

# TWO SHIELDS

## Adjunctive Training

In addition to the 'Vajra Cannon' for guided cross-cultural learning, I would like to suggest two additional skills to empower young people that are worthy of adjunctive training. G-d is our sole shield and buckler. And G-d made this world of dualities for us to train, and do. Named 'Two Shields' in honor of a friend, a Dakota Sioux who gifted to me an Eagle feather found upon a ledge, after losing his hoarse. All power comes from G-d. G-d is our center.

**Panzerkunst** - the blending of 'Vajra Cannon', Baguazhang, Jun Fan Gung Fu and Tui Na massage. The teaching is to use the least amount of energy for maximum impact and endurance. Panzerkunst understands that you may not always be able to have a gravity advantage - therefore sources of bracing are developed from the environment. Panzerkunst strives to apply only the most appropriate level of force, judged before G-d's eyes, for G-d is certainly watching. And so we cherish simple pleasant conversation over violent argumentation, out of respect for G-d's wish for patience, as G-d clearly demonstrates daily.

“Know this, no man speaks for G-d, yet all will eventually answer”

“For the winds of change are blowin’  
an’ the hate to hell is near”

Image: *Tiger Sauer, the founder of Panzer Kunst, in Phase 32.*



**Siberian Drumming** with Song and Dance, that is, 'First Nation' style Praying to the one true G-d, Great Spirit, Precious Great Grandfather of all. Song is a gift from G-d, for by our utterance we praise G-d for his trustworthiness as our Precious Great Grandfather. G-d wants to see us drum, dance, and sing to G-D, as it is G-d that sings to us in the song of the smallest bird. As we speak to G-d softly in private, or boastfully in public we realize that G-d always speaks to us and trains us to be better.

Note that this training represents what would have been expected for training of youth from the most ancient of days. This training is aimed specifically toward integrating the full spectrum of being - a positive impact on health and mental fortitude.

Capable, well oriented, and connected to G-d.