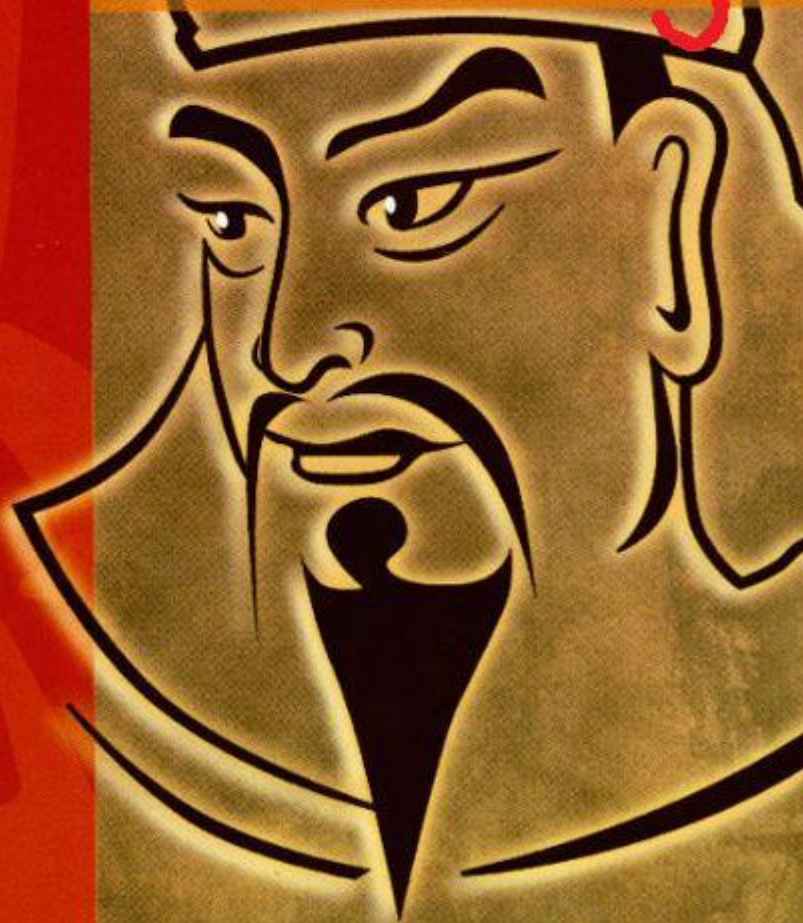
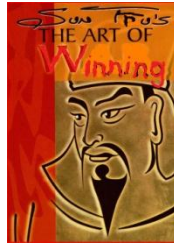


Sun Tzu's

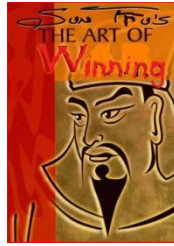
THE ART OF

Winning

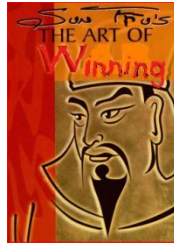




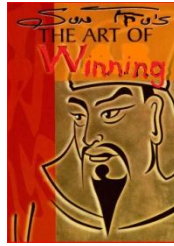
- When a learned person within earshot is discussing a subject within their expertiselisten.



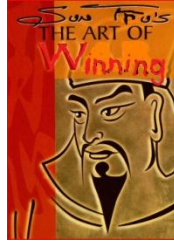
- No true athlete brags about an outstanding achievement that happened in practice.



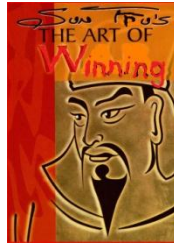
- Strength, Endurance and Flexibility are Fitness.
- Fitness is a journey and not a destination.
- A journey, no matter what length, starts with but a single step.
- The first step is the hardest.



