

**WAY
TO
THE
FATHER**

(Peaceful Warriors)



By

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Edited

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**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 the Tao is and why it's Symmetrical. Way To The Father is not a Martial Art. Way To The Father is meant to help you find yourself. There is no enlightenment outside of 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 To The Father has three forms which I modified to being my own. There are other Arts with more forms than mine but remember it's quality not quantity.

I know more than what's printed in this book but I can't copyright it because it's 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 To The Father is an Art/Way with three forms from different Styles of Martial Arts which I modified to being my own. This philosophy describes an Art/Way based on the fact that Tao is Symmetrical.

In Way To The Father we imitate the life of and follow the teachings of Jesus Christ. He is the only Way to The Father and He is Justice and Mercy and The Good Shepard and The Prince of Peace. In Way To The Father Jesus Christ is the highest Rank if there are any Ranks. He is The Grand Master, Head of the family and Teacher of all. Ronald J. Sabo and I are also Grand Masters of this Art/Way but we are not equal to Jesus Christ. We are Grand Masters under Jesus Christ. Way To The Father is not an organized school of thought or any other form of organization or business or Martial Art or as Bruce Lee put it organized despair. Rather, Way To The Father is an Art/Way. All other Martial Arts/Arts/Ways and Masters and Grand Masters are false. Way To The Father is based on the principal that Jesus Christ is The Eternal Word and The Eternal Word is The Eternal Tao. He is The Way, The Truth and The Life, The Good Shepard and The Prince of Peace. He is The Light. He didn't/doesn't do it just for money. He did/does it because He loves you. We are Peaceful Warriors. All roads lead to Jesus Christ.

Way To The Father is a system of reversals. Because they are equal, when reversed, the opposites, Yin and Yang, cancel each other out resulting in the ONE . Yin and Yang evolve and revolve from within the ONE with each other. There is no difference between Yin and Yang, that is, they are the same. Except, that they are complementary opposites which are ONE, Equal and Opposite.

In Way To The Father, there is no certain Way to do it. You simply just do it. Are you really going to let your opponent knock you out by hitting you in the head because your Master says you can't do that block because it's not allowed in the form that you are doing? Instead of being an alive and spontaneous capable human being adapting to your opponent rather than becoming a robot or mechanical man while simply reacting to "what is?"

Forms are repeated. When you do the same thing over and over again your opponent can easily catch on and easily predict and adapt to what you are going to do next. This is what Bruce Lee meant when he referred to Karate as "The Classical Mess." If you do the same thing over and over like with forms someone might ask you, "Is that all you know?" Doing forms and one steps is doing something about combat. Doing forms and one steps is not being in combat as in Way To The Father. In Way To The Father we don't block then strike as in traditional Karate. Instead, in Way To The Father, we counter with a counter. Don't get stuck on forms and limit yourself as to what skill level and amount of knowledge you can achieve.

The only rule in Way To The Father is GIGO or garbage in garbage out. Way To The Father can be expressed Mathematically as $+x-y=+x-y$, $+x+y=+x+y$ and $-x-y=-x-y$, $-x+y=-x+y$.

In actual combat techniques are executed at random. Not in any order or preconceived where you never know what is going to happen next and they are always changing. No two fights are the same. Unlike forms where you and your opponent know what is going to happen next and the techniques are done the same way every time and repeated in order with no resistance. Therefore, it is all by chance as to weather or not you win a fight. More important than forms to winning is the Martial Artists will to win. And confidence in his/her ability to win. In reality you won't win every fight. In combat techniques are not something that your doing, rather, it is an honest expression of the self. This is how to be real and believable, not phony. So, expect the unexpected and always be prepared and adapt to your opponent.

In Way To The Father the student is meant to absorb what is useful, reject what is useless and create essentially what is their own interpretation of it.

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 into a 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 into a right leg ball of the foot round kick landing into a right back stance.

Right back knuckle strike

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 strike.

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 strike.

Right hand bottom fist.

Left hand reverse punch into a right front stance.

Looking center restrain 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 into a 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 strike 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 strike 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 leg front kick into a right back stance.

Lunge forward right hand back knuckle strike.

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.

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 your forms in Way To The Father.
In all forms your opponent is imaginary.

Yin and Yang are mirror images of each other.

You see in Way To The Father you go up against yourself!!!!
You are your own worst enemy. Ask God to save you from yourself.

There is an Equal amount of each complementary opposite, Yin and Yang, in the other.

An accumulation of forms and techniques is not an accumulation of self-knowledge and skill.
It is not a daily increase. Rather it is a daily decrease of self to increase God in you.

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 To The Father for every form there is an Equal and Opposite form. And for 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 Martial Art/Art/Way or Style. Destroy the image of your opponent and you have defeated your opponent thus finding yourself. Hack away at the unessentials until Truth is revealed.

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. Jesus Christ is Justice and Mercy and The Prince of Peace and The Good Shepard. He laid down His life to save the sheep.

In Way To The Father, 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.

