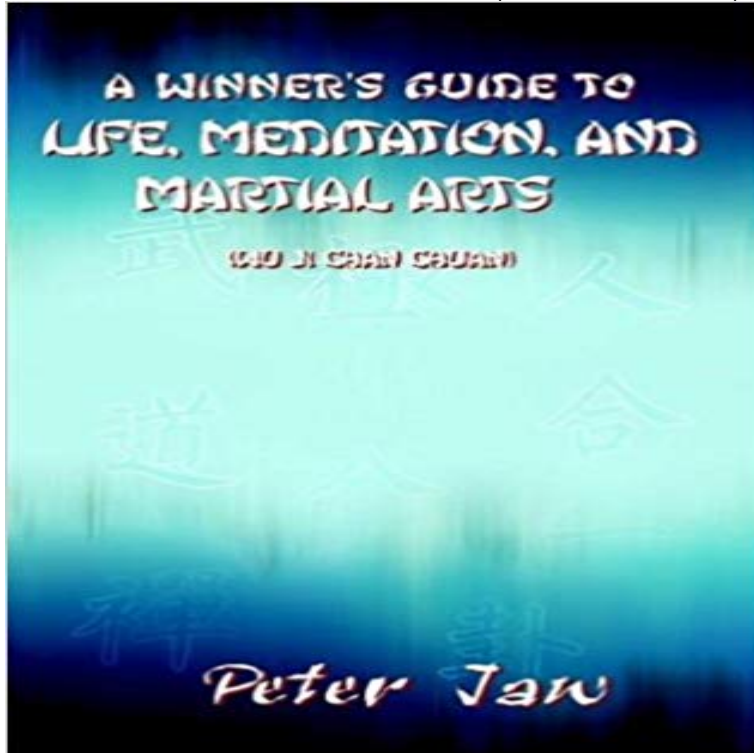


A Winners Guide to Life, Meditation, and Martial Arts



Wushu is a Chinese word for martial arts. Wushu has evolved in China for over six thousand years. Wushu is based on physics, human anatomy, physiology, medicine, science, observation of Nature, reasoning, tactics and strategy, and most important of all, life philosophy. Wushu is not violence. Wushu is all about defense and to stop violence. The nature of force ($\text{Force} = \text{mass} \times \text{acceleration}$) was known and applied in Wushu over two thousand years before Mr. Newton described it. For instance, Ba Ji Chuan (Eight-Ultimate Boxing) uses the movement of the whole body (mass) to deliver a more powerful punch. Everything (Nature) is relative and moving in a circle of time and space. The knowledge was described by Daoists and applied in Wushu twenty-five hundred years before Mr. Einstein described it. If you are a beginner in Chinese martial arts, this book will give you an overview what Wushu is all about. If you already know some martial arts, this book will be an invaluable guide book to improve your skills. If you are an advanced martial artist, this book will be an indispensable tool to create martial moves for your discipline. If you are interested in how to think, what to think, and philosophy, this is a book of life and philosophy. If you are interested in how to win in life, in combat, or even a war, this is a book that tells you how. This book is compatible with your faiths or religions. As matter of fact, this book is a must read for everybody. This book incorporates Nature and physics (how Nature works) into your thinking, your life, your martial arts, and you. This is a book of wisdom. This is a book of Nature. This is a book of human nature (human physics). Human physics are about how human think and how human function, fight, and win. Meditation about Nature and Wushu is called Wu Ji Chan Chuan in Chinese. And yes, this is a book of philosophy.

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