

**WAY
OF
THE
SYMMETRICAL
FIST**

(The Art of fighting without fighting)

By

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Edited

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DISCLAIMER

The adoption and application of the material offered in this book is at the readers' discretion and sole responsibility.

**DEDICATED
TO
MASTER ERIC BREUER**

PREFACE

You've heard that in order to build a house you must start out with a strong foundation. I started writing this book with a strong foundation. I took Martial Arts for twenty years. Not just in one style but in many different styles and in many different schools and with many different teachers. Some teachers were good and some teachers were bad.

This book explains what Tao is and why it is Symmetrical. Way of the Symmetrical Fist is not a fighting art. Way of the Symmetrical Fist is meant to help you find yourself. There is no enlightenment beyond the self. It can help you to lead a life without drugs and violence.

I founded this Art to teach you the same techniques that worked for me. Way of the Symmetrical Fist has three forms which I modified to being my own. There are other Martial Arts with more forms than mine but remember its quality not quantity.

I know more than what's printed in this book but I can't copyright it because its already copyrighted. Please, use this book as a teaching guide. That is the foundation upon which I wrote this book.

PHILOSOPHY

Tao is Symmetrical. Way of the Symmetrical Fist is a Martial Art with three forms from different styles of Martial Arts which I modified to being my own. This philosophy describes a Martial Art based on the fact that Tao is Symmetrical.

Way of The Symmetrical Fist is The Art of honestly expressing oneself. Way of the symmetrical Fist is not an organized school of thought or any other form of organization or as Bruce Lee put it organized despair. Rather it is based on the principal that the individual must live his/her own truth. I can only hope to help point the way.

BASIC TECHNIQUES

BLOCKS

right / left inside block
right / left outside block
right / left high block
right / left low block
right / left knife hand block / open hand defense
right / left inward palm block
right / left windmill block

STANCES

right / left back stance
right / left front stance
right / left cat stance
right / left cross stance
right / left fighting stance
horse stance

STRIKES

right / left reverse punch
right / left jab
right / left elbow strike
right / left vertical fist
right / left spear hand
right / left palm strike
right / left bottom fist / hammer fist

KICKS

right / left inside / outside crescent kick
right / left outside / inside crescent kick
right / left front kick
right / left side kick
right / left back kick
right / left heel kick / hook kick
right / left inside / outside ax kick
right / left outside / inside ax kick
right / left stepping / spinning kicks

FORM I

READY POSITION

snap head to left
left hand low block in a left front stance
stepping forward with right foot into a right front stance
right hand center punch in a right front stance
180 degree turn over the right shoulder
right hand low block in a right front stance
stepping forward with the left foot into a left front stance
left hand center punch in a left front stance
snap head to the left
down the center
right hand low block in a right front stance
left leg front kick into a left fighting stance
right leg side kick into a right fighting stance
left round kick into a left fighting stance “ki-hap”
270 turn over the right shoulder
left hand high block in a left front stance
stepping forward with right foot into a right front stance
right hand high punch in a right front stance
180 degree turn over the right shoulder
right hand high block in a right front stance
stepping forward with the left foot into a left front stance
left hand high punch in a left front stance
snap head to the left
down the center
left hand low block in a left front stance
right leg front kick into a right fighting stance
left leg side kick into a left fighting stance
right leg round kick into a right fighting stance “ki-hap”
270 degree turn over the left shoulder
left hand low block in a left front stance
stepping forward with right foot into a right front stance
right hand center punch in a right front stance
180 degree turn over the right shoulder
right hand low block in a right front stance
stepping forward with the left foot into a left front stance
left hand center punch in a left front stance
snap head to the left

