

**The Art  
Of  
Wu-Wei**  
(The Art of Fighting without Fighting)



By

Todd David Olsen

Edited

By

Todd David Olsen

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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. After 20 years of my training I wrote that Tao is Symmetrical.

This book explains what Tao is and why it's symmetrical as well as how to apply the concept of Wu-Wei to a Martial Art. This book also explains the interchangeability between Yin and Yang as well as the interchangeability between the teachings of Lao Tzu and the teachings of Jesus Christ. Wu-Wei is an Art. The Art of Wu-Wei 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.

The Art of Wu-Wei comes in four parts of training, the mind, the body, the spirit and the will. That is it involves spiritual, mental and physical training and training of the will. Not just physical training. The Art of Wu-Wei doesn't beat around the bush or treat symptoms. Rather, it is direct and goes straight to the root of the problem.

I founded this Art to teach you the same techniques that worked for me. Wu-Wei has three forms which I modified to being my own. There are other Arts with more forms than mine but this Art is interchangeable with any form, one step and technique as it doesn't focus on the partial but rather it is whole and complete. And remember, it's quality, not quantity. Although there are some certain way philosophies in this book, there is no one way that you have to do The Art of Wu-Wei. In fact The Art of Wu Wei encourages you do Martial Art any way you choose.

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

Wu-Wei is defined as doing without doing. Therefore, The Art of Wu-Wei is defined as The Art of Fighting without Fighting. Tao is Symmetrical because it is Equal and Opposite. Wu-Wei is an Art with three forms from different Styles of Martial Arts which I modified to being my own. This philosophy describes an Art based on the fact that Tao is symmetrical.

In The Art of Wu-Wei 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. The Art of Wu-Wei 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, The Art of Wu-Wei is an Art. Wu-Wei 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.

The Art of Wu-Wei is a system of reversals. The Yin and Yang symbol represents one cycle of alternating current which alternates at peaks (Yin is the negative peak and Yang is the positive peak). When reversed the result is the Equal and Opposite of what you see. Yin and Yang evolve and revolve from within ONE with each other. Yin and Yang are divided. A house divided will fall. There is no difference between Yin and Yang, that is, they are the same. Except, that they are complementary opposites which are ONE when united, Equal and Opposite.

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 instead 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 Wu-Wei. In Wu-Wei we don't block then strike as in traditional Karate which teaches you to go against your opponent. Instead we go with our opponents energy and keep his/ her energy flowing and we flow around our opponent avoiding harm. 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 The Art of Wu-Wei is GIGO or garbage in garbage out. Equal and Opposite can be expressed Mathematically as  $-x=+x$  and  $+x=-x$ . The pluses and minuses cancel each other out giving you an answer of  $x=x$ .

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 Wu-Wei the student is expected to be creative.

In The Art of Wu-Wei the student is expected 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**

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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, not all at once. That is how to do your forms in The Art of Wu-Wei.

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In all forms your opponent is imaginary.

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You're familiar spirit is the white (Yang) and your Equal and Opposite familiar spirit is the black (Yin).  
We all have our twin.

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Yin and Yang also represents the field of interplay between you and your opponent while The Art of Wu-Wei is the actual interplay between you and your opponent whether you're in form or "no form."

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The purpose of forms is not for fighting. The purpose of forms is to become one with Tao. You can't be alive, change and grow or adapt to what your opponent is doing when you are stuck in a form. Forms were meant to be repeated developing your muscle memory. No two fights are done the same way unlike forms which are done the same way every time.

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Yin and Yang are mirror images of each other. Each one (Yin and Yang) is a reflection of the other.

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The Art of Wu-Wei includes both forms for becoming one with Tao and having "no form" for sparring. Point sparring is no different from sports. Yin and Yang is like the Soccer field, Basketball court, Hockey rink, or Tennis court. Basic techniques, one steps and forms are like the plays in a play book and "no form" is like the actual interplay between the two teams or individuals like in Tennis or game play. The Line of Symmetry is like the center line or net on the field or court. The fist is like the ball or puck as in sports like Football, Soccer, Basketball, Hockey or Tennis. In point sparring whoever has the most points when the time is up wins like in sports.

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You are your own worst enemy. Ask God to save you from yourself.

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There is an Equal amount of each complementary Opposite, Yin and Yang, in you as in your opponent. When one of the two of you wins or loses the winner is only Yang and the loser is only Yin. The two of you are one.

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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.

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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 and they alternate at peaks.

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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.

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In The Art of Wu-Wei 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).

