

Name: _____

Date: _____

SWAM TALK

Z N A M A F G Q P H S L I F Z F J T C W V Z K P
O J D D X Q H N Y N F O U Z N D L O R T N O C N
D J B H V K A V V S F U L M K B O V Q L S H E Y
I T O P J W D Z A L W T W A N R V B E R U V F A
H B X Q M N O N E G M S E E T T U D X M A C A Z
S I I O X R V L H B K Z U N H M O S I E W P I U
U P N W C U C B S W E Z G Z K P I L H C E T J B
B P G G R L W M R S Y A S I J A I X O X O O S V
V F Y X Q I G O N G U H S B Q T N Q F C F W Y F
V D H X T R E S W V R A R T Y X F A S T F U Y O
T F Y M C D O G E R A I A P U R N C C K X L G C
P L A N E W S N Y V N T S I A W L C W N N O J R
S Y L R P W Q H N U O G R Z B E V O X Q N A L E
K K Z N S D C B T B E B Z F A H L B H D A P T O
E U I X E S W R D E R J N N U F W X X T D S L Q
D F X T R S P H R A Y Q D C Q V S Y E C L P T I
B H P K M S T O S K B G L A W A C M D U G E R U
R B F F G R Q W Z U I H W F N R I G O L S C A L
A F T M A B J C T J G M U R K T I A N O T S E W
Z K S E B J Z S V U K S O T K J I S U A T U L I
F V H G N Q O N Y F A T H V X I W A T T Y H C I
Z E N I L P I C S I D G K D H I W I N R R M S B
R E O Q J T F A Z O I D R T Y N P Q K O A K Y U
Q J E L K A G X P L U O C O P O M F G O Z P G Z

DISCIPLINE	HUMILITY	RESPECT	DANTIAN	CONTROL	BUSHIDO
TENKAN	SMOOTH	QIGONG	HEAVEN	FUJUKA	BOXING
WRIST	WAIST	LIGHT	HEAVY	EARTH	CLEAR
CLEAN	BEAST	ATEMI	TRAP	SLOW	FLOW
FAST	APEX	MAN	GOD		