RETURN TO READY POSITION

FORM II

READY POSITION

snap head to left
lunging back left knife hand defense into a left back stance
right hand reverse punch into a left front stance
slide up with the right foot left hand lead jab
ball of the foot left leg round kick into a left back stance
right hand reverse punch into a left front stance
stepping with the right foot left hand reverse punch into a right front stance
stepping with the left foot left knife hand defense into a left back stance
right hand reverse punch into a left front stance
slide up with the right foot left hand lead jab
ball of the foot left leg round kick into a left back stance
right hand reverse punch into a left front stance
stepping with right foot left hand reverse punch into a right front stance
snap head to right
lunge back right hand low block into a right back stance
left hand reverse punch into a right front stance
slide up with the left foot right hand lead jab
stepping with the right foot right leg front kick into a right back stance
right knife hand defense
left hand reverse punch into a right front stance
stepping with the left foot left leg front kick into a left back stance
left hand high block
right hand reverse punch into a left front stance
stepping with the right foot right leg ball of the foot round kick landing into a right back stance
right back knuckle
left hand reverse punch into a left front stance
right forearm strike into a right back stance
right hand lunging forward chop
left hand reverse punch into a right front stance “ki-hap”
turning right into a right cat stance
right double block
stepping out with the right foot into a right back stance
left palm strike into a right front stance
right forearm strike into a right back stance
right knee
right bottom fist
left hand reverse punch into a right front stance
looking to the right
right double block into a right cat stance
stepping out with the right foot into a right back stance
left hand palm strike into a front stance
right forearm strike into a right back stance right knee
right hand bottom fist
left hand reverse punch into a right front stance
looking centerrestrain into a right cat stance standing right leg front kick into a right back stance
left hand reverse punch with “ki-hap” into a right front stance
slide up with the left foot right hand lead jab
right leg side kick into a right back stance

right eye gouge
stepping with the left foot into a left hand center punch into a left front stance
looking left
left hand outside block into a left back stance
right leg spinning back kick into a right fighting stance
looking right
right hand outside block into a right back stance
left leg spinning back kick into a left fighting stance
looking left
lunging back
left hand low block into a left back stance
lunging back left knife hand defense into a left back stance
slide up with right foot left lead hand jab
right hand reverse punch into a left front stance
right leg stepping side kick into a right fighting stance
left leg spinning back kick into a left fighting stance
looking right
lunging back left hand low block into a left back stance
lunge back left knife hand defense into a left back stance
slide up with the right foot left hand lead jab
right hand reverse punch into a left front stance
right leg stepping side kick into a right fighting stance
left leg spinning back kick into a left fighting stance
looking left
left hand side straddle punch in a left fighting stance
spinning right hand bottom fist into a right fighting stance
left leg spinning back kick into a left fighting stance
looking right
right hand side straddle punch in a right fighting stance
spinning left hand bottom fist into a right fighting stance
left leg spinning back kick into a left fighting stance
looking left
lunge back
left hand low block into a left back stance
slide back with the left foot
right knife hand defense into a right back stance
stepping back with the right foot
left reverse punch with “ki-hap” into a right front stance

RETURN TO READY POSITION

FORM III

READY POSITION

right hand vertical fist in a right front stance
snap head to left
lunge back left hand low block into a left back stance
right hand reverse punch into a left front stance
right hand inward palm block into a right back stance
left spear hand into a right front stance
stepping with the left foot left leg front kick recoil
lunging forward right back knuckle into a left cross stance
left hand reverse punch into a right front stance
right hand jab into a right back stance
left hand reverse punch into a right front stance
stepping with the left foot
left hand low block into a left back stance
right hand reverse punch into a left front stance
right hand inward palm block into a left back stance
left spear hand into a left front stance
stepping with the right foot
right let front kick into a right back stance
lunge forward right hand back knuckle
left hand reverse punch into a right front stance
right hand jab into a right back stance
left hand reverse punch into a right front stance
as if you've been grabbed from behind
your arms will fold together making an 'x'
open hand sliding up breaking the hold right elbow strike into a left back stance
grab imaginary arm
stepping back with left
throwing
down on right knee
looking at the ground
head snapping up
lunge back into a right back stance strike
right knife hand defense
left hand reverse punch into a right front stance
stepping inside crescent kick with left leg into a left back stance
left leg inside crescent kick into a left back stance
landing in a right forearm strike into a left front stance
snapping head to the right into a left cross stance
right hand back knuckle strike to the bridge of the nose
grab, head butt into a right back stance
looking left 45 degrees
left fighting stance
left leg low round kick in a left fighting stance
left leg sidekick to center in a left fighting stance
right leg spinning high heel / hook kick landing in a left fighting stance looking to the right in a left fighting stance
left leg low round kick in a left fighting stance
left leg side kick to center in a left fighting stance

right leg high spinning heel / hook kick
landing in a left fighting stance
looking over the left shoulder
lunge back left knife hand defense
right hand reverse punch into a left front stance
stepping with the right
right leg inside crescent kick into a right back stance
right leg inside crescent kick in a right back stance
right hand forearm strike into a right front stance
left hand turning to grasp opponent
foot sweep with right leg
throwing the opponent to the ground
right reverse punch "ki-hap" looking up

