

Cuong Nhu Philosophy

Review Sheet

ONE GREEN STRIPE

5 Firsts for Friendship

Communicate
Smile
Care
Share
Forgive

5 Steps to Health

Think
Eat
Exercise
Rest
Perform

5 S's for Warmups

Safety
Slowness
Self awareness
Stretching
Strengthening

5 A's for Self-Defense

Awareness
Alertness
Avoidance
Anticipation
Action

5 W's for Self Defense

Wrong time
Wrong place
Wrong people
Wrong attitude
Wrong techniques

5 R's for Self Defense

Right perspective
Right time
Right place
Right techniques
Run

TWO GREEN STRIPES

5 P's of Achievers

Perspective
Patience
Perseverance
Pride in accomplishment
Practice 'til perfect

5 D's of a Winner

Direction
Discipline
Determination
Dedication
Do 'til death

5 Think Rights (No Brain, No Gain)

Think simpler
Think faster
Think better
Think deeper
Think wiser

5 Res's for Interrelating

Responsibility (*self-respect*)
Respect Others
Responsiveness
Resolution
Resilience

5 F's for Learning and Teaching

Fun
Friendship
Focus
Fly your spirit
Finish your goal

5 Re's of Meditation

Relaxation
Respiration
Renewal/rejuvenation
Reflection
Realization

GREEN BELT

5 Sources of Power

Mind
Body
Spirit
Soul
Ki

7 Main Martial Arts of Influence

Shotokan
Boxing
Judo
Aikido
Wing Chun
Tai Chi Chuan
Vovinam

5 Controls for Self Defense

Control the area (*awareness*)
Control yourself (*fear, anger*)
Control the attackers (*strategy*)
Control the situation
Control the consequences

5 Alls for Self Defense (3-D)

All angles
All levels
All techniques
All situations
All people

5 Win's of a Winner

Over yourself
Opponent's respect
Third party's respect
Over the situation
People's hearts

10 Don'ts for Sparring

Angry
Tense
Fearful
Hurried
Waste energy
Overconfident
Distracted
Pre-conceived ideas
Discouraged if you lose
Afraid of losing

Cuong Nhu Philosophy

Review Sheet *continued*

ONE BROWN STRIPE

5 Steps in Cuong Nhu Philosophy

Living
Giving
Caring
Sharing
Loving

5 Selves

Self acceptance / self-tolerance
Self confidence
Self esteem
Self control
Selflessness

8 Sources of Learning

Sensei and Sempai
Classmates
Mirrors
Books, media
Tournaments
Training equipment
Yourself
Seminars

5 Re's for Healing

Reduce
Relax
Reach
Reevaluate
Remember

Foundation for Peak Performance: ABCDE

Awareness (well planned / prepared)
Belief (in self and others)
Commitment (to excellence)
Dedication (a labor of love)
Enlightenment

TWO BROWN STRIPES

5 F's for Training

Fortify your body
Find your own way
Fly your spirit
Feed your soul
Flow your ki

5's For Safe Training / Running

Sane – Sight
Stretching
Stamina
Strength
Speed (see page 1.17)

10 C's for Successful Training / Running

Commitment
Coaching
Consistency
Courage
Conditioning
Camaraderie
Concentration
Communication
Competition with yourself
Control over your body

Training / Running Relation to Other Sports

Focus (timing)
Power
Endurance
Flexibility (conditioning)
Perspective

BROWN BELT

10 "Nesses" of Leadership

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

5 Ups of Learning and Teaching

Shut Up
Put Up
Beat Up
Keep Up
Live Up

5 Troubles to Avoid

Alcohol abuse
Bigoted bull
Cardiovascular carelessness
Drug dependency
Excessive ego

PYRAMID FORMULAS FOR HAPPINESS, HARMONY AND HEALTHY TRAINING

(see page 2.3)

5 H's for Life's Meaning

Health
Help (*self and others*)
Heal (*self and others*)
Harmony
Happiness

Cuong Nhu Philosophy

Review Sheet *continued*

ONE BLACK STRIPE

10 Stages of Growth (see page 2.1)

Nobody
Learner
Worker
Fighter
Achiever
Winner
Teacher
Leader
Thinker
Philosopher
Nobody

5 Loves of a Sensei

Teaching
Sharing
Students
Martial arts
Growth

5 Negatives in Teaching

Don't ridicule any student
Don't make discriminatory remarks
Don't push students excessively
 hard to avoid burning them out
Don't show favoritism
Don't lose your composure

TWO BLACK STRIPES

12 "Tions" for Teaching

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

5 Trues for Love of Life

True friendship
True love
True happiness
True peace
True freedom

BLACK BELT

5 Fears of Achievement

Hard work
Failure
Intimidation or pressure
Associating with people
Death

5 "Tions" of Leadership

Communication
Education
Application / action
Delegation
Production

5 Togethers at Annual Training

Physically we train together
Socially we eat and live together
Intellectually we think together
Spiritually we learn, share
 and grow together
Enjoy being together in harmony

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Review Sheet *continued*

SHODAN

5 Saves in Wing Chun

Distance
Energy
Manpower
Time
Life

5 E's in Education

Expertise
Eagerness
Enthusiasm
Enchancement
Enamor

5 C's for Good Communication

Clear
Concise
Concrete
Consultative (2-way)
Composed

5 V's in Poor Communication

Vague
Verbose
Variable
Vacant
Vituperative

THREE O'S PRINCIPLE

Full Life: Overwork
Overcome
Overwhelm

Fuller Life: Open mind
Open heart
Open arms

Fullest Life: Oneness
Togetherness
Forgiveness

ALL LEVELS REVIEW CODE OF ETHICS