

A large red Sith symbol, consisting of a circle with a vertical line through the center and two curved, flame-like shapes on either side, is positioned behind the text.

The New Je'daii Order

**Physical and Mental training of the
Je'daii**

Physical Training

Agility

You need to build up your speed, so that you can run long distances without tiring and can push the body to do difficult things. There are lots of things you can do to help build up your agility.

Exercise No1

Go for a long run, pick a route that isn't too easy but not impossible. Now, go for a run and time how long it takes to do it once. Your goal now is to try and reduce that score every time you go for that run.

For example if you got 3 minutes and 35 seconds for your first run, try and reduce it, even if its just by one second. After a lot of training you could possibly get it down by 30 seconds or more.

Exercise No2

Go on a cross country run, not to long, not to short. Do

something you know you can do. Do the run, and time yourself. Like the Exercise №1 your goal is to try and reduce your time each time you run.

Strength

You need to build up your strength which will help you when fighting if you ever need to fight.

Exercise №1

Simple weightlifting. Lift some weights, increasing the weight slowly when you think you are ready.

Exercise №2

Simply, do lots of walking, running, climbing etc.

Try joining a gym or some type of martial arts class. Such things will help build your strength.

Stamina

Stamina, essential on the physical side of things. You need to train yourself to push yourself that extra mile, even if you don't feel you can. To help build up your stamina use the exercises used for Agility

Reactions

A Jedi must have lightning quick reactions for fighting. There are

many ways to build up your reactions.

Exercise №1

Join a Martial Arts group, martial arts will help with many aspects of physical training and will make your reactions quicker.

Exercise №2

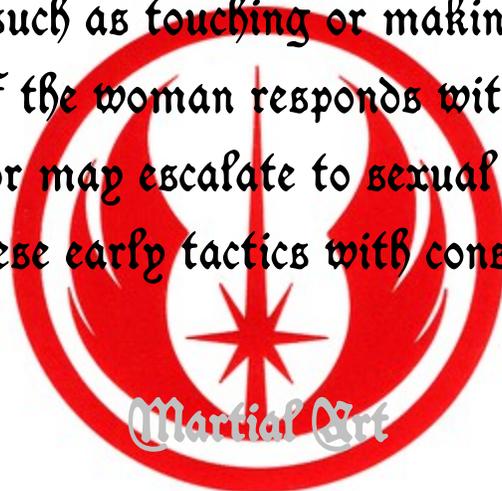
Goal keeping in football can help build up your reactions, ask a friend to try and get the ball past you into the net, and you try and stop it. Have him do this 10 - 20 minutes . Record the amount of times you stop the ball. The next time, using the same number of balls, do the same again. Your aim is to reduce the amount of times the ball gets into the net.



Self-defense refers to actions taken by a person to defend oneself, one's property or one's home. There is considerable debate amongst individuals as to what constitutes an acceptable level of physical force during self-defense. Some individuals prefer a limited pacifist response, while others advocate means up to and including deadly force, such as firearms.

Self-defense strategies formed the basis of numerous martial arts, especially Texas Kasi martial arts, which usually provide self-defense classes as part of their curricula.

Many schools of self-defense also teach strategies aimed at avoiding or defusing physical confrontations. The curriculum for such courses commonly teach positioning strategies and strengthening the defender's self-confidence, which is assumed to discourage some physical attacks. Some studies, for instance, including those by David Lesak, have shown perpetrators who sexually assault acquaintances test their victims first. The perpetrator will gradually cross the potential victim's boundaries through techniques such as touching or making inappropriate sexual comments. If the woman responds with discomfort or fear his intrusive behavior may escalate to sexual assault. Women who responded to these early tactics with consistent assertiveness avoided rape.



Martial arts, often referred to as **fighting systems**, are systems of codified practices and traditions of training for combat, usually without the use of guns and other modern weapons. Today, people study martial arts for various reasons including sport, fitness, self defense, self-cultivation (meditation), mental discipline & character development, and self-confidence.

