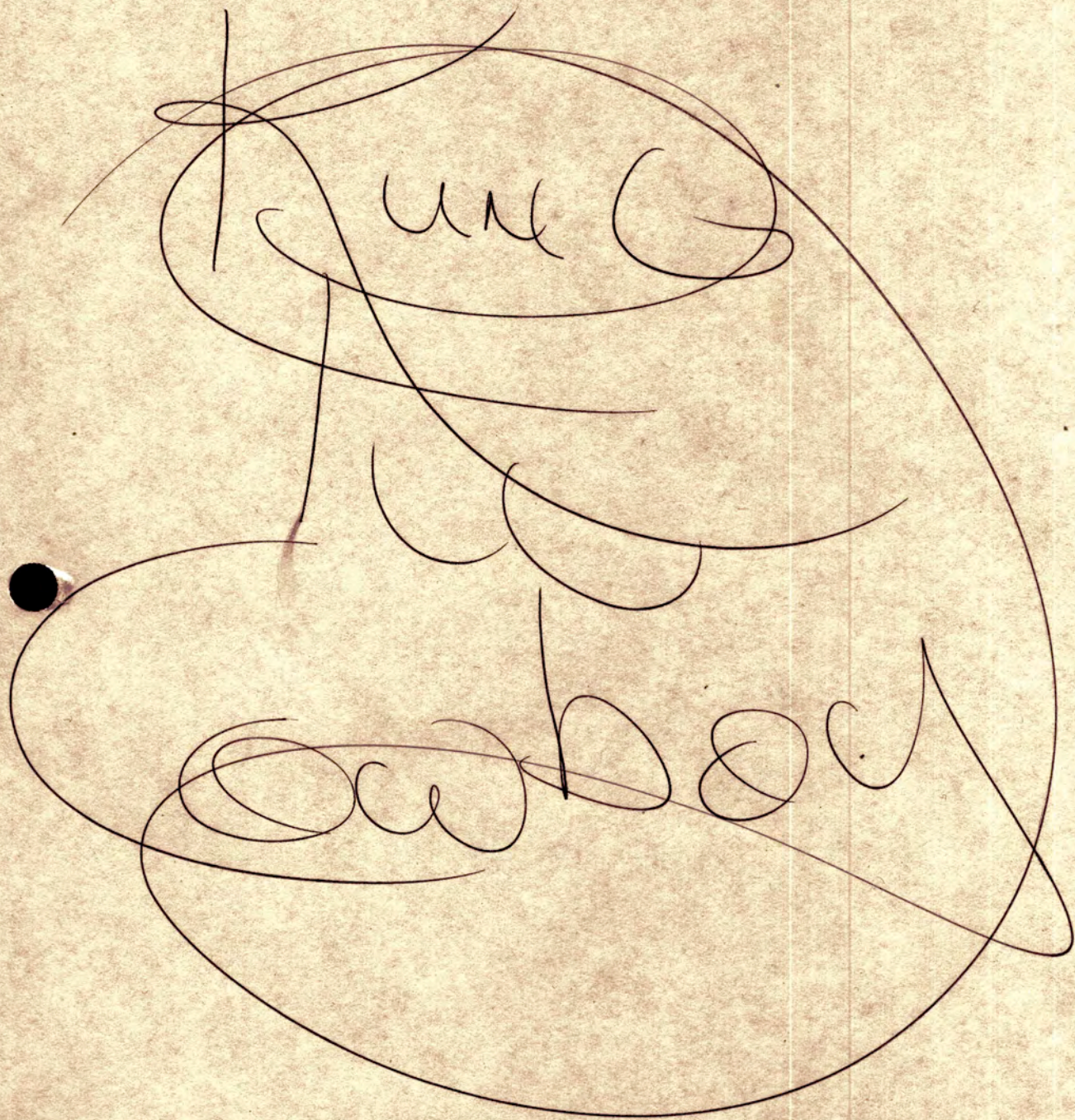


AMERICAN ZEN



LEVEL 4

NEW

AMERICAN

Handwritten cursive text, possibly "The End of the World" or similar, written in pencil on aged paper.

F

LEAVEL

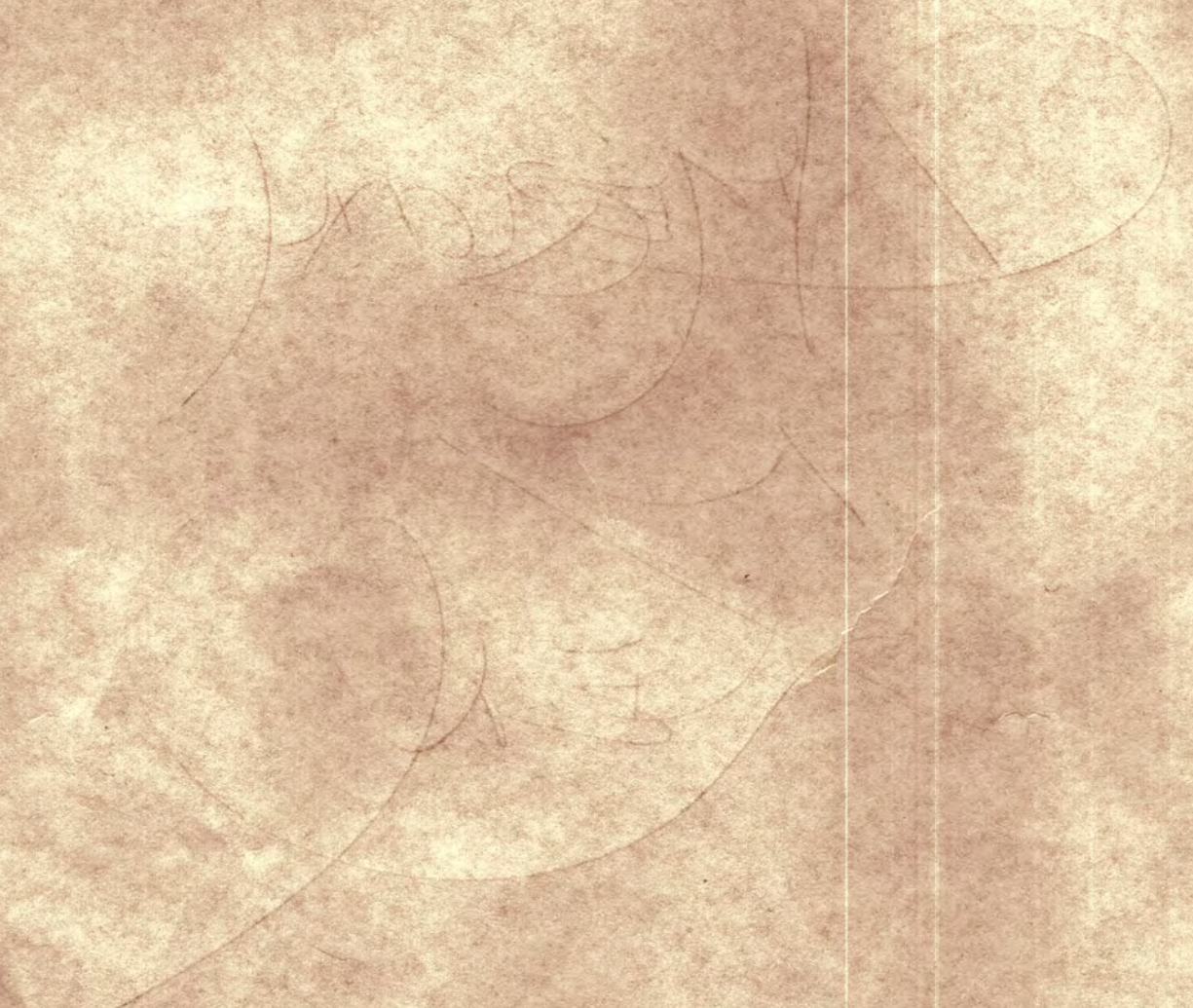
LEVEL 4 = Kumbha Mela Cowart

~~Shree~~

Shree

Published by
Shree Communication

LEWIS & CLARK (1804-1806)



Explorations
of the
Westward

LEVEL 4 = Kung Fu Cowboy

AMERICAN
FLEX

The American
Cowboy

Kawana
UNC6 Fun Cow Boy

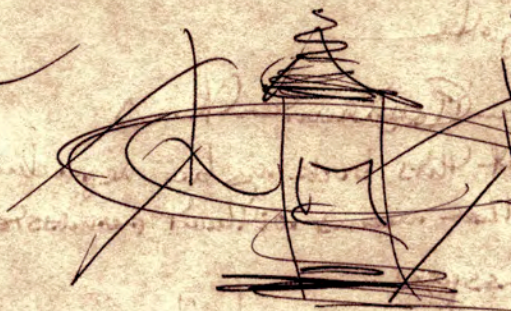
W. H. ...
...

All songs and poetry by the ~~High~~ Coyote

LEVEL 4

THE JEWELL vi

SHAO LIN



Published by Shaolin Communications
for Shaolin Records

Edited by Richard Connor
using Quark XPress 7. —

Design and layout by T.H. Coyote

Written by The Coyote

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physical, digital, or any other means without permission in writing
from the publisher.

Revises my quote based passages.

Album covers, artwork and press photos

courtesy of Shaolin Records.

PO Box 631, Menlo Park, California 94021

Music and lyrics copyrights owned by Shakti Music
Other credits!

Page —

Page —

Page —

First Edition

ISBN —

Published by Shaolin Communications

www.shaolincommunications.com

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CHAPTER 11

CHAPTER 12

A Buddhist Odyssey

CHAPTER 1

SHAOLIN KUNG FU 00
BODY
MIND
STAFF

CHAPTER 2

TAI CHI BUDDHA 24
SPIRIT
TAI CHI YOUTH
MASTER ZHEN

CHAPTER 3

SHAOLIN CHI MANTRA 48
DEVOTION
TANTU
HEART

CHAPTER 4

BUDDHA KUNG FU 88
SWORD
TRUTH
BUDDHA ZHEN xi

cent 6

owboy

Tom

I am then people:

Richard Connor
Richard Del Conn
Richard O'Connor
Rich, Rick, Richie
Dick, Dick Del, Dick Danc

The Happy Coyote

The Coyote
T. Coyote
T.H. Coyote
T.S. Coyote

Buddha Shen

Master Shen
Shen Shen hay
Shen hay Shen
Spirit Wolf by tooth

I Write

On Jagers or David Letterer or both?

A high school class - Anantzen

Nobel Peace Prize for website enlightenments

sholm2k.org

annex2k.org

Buddha Kylin.com

Tairchi Yenthi.org

Yar chikids.com

ghesh kykids.com

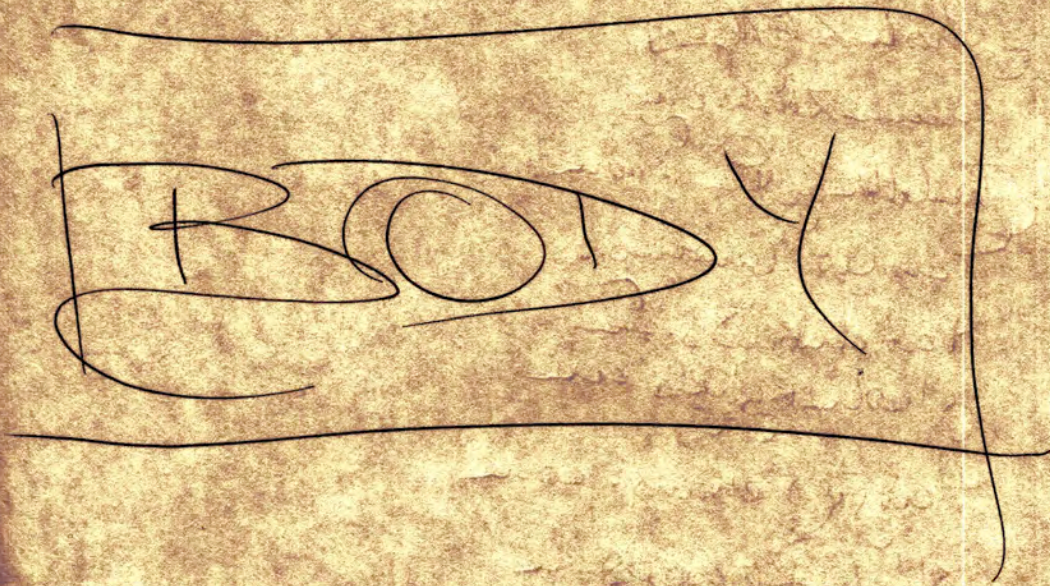
Fatjin Jensen.com

Sholm Records.com

Sholm Co. Inc.com

Folkweek Podcast.com

Chapter 1: BODY



SHAOLINE Kung fu "The Heroic"
 Merry Hospital, Pacific Beach, February 4, 1954 7:58 am
 Merry Hospital, Pacific Beach, February 4, 1954 7:58 am

Richard Del Connor is born. Father, Adalbert
 Connor, Mother, Ann Marie Warner. The first
 of three sons, Richard's ^{family} lived in an apartment with
 prostitutes for neighbors. They turn the hospital down
 and the Connor family moved to Allred Gardens, a
 suburb of San Diego city limits with sage brush

and numerous estates as far as the eye could reach
 to the north and east.

Richard's first mums were cattle and sheep being heard
 through their backyard before they built a ^{small} wooden fence.
 Coyotes would gather under Richard's window at
 night. Perhaps this led to his affinity with these
 wild creatures which ~~can~~ intermix with humans on the
 fringes of society - Although Richard never claims to have been
 1984-1991 Sifu Richard O'Connor
 1992-2007 Master Zhen Shun-hay "Spirit Wolf of Truth"
 2008- Buddha Zhen

Richard by the
 or best friend the Connor
 as he tried to
 then or best friend the Connor
 as he tried to

~~Richard~~ Richard lived out of his van after his business
marriage engagement to Peter Dolt in 1981. Working as
a Union Carpenter and a bass player session man, Richard
had changed his name to Richard O'Connor as he became
employed in Hebrew customs.

I began my Ky Be jeans, inspired by my desire
to protect Peter Dolt. Doing some sketching in
Pinner City several days a week, I learned Silken
Ky Be the Side Day to Day. His Whiteletter Eggs
became the boot camp and founder of my Ky Be jeans.

living out of my van, I never considered getting
a homeless person. My home was Tai Halls
in Torrance, California. Doing my Amin Cayah
job at LAX in 1983, I would
get off work at 3:30 and be at
Tai Halls in time to do my basic
exercises before the 4th class. 10
regular pushups, 10 knuckle pushups and 10+10
one arm pushups were my daily routine. I
always started by pushing my front
then I would fall like a straight
board into pushups # 1.

San Diego

My mother gave me my first eye patch by Pulaski in
the 4th Grade. I rebelled by classmates for
being a straight-A student, my mother decided
I should be blind to protect myself.

She bought a pair of best glasses and
we based up for my first lesson.

My mother demonstrated a couple punches of
when she told me to punch her -- I did.

For the next two weeks I was punished with
giving it every time I looked at my mother's ~~no~~ on
eyes. ~~I look to have~~ and gave her two
black eyes in one punch.

Coyotes Don't Surf

In the ~~elementary school~~ ^{elementary school} ~~band~~, surfing was more
fun than playing trombone. But when I
started playing electric guitar, I realized
the need to choose between music or surfing.

I stayed in my room, on average, with portable
turntable play along with Folsy & the new
and 45's of the Beatles, Animals, Turtles....

Valentine's Date Donita

Don arranged this date.

I isolated, near the Mexican border in a beautiful modern A frame home, I only scored twice. The first was the _____ sales woman. I don't want to get her in trouble. She was tall, beautiful, smart, and sat in front door.

I told her I would purchase a _____ if she would go on a date. It worked.

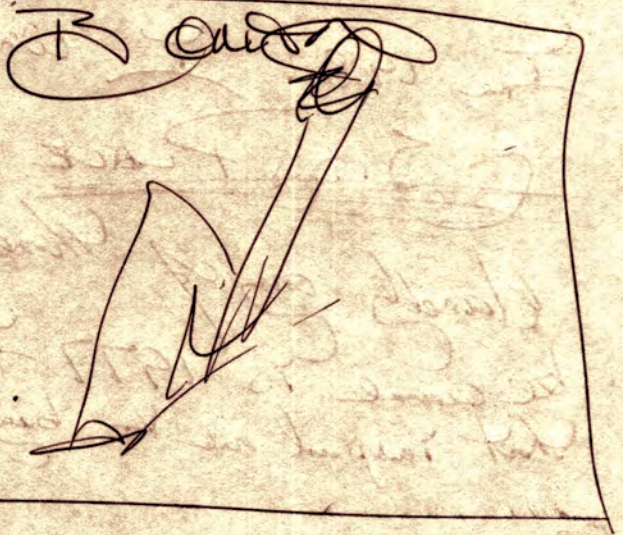
The second was the prior owner of my Baja Bug. She said she'd take off a \$100 to see if I had "such smart looking legs." I ~~wore~~ ^{wear} shorts and cut-off jeans... I would have kept ~~making~~ that comment if she didn't doubt so much been.

Lotus

My band name was the least
of my concerns as I worked in the
Banta Dental Studio every day.

The studio is like Heaven to me. The
kitchen is Heaven for a chef. The classroom
is Heaven for a teacher. I love recording studios.
I love the outdoors, the balloons, the sound rows,
the bass frogs, the vault...

Lotus was my favorite
band name from them.
Somehow, I knew that I
wouldn't be able to use it though...



California Polk Rock.com/lotus

Coyote Radio.NET

Autumn Flavours.com

Armenian Buddhist Rock Podcast episode

Underground

The album of songs Jim Bonita Reed wrote
was called, THE THRUSH. I drew an album
cover... Then someone said, "Thrush is a throat disease."
Well, I checked out. Now I call the album BOA JOE.

My next album: UNDERGROUND. This rock genre
became longer by the time I finished writing it, so

I split it into two albums:

1975 UNDERGROUND - Being to F.L.A. Terrorist

1976 IN VIOLENCE - Bombing to ending

In 1984 I wrote the novel of this story,

Sid's Place

Hardly any of these songs were recorded or performed
because in 1977 I wrote THE PAPER, and
that inspired me to buy a flute and...

ORIGINAL WORK = — pages of scored music. With musical arranged by
Richard Del Conte 1975.

Sid's Place

I took drugs.

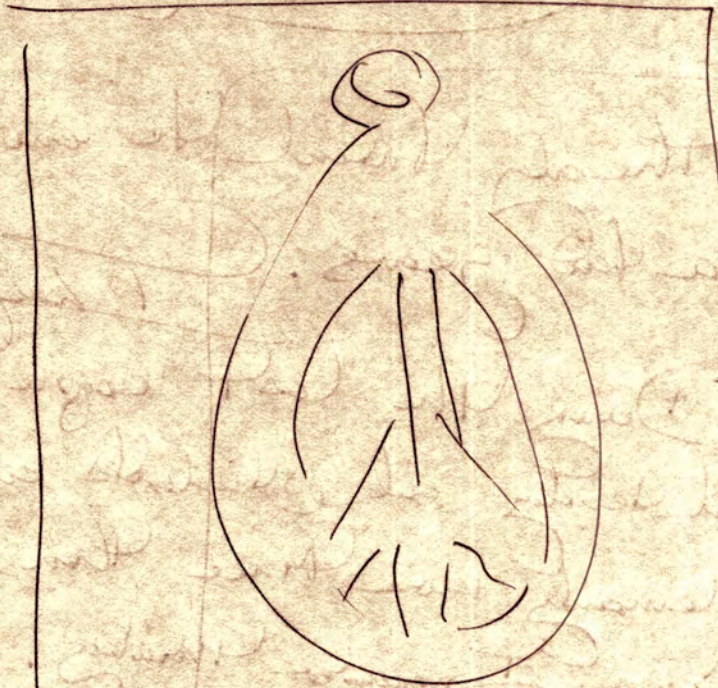
I sold drugs.

I enjoyed drugs.

I used medication.

I bought a kilo.

I got busted.



Sid's Place is the story of where my life could've gone had I not been deported to Canada for marijuana trafficking.

I'm glad I wrote this book 25 years ago. I could not have written it today.

This book will make a great action adventure movie.

shaolin.com/products/sid-s-place-5.html

Edge

The only friend I ever lost more than a few years. ~~There on~~

During the last couple years together, my daughter and I were out students and negotiating and... were demanding more time than I had. The few times I remember thinking, 'I wish I didn't have to feed the cats, or, 'I wish I didn't have to clean the catbox,' has left me with a few empty spaces in my heart I wish I would have filled with a loving thought or another effort to pet and please my little furry friend.

The latter visited the spirit of Celise and received a "thank you" from her.

american2k1.org/LEVEL-1/enter

Venice, California

Our best room is the front room. Bassist
Richard is the back room. Drummer Paul
Paul is in the guest house. The Rock
lived in Venice, California, on Broadway
about 3 blocks from the ocean.

That song, "Electric Avenue" was written
while we lived there about all the
days that we available on our street,
just ~~last~~ day ~~Electric Avenue~~.
The V13 had their gay headquarters
about 4 doors away.

We boated up the W. L. and
rehearsed ~~Monday~~ through Friday 7:00-9:00.
We'd play the ~~show~~ some on ~~TV~~ and make a
with ~~new~~ ~~sons~~, after
"Katie F." on TV.
american ~~ent.~~ / LEVEL -1 / enter

The Ranch

In Junior High I enjoyed getting teased around by cute girls. I never pulled or pushed a girl into the bushes, but I did enjoy being led astray a few times.

By the time I got to kissing a girl, I was giving her my two-wheeled St. Christopher, on its silver chain. That was the sixties.

The seventies was women seeking noncommitment. Okay - I followed them as they sought some more. Teachers, students, professors, divorcees, and... girls with married men so that commitment was reversible.

I swam these troubled waters, took for love, and finally a whole bunch of sex - everywhere.

americanZen.org/LEVEL-1/r

The Deviates

I think I inspired some of the nearby engineers at the Village Center. I slept with the secretaries. I slept with nearby engineers (female ones.) I slept with rock stars and anybody would me.

I didn't impose morality. I didn't criticize.

I fit in everywhere, anywhere.

I was happy, wild, free, creative, energetic...

but I was just a good-looking shark.

My spot in the world could've been filled by any other rock star shark.

I decided I wanted to swim in a bigger pool in a different way at a different level.

americanZed.org/LEVEL-1/

Kung Fu Cowboy

I am a nature boy.

I raised animals, but not cows.

I rode dirt bikes, dune buggies, and minibikes,
but not too many horses.

I wear a cowboy hat when it rains.

I do not own an umbrella.

I wear a neckerchief, not a tie.

I wear headbands, wrist bandannas.

I shoot guns and string shots, and bow and arrows.

I am a cowboy.

KungFuCowboy.com

AmericanZentao.org/LEVEL-4/

LEVEL4KungFuCowboy.com

33 Bass Players poem

I was never able to create the band I needed, that could perform my music, while I was in Utah.

After the 33rd bass player audition I gave up. I rented an 8-track recorder and recorded the bass parts. For the next year, we performed with the invisible bassist. I put some background vocals on the tape also, so our live gigs sounded really cool!

american ZEN.org /LEVEL-4/

american ZEN.org /LEVEL-2/

LEVEL 4 Kung Fu Cowboy.com

LEVEL 2 christkiller.com

MP3 Song Download L4 album

MP3 Song Download L2 album

CHAPTER 2: MIND

[Faint handwritten notes at the top of the page, possibly including the title 'CHAPTER 2: MIND']

[Faint handwritten notes in the upper middle section of the page]

[Faint handwritten notes in the middle section of the page]

[A large rectangular box containing handwritten text, including the word 'MIND' written vertically in a large, stylized font]

[Faint handwritten notes at the bottom left of the page]

[Faint handwritten notes at the bottom right of the page]

Beachboys Studio

After remodeling a few San Diego recording studios, I got a call from L.A.

