

# Matrix V

## Shin Shin Ming



VI To Live Great Way  
 VII Seek Mind  
 VIII Consider Movement  
 IX In World of Suchness  
 X Emptiness Here..There

V Thought Vanish  
 IV Return to Root  
 III Deny Reality  
 II Deep Meaning  
 I The Great Way

## Readings

Meditation Reading

The Power of Now Reading

Soft

Hard

## Speed Drills - Power Drills

Strikes Kicks Dodges Kiai  
 Punches Blocks Evasions Kime

## Mixed Command Freespar

Barhito 1,2  
 Clugston 1,2  
 Proctor 1,2,3,4  
 Lewis 1,2  
 Andy 1,2

Prancing Horse  
 Gosoku Left  
 Gosoku Right  
 Penetrating Gosoku  
 Penetrating Back kick  
 Open Charge



Freespar 1-10

1-2  
 1-2-5  
 10-3-7  
 2-9-9-9  
 1-4-6

Jack-in-box  
 Roc Punches  
 Kicking Mule

## Qi-Gong

Scoop the Moon Swimming in Qi  
 Infinity Swimming Dragon  
 Shaking Out Circles of Harmony  
 The Wave Earth Energy

## Putting it All Together

Accordian to Takedown and Submit  
 Accordian to Lock  
 Accordian  
 Back to the Wall  
 The Pit  
 Close Slap Punch  
 Close Slap Punch knee sweep thigh