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When sparring, break your opponents rhythm so they can't fight according to their Martial Art/Art/Way or Style by interrupting the form they are fighting in. Interrupt your opponent by executing a counter attack that he/she can't anticipate and block in the form he's in. Destroy the image of your opponent and you have defeated your opponent; thus finding yourself. Hack away at the unessentials until Truth is revealed.

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

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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. He is The Light.

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The Art of Wu-Wei, 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 The Art of Wu-Wei we don't label what we do as techniques and put them into a certain order. We just flow and react to “what is.” without labeling what we did.

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In The Art of Wu-Wei we don't label anything. Including techniques as forms or pinyans or one steps or blocks and strikes and kicks and stances. We act and simply react, without dissecting the action with our ego. In fact a Wu-Wei man has no ego and simply acts and reacts without dissecting what they did by labelling it so they can repeat it. In fact we don't even label them as techniques or actions and reactions as such.

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Because their both united or linked, the Equal of what is done to Yin will also be automatically done to its Opposite Yang, and vice versa. That is the Opposites Yin and Yang will both do the same thing together or go with each other not against each other. The grass isn't always greener on the other side In fact it's the same.

Wu-Wei is not something you do, rather it is something you feel and it is who you are. You simply be.

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

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

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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.

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If your opponent attacks you; yield to him/her.  
And if your opponent yields to you; attack him/her.  
This is the path of the Equal and Opposite.

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In The Art of Wu-Wei we have both act to react and react to act.

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For every action there is an Equal and Opposite reaction and  
for every reaction there is an Equal and Opposite action.

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The only constant is change.

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## SYMMETRY



IT JUST IS  
EQUAL AND OPPOSITE  
(ALWAYS CHANGING)

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

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First (“in the beginning”) there was ONE. (“there was The Word”)  
 (“and The Word was with God and The Word was God”). (Source: NAB John-1:10))  
From ONE came two perfect circles.  
The black circle is Yin and the white circle is Yang.  
Yin and Yang are not only extreme complementary Opposites.  
Yin and Yang are also the same or Equal.  
Yin is Yang and Yang is Yin.  
Just as there are two sides to every coin.  
Yin and Yang are interchangeable opposites!!!!  
You see Yin and Yang as being Opposites  
while I see the Opposites Yin and Yang as being the same or Equal

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There are no time clocks here day is night and night is day.

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You start out by seeing Yin.  
That is things in reverse.  
Then you reverse that by holding a mirror in front of it.

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Then you start seeing Yang. That is reality as it should be.  
You and your opponent are now one!!!!

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You are now in Harmony with the universe.

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The two Equal and Opposite halves become one whole unit, united.

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The circle represents infinity and ONE.

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It also represents emptiness and therefore it is formless so it can assume all forms and is bound  
by none like in Bruce Lee's Tao of Jeet Kune Do.

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We are one bread one body, in this one Lord of all.  
We are all different but share and are connected to the same one God.  
That is how we are one.

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“I am the true vine, and my Father is the vine grower. He takes away every branch in me that  
does not bear fruit, and every one that does he prunes so that it bears more fruit. You are already  
pruned because of the word that I spoke to you. Remain in me as I remain in you. Just as a  
branch cannot bear fruit on its own unless it remains on the vine, so neither can you unless you  
remain in me. I am the vine, you are the branches.” (NAB John: 15:1-5)

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There is only one true God.  
Everything else is false.

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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.

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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.” (Source: “The Tao of Jeet Kune Do” by Bruce Lee pg. 7)

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The void represents Gods love.

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I reject Satan and unite myself wholly to God.  
I love my neighbor as myself.  
Not everyone is my neighbor.

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Circles represent being whole and complete and connected.

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The circle also represents a continuous wave.

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All things are energy.  
Yin and Yang energy alternates from peak to peak (Yin is the negative peak and Yang is the positive peak) creating an alternating current called Chi.

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The Art of Wu-Wei just is, infinite.

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The Art of Wu-Wei goes beyond all patterns and styles and duality.  
It is the style of no style.

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The Art of Wu Wei is not a business.  
It's an Art, It's not right or wrong. It's just different.

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Wu-Wei 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. Grand Master is a combination of all of the titles. Then you go back to the beginning. You return to oneness.

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Repeating forms resists your ability to change and grow, adapt to your opponent and react to “what is” and gives your opponent the ability to predict what you are going to do next.

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Be a Teacher not a Preacher.  
Practice and believe in what you teach.  
This is the way to not being a phony teacher.