Hank Cicato and Tom had purchased the Beachboys studio in Santa Monica. Renard, Crimson Soul, the hired me to do carpentry and build onto their existing recording console, a producer's desk.

I traded them some studio hours to reduce my fee and ended up with "Carol" and "The Reason Why" engineered by Hank Cicato. Although I was excited to see Hank because of his work with Pink Shred, I was especially pleased that he had been the eng. rec'd of the Monkees recordings.

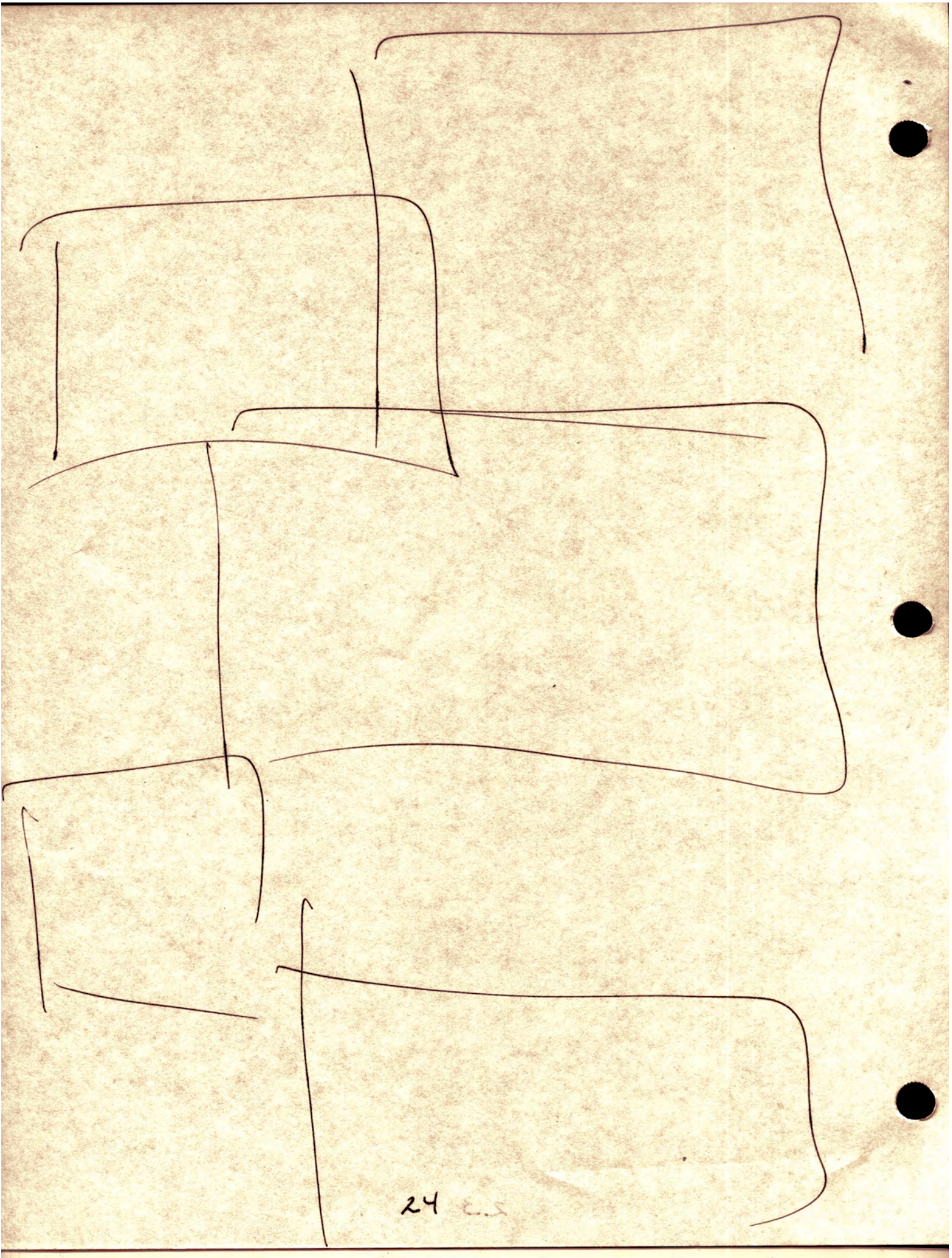
Kill The Spider

After receiving a letter from
A. I.

... ..
... ..
... ..
... ..
... ..

... ..
... ..
... ..
... ..
... ..
... ..
... ..

23 MS



24 E.S

Bouquet Canyon

This cabin was one large spider web. Even after several bug bombs, there were living spiders inside the closets...

Armed with a broom I cleaned out this entire cabin full of spider webs

from floor to ceiling and inside every cabinet and closet.

I killed a large scorpion at our kitchen door and shot kangaroo rats with my blowgun. We adopted a Disciple Bred into our house and could hardly hear him address us. He could have been a lawyer...

Disciple Sam was a lot of fun also. We all jumped in the decontaminated ocean.

Boy and King

The white ocean foam
Laughs with its mouth full wide
As the smiling seal protrudes
From the rambling tumbling tide

Gulls dance and scream
Like children who can fly
The sun burns watch
Like a teasing puppet in the sky

And the tall old ancient trees
A boy feels small, much smaller
Yet colored leaves within his mind
Form a tree that can grow even taller

As the new King reaches out
Happily arranging the sand and trees
Like toys to a boy
Reality now agrees

CHAPTER 3: STAFF

STAFF

White Wood Staffs

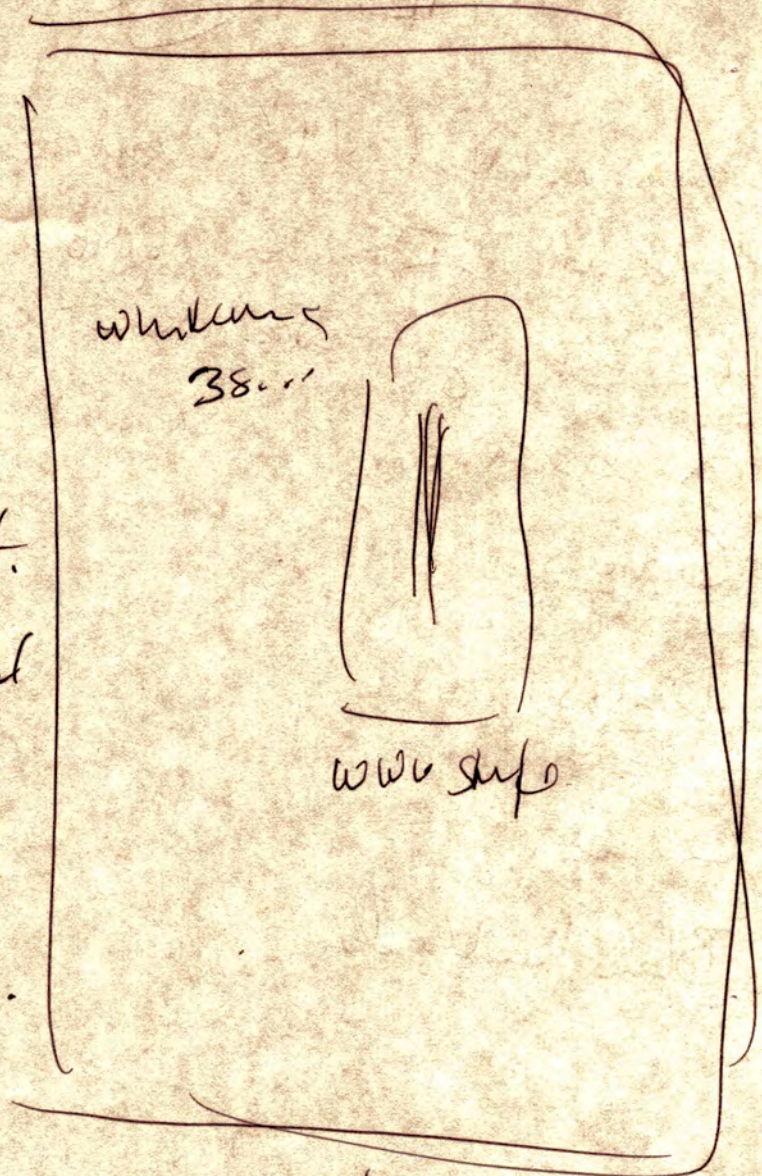
Each staff is a tree.
Each staff has a spirit.
The wood sweats a natural
varnishing wax.

So, it gets smoother
and shinier with use.
It is the ultimate

Shoofu Staff.

Each staff is thinner at the top like any short
tree. The bumps are the branches that grow
on all sides - none are the same. All all staffs
are different.

The Japanese bo staff is a stick from within a large tree.
The Japanese ends distinguish it as a weapon instead of a stick.
I picture a regular staff except for the white wax around staff
whose taper is one.



Webpage

THE RICH

Damn missed the Sender Bank house in
the dark - It was obvious when we drove up
the next day -- we were in a Mexican ghetto.

A barrio.

Gangs.

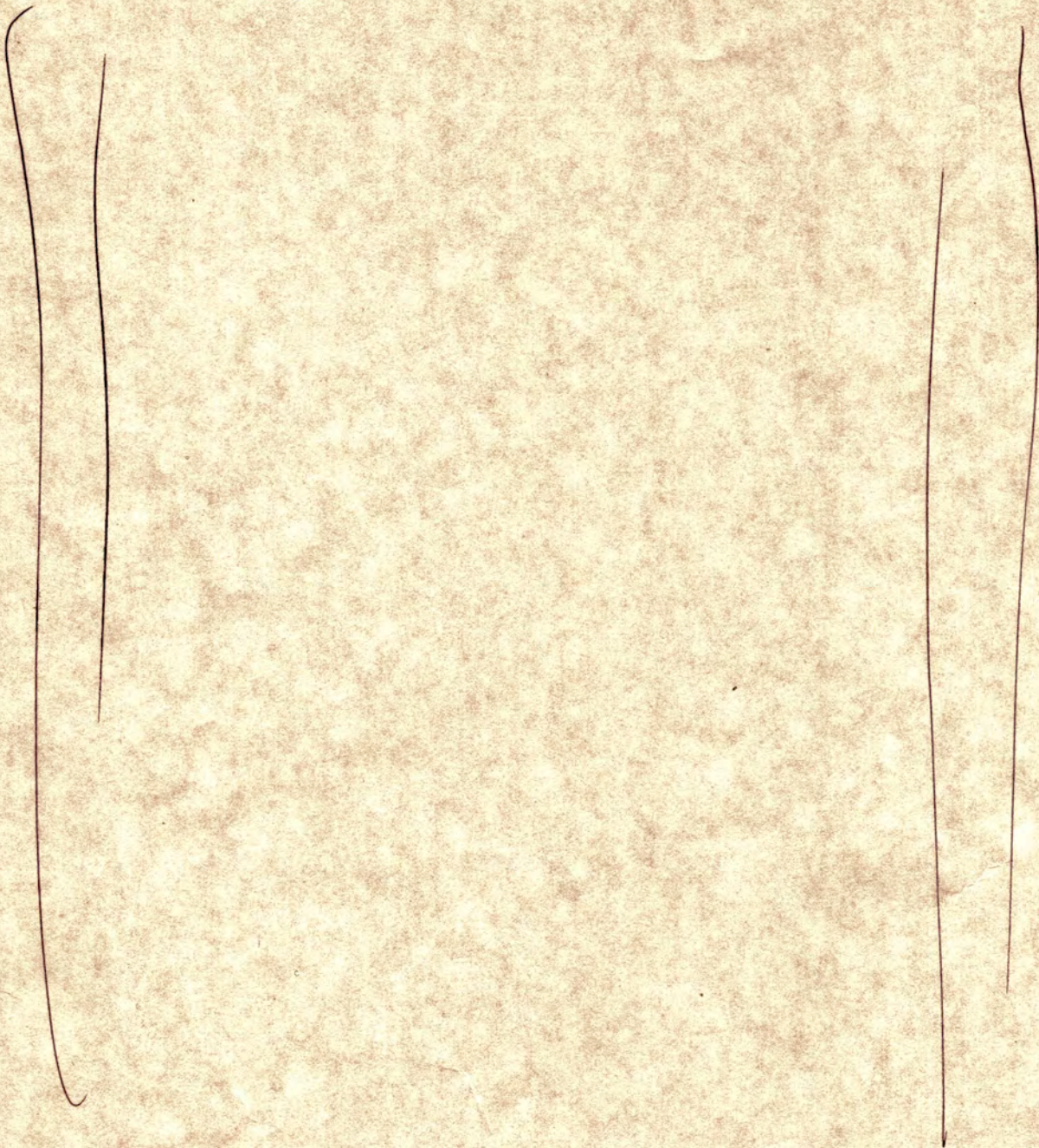
Drugs.

Guns.

Blue heeled subs.

31

Corona Corona Poster



Paul Paul was the original drummer of The Rock.
We had a cool Jewish drummer, when that
Spangler was on bass. Jim Chatham was the
drummer of the Lotus period. Then Richard
Augustine, who I met though his session
work. He liked my music so much he never
asked me to pay him. I may have paid
him and his bassist and bus Bedoin in
the beginning.

Richard lived with Peter Wolf and I know
Santa Monica home after the "Other One" would
out. Richard had one of the purest hearts. I loved
him deeply. I didn't even know he was gay.
He died of AIDS in 1985. He was an early victim.

Bill Stewart is one of the best drummers on the
planet. Bill is amazing. Jimmy, just bass
and drums were some of the best days
of my life.

Flaine

I met Flaine _____ at the Village People
in 1980. She had just been laid off from ABC
Records & R departed.

As a fulltime employee of the Village People I
got to know everyone and the acts that came
through the studios.

The band she was producing was fronted by _____
who gave me several almost violent threats
to stay away from Flaine. Somehow, he knew
who I was and about my band, THE RICKS.
He didn't want me or my music anywhere near Flaine.

So I wrote this song to her. I put it on
cassette, but I don't recall her ever receiving
it. Did you Flaine?

"Flaine"

Pirates stormed aboard the wooden ship
We will lose this war for sure -- the Captain's dead
I heard you scream above the clashing swords

I caught a glimpse of you -- being pulled ahead

Hold on, hold on! Wait a little more

Hold on, hold on! I'm crashing through the door

I'll take them on -- I'll take them all

I'll take them on -- I'll take them all

So I'll rescue you Elaine -- Count on me -- I'll be there

I will rescue you Elaine -- Don't be scared -- Ignore the pain

I'll rescue you Elaine

I don't fear death -- she's my bitter friend

I tease her with my life -- all I have to give

Walking that final line -- the spotlight's on my soul

The balance tips for me -- I decide who lives

Hold on, hold on! Wait a little more...

Solo

Please look past my ragged and soiled shirt

I may be bleeding -- but I don't hurt

The price of victory -- for you I will pay

Give me a token -- to not be broken -- and I will stay

So I'll rescue you Elaine...

"A Lucky Man"

Sometimes I can not take it
I get impatient want to break it
I'm just trying hard to make it
The way I've dreamed before

But I won't quit yet
If I lose I won't admit it
I'll keep trying til I get it
That's what I'm living for

And when I get there
I will feel so much better
Because when I get there
I'll know I've made the score

But time keeps rolling on
Days go past and years are gone
I do the best that I can
I will win - I'm a lucky man - a lucky man
A lucky man

So I won't stop trying
Until the day that I am dying
It feels good to be aspiring
I'll open up new doors

So I get stronger
Working hard my life gets longer
I appreciate the hunger
That keeps me wanting more

But time keeps rolling on
Days go past and years are gone
I do the best that I can
I will win - I'm a lucky man

A lucky man

A lucky man

A lucky man

I've been happy and I've been sad
I've been in love and I've been mad
No matter how short it may be
My life belongs to me

I've worked so hard in a sweaty shirt
I've been in jail and I've been hurt
No matter how bad it may be
My life belongs to me

Feeling cold in the morning air
Feeling good and being scared
So much to know that I want to share
Just being alive - anywhere

I've been on drugs and I've ate fine food
I've tried to live the best I could
No matter how good it may be
My life belongs to me

"My Wife Belongs to Me"

Feeling hot in the desert air
Feeling lust and growing my hair
So much to know that I want to shave
Just being alive - anywhere

Sono:

No matter how poor it may be
My wife belongs to me

CHAPTER 4: SPIRIT

Handwritten notes in cursive script, partially obscured by the title.

SPIRIT

Handwritten notes in cursive script, partially obscured by the boxed word.

Handwritten notes in cursive script at the bottom of the page.

"From Within"

Something's pulling me backward
To where I was before
It seems my life got darker
When I closed that door

From within - I see myself so clear
From within - It's my voice I hear
From within - I feel brave without fear

I can see you do not see
I can see you not believe
I can see you want to know
But you won't let go

From within - I see your life so tall
From within - It's my name you call
From within - I feel your pain when you fall

I do not want to argue
You can stay where you are
I'll pass by here soon again
Maybe you'll be ready then

From within - I see myself so clear
From within - It's my voice I hear
From within - I feel brave without fear

actZEN.com

4/1

LEVEL 4 Kung Fu Cowboy.com #FromWithin

SHAOLIN



Where Buddha Rocks™

Romantic Kiss by The Coyote

Eye to eye and smile to smile.

Holdy hands can last a long while

Words can carry ~~the inner meaning~~ a blend of feelings

Where a touch reveals the inner meaning?

Kisses are great - though mostly reserved

We keep too much when sharing is deserved

There may be a smell there may be a taste

But most of this stuff is only a waste

When the one thing I most desire and miss

Is the expression of love in a romantic kiss

7-18-2008

"Spirit Gun"

I expect to hear this song behind some action-packed Japanese animation series opening credits. This song will be a great ~~fit~~ ~~song~~ for some Japanese series.

I pretune laser beams like Dragon Ball Z
I see Qi energy bubbles like Yu Yuhaku

I'm going to make some cool, maybe space age variations of this song, but I really like the solo acoustic version for it's simplistic raw energetic enthusiasm.

shaolinKIDS.com

Check out the Kyu Pu legends.

Tai Chi Beginner Book

When I got my first Tai Chi job, teaching in
the Decker Lake Maxine Smith Park, I realized
I needed a real book. I'd been passing out
excerpts from Kung Fu Magazine and created a
few pages with Shao Lin Kung Fu history and
traditional principles...

So I wrote, Tai Chi Beginner. 15 years
later I am still very proud and pleased
with this book. It works. It teaches.
It inspires. It changes lives.

Dividing the Yang Style Tai Chi Shao Lin
into 16 sections, I divided the Tai Chi Beginner
Book also into 16 sections.

✓
15
TaiChiBeginner.com

Tai Chi Beginner Book

Books on Buddhism

Buddhist Devotion - 9 -

Each week, a new section of the Tai Chi Student Form is taught, and ^{the} accompanying chapter is read aloud in class. Even if people read it at home, without the class discussion, students will not grasp or comprehend the information fully. I also realized during the early 90s that it was my duty to improve people's reading skills so they would read with their children. Only one-out-of-four persons is a good reader.

Reading aloud also helps student pronounce the Chinese words correctly. Discussions and questions take place between paragraphs before the next person seated clockwise begins to read their paragraph.

~~Teasers Com~~

Chapter 5: (A) Cal Court

(A) Cal Court

~~TAICHI WORLD~~

~~I give freely, so my name cost me...~~

~~TAICHI WORLD~~

Founded by Richard O'Connor "Master Zen Shun-hung" ^{3/6/96} 1996.

This Tai Chi school is what 9/10 of people want.

No weapons, half speed belt ranks, and you only need to learn 1/2 the Yang Style Tai Chi Shun Form to get your first belt stage and certificate.

Some students changed their lives primarily for the best: cured sleep disorders, drug addictions, suicidal tendencies, self-esteem, and better work habits as students learned to be self-motivated and studied on their own.

TCY Demo Team

After arriving in Salt Lake, I put up
my Ky Pan and Tai Chi flyers advertising
my classes. The person system knew me. The
police force gave me credit for "cleaning up the
park." Especially all the smoking, drinking, beating
felt guilty watching my students do Ky Pan while
they loitered around drinking beers. After a year
there were never gangs or pot parties in that
section of Hildreth Park on 700 East. ~~and was~~

The Chinese associations called me for
performances they wanted at their annual events.
Half the time I performed for free. The Governor
of Utah gave us special "Thanks" and all Salt
Lake learned to expect us at State Parks and
Annual Festivals.

We started as just me, then he and he (Shen and Chi)
Matters Demo team, and finally the TCY Demo team.

"Dear Love" poem

Fields.

Fields of green.

Fields of thick high green soft bush.

Grass and green in a living green sea.

Spinning one face.

Spinning you.

A huge rock.

With you.

You hear. You see. You feel. You touch.

You touch your skin. You feel yourself.

You feel time.

You feel. You feel love, hate, warmth and cold.

You feel the air. You are named upon.

LEVEL4KeyInCowboy.com #Dearhara
49

"Dear Love" given -

You are rained you with the spirit of love.
A soft blue time.

Warming from deep within, against all rain.

Against all clouds.

Against the dark.

Against all forces.

For what you feel - so strong within
- Nothing else is real.

Lily Park

Lily
Park

You feel me.

I feel.

I feel you.

I feel your love.

I feel you feeling me.

I feel your desire.

I feel you - I love you - I love you back.

~~I love you~~
~~I love you~~
"Dear Lara" poem 3

I love you with thirst.

I want your satisfaction.

I love you like clean glass of water.

Fresh, refreshing, your kiss fills me.

I love you like a painting.

I love you like a flower.

I love you for your love.

I love your power.

I love you. You. You are a beautiful force.

My natural world shapes around you.

Hello friend.

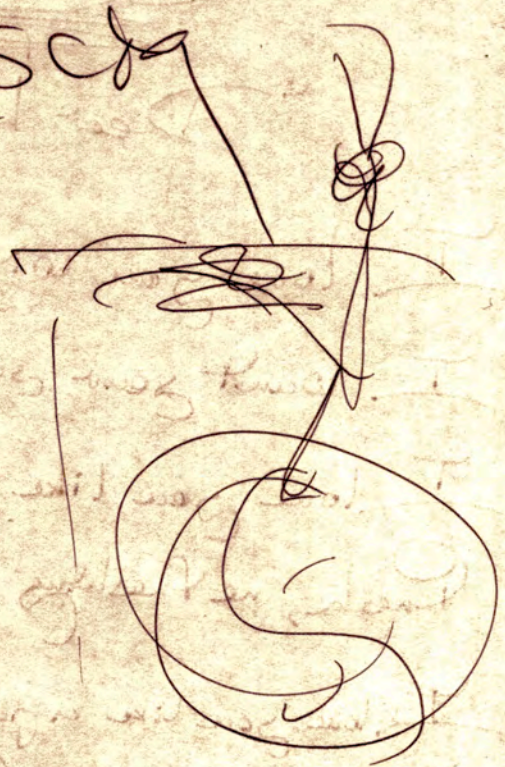
Hello sister?

Hello lover?

Hello mother?

Hello student.

Liberty Park Sch

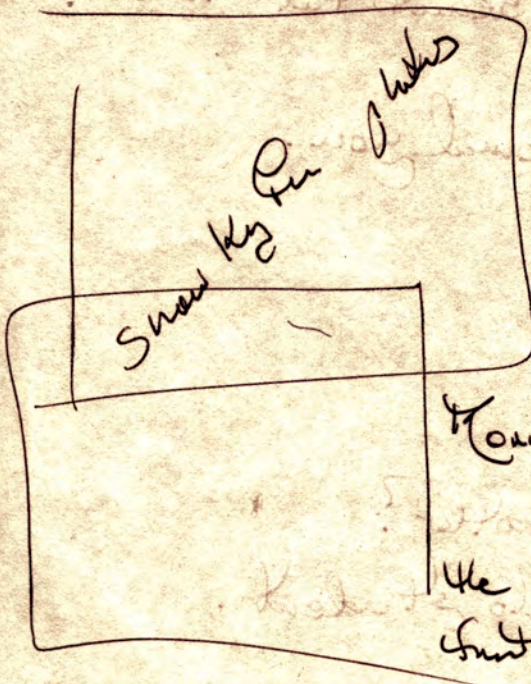


They got used the
front yard of Dorham Young.

