

## UNDERSTANDING OUR ORGANIZATIONAL PATCH



Our patch provides great detail and insight about what type of training this organization provides. It is important for students to understand what the various items on this patch represent and mean from memory.

Most people today are familiar with the Yin and Yang Symbol. They might have heard that this symbol represents balance. For example:

Yin	Yang
Black	White
Feminine	Male
Night	Day
Soft	Hard



**Proper Orientation**

There is additional knowledge that can be learned from this symbol. As much as this symbol represents balance, it also represents transition. We can see that as one is rising the other is falling but the transitional flow is smooth and well balanced. We can see that each has a component of the other.

The proper orientation of the yin and yang symbol is very important. This symbol can strengthen or weaken your energy; this symbol is properly oriented on our organizational

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patch for increased strength and energy; note its orientation above. Improper or reverse orientation can have a dramatic effect on your energy; your instructor will provide a demonstration of this effect at some point during a special class session on the subject.

The characters displayed on the patch are scripted in Chinese and each character represents its particular elemental value. The colors match the color assigned to each elemental value. The circle represents the ball of energy for that elemental value.

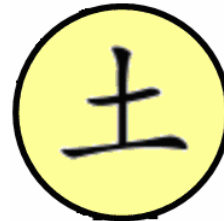
## Fire

Fire is symbolized by the color red.



## Earth

Earth is symbolized by the color yellow.



## Metal

Metal is symbolized by the color white.



## Water

Water is symbolized by the color black.



## Wood

Wood is symbolized by the color green.



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## Self-Defense

武术

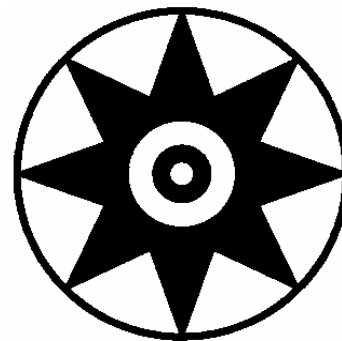
## Martial Arts

自卫

## Omniubiquit

This symbol, like the traditional yin and yang, symbolizes the nature of the universe and all things and ever-present.

The black (yin) is symbolic of the negative and passive, being soft and feminine; while the white (yang) is symbolic of the positive and active, being hard and masculine. One cannot exist without the other.



For example, within the large white circle there is a black circle and within that there is another white circle and so on until infinity. This is representative of your mind's eye, your internal thought or inner voice. The eight points of the two dimensional octagonal star represent the traditional directions of attack. This can be taken as angles of attack against you by the attacker or angles of attack that you may use against your aggressor; perhaps a deeper analysis would be the different angles of attack against (acu-) pressure points that you will learn at a higher rank level in this self-defense program. Also, imagine this two dimensional symbol as a three-dimensional sphere continuously rotating and spinning, moving in and out, with 64 points representing all possible positions or directions of movement or attack. The black is constantly changing direction and position with the white. Also, the point center is like an eye that sees in all directions and it is everywhere at all times.

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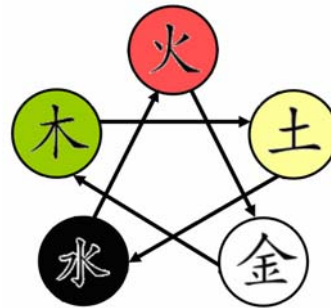
The five elements mentioned earlier are used in acupuncture for healing. Acupuncture uses nerve points that follow special communication pathways called meridians. These meridians have elemental values. If these points are used in a specific elemental sequence, called the regenerative cycle, they provide healing. Here is a little jingle that will help you visualize and remember the sequential order of regeneration.

- Fire Creates Earth
- Earth is Used to Create Metal
- Water Condenses on Cold Metal
- Water Provides Life to Wood
- Wood Feeds Fire



If we apply the concept of Yin and Yang (universal balance) to the cycle of regeneration, then we know that there has to be an opposite to the regenerative cycle. The five elements mentioned earlier can be used in self-defense and martial arts by following what is termed the cycle of destruction. Here is a little jingle that will help you visualize and remember the sequential order of destruction.

- Fire Melts Metal
- Metal is Used to Cut Wood
- The Roots of Wood Penetrate the Earth
- The Earth Channels Water
- Water Extinguishes Fire



If we look at the patch with all the components in place, the patch is displayed on the top of this manual and at the start of this section; there is one part we still have not addressed. The ribbon represents you getting in close to the attacker. Notice how the ribbon wraps around to the back; there are attack points in the back, as well as the front and sides. Notice how the ribbon transitions and flows with the wind's movements, its transitional flow is smooth and maintains close contact. Like all things you will always find some gray areas, also represented as a color within the ribbon, but with a little research you will soon experience an epiphany that will change all meaning of what you have learned.

Bringing everything together our organizational patch symbolizes our understanding and application of pressure point fighting in self-defense and martial arts.