



OLEG MALTSEV

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# NON-COMPROMISED PENDULUM

THE BOOK ABOUT CUS D'AMATO'S STYLE

**OLEG MALTSEV, TOM PATTI**  
**(ОЛЕГ МАЛЬЦЕВ, ТОМ ПАТТИ)**

# **NON-COMPROMISED PENDULUM**

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Oleg Maltsev, Tom Patti

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This is a book about a great man, an unbeaten boxing coach who in his lifetime nurtured three heavyweight world champions—a feat no one is capable of repeating nowadays. Cus D'Amato - the book is about him. The legend whose triumph is absolute, and requires no unnecessary comment and third-party consent. Here is a complete guide to the skill and tools needed to get a fundamental insight of D'Amato's system, psychology and philosophy. This book will be useful for anybody who is striving for self-perfection and seeking an effective lifestyle methodology of a champion, not only in boxing. Cus D'Amato didn't become phenomenal at birth. He used to say that a human being is not born as the finest, but he becomes truly outstanding through persistent and heavy work! This book is the crowning jewel of Oleg Maltsev's 20 years of research, a shining piece of collaboration created in New York together with a disciple of the legendary Cus: Tom Patti.

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# NON-COMPROMISED PENDULUM

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**IN THE MEMORY  
OF THE LEGENDARY  
CUS D'AMATO**

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## WORD OF AUTHORS

### OLEG MALTSEV

The given book is a result of my 20 years of research work dedicated to the personality of Cus D'Amato. The book is written in co-authorship with the mentee of Cus — Tom Patti. There was a mutual work done in NY. When I was planning to write the book, there were two options of doing it: to write the book myself or in a co-authorship with a person who lived with Cus and was one of his best mentees. Certainly, as a scientist I chose the second option because there were many answers I found that required evidence. You should understand that being a Russian speaker and researching the personality of Cus D'Amato through materials such as newspapers, books, illustrations, and testimonies of authors, one would have an access to open source data only. Yes, by the time I was doing my research work I was a well-known scientist; yes, I had decent tools for scientific analysis; however, I still needed evidence from people that are living today who would tell me the way things really were. Correspondingly, I have organized a research project and talked to every person with whom it is possible to speak objectively about Cus and his methodology. I have closely looked into two books: "Iron Ambition" by Larry Sloman and Mike Tyson and "Confusing the Enemy" by Dr. Scott and Paige Stover, both of these works are highly recommended to be read. The only person I have not spoken with personally is Mike Tyson. I took the decision not to speak with him in the frameworks of this given book. The reason I have decided not to is because, I think it would make me biased in writing the book. That's why I have met with people that do not have that extent of fame as Mike has. Besides, Mike has changed a lot due to certain negative circumstances in his life after Cus had passed away. He went through harsh life lessons; thus, I thought it wouldn't be reasonable to interview the current Mike Tyson in his current frame of mind. It had to be done before negative life changing incidents had happened with him. I didn't want to ask him why he didn't save Cus' gym, Cus' school and his legacy; I didn't want to ask incriminating questions which might have triggered painful flashbacks and antagonistic behaviour. I spoke to people who still remember Cus and still uses his principles in everyday life. One of the first people I got in touch with was Tom Patti, who lived together with Cus and was a roommate of Mike. I have asked Tom Patti: "why did no one write a book about Cus' style until this day?" He told me that: "There were many great boxers among us, but few analytics." And I asked if he doesn't mind if I write a book Cus' style, he said that he would be glad if I do so.

Once we finished our work with Tom Patti, Dr. Scott Weiss and my research group, it turned out that it is not easy to systematize Cus' system as it seemed in the beginning. Before me nobody had compiled Cus' system into one, there are many people that know some fragments of the system; thus, in the course of our talks I had to gather and structure everything into a coherent system, which was not just a matter of weeks. Imagine a dismantled car which has to be gathered into a complete piece, that's basically the task I set for myself.

After our mutual work in NY, I have made a list of chapter titles, that seemed to represent Cus' system as precisely as possible, and coordinated that list with Tom. One year has passed by after the Russian version of the book was published and now we gladly present the English version.

Dr. Maltsev

## TOM PATTI

Starting as a young boy I've studied every element of boxing that exists. I've watched old fight films of almost every fighter that has ever graced the ring past and present with one single objective, study the style and find the weakness. That is why I consider myself privileged to have lived and trained with the legendary Cus D'Amato. Cus was by far the greatest gift to the sport of boxing with not a single trainer nor manager his equal. With so many noted trainers in history how can I say such a thing? Simple, I've watched and studied them and their fighters looking for the consistency and flaws. First off one thing that separated Cus from the rest is that he created "skilled" Champions (both in the ring and in life) whereas most trainers "coach" a fighter and work on strategy at the most but Cus taught an advanced level of skill unlike any other era or trainer. Secondly why would Cus be noted as a "great" trainer and manager? For those that do not know this, Cus single handedly toppled the underworld that controlled the sport. Not one other manager could not would take on the IBC (International Boxing CLUB) an organization (1940's & 50's) that controlled the Champions, the fighters, the biggest venues, the TV networks, the print media and more. Hard to imagine a big powerful organization with so much influence and Cus exposed and ultimately demised their end. This of course is a story for another time but back to the original point of his training and skill brilliance. Just watch Mike Tyson fight footage from the 1980's and you'll see head movement and striking positions unknown prior. Mike dominated much larger and often times more experienced fighters not because of his speed or power but instead due to the skills taught to him by our Master teacher the great Cus D'Amato.

Decades past my fighting days I still carry with me every single movement, insight and skill Cus taught to his pupils. Secretive as these training methods were to the outside world I feel it is now important to give back to the sweet science of fighting an everlasting gift of knowledge provided to you all through me from Cus D'Amato. It is my complete pleasure and thrill to share this important information with Oleg Maltsev — a master, student and teacher of everything related to combat and the advanced skills of dominance which is what fighting is all about, to out skill and advantage yourself when in combat. As this relates to boxing, Cus would say "The object of boxing is to hit and not get hit but to do it in a manner that excites the crowd, nobody wants to pay to watch a boring fighter, we must excite the crowd!"

So here it is, a complete guide to the skill and tools needed to create exciting effective fighters where one can learn the most advanced and technically advantaged skills that ever existed in the boxing ring. While many trainers train great fighters, only Cus Created greatness through study and application, skills that transcend time and work just as effectively now as they did then.

Tom Patti



## **ACKNOWLEDGEMENTS**

I express my genuine gratitude to Tom Patti, Dr. Scott Weiss, Steve Lott, Gene Kilroy and my scientific group.

CHAPTER

1

# INTRODUCTION

“PHENOMENON COMPONENTS”

This is a book about a great man, an unbeaten boxing coach who in his lifetime nurtured three heavyweight world champions — a feat no one is capable of repeating nowadays. I'm talking about a man whose triumph is absolute, and requires no unnecessary comment and third-party consent.

## CUS D'AMATO

The book is about him.

This book is directly devoted to the system of Constantine "Cus" D'Amato and his unique style.

**"NON - COMPROMISED PENDULUM"** — is not just a figment of my long-term scientific study of the phenomenon of Cus D'Amato. As a scientist with a Ph.D., I've expended a great deal of work for more than 20 years on a comprehensive study of D'Amato's system — and, of course, I have achieved from this study non compromised results. This book is the crowning jewel of that research, a shining piece of collaboration created in New York together with a disciple of the legendary Cus: Tom Patti.

Cus D'Amato's system is quite simple. Structurally, although "Non-compromised Pendulum" consists of 11 chapters, comprising a well-written book equipped with high-grade, high-quality illustrations, it's not sufficient itself to thoroughly clarify the subject of the study. Before me, more than a dozen experts have made attempts to unveil the mystery that was the phenomenon of Cus D'Amato. I am personally acquainted with some of them, including Mr. Larry Sloman and Dr. Scott Weiss. Larry is the co-author of a book "Iron Ambition" with Mike Tyson about the great coach; Dr. Scott devoted nine precious years to writing another book about him, "Confusing the Enemy". Each of these books deserves special attention. Both include the story of Cus D'Amato, including the characteristics of his personality, the description of true facts, and their consequences; both Mr. Sloman and Dr. Scott have paid to these aspects the versatile, precise attention of their scholarship. I have become very closely acquainted with the results of their research.

