



KARATE - MMA - COMBAT **fluid adaption** **emergent martial arts**



Survive – Succeed – Thrive – Heal

The Principles of Fluid Adaption

Bushido – Means to fight with your opponent and win. The way of the warrior is to develop knowledge of weapons, learn to use these weapons well, and defeat your opponent in battle. The principles of achieve victory against one or many opponents are one in the same. Study the writings of Miyamoto Musashi. Practice is aimed at realising this virtue of Bushido... to fight and win!

Chaos – Real combat is chaotic. There is a flow from order to chaos and back to order again in a ceaseless circle of change. Understand where things are in the cycle of change, position and adapt accordingly.

No Mind-Fluid Body – Cultivate a mind that is everywhere and nowhere, and a body that can flow and adapt to whatever the circumstance requires. This is the main goal of practice and essential for realising the goal of adaption in everyday life.

Cold Intent – Intent must match the context. In combat maintain a fearless cold fury, with intent on dispatching opponents quickly and decisively.

Attack – In Fluid Adaption there is only attack, every action is intent on attack and ending the opponent's capacity to harm.

Flow - the ongoing process of awareness and movement associated with positioning to positively adapt to emerging changes in circumstances.

"Follow MEN, get MAD, do the DAD, and learn to TIC" - a mnemonic phrase encapsulates the acronyms that summarise the core principles of adaption:

- **MEN** describes the developmental keys of Emergent Practice required for adaptive learning: a **Mindful** focus on relational flow, an **Emergent** approach to learning, and finally an understanding of principles of **Neurobiology**, which when applied to practice, assists with the rapid development of adaptive skills.
- **MAD** refers to principles of Active Engagement, 3 simple rules that can be applied across the continuum of human interaction, from fostering therapeutic healing through to surviving a-social violence. These three basic rules of Active Engagement: **M**ove off line, **A**pproach to engage, blend and **D**irect; provide the basis for individual adaption and group self organisation, guiding the development of richly complex and life enhancing interconnected patterns of social interaction.
- **DAD** is the Tactical Intent of Fluid Adaption. DAD has two expressions as tactics for combat and for healing:
 - o **Combat**: **D**isturb the balance, **A**mplify the disturbance, **D**isable the capacity for harm;
 - o **Healing**: **D**isturb rigid pattern, **A**mplify adaptive response, **D**ampen maladaptive response
- **TIC** describes the contextual intent or of adaptive practice: **T**argeting with Intent in **C**ontext.

Relational Awareness - Mindfulness of relationship is central to adaptive learning in the practice of Fluid Adaption. The development of relational awareness during practice occurs along the following sequential steps of an interdependent expanding awareness:

Breath – Relax – Balance – Movement – Flow – Adapt.

Ishoa – Oneness, the realisation that all things exist in relation to all other things, simultaneously as one flowing dynamic whole.

FLUID ADAPTION