

2002

January: Human Being versus human doing, Live with intent, Invincibility,
February: Getting There, Learning to Overcome,
March: Luck is not a factor, It's nice to know, It's not about strength
April: Inner & Outer Game, Do You Honestly Think It's About Getting Black
Belt, Technique is what you do, Lynn
May: Looking for Beginnings, Relaxing the non-involved muscles, Breaking
Boards or is it, Staying cool and wet
June: Jim Bregman talks,
September: Value & Desire, Manners, Self Esteem & Leadership
October: I wonder Why, Cherokee Grandpas and Korean Flags, The Road Less
Traveled, Making a Difference
November: Discipline of the Mind I, Discipline and Perseverance, Violence, One
More time – with care please
December: It will come, Discipline of the Mind II, Ginseng, Making it a Priority