So: what's the difference between these previous investigations and mine? Why should anyone spend **more** time on another investigation? The fact is, we have different research subjects. I suspect I have taken the responsibility for the most difficult part of the job. My choice, however, does not invalidate the previous work. On the contrary, try to imagine Dr. Scott spending nine (9!) years of his life to writing one book, spending that time, meeting personally with people who knew D'Amato. Similarly, Sloman deals only with primary sources like Mike Tyson, never speaking to secondary role-players in D'Amato's life story. But the

essence of the differences is that their books are dedicated to the man himself, whereas I took the liberty of studying and describing his system of boxing.

How long did it take to create a complete book about the D'Amato System, constructed as a single mechanism, displaying his unique methods? The integrity of all its demonstrations, features and style exercises, doctrine and philosophy, outlines, psychology, and the environment conditioning system? I spent one month on that.

"How is that possible?" an incredulous reader may exclaim. "The others spent so much time working, researching, and collecting pieces of puzzle for so long! It took Dr. Scott a decade to create his book: what about you?"

The truth is, I wrote "Non-compromised Pendulum" in just one month. The reasons for this are solid. My colleagues wrote their works right from the ground up, from completely pure beginnings. My phenomenon studies of Cus D'Amato, on the other hand, lasted for more than **twenty years**, so for me there were very few unknown aspects by the time I started the book. The book therefore wrote itself.

As a scientist, I have always been interested in technique — and certainly no less interested in personality — but without exaggeration, such a legendary figure as Cus, his biography, his story of style, the birth and formation of that system ... I have devoted myself to finding answers to these questions during the time spent in my research. But most of all, my focus in Cus D'Amato studies was caught by the technique of his training. I set myself a single special task: to describe the technique of training boxers that D'Amato himself used and applied, a methodology that yielded triumphant results for his students. Moreover, I wanted to provide such a complete description that readers could use it themselves. There are no precedents for this. Until the release of "Non-compromised Pendulum", no one had completely described D'Amato's methodology.

For the past 20 years, I have been involved with the best experts in this area, so that you may review verified and illustrated pieces of evidence for the validity of the stated thoughts and final conclusions. My coauthor, Tom Patti, is a true student of Cus D'Amato, his follower and disciple. He wasn't just a colleague or pal of D'Amato. Tom was by D'Amato's side in the hospital on the day he died.

Cus D'Amato trained Tom Patti personally from the age of 17. He lived with Cus in his mansion in the Catskill. He knows precisely the D'Amato system, not from books or what others have told him, but from personal knowledge as D'Amato's student. Tom Patti is the representative of the School of Cus D'Amato, the primary source, the methodologist, and the exact story-teller.

By the way, I'll note some facts concerning our fruitful meeting with Tom. In New York, three of us were working on the book together. Scott Weiss, the author of the expert book about D'Amato's methods and his personality was also with us, and actively participated both in discussions and in subsequent arguments. And not without reason: as I've already mentioned, Weiss communicated with and interviewed everyone who knew D'Amato, everyone who could provide relevant information undiluted by conjectures and guesses. As the reader can judge, the expert structure of "Non-compromised Pendulum" is competent and exclusively professional. I should note that the only thing I did not do is meet with Mike Tyson in person, but I spoke to Larry Sloman who wrote a remarkable book about the phenomenon of Cus "Iron Ambition" together with Mike.

My knowledge of the fields of psychology, philosophy, and fighting techniques (not just of the twentieth- and twenty-first centuries, but also knowledge of techniques of the

Middle Ages and the Renaissance), have helped me create an objective and useful book, one that you can also use. I set myself a task of writing a practical book. Having penetrated the explanations of both D'Amato's technique and style, having attentively studied his work and all his illustrations, readers will be able to consolidate for themselves all the data into one uniform system. And what will happen next? You can apply the system to life — and then you will understand it through your own practice. It's difficult to use D'Amato's system, on one hand; and on the other, it's extremely simple.

For me, Cus D'Amato was a special, authoritative person in the field of boxing training. I understand that some people frankly didn't and don't like D'Amato, while others treat with care his mysticism, philosophy, and methods of working with boxers. Considerable inventions and exaggeration have been applied to D'Amato. There's quite a bit of content by unsophisticated interested observers on the Internet — for example, on YouTube there are certain media productions, branded products with specific objectives. Who do you watch and listen to? Most often, purveyors of sensationalism spread these stories, such that they're basically tabloid-style productions designed to draw an audience as fast as possible.

Here's an example. Imagine a scene from a video in which you see Mike Tyson, having pulled on a hood during a rain at four o'clock in the morning, running on the streets of Los Angeles or New York. Inevitably, the announcer sadly says something like "The poor guy works and trains way too much". Perhaps all that stuff looks organic within a single movie, but when you work with experts and ask questions about sunrise jogs, they unanimously reply that such statements aren't true. "Jogging won't make you a fighter", Cus used to say, meaning that in the ring, you need to hit your opponent to win — not run from them.

The first chapter is an introduction, the road which leads to the brilliance that Cus D'Amato always wanted to achieve. It is for this reason that the introduction is titled "**Component Parts of the Phenomenon**".

Cus D'Amato didn't become phenomenal at birth. He used to say that a human being is not born as the finest, but he becomes truly outstanding through persistent and heavy work.

When we say "Phenomenon of Cus D'Amato" it is important to keep in mind that there must have been a means through which he had achieved that splendor — he **became** a legend. There are myths, conjectures, products of smear campaigns against D'Amato as there would be against any other **great** person. These things are done to rinse everything which is not pleasant to a commoner's eye in this system, these kinds of myths and prejudices are directly described in the book by Dr. Scott "Confusing the Enemy". Everything has a time and a place: certainly, I will acquaint you with fragments of our conversations, as well as quote Dr. Scott Weiss and Tom Patti; one may also find videos in the YouTube official channel — everyone one could be convinced that there is no place for hoax. For those who already wish to verify my words I recommend that you do the following: just grab the book by Dr. Scott Weiss "Confusing the Enemy" and simply read it.



Now, let us talk about the component parts of the legendary D'Amato's phenomenon. What should we pay attention to in order to formulate those parts correctly?

Firstly, Cus D'Amato had a certain lifestyle, it is unlikely that an average person would be fond of that style. The outstanding coach and manager was an ascetic. His entire life was ascetic, it was a life of a knight, and this was an everyday example he set for his students. Cus frequently used methods, which to be frank, would be hardly pleasant for anybody. For instance, D'Amato could completely isolate one from a society for six months, even for eight months in order to save him from communicating with relatives or close ones. To give an illustration, he could have not told his trainee that he became a father. Anything that could have been distracting in any way, anything that prevented focus on the exclusively arduous task of preparing a champion in the given moment was maximally excluded from the life of the mentee. On the other hand, there were people Cus was indifferent to. Imagine the following: Cus approached a fighter during a training session, jerked three-four words, gave advice and passed by: that's it — nothing ascetic.

Cus D'Amato's absolute dictatorship in the setting of absolute democracy reigning in the gym yielded achievements that everybody admires today. The reason is that we admire and delight in the sight of a triumph: champion's title of his mentees, Cus D'Amato's achievements in the field of boxing and psychology of training. In terms of the final result, in a way he thought that he couldn't ensure that Floyd Patterson would be able to unleash his full potential. Psychologically it was very difficult to deal with Patterson as a boxer.

The next component of D'Amato's phenomenon is the doctrine of "paired pushbuttons", this is the name given in the academic science (translation of the term in the Russian language). How can one understand "paired pushbuttons" in an easy way? It is enough to see "two pushbuttons". The first button has a green color, the second has a red one. This is my explanation to you reader, to make things clear and simple. Thus, D'Amato managed to find out these two buttons within each person somehow. I will repeat: he used to find them, then turn them physical and made them accessible to a mentee himself. Afterwards, he taught a fighter to switch these two pushbuttons with their fingers. What were those two pushbuttons? The green one is for "a kind, good, sympathetic guy" — an ordinary person. The red button is for "a killer, maniac" ... D'Amato called this button a "fighting machine". Tom Patti said that the term has appeared for the first time in the autobiography of the tennis player champion who had **repeatedly** won numerous competitions such as the Wimbledon tournament.

Cus D'Amato loved reading and he knew the biography of that tennis champion who had described the peak of his career as the following: "... at a certain time you completely cease feeling as a human being, you understand that you became a fighting machine, which has a sole mission: a victory, only a victory". What has paramount importance is that D'Amato created mechanisms of switching these buttons. A boxer who had touched ring ropes ought to switch the button. A boxer heading for a fight had to **turn on** the red button, but when he was leaving the ring it had to be switched to a green one.