There is a 3-story Pan Lane where he
house had dozen windows like bars
in a line. The remodeled it one year
and I got an original bucket or two
from that building of the 1800s. A

Coan bucket.

Dorham would have been pleased with
the way I helped and developed people in his
front yard. It was a very nice place to take things
easy.



MATHS 9314/1/11: 2-10-01

Push Hands Tournaments

I'd learned some Push Hands at Tai Chi Centre in the early 80s, but 40 years later, I'd not learned much more beyond the skills that naturally develop from practicing Tai Chi.

So, I got books, videos, tapes of the Bruce Wing Chun Form and courtesy in Push Hands. Every King Tai Master that passed through Utah would be told about me and many of them shared their Tai Chi fighting techniques with me.

In 1994 I threw my first Push Hands Tournament. When I created Tai Chi Centre in 1996, we held our first Push Hands Tournaments through jointly by SCA + TCA.

BuddhaKungFu.com/Tournaments/pushhands.html

Chapter 6: MASTER ZHEN

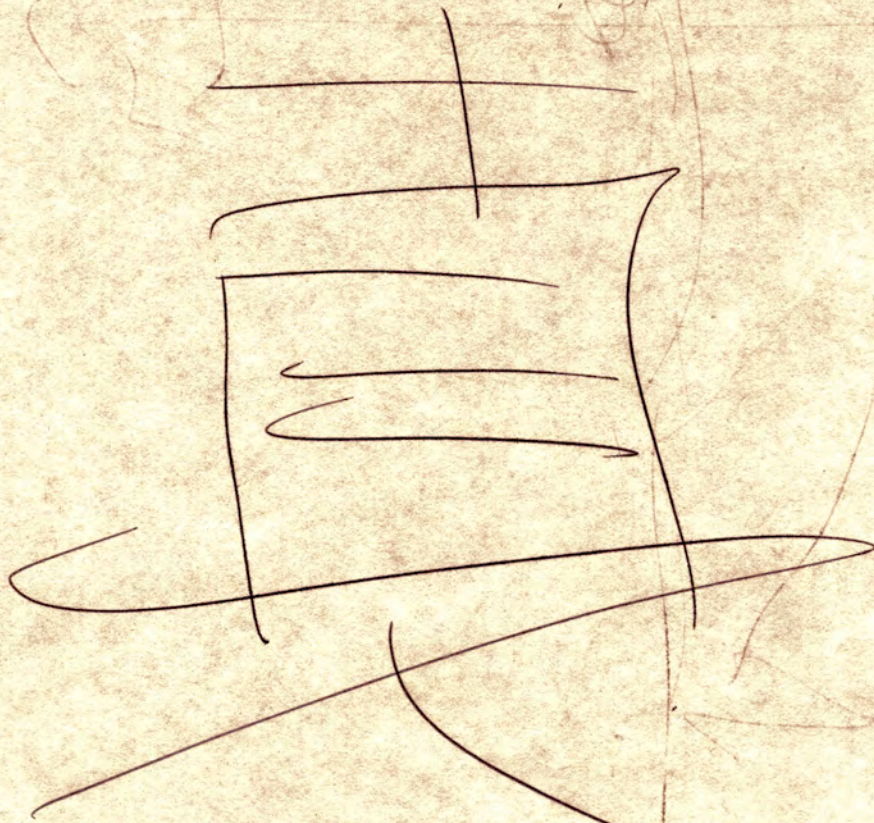
[Faint, illegible handwritten text in the upper left quadrant.]

[Large, stylized handwritten signature 'Master Zhen' enclosed in a hand-drawn rectangular box.]

[Faint, illegible handwritten text in the lower middle section.]

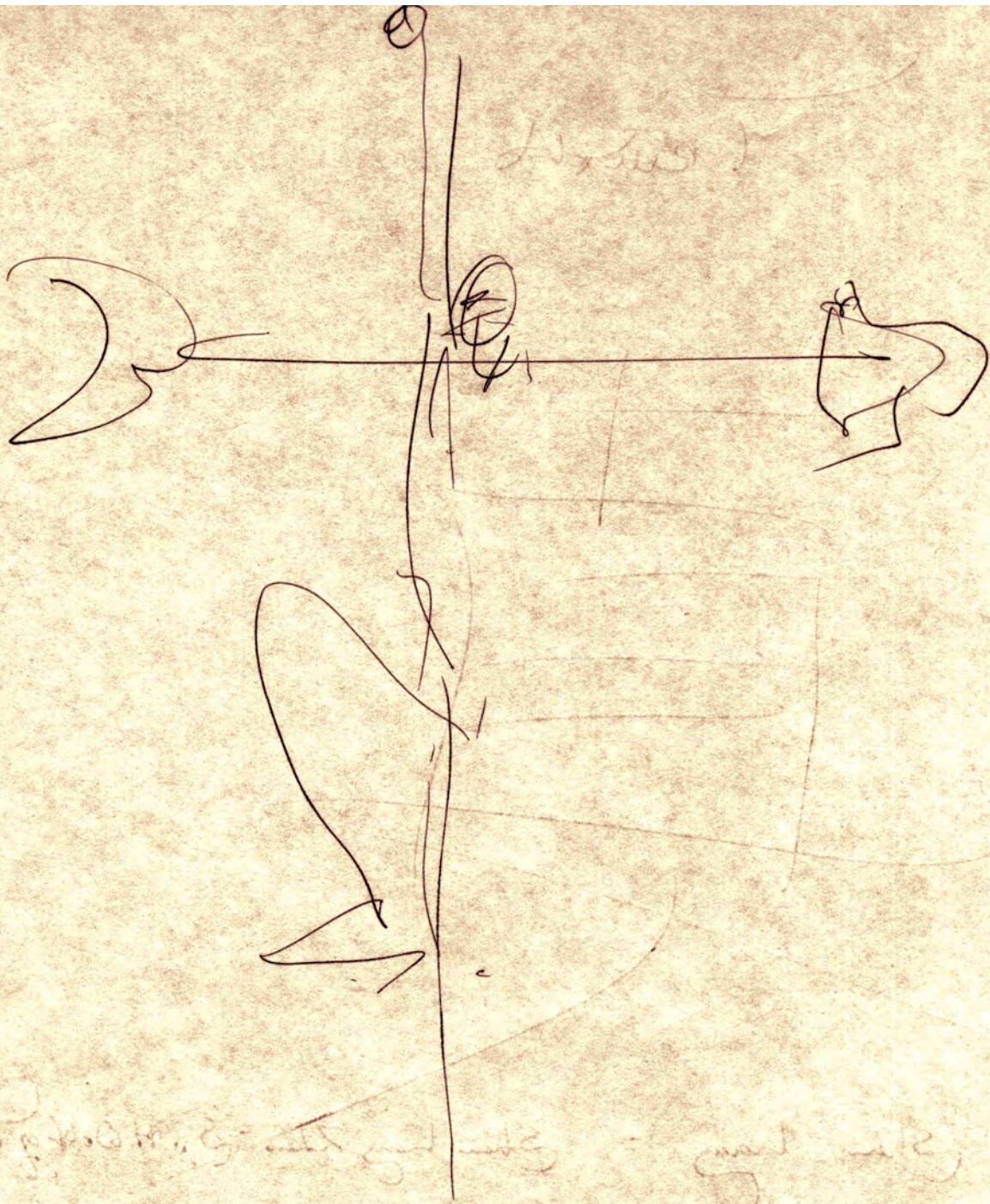
[Faint, illegible handwritten text at the bottom of the page.]

(Pencil)



Zhen Shen-hang = Shen-hang Zhen = Spirit Wolf of South

I was named by the Chen family, who had recently come from the Chenchiakou village at the base of the Mt. Wutai and Monastery. Since I teach Yang style plus Buddhism, their daughter suggested I be, "Zhen."
I was also known as "The Wolf" and was still put to use in clubs.
The father said, "Shen-hang" = "Spirit Wolf" because in China we have no Coyotes.



Faint, illegible handwritten notes in pencil, possibly describing the components or assembly process.

I built this monkey wrench from a maple shaft and inserted
trial bands from China. I also used the same rivets and
flange washers from China. I used 40 hand-pound rivets and
made or repaired a variety of Chinese wrenches over the next decade.

Who Are You

Ignore anyone

Smart
outside

honest
good

healthy body

Director (not newspaper ---)

happy

Playful

Mysterious

FATHER = ME

Key to

San Chi

Paul Brown

Fluke

52

57

*used for actZen.com
American Zen Podcast
Coyote Radio
Coyote Radio ME

Coyote Radio ME

actZEN.com

After 20 podcasts that led a tour through the
americanZEN.org website, I started the LEVEL 2
= CARES & LIFE R podcasts which were to also
lead a tour through the LZ website pages.

Then my world crumbled. It had been a $\frac{1}{2}$ year
since Michelle broke up with Federico in August 2005.
We had organized the CDs and other music and wall hangings.
She pulled the books out of my kitchen and Tai Chi classes.
Michelle promised she would keep them in her kitchen and Tai Chi
even if they didn't live with me anymore. But then,
less than a month after she told me a couple times, "I love
you -- but I'm leaving you for financial reasons," she
changed her mind. She said he only bought a 2-bedroom
house and that it wasn't big enough for her and the kids. So
we stayed together in our little 2-bedroom house until August 2008.

This breakup had been 5 years of dating Fred, so the separation
seemed like a relief. By 2006 Valentine's Day I decided
to be a little more nonchalant since she didn't have a boyfriend
anymore. We broke up Valentine's Day and I went out and
bought a drumset.

58 Coyote Radio. NEI

The worst part of breaking up again was the lies. People have different ways of seeing the truth and different ways of telling the truth. Unfortunately, Michelle's truth and my truth can never exist in the same place because they conflict with each other. Knowing it was her truth that was damaged didn't help me feel any better and confused me endlessly when I tried to adapt to it or accept it.

So I went to a psychiatrist, the only time I've been to a shrink. I wanted help. I wanted to understand. I wanted to be happy again.

My shrink was an idiot. I should've just gone to Michelle's mother for advice about how to live in a world of lies and falsehoods. I emerged feeling like I'd ~~tried~~ ^{tried} to take a bath in a cesspool.

So I went to actZEN.com

actZEN.com

The LEVEL 2 = CHRIST KILLER podcasts
contain two dozen sessions at actZEN.com.
"Ustr myself as a Guinan ^{life}," I dissected by ~~truth~~,
opened up my brain and revealed all the components
of my self-identity.

Then, following the instructions at actZEN.com,
I reassembled myself into a new person.

Richard O'Connor became Richard Connor
The Coyote became The Biggy Coyote
and
Master Zhen became Buddha Zhen.

Some of the notes from those podcasts are included here:

measure results
constantly
of others (= watch over who I delegate.

SHAOLIN



Where Buddha Rocks™

1) with a Soul

PSYCHEDELIC FOLK ROCK

Big Gno

6" Flange Wall (light out take)

6" Flange Cabinet (in take)

Fertilizer

Square 6" Pots x 8

Don't turn on your responsibilities.

Big lots Square Planters

So. Cal. Spaghetti Washer
(on Acid)

The Big Gno is the Crest Eastward of Folk Rock

From 5:40 to 7:00

My own responsibilities.
As long as I am in authority.

SHAOLIN



Where Buddha Rocks™

Handwritten red text: Master's... ARTIST... Shaolin... records...
Handwritten signature: KCM

GOOD

BAD

Handwritten notes in the GOOD column:
 nondescript
 friendly
 smiling
 soulful
 relaxed
 works independently
 always liked me
 enjoys other people
 (one on one)
 not very caring
 or wanting
 doesn't want to get into
 not insightful
 sales man on surface

Handwritten notes in the BAD column:
 bad dancer (not smooth)
 hypochondriac
 not a good leader
 excuses
 takes his promises too easily
 never understood me
 never supported me
 never been interested in me

GOOD

BAD

Handwritten notes in the GOOD column:
 rebel
 hard worker
 ambitious
 good leader
 anxious to learn
 do it yourself
 gets jobs done
 good cook
 enjoys people
 (in groups)
 likes my ear money
 travels in wild

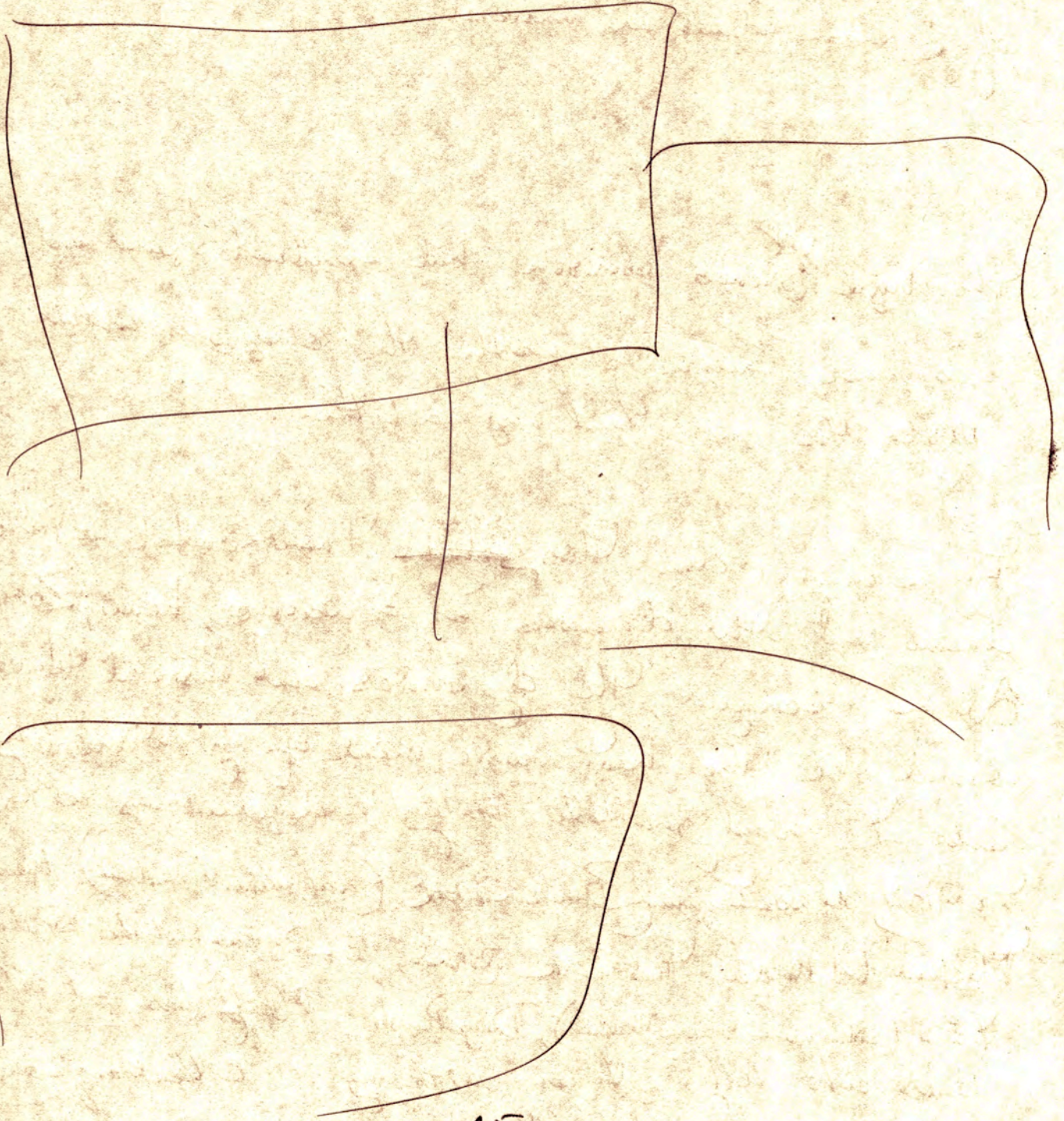
Handwritten notes in the BAD column:
 disobeys rules
 uncaring
 insensitive
 with solo at times
 believes in family
 to engage with family
 doesn't want to know problems
 doesn't want to help
 don't want to set model
 vengeful
 resentful
 noisy rules
 conscious to parental concerns

I do not resent the bad advice or bad intentions of those who did not help me when I needed them.

Instead, I appreciate the service and help that I received -- that worked. But even the bad advice usually helped if I was quick enough to see the lies or information that was inappropriate to me; and I was able to figure out for myself what was right for me, what was best for me, and what I really needed.

Sometimes though, I listen too much to persons who can almost never advise me well. I'm a good listener so I have to remind myself to "trash" a lot of what people say. I try not remember lies or bad advice.

Comes with
photos



"Balboa Beach"

"Malaguna" was my favorite song on the 1000 Steps album of Spanish Classical music.

The huge ^{new} stereo console had excellent speakers and was loud enough to rattle the study glass windows with the bass turned up a little...

In elementary school this ~~song~~ ^{song} transported me into dreams and other dimensions as a warrior, hero, Zorro. As a teenager, the dynamo and musical flavors would be the best music meal of my entire day. Later, I could graduate to long rock era songs as in TOMMY, New York, Blue Cheer (and their first album), Hendrix, Michael Oldfield's Tubular Bells, ELP I, II, III & Peter, YES (who were being tame), Deep Purple, Moody Blues, and other bands who tell stories with songs or collections of songs.

1964



Sitting on couch in Mobilgas
at pool

Paul & ^{Walt}

We played a few gigs
and big concerts down L.A.,
but mostly just performed immediate shows
with only a gaggle or two as an audience
in the ~~back~~ courts. This more became the simulation
for a rock year I wrote a decade later after being
the ~~main~~ ^{main} ~~part~~ ^{part} of the ~~band~~ ^{band} ~~group~~ ^{group}.

Tujunga

Mabelle's online sex chat friend,
Lady Evil, was our next door neighbor.
She didn't like me. She tried to get
me in trouble. She told lies about me.

Martin is insane. I totally insane.

He's beaten his best friend to a pulp with
a baseball bat been chased by the
police for road rage.

The lesbian neighbors were the
worst.

Coyote Radio Tujunga.com

Coyote Solo.com

Solo Coyote.com

Tujunga WA.com

Pure rock'n'roll Heaven: 1979-1981 The Rock line together in Venice.

I spent 8 years in L.A. 1982-90

I spent 8 years in Salt Lake 1992-2000

I spent 8 years in Tijuana 2001-2008

Ah, think they are decades, aren't they?

1960s = live with parents, dance, learn music

1970s = live alone, ^{rock groups} ~~create bands~~ ^{write} music

1980s = live with women, ^{create} ~~create~~ ^{rock} music business

1990s = live with children, compose and perform solo, Key to

2000s = live with children, produce records, Key to

I couldn't make more money in music, but I
was never making music to make money.

I have always made my music, played my music,
and entertained myself and others, then hoped that
money would somehow materialize in my life as a
result.

My second wife, Michelle, was my booky agent in
in 1990 and 1991. I married her months
before I thought she would be connection
between my talent and the money I earned.
When she quit my manager and music business in 1992,
I was stuck in Utah without friends, jobs, relatives,
connections, or money. Although I blame her for
the next 10 years of destruction in Shinkin Records and my
Shinkin Music, music publishing, and music perfume
career, I was the one who hired her. Sorry Coyote.
Truly sorry.

When we moved back to California in 2000,
my life did not improve. It got worse.

Less by far and than the students = less money.

All my old music buddies had resumed their careers in
the last decade, and I had nothing to offer them.
Unfortunately for me, not one of my old buddies
got me a gig or a career opportunity
in the last decade either.

Being the "best flute player in the world" hasn't made me
any money or gigs or albums appearances.

Being the "best songwriter in the world" hasn't gotten
me a single copy of a record or on anybody else's album.

Being the "best role model in the world" also hasn't
made me any money in the entertainment business.

Being the "best poet in the world" has been getting me
more attention than anything else, but no money yet.

I need a new agent. I need an agent. I need an attorney.

Despite my envy for the successes of my
past musical allies, I must confess that
I chose a much more difficult path
than my musical friends did.

To me, like Mike Tyson of the Eagles, music has
always been lucrative because there talents
are for rent -- always.

I was a session bassist for some years
and I enjoyed the interaction, challenges, and
accomplishments of recording and performing as much as
I enjoyed recording and performing my own songs.
But then it was over. Like sex. Great sex is
like a great song, like just doesn't get better.

But then comes the "after sex." That song you put
your heart into was about someone else's girl doing something
stupid and after being told from an unimpeachable viewpoint.
Then like crazy with that girl again -- the next night
you perform the songs again.

I decided that, like a photographer, I wanted to capture even
72 an ugly girlfriend in the best picture I could paint that would

Somehow tell a story, tell a
story.

So, rather than making lots of money helping
other people tell their stories-- I was
destined to tell my own stories, and tell them
in a way that I'd be proud or anxious
to retell 10 or 20 years later.

The accomplished third goal.

Kyber Cobay continues song written 30 years
ago that I'd be proud to write today.

I may be the most prolific songwriter, poet
of all history! And I did it part time,
ungated, unappreciated, and without encouragement
from family or friends.

I have been living in my own little artistic bubble since
1970 when they departed me to ^{Canada} ~~the States~~. I wrote ^{about} ~~over~~ 300 songs
73 those first 2 years in the ~~States~~ ^{the States}.

I have notebooks stuffed with untraced
poems and lyrics.

The boxes of album projects need to
go with the ~~same~~ effort needed to complete the
like of a movie or album project.

I have a dozen journal books with poetry.

Each year I keep my letters, receipts, ~~albums~~
and sayings cassettes in a box labeled by the year.

Then I take it up and start a new box each
year. Thousands of poems and lyrics ~~are~~ in those
boxes that I don't even recognize when
I see them. I write 'em in at least 'em in the box
and go onto my next activity.

If someone could market me out my talents, I would
be a goldmine of creative copyrights. Poetry, short stories,
74 essays, music, and yes I have invented stuff ^{that could} be patented.

Horses & Harley's

Is it a ~~leaf~~ leaf blower?
or a power mower?

Perhaps a big semi

driving by

No it's not a plane

As it fades in and away

It's another one of those motorbikes
Mufflers speeding their explosive spikes

Like a slow motion burp

That rumbles your ~~chest~~ ear

This helmeted member of the biker church

A horseman on harley ~~shouting~~ announces he's here

I had a carpenter workshop in our garage
behind the Smith Farm house we lived in
Rita Wolf and --

I'll tell what I say later.

When Rita, the girl on my ^{TEMPORARILY}
Richard O'Connor ET, and I broke up, I
worked out of the garage and built my new
intensive $\frac{3}{4}$ " lumber core ash plywood.
Heavy but extremely solid.

The back right corner got a acoustic structure.
vertically and all the legal sounds in a case.
Under the bed on the right was where the
cat box went. Next, to the left under the
bed, I designed it all around a flush
4000 G and Danish bass cabinets.
Auto seats under the left side cabinets.

My Van

2 guitars fit in the ~~horizontal~~
double locked cabinet alongside
the bed. I loved my van.
My world was comfortable.
I had everything I need.

Celso and I were

comfortable -

He'd climb up the ~~engine~~ ^{engine} in the morning sun,
meow into the roof vent. I'd open the side
door reach up to the roof of the van. Celso
would position himself so I could pick him
up by the scruff of his neck. One-handed
I would haul him inside like a crane
with its clamped cargo.

I kept cargo on the engine cover so he could
hold on easiest and get a good view as we drove.

Blues For You⁴

"Crazy Times"

"I've Been Thinkin'"

I've been thinkin' times not been too bad

I've been thinkin' that times have been good

I've been thinkin' times kept the best ~~moment~~

I've been thinkin' of who I will be

I've been thinkin' of time I've been wasting

I've been thinkin' of what I've done wrong

I've been thinkin' the dreams I've been chasing

Were in the palm of my hand -- now they're not there -- no

I've been thinkin' how did things get this way?