To balance Yin and Yang what's done to Yin is equally done to Yang and vice versa.
Way To The Father 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 Artist said, "I don't know how, it just did it."

I don't expect you to wear a Kung Fu 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 the One and the One was The Word and The Word was with God and The Word was God.
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 equal and the same. 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!!!!
You are now in Harmony with the universe.

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.
We are all members of God's one mystical body and Jesus Christ is the head.

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 and they are always connected. It means training in The 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. The void represents God's love.
I reject Satan and unite myself wholly to God. I love my neighbor as myself. Not everyone is my neighbor. Circles represent being whole and complete and connected.
The circle also represents one complete and whole cycle of energy.

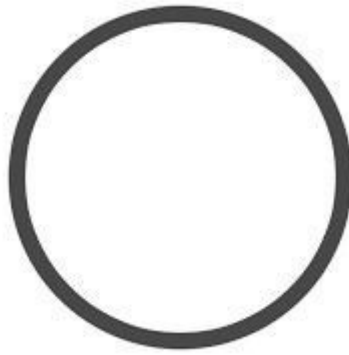
All things are energy.
Energy alternates from peak to peak creating an alternating current called Chi.

Way To The Father just is, infinite.
Way To The Father goes beyond all patterns and styles and duality.
Way To The Father is an Art/Way. It's not a business. It's an Art/Way, It's not right or wrong it's just different.

Way To The Father has no Belt Ranks, therefore, there are no higher Ranks controlling you.
Instead we have titles giving you free will and giving you no limitations as to what you can learn and do including what skill level you can achieve. The titles are Student, Teacher, Master and Grand Master. Jesus Christ is the Grand Master and Head of all. Grand Master is a combination of all of the titles.

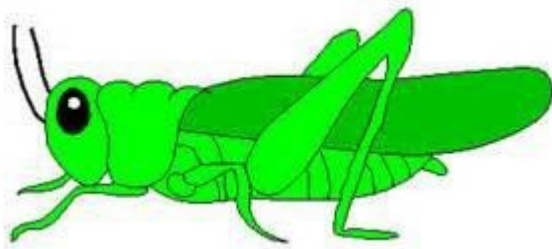
Be a Teacher not a Preacher. Practice and believe in what you teach.
In Martial Arts it's I am one. In Way To The Father it's we are one. You return to oneness.

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. Yin and Yang are Equal and Opposite.

When you should accept a delicate balance of both at the same time.

Harmony is the Harmony of opposites.

Symmetry is a balance of opposites.

The Holy Spirit is the undifferentiated unity out of which all existence arises.

United we stand divided we fall.

Way To The Father can be anything you may or may not want it to be.

There will always be someone better than you or me.

Jesus Christ is the only Way To The Father.

The difference between me as a Student and me as a Grand Master is that as a Student I cut the wood against the grain. As a Grand Master, I cut the wood with the grain.

It's not how you get to the fruit, as long as you get to the fruit.

Train for the fight that you'll never have.

It is not the Martial Art/Art/Way or Style or uniform that makes the man/woman. It is the man/woman that makes the Martial Art/Art/Way or Style 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's mutual.

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.

First you learn basic techniques and forms but how to apply them is up to you.

It's not what we can do for ourselves. It's what we can do together.

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 are born again into eternal life.

Life is a game that no one wins.

CONCLUSION

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

Way To The Father is not about how many opponents you defeat, rather it is about conquering and Grand Mastering yourself. The best Grand Masters never fight.

Teaching Way To The Father is not a job it is a way of life.
Everything I do is a prayer.

A Black Belt is not something you wear. It is something you become.
That's why in Way To The Father Art/Way there are no Belt Ranks.

These so called Masters and Grand Masters 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 all the way to one extreme, a mechanical man/woman or be all the way to the other extreme, spontaneous. Rather, be a successful combination of the two.

Nothing ever goes as planned and plans can change. Always go with the flow.
Plan ahead but succeed by always being prepared for the unexpected and by always being flexible. God's plan for you is not always your plan for you. God's will is what will be done.

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

There is no past or future, forever is only now.
All we have to live in is the present.

In Way To The Father 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 Martial Art/Art/Way or Style and techniques only working from within the framework of your chosen Martial Art/Art/Way or Style, I say it is better to know your opponent than to know your Martial Art/Art/Way or Style.

To defeat the opponent is to know and respect the opponent not his/her Martial Art/Art/Way or Style. To know and respect your opponent is to know and respect yourself.

Instead of saying which Martial Art/Art/Way or Style is better I say which man/woman is better? It is not to focus outward to find The Truth. Rather, we must look inward to find The Truth.

Jesus Christ is The Eternal Word and The Eternal Word is The Eternal Tao. He is The Way, The Truth and The Life, The Good Shepard and The Prince of Peace. He is The Light.

The Holy Spirit is Chi.

Only God can fill the void.



ABOUT THE AUTHOR

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The latest version of this book is available on my website as a free PDF file at this address:

<https://qsl.net/k1tdo/waytothefather.pdf>