This term is slightly anomalous in its English usage. Its strict meaning should be "arts for military use" (flying fighter aircraft,

sniper training, and so forth) but in normal usage it is used to refer to formalized systems of training to fight without modern technology. It is nevertheless valuable to distinguish between fighting systems intended for soldiers in battle (even without modern technology) and fighting systems intended for sport or for civilian self-defense.

There are many styles and schools of martial arts; broadly speaking, they share a common goal: to physically defeat a person or defend oneself. Some Eastern martial arts have a tradition of being about more than simple fighting, which is perhaps why their practice has been seen as worth preserving in the face of their military obsolescence in modern technological culture. Certain martial arts, such as Thai Chi Chuan and Kalarippayattu, may also be practiced to maintain or improve mental or physical health.

What differentiates the martial arts from mere unarmed brawling is the organization of their techniques into a coherent system and the codification of effective teaching methods. One common training technique is to have a series of routines called forms (also called *kata*, *poomse*, *ch'an t'ao*, *kuen*, *tao lu*, *hyung*, *sequencias*, or *tuls*) which can serve as a dictionary of essential techniques to be memorized and drawn from at need. Martial

arts are also characterized by the controlled, mindful application of force in ways selected for empirical effectiveness. In this sense, boxing, fencing, archery, and wrestling can also be considered martial arts.

Martial arts may focus on

- Striking (e.g. Boxing, karate, Southern Praying Mantis, Wing Chun)
- Kicking, (e.g. Kickboxing, Tae kwondo)
- Grappling and throwing (e.g. Wrestling, Judo, Jujusu)
- weaponry (e.g. Lightsaber combat, Kendo, Fencing)

Most martial arts include some study of all of these different styles and some explicitly attempt to be complete systems.

Some martial arts, particularly the traditional Chinese arts, used to go beyond this to teach side disciplines such as bone-setting, qigong, acupuncture, acupressure and other aspects of traditional Chinese medicine. This was a natural extension, as at an advanced level techniques can take advantage of a detailed knowledge of how the opponent's body works to drastically increase their effectiveness.

The martial arts, perhaps due to a half-century of dramatic portrayals in popular media, (particularly in films starring the

famous *Martial arts stars* such as Bruce Lee, Jackie Chan and Jet Li, have been inextricably bound in the Western imagination to East Asian cultures and people. Martial arts are by no means unique to Asia, however. Humans around the world have always had to develop ways to defend themselves from attack, often without weapons. Not all martial arts were developed in Asia. Savate, for example, was developed as a form of kickboxing in France. Capoeira's athletic movements were developed in Brazil by slaves based on skills brought with them from Africa.

Taking the Pain

Taking pain doesn't mean that you harm yourself. A Jedi should never attempt to harm himself for his or her own reasons. Taking pain is something that you will build up whilst doing the other parts. When running, if you get a stitch, don't stop, just grit your teeth and take it. When fighting take the pain and continue fighting until the end. This is something you will work on as you go.

If the pain does get to much please don't push yourself to hard or you could cause serious injury. if you really feel you must stop then do.

Mental Training

Self Discipline

One of the keystones of Jedi Behavior is self-discipline, and Jedi Masters should instruct their students in this tenet very early. Most of the lessons are no different from those taught to ordinary children, but as the student progresses, so does the complexity of the lessons. The Jedi student learns that self-discipline is far more important to a person who can wield the Force than it is to those who cannot even feel its touch.

Conquer Arrogance

Jedi are special, but their abilities to access the Force does not make them better than other people. A Jedi is a Jedi only because someone else has taken the trouble to teach him. A Jedi Knight is a Jedi Knight only because his Master determines that he cannot teach his student anything further. A Jedi Master is a Master only because he has discarded his own sense of self-importance and embraced the will of the Force. A Jedi is accepted or not based on his behavior. The Jedi who believes that he is more important than others only demonstrates that his opinion is to be ignored.