I've been thinkin' do I go - or - do I stay?

I've been thinkin' what do I really need?

I've been thinkin' I hope it's not greed

I've been thinkin' of time I've been wasting

I've been thinkin' of what I've done wrong

I've been thinkin' the dreams I've been chasing

Were in the palm of my hand -- now they're not there -- up

The Been Thinkin' 2

Solo Verse

Solo Chorus

I've been thinkin' what'll I do right now
I've been thinkin' that time doesn't care
I've been thinkin' times kept the best from me
I've been thinkin' time isn't fair

I've been thinkin' of time I've been wasting
I've been thinkin' of what I've done wrong
I've been thinkin' the dreams I've been chasing
Were in the palm of my hands -- now they're not there

No -

Now they're not there

I've been thinkin' it doesn't seem fast

Proud To Be A Hippie

When I was 16
I had a VW Microbus
Had a hole in the roof
So you could stand up in the back
It was flying in the desert wind
Arms stretched out like a soaring eagle
Soaring, coasting, flying along in my VW Van

Had a Triumph motorbike
Custom chromed handle bars
Flames painted on the tank
Dodge the law
Hide and seek with the sunrise
After my graveyard shift
Got Hendrix' first album
The day it hit the store
Our drummer, Thick, worked in a music store

Proud to Be A Hippie 2

My first concert was Led Zeppelin
Jethro Tull was the opening act
My number wasn't called for the '72 draft
I was free to be -- in Venice Beach

Canada was very nice
The FBI bugged my mom
Wrote a novel, SID'S PLACE
About a runner named Tom

Became a recording engineer
Spoke in Boita, California
My first album hit the radio
KPRI and KROQ, Live radio
"Backseat home," KLOS

1984 during the birth of music videos
REO Speedwagon and a rock opera "What a show!"

Met my first wife, here from Mexico
"Coyotito El Banjo," what does that mean?
"Coyotito El Banjo,"

When I hit 50 -- I realize I was cool
I realized I was proud -- to be a hippy "I broke some rules"
I'm proud to be a hippy 83 LEVEL 4 Kip for Louisa.com #ProudTo

Hissy Coyote Podcast.com

The first season of the podcast was a success. It was a great experience and we hope to continue to bring you more content in the future. We are currently working on the second season and will be releasing it soon. We are also planning to launch a new podcast in the near future. We are excited to see what the future holds for us.

The second season of the podcast was a success. It was a great experience and we hope to continue to bring you more content in the future. We are currently working on the third season and will be releasing it soon. We are also planning to launch a new podcast in the near future. We are excited to see what the future holds for us.

The third season of the podcast was a success. It was a great experience and we hope to continue to bring you more content in the future. We are currently working on the fourth season and will be releasing it soon. We are also planning to launch a new podcast in the near future. We are excited to see what the future holds for us.

Hissy Coyote Podcast.com

84

Wiggy Coyote . com

Wiggy Podcast - com

Wiggy Coyote . com

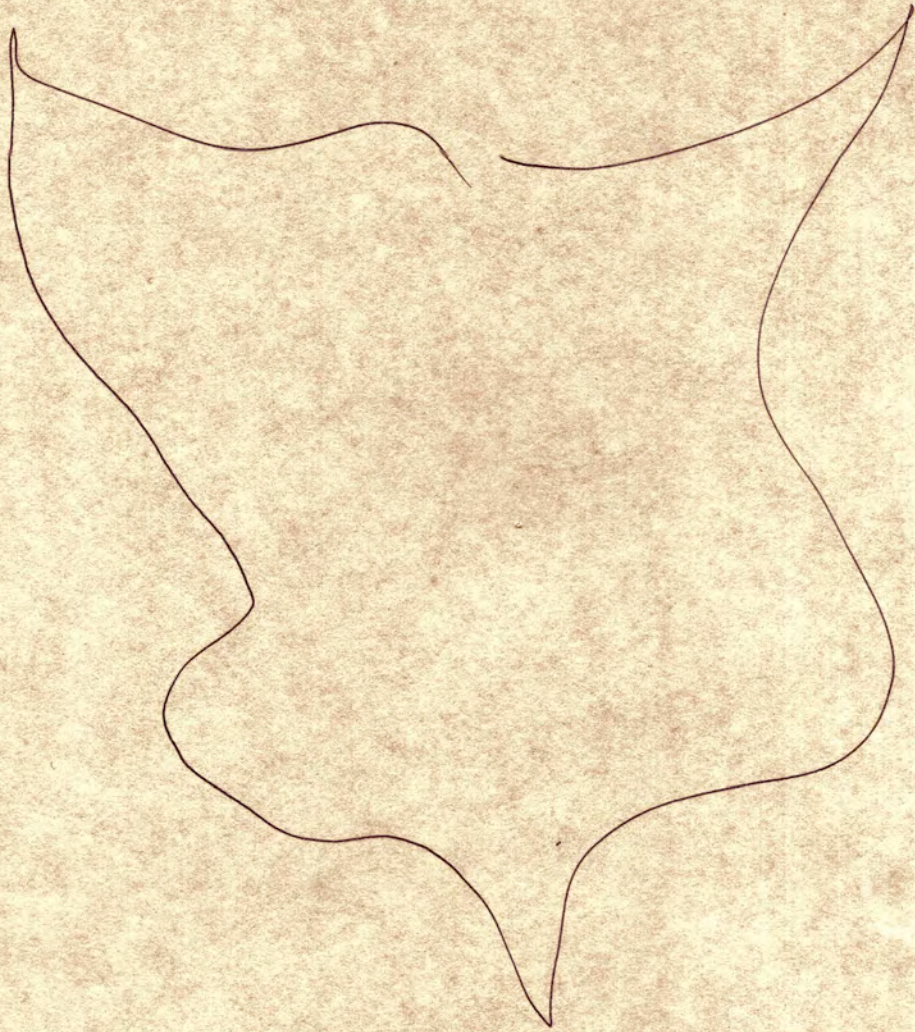
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DEVOTION

Handwritten text, possibly a signature or name, located to the right of the word 'DEVOTION'.

Handwritten text at the bottom right of the page.

1011 Country of Education



Van Gault's Theses

BB 58

Association
~~Association~~

~~From the photos~~

The first American Juy Mo (Ching Mo, Ching Wa...) school was founded in the early 1960s by ^{Sifu} ~~Shih~~ Way Jack Man in San Francisco. He later became famous for beating up Bruce Lee.

To use the name assembly in school and you're parents in

When I studied under Grandmaster Way Jack Man in the mid 1990s, he was disintegrated in tenacity as he walked the school perimeter ^{making his body} - I somehow by childish enthusiasm inspired him to accept me as a ~~disciple~~ Disciple and assembly to all his current students, "he spent more time with you in class than he ever spends with anyone else."

Under his critical eye, I continued to study and focus to his satisfaction and worked as hard as I possibly could in every class I attended. Though his sense of instruction, Shih Pak Bong Wai, he commented that by the mid 80s connect due to change of ^{Sifu} ~~Sifu~~ Da. Ku Yung had made sure he had taught Man Yan in the sixties. They also certified me as 89

YW CA

class photos

~~SECRET~~

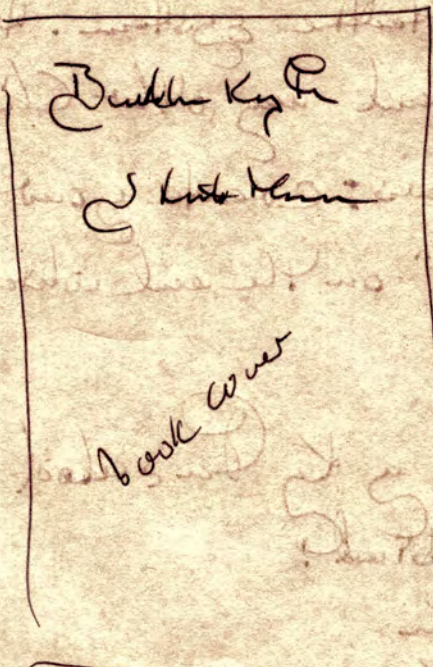
School in Gongbu Intermediate Book

From 1984 to 1989 I was happy just to have people to practice Kung Fu with. I led the workouts, but didn't consider myself a teacher.

When I started teaching publicly and professionally in 1992, I first INTERVIEWED students before accepting them into my school. I was concerned more about the image of my school than making money.

By 1994 I was a Kung Fu business and quantity was more important than quality. In 1996 I started Tai Chi length (for quantity - for anyone). This book enabled me to go back to only allowing the best intos.c.m.

Revised June 2008 by the BKF



Student Manual, ~~the~~
The best part of this book was not included in the Buddha Kung Fu Student Manual: the blank spaces. Students were required to fill in these blanks and share their answers as we read in a circle.

Shaolin Chi Mantis

When the Utah Governor hired me to teach Tai Chi
in a prison, I got nervous about my Tai Chi school.

I called Dr. Ken Liu in L.A. and spoke to him
several times.

I sent packages containing my book drafts, and
Belt-Rank Progress to my Tai Chi brothers in L.A.

There was a really powerful Tai Chi master in Salt
Lake who combined Ky Fu - Karate - Green Dragon
into a very violent but effective system. He
suggested I do what he and many other Chinese
masters had done over the years: create your
own Tai Chi style and put "Pai" on the end which
means "style" in Chinese.

When I was done organizing my Tai Chi school
it was obviously 3 styles combined:

Northern Shaolin Ky Fu
Northern Pure Mantis Boxing
Yang Style Tai Chi

So: Shaolin + Chi + Mantis = Shaolin Chi Mantis 92

Shaolin Calligraphy

I wrote 4 Tai Chi Books: Beginner, Intermediate, Advanced, Sixth

I wrote 4 Kung Fu Books: Beginner, Intermediate, Advanced, Sixth

I wrote 4 Pinyin Books: Beginner, Intermediate, Advanced, Sixth

Later I wrote the Chinese Calligraphy book.

Then I converted the Coyote Spirit Book into the Zen Spirit Book

After writing all these books in the early 90s

I received the opportunity to put this information online.

Not wanting to give away my books for free, but desiring to share, and teach, and enlighten my audience -

I created the "Dongfang of Kung Fu" in 2000 and 2001:

www.shaolinchi.com

Although I've helped many schools to be better organized and even thought the ESCM Belt Rank System has been accepted by hundreds of Kung Fu schools worldwide -

I am not teaching over the internet as intended.

I have created the Dharma Points.com with 88

Thomas ^{Qigong} ¹¹ weapons, self-defense and Buddhist's lessons but get been unable to attend a video camera...

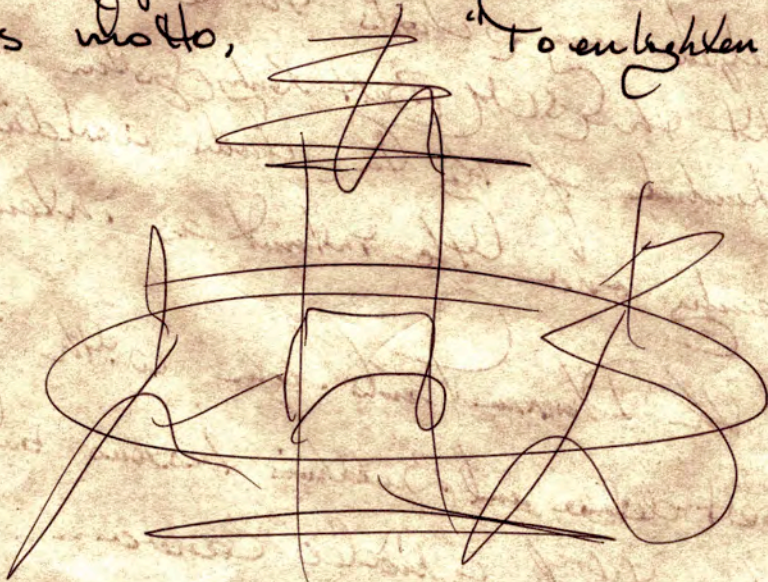
Shalom Records

In 1984, Cypress Music was already in existence in L.A. In San Diego I had ~~operated~~ ^{operated} under that business name in music and carpentry since 1974? I drew a really cool logo of ~~her~~ hand morphing into a tree.

So I needed a new business name.

I was living with my Pa's instruction, and felt a slight ~~to~~ awkwardness using "Shalom" for a business name, that would be like, "Catholic Records," or "Jesus Friend..."

But decided to use "Shalom" as a business name. It meant more than a name to me -- it was an ideal -- a state of perfection -- and a spiritual heritage. Thus my business motto, "To enlighten and entertain."



~~Line 1126~~ ~~Out of the Year~~ 1984
TEMPTATION

I had several
master song recordings
from several San Diego Studios.
Then I started accumulating
those song masters by
cutting up cassette pieces and
recording studio time in:

- Sound Labs
- Sound Castle
- Sound — (southern) studios
- The Village Recorder
- MCA Whitney Studios
- Studios & S
- Capitol Records
- Cherub Studios
- Crisson Council
- RCA Studios
- Recraft Studio
- and my less famous

Temptation
We're Not Only Out
My Child
Carol

24 Frank & Studios in L.A.
An album combining songs from these studios would have been
an incredible album but I was being coached to
create an album of unity, not a collection of recordings. I
decided to create an EP record of 4 songs.

SHAOLIN COMMUNICATIONS

SHAOLIN COMMUNICATIONS

Book Publisher

Oversees all marketing.

shaolincommunications.com

SHAOLIN RECORDS

Record Label

Oversees all music productions.

shaolinRECORDS.com

SHAOLIN MUSIC

Music Publisher

Administers copyrights and licenses.

shaolinMUSIC.com

SHAOLIN PICTURES

Motion Pictures

Production company for videos and movies.

shaolinPICTURES.com

"Bottom Line"

Hey! Little boys and girls
Listen to your idols - see your little world
Buy our plastic dreams - at your record store

Hey! Listen to the vulgar words
Watch the visions - Touch the nasty girls
Take them home - we've got plenty more

We know what you want
We're a musical restaurant
We're not going to preach - we're here to sell
Our goal is the bottom line
We'll sell you anything - if it makes a dime
We'll sell pictures of Heaven or tickets to Hell

Hey! Little boys and girls
Listen to the next one - just like the other one
Buy another version - of what you've bought before

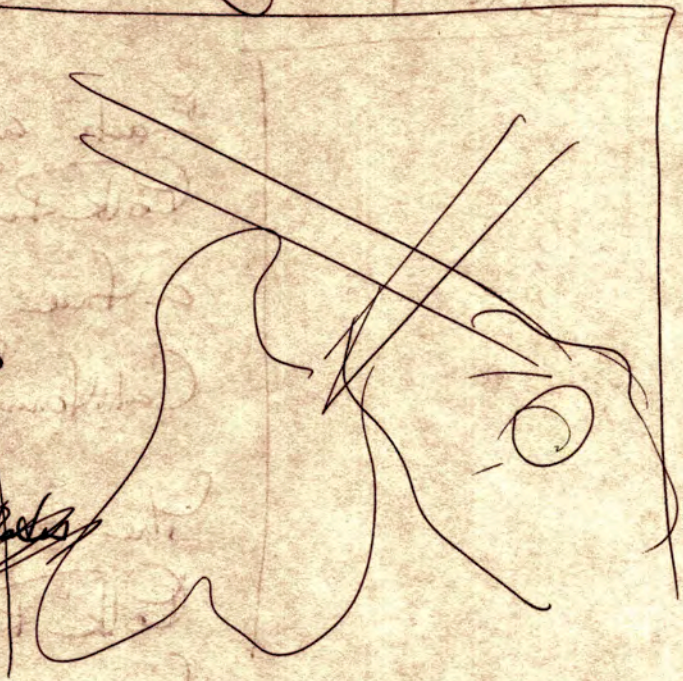
Hey! Look! They dress just the same
Listen to the music - it's a different name
Take them home - we've got plenty more
We know what you want...

LEVEL 4 King of a Cowboy . com #Bottomline
Shaolin Records . com

Polk Root Podcast of Justin Fennels

Hosted by The Hippy Coyote
Produced by Richard Connor
Production Coyote Song, Shasta Records
Distributed by Shasta Communities
Featuring: Various Polk Rock Artists
Submissions: SomeBuds.com

Richard Connor selects the best contributions
for SomeBuds.com, then



"Bring you the best and brightest of today's folk rock artists."

Richard Connor, record producer of Shasta Records, selects the
"Best" or "Interesting" artworks from submissions through
SomeBuds.com. Then the Hippy Coyote interviews
them and creates a 20 minute Podcast Radio Show
featuring ~~the~~ chosen artist per show.

Coyote reads the audience on a tour of the artists'
EPK and presents 4 or 5 songs, by featuring 2 songs and
utilizing two or three other songs in the background of the Podcast

California Folk Rock.com

Each artist featured on the
Folk Rock Podcast receives
a free website page at
CaliforniaFolkRock.com

The songs featured in the
Folk Rock Podcast are available
for downloading at 88¢ each.

Sharon Pennick splits this income 50/50 with artist.

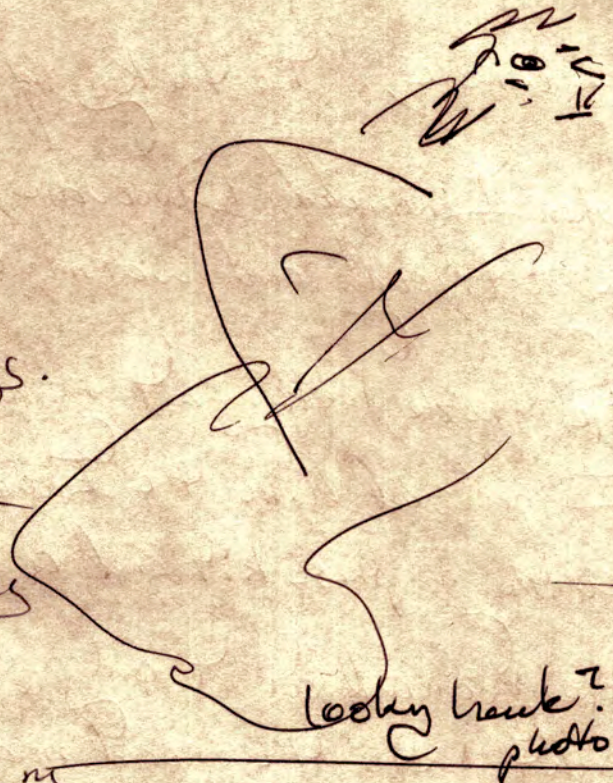
The original goal of CaliforniaFolkRock.com was
to create a list of ALL Folk Rock Artists
in California. We didn't realize that there was
a world of folk rockers outside of California.

So, CaliforniaFolkRock.com is for ALL folk rock artists
worldwide who are recognized by Rachel Cowan
and the Hazy Coyote as genuine and talented.

This is intended to be the biggest list of folk rockers.
CaliforniaFolkRock.com just has the BEST folk rockers in the world.

Folk Rock Troubadour - con

I met Donovan.
I wore my white Chinese
Kung Fu jacket. I looked
like a priest sending dumplings.
My long hair was down. I
may have been wearing a cowboy
hat. I know I had at
least one big fat joint in my



Kung Fu hint pocket. I carried my slide in its
case. I make sure he saw my slide - He snubbed at me.

In order to meet him personally I bought his new
autobiography he was promoting - then stood in line for
his signature.

His manager / tour manager / bouncer - whatever announced
"write on these post its your name and anything you'd
like Donovan to sign."

Folk Rock Podcast.com

I wrote, "To the King of Folk Rock."

When I reached Donovan, he was very friendly and warm with a smile.

He froze, looking at my gift.

I passed him the Envelope I brought with my press kit and a CD of my music.

He glanced at it only slightly as he later called it to his right into the road manager's hand like an anticipatory hand off. I don't think he looked up or acknowledged me again. He seemed to make me invisible and like a machine greeted the next person in line.



At the time - I felt disappointed in his lack of insight. A Zen master stood right in front of him and he ignored him. The King of Folk Rock stood before him and like an impostor he hid from me in shame.

Hippie Coyote Podcast.com

Hippy Podcast.com

Hippy Coyote.com

It was weird.

I was surprised.

I decided I would

support other
Folk Rockers.

Coyote Radio. NET

Ann 2 ~~Journal~~ Podcast

Podcast web blog archives.

My original goal was a weekly podcast.
Unfortunately they take a lot of time and are
not creating the sales I'd hoped for.

So I back off to record my albums then get
stuck trying to get up steam to produce these
freebies when I want to record my albums
and write my books.

If my fans would show more appreciation
by purchasing more of my music, I'd probably
be a bit more motivated. I enjoy it...

Coyote Radio.TV

Coyote Radio.NET

Coyote Radio.US

Coyote Radio Podcast.com

The Coyote Poetry Podcast

"A poem and a song."

Wanting a shorter podcast I came up with
this premise; one song + one poem.

Some interested in combinations and versions.

I'd like this to be more in demand also.

I'd be game for live songs and poetry...

Coyote Radio. TV

Someday I am going to be in the
media business. I'm still paying off
my UCLA Film School loan, so I should
make some money off that degree.

Coyote Radio. TV may be the
theme park of my nation pictures.

My multimedia, multi-purpose
multiproduct website center.

Is it cool? Easy to remember?
Sound fun?

COYOTE RADIO. TV

I'm Certain I'm Not Sure

I wrote this song on my Frettenbucker bass.

I can still remember Tony bounding and dancing around the house at age 3 as I played this song.

What you want, what you get
What I want, hasn't happened yet
What you say, what you do
What I get, doesn't add up to

What I need, what I want
What you see, isn't really me
What I feel, what I think
What we are, man this really stinks

I'm certain I'm Not Sure
I'm certain I'm not sure

What we have, what will be
What is right, we can't agree
What we do, what we say
What we make, seems to fade away

What is good, what is bad
What we get, we never had
Who am I, who are you?
Who are we, and what should we do?

I'm certain I'm not sure
I'm certain I'm not sure
I'm certain I'm not sure
I'm certain I'm not sure

Lara inspired the dance beat bass line and the confusion
in my mind. Her goodness and love was clouded with
frustration and desire. I sought her love -- not the fire.
LEVEL 4 King Of Cowboys.com #ImCertain
107

um 10 12

Raindrops Triplets

It's raining cold and you're alone tonight
Don't stop and fall but hurry past the lights
Be careful not to look them in the eye
Be careful not to let them see you cry

I can't be with you all the time
Remember how I taught you - to fight the crime
Do your best girl to protect your safety
Then get away and run to me - yeah

Run - run to me - wo -

Run - run to me - yeah

Run - run to me - wo -

Run - run to me

If you can't get me on the line - or I'm out
Just call a cab and take it to my house
Don't be upset - don't give in to your fears
Calm yourself down - and wipe away those tears - and

Run - run to me - any time

Run - run to me - yeah

Run - run to me - come on and

Run - run to me

Solo

You know you're always welcome - so use my extra key

You know I'm always there for you to always run to

Me - run to me - anytime

Run - run to me - yeah

Run - run to me - come on now girl

Run - run to me

Run - run to me

Run - run to me - yeah

Run - to me

Run - to me

~ Raindrop Triplets ~

But I got

But I got zombies and vampires
Clinging to my knees
Los Angeles used to be a nice place
Back in the thirties

Gotta go to nightclub
and meet my girl
She has to go dancing
to burn off the weight
But I don't really mind
'cause she's always in a good mood
in a good mood

Photos of Roy and

Carlton in
Halloween
costumes

But I got alien werewolves
Biting at my tires
There's a spider on the cell phone
And my gas tank - just caught on fire

But things can't get much worse
On my way to my gal
Soon as I swim a raging river
And hitchhike a PTERODACTYL
hitchhike a pterodactyl

SOLD

But I got terminator dragons blowing fire
Straight at me
The smoke is forming into some ghostly
Entity

But I'll stop by the store for a bottle of wine
When we finally get to be alone
I know we'll - up -

We'll all feel fine, we'll all feel fine
We'll all feel fine, we'll all feel fine
But I got

Written during a birthday party of the neighborhood band.
Performing for the kids and adults I wrote this song.

