

NÉSTOR GALARRAGA

THE **POWER** OF THE WARRIOR

전사의 힘

International
Taekwon-Do
Federation



Galarraga
GM
IX

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The Power of the Warrior

NÉSTOR GALARRAGA

The Power of the Warrior

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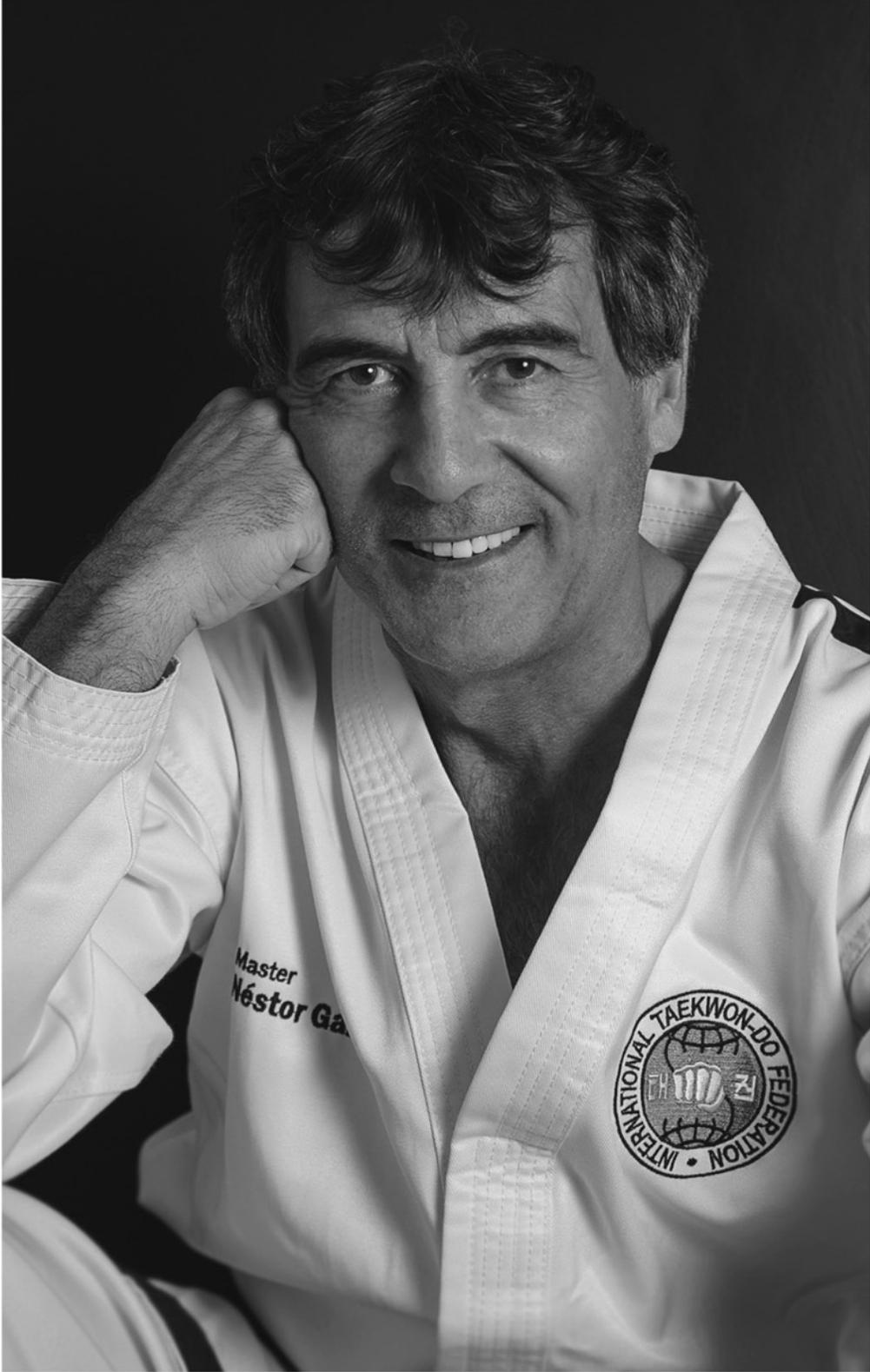
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蒼軒 崔秋忠



With love, to Dani,
the leading lady in all my movies...