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In Martial Arts it's I am one.  
In The Art of Wu-Wei it's we are one.

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No two students follow the same path or do the same thing or end in the same place.

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There will always be someone better than me abe one with all.nd you.

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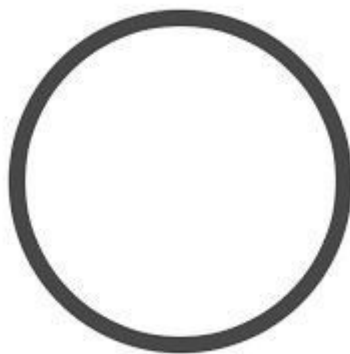
To see Jesus Christ in all of us is to be one.

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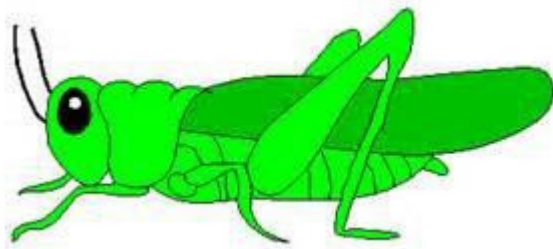
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**TAO**



**ONE**  
THE CIRCLE OF LIFE  
(ALWAYS CONTINUOUS)



**GRASSHOPPER**

## **LIFE IS DEATH / YIN IS YANG**

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

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To me, the answer is simple.

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

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Life comes from death and death comes from life as good comes from evil and evil comes from good.

You can't have one without the other.

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To become one you should stop choosing 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.

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Yin and Yang are Equal and Opposite.

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Harmony is the Harmony of opposites.

Symmetry is a balance of opposites.

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Tao is the undifferentiated unity out of which all existence arises ("In the unity of the Holy Spirit.") (Source: said during every Roman Catholic Mass)

(He was in the beginning with God. All things came to be through Him, And without Him nothing came to be. (Source: NAB John 1:2))

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A house divided will fall.

United we stand divided we fall.

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The Art of Wu-Wei can be anything you may or may not want it to be.

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There will always be someone better than you or me.

You should never compare yourself to anyone else.

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Jesus Christ is the only Way To The Father.

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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.

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

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Train for the fight that you'll never have.

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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.

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Trust doesn't come with having 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.

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Teaching and learning are done together.  
Each one is taught according to own their ability to learn.

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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.

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Your best defense is a good offense.  
A good offense wins battles, a good defense wins wars.  
It means get your opponent before he/she gets you.

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

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

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In fact, in life there are no answers.  
All anyone of us has is ourselves.  
Life and death is a mystery.

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Stop searching for the meaning of life; and answers to all of life's questions. That knowledge doesn't exist. Just accept the fact that you're still alive and well and be thankful for it and live the Gospel. And just be in the present without reflecting on the past or planning for the future. Simply be, yourself.

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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.

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In living we die and in dying we are born again into eternal life.

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In traditional Yin and Yang philosophy it's like they say, is the glass half empty or is the glass half full, and you choose between one or the other and you get stuck there. While in Wu-Wei we say the glass is both half empty and half full and we see the whole glass without picking and choosing between one or the other.

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Life is a game that no one wins.

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## LAO TZU VS. JESUS CHRIST

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In this section of “The Art of Wu-Wei,” we’ll look at a comparison between the teachings of Lau Tzu about the Tao and Jesus Christ, about Roman Catholicism. I believe the two are interchangeable. To be one with the Tao is to be one with Jesus Christ. Jesus Christ the only way to the Father which is why He is The Eternal Tao.

My sources for this section of my book will be the “New American Bible” (NAB) version of the Holy Bible for Jesus Christ and the “Hua Hu Ching: The unknown teachings of Lao Tzu,” by Brian Walker and the “Tao Teh Ching” by Lao Tzu and the “Tao: The Way of God” by Master Liao.

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**Lao Tzu:** “My teachings are simple; if you try to make a religion or science of them, they will elude you. Profound yet plain, they contain the entire truth of the universe.” (Hua Hu Ching pg. 3)

**Jesus Christ:** “Jesus said to him, “I am the way, and the truth and the life. No one comes to the Father except through me.”” (NAB John 14:6)

Note: The word Tao means way.