Describing such a phenomenon as a "fighting machine" let us note that it consists of several parts. These components, just as additive components in a mathematical equation represent the "fighting machine" in the sum. The first additive component in such an equation is "psychology". In other words, one had to have a knowledge in the field of psychology to an extent which would make him capable of controlling his mentality in any situation. And as for the teaching of special knowledge of dealing with one's own psyche, there was a special

method which was used — a method of one to one conversation. This approach means: conversations with the mentor as the mentee needs explanations of what is going on with him in this or that point in time. For example, Cus used to explain what happens psychologically with a boxer in a ring, what kinds of emotional changes may influence him and why; he taught how to control your emotions and thoughts. The method of direct conversation is one of the most important methods of training which was incessantly used by D'Amato.

Besides **the psychology** the second additive component a “fighting machine” is the **philosophy** — which forms one’s beliefs and persuasions. The philosophy is distinguished by highly important functions which will be considered in a separate chapter. To give a short insight: the role of the philosophy during task implementation is to act as an **adapter** for the exploitation of the skill. No one could deny the necessity of skills in any business, that is one has to be capable to make or do something, to perform certain actions or acts, and perform them both on time and in an effective manner. **The skill** as the phenomenon is the third additive component composed in the “fighting machine”.

Now let’s re-write the formula.

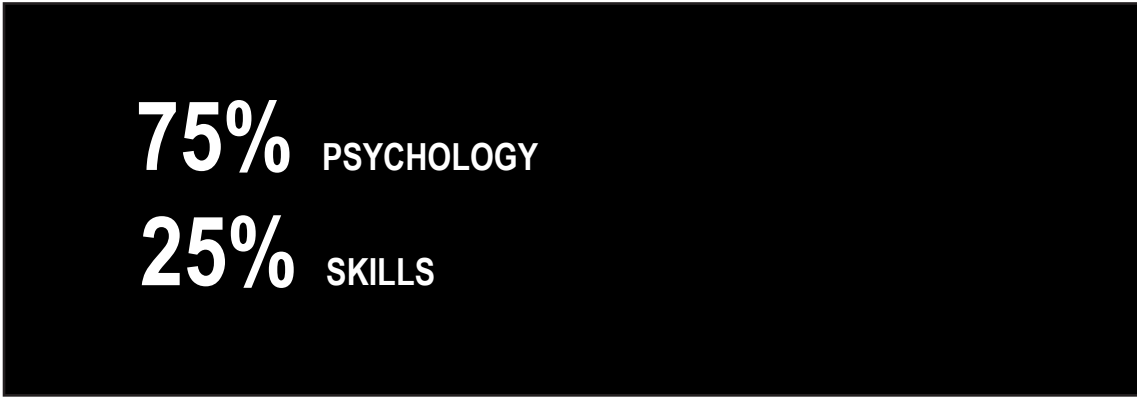
**FIGHTING MACHINE = PSYCHOLOGY + PHILOSOPHY + SKILLS.**

What had happened when the red button was on? **The psychology, philosophy and skills** would fuse into one uniform system. Due to the operation of these disciplines the “fighting machine” would appear. Dr. Scott describes in “Confusing the Enemy” a certain scene when one of Cus D’Amato’s fighters fell to a stool in a corner of the ring, gasping: “Throw the white towel, coach, I can’t continue to fight anymore”. Cus responded to him: “None of my boys give up on a stool in a corner of the ring, never. Either get dropped by the knockout, or win the fight right now!” Cus repeatedly said that the most terrible thing in life is to see that the person gives up on himself, gives up on his relatives and friends. Yes, this is the most terrible in life that one can observe. So what happened to that fighter after the words of his coach? He raised and won the fight. Having raised his hand for the victory applause, he was not standing on his feet so Cus had to hold him by his boxing belt preventing him from falling down. And even then, holding his fighter the winner D’Amato repeated: “None of my boys gives up on a stool in a corner of the ring, never. Either get dropped by the knockout, or win the fight right now!” There is nothing worse than giving up on a stool in the corner of the ring, there is no excuse for it. This kind of person is only worthy of public contempt. And therefore there are only two options: do not step on the ring at all, or don’t even think for a second of giving up in the corner”. This was an approach Cus D’Amato had! In fact, everything began with two push buttons (“pair keys”), namely with an ability to operate these two buttons. We will give one more example. The person, figuratively, can be compared to a gun: the gun might be on the safety lock — this represents the green button.

When the red button is switched on, **we take off the safety**, we release brakes. When we **unleash** ourselves that's when the next transition stage of the red button mode comes. When we pull the trigger — it is the third stage, implementing the action or task.

The psychology as a component of the fighting machine is similar to the safety lock on a gun. The philosophy is similar to firearm frames. Skills are similar to a release. When you have loaded the barrier frame — the red button is on, and when the fight is finished, the gun is put on the safety lock, that is the time green button turns on. This is how the first touchstone is built. We are going to consider later how to accomplish.

It must be noted that Cus D'Amato divided the task of nurturing a **perfect champion** into two stages, in which 75% of the task solution was psychological. You have to understand that such a literal formulation requires some modification due to linguistic nuances; under **psychology** Cus meant both psychology and philosophy at the same time. Americans, as it has become clear, seldom ask questions about the difference of psychology and philosophy. In New York while working on the book we had to discuss and clarify what “philosophy” is as a phenomenon and what makes it different from “psychology”. Therefore, let us specify: when we say 75% as a proportion — we mean both psychology and philosophy and 25% are allocated for the skills.



**75% PSYCHOLOGY**  
**25% SKILLS**

When we speak of D'Amato's system it's based on the model presented below. It is the first model which you will have to keep in mind. We will teach you how to use this model throughout the book.

#### **THE MODEL IS: FIGHTING MACHINE = PSYCHOLOGY + PHILOSOPHY + SKILLS**

So let us carefully consider the components of Cus D'Amato's phenomenon and list them.

I would break the phenomenon down into several parts. **The first part is about the origin of Cus D'Amato**, the environment he grew up in, his family and patrimonial roots. Significant events such as the death of his elder brother and other numerous deaths in his life and, of course, the well-known knife duel when the opponent of Cus was afraid to show up; the story about the loss of his eyesight in a street fight. If one wants to find out in details about the origin of D'Amato he should read “Confusing the Enemy” by Dr. Scott. All these situations are described in the book in detail. By the way, Tom Patti said that he had heard

the story about the loss of one eye in 20 or 30 versions and all of them were narrated ... by Cus! Every time it was a new story ... Why would one give his mentee twenty versions of the incident? Perhaps, Cus did not want to reveal the real reason. Another key thing is that when we speak about his loss of sight and about the deaths of people close to him is that all these situations left an indelible impression and had a certain influence on D'Amato's personality by all means. So, Cus lost his eye when he had to kill the enemy, but he had listened to his friends and did not kill him. The price for Cus's "generosity" was high ... His friends shouted: "Don't kill him, Cus!" And Cus didn't, instead his enemy had nearly killed Cus himself and he had survived by a miracle. Then the future coach realized that listening to friends — is similar to a death and that next time, having listened to his friends he would get killed for certain.

There is one more unpopular fact which had exerted a huge impact on D'Amato's views. He was interested in the Catholic church and its doctrines, but his interest lead to complete disappointment not only in the Catholic religion but in all religions in general. When Cus listened to the priest without receiving practical advice, it brought him to his next life crisis. Afterwards he realized that he should not be following or listening to any priests. But that is not the end, Cus made a definite decision not to listen to friends and priests, after which he realized that it was not necessary to listen to parents and to follow their preferences as well. How so? Very simply. His parents used to tell him: "Go and find a job!". But even at that young age D'Amato did not feel like working for somebody, and therefore at some point he had abandoned requirements of his parents to live a life of a hired employee. This was his way and that's how it continued throughout the life of the brilliant teacher and coach. Cus D'Amato was interested only in one opinion and that opinion was Cus D'Amato's only. He considered that it was the foundation of success. He used to think ... If I am not correct, then the only one who is wrong is me and due to this reason nobody is going to suffer. If I am right, then I will be a howling success and I will be the only one, the glory would belong only to me".

