



Natural Motion Systems "Martial & Health Sciences"

## Philosophy / Martial / Health article-Power Method.

The Real Secret behind the Martial and Health Sciences.

### **N M S Power Method**

Great systems, great demonstrations of technical skill,  
great underlying concepts and ideas,  
but researching true spontaneous application in a non-prearranged scenarios?  
Researching and understanding training program in place that efficiently or completely addressed  
the issues the art espoused:  
Self-defense/ combat effectiveness,  
Inner power / Health  
Coordination, balance, focus, etc.  
What makes one art or technique more "useable" in (correct Context) is based on proper training  
methods and mental attitude.

### **Power Method**

Existing training in an effort to excel the students/player progress through completely linking and  
integrating every (movement) with all those preceding it (Motion).  
Thus is able to fully utilize those techniques in the correct range, with the correct footwork, in  
correct combinations, and in the correct Context.

Constructed around the platform/template of an expandable Nucleus Drill/exercises, wherein as  
new (blocks of information) are added (addition) they are Linked and Integrated with previously  
learned blocks of information.

There is a mental component wherein shifts in psychological states occur as the Nucleus  
Drill/exercises expands, thus restructuring a passive mind into an active mind and then into a  
focused, centered and unwavering mind (Martial Culture).

The thought pattern deals with breaking down a system in terms of techniques, concepts,  
principles, drills,  
everyone seems to have "width" in technique, but "depth."  
People can attend 60 seminars and walk away with technique width (i.e., hundreds of techniques),  
but depth in each individual technique (e.g., conceptual understanding, linking to other  
techniques, applying techniques in different ranges and against different styles and weapons, etc...

Once we are able to "see" the techniques, ways it can and should be applied (with footwork, other  
techniques, disarms, grappling, etc). What needs to be done to master each area within a system  
(Martial Function).

Intellectual knowledge and understanding of the system into practical use, we engage the Method  
that makes it all possible a simple yet expandable /evolution Nucleus Drill/exercises (Martial  
Motion) (movement and motion) that easily incorporates new material as the student's/player  
progresses through blocks of information.

Thus, from the onset of each new level, the techniques (through integration) become functionally  
integrated with the previous ones.

It is only when the thought pattern is understood and the Power Method employed with



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full integration of the system's components that mastery can be achieved.

The thought pattern is the vision, (Martial Culture).

The Power Method is the road and the Nucleus Drill/exercises (Martial Motion) is the vehicle that will take you to mastery (Martial Function).

To "master" the art is up to you.

The paradigm (Martial Culture) and Power Method is before you, and you hold the power to excel it.

神功

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Shen Gung