



Spiritual Warrior Training System

**Walking Tall, Walking Cane Fitness and Self-Defense:
A Video Training Course for Sikh Dharma Ministers
Taught by SS Gurujodha Singh Khalsa**

**8 sessions, 11 min. each, twice a week
Course is viewable online, anytime, anywhere**

Course Fee: \$54

Desired Outcome: To Teach Sikh Dharma Ministers a practical, graceful and street- effective system of violence neutralization using the simple walking cane.

Walking Tall is a specially-designed approach to develop physical and mental fitness, mutual respect, coordination and balanced strength. Students will be instructed in applied Kundalini Yoga and Meditation to strengthen their bodies and increase their powers of mental focus, intuition and environmental awareness as well as master the self-defense applications of the simple walking cane.

Walking Tall is based upon principles found in the weapons systems of Gatka, Kali Escrima and Kenpo Karate. This training uses both the left and right hands in a system of “independent coordination,” thereby providing a vehicle to increase hand-eye coordination and brain balance. Students are also taught principles and elements of Jiu-Jitsu and the science of contact manipulation, which relies on joint locks, take downs, throws and pressure points to subdue an adversary.

The Spiritual Warrior Training System was developed to create spiritual warriors who foster peace in every environment in which they are present. If there is disharmony or violence of thought, word or deed, it is the duty of the Spiritual Warrior to neutralize violence, protect and preserve life and re-establish harmony, balance and peace through their thought, word and action. Such responsiveness requires training and skill. In recognition of the need for

Ministers to have a simple but dynamic interactive vehicle to train their minds, bodies and spirits to be agents for peace in the coming age, **Walking Tall** was developed.

Training is conducted online through short weekly **YouTube** videos. Using one (1) and/or two (2) 26" rattan clubs (training sticks) students learn a variety of striking, blocking and flow patterns, which require focused mental and physical coordination. The use of two sticks simultaneously while training creates ambidextrous coordination and balances both hemispheres of the brain.

Walking Tall teaches a number of practical, effective self-defense techniques using the walking cane and empty hands. Students also learn the art of contact manipulation that is neutralizing violent or aggressive behavior through techniques of submission and control drawn from Jiu Jitsu and Kenpo Karate. Non-physical intervention and methods for conflict resolution are also addressed, enabling the practitioner to walk with a confident, self assured and relaxed attitude.

Conclusion - *Walking Tall is a synergistic blend of technologies that will challenge and develop Sikh Dharma Ministers in a positive and unique way. It fortifies them to meet the physical and mental challenges of today's world while cultivating a peaceful, centered approach to human interaction for a more peaceful tomorrow.*

About the Author/Instructor - SS Gurujodha Singh Khalsa is a sixth degree black belt and an instructor of Kenpo Karate at the Bryan Hawkins School(s) of Kenpo Karate located in West Los Angeles and Grenada Hills California. Mr. Khalsa has been a Kenpo instructor for the past 25 years. He has been a practitioner of the Martial Arts for the past 34 years and an instructor of Kundalini Yoga since 1977. Mr. Khalsa began his training in Kundalini Yoga in 1974 in Philadelphia, Pennsylvania and martial arts training in 1977 in Harrisburg, Pennsylvania under Grandmaster Daniel Kain Pai in the Bok Lin Pai, White Crane system of Kung Fu.

In 1979 he moved to Los Angeles, California where he had the privilege to attend classes in Kundalini Yoga taught directly by Yogi Bhanan and where he began his training in Kenpo Karate with Senior Grand Master Ed Parker. In addition to instructing at the Hawkins school, Mr. Khalsa has given seminar presentations in Sacramento, Beverly Hills and Ventura, California; Espanola, New Mexico; Phoenix, Arizona; Patiala and Amritsar, India; Malaysia; and Calgary, Canada. Mr. Khalsa serves as Deputy County Counsel for Kern County in Bakersfield, California. He is a Minister of Sikh Dharma.