RETURN TO READY POSITION

DUALISTIC
(DUALITY)
EQUAL AND OPPOSITE

Start out by writing down all of the techniques in your form.
Then draw a Line of Symmetry down the center of the page.
Then reverse the order of the techniques from beginning to end one technique at a time and in order.
That is how to do Way of the Symmetrical Fist with your forms.

In all forms your opponent is imaginary.
Yin and Yang are mirror images of each other.
You see in Martial Arts you go up against yourself...that is you are your opponent!!!!

There is an equal and opposite amount of each one Yin and Yang in the other.

An accumulation of forms and techniques is not an accumulation of knowledge and skill.

You are the white (Yang) and your Equal and Opposite self is the black (Yin).

Yin and Yang is never static. You see that Yin is always becoming Yang and Yang is always becoming Yin. In fact each one Yin and Yang is always becoming the other.

This is what it is meant to be like water as Bruce Lee said. Put water into a teapot and it becomes the teapot. First you have to put water into the teapot..

In Way of the Symmetrical Fist for every form there is an Equal and Opposite form. And every technique (blocks and strikes and kicks) there is an Equal and Opposite technique (blocks and strikes and kicks).

When sparring break your opponents rhythm so they can't fight according to their Art or style.
Destroy the image of your opponent and you have defeated your opponent thus finding yourself.

There are not two things here Yin and Yang. There is only one thing here and it is Equal and Opposite.

It is always changing else there is no justice.

In Way of the Symmetrical Fist, it is not a block and then a strike. They are not act to react as two separate techniques. The two are one technique in the same two movements. A block is a strike and a strike is a block.

In order to be in tune and have a full power output carrier Yin and Yang must be at a ratio of 1:1.

Martial Arts is not something you do...rather it is something you feel.

When sparring always adapt to your opponent. Never let your opponent go in on you.

And the martial Artist said, "I don't know how...it just did it."

I don't expect you to wear a uniform to class because no one wears a Kung Fu uniform out in the streets. Wear to class what you would normally wear out on the street.

SYMMETRY



**IT JUST IS
EQUAL AND OPPOSITE
(ALWAYS CHANGING)**

**MONISTIC
(UNITY)
THE CIRCLE OF HEAVEN**

First there was one.
From the one came two perfect circles.
The black circle is Yin and the white circle is Yang.
Yin and Yang are not only extreme opposites.
Yin and Yang are also the equal.
Yin is Yang and Yang is Yin.
When you see this you will know that there are no sides.
Yin and Yang are interchangeable opposites!!!!
There are no time clocks here day is night and night is day.

You start out by seeing Yin that is things in reverse. Then you reverse that by holding a mirror in front of it. Then you start seeing Yang that is reality as it should be.

You and your opponent are now one in the same...you are your opponent!!!! You are your own worst enemy.

The two equal and opposite halves become one whole unit.
The circle represents infinity and one.
We are one bread one body, in this one Lord of all.

It also represents Emptiness and therefore it is formless so it can assume all forms and is bound by none.

Circles are always continuous or forever because they never end.
It means training in Martial Arts never ends.

Circles also represent eternal life.

The circle is also void which is all-inclusive having no opposite. It excludes nothing and there is nothing that it opposes. It is living void because all forms come out of it. And whoever realizes the void is filled with life and power and the love of all beings.

Circles represent being whole and complete and connected.
The circle also represents one complete and whole cycle of energy.

All things are energy. Energy alternates from peak to peak creating an alternating current called chi.

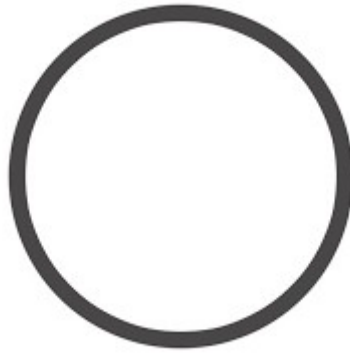
Way of the Symmetrical Fist just is...infinite.
Way of the Symmetrical Fist goes beyond patterns and styles and duality.

