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"Teachers open the door, but you must enter yourself." ~ *Unknown*

"The weakest things in the world can overmatch the strongest things in the world. Nothing in the world can be compared to water for its weak and yielding nature; yet in attacking the hard and the strong nothing proves better than it. For there is no alternative to it. The weak can overcome the strong and the yielding can overcome the hard. This all the world knows but does not practice." ~ *Tao Te Ching by Lao Tzu*

"Do not get into a fight if you can possibly avoid it, but never hit soft. Don't ever hit a man unless you must, but if you hit him, put him to sleep." ~ *Theodore Roosevelt*

Deja Fu: The feeling that somehow, somewhere, you've been kicked in the head like this before.

"That which does not kill us, must have missed us." ~ *Miowara Tomokata*

"The Time to Strike is When the Opportunity Presents Itself." ~ *6th Code of Isshinryu Karatedo*

"You can't learn if you aren't willing to find out what you're doing wrong. Learn from the mistakes of others, you may not live long enough to make them all yourself. Tomorrow's battle is won during today's practice.

"If you face your opponent and doubt yourself—you're outnumbered.