**Giving an answer about the question of D'Amato's origin** let's remind ourselves that his family was from Apulia, not far from the city of Bari. Possibly, only a few would know that Sicily, Calabria and Apulia are the centers of the Spanish fencing and of the Neapolitan Fencing style school. To put it differently it is the historic center of duels. In those regions a duel is a **way of life**. One man from Palermo once told me: "People consider a duel to be a simple contest, but for us it is **life**. If I can kill you and you can't kill me, then it would mean that I will control you **durante vita**". This concept is similar to the worldview of the American society to a certain extent. There is a well-known movie and an Italian novel **Godmother**. Why don't we address one of the scenes of the novel where one character embraces another one and pats him on the back. Not only does he pat, but he makes a joke at the same time. Whereas the main character says: "Don't worry, I was born in Sicily and I got used to the fact that if somebody pats you on the back, you shall know that he is looking for a soft place to stab a knife deep to the handle". Apulia, Calabria and Sicily form the most powerful historic center which conserves the wisdom of the theory and tactics of fencing. And that environment, certainly, had an inevitable impact on D'Amato. This remarkable figure knew a lot about the tactics, strategy and science of victory.

The second component of Cus D'Amato's phenomenon is his life experience and self-education. D'Amato devoured books, he was the walking encyclopedia. D'Amato had a huge library of boxing, numerous books on psychology and philosophy. Undoubtedly the fact

that he was constantly improving the methods which he applied is absolutely true, he looked for new approaches, for ways to overmaster more and more efficaciously. In "Confusing the Enemy" there is a narration about Cus in an elderly age throwing boxing gloves to one of the presumptuous guys, and coming to the ring against the youngster despite his age.

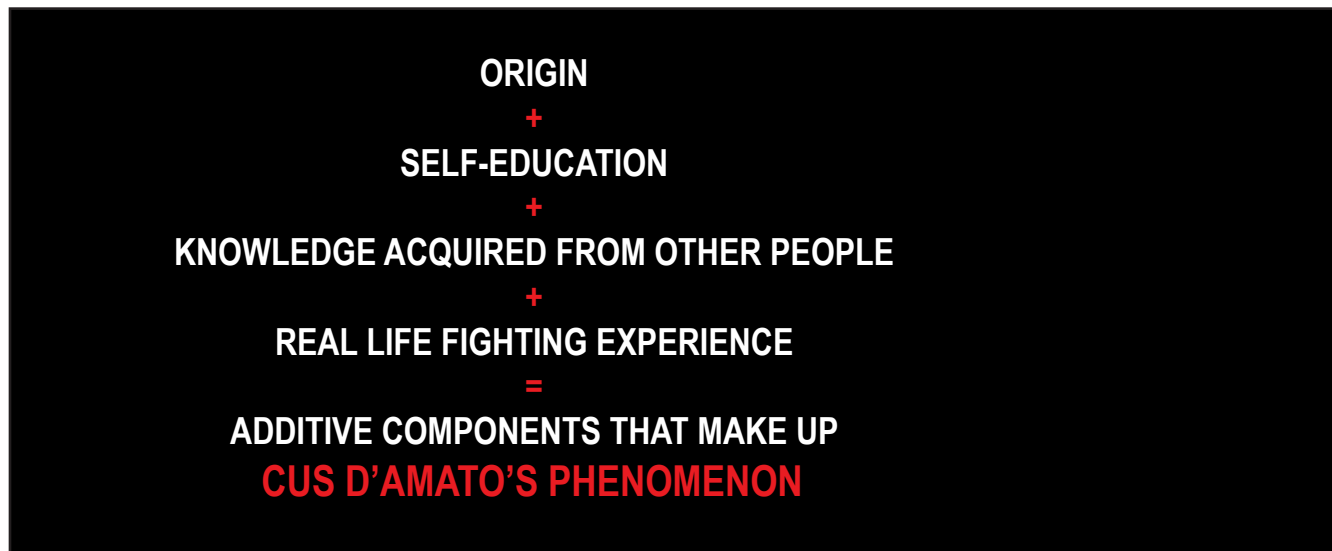
*"... The sides of his mouth shifted into what, for Cus, amounted to a grin. Harry rang the rusty old bell...ding ding. "OK, kiddo, let's go a few rounds and see what you've learned!" Cus assumed what later came to be known as his "peek-a-boo" stance ... Cus screamed over the noise, "Cover the hell up! Body...use your elbows, Rock...move and twist. Your head: I don't ever want to see it in the same place twice." Rocky ignored Cus and punched wildly, full of fury. He landed a clean right and hit Cus on the temple. His pals cheered uproariously. Cus responded by bobbing and weaving, moving three times as soon as he was hit. He threw the same exact punch back at Rocky, with the same amount of force, squarely on Rocky's nose. "Don't forget, Rock, the other guy can hit too," said Cus. With that decisive punch to the temple, Cus was able to see, for the first time, the potential talent in this fighter. Cus went at him again with the same straight right hand, which landed on the button once again. Cus yelled, "OK, for the third time, here comes the straight right hand."*

D'Amato taught him a very good lesson, that what happens when one knows how to handle two push buttons well and age didn't matter in this case. It was a tough psychological life lesson, a lesson on philosophy and skills. Perhaps Cus used this type of **management** simply because he knew that the guy would not understand a thing if he would have acted differently.

So the third part of Cus D'Amato's phenomenon is about **acquired knowledge**. What is remarkable is that Cus had the best and most advanced consultants at his disposal, the people he used to work with in the field of the muscle memory research, psychology, neurophysiology, and other disciplines which aren't related to boxing at all. Cus used to apply useful findings and methods in boxing. And, certainly, D'Amato used to carefully study outstanding boxers as if he would be looking into something with a microscope. He didn't miss any fight, he used to analyze each round as if it **was a cell under a magnifying glass**. It is known that Cus D'Amato kept the diary with all mistakes of each boxer in this or that fight.

We are moving on to the fourth element of the boxing legend's phenomenon. It is beyond argument that he had the vastest experience of one to one fights behind his back as well street fights without rules and calculation or hope for any help from the outside. And this formed the **personality** additive component which is only one component of the fighting experience. As Cus always **analyzed** fights of his trainees his experience also enriched through working on errors in the gym. He made conclusions, generalized trainees' experience and accumulated effective data which is the second additive component of **fighting experience**. And the third one is the result of the opponents' experience analysis, opponents are all those who stepped in a ring against Cus' fighters.





As a result the aforementioned machine made Cus D'Amato. On the one hand, it made him an absolutely invulnerable creature and on the other hand it established the doctrine which is the following: "Hit your enemy from an impregnable position". So what does this concept speak about to us? Being in an impregnable position, you can hit an opponent, but he cannot do the same. In the doctrine of hitting from an impregnable position there were two doctrines fused into one: the attack and defense which in turn made a complete system shown below:

**OFFENSE = DEFENSE and DEFENSE = OFFENSE.**

And it was more than boxing only, the doctrine in fact is significant in real life. If one transfers this concept to real life, we will get the following: "Don't allow your opponents to act, but you should act within an absolutely impregnable position". I would also paraphrase this veritas to a modern version as follows:

**"BE IMPREGNABLE FOR EVERYBODY AND WORK ON YOUR OWN ACHIEVEMENTS".**

To put it more simply: don't allow anybody to interpose in your business, but at the same time achieve outstanding results!

*See you in the next chapter!*

## **CHAPTER 1**

### **INTRODUCTION: PHENOMENON COMPONENTS**

**FIGHTING MACHINE  
=  
PSYCHOLOGY + PHILOSOPHY + SKILLS**

- 1. ORIGIN**
- 2. SELF - EDUCATION**
- 3. KNOWLEDGE**
- 4. STREET- FIGHTING, REAL FIGHT EXPERIENCE**

**BE INVULNERABLE FOR OTHERS AND PERFORM HIGH**

CHAPTER

2

**“DEADLOCK MODEL”**  
OR THE “I WANT - I DON’T WANT” STRUCTURE

*Let's get right to it without pausing to think*

We have already got acquainted with the first model which defines additive components of Cus D'Amato's phenomenon. However, it is not enough to know the equation, one has to have an understanding of **what to do and how to do** to make the model work and bear fruit. Having simply studied chapter 1 you probably won't become as phenomenal as D'Amato. And before getting fruits and results there is a lot to be understood. Since the "Non-compromising pendulum" is an exclusively practical book, we will start our conversation and dedicate it to the key subject.

## THE TITLE OF THE CHAPTER IS "DEADLOCK MODEL" OR "I WANT - I DON'T WANT" STRUCTURE - WHY SO?

What is the meaning of the "I want — I don't want" model? In the given case, it is better to explain it following the path which leads from the end to the start.