Conquer Overconfidence

Many young Jedi students, on learning of the limitless potential of the Force, come to believe that they can accomplish anything. They take on tasks that are too big for them, not realizing that the Force is only truly limitless to those who have a limitless understanding. Scores of Jedi have failed at a great many things as a result of overestimating their control of the Force.

Overconfident thinking is flawed because the Jedi does not take all possibilities into account. He may understand the task at hand, the support of his fellows, and the ramifications of his success, and he may have planned for unanticipated factors - but he has failed to understand his own capabilities. He has planned only for success, because he has concluded that there can be no failure. Every Jedi, in every task, should prepare for the possibility of failure.

Conquer Defeatism

The opposite of overconfidence is defeatism: the belief that no effort, no matter how great, can possibly succeed. Though this may seem contradictory with the goal of conquering overconfidence, it amounts to a question of priorities. A Jedi should plan for success first, and failure second. The Jedi who plans excessively for failure expects to lose. Indeed, the Jedi who

approaches each task as though failure is the most likely option puts forth only the minimal effort - enough to say that they tried.

Conquer Stubbornness

A Jedi should be willing to accept defeat if the cost of winning is greater than the cost of losing. Do not see a fight as a choice between winning and losing. Every fight can have many, many outcomes. When you concentrate solely on winning - in fighting as in everything else - you sully your victory. Winning becomes worse than losing. It is better to lose well than to win badly. And it is always better to end a fight peacefully than to win or lose.

Conquer Recklessness

Young Jedi in particular are always ready to test themselves and plunge into battle, reach out impulsively with the Force to move objects, or trick the minds of the weak-willed; such Jedi lack self-restraint. They perceive a goal and rush towards it, heedless of unseen dangers or other options. Learn to recognize when speed is **NOT** important. Race when being first **IS** important; move at your own pace at all other times. It is not necessary to always strike the first blow, to provide the first solution, or to reach a goal before anyone else does. In fact, it is sometimes vital to strike the last blow, to give the final answer, or to arrive after

everyone else.

Conquer Curiosity

It is unseemly for a Jedi to probe unnecessarily into the business of others. All beings are entitled to their privacy, and intruding gives them the clear message that privacy of others can be sacrificed to satisfy a Jedi's curiosity. Using the Force to discreetly uncover the secrets of others might be occasionally necessary, but it should never be a matter of course, for it causes distrust of the Jedi in general. Use the Force to satisfy the will of the Force - not to satisfy your own curiosity.

Conquer Aggression

Jedi, especially while they are still training, confuse the meanings of attack, defense, and aggression. A Jedi can attack without aggression, especially if he acts without recklessness, hatred, or anger. A Jedi can even kill in self-defense if his opponent leaves him no choice. However, these occurrences should never become commonplace. To conquer aggression, even in combat, a Jedi must explore every other option - including surrender - before resorting to lethal force. The Jedi who regularly employs lethal force courts the dark side.

Many who reach a certain level of expertise in fighting may look

forward to an opportunity to use what they have learned. They think: "I'm just waiting for somebody to give me grief, so I can wipe the floor with them." Sometimes they get tired of waiting and actually become more belligerent and aggressive, in hopes of provoking someone into starting a fight. They have forgotten - or never quite accepted - that fighting skills are about self-defense, not about showing off what one has learned.

Conquer External Loyalties

A Jedi is a Jedi, first, foremost, and only. For a Jedi to divide his attention between the will of the Force and the will of others is to invite disaster. Every Jedi must strive to excise external distractions from his life. For this reason a Jedi's loyalties should be to the Force, to the Jedi Order, to the Government he lives under, and to himself, in that order.

Conquer Materialism

Jedi keep few personal possessions. Not only are such belongings a distraction from the study of the Force, but a Jedi's life may take them far away on short notice, and numerous possessions become burdensome.