MIGUEL ÁNGEL MARTÍNEZ

BIOGRAPHY

Néstor Francisco Galarraga was born in Monte Grande, Buenos Aires, Argentina, on July 25 of 1958. Black belt, 9th Dan of the International Taekwon-Do Federation. He is one of the most distinguished taekwondoin because of his professionalism and work ethics. The Taekwon-Do Argentine Association, the entity that he leads since it was created in 1983, is one of the most important of its kind in the Argentine Republic. Hundreds of graduated instructors, thousands of Taekwon-Do students throughout the country and the constant international sporting accomplishments of its members guarantee the level of education provided. Grand Master Galarraga's work in different areas of Taekwon-Do transcends permanently the international field and it is recognized for its integrity and originality.

He has worked on the development of learning methods, training, examinations, regulations and methodology of the sports area and he has made contributions to the technical and cultural area and to the integral development of the discipline.

He has written thousands of articles for specialized magazines of the martial medium and many books; he has participated in documentaries and TV programs, some of which he has directed; all of which is connected with International Taekwon-Do Federation.

He has been a leading participant in the most important decisions of Taekwon-Do of the last 35 years: by the end of the 70's, as a competitor; during the 80's, as competitor, trainer and leader of the Federation of Taekwondo of the Argentine Republic (FETRA); during the 90's, together with the founder of Taekwon-Do, General Choi Hong Hi, as leader of the International Taekwon-Do Federation (ITF); and, as of 2001, together with Master Choi Jung Hwa (son of the founder of Taekwon-Do), in the General Direction of the International Federation.

Grand Master Galarraga travels constantly throughout the Argentine Republic and around the world delivering courses, training seminars and

directing championships of the ITF; he works tirelessly in support of the growth and development of Taekwon-Do for the ITF, globally. He serves as Director of Tournaments and Director of the Referee and Judges Committee of the International Federation since 1997, a time when Taekwon-Do of that entity was only one in the world. He restructured, between 1997 and 2000, together with General Choi Hong Hi and prestigious masters such as Wim Boss, the regulations with which ITF Taekwon-Do currently competes.

His passion for discipline allowed him to achieve 100 times over the dreams he had as a child. In his own words: *«I have practiced and taught martial arts for over 40 years. I have delivered Taekwon-Do training seminars all around the world, including both Koreas, North and South, country where martial arts stemmed from. I have devoted myself exclusively to this discipline. Taekwon-Do has been a lifestyle with which I learnt to fight against adversity, a way of living, of being and conducting myself in this world; it has allowed me to have a full life with many satisfactions. I achieved 100 times over the dreams I had as a child. Life has been generous to me and a true box of surprises. I do not belong to the group of people who dreamt and made those dreams come true, since I have achieved more than I have dared to dream. In truth, I could say we are even: Taekwon-Do gave me everything and I gave it everything as well».*

His passion for this art made him one of the main representatives and fervent keepers of the ITF style. He is currently living in Monte Grande, his hometown; he teaches Taekwon-Do and writes his experiences and thoughts about the practice, the teachings and the investigation of ITF Taekwon-Do, being a useful tool for human beings to develop and find balance.

THE REASON FOR THIS BOOK

Personal power is a fundamental asset. All we do, all we decide, all our decisions throughout our life depend on how we feel about ourselves. Even if we do not realize it, the smallest details, the way we walk, we dress, our choices, our thoughts, our feelings and all our actions depend on that personal power. Humanity walks behind power; thus, a major part of our society runs after it, money, prestige, fame, sex; the power granted by having, a power that lives outside. We have fallen in love with our ego and our reasoning; we have launched ourselves into a path that will make us lose all our intuitive learnt abilities or, at the very least, these will be replaced by others.

Society today considers wealth and power over everything to be the model of happiness. And, of course, these “values” are installed beyond us. This is why I have the impression that human beings are moving towards a path that will make us lose ourselves.

I have practiced and taught martial arts for over 40 years. I have delivered Taekwon-Do training seminars all around the world, including both Koreas, North and South, country where martial arts stemmed from. I have devoted myself exclusively to this discipline. Taekwon-Do has been a lifestyle, a way of living, of being and conducting myself in this world; it has been my path and my destiny, which has allowed me to have a full life, with many satisfactions. I achieved 100 times over the dreams I had as a child. Life has been generous to me and a true box of surprises. I do not belong to the group of people who dreamt and made those dreams come true, since I have achieved more than I have dared to dream. In truth, I could say we are even: Taekwon-Do gave me everything and, in turn, I gave Taekwon-Do everything as well.