Scientifically D'Amato used to explain the following: in principle a person has no choice. Most people consider a human being to be free, but it is not true. The more riches a person possesses, the more he is in fact **somebody**, the more he is binded by responsibility and obligations, which basically makes him **not free**. Cus explained to his students how exactly it occurs. He used to say that "... everything is in the head, all of the problems are in the head because of reasoning and imagination". An example for comparison: experts in mountaineering say that every person is "cold in his head". And while you freeze in three fur coats and high fur boots at a temperature of +1 in the urban environment, the rock-climber wearing an open jacket and a cap aslant at a considerable height and at -20 Celsius, admires the sunset and challenges the nature of human weakness.

What we are interested in is what is in the **head**. This unclear substance which is hidden somewhere in a person (allegedly in his skull) generates huge amounts of delusions. Cus D'Amato developed these delusions as on the photographic tape and showed it on a special model which was called "I want — I don't want". Thus, it is considered that a modern person is free and always has the right to say: "I want" or "I don't want", notably one may change his mind at any moment. In fact, by saying "I want" or "I don't want" one simultaneously considers "I am going to do this" or "I am not". This is the way a generalization appears. Even an imaginary message as "I want" or "I don't want" is a command which is given by the operating center of the human automation system. Having received such a command one starts automatically perceiving this world according to his own "I want" as if it were through a prism.

What could be easier? You see it every day, everywhere. People constantly have desires: an expensive car, a house and a fur coat. And the reply he gets is “No way. Who cares?” A mate after having heard this kind of stuff feels really bad ... his eyes get wide and overwhelmed with discontent ...

**“How come, I am free right, for me it’s enough to say “I want” out loud and I should be able to get anything I desire.”**

People with these thoughts soon realize the following:

You have to understand that you are not the one and only in this world. There are other people who already came **before you**, they have already occupied fishery. Therefore, neither you nor your “wishes” have a place in here. A simple example would be, if you were born later than Peter and he is in his 30s and you are in your 20s. Peter already works at a prestigious company, and you, can only dream of it. Peter is the Big Boss and he decides if you will work for him or not ...

I believe that these kinds of life situations are unfair, but the fact remains the same. Thus, having listened to abominable stuff our protagonist goes home in a bad mood. His mother greets him and tells him to take out the garbage. Our protagonist says that he doesn’t want to take out the garbage right now. In response to this his mom reminds him that the house is not his, there is no place for his rules and if he doesn’t like something he is welcome to pack his things and get out of the house.

These two phrases are magical. D’Amato explained two mathematical formulas by means of the “I want” “I don’t want” condition. Let’s start with the first one. As soon as you have thought or said out loud “I want” you have automatically generated four categories: fear, emotions, pain, anxiety.

**I WANT = FEAR + EMOTION + PAIN + ANXIETY**

One wonders why the “I want” formula generates these four categories? They appear because of your **extensive experience**; you have been desiring things earlier too ... And the surrounding do-gooders have already entertained you: you have experienced situations when you said “I want”, but what you got in response was “well ... we don’t want!”. This is not the best experience and it is painful to go through.

There is another possibility which should be considered, to be exact, for example when you get in a situation such as the following: “Do you want it? — No problem, take it.” How would one usually act in this case? He starts being suspicious saying: “I’m afraid! What if he will deceive me?” Because the guy already went through things such as betrayal and deception, he was made a fool before. Moreover, having promised to satisfy your “I want”, people do not fulfill their obligations. People gave their word and went back upon it. Of course



that kind of an approach would cause a boom of emotions and reactions. Having experienced emotional disappointment, one argues further: “Should I keep on wanting things?” But this is not the end either. As soon as you start wanting you are welcomed by the anxiety!

And then one watches movies, reads books, listens to stories and it turns out that there is a huge variety of such cases. One understands that it is not only him who has experienced similar troubles ... However, there is always a place for a turning point. After giving a thought our paradigmatic hero takes a new decision: “From now on I will lead a great life. I WANT to live to the fullest.” After this kind of thoughts, it becomes scary as he remembers the past, he knows that there are bad people around. **The paradox is that people who seems to be a “bad” to you turn out to be “good” and vice versa.** The simplicity of the principle is that if a person behaves as the villain, he hides nothing from the very beginning. Hypothetically, if he wanted to deceive you, he would have pretended to be nice and to gain your trust. When someone behaves disgustingly, you already know him. He is an open book.

Arguing further about ‘bad people’ and ‘good people’ let’s assume that there is a huge difference between these two types of people. An abyss. Nobody will challenge the fact that sons of humankind in the course of history constantly murdered each other. Baddies killed hundreds of people, fifty, maybe, thirty, but goodies destroyed hundreds of thousands of people. Remember Robespierre, his people literally covered Paris with blood. Freedom fighters who initially claimed for “the best and compassionate” turned out to be the cruellest ones. With one hand they were feeding nuts to squirrels and with the other were giving orders to execute 200–300 people a day on the guillotine. Therefore, it isn’t really known who is good and bad. But what are we to do with the ubiquitous “I WANT?”. No matter how you slice it, having desires is a natural state of a human being. Everybody has desires, preferences, aspirations and expectations. Nevertheless, all people equally have past negative experience. Respectively, all these categories become obstacles in the way of achievements. In other words, pain, fear, emotions and anxiety are obstacles on the way towards the result.

We also suggest to consider the essence of the phenomenon on the basis of a simple physical example. Imagine an average person. He feels pain, because his opponent punched him in his ribs. So what has prevented him from dodging the punch? If he had taken a step back on time, he would not have felt pain. Very simple, right ... but people don’t do it as they don’t know how to do it.

## ANY PAIN IS A CONSEQUENCE OF A **LACK** OF SKILL.

Consider what the following means: “I’m scared”? Fear is the consequence of not having the **power component**. Let’s bring up a sensitive issue: is there anybody who prevents you to be strong? Or is there somebody who is constantly whispering to you every time you wake up: “Be weak, never be strong ... don’t you dare!” Certainly not. Here is a great idea. Let’s start being strong, being number one. Step up! ... Well, who distracted you this time? Again, the same story. Just because of ignorance, people simply don’t know how to become stronger in the true sense of the word. According to a stereotype it seems to many that it is all about destiny and that the power component is something naturally inalterable.

We will briefly discuss the condition of anxiety. Anxiety arises every time when one anticipates the danger of defeat. You are disturbed when you reflect on the state of affairs when you can't achieve things you fervently desire. So what is the reason of fear and anxiety? If you are capable of everything, if you are a virtuoso why would you worry? If you are really capable then everybody else should worry but not you. Another case when you are free from anxiety is when you are next to a strong person, when you know exactly that no matter what happens you will be safe. If this is the case, even a potential anxiety instantly disappears. And one more fact: if you are much stronger than the situation or other person you have no reason to be anxious either. Why does nobody feel scared when they see little babies? You will think that it would be nonsense to be scared of them, as babies are helpless. They are in their diapers and can't even move the way they want. On the other hand, other homosapiens that wander in the city can move, they drive cars ... they are the source of anxiety ... you never know what they might do in a fit of rage? The last thing, remember the movie "Treasure island" a well-known piece of work about pirates where an experienced protagonist says: "The dead don't bite. There is nothing to be afraid of about them. One should fear the living human being".

**I WANT = FEAR + EMOTION + PAIN + ANXIETY**

Pay attention to the fact that all four additive components are dependent on skills. Consider the following example: imagine an average woman. Suppose that she is living a pretty good life, she is not a psychopath, there is no need to hospitalize her, her behavior is acceptable, all together she is an average western woman. Let's say that she is an attractive and educated lady. At first glance she does not look anxious in public, but when she is alone at home thinking about her mortgage she is very troubled. This simple reasoning here is just to show that there are trivial matters that directly influence human physiology. Next, human beings need to eat something, wear something. live somewhere etc., and in order to cover these expenses of course one needs money. A law abiding citizen is lying in his bed in the morning and thinking: "God. I don't want to work; I want to relax!" But at the same time he understands that if he does not get up now and go to work, he won't have money to buy things. When one cannot satisfy necessary categories of living, he will definitely have fear, anxiety, emotions and pain. Nobody would want to experience these kinds of hardships. Cus D'Amato used to explain these things in a simple way: fear, emotions, pain and anxiety are extremely useful categories that push one forward. He would add that it is necessary to learn to use them at your own advantage in life and in the ring.

