

Visualization, Verbalization, & Vitalization

Essentially, the method has the practitioner clearly visualize his goal. Once it is clear, he seeks the knowledge that will enable him to reach that goal. When he can verbalize a way to attain his goal, he must vitalize the process by committing his total energies to it's attainment. The process allows no excuses for failure. There may be reasons but no excuses. Your success or failure can only come from how well you fulfill the three parts of the process. This kind of knowledge and teaching makes Kung Fu a life art not just a martial art. We train for our total life experience, not just for a chance physical encounter.