Every time I stand in front of a class, course, lecture or seminar, I ask myself if I could leave something with them, something that could stay with them, stuck forever. As my dear friend Viviana Lowe used to say, «if I am left with the feeling that I stuck some knowledge to the skin of my

students, I have scored...». I am aware that this could sound pretentious or arrogant but, every time I start to teach something, I do it knowing that I am there to contribute with something, I am there in favor of art, culture, the technique and because I have in my hands a tremendously powerful tool, with the ability to bring something positive to the life of our students and always from Taekwon-Do, because I have practically had no personal life. However, when I go through what I have learnt and taught, I realize that some ink was left in the inkwell, some matters have remained unfinished. What I learnt —by harvesting experiences through life— about the development of personal power, I have not taught yet. And, since it is impossible to go backwards, to retrace history and to return to all those paths, to all those places of knowledge that I ignored, where I learnt who I am through what I do, I have decided to respectfully place it in this book.

It is about the development of power and, within its pages, you will find messages with much detail and information based on real experiences and on the certainty of how to reach the goals we set our minds to. In sum, it comprises everything that leads towards the discovery and development of personal power. It is not a history book; I will not go over the process of the different events I lived, which guided me towards my present conclusions; yet, sometimes I meticulously go over some fragments of history that are little known by the public. It is not a technical book either; nonetheless, I provide some thoughts and I include new concepts, based on recent investigations, with the main objective of generating new tools, so as to keep contributing to the technical development of our discipline.

This book speaks of common spaces, martial arts, Taekwon-Do; it talks about all of us, about you and me; it tells us about the road travelled, the emotions, the thoughts, the inner feelings that any person seeking to develop said power goes through, the meaning of life and everything that dwells in our own hearts.

FOREWORD

When Master Néstor Galarraga asked me to write a foreword for his new book, I felt great happiness, excitement and that it was a great opportunity to say goodbye to thousands of readers, who had accompanied me for 40 years, in this unique work that I have called YUDO KARATE. I told him that I would dedicate to him my last words in the martial arts, because it is possible that, due to a health problem, I might probably find myself unable to keep communicating; what an irony.

Unfortunately, I cannot speak much about the book or introduce the reader into what I think is a wonderful work, but, in turn, I can tell you about my dear friend, the author. With a lot of sense of humor, paraphrasing Fidel Pintos, I could say that I discovered Néstor Galarraga...

I remember, once, Jorge Luis Borges introduced the work of a painter and, after making a thorough and meticulous description of the most outstanding details of the artist's painting, he said (have you noticed the irony?): «a blind person introducing a painter». In the same way and making an analogy, I could speak of Master Galarraga. He got his education, in many ways, in the hallways of the editing office of Yudo Karate, a magazine that reflected the occurrences of the martial artist in the Argentine Republic; in fact, he directed the magazine, in my absence, for three years.

Néstor has told me about the words in the pages of his new book, where he describes with detail the fundamental axes of his personal transformation and, it is no wonder, since he is a follower of his own steps, ending always with the realization of his own dreams. A man who has never stopped reinventing himself, and Yudo Karate has shown this throughout all his history.

More than thirty years ago, I had the honor of writing the foreword for his first book *The Evolution Factor* (Factor de evolución), in which he said that, absolutely focused on getting the things he aimed for, Néstor

Galarraga has written, within the pages of that book, the most important thing he has ever achieved after years of practicing, studying and learning: his winner approach, because for him “to win in life is not the most important thing... It is the only thing”.

That book broke records in sales in the martial arts world, but I am afraid that *The Power of the Warrior* will substantially surpass it, since he talks about the road travelled, describing in detail the steps to follow in order to achieve the things we want, and he suggests technical development as a fundamental element to reach personal power and to master the art as a path towards spirituality. This book is nothing but a reflection of him, an additional sample of his responsibility, effort and commitment, with which he has devoted his life to ITF Taekwon-Do.

He has worked in the development of learning, training and testing methods, and in the making of regulations and methodology for the sports area, writing thousands of articles for Yudo Karate and other specialized magazines of the martial medium, and books. He has also directed documentaries, TV shows and he has been an active protagonist, participating in the most important decisions of ITF Taekwon-Do of the last 30 years. In the 90's —together with the founder of Taekwon-Do, General Choi Hong Hi— and, as of 2001, with his son Master Choi Jung Hwa, he has made contributions to the technical, sports and cultural area and he has constantly worked towards the evolution and development of Taekwon-Do in the world. He has also directed the sports area of the International Federation since 1997, a time when Taekwon-Do of that entity was only one in the world. He developed, together with other masters in the world, the regulations with which ITF Taekwon-Do competes nowadays. He conducted world youth championships, world adult championships, world senior championships, all the versions of the World Cup, Pan-American and European championships, and all the versions of the America's Cup, in America, Europe, Asia, Oceania. He made his ITF Taekwon-Do teaching method popular, by delivering seminars in more than 60 countries and his ability to organize events is a trademark.

