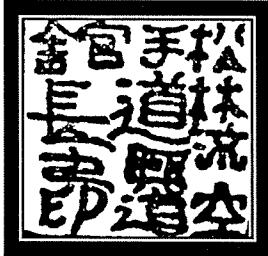


August 23, 1993

Dear Ted:



I purchased an expensive modem (Global Village Gold) with fax send/receive capabilities this weekend in order to join CompuServe. I want to take advantage of various on-line forums including those concerning WordPerfect and Adobe's Photoshop and Illustrator. They comprise the three software programs I use constantly, and "going it alone" is difficult, time consuming, and unnecessary.

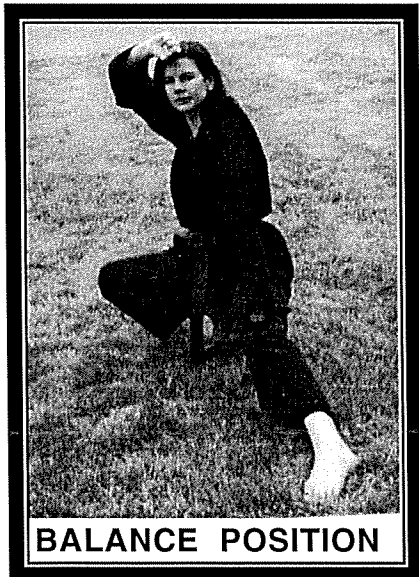
Ted, since you possess a modem, I am sure we can use methods of communication other than (but in addition to) telephone calls, and it will be interesting. Because you know a lot more than I concerning telecommunications, this will be of value to me, and make learning easier, too.

I have increased the intensity of my heavy bag work. Now, the first hundred punches are delivered from various stances in front of the bag, the second hundred consist of rushing the bag, sometimes from one step away, sometimes two, and the rest from three, and the third set of one hundred punches consist of me pushing the bag away from myself as far as I can, then punching the bag as it returns, causing it to travel as far away as it was pushed. Then I wrap a towel around the bottom third of the bag and pull it towards me as I punch. I do this for fifty punches, each hand. Next, without pulling the bag towards me, I do fifty wrakens, fifty palm heel strikes, fifty elbows, and fifty sword hands. Then I turn away from the bag, so that it is behind me. I turn, and taking advantage of the momentum turning generates,

punch fifty times. Then I turn to the side of the bag, and turn and punch, alternating between turning ninety degrees, and turning two hundred and seventy degrees, for my final hundred punches. This routine is strenuous.

At this point in my re-development, someone can hurl the bag at me using full force, and I can punch it all the way back to them with all double punches, and with either hand from a front stance. The hand I use is that which is opposite from the forward leg. This is (awkwardly) called a "reverse" punch.

In the past I could do the same from a cat stance using a half-punch with my left hand! Regretfully, it will take six more months before I will be able to do this again.



Nagamine divides various motions contained in the Forms into attacks, blocks, and intermediate moves. This analysis cannot be complete because some motions are performed in order to develop balance. For example, Nagamine calls this posture from Kusanku a "cheating" move because it prevents an attack from behind. But the stance contains two front blocks! Clearly this is no defense against an attack from the rear. Instead, like the "standing on one leg" blocks in Rohai,

this movement is designed solely to develop balance; physical grace coupled with the ability to block and attack from any position, no matter how awkward. Balance motions develop a special kind of steadiness and coordination.

Two months after I purchased my Mac VX it was outdated, because the Centris line became available. Now, two months later, the Centris line is outdated because the Centris AV is available. It can digitize video from a camcorder or TV and route the video to a TV or video recorder, has a much faster CPU, and faster NuBus and SCSI buses. (SCSI chaining is a black art. There are good reasons for calling it the "scuzzy" port.)

However, I cannot fault myself. I did as much research as I could, but I am not a prophet.

In any case, the computer I have is powerful enough for my first two books. The Karate book requires the AV. A few months after I purchase one, Apple will probably release their PowerPC. This product is a workstation, making possible real-time 3-D rendering, et cetera. Perhaps Apple will offer a board-level upgrade which will turn the VX into a PowerPC. The problem is Apple offers no pre-announcements. They want to sell their stock, which would be impossible if everyone knew in a month or two a better and more powerful machine will be available for the same amount of money or less.

Ted, I hope you and Reba are very happy in your new home. I will telephone you in a few weeks.

Take good care of each other.

Very best regards,



Gary