CHAPTER 8: TANTU

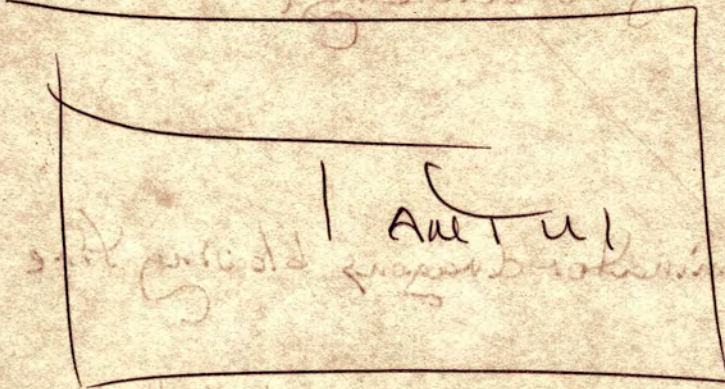
The things that we have seen

in the course of our study

of the history of the world

and the history of the

civilization of the world



The things that we have seen

in the course of our study

of the history of the world

and the history of the

civilization of the world

The things that we have seen

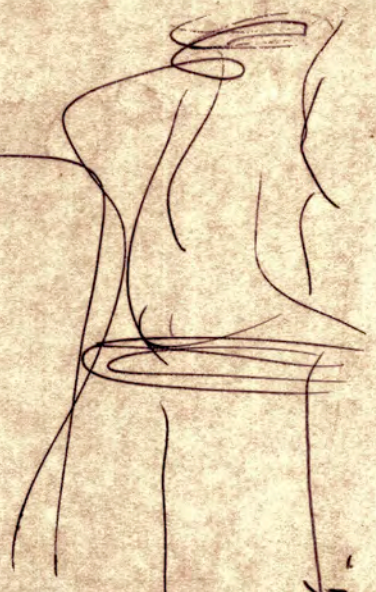
in the course of our study

of the history of the world

and the history of the

civilization of the world

"Formwork"



Almost every show in Utah
started with this song since
1992 and 1993 -

The audience would hear "click-click-click-click"
then the drummer and electric guitarist on stage
would blast out this handrock - "Guns & Roses"
or Zepherin ^{type of song}. My invisible bass player provided
the initial "clicks" by tapping on the bass string
between points as hard as possible the "Formwork" song.

I haven't played or performed the song since 1993
so I am very excited to see who begins
to it. Don Carone may be a good-old-boy fun
TAP RIGHT early days to come back at need this
song with me for the "Up in Country" album
What made this song especially cool was that I would
leap off the stage and perform this Chinese saber dance
I wanted to make this music. People would
fall over little fruit now

as my subtle streak in the lines and low their hands -

"
Congratulation
"

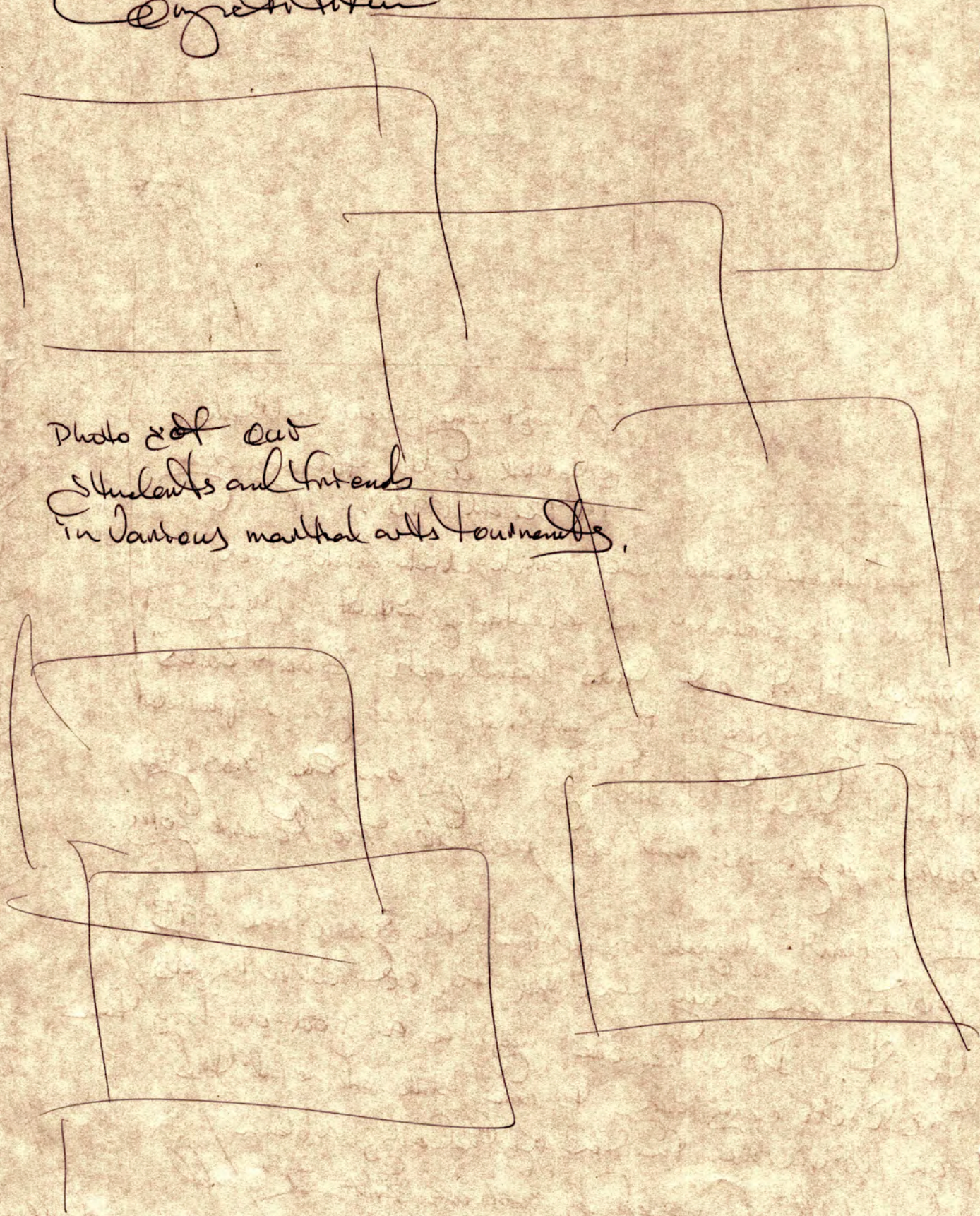


Photo of our
students and friends
in various martial arts tournaments.

Wong Jack Ma

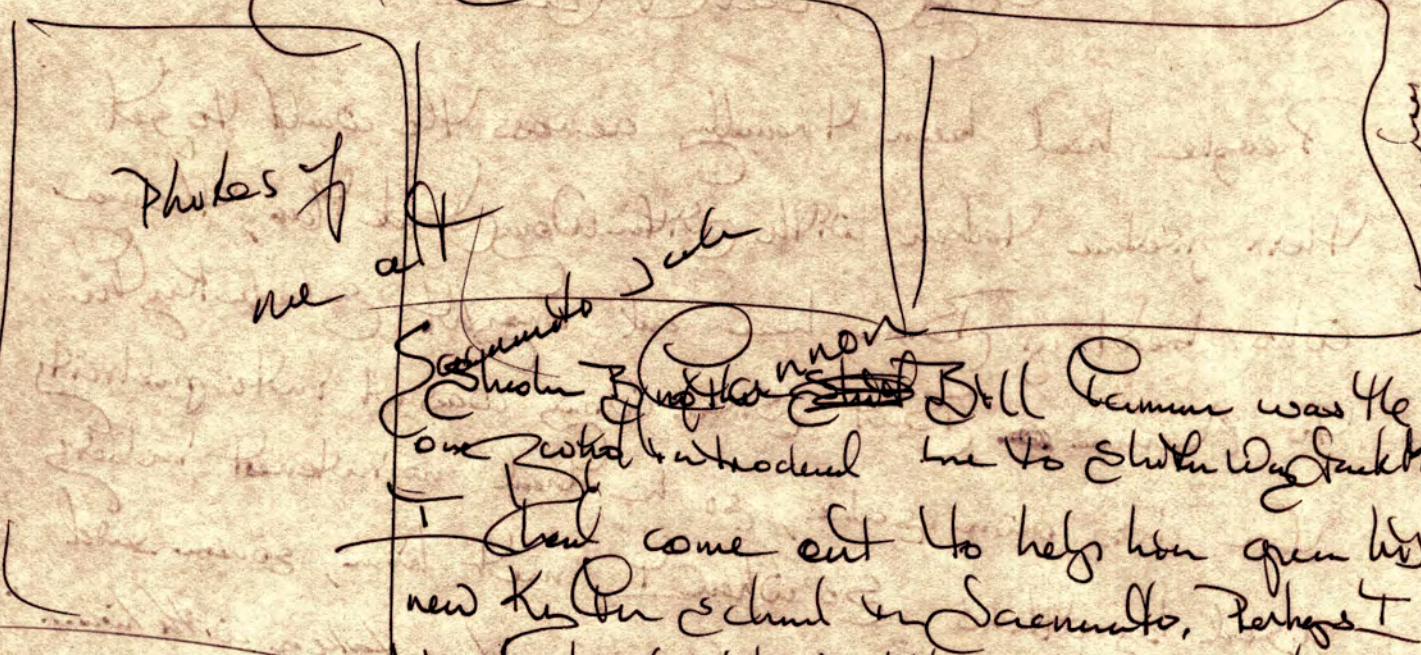
People had been traveling across the world to get their picture taken with Sixth Wong Jack Ma, the man who beat up Bruce Lee and brought Ewings Taylor to America. But Sixth Wong wasn't into publicity for his own sake, so he had no interest in being used by others. So when I met him, someone said to me, "Don't ask to get your picture taken with him..."

I just studied with Grandmaster Wong Jack Ma for one day and seemed a totally and satisfying goal for me. When he displayed a willingness to teach me and interest in who I was, my goals enlarged to learn as much as I could from him. Sixth Wong reciprocated with a desire to teach me as much as possible in my brief visits to San Francisco.

When they later told me, "Sixth says your kung fu is good. You can call yourself a Jay Ho school," I was surprised, honored, and still humbled to this day. Thank you Sixth!

Ms Booth's Room

Students, I'll also provide and staff them to thank you for notes.



Photos of me at Sacramento State

Bill Penner was the one who introduced me to Shelia Day Jackson. I had come out to help her open her new K-12 school in Sacramento. Perhaps I had heard to believe because of his offer to introduce me to Shelia Day Jackson.

I was at the height of my Shelia Day Jackson program and was designing the program for the Northampton education organization. I spend a couple weeks staying on the floor of the school as a teacher. Whenever there was not a class, the school was mine. It was so much fun - I fell out - I wanted out together and shared the fun we both wanted from each other...

We also shared and did some amazing things together. We shared a vinyl record album with me by The Beatles. I took a copy of the song, "Get to the Point", back to Shelia and shared it with my students at class. Note to Penner: I'll go to iTunes (when I have internet again)

the copy notes. and purchase that has gone copy of

Bruce Lee

Wing Chun is an incomplete martial art. Great techniques ~~but~~
~~it is not complete~~ for fights on boats or in a canoe.
 Jeet Kung Do was Bruce's spiritual search. Unfortunately, he
 didn't know where he was going, so it didn't go anywhere.
 Bruce should have continued to study Wing Chun and
 learned Shaolin by the instead of creating Jeet Kung Do.

Steven Segal

Any Anema who can get a Black Belt in Jujitsu
 is a formidable martial artist. Aikido means path
 of lone, and despite all the tossing and punching, is probably
 a spiritual style to those who embody its calm nature of
 how to fold your cash, stand, sit, and fit into the Aikido world and
 dress of 100 years ago.

Chuck Norris

What Segal lacked in personality -- Chuck Norris has.
 Where Segal has powerful techniques -- Chuck makes it look fun.
 Once again though, the Japanese arts teach martial arts techniques.
 The way of the warrior, the spiritual path, can be found in many books
 Bill "Superfoot" Wallace but only the
 ancient Samurai hand
 an spiritual focus
 mixed with martial art
 and travels back through
 time you ever witness
 to kill someone.

You'll see pictures of people kicking high in the air,
 but Bill Superfoot Wallace is one of the
 best and highest kickers I have ever seen.

He hung out a tournament and he showed his
 warm, friendly, intelligent, personality and talents.
 I was already impressed with his kickboxing skills, but his personality
 and character convinced me he is a Master. 117

~~Dizzy + My topic Dzhin~~ p. 1

Shaolin Tai Chi

Founded 1992 Richard Connor

18 Classical Chinese weapons

10 Shaolin Poems - Original 10

3 Beginner Shaolin Poems

12 Tantai

Yang Style Tai Chi Short Form

Tai Chi Court

Founded 1996 Master Zhen Shen-Lang

8 Weapons in curriculum

8 Shaolin Poems - Original 10

3 Beginner Shaolin Poems

12 Tantai

Yang Style Tai Chi Short Form

Buddha Kung Fu

Founded 2008 Buddha Zhen

Most Classical Chinese weapons

1/2 Shaolin Poems - Original 10

3 Beginner Shaolin Poems

12 Tantai

Yang Style Tai Chi Short Form

Kuno's Zen Boot camp

One of my students, Jessica, would have dinner together between my afternoon Shikhar Kyōka class and evening Zen Chi Class at the YMCA in Tujunga. She would a successful dog grooming shop and was considering opening a second shop.

Each dinner she would discuss the future of Buddhism or at least how to sell Kyōka to America. During these chats I designed the 12 Step 12 Week Kyōka Boot camp. She said it needed to short, hard, difficult and appeal with the "Boot camp" word.

I'd been thinking Zen Boot camp since 1994, so I liked the Boot camp concept, but I didn't want to create a 4th Kyōka school. Instead of 16 weeks semester as in Shikhar Chi Kyōka, Tardis Kyōka, and Buddha Kyōka I created the 12 week semester and he decided to use the 12 tantui. The CV Park Synagogue, Rick, suggested, "Call it a 12 Step Program and you'll get plenty of students!"

Since the Chinese call the 12 tantui, "12 Step tantui," all items were falling into place. We got a banner and now I'm in my second semester. Not completely to my surprise, we discovered that the 12 Step daily address program across the street

Kuno's Zen Boot camp
I don't see an dress code at all
my sense of humor -- not change
the 12 Step program was one just to face for addicts to hang out with each other in lines.
the park has yielded 8 students, even though I wanted this 12 Step program to have 12 face for addicts to hang out with each other in lines.
I'm in my second semester

Chapter 9: HEARD

[Faint handwritten text, possibly a title or subtitle]

[Faint handwritten text, likely bleed-through from the reverse side of the page]

HEARD

[Faint handwritten text, likely bleed-through from the reverse side of the page]

[Faint handwritten text at the bottom of the page]

Black Widow Spider

After clearing the thousands of spiders out of the
Angels Forest cabin, my disgust was at its
highest level with fear at its lowest, with
my hero attitude I squished and smashed all
the black widows around the perimeter of our house
to prevent further infestation. I was also
removing all the weeds and bushes that grew
against the house to minimize their concealment.

One large black widow crawled up my tennis
shirts. Tennis shirts, like swimming trunks, often
have a net for lining so that you air cool
easier. This black widow got caught in my net.

Perhaps it made small bites -- I don't know. It
wasn't for several days when I pulled my shirts out
of the dryer and saw the black widow still stuck
in my catch net -- that I knew what had bit me and
where. The night of the first bite, my legs swelled up so
big we couldn't tell where I had been bit. Since my feet swelled up so large that you couldn't see my toes -- we
had to be fixed on a blacked wheel --
for my feet.

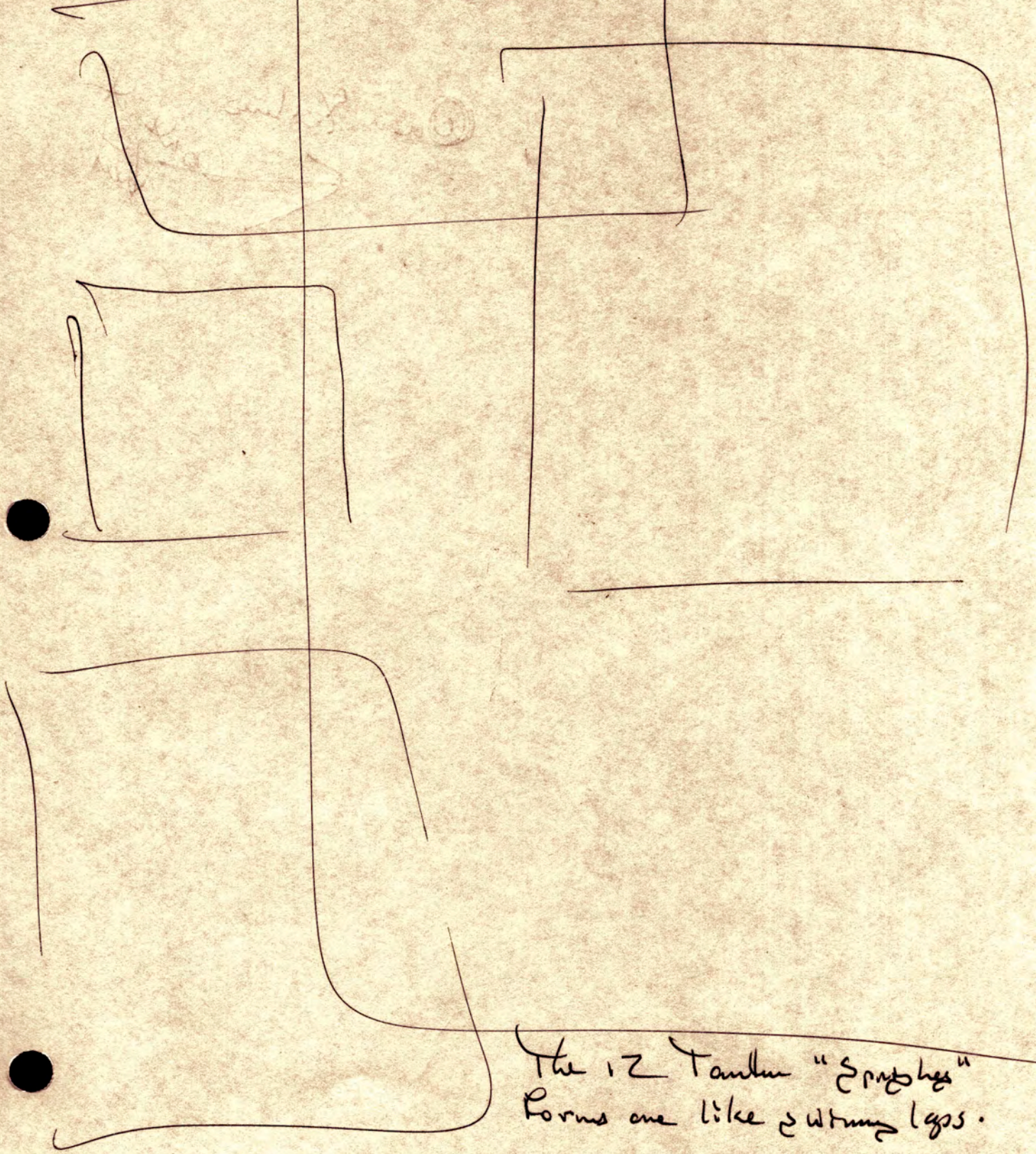
YMAA

It took over two weeks before I could walk outside to trash cans. My swollen feet were only in pain when I tried to walk on them.

After 2 months, I could walk to the grocery store. I didn't have a car so we requested Madelle to visit us during the week sometimes to buy us food. She'd usually come home on the weekend for clothes and supplies. Federico's house was near her work, so she had lots of reasons for staying with him. I remember that it was a big sacrifice for her to spend the night ~~at the hospital~~ to make sure I didn't die that day. ~~The hospital.~~

Within a year I had a few students in the front lot outside my house. One of these students, Lucy, told the YMAA, "You've got to hire this guy. He is a great teacher." They hired me.

Yoga photos 5



The 12 Tantric "Sanyasas"
Forms are like sitting legs.

123 P.S.I.

"Owen's Song" by

He worked at Dunes, was Spanish, and attended
New Chd classes with his wife & here
strengthen families. Some couples do my work
on Kay Du classes -- their relationship is beautiful.
Their relationship is also challenged.

But before I really get this couple together --
They went back to the homeland. They came back
broken.

I seek to strengthen families with liberal policy and
Chauvinism. Why a woman would want to work
demeaning jobs, sacrifice her beauty, waste her
years helping someone become wealthy while
earning as little as possible... when they could
beat home raising the kids, having birthday
parties, going to the park, walking the dog,
and going shopping. Feminist destroyed world
balance.

BUSINESS

PERSON Owen [redacted]

ADDRESS [redacted]

CITY, STATE [redacted]

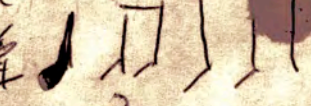



HM () BUS (818) [redacted] CELL (818) [redacted]

Email:

Website:



INTEREST

S/R	DATE	MEDIA	TOPIC	COMMENTS
R	2-15-06	Person	Tai Chi Class	<p>Needs style and of stroke 7</p> <p>1. 5 note drill open str</p> <p>2. 4 note du style downstroke</p> <p>double 4 stroke drill (up & down)</p> <p>triple 4-note drills (down strokes)</p> <p>E chord 4 quarter ^{note} strums</p> <p>A chord 4 quarter note strums</p>
"		Owen Song	"	<p>E - A - E - A - (D A) D - E</p> <p>a. (quarter note down stroke strums)</p> <p>b. (quarter note up-down stroke strums)</p>
"		Owen's Rock Song	"	<p>E - D - A - E (style down strokes)</p> <p>1/2 note strums</p> <p>w/ open strings = </p>
3-1			down-up pick	<p>A-A# / D-D#... = 1 fret </p> <p>A-B / D-E... = 2 frets </p> <p>A-C / D-F... = 3 fret drill </p>

DRILLS

1. 4 Note Drill 1. UP 2. DOWN 3. UP + DOWN
- a. start on F
b. start on A
c. start on D

2. Fret Drills (2 notes per string) 1. UP 2. DOWN 3. UP + DOWN

- A. 2 fret drill eg. F-F# + A#-B ...
- B. 3-fret drill eg. F-G + A#-C ...
- C. 4 fret drill eg. F-G# + A#-C#
- a. start on F
b. start on A
c. start on D

3. TRIPLET DRILLS 1. UP 2. DOWN 3. UP + DOWN
- a. start on F# Since strings (no accents)
b. start on A
c. start on D
- ALL same w/ accent on FIRST NOTE

The Owen Song E A E A D A D E

1/4 note strings

2 down strings + 1/2 note open strings & UP stroke
on 3 down strings + 1/4 note open strings

Owen's Rock Song E D A E

Owen's Happy Song G A D E ♩ ♩ or ♩ ♩ ♩

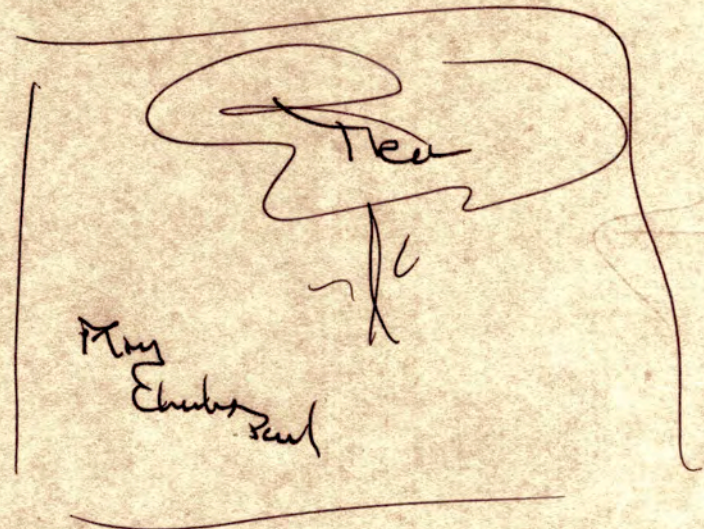
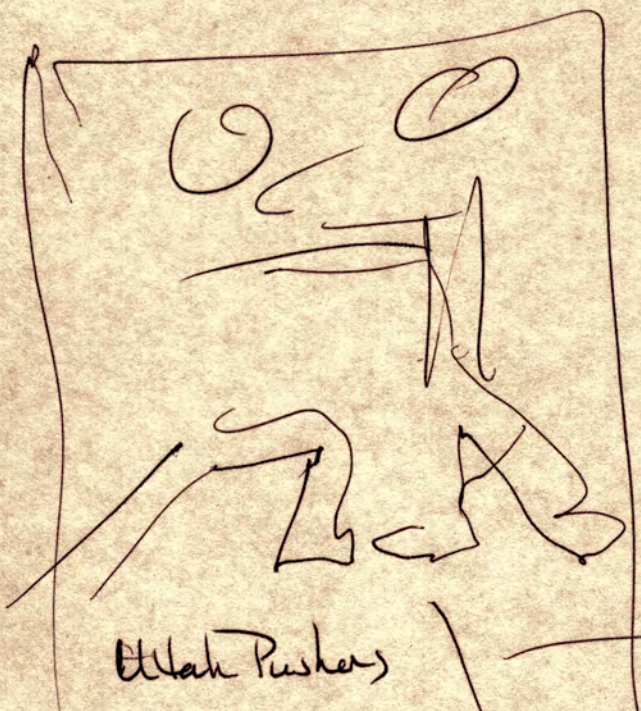
Owen Drills

The formal more guitar and bass students
from I can remember. Few lasted long.
Before I learned Jim Fu, I knew Jim Fu.
Somehow, as a youth, I learned how to practice,
listen, learn, understand, and apply. I found
science and physics.