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**Lao Tzu:** “Those who wish to embody the Tao should embrace all things. To embrace all things means first that one holds no anger or resistance toward any idea or thing, living or dead, formed or formless.” (Hua Hu Ching: pg. 5)

**Jesus Christ:** “one God and Father of all. Who is over all through all and in all.” (NAB Ephesians 4:6)

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**Lao Tzu:** “The Tao gives rise to all forms yet it has no form of its own.” (Hua Hu Ching pg. 17)

**Jesus Christ:** “He is the image of the invisible God, the firstborn of all creation. For in him were created all things in heaven and on earth, the visible and the invisible.” (NAB Colossians 1:16)

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**Lao Tzu:** “Can you dissolve your ego? Can you abandon the idea of self and other?” (Hua Hu Ching pg. 17)

**Jesus Christ:** Then Jesus said to his disciples, “Whoever wishes to come after me must deny himself, take up his cross, and follow me” (NAB Matthew 16:24)

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**Lao Tzu:** “If you want to worship the Tao, first discover it in your own heart. Then your worship will be meaningful.” (Hua Hu Ching pg. 20)

**Jesus Christ:** “Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies “ (NAB Corinthians (6:19)

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**Lao Tzu:** “The second is integral blessing, which falls on those who achieve awareness of the Great Oneness”  
(Hua Hu Ching pg. 30)

**Jesus Christ:** “so that they may all be one as we are one” (NAB John 17:22)

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**Lao Tzu:** “Don't analyze the Tao. Strive instead to live it: silently, undividedly with your whole harmonious being. (Hua Hu Ching pg.35)

**Jesus Christ:** “The kingdom of God is at hand. Repent and believe in the gospel” (NAB Mark 1:15)

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**Lao Tzu:** “The Tao doesn't come and go. It is always present everywhere, just like the sky.”  
(Hua Hu Ching pg. 36)

**Jesus Christ: “The All-knowing and Ever-present God”** (NAB Psalms: Psalm 139)

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Lao Tzu: “If your mind is clouded, you won't see it (Tao), but that doesn't mean it (Tao) isn't there.” (Hua Hu Ching pg. 36)

Jesus Christ: Jesus said to him, “”Have you come to believe because you have seen me? Blessed are those who have not seen and have believed.” (NAB John 21:29)

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**Lao Tzu:** “When you perceive that an act done to another is done to yourself, you have understood the great truth.” (Hua Hu Ching pg.50)

**Jesus Christ: The Golden Rule.** “Do to others whatever you would have them do to you. This is the law and the prophets. (NAB Matthew 7:12)

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**Lao Tzu:** “Why not simply honor your parents?” (Hua Hu Ching pg. 65)

**Jesus Christ:** 'honor your father and your mother'(NAB Matthew 19:19)

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**Lao Tzu:** “The mystical techniques for achieving immortality are revealed only to those who have dissolved all ties too the gross worldly realm of duality, conflict and dogma.” (Hua Hu Ching pg. 76)

Jesus Christ: “For this is the will of my Father, that everyone who sees the Son and believes in him may have eternal life, and I shall raise him [on] the last day.” (NAB John

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**Master Liao:** They said that when God or “Tao” created the universe, it first divided into “Yin and “Yang.” (Source: Master Liao “Tao: The Way of God)

**A Roman Catholic Priest:** “He (Jesus Christ) is God.”

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## CONCLUSION

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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.

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Wu-Wei is not about how many opponents you defeat, rather, it is about conquering and Grand Mastering yourself. The best Grand Masters never fight.

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The Art of Wu-Wei is not a business it is a way of life.

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Everything I do is a prayer.

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A Black Belt is not something you wear.  
It is something you become.  
That's why in Wu-Wei there we don't wear Belt Ranks.

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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.

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Imitation is the most sincere form of flattery.

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Don't go all the way to one extreme, and become a mechanical man/woman or go all the way to the other extreme, and become spontaneous. Rather, be a successful combination of the two.

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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 always better than your plan for you. God's will is what will be done through you. You are an instrument that God plays. Life is the thing that happens to you when you're busy making all of these plans.

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

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

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In The Art of Wu-Wei the practitioner is to empty his/her mind, forget everything he/she learned and be formless, to have no technique. To have no technique is to have all techniques.

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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.

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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.

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Instead of saying which Martial Art/Art/Way or Style is better I say which man/woman is better?

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It is not to focus outward to find The Truth. Rather, we must look inward to find The Truth.

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If you are a student in traditional Martial Arts you are a blind man who is following a blind man in which case both of you will fall into the pit. You should stop being controlled by a false Master.

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When you do forms repetitively you are like a wild animal that is locked up in a cage or a dog chasing his tail.

Stop chasing your tail.

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Traditional Martial Arts and Karate is trying to recreate the wheel.

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Jesus Christ is The Eternal Word and The Eternal Word is The Eternal Tao.