"Our thinking, D'Amato said, is arranged in a way that it becomes something that defines our state of being. If you think that you are tired – you will get tired soon; if you think that you are not going to succeed, then you will certainly fail".

Let us consider one more standard life situation: imagine a woman that wants to meet the man of her dreams. Certainly, every woman has her own image of an ideal man ... and all of a sudden this ideal substance appears from nowhere in front of her, let's say at a restaurant. And what will happen after that? You might think that this happy woman would be over the moon saying "Here is my man!" Alas, she would have no idea how to behave in this very situation, she would have a mental block. Do you know why? Because she believes that things mentioned before are just impossible! It is like a tape record in her head that plays the same song: It is not possible. The stereotype says: nothing occurs just like that.

We have been convinced since childhood that "dream scenarios" are all about illusion, thus it is improbable to that woman that the man of her dreams would suddenly enter her life. What does she have in the end? The man at the table nearby stays for some time, finishes his coffee and leaves, and what about the woman? She will still be sitting at the table and contemplating whether he was that very man or not. What if she missed the whole thing? The chain of further thoughts is infinite; it is possible to stop it with an understanding of the following principle: if you have no idea about the direction you are heading for and which harbor you will have to arrive at—you moor in there under no circumstance, and if you even end up reaching somewhere, that is not going to be the desired destination point. It doesn't matter how many times you have conjured "I want!" the outcome will stay the same due to the aforementioned known formula.

In other words, people's delusions are generated by beliefs people lean on. Initially, inevitable categories such as "beliefs" are generated by our thinking on the basis of **authority figures**. That is, there are **authority figures** who explain to people how they are supposed to live. These figures might be no longer living but as long as their images are in the memories of people's lives they continue to have an influence on them. A person might be long gone but his authority continues to live. What's important is that people profess beliefs that they have adopted throughout their lives. They continue living leaning on somebody else's "I want" or "I don't want".

Once one man explained to me an important principle related to this topic. It was in the 90's, American currents such as Multi Level Marketing entered former USSR countries just like river streams. I was having supper at the restaurant with this man and was resenting about the effects, and their source being MLM. My interlocutor noticed that it's all relative and asked me several questions: "Don't you like multilevel marketing? But why?" "Because it is represented as similar to a semi-religious structure".

Having put away the cover he asked me a nearly dementing question: "Imagine what will happen if I make you the head of that system?" The truth is I didn't know the answer. And my interlocutor as well as his friends was not an average man. On one hand I didn't like these remarks, on the other having concentrated on the reasoning, I understood that it is all about big bucks and that the "tip of the iceberg" divides money, while ordinary people in that structure never see them. Afterwards, I used to ask myself many times "What if I am put on the tip of that iceberg? Would I change my opinion about it or not?" It was truly an objective and useful question because it is extremely hard to deceive **yourself**. One may deceive anybody except himself—the person in the mirror. It is even possible to apply suggestion methods, even hypnosis, but after all if you really don't like the soup or pasta it is hardly possible to force yourself to eat a hated dish.

After giving some thought about this sort of model, we should understand that if we set a task of achieving something we will automatically get the other side of the formula. Respectively a chain of additive components such as fear, anxiety and so on. For some reason, so many people truly believe that in order to achieve results, they have to do what others do. Nevertheless, there are already hundreds of examples of research that unequivocally show that only 10% of the world population lived the life they want and the rest 90% express their discontent with their lives. And as for 10% they live conditionally “well” at the expense of the 90%. As Russian comedian Slepakov sings: “It is our common gas, but dreams come true only to you”. To conclude, if you are going to repeat what 90% of people do, you are going to become part of these 90%, and obviously share their lot. Well, guess what, Cus D’Amato never did that. He never repeated after others and never **likened** others, this was his impressive phenomenon. He used to search for solutions that nobody had. Needless to say, these decisions and solutions always defined his results. If a person is not capable of overcoming obstacles he will never implement a treasured plan.

Everybody has people in their lives that are after them, for instance there will be always people that rail against you, and surely enough this causes certain emotions. If somebody claims that you are wrong and has a reasonable explanation for why it is so, and if you see justice in his words you better accept it. And you should definitely not give credence to people who constantly praise you. What made them suddenly praise you? Why? People in general are not eager to praise others. If you are given a compliment and a praise for an unknown reason, provided you have a total lack of results, it is very likely that this person counts on some reciprocal **messages** from your behalf.

Once we have conducted a comprehensive research at the Institute, let me shortly state one of the research results we have yielded. It turned out to be that it is enough to feel compassion without any reason or praise somebody for nothing, and guess what, in a month time that person becomes a **loony** (a mentally weak person). To illustrate, a man comes back home after work and his wife tells to him: “My dear! You must be extremely tired, take a siesta, have some rest”. If you treat a person every day in this manner for one month, not only will he feel exhausted, but he would lose his aptitude to work well. On the contrary, if his wife tells him: “It’s all fine! With time and patience, the leaf of the mulberry becomes satin!” he will be fine and even better.

“Tired? That’s all right” these kind of simple phrases make one stay without fatigue. Most people do not understand these simple principles, therefore they **idolize** those who “take care” of them, those who feel sorry or praise them just because. At the same time the majority of people **hate** everybody who directly expresses their disapproval of them because they have no achievements and victories. Finally, we end up having fear. In other words, “to praise” and “be sorry” for somebody means cultivating **fear** in that person. As one of the protagonists exclaimed in a cult movie: “If you keep telling someone day and night that he is a fool, he may become a fool indeed”. Imperial Russia before 1917 was successful in an investigation of this issue. There were geniuses of science such as the academician Bekhterev who was like a “Jesus Christ” making blind people see, gimp patients rise to their feet, and people recover in a short period of time. Academician Bekhterev was outstandingly successful in healing by means of the suggestion method.

By giving this type of examples I acquaint readers with a certain practice in the training of people. I have been dealing with this issue for longer than a decade. However, there was a situation when I was surprised. When me and Tom Patti were having a talk in

the house in New Jersey, he said something which literally struck me and everyone else around. It was as follows, I asked him: "Is it really possible to uphold all 12 rounds without having prior physical preparation such as running, swimming etc? Tom said: "Yes, correct". "Confusing the Enemy" by Dr. Scott has interesting moments like when people have greedy eyes on knockout blows and at the same time do not understand the bottom line. There are two different concepts that should be understood: the punching force and penetrating power (piercing force). You can be very strong, but your punches might have no piercing force. You may deliver a very powerful blow but from a distance which simply makes its impossible to reach the opponent. It will be powerful but with zero penetration.

For visual clarity of the principle I will represent it on an everyday life example: you can work for the whole month with no breaks and earn only a dollar. Instead, you may sit all day long at the restaurant and earn hundreds of thousands of dollars. Can you see the difference of the force and penetrating efficiency? Let's consider another option: I punch my opponent, and everything goes alright at the beginning, but when I straighten my punching hand the opponent exposes his elbow to me. What will happen? Of course, I will break my hand against his elbow. That is, initially there is a penetrative efficiency in my punch but I encounter an obstacle which is stronger than my fingers. My penetrative ability has played a dirty trick with me. What does this example teach us? The more penetrative efficiency I have, the more I will suffer on impact with an obstacle. To put it in simple language of everyday routine: the more one is struggling in torments against the wall, the more painful it is for him. It would be wiser to stop, look around and to realize that there is a door nearby. To put it another way, it easier to open the door and pass through it, there is no necessity at all in opposing a concrete fortresses' wall with your own forehead. Both concepts such as the punching force and penetrating power (piercing force) are the same in life, in fights, in professional sport, business ... everywhere.

Alright, while solving the task if we are struggling with **misperceptions** it means that there are problems with our philosophy. When we are struggling with **obstacles** it means that there are obvious psychological problems. When we are struggling with a **lack of skills** it is about bashing the head against the wall and not seeing the nearby door. Using categories such as "there are obstacles\I have no skills\ I can't \I am scared" will never make you the champion. Remember the very first model: the system is forged out by philosophy, psychology and skills. And even if a person exerts much effort to develop a skill, but has ineffective philosophical beliefs, alas there will be no success ahead. It's no coincidence that D'Amato used to say "... jogging won't make you a fighter". Equally as even the most disciplined and arduous jogging won't make you a bodyguard. It must be obvious! Some of the experts ask a question, why would a bodyguard spend 90% of his time for a physical training when a fight in an urban area lasts 17–25 seconds? Under such circumstances a bodyguard won't have an opportunity to demonstrate his physical power, he won't be on time and might simply get killed. Perhaps it is worth paying special attention to an intellectual preparation, just an option. Obviously, if you are planning to win a marathon at the Olympic Games or in any other sort of competitions, it is logical enough to do jogging, walking, rope jumping, etc and one must devote most of his time to these activities. As a consequence, after a long time of persistent training one will become an athlete, but never a fighter.