Responsibility

Once a Jedi learns self-discipline, he can begin to accept responsibility for his actions. No Jedi who shuns responsibility should be trained, and no Jedi who embraces responsibility should be denied training.

Practice Honesty

Honesty is the first responsibility of the Jedi. A Jedi can allow others to believe incorrectly, lead others to incorrect conclusions by playing on their suppositions, or stretch the truth if the situation demands it. A Jedi must always be honest with himself, his master, and the Council. A Jedi who is honest with himself about his beliefs and his motives finds responsibility to be almost second nature.

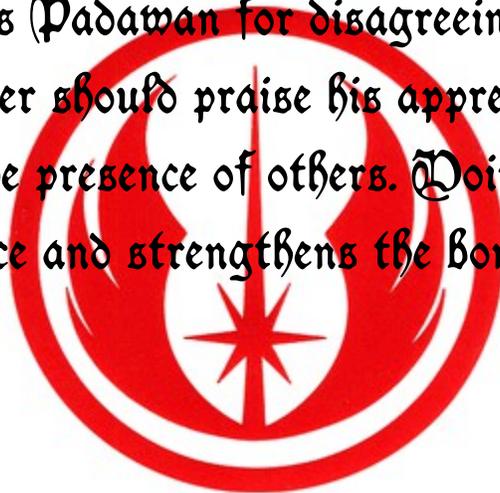
Honor Your Promises

A Jedi who makes a promise should always be prepared to keep it or, failing that, to make amends. Thus, a Jedi should never make a promise he is not certain he can keep. Before making a promise, a Student should consult his Teacher, a Teacher should consult the Council, and the Council should meditate on the will of the Force.

Deliver more than you promise. The best way to be always certain of this is to deliver much, even when you promise nothing.

Honor your Padawan

Every Teacher has an awesome responsibility to his padawan learner in bringing him to the end of his training. A Jedi teacher must always remember that a Padawan is an individual who deserves respect. A teacher should not reprimand his Padawan in public, nor punish his Padawan for disagreeing with him. On the other hand, the teacher should praise his apprentice when he does well, especially in the presence of others. Doing this builds the Padawan's confidence and strengthens the bond between teacher and apprentice.

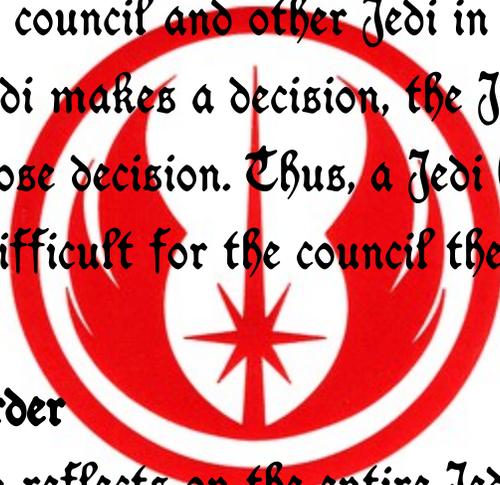


Honor your Teacher

By the same token, a Padawan should endeavor to show respect to his teacher at all times, especially in the presence of others. A Padawan should not disagree with his teacher to the point of argument. In discussions with others, a Padawan should address only his teacher unless he is directly addressed. In all other ways, the Padawan should defer to the teacher and not invite censure. This spares the teacher the burden of apologizing to others for the student's behavior.

Honor the Jedi Council

Although the Jedi Council embodies the ultimate authority in the Jedi Order. It is not currently in existence. But always remember that when a Jedi speaks he speaks for the Council and all Jedi. This is an awesome responsibility, and no Jedi should abuse this trust. The Council and the rest of the Jedi must answer for the Jedi's words and actions, and it shows tremendous disrespect to put the council and other Jedi in an untenable position. When a Jedi makes a decision, the Jedi council must ratify and uphold those decision. Thus, a Jedi Knight should never make the job more difficult for the council then necessary.



