



## CERTAIN VICTORY

### “Nothing more than feelings...”

By Robert J. Ott

**F**or some, “nothing more than feelings” is the words from an old song. For me however, it is much more. In many different Martial Arts, the theory of the circle is a vital part of the system. Until one comes to understand and value this principle, very little progress in the study can be achieved. The first thing to learn is how both our offense and defense methods can be affected by the circle. It is clear that when one is defending him or herself that any attack performed outside of the opponent’s circle is a waste of motion and energy. It also is clear that the body of the opponent will be unable to attack you when they are not in your circle. Thus, it can be seen how detrimental the circular theory is in one’s practice.

In my sharing of knowledge, there are three different ways that one can learn to be in another person’s circle:

- 1) Touching
- 2) Seeing
- 3) Feeling

Each of the three is vital but too often the third one is overlooked. Every day in life, we use our capability of feeling to exist. When one sits in a chair, he or she can feel the wall behind. They are not looking at the wall nor are they touching it, yet the presence of it is felt. When walking through a downtown city, we are able to feel an incredible difference in energy upon arriving at an intersection, for prior to the intersection we were walking adjacent to a high rise building. Once the building stopped and we come to the intersection, the reflection of our energy ceased to be felt. For my fellow martial artists, this is the study of feeling. When defending and/or counterattacking, the energy from the opponent as well as your own energy can be felt colliding in the air. It is energy that is neither seen nor able to be physically touched, yet filled with significant power. Because of our ability to see, we often enough do not use our other senses. I will have to admit that I was at one time no different then the rest of the practitioners who are unable to utilize this great technique. However, that all



changed when I became blind! I cannot say it is easy or what I had wanted in my life, but nevertheless it is what it is for me. So, as said long ago from one of our U.S. generals: “Some see it as a problem but I look at it as an opportunity....” Through continuous practice of this technique, one will develop better speed and stronger focus. Ultimately, he or she will then have fewer distractions and greater results. 🐉

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