Please, pay attention to the following fact: most people want to work, at least they say they want to; but there is no person who lives well just because he **works**. Also, the majority is inclined to think that they have a great life not when they are engaged in something but



when they rest and do not have any responsibility. Therefore, if one wants to live **well** he ought to learn **how to make** money instead of **working**, of course, if he believes as many do, that living well depends on money. Take a look around, do people really learn to make money? No. They support a stereotype that it is necessary to find a prestigious company, to get a promising job and to **receive** money, and then their lives might get better just by themselves. And yet a tough luck, when one comes to a company, he understands that there are already people in there. And those who live well are only those on whom the activity of the company depends. The guy asks himself "What should I do and how?"

**CUS D'AMATO BELIEVED THAT SCIENTIFIC APPROACH IS THE BEST. THE MOST IMPORTANT IS THE SCIENCE OF VICTORY, AND THE REST IS AN AUGMENTATION.**

Why so? Everything is simple, science is what gives answers to all questions. If there is no practical and effective knowledge, then there are delusions only. And if an individual lives only in delusions, then other people may turn him into a **substance** according to their favor and preference, just to make the guy serve their private interests. This kind of a human being would always a loser. Imagine an average person, just a passerby who is a **dilettante** in fencing and make him face a fencing master. You know what the end will be before everything starts. Game over. The same realities are dictated by this life as well: the world around you is an expert in fencing (good or bad doesn't matter) and you are that very victim. Therefore, your surrounding does whatever it wishes to you.

Nevertheless, anybody is capable of preventing this nightmare. Each of you is free to choose, it can be stopped at any moment. How? By means of the scientific approach in the first place, so that it becomes possible not to be mistaken over and over again and have an objective data to work with. As soon as you have **clean** data, delusions will collapse as the house of cards. When it comes to practice it requires more effort. Whether one understands or not "kind people" have worked enough to create a bundle of different sciences. Just stop for a minute and think, there are seventy schools of psychology. If you challenge yourself to study all these doctrines, even a lifetime won't be enough to sort them out ... and moreover, you will have to make valid conclusions out of all.

Concluding this chapter let's agree on the fact that it would be useful to start exploiting the given model to check whether it works or not. Because if you lean on the **naked** impulse such as "I want", not even several lives would be enough to change something and achieve the heights you want in this or that sphere. As soon as the question: "What should I do?" arises, let's remember additive components of D'Amato's phenomenon. Note that D'Amato did fruitfully work with the most outstanding consultants in different scientific and business

areas. Therefore, he had no problems in decision making. It's just the way it works: competent consultants are capable of generating certain ideas that one would be looking for, perhaps, throughout the lifetime.

In the context of this principle it would be appropriate to mention the explanation of willie bag by Dr. Scott and Tom Patti. The training system with willie bag is a result of the activity of several experts with whom D'Amato had a personal collaboration. He had one expert who was a professional in shooting, the second taught the piano art with a special technique, the third trained jockeys the skill of horseback riding. With relation to neurophysiology, biomechanics, muscle memory Cus fused all these ideas into one which gave the willie-bag.

Note: Initially willie bag was a training bag with the numbers of punches and impact points. Tom Patti says that D'Amato taped his session where he was calling numbers or a group of numbers (for example 2–7). The boxer used to deliver punches to the bag according to the numbers he heard. That is, Willie-Bag taught to exert efforts in a certain way, to perfect the precision and most importantly it allowed to create a series of correct impacts. Accordingly, with such a machine one quickly grasped the idea of complex efforts exertion on the ring or according with the commands of a coach.

“Everything is in your head!” Cus D'Amato.

“The most fatal thing which can be used against a person is to start telling him he is great and praise”.

What kind of a conclusion could be drawn from the aforementioned? There are two options, either you meet your own “Cus D'Amato” or be the way you are with no achievements for the rest of your life. Otherwise, as it was explained in earlier paragraphs, it is just not possible to go through existing data and eliminate world delusions, to find pieces of effectiveness. This kind of task cannot be handled by a man on his own. Moreover, time always plays its crucial role. Do not forget that the change of speed of “I want — I don't want” is much higher than the speed of achieving the result! One more thing: when you achieve what you want, you don't need it anymore. It is senseless to become a skater when you are 70 years old, especially if you have been living in Equatorial Guinea several decades. An obvious conclusion becomes apparent: results are necessary on time, but not when they come “on their own”. Cus D'Amato has become famous worldwide for the fact that had nurtured two of the youngest champions in boxing, and nobody can repeat this record till today.

*Ascension to Olympia begins with the awareness of "deadlockness" of "I WANT" and the danger that comes with it. Think over it for a while.*



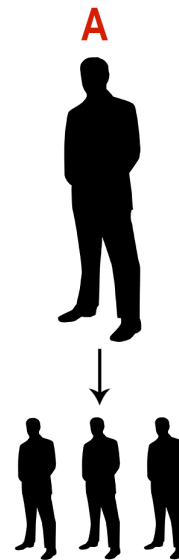
## CHAPTER 2

“DEADLOCK MODEL” OR THE “I WANT - I DON’T WANT”

### STRUCTURE

$$\begin{array}{c} \text{WANT} \\ = \\ \text{FEAR + EMOTIONS + PAIN + ANXIETY} \end{array}$$

PAIN IS A CONSEQUENCE  
OF A LACK OF SKILL



### SCIENCE OF VICTORY

"OUR THINKING, D'AMATO SAID, IS ARRANGED IN A WAY THAT IT BECOMES SOMETHING THAT DEFINES OUR STATE OF BEING. IF YOU THINK THAT YOU ARE TIRED – YOU WILL GET TIRED SOON; IF YOU THINK THAT YOU ARE NOT GOING TO SUCCEED, THEN YOU WILL CERTAINLY FAIL".

CHAPTER

3

THE MODEL OF  
CABBAGE  
AND MOLDING

Without digressing from the topic, we will warn the reader that it is not an easy one to grasp. So where are skeletons buried?

D'Amato imagined the future contender as a "cabbage" and this is going to be the first scheme that we will look at. I suppose that those whose activities are not related to psychology and philosophy would find it hard enough to gain a deep insight of this. However, provided you exert an effort and really try, not only will you achieve a lot in this life but you will understand the genius of D'Amato. The point being is that he was capable of creating a system which did not have the levels of mastery. D'Amato's people were simply divided into two categories which were **ready or not ready**.

D'Amato supposed that a human being resembles a cabbage, thus before doing something with him, he has to rip off those **cabbage** leaves as if it was just a wrapping. What is meant by the cabbage leaves? We put forth four components that make up these "leaves":



1. ROLE BASED STRUCTURE
2. CHARACTER AREA OF FOCUS
3. PSYCHE DEFENSE MECHANISMS
4. CONSCIOUSNESS SAFETY LOCKS

Let's look at what we have. For illustrative purposes we are going to describe the consequences of the operation of these components in the simplest language possible. The absence of the **role based structure** or the usage of another structure instead of a proper one, makes it impossible to develop the skill needed. To put it simply, the person will look uneducable; no matter what you tell him, no matter how you demonstrate to him, he won't be able to repeat after you or do something on his own. How does it look like? If we take the role (a boxer) and a **motor chain work** (pair of punches), then the chain work does not "clip on", the puzzles of punches do not coincide with the puzzles of the boxer he is to become. The guy just cannot repeat the exact pair of punches.

**Character area of focus.** Let's have some speculation, what do characters usually do? They lead you astray from the task, they distract you, i.e. they change the plane of effort exertion. But why would one need these kinds of distractions? Well, they are **pressure relief channels**. You can compare a person under stress to a kettle which has its valves directed outwards and the steam goes off in different directions. This in particular was seen initially in Floyd Patterson and Mike Tyson. Why was "Mike Tyson" as a character such a phenomenon, why was he "rough material" for a future champion? He was a person exposed to criminal influence in his childhood. In "Confusing the Enemy", it is written that in those days when Iron Mike was not busy with training for the fight, the very next day there were already some problems. He would definitely shift his attention to a criminal plane and become a screwball. As for the case of Floyd Patterson everything would go the other way around. As soon as he would stop following his proper training schedule, prepare for fights, he would become a family man, philosopher, basically somebody "thinking of temporality", feelings, opposite of the gladiator. D'Amato later concluded that Patterson was not able to become a vigorous fighter with his system. That means that D'Amato's system is extremely effective as it allowed him to get the champion's title, yet it didn't allow him to keep hold of it. But there is one thing you should draw your attention to. The thing is that Patterson became a pretty good businessman later on. And you cannot fuse a fighter and a businessman into one. That is how Cus D'Amato came to conclude that every person has a core in his gut, and that core is hardly possible to change.

