Keep Up
- Live Up

## 5 F's of Teaching & Learning

- Fun
- Friendship
- Focus
- Fly Your Spirit
- Finish Your Goal

## 5 Steps in Cuong Nhu Philosophy

- Living
- Giving
- Caring
- Sharing
- Loving

## 7 Main Styles of Cuong Nhu

- Shotokan
- Judo
- Aikido
- Wing-Chun
- Vovinam
- Tai Chi Chuan
- Boxing

## 6 Sources of Learning

- Sensei & Sempai
- Seminars
- Mirrors
- Training Equipment
- Classmates
- Tournaments
- Media, Books
- Yourself

## 10 Don'ts of Sparring

- Angry
- Fearful
- Tense
- Hurry
- Waste Energy
- Overconfident
- Distracted
- Pre-conceived Ideas
- Discouraged if You Lose
- Afraid of Losing

## 10 -nesses of Leadership

- Fitness
- Wellness
- Assertiveness
- Openness
- Fairness
- Directness
- Oneness
- Togetherness
- Forgiveness
- Creativeness

## 8 Codes of Ethics

- 1) Cuong-Nhu students should strive to improve themselves and their abilities in the martial arts in order to serve the people. \*Care (Self & Others)\*
- 2) All students should be faithful to the tenants of Cuong-Nhu, and attempt to disseminate these beliefs in the younger generation so that they too may be morally and physically fit. \*Faith & Share\*
- 3) All members of Cuong-Nhu are unified in spirit and respect each other and their instructors. \*Oneness & Togetherness\*
- 4) Only by absolute discipline of Mind, Body and Spirit does the student maintain honor in Cuong-Nhu.
- 5) All members should respect all other styles and should use Karate techniques only to protect truth and reason. \*Responsibility & Purpose\*
- 6) Cuong-Nhu students, through dedicated daily practice, increase their spirit, stamina and moral character. \*Mind, Body & Spirit Building\*
- 7) The goal of the Karate participant is to maintain a pure, simple, sincere and noble life. \*Soul Crystallization\*
- 8) Self-confidence, self-control, modesty and a non-defeatist attitude are the mental keynotes of the Karate participant. \*Balance & Resiliency\*

Think Rights (No Brain, No Gain)

- Think Simpler
- Think Faster
- Think Better
- Think Deeper
- Think Wiser

5 Controls for Self Defense

- Control Area (Awareness)
- Control Yourself (Fear, Anger)
- Control Attackers (Strategy)
- Control the Situation
- Control Consequences

5 Double Troubles to Avoid

- Alcoholic Abuse
- Bigoted Bull
- Cardiovascular Carelessness
- Drug Dependency
- Excessive Ego

5 V's for Successful Marriage/Friendship

- BehaVe: be courteous & respectful
- BelieVe: in yourself & spouse/friends
- LoVe: each other unconditionally
- ForgiVe: to live in harmony & peace
- ReceiVe: God's blessings/love from everybody

3 C's in Good Communication

- Clear
- Concise
- Concrete
- Consultative (2-way)
- Composed

5 V's in Poor Communication

- Vague
- Verbose
- Variable
- Vacant
- Vituperative

5 E's in Education

- Expertise
- Eagerness
- Enthusiasm
- Enhancement
- Enamor

5 Togethernesses at Campouts

- Physically We Train Together
- Socially We Eat and Live Together
- Mentally and Intellectually We Think Together
- Spiritually and Soulfully We Learn, Share and Grow Together
- Culturally and Kiffully We Enjoy Being Together and Flow in Harmony

12 -ions for Teaching

- Simplification
- Demonstration
- Explanation
- Repetition
- Correction
- Motivation
- Dedication
- Communication
- Reflection
- Evaluation
- Creation
- Interrelation

5 Negatives in Teaching

- Don't Ridicule Any Student
- Don't Make Discriminatory Remarks
- Don't Push Students Excessively Hard, Avoid Burning Them Out
- Don't Show Favoritism
- Don't Lose Your Composure

10 C's for Successful Running/Training

- Commitment
- Coach
- Consistency
- Courage
- Conditioning
- Camaraderie
- Competition with Yourself
- Control Over Your Body
- Concentration
- Communication

The Foundation for Peak Performance is as simple as ABCDE

- Awareness : Well prepared, Well Planned
- Belief : in Self & Others
- Commitment : to Excellence
- Dedication : a Labor of Love
- Enlightenment

5 -tions in Leadership

- Communication
- Education
- Application/Action
- Delegation
- Production

<u>Full Life</u>	<u>Fuller Life (3 O Principle)</u>	<u>Fullest Life</u>
• Overwork	• Open Mind	• Oneness
• Overcome	• Open Heart	• Togetherness
• Overwhelm	• Open Arms	• Forgiveness