In oneness no one is better or worse than anyone else that is there are no higher and lower ranks, rather we are all equal and all have free-will.

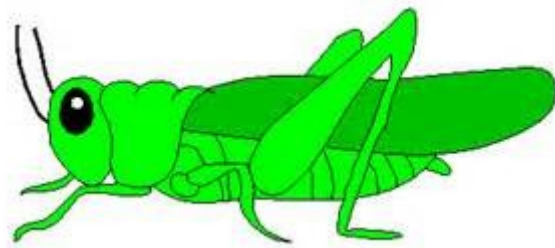
It's Art...It's not right or wrong it's just different.

You return to oneness.

TAO



ONE
THE CIRCLE OF HEAVEN
(ALWAYS CONTINUOUS)



GRASSHOPPER

LIFE IS DEATH

The question that Bruce Lee asked which I am focusing on now is how do we arrive at life from something that is dead?

To me, the answer is simple.

Don't all things originate from their opposite Yin from Yang and Yang from Yin?

Life is death and death is life as good is evil and evil is good.

Yin is Yang and Yang is Yin.

You can't have one without the other.

To become one you should stop trying to choose one over the other for one is not better or worse than the other. When you should accept a delicate balance of both at the same time.

Way of Harmony is the Harmony of opposites.

Way of Symmetry is a balance of opposites.

Tao is the undifferentiated unity out of which all existence arises.

United we stand divided we fall.

Way of The Symmetrical Fist can be anything you may or may not want it to be.

That is it is not the Gospel Truth.

There will always be someone better than you or me.

Way of The Symmetrical Fist is not the only Way or the last Way.

There is always more than one Way to skin a cat.

The difference between me as a student and me as a Grandmaster is that as a student I cut the wood against the grain.

As a Grandmaster, I cut the wood with the grain.

Train for the fight that you'll never have.

It is not the Art or uniform that makes the man.

It is the man that makes the Art or uniform.

Trust doesn't come with the Black Belt in fact nothing comes with it...it's just a belt.

Trust and everything else must be earned and it goes both ways.

Practice Martial Art the way you were taught it.

When it comes time for you to do it,

you'll do it the way you practiced it.

Your best defense is a good offense. It means get your opponent before he/she gets you.

Life and death just like with any other Yin and Yang in duality is a choice we make.

However, we should accept a delicate balance of both at the same time.

In living we die and in dying we live.

CONCLUSION

I am a Black Belt for what I did.
However, I am a Grand Master Black Belt for who I am.
I am a human being not a human doing.

Way Of The Symmetrical Fist is not about how many opponents you defeat, rather it is about conquering and Grand Mastering yourself.

The best Grand Masters never fight.

Teaching Martial Arts is not a job it is a way of life.

A Black Belt is not something you wear it is something you become.

These so called Masters and Grandmasters would rather get stuck on over 2,000 years of tradition and conditioning than adapt to and experience something new.

Imitation is the most sincere form of flattery.

Don't be mechanical like a robot.
Instead, be spontaneous and simply react to what is without thought or rehearsal...be formless.

Nothing ever goes as planned always go with the flow.

Never go straight in on your opponent.
Always flow around him/her avoiding harm.

There is no past, present or future...forever is only now.

It is not a daily increase, rather it is a daily decrease.

In Way of The Symmetrical Fist the practitioner is meant to throw all of his/her training to the wind and forget everything he/she learned and start from scratch; to have no technique. To have no technique is to have all techniques.

Instead of knowing your Art or style and techniques only working from within the framework of your chosen Art or style I say it is better to know your opponent than to know your Art or style.

Instead of saying which Art or style is better I say which opponent is better?

To defeat the opponent is to know and respect the opponent not his/her Art or style.

To know and respect the opponent is to know and respect the self.

It is not to focus outward rather we must look inward to find ourselves.

Jesus Christ is the Eternal Tao. I am the truth, the light, the way says the Lord
The Holy Spirit is Chi.
Only God can fill the void.



ABOUT THE AUTHOR

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