

2004

January: What's in a Name, Change & Persistence, Connection
February: When Good Enough Isn't, Moment of Decision, Gloves & Excellence, Steroids
March: Four D's of Success, Actions & Words, So why don't we set goals, habits of a martial Artist
April: Small Victories, Value of Pain, Self Discipline, Lessons
May: Decisions, Yield & Learn, Unlearning, Critical Point Analysis
June: A Warrior's Code: A Life Code
July: Where are you headed, The Welcome Uniform, Form & Function, Choosing Happiness
August: Knowing, Moving, Magic, Opinions
September: Responsibility, Timing & Dominoes, Natural Ability, Commitment
October: Freedom, Reality Check, Metamorphosis, Working with Steel
November: Purpose, Something Fishy, Dedication & Commitment, Stress Check
December: Subjects of Fear, Fractals, Something Different, Reaction & Response