Yes!!! It is enough to go over some of his history to know who we are talking about, “a martial arts beast”, a man who, with hard work, managed to surpass talent and, with discipline, has conquered intelligence. I do not

need to read his book —I interviewed Master Galarraga hundreds of times— in this occasion, I know exactly where he is going... Why is that? Because I always saw it coming... I leave you with the author.

MIGUEL HLADILO

A FEW WORDS ABOUT “THE POWER OF THE WARRIOR”

Almost ten years of active attention to a subject tend to leave a mark. This is a book that grew with time, accumulating reflections, conclusions. It is an innovative text, not only because of the content it expresses, but also because of its substance.

I feel that the underlying principles of this book were outlined, with greater clarity as time went by, in Néstor Galarraga’s train of thought throughout this last decade. The title of the book is very strong and I believe that, within its chapters, the reader will find the specific leads to walk this search path marked by the life of the author, a martial artist with a vast experience, a constant investigative effort, an unending curiosity and an invincible passion.

He invites us with a profound sense of spirituality to a required reflection, to connect with ourselves, to travel a path of new perceptions and to broaden our knowledge and consciousness, in martial arts, in Taekwon-Do and in our own existence.

It has been a privilege for me to collaborate in the production of this work of Grand Master Galarraga, my master, colleague and friend; it is a book that I recommend emphatically to those who have chosen the path of martial arts and, especially, Taekwon-Do as a way of being.

Taekwon,

MASTER HORACIO BOITANO

NÉSTOR GALARRAGA

THE POWER OF THE WARRIOR

전사의 힘



FIRST PART

THE SOCIAL SITUATION

In spite of the advances of science, technology, the industry, art and culture, it gets harder and harder to live in such a big and complex society—with so many people divided by many social classes and a wide variety of differences— without feeling fear, insecurity, confusion, vulnerability. This big contradiction stands out: a society moving forward quite rapidly in some respects, yet stalling and moving backwards when it comes to fundamental matters such as human relations.

When people were living in small villages, each person had an identity of their own: they were “the offspring of someone”, and they would later follow the footsteps of their father, grandfather or a referent from the village. This feeling of belonging disappeared when small villages became big cities. This identity, this being that was built in conjunction with others, this having a path in line with the family history, disappeared little by little. Thus, a new history in connection with individualism began, and it became one of the great diseases of the present society, the fundamental ideology of which is “your worth is measured by what you have”, “you are alone and it is solely up to you” and “divide and conquer” ... An individual is always weaker and a society based on individualism generates indifference, envy, arrogance, overconfidence, excessive protagonism, and an absence of personal encounters, bonds, intimacy and love. The ability of thinking collectively is a strength. Thus, it is necessary to build a stronger *us*, since the opposite of individualism is solidarity..

We live today challenged by the necessity of constructing our own identity and history, of making our own path, in a society that changes compulsively. We witness the frenzied development of a world filled with uncertainties. Apparently, life within a society offers us an endless number of possibilities, activities of all kinds —artistic, recreational, cultural, sporting—, dream places to visit, among others. From an educational and instructional point of view, many are the carriers and the job opportunities. But, if we look closely, the potential to choose is

quite relative and reduced. What we can do is very limited and in order to do everything we would need many lives.

In that sense, society is clearly divided into two parts. One part wants to reach and conquer everything; all at once, if possible. The great majority tries to learn languages, to paint, to take music lessons, dance lessons; they go to the gym, play sports and —as soon as they graduate— they start studying something new. This part of our society is the most competitive and aggressive. All these people, no matter where they are, they always feel like they are losing something.