From reading books, watching others, and a few
guitar lessons -- I created these exercises for
myself. After completing all these exercises your
finger muscles become strong and balanced.

I've got a guitar instruction book I started
writing in the mid seventies... But here they are.
If you're smart enough you'll be able to
figure these out, except the songs... The Rock
songs is whatever you feel. Some I learned to
play guitar by playing along with the radio, I
quickly learned how most songs are like many other
songs chordwise -- it's the playing that makes
them different.

Push Hands Tournament



Push hands is fun.
 Push hands is joyful.
 No one gets hurt. (A scratch, & one muscle, & a vertebrae does them
 me fully and loudly ~~on my~~
 one shoulder.)
 Push hands requires
 relaxation plus strength,
 Push hands develops sensitivity
 and Qin Na skills.
 Push hands is a game.
 When you win it is an accomplishment
 When you lose, it's still fun.
 The more you practice Push hands,
 the better you get. Push hands is a skill.

4th of July Parade

The Peak of our Tujunga Tai Chi Youth
Programs Summer of 2007 = Tujunga Peak.

Summer of 1997 = Salt Lake Peak

In 2008 I had anyone else in Boulder
Ky Fu since Tai Chi Youth was being funded and
supported primarily by me.

We marched as a Ky Fu Tai Chi school in
the 4th of July Parade. We had our Shaochi
Kun's flag on a long bamboo pole and the Tai
Chi Youth flag on another bamboo pole. Fun
and Barry battle from sidewalk to sidewalk
as we walked down the street repeating
most of our Ky Fu performances for when we would
stop every 25 yards.

I enjoyed being the caduce, instead of the lead
performer, smiling proudly at my Ky Fu family.

Handwritten signature or initials, possibly "J. M. Smith" or similar, written in cursive.

130 P-51

~~Rong~~
Zhen Song Dao

There are a couple poems
that I put in this book -- and removed.

We had 7 good years together.

Thank you Son. I enjoyed giving you everything
I could. I hope you find what you think you
need.

No, I wish you would have wanted what I
have to share. Good luck.

Rong had the most perfect *Lu* I have ever witnessed in a
child. He would fall down, turn around, try again,
fall down, turn around, and try again -- He was amazing.
I started the Tai Chi Kicks and Kung Fu Kids classes
for him to have friends and more fun -- but he was
my most disrespectful and unappreciative student. Rong
set a bad example for the other students -- on purpose.

"Dizzy - My Toxic Daughter" G. 1

You hide in the corner and eat your lunch
You know the other kids don't like you much
When you listen to the teacher you can understand
But you diddle away searching to escape this land

CHORUS: Somewhere to hide where life is easy
Somewhere you won't have to look busy
Somewhere where other kids will not tease me
This life's too ~~bleeding~~ ^{hectic} it makes you dizzy

Your mother gave you a note so you'd skip gym
It's quiet in the library away from him
That boy who leaves the love notes in the hall
Now you're afraid of your locker, you wish you were
so tall

CHORUS:

My Toxic Daughter

Holding hands - I can't get close
She makes me feel like burned up toast
My hands on fire - there's a fork in my head
She hates my guts -- I told her to make her bed
Whose on the phone? Where she goes
What's bad what's good - I'm the last who knows

"Dizzy" + "My Toxic Daughter!" P2

Her room is a test site for a new atomic bomb
If I want to talk to her - I have to use the intercom

It's been almost an hour - can I please use the shower?
I'm slimed with disrespect - from my toxic daughter

She acts like I'm polluted - she won't wash my dishes
The easiest way to start a fight - is to express my fatherly
Mom / Daughter - sound the same on the telephone
What was wrong before - has doubled with a clone

The battle to keep her close - is now the battle to keep her far
Sanity returns as she drives off in my car?

Until she returns - my world will remain saved
I'm trying to remember when my toxic daughter - was well-behaved

Why must you leave the house to suffer in this zoo?

Team captains pick you last - no one wants you

Mother, she gets home too late to put your dinner on

The TV in the bedroom - you even sleep
with the lights turned on

Dizzy...

Mother's Pearl

Well I've been a boy and I've been a man
I've made mistakes that I hope won't happen again
I blame it on you - you blame it on me
It's sad to think what we had - is a tragedy
Mother's pearl, mother's pearl

She waited for me as long as she could
But I couldn't buy her the things that I should
I dove down too deep - for the prettiest girl
Now God I'm stuck at the bottom with mother's pearl
Mother's pearl, Mother's pearl, Mother's pearl

We made a wish but the golden ring broke
Cracked right in half the promise we spoke
I wouldn't have guessed - it would all end this way
She fell back into her shell - she couldn't hear me say

Come back Mother's pearl
Come back Mother's pearl
Come back Mother's pearl
I love you Mother's pearl

*True story. Engagement ring
cracked in half during those
argument when I was building
Future Doc?

LEVEL 4 King of Cowboy #Mother's Pearl

Loosin Weight

When I started at Tai Mantos in 1980, the other instructor
saw my gentle personality with Kyu Fu basic
skills and kept assigning me the "brand new" students.
During the eighties - people joined Tai Mantos Kyu Fu to lose
weight.
"Stop the stress" TV show

I studied them. I questioned them. By 1983
I knew that dieting creates fat as the body stores
food for distant meals. Eat every 3 hours to avoid fat
storage.
55 pounds for Blaw with

I gained 55 pounds after a Black Widow
spider bite. Unable to walk I ate a lot of Postmates nuts.
Bad idea. Over the next few years I lost 10 pounds per Kyu Fu class.
lost 10 pounds with each class I added:

5 classes per week =
Watching the scale drove me nuts. Perfect fitness
I noted my weight each week and realized after the
3rd Kyu Fu or Tai Chi class I was ready -- the weight
came off and stayed off.

Caitlin gained 30 pounds when she stopped Kyu Fu.
She'd been skinny all her life. Within months of stopping
Kyu Fu she gained at least 30 pounds.

Bary Klein lost 25 pounds after one year of Tai Chi Tai.

Bary came to Tuesday, Wednesday Tai Chi plus
Saturday and Sunday Kyu Fu. 4 classes = 40 pound loss.
Bary looked awesome this last summer and performed
Luzhou I better than anyone.

135

BuddhaKyuFu.com/join

CHAPTER 40: SWORD

Faint, illegible handwritten text at the top of the page, possibly bleed-through from the reverse side.

SWORD

Large block of faint, illegible handwritten text in the middle and lower sections of the page.

My Mockingbird

My mockingbird had a lovely new mate this year
They flew together everywhere
Was he loving and protecting her -
Or was she staying close out of fear?
What matters most, they were a team
Flitting happily from tree to tree
Fresh feathered new ones - a chirping happy family
The future was bright -- so it seemed

Feathers strewn on my front doorstep
Unveil the sad new tale
Another relationship ending in a bloody trail
My mockingbird must once again accept

That women are rather easy prey
For sharks disguised as cats
Love is food, whether a bird or a rat

I recognize that mockingbird's song
Perched alone today
Is what is left behind
The reward of those who stay?

121
The ...

From ...

... ..

... ..

... ..

... ..

... ..
138

Buddha Kung Fu

I drove from Los Angeles to San Francisco to purchase my first sword from Buddha Kung Fu.

The evil guy from ENTER THE DRAGON, was actually the Chinese sabre of Buddha Kung Fu's Martial Arts school. I'd purchased my wooden sword from Jim Yip Kung. When Kung Kung wanted to take that seminar, he told me, "Don't take sword from him - I took your sword."

Although I'd taken classes from Kung before, that was the first time he made me feel like his Disciple. It changed my focus to discover and learn what I needed at Tai Kung, not elsewhere.

Over the next years, I learned staff from Jim Tang, application and from Rob Moses, traditional forms and weapons from Scott King, strength and why choose from Kung Tai Chi from G.D. Pender, and Qigong from Don Kung.

When I created SCK, I wanted EVERYONE to be in the curriculum. Unfortunately there was so much Kung Fu that people gave up. So Buddha Kung Fu will hopefully not have too much Kung Fu with enough to benefit

Handwritten notes on the right margin: "I'd purchased wooden sword, locally and cheaply." and "but semi-annual seminars."

Montrose

Feb. 2, 2009. I'll be 55 in a couple days.
I am amazed at how much I've learned, how much
I've done, what I've created, and I am very
proud of the life I've lived without shame
or regret.

My wealth of creativity is a stark contrast
to my financial situation. Obviously, I've
never had either a partner or employee in
my business life. But I've wanted one.

My greatest failing in life appears to be
my financial independence. I get all the
credit for being independent.

Since partners are not possible and
change is needed -- I must change.

Denim Queller ^{to} Out Spade

Living out of my van I had a place built for one or two
stuffs in the roof. Easy, round for the side doors...

My 400 wooden swails are behind my front seat,
Wood's awesome for light. Metal sucks.

I was happy to teach the Denim Queller Staff
this year. Unfortunately all 3 of my staff
students quit last year. They couldn't make it
to the intermediate level of shooting.

Well, they could've. All three of them could've
become Intermediate Level Shooters.

That's the problem. I have too many people in my
life who choose not to accomplish or reach
their potentials. This guilt causes them to
abandon me as they abandon their dreams.

I need people who live for their dreams. All I
know are people who dream about living.

~~Out use of video~~
UCLA Realities + times

In 1984, living with my sister in Palmdale, CA, I enrolled in the first "More Video Production" class at UCLA.

Realizing the other classes available at UCLA and my desire to be in the vanguard of movie video producers and directors... I joined UCLA's Motion Picture Program.

During the 60's Motion Pictures were shot on 35mm film and television shows were shot on 1" or 3/4" videotape. So you had to choose one or the other. I chose film.

When I graduated with a 3.6 g.p.a. in 1987, and received my Certificate from UCLA, I was working for Special Effects programs, movie negative copy rooms, art directors, and M.V. I made a lot of money and enjoyed my work.

Now, 2009, 25 years later some fans showed up at my ^{then} Christmas break from College and I got some videos of me ~~TV~~ ~~was~~ required effort, but I kept my mouth shut about lighting and film angles and course... but tried to make sure they considered some of those things... and then I just had a good time - ^{gave off} for the camera. 142

MAA Ruffles Youtube Videos

Kyfu videos pre 1991 move to Utah = 0

Kyfu videos recorded in Utah:

1. 12 lesson of Ling Po ("Lian Su")
2. Yang Style Tai Chi of Shun Chiu Menkyu
3. SCA Belt Test Videos of Master Zhu

Music videos pre 1991 move to Utah = 0

Music videos recorded in Utah:

1. A few songs were recorded
Pete's Crime Bar (Band)
The Zephyr (Solo)

Dead Goat Saloon (Band w/sound)

My brother Voda, 2-4-2009, none of the above were
ever edited into a final video. ~~He~~ I found
a partnership with a ~~local~~ Utah you filmmaker.
Unfortunately, his partner said, "You don't need
him. Do it by yourself." So he broke our
partnership, my attorney sent him nasty letters... That
ended my Utah film career and video production
career.

Chester's Print

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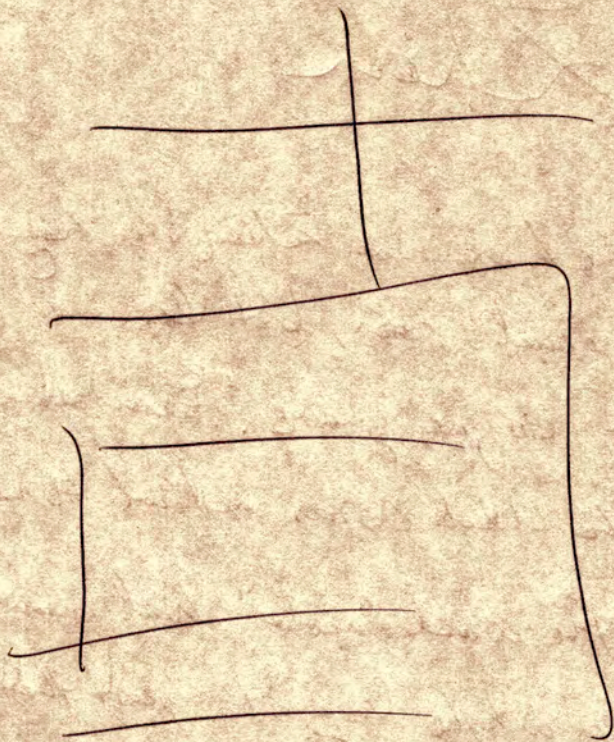
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[Faint, illegible handwriting]



145

master ZHEN. com

77 Zens of Zhen

In 1994, I received the Chinese name Zhen (Shi-heng),
 Spirit World of Truth. It may sound cool, but for me
 it was awkward the first couple years. Even before
 I received my Chinese name, the Ukiah Asians referred to me
 as "Master." All my life, the word "master" had meant
 "slave master," so it took a while to get just that.
 Most people are not just that and find it very
 difficult to say, "master," or "maestro."

The saddest part is that today's culture does not
 recognize or glorify "masters." If you can be
 financially successful, the more cares about your
 talent level. Doctorates, college degrees..., are all
 to be bypassed if you can still be successful.
 Knowledge is no longer its own reward.

If you ask someone to choose:

1. 5 years of education and a life of wisdom
 2. 10 years of education and a life of luxury
- I'd choose luxury any time. People don't opt for wisdom.

earlier wisdom of
 the 77 Zens are a collection of
 money
 196

"You're lazy" ↗

I don't understand this game you're playin'

I don't think you plan what you been sayin'

You're lazy, you're lazy, yes you are

You're lazy, you're lazy, yes you are

I don't like the way that you've been treated

But I don't think you've really been defeated

You're lazy, you're lazy, yes you are

You're lazy, you're lazy, yes you are

Kazoo Solo:

You're lazy, yes you are

Well I don't like the way that you've been treated

But I don't think you've really been defeated

You're lazy, you're lazy, yes you are

You're lazy, you're lazy, yes you are ...

LEVEL 4 King & Cowboy.com #You're Lazy (I love you Dalmie! ↗)

"You'll Find Me"

Why don't you - make up your mind

Why don't you - stop looking behind

For a reason to break us apart

What you feel, what you see

What you want, what you need - you're blind

Listening to words that block your heart

You're driving off the road

No path, nowhere to go

When you run out of gas - you'll find me

Drive so fast - all at the time

Can't hold still - it's always party time

And you're always in the mood

Friends all call - day and night

Stay out late - dancing under the bright lights

And you look so good

You're driving off the road...

Solo

Why don't you - make up your mind

Why don't you - leave the past behind

For a future for us to find

What you feel, what you need

Who you want, who you bleed - is me

Don't push me where you cannot find me

You're driving off the road...

"Tell the Truth" (Lyric poem)

I want to tell you the truth
I want to tell you the truth
I want to tell you the truth
I want to tell you the truth

But there's one thing you may not like
But there's always something you won't like
But there's also some things you will like
If you listen and understand
(I want to tell you the truth)⁴
But you may not like it
But you may not like it
But you may not like it
If it's not what you wanna hear

SOLO

(I want to tell you the truth)⁴
But it's easy to tell a lie
I know that it's sometimes easier to tell a lie
(But you may not like it)³
If it's the right thing to do -- do it anyway
(Are you strong enough?)⁴
(To tell me the truth - Can you tell me the truth)²
But I may not like it... I'd rather hear it...

What I See You See?

I look at you
You look at me
What do you see
When you don't look at me?

Do you agree with me?
This is not how it should be
What do you

I won't admit I
More

I will be fine alone

I'll use

You will be welcome

Or wanted - a

What do you see? Do you see?
What do you see? Do you see?

SOLO VERSE

What do you see? Do you see?
What do you see? Do you see?

(Phone ringing)

SOLO VERSE

What do you see? Do you see?
What do you see? Do you see?

Chapter 12: BUDDHA ZEN

1 BUDDHA ZEN

Buddha by Pu Student Manual

Today is July 4, 2009. I
am 55 today. As I survey
my life this week, I get my rough
draft of this book, Ky Pu,
I am taking stock of my life.

My mother left out family to pursue ^{her} money. Over the years she has ~~lost~~ ^{taught} ~~me~~

"money is worth money," and "family is worth nothing."
I have serious disagreements with my mother, but I am
disappointed when she proves me wrong.

The premise of the BK Manual is to create a natural
choice Ky Pu School attitudes of family, community and
Confucian ideals. I'm certain it will have some
effect, albeit a smaller effect than I'd prefer. Still,
if I can instill better values, strong family ties,
and true devotion to persons of importance in each of
our own worlds -- my book is successful.

~~What's on~~

Shashu ZEN.orey

Tai Chi Youth owes me \$250,000 in unaccounted
expenses, management labor, and teaching fees. I worked
for free from 1996 to 1999 but I kept 4 years
in my ~~hourly~~ weekly hour reports at \$25 per hour.

I stopped turning in labor invoices but have continue
to work for free to keep Tai Chi Youth alive and
keep the program going.

Perhaps if I had created my Buddhist religion,
Shashu Zen, as a non-profit, as I'd originally
planned, I would be better off financially.
My goals of making money are always secondary
to whatever my project is. Certainly I would
to be paid, but I just blindly hope it'll be there
at the end of the week like any employee.

Some people have donated directly to Shashu Zen. Thank You.

Today, Shashu Zen is a "Cyber Temple". An online church. I would
like to do a lot more and reach a lot more people but I
lack the technology, funds, and customers to make this feasible
still.

"I Want To Ignore Everyone" poem

I want to ignore everyone by being
a smart, artistic, creative songwriter,
poet, photographer and author.

I want to be a talented musician
with a healthy body from doing
Tai Chi and Shaolin Kung Fu,
and I DIRECT OTHERS to
accomplish my goals while always
enriching others to better achieve
their own worthy goals.

I want to be happy and honest,
using Buddhism to define my ethics
and character as I, The Hippie Cosette,
"Best Flutist in the world," tour this planet
doing radio shows, concerts, and book signings.
folkrockreouBADour.com 155

The world is a stage

and we are but players

in a play whose scene is this

paltry stage

and our parts are allotted

us by some

invisible power

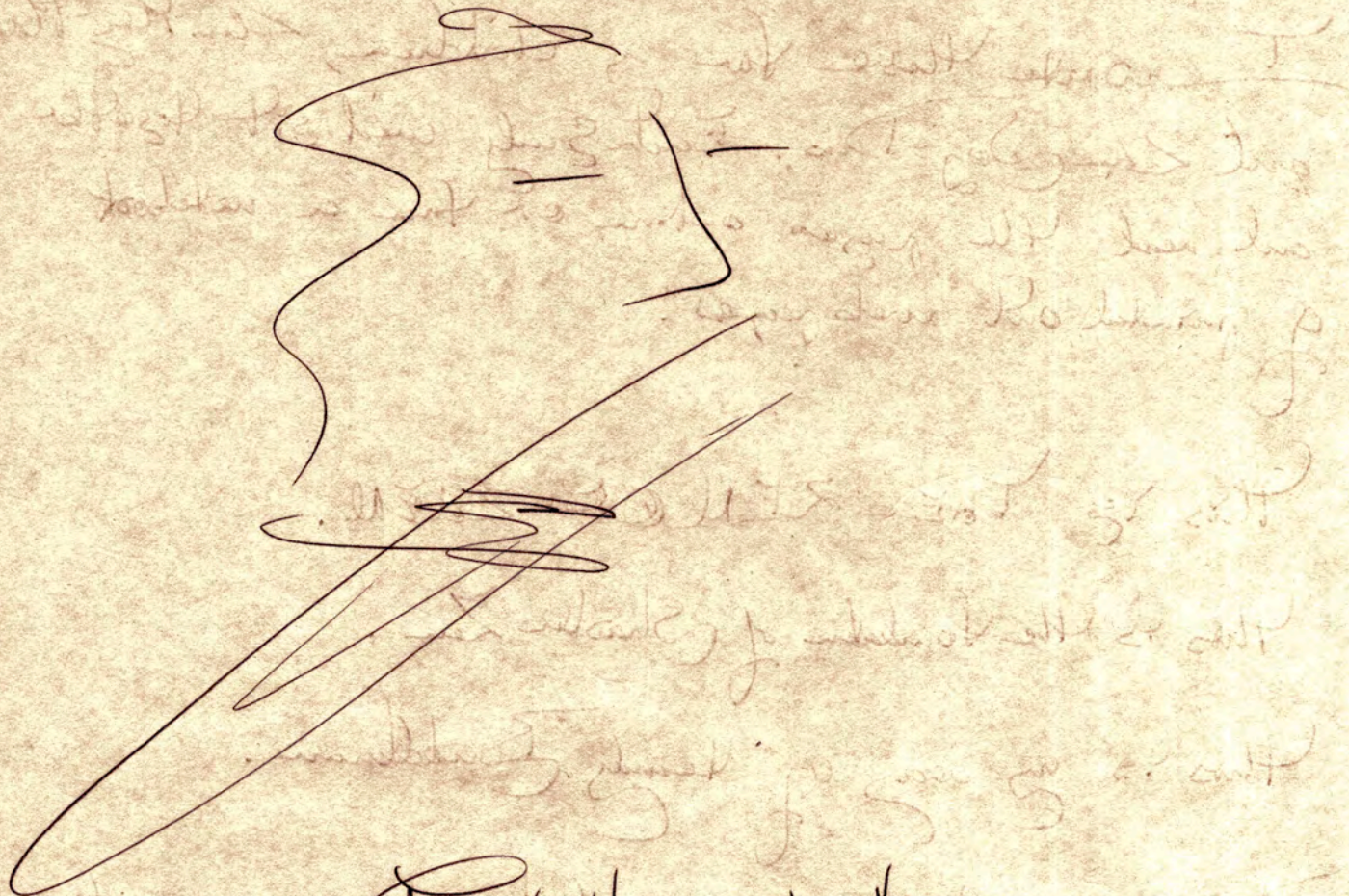
whose name is God

and whose will is our law

and whose love is our life

and whose glory is our end

Patrol



Pelle pick

Buddhism Basics

I wrote these for my children, Zen Hojo-Ken
and Zen Joy-Dao. Each Sunday we sit together
and read the pages online or from a notebook
of printed out web pages.