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He is The Way, The Truth and The Life, The Good Shepard and The Prince of Peace.  
He is The Light.

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The Holy Spirit is Chi.

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Only God can fill the void.

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The Art of Wu-Wei is an Art of War and Peace.

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The only thing that has meaning is love

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The Art of Wu-Wei is not the Gospel truth. There is no blueprint that all of us have to follow.

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Only The Word and The Word made flesh is the Gospel truth.  
Don't be easily convinced by others that what they say is true for everyone.  
It's only true for themselves and they are trying to convince you that it's true for everyone else too.

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If you ever do have to fight for something, make it for something that you believe in.  
And remember to only fight as a last resort.

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In The Art of Wu-Wei, we never say you can't.  
Our motto is Yes, I can!!

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There is no "I" in GOD.

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We might all be different but we are all under one in the same God.

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The Art of Wu-Wei is meant to be used for defense only.  
Never attack.

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There is a Equal and Opposite amount of you in your opponent and your opponent in you.

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When you become one with the Tao and enter into the void you become one with your opponent and live without an opponent because you are in now harmony with him/her. This is what it means to Master The Art of Wu-Wei (The Art of Fighting without Fightin

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The Art of Wu-Wei doesn't discount anything.

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Yin and Yang is when the Tao divided.  
The Tao is ONE when the Yin and Yang united.

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The Art of Wu-Wei is not only an Art of doing;  
it is also an Art of being.

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First I say to you, "This is how we do it."  
Then you say to me, "Teacher, this is how I would do it."

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Students have to be taught twice. Once when you teach them and once when they figure it out for themselves. As Bruce Lee said "All knowledge is self-knowledge." That's why students are tested and graded.

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What you do in a fight doesn't depend on what your opponent is doing, but rather, what you do is independent of what your opponent is doing. We don't say if my opponent does this to me, I always have to do this every time to defend myself. You and your opponent don't control each other, only yourselves. Or when my opponent does this to me I always have to do this to my opponent every time to defend myself. The Art of Wu-Wei gives you the freedom to choose to do what you want to do in a fight as in with life.

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The Holy Spirit (Te) in you is your teacher.  
'They shall all be taught by God.' (NAB John 6:45)

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## THE ART OF WU-WEI

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In most Martial Arts, you spend your whole life blindly imitating your Master. You can only have one Master. After I teach you everything I know I expect you to leave me and become a child of God and to have Jesus Christ as your only Master.

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Now that I've taught you everything I know I expect you to empty your mind and create your own interpretation of the Art of Wu-Wei. We don't all follow the same path and we don't all end up in the same place.

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I don't expect you to follow and do what I taught you. You can choose to do any path you want. If you choose my path you would be honoring me. I suggest that you follow the way that The Holy Spirit leads you to.

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Wu-Wei in Martial Art means spontaneous action. That is not pre-arranged or labeled and it is unpredictable.

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Art is something that means anything to you.

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Wu-Wei is a concept as it is applied to Martial Arts. Instead of going against your opponent, we go with the flow of our opponent.

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No one can completely know and understand the whole Tao and/or God. They are a mystery.

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Equal and Opposite is the beginning and Equal and Opposite is the end.  
In between the two is The Art of Wu-Wei.

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Forms have a beginning and an end.  
Circles, "no form," have no beginning or end.

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In God's one mystical body we are all one holy family.  
Laity, Brothers, Sisters, Deacons, Priests, Bishops, ArchBishops, Cardinals, Saints and the Pope are all related to each other, living and/or dead.

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We are all children of God. He (God) loves us all equally. Not one of us is better or worse than anyone else. Religion is not a competition.

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Traditional Karate breaks down the Tao into tiny bits and pieces making it take a lifetime to achieve it. Traditional Karate is like you can't see the whole forest (Tao) because of all of the bits and pieces/trees in the way. "Don't get stuck on the finger or you'll miss all of the Heavenly glory." (Source: Bruce Lee)

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### **ABOUT THE AUTHOR**

Todd David Olsen, “Grasshopper,” holds a First Degree Black Belt in  
Rossi Kun Tao System International and  
a Second Degree Black Belt in Tang Soo Do under Master Eric Breuer.

He is a 1988 graduate of  
Cheshire High School and lives in Waterbury, CT.

His email address is:

[grasshopperskungfuinstitute@gmail.com](mailto:grasshopperskungfuinstitute@gmail.com)

He is also on YouTube at:

<https://www.youtube.com/@silentfluteentertainment>

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

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