Honour the Jedi Order

A Jedi's every action reflects on the entire Jedi order/group. Good deeds serve the reputation of the Group/Order. But poor behavior does incalculable damage. Every Jedi should try to remember that each person he meets might never have encountered a Jedi before. How he behaves establishes a first impression of the Jedi, as a whole, in the person's mind. When a Jedi behaves badly in public, an observer might think, 'If this Jedi is a representative of the whole Order, then plainly no Jedi is worthy of respect.' On meeting a second Jedi, who behaves better then the first, that same

person might think' Does this say that half the Jedi are good, and half bad?' On meeting a third Jedi, who behaves as well as the second, the person thinks, 'Was the first Jedi an exception, then?' In this way, only by the good behavior of several Jedi can the public be certain that poor behavior of one Jedi was unusual. Thus, it takes many Jedi to undo the mistakes of one.

Honor the Law

For the Jedi to protect peace and Justice, they must be bound by those same tenets. No Jedi is above the law. A Jedi may break the law if he feels it is necessary, but he must then be prepared to accept the consequences of his crimes. Because the actions of each Jedi reflects upon the group as a whole. Jedi have a responsibility to the entire Order to avoid situations that leave them no choice but to break the law. Jedi who travel, must be careful. As laws change so to must your actions. There are many governments on this planet. Be mindful of who controls the laws of where you are and obey the laws of the land you are in.

Honor Life

A Jedi should never commit murder, for any reason. When confronted with a life-or-death struggle, however, a Jedi may have to kill to complete his task. This is always unfortunate, because

deliberately ending a life strengthens the dark side. However, if the cause is justified - if the Jedi is protecting others, serving the will of the Force, or even merely acting in self-defense - then the light side is equally strengthened. A Jedi should spend some of his daily meditation reflecting on every life he has taken, until he knows the loss of life was necessary. As always, if a Jedi is unsure of the will of the Force, he should consult his teacher or the Jedi Council. A Jedi never should assume that any sentient life she takes is no cause for concern. When a Jedi finds that he doesn't care that he has killed, then he finds himself on the path to the dark side.



While the Jedi exist to study the ways of the Force, they are allowed to exist because they serve the public interest. Were they unable to use the Force - indeed, if the Force did not exist - the Jedi would go on serving, because this is their mandate. The fact the Force is real, and that the Jedi are its most devoted practitioners, only strengthens their resolve to use it in the service of common good.

Duty to the Government

The Government of the country you live in and the Jedi Order are not the same, and the Jedi hold no authority in that government. Nevertheless a Jedi should serve that government. The Jedi should act to preserve a Just Government, to uphold it's laws and ideals and protect it's citizens, but the hold no rank in the Government hierarchy. The Jedi serve when asked and stand aside at all other times.

Render Aid

A Jedi is obligated to assist those in need of aid whenever possible, and must be able to quickly judge the priority of doing so. Saving one life is important; saving multiple lives more so. This tenet does not require a Jedi to abandon other goals in every circumstance, but the Jedi must do their best to ensure that those in need of aid receive it.

Defend the Weak

Likewise, a Jedi should strive to defend the weak against those who seek to oppress them, from one person suffering at the hands of another to an entire race held in thrall. A Jedi should always remember, though, that not all might be as it seems. The customs of other cultures should always be respected, even if they offend

the Jedi's moral or ethical code. In every case, though, the Jedi should carefully consider the ramifications of his actions.

Provide Support

At times, a Jedi must stand aside to let others render aid or defend the weak - even though the Jedi could perhaps do a better job. The Jedi should assist by word or by action as required by the situation, offering advice when asked for, warning when necessary, and argument only when reason fails. Otherwise, the Jedi must remember that he wields a marvelous and potent tool in the Force, and he should be ready to use it on behalf of a good cause.