This is THE ZEN OF ZEN.

This is the foundation of Shao Lin Zen.

This is my way of Family Buddhism.

People love these pages and have been unanimously
complimentary.

Up to this point, March 4, 2009, my Zen Buddhist Friend
of Shun Zen has been my life counselor and tour
of all the website pages of ShunZen.org except the
Buddhism Basics. I think today I will start reading the

Sharon Zee

INTERNET

I created this word, "Cyber Temple."

I have imagined out & long bearded my ways to
accept this Buddhist Online Church.

Sandy I know ^{hope provision} this will be an international
24/7 Internet church.

I'd also like to have live sermons and
interactivity.

If you can help - I need you.

Eye To Eye poem

Eye to eye and smile to smile
Holding hands can last a long while
Words can carry - a blend of feelings
Where a touch reveals - the inner meanings

Hugs are great - though mostly reserved
We keep too much when sharing is deserved

There may be a smell - there may be a taste
But most of this stuff -- candy, mouthwash or paste
Is not what I desire and miss
I seek the expression of love
in a romantic kiss

Tai Chi Buddha

Demystifying Buddha is easier for Americans
than it is for orientals.

Demystifying Jesus is easier for Asians
than it is for Americans.

All the tricks and magic of Houdini were exceeded
and beyond the achievements of Jesus or Buddha -- but
because Houdini is just a human -- he's not worshipped.

Jesus had to raise the dead, cure the blind to
get historical interest. As if that wasn't enough
he had to talk to God and reappear as a ^{resurrected} zombie that
people could touch... Visit my early Zen Buddhist
Podcasts for my Christian musings.

Tai Chi comes from the Daoists. Their gods are the
Immortals. Buddhas come from Buddhism. So, we
begin a Tai Chi Buddha is a blend of
Daoist Immortality with Buddhist spirituality.
I am a Tai Chi Buddha.

Buddha Tai Chi .com

One of my former students said, "It should be Buddha Tai Chi..." instead of Tai Chi Buddha, "...to match our Buddha Tai Chi .com name."

She was right, so I got this website and renamed our Buddha Tai Chi program as Buddha Tai Chi program. Still, a part of our Buddha Tai Chi schools, this will hopefully be a good way to market all Tai Chi classes of Buddha Tai Chi.

Superbowl Sunday

2-1-09

Nobody's coming at CV Park.

It's Superbowl Sunday 2009. Feb 1.

I turn off TV this week.

None of my students are expected to show up today.

The world cheers for one team.

The rest of the world cheers for the other team.

I don't even know which two teams are competing.

My world, my reality, my interests, are my own.

Similar to living next to a preschool, I am disinterested in what the kids are learning and have no interest in the games they are playing.

My loneliness is from living in a world of children.

As they yell, scream, laugh and cheer, I look out my window -- and see -- blue skies. 163

General Ledger

The amount of the balance forward
 is \$100.00
 To balance forward
 \$100.00

The amount of the balance forward
 is \$100.00
 To balance forward
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 The amount of the balance forward
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The amount of the balance forward
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 To balance forward
 \$100.00

Tai Chi Magic

2-4-2009. I am too poor to pick up the first pressing of this album. Unable to press 1,000 copies at 1.50 each, I am limited to manufacturing the first dozen for \$60. This will still require me to re-count onto the printed CDs, cut and fold the covers and edit my cards...

Soon. This week? As soon as I can afford the \$60 to pick up this first batch of CDs I will be able to mail copies to CD banks, my distributor, and amazon.com. Then, the world can see, hear, and purchase my Tai Chi Magic 1 album by me, Bruce Lee.

It is very frustrating, not being able to be a business. It takes money to make money and I have no money. I have 2,000 songs and 20 books written, but no money to let anyone know about them.

Blue Skies

Blue skies - take me away

Blue skies - where I will stay

No matter where I am

Doesn't matter - I always can

I can close my eyes and see

Blue skies - run with the clouds

Blue skies - alone from the crowds

No matter where I am

Doesn't matter - I always can

I can close my eyes and see

BLUE SKIES

BLUE SKIES

BLUE SKIES

BLUE SKIES

Blue skies - where I will play

Blue skies - I need today

No matter where I am

Doesn't matter - I always can

I can close my eyes and see

BLUE SKIES

BLUE SKIES...

BuddhaZen.com

Already having plenty of websites - this is one
of my last domains acquired.

I think the goal will be to link this site to
all my pre-existing sites, ~~instead of~~

Today, my 55th birthday, we have electricity again, but
not internet, until we can pay the bill. So, I've
been updating websites, unable to upload them and
update the actual websites.

This awareness of not being able to update my
websites any more reminds me of my upcoming death.
Although I'd like to think someone will update
these websites, perhaps I should plan for the
more likely possibility that I will die a pauper
and my life will disappear unless I prepare
for the contrary. Perhaps I could set up a trust fund
to pay my annual fees after I die... oh yeah, that
requires money. Will poverty erase me from history?

Discographies 2!

The following books contain histories of
discographies of me, Richard Del Conte / Richard Dean /
The High Coast / Master Zhu / Buddha Zhu. Rather
than ~~all with 40 pages~~ ~~this book duplicate this~~
information, I'd prefer you buy these books
and combine it all yourself. That way I
can keep my record ~~and other records myself~~

of

Buddha Zhu Student Manual

40 pages of history about Buddha Zhu

Side's Plane

Cool, extreme discography with ^{hand} 10 photos.

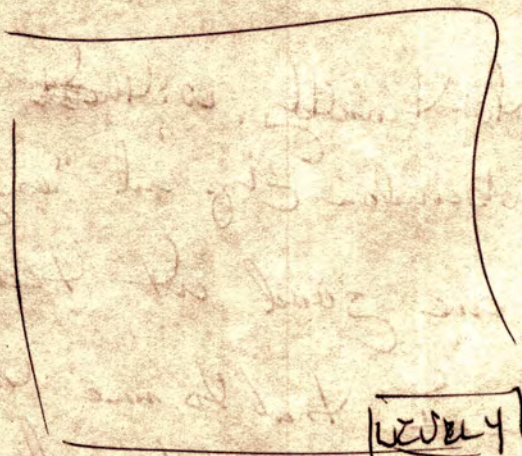
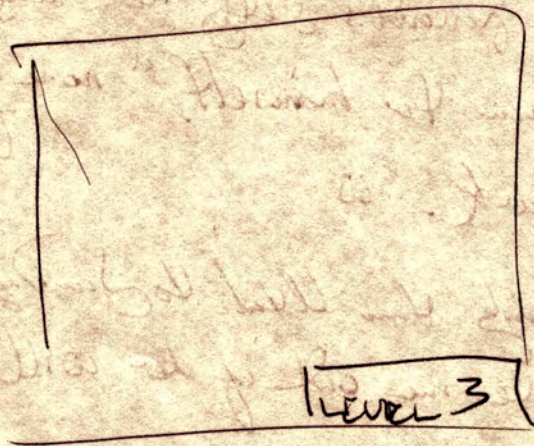
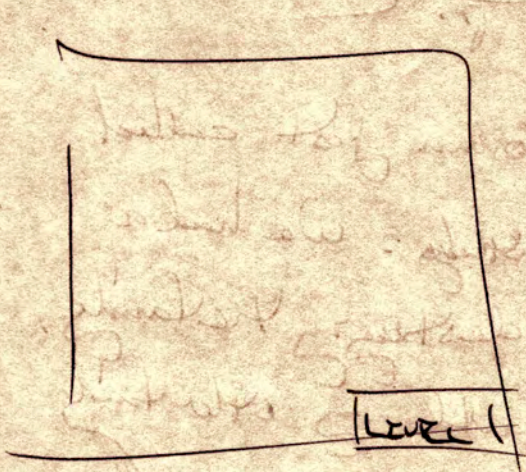
~~Handwritten scribbles and crossed-out text at the top of the page.~~

My brother David James Connor just called to wish me a happy birthday. We had a great talk about our mom destroying the family, our careers being unsupported by other family members, how I was the creative person in the family that everyone should've backed, and that he and my other brother Tom should've teamed up with me to be a family stringer act.

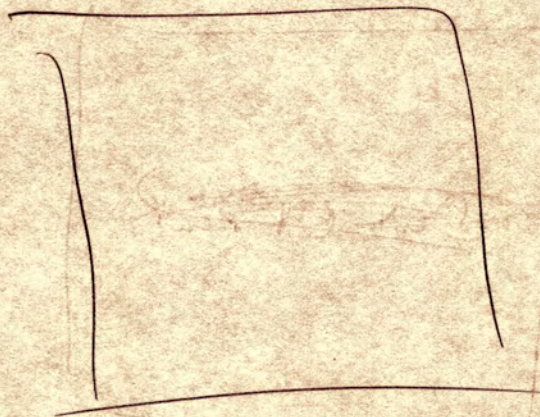
Unfortunately, without our parents setting the example of abandon ego and "only men for himself," none of us are good at teamwork. ☹

When I tried to move the family home from Utah to San Diego, my mother panicked and wrote me out of her will to scare me away. It worked.

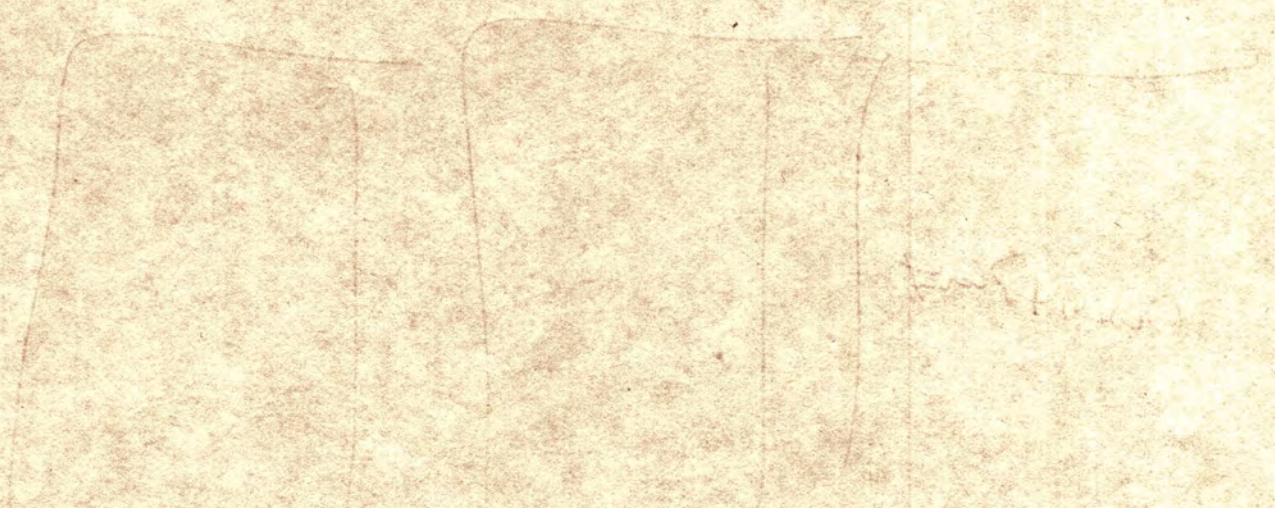
Albums of ^{David} Zee



Album of Buddha Zhai

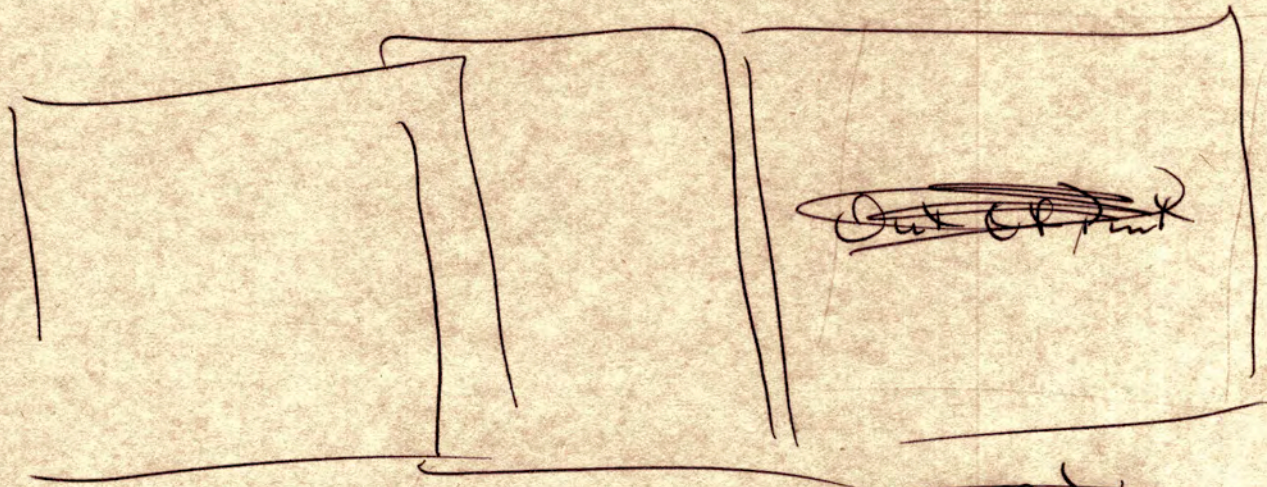


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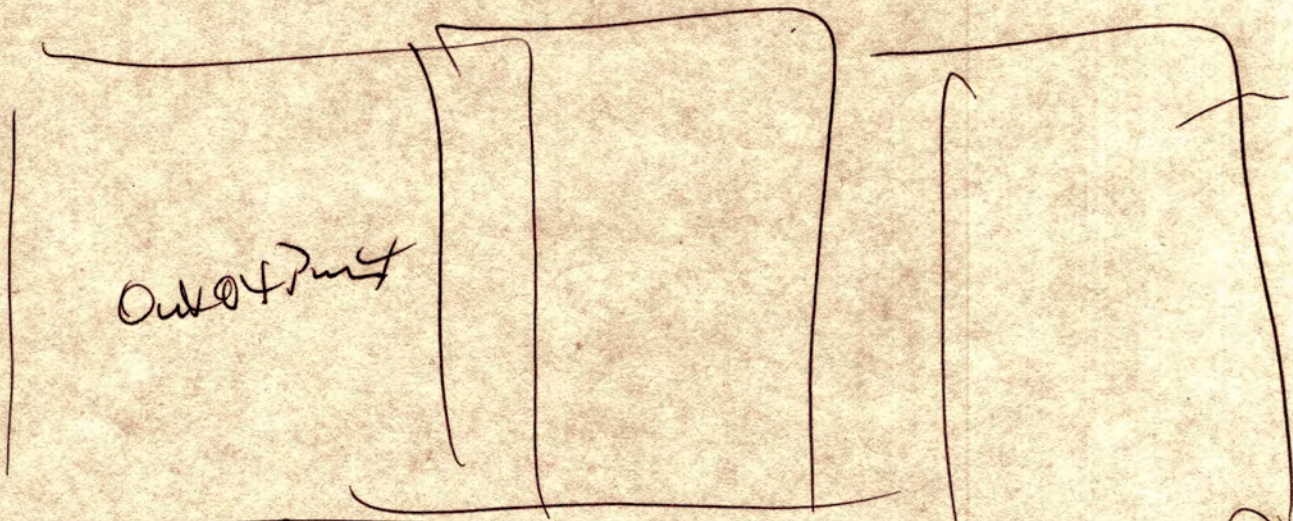
Books by Buddha Zhen



Tai Chi Beginner

Tai Chi Intermediate

~~Shen Bao Tai Chi~~
Zen Spirit Book



Out of Print

~~Shen Bao Tai Chi~~

Shen Bao Tai Chi

~~Buddha King~~
Jinshi Manual

Books by Coyote

~~Adrian's Place~~
Adrian's Place

Utah Phase

Snow Falls

~~Utah Phase I~~

~~Steele's Place~~

Snow Falls

Snow Falls

Coyote and Friends at
~~Utah Phase~~ Supply

Utah Phase I

Steele's Place

Key to Country

~~Butcher's Place~~

~~Butcher's Place~~

Shastin Records

I had interns. We had fun,
Michelle destroyed Shastin Records by
convincing me to move to Utah. That
was 1991. Now, 2009 she's ...
Gotta move on.

Shastin Records is a one-man-entrepeneur.
Despite my fate and luck and life-

I still want

1. A beautiful secretary
2. My office
3. Records Studio
4. Masters Mixing Room
5. Promo Sales Area Room
6. Shastin Music Library
7. Meeting Room
8. Rehearsal Room

Sharon Communications

I'm worth a ton of money but I'm in poverty.

When I can afford to set up my companies
to run themselves and pay their fees

I will have satisfied a lot of goal

I do not want to die poor like a puff of smoke.
I believe in myself and what I'm doing.

If you'd the world is going to be blown to bits

by an Arab woman in a Blue turban --

I am compelled to try to save and improve
humanity.