The other part goes nowhere; it is completely lost. It tries to live in the moment and it does not know where to go or what to do. Both sides of society show the clear imbalance under which we live; some cannot find the time because they are always running, and some go nowhere because they do not know where to go or what to do with their lives. It is difficult to find well-balanced people in the world that we live in. At the same time, we are always on the move, pursuing money, prestige, fame, sex and power. We spend the most important part of our lives trying to obtain, to acquire, to achieve and, then, we spend another great part of our lives caring or sustaining the things we were able to get. Thus, with time, we achieve the opposite goal: instead of becoming freer and wiser, we become custodians of our own accomplishments and acquisitions. Many become ill while building a fortune and, then, they spend all that fortune trying to heal themselves... What an irony! In the model for happiness, society puts wealth and power first; it focuses on the *having* and not the *being* part. Of course, these “values” are framed outside ourselves. Bliss lasts only a few days, since it is built on the will to have, on desire, and —therefore— it is not happiness. It is a satisfaction which does not suffice and does not last because desire does not stop changing. We are always after something and, when we get it, it always becomes something else, a new desire; when we accomplish our objective, we are back at the beginning and we soon realize that this is definitely not what we wanted. The passion to have has been imposed as a model for social happiness, yet the pursuit of desire does not make us happy but thirsty for more and more.

Furthermore, and contrary to what it should happen, the concentration of wealth is getting bigger and bigger. We live in a world where the

majority has serious needs to survive and endures poverty, according to socioeconomic levels, which is something terrible. The concept of decent poverty ceased to exist; someone poor being happy is unconceivable. Dignified poverty does not longer exist; a poor person being happy is out of the question. In the past, it was said that poverty dignified the soul and that humility and solidarity are values found in the poor. Besides, people owned their words, which meant that they would never dishonor a compromise. These values were inherited from previous generations and the poor struggled to move forward, the concept of poverty being *dignified* existed, where parents would work extremely hard for their children to afford going to college. “My son, the MD” was the main challenge for decades, for thousands of immigrants who came to our territory, escaping from war and poverty, encouraged by a fundamental idea: the education of their children. Today, however, the places to which the poor can access are more and more restricted —education, work, healthcare systems and safety—, justice has become more precarious and limited, and the most unprotected classes are more tied to delinquency.

Those who have a little more think that these groups cannot go back and have nothing to lose. They act accordingly. Having no possibilities, no escape; they steal and kill because life is worthless to them and because they want to get, no matter how, whatever it is that they cannot have. Their lives have no meaning whatsoever; they are unhappy and unappreciated, but mainly by themselves. Children, teenagers and youngsters are submerged in the world of the cheapest and most deadly drugs. They do not try to live new experiences but to kill themselves a little bit, day in and day out. If you are part of this, you lack options. The only choice is to live trying to escape from these places and from spaces which are practically deadlock. These people are held by the culture of being and staying poor, by hardship, by their families and friends and by their own fear. They struggle to exit from a reality and go into another where they are faced with resistance, hostility, disqualification, and rejection, because those who are one step above do not want them as their peers. Society is, then, divided and confronted into different levels of acquisition and this generates, among the less fortunate, resentment, frustration, anger, hatred and violence of all kinds and, one step above, you may hear the famous yet sad joke that “we should set a bomb and

blow them all up to pieces”.

Thus, many are the “yes, we can” stories. Probably, this ideology was adopted for people not to lose faith, hope. Yet it is wicked. With this idea that “you can do whatever you set your mind to”, we manage to disengage ourselves from the social responsibility of handling the issue, and those who live a more comfortable life find the excuse they need to keep a clear conscience by donating a used mattress that they were about to dispose anyways for those who, in this occasion, are under water. This is the way they have found to justify their inaction and tremendous lack of solidarity, by thinking that those who are unprotected actually want to live this way because, if you really want to progress, you can do it on your own. It is true that a few among many can surpass difficulties and move forward. Many times, by relying on their particular talents, they can surpass harsh life circumstances, fight against all odds, change history and move on. “Yes, we can” is a romantic concept and many are the examples that support it, but not as many as the examples of human beings that have no chance of living a dignified existence. This might be why I always dream of a society that is fairer, more equitable, more distributive and, fundamentally, more balanced and sympathetic, where there are no stories of superhuman capabilities to overcome poverty. So much talent for so little. Society loves the myth of the urban hero; the more sacrificed and morbid, the better.

Following the line of those who have a little bit more, the differences widen the gap, divide and separate society due to irreconcilable differences and people become confronted by different levels of acquisition. It is a sort of ladder with steps that have different names: destitution, poverty, low middle, middle, upper-middle, upper or high class, and so on. To these classifications, we may add other forms of disqualification: among the low classes, we find the *red necks* (villeros), *immigrants*, *blackheads* (cabezas negras); among the middle class, *white trash* (grasas); among the upper middle class, *gold diggers* or *new rich*. This list, made up by a classist world, forces people to climb up the ladder of a completely fragmented society.

The middle class struggles with all its might not to fall down. They are trapped by the financial system and they dance to the rhythm of credit cards, bank accounts, personal loans, and so on. The established system