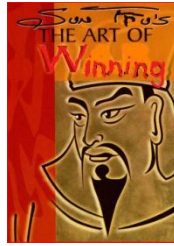
- You do not get 'respect' by tattooing it on your arm



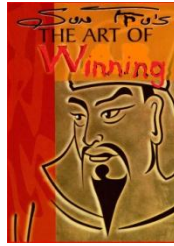
- 1. Working on your weaknesses will afford you the greatest results in the shortest time.



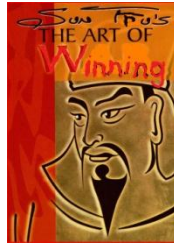
- All men die, but not all men live
- William Wallace
- (Braveheart)



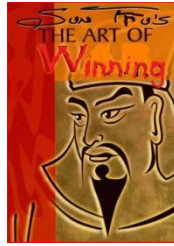
- Know that your future opponents are training today.
- Visualize your opponent training like a madman.



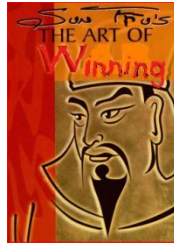
- Fatigue is the enemy of the athlete.



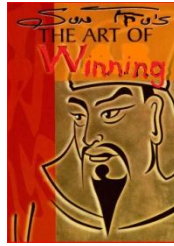
- Hating to lose is more motivating than loving to win.



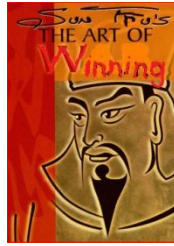
- Never do less than you planned to do at the start.
- Whenever you are exercising and you forget what repetition or lap you are on....go back to the last rep or lap that you remember and start from there.



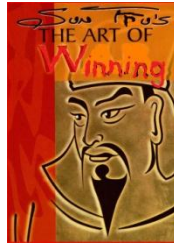
- Know when your mind is clouded and weak. Never make a decision that is based in that weakness.



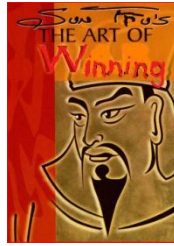
- Excuses, even if they are legitimate, lead to failure.



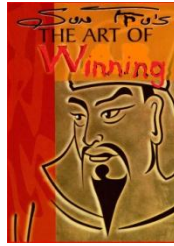
- Never allow sympathy toward your opponent effect your focus until after the competition.



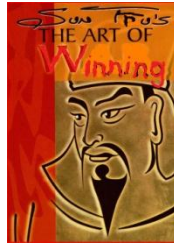
- “How you play the game” is important for your honor and your legacy and it is the last refuge of the loser. Do not, however, downplay the importance of winning.



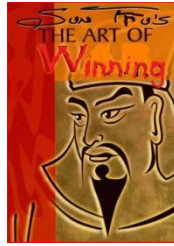
- All the gladiators must start with your respect. Only cheaters and whiners lose your respect.



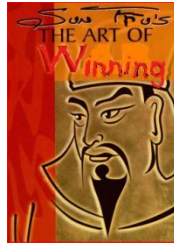
- Closely scrutinize your opponent before competition.
- Gently disrupt the overly organized.
- Honorably intimidate the intimidatable.
- Hide from the nervous.
- Note and use the superstitious.



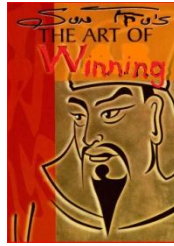
- Pay attention to your diet.
Especially in the 24 hours prior to competition.



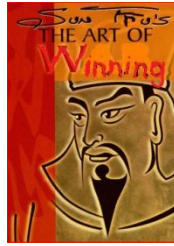
- Do not allow your opponent to see your weakness.
- Shield your injuries.
- Never show your discontent publically.



- Keep the concubines away from the battlefield, lest your mind be clouded.



- Create a secret list of personal philosophies and standards. A strong character prohibits the violation of these.



- A plan for a successful life should contain more than three sentences.