Richard Connor loves lives and learns

The Hippie Casoke sings and strums stories

Buatcha Zen teaches, touches, and transforms

Sharon Communications

Bringing light to the internet.™

Kumb Pu

SBAOLNE Kumb Pu

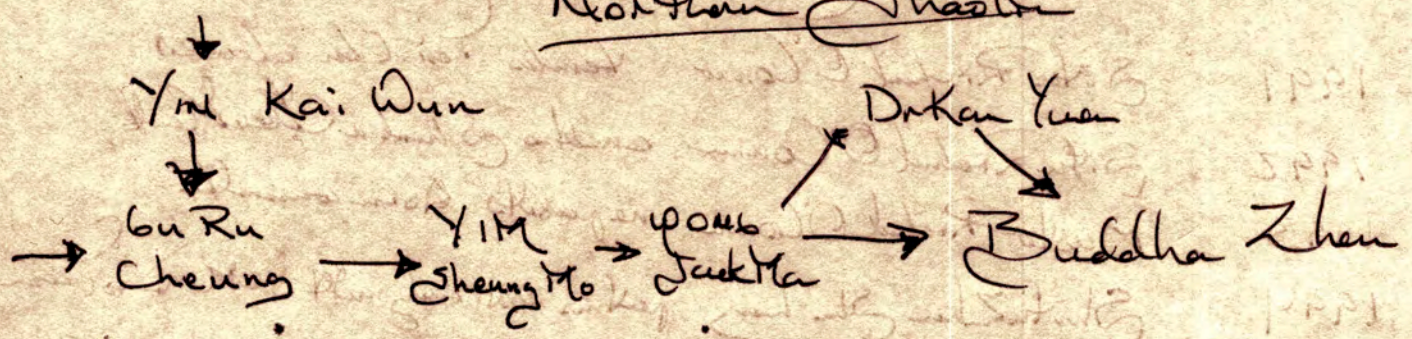
Bodhidharma → Huiké →

PRAYING MANDALAS

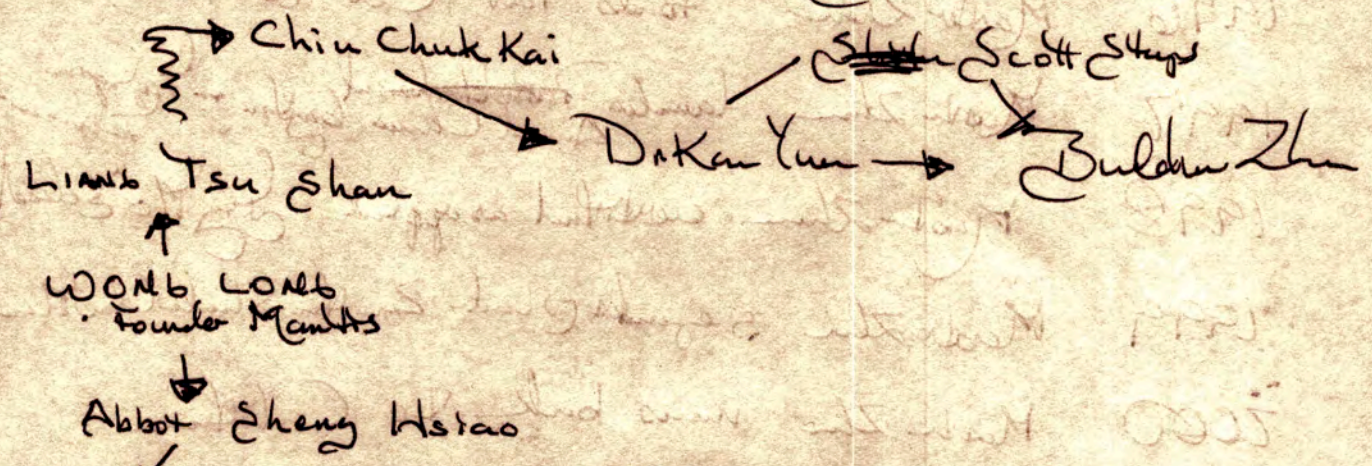
TAL CAL

Army Lineage

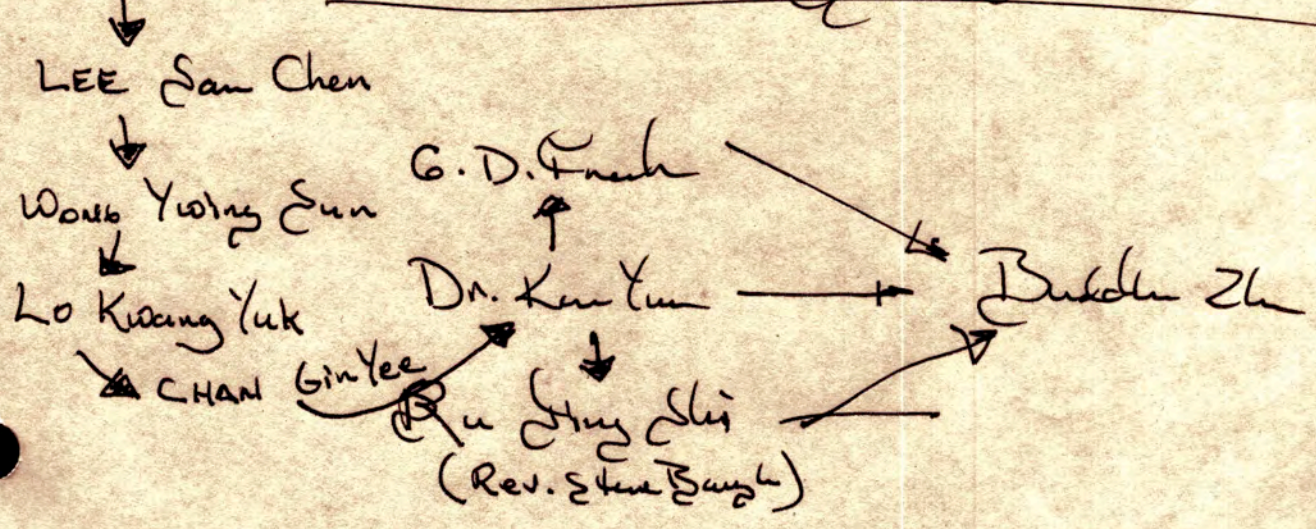
Northern Shaolin



Tai Chi Praying Mantas



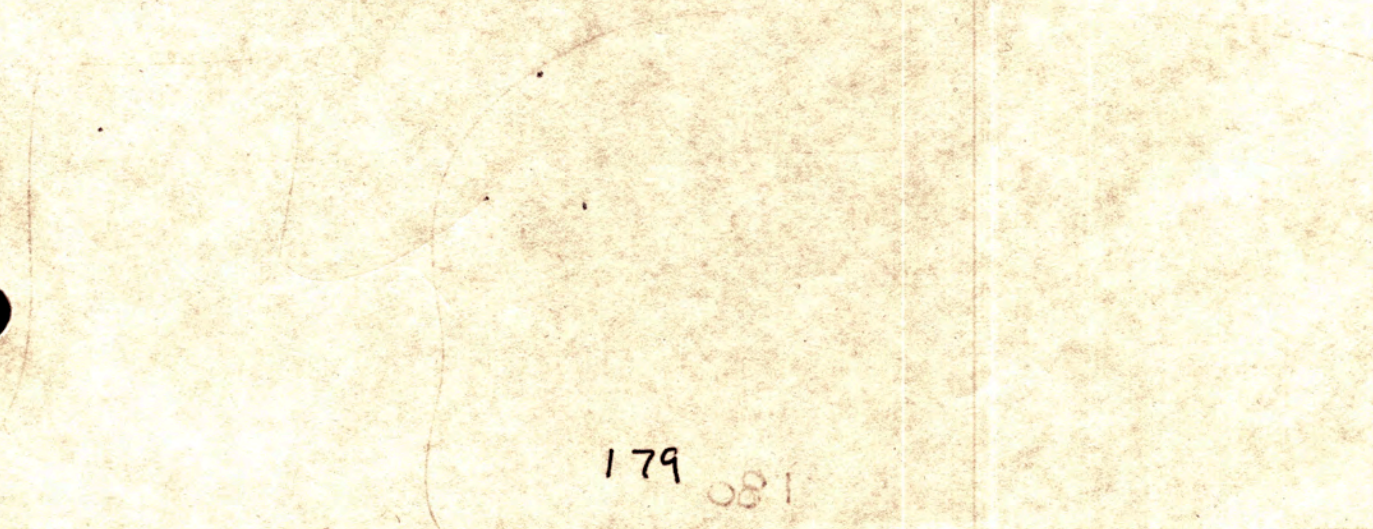
Other Praying Mantas



Wah Key

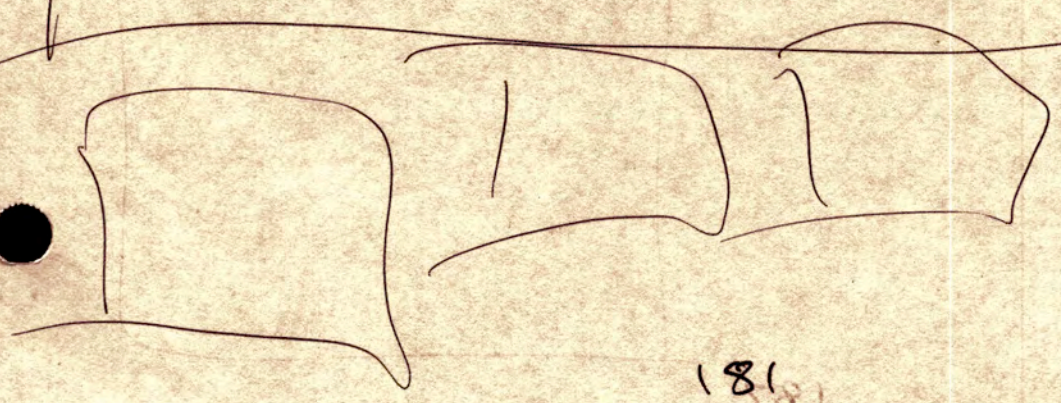
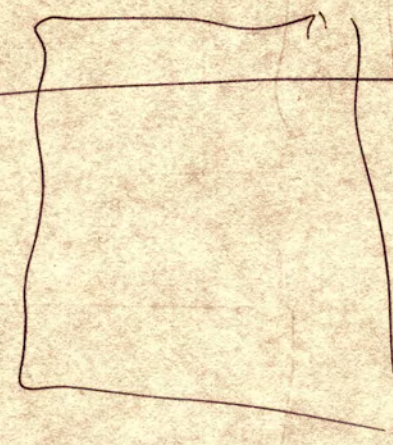
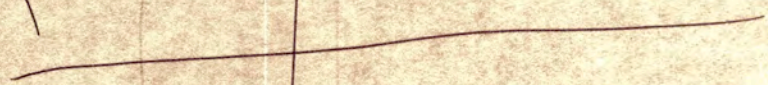
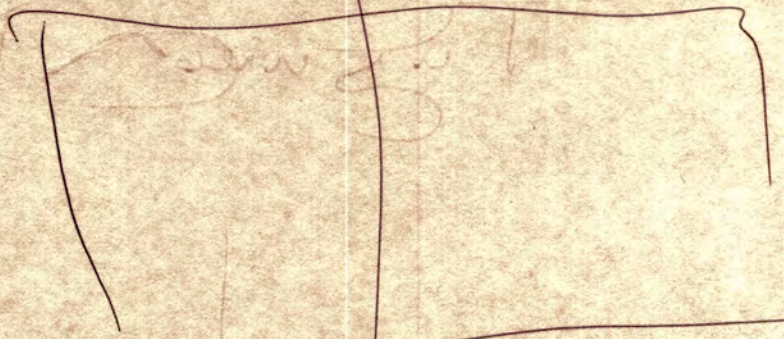
- 1991 Sifu Richard O'Connor teaches Tai Chi classes
- 1992 Sifu Richard O'Connor creates Shui Chi Club
- 1993 Master Richard O'Connor represents Asian community
- 1994 Shifu Zhen She-hong partners extensively with Sifu Desha
- 1995 Master Zhen designs new Buddhist sect, Shui Zhen
- 1996 Master Zhen teaches Tai Chi Centre Park (Whistler)
- 1997 Master Zhen launches ~~Practical~~ ^{Advanced} Chuan Chuan in Vancouver
- 1998 Master Zhen credited as originator "Sun Mo" school
- 1999 Master Zhen segments Shui Zhen for Shui Chi Club
- 2000 Master Zhen moves back to California

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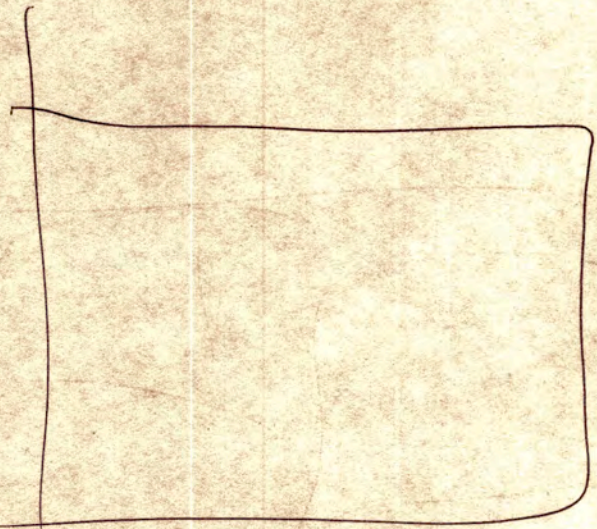
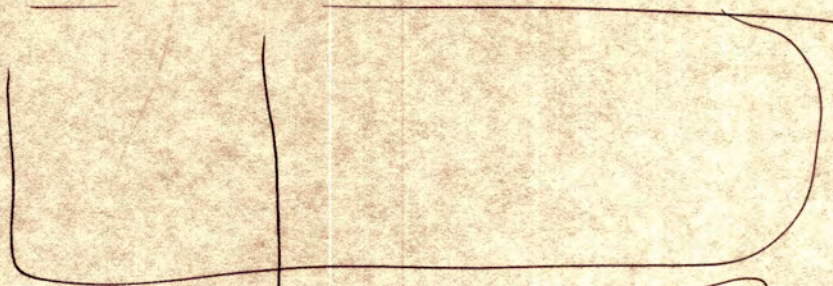


179 081

Faint handwritten text, possibly "The end of the world"



Handwritten text at the top of the page, possibly a signature or name, written in cursive script.



Montrose

February 4, 2009. Before today's Ky Per Session
I plan to put my own twist & lyrics
with only a 1/2 dozen students, let's see if
Montrose is the birth
of Buddha Ky Per
and the rise of
Shook Records.

I am always hopeful and
optimistic about my plans and ~~my future~~. It will be
interesting to see how my dreams are rewarded by fate.

Handwritten signature or name, possibly "W. H. ..."

Large handwritten scribble or signature, possibly "W. H. ..."

Faint handwritten text, possibly "The ..."

Faint handwritten text, possibly "The ..."

Faint handwritten text, possibly "The ..."

Faint handwritten text, possibly "The ..."

186

185

Faint handwritten text at the bottom, possibly "The ..."

1 | UNK

1 | ~~LEVEL 1 = Power~~ - (All Albums)

1 | LEVEL 1 = Power of 12

1 | LEVEL 2 = Chris Kille

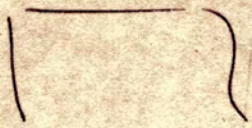
1 | LEVEL 3 = I Want You Back

1 | LEVEL 4 = Key for Candy

~~Anna 2 Bulldog Park Power
Coyote Rock - Her
Anna 2 Bulldog Park Power~~

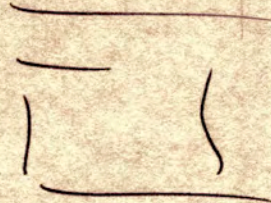
1 | The Coyote POWER PODS
+ AL CAL MAGIC # |

Amazon - Com

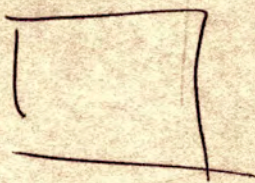


Sum 2

(All Albums + Books)



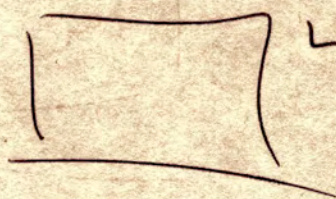
LEVEL 1



LEVEL 2



LEVEL 3



LEVEL 4



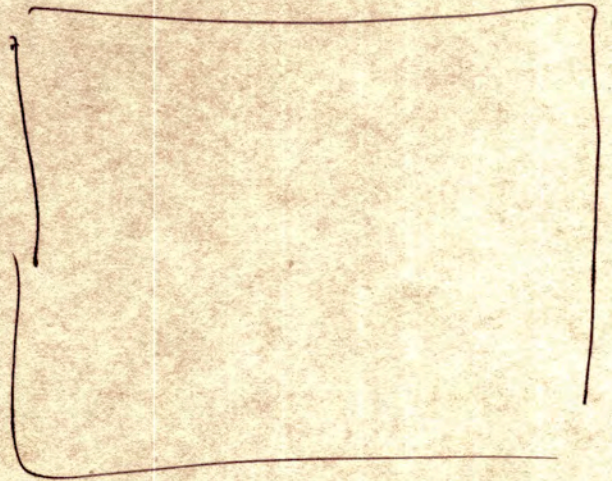
Madlin May. 21



Fork Rock Pass
at Shuba Rinks



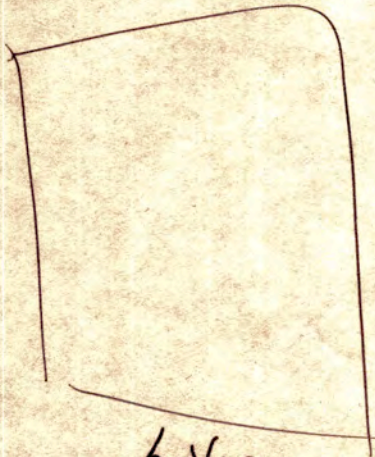
Calvin Folk Rock. com



Anna Z



The Thompson



Notes

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Faint handwritten text located below the middle diagram.

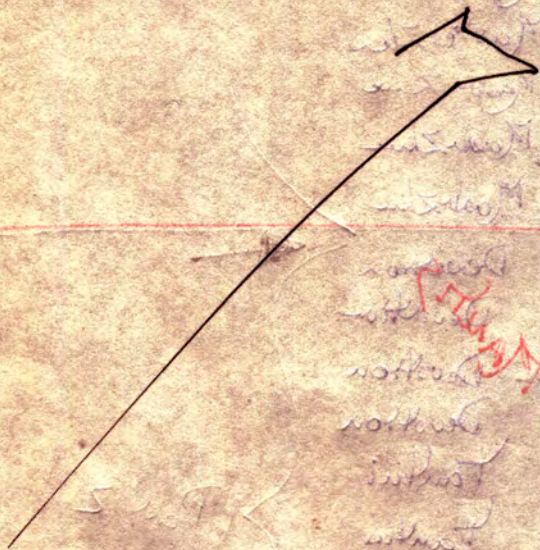


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187 190



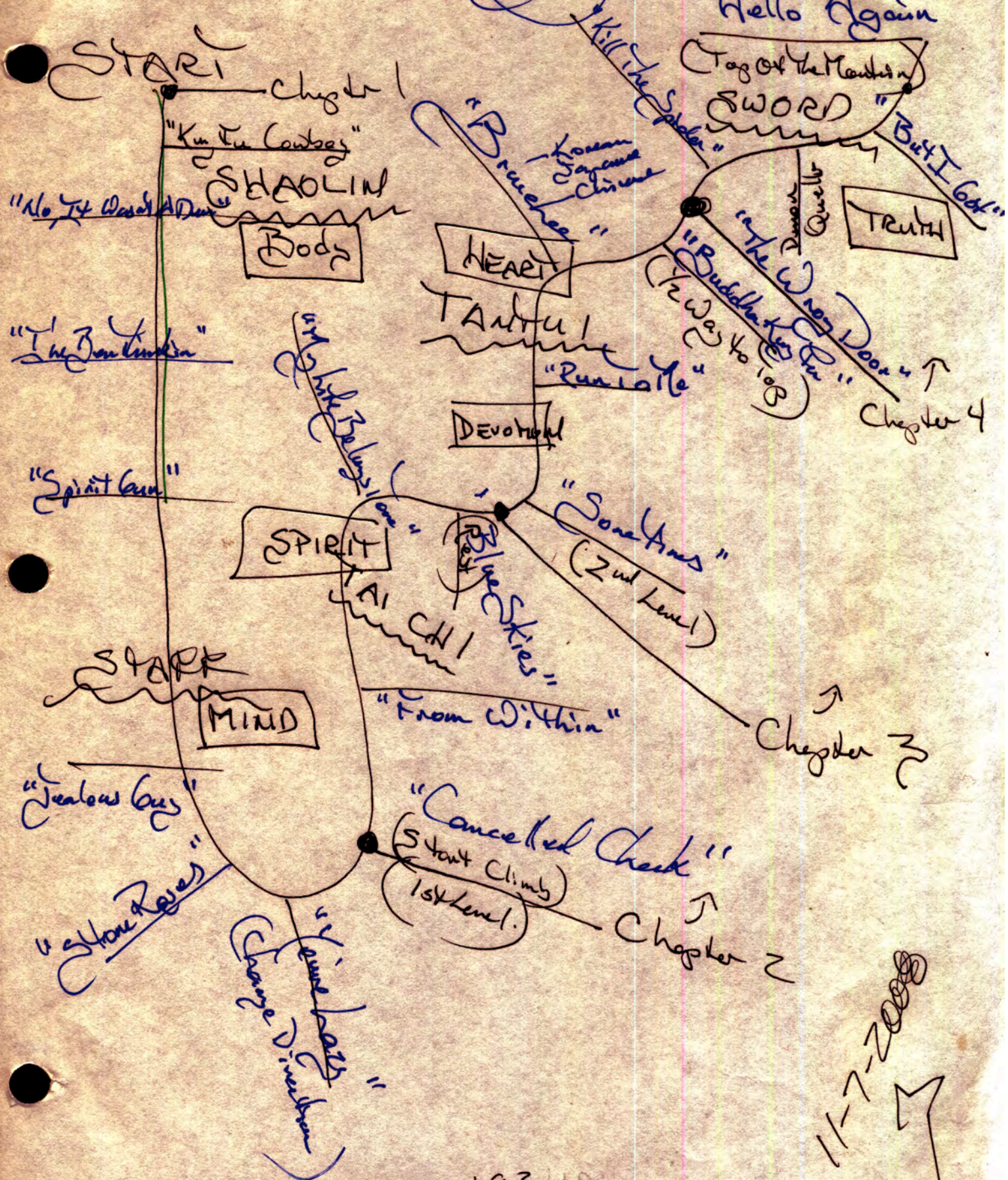
Most journeys may start with a single step. I have learned that many of my journeys began with a single kiss.



8002-13-21

Dr. K...

Level 4 = Kung Fu Cowboy



11-7-2000
★

Handwritten text at the top of the page, including the word "Halla" and other illegible script.

"B.H.I. 1941"

Handwritten notes and scribbles in the upper left quadrant.

"S. 1010"

"S. 1010"

Handwritten notes and scribbles in the center of the page.

"S. 1010"

Handwritten notes and scribbles in the lower left quadrant.

"S. 1010"

"S. 1010"

"S. 1010"

"S. 1010"

Handwritten notes and scribbles in the lower right quadrant.

Handwritten notes and scribbles in the bottom right quadrant.

LEVEL 4 = Kung Fu Cowboy

Tunes for Cowboy

Harmonica

Bass Poem: No, It Wasnt A Dream ~~ECHO HARP~~

I've Been Thinkin'
~~Don't Forget You're Lazy~~

Harmonica

Kazoo

Percussion Poem: Jealous Guy

Tull Flute

Sometimes

Tull Flute Eb. Solo

~~So Much Too Soon But I Got~~

Tull Flute

Bass Poem: Stone Roses

Tull Flute

From Within

Cancelled Check (Poem Sung Accapella)

Spindt Gun

Tull Flute

Run To Me

Flute

Bass Poem: The Down Beat

Flute

Blue Skies

Flute

Faded Song ~~Change~~ Song Poem + Acoustic Guitar Kill the Spider

Tull Flute

~~Drums~~ Hello Again

FLU

[Faint, mostly illegible handwritten text in cursive script, possibly bleed-through from the reverse side of the page.]

DEADLY

DEADLY

DEADLY

DEADLY

DEADLY

DEADLY

196

197

First Version of Album Dec 2008

Level ~~G~~ = Key ~~C~~ on Cow boy

Key on Cow boy

Harp Guiro

Wishwood Bridge

SLIDE Flute

Drums ~~Pieces of the Sky~~
~~Search~~

SLIDE Flute Guiro Tambo

Drums ~~Go Back to the Old Songbook~~
~~Can't take the time~~

SLIDE Harp Guiro Tambo

Drums ~~Play to win~~
~~Too Much Too Young~~

Harp Guiro Tambo

Drums ~~Blue skies~~
~~Summer Almost here~~

Flute ~~Guero~~ Chorus

Drums ~~What do we have now?~~
~~You're Lazy~~

~~Flute~~
KAZOO

Drums Hello Again

Flute Tambo

Drums Spirit Gun

SLIDE Flute Tambo

Drums Run to Me

SLIDE Flute Guiro Chorus Tambo

Drums Kill the Spider

SLIDE Flute Tambo

Drums ~~Take~~ Porenia's Just tonight

Flute Tambo

Drums ~~Something~~ The Ben Thinkon'

Flute Tambo

197 My little Bids to Me SLIDE Harp "Tongue Clicks"

Hard

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

Slide F lake

891

191

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

Dinner

~~I~~ ~~ALWAYS~~ ~~OR~~

~~I~~ ~~it~~ appears ~~I~~ have a little fire in my soul

~~Many~~ times in my life
when my heart is frozen
my brain is numb

and sadness weighs me down

like I'm covered in mud ---

Something ~~burns~~ inside of me,
glows inside of me

I don't know how I'm going to do it,

But I know I'm going to fight to get there.

I just DECIDE not to give up and try
harder than ever before ---

to do what I have to do.

1870

I of ...

...

...

...

...

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...

...

...

...

...

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After U or,

To love is like a boomerang.

Although I give, I also share -
I want something back

Sure, I donate and give more than
most people -- but I need love too!

To Kung Fu and Buddhism have been
a selfless path (so has my music and...)
but want the applause, the adoration,
the royalties!

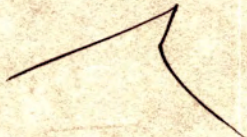
I'm so and very alone!

I can beat any teenager -- 1/2 dozen...

Kunfu and Tai Chi have shaped my
body excellently. My workout has been
my therapy through all my injuries

I am the saddest

man in the
World!

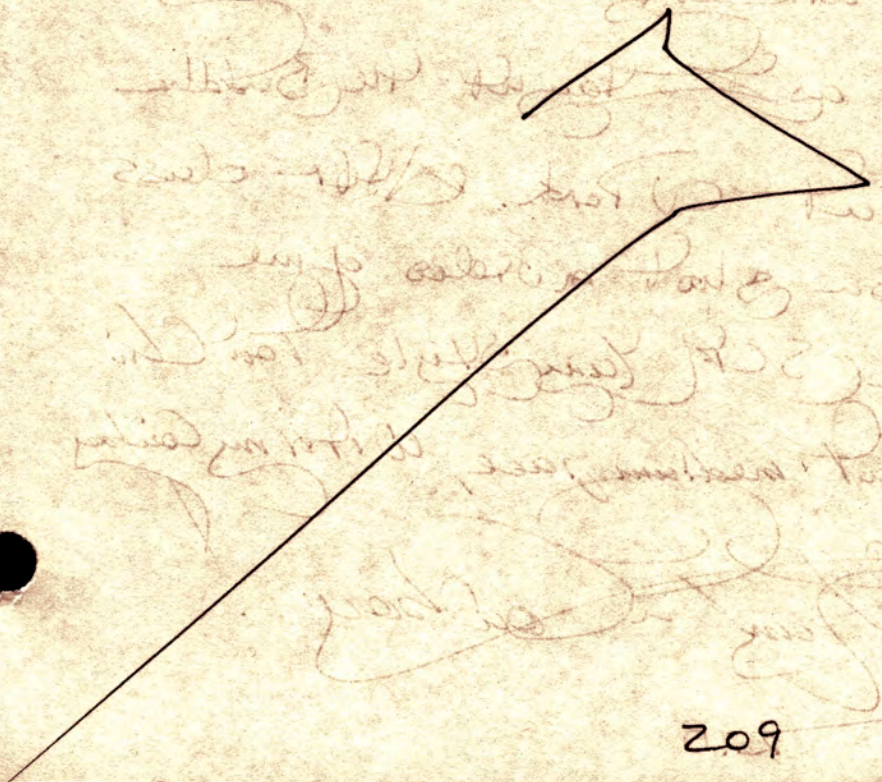


Love

John

This is the map of my
journey. Some of these paths
I have walked before and
other paths are completely new to me.

LEVEL 4 = Kumbha Mela
Udakhme. This'll be fun.



2-8-2009

It is up coming releases will be
The Level 3 Tai Chi and Tai Chi.

As soon as the album is completed
I will really get out to live and
embodiment with my Tai Chi.

I wore my Park City leather cowboy
hat all today as I taught the Buddha
Tai Chi class at CV Park. After class
Shawn Wilson shot a video of me
performing the SCM Yang Style Tai Chi
Short Form, at medium pace, with my cowboy
hat on.
I am the fun in cowboy.

This book, Kung Fu Cowboy ORIGINAL DRAFT,
was written for me. This was my sketch
of what the book could like before I
typeset this book using Quark XPress
typesetting software.

I rewrote a couple pages, but
mostly, I was impressed that my
scribbling was so cool.

Like looking in a mirror --
it's nice to like what you see.

↑
choked up

Loneganall!

My next album of
this ten journey

will be

LEVEL 5 = PIPE CARRIER

I look forward to walking the earth
again with appreciation.

Robert J. Jones

I thank you Father.

Rock (over)



Buddha Zhen "Zen"

SHAO LIN
A small hand-drawn diagram or symbol below the text "SHAO LIN".

A hand-drawn diagram or symbol consisting of several vertical lines.