## THE KILLER INSTINCT HAD TO BE CHanneled AND ENERGY HAD TO BE DRAWN FROM IT.

"Confusing the Enemy" Dr. Scott Weiss

At a certain point D'Amato understood that what was important was an intrinsic "rough material" in the person. When he saw Mike Tyson, he had immediately detected that during the early stages there will be problems with him. And yet he decided that the best journalists are to be invited to teach Mike public speaking in front of the camera with a mic because he would have to do these things for the rest of his life. D'Amato traced the existence of a certain **core, the central core**. Unfortunately, this knowledge was not manifested in the books of Dr. Scott, Mr. Sloman and Mike Tyson nor in any other type of

sources. The core is known as the Recensorship Group Core which is the main mechanism of the memory. Moreover, it is more difficult to find out the exact type of the Recensorship Group Core when we are dealing with the Afro-American lineage. Cus was not able to classify cores, maybe because there was no data about it. Though he was able to find out classifying criteria that are necessary for someone to become a world boxing champion. **He believed that the fighter had to have a killer instinct.** When Cus found out that Mike got into jail because he stabbed a guy on the street, he definitely understood that Mike had that instinct. Yet, Floyd Patterson nor Jose Torres nor Kevin Rooney had that instinct. These people were “well-doing” by their nature, they were not capable of stabbing a man without any thoughts of getting into jail. Mike was completely different, correspondingly the former had none of those inclinations and properties that Mike had. Of all others the instinct “to kill” in the opinion of Cus was the designation of the memory core, after all the core generates the instinct. If a man doesn’t have the instinct of a killer, he won’t become that very world boxing champion. He won’t become the legend of all times, the king of the ring. To become a world boxing champ, a gladiator has to have the instinct of a killer.

For the purpose of the analysis of the phenomenon let’s suppose that a certain core generates a certain instinct which is foundational. When Mike Tyson was only 13 they could not find anyone willing to put their fighter in the ring against Mike. **This tells us that in contrast to everybody else Mike being an amateur boxer would contend as a professional.** That boy was not interested in the score, what interested him was the knockout only. There were moments when Kevin Rooney used to hang a heavy leather bag with water at the request of Mike and that bag was used as a boxing bag. The reason this leather bag with water was there is because Mike thought that it resembled a human body very much and therefore in his weight category even as an amateur he had no equals. There was nobody who could stand against him. Therefore, Cus believed that the most important thing was to find a man with that particular core. If the case was to make another professional, let’s say a master engineer of a factory then it would be necessary to search for another core. The thing is that if rough material does not correspond to a core, there will probably be results, but short term ones; or the person would not be able to handle it till the end and face a complete failure.

Basically Cus D’Amato dedicated half of his life to practical investigation of this core. Formerly, he believed that the centerpiece of a fighter is his natural physical build. By acting in such fashion he failed expectations while training Floyd Patterson, who had a perfect natural build of a heavyweight contender: tall, long hands, punching force ... yes, he had an ideal body to become a world champion and hold on to the title multiple times. However, Floyd did not have that central core that makes a person constantly **thirsty** to contend and kill an enemy. When Mike came to Cus he didn’t look like a boxer. Firstly, Mike was a bit chubby, secondly, his body did not even remind one of a fighter’s body: short hands, a foot shorter than his opponents. All these parameters just didn’t match at first sight, but through it all he had the core that had to be present in the rough material. Cus immediately made a decision, he already knew that the core Mike had will overpower the rest of all parameters. He used to tell him that if he does everything that Cus tells him, he will become the youngest world heavyweight champion. And when even at a young age Mike would demonstrate 20 knockouts in a row, everybody would understand what Cus meant in the very beginning.

**Mike was interested in nothing but knockouts.** He wanted to “win the fight” as we would say, but in fact his central core was instinctively inclined “to kill his enemies” even though Mike himself did not understand it at that time. Initially, his core was in a “hypnotic”

state” until the legendary Cus hyped it just like a nuclear power station. Cus D’Amato: **A boy comes to me with a spark of interest, I feed the spark and it becomes a flame. I feed the flame and it becomes a fire. I feed the fire and it becomes a roaring blaze.** When the central core turns into a roaring blaze nothing can stop it. Cus believed that in the first place all of those cabbage leaves had to be teared down, it was necessary to find the core, spark it, sustain the combustion and drive into a state when you no longer need to keep throwing woods — this kind of blazing central core will never stop.

Fundamentally, the engines that “drove” Mike forward were very different from the ones that moved his forerunners. With regards to the central core it has to be classified in the first place. Afterwards, observing the way the core’s impulses ooze out we see how they jam on the brakes of that very “cabbage” gathered throughout the life, in other words it is a system that puts brakes on the impulse of the core. The more cabbage leaves there are on the way, the weaker is the impulse which makes its way outside. For instance, a person might have an all-powerful core of a killer, but at the same time the protective automatic system of the human body might be stronger and even more powerful than the impulse itself. As a result, the cabbage will irrevocably absorb the impulse, the core will fade and a person will find himself outside of this system. What’s that supposed to mean? **If we tear away unwanted leaves we will get the pure impulse alone!** Nevertheless, the fully “cleaned” impulse of a “killer’s core” would turn one into a maniac who is not a boxing champion. For this reason, certainly, there must be several layers of the cabbage left or you should build that number of layers later on which would allow a fighter to keep his temper in line outside of the boxing ring.

To repeat, we either tear away all of the cabbage leaves and put different echelons, or we tear away only what is interfering with the impulse and leave the rest which is enough for one to win in the ring but not to get in jail as a result of an unconscious impulsive wrongdoing. Only if the model of the cabbage is looked into will it become possible to find that rough material which can be taught, given new skills and penetrate the enigma of the impulse.

So, if we have puzzled out the cabbage next we will have to help the mentee develop the skills, which is “**molding**”.





And this means that we can start **molding** that very champion; it is done while he uncovers his potential and develops new skills. But one should not forget that apart from **the character area of focus**, there are also **psyche defense mechanisms and consciousness safety locks**. To put it in simple language: psyche defense mechanisms are certain deflecting mechanisms that work inside-out and from outside to inside. The whole point is that the defense will always be restraining the impulse in accordance with the group of tasks. For instance, the filter is going to be as follows: “I must not kill my brothers”. In other words, if the defenses are not adjusted, then our accomplishments will be constantly restrained by obstacles in the front or by obstacles in the back (in any case, we don’t have to have obstacles in the first place). Any type of defense mechanism is an obstacle which creates a real barrier for the outside world and it does not allow the impulse to reach the accomplishment of tasks. It is all about adjusting the defense mechanisms as follows: one should exert the effort to things he needs, but he should not create obstacles for himself when it is unnecessary. Because the defense works in a way that a person makes up obstacles on his own, thus making it impossible to fulfill the set task.

When we speak of **consciousness safety locks** it is about a whole system. How does a reaction to a safety lock look like? It is manifested in fear, pain, emotions and anxiety, which is peculiar to all. This reaction always comes first, and if it doesn’t work, the next **reaction is to a distance** and we immediately face an obstacle. In such a circumstance we get a condition which was labeled by journalists as “Freud Patterson”. As a result of such a reaction-propelled chain a philosopher was awakened in Patterson and he begun to feel sorry for his opponent. You could see that Patterson could have been able to win the fight, but he would lose it for some reason — just because he felt sorry for his opponent.

Let’s make a practical conclusion:

**REACTION TO CONSCIOUSNESS SAFETY LOCKS IS A CONSEQUENCE OF PHILOSOPHY.**

**REACTION TO A DISTANCE IS A CONSEQUENCE OF PSYCHOLOGY.**

Respectively, role and character models are what interfere to develop new skills. Imagine that you are training a fighter who has neither the “right” core nor the role based structure; the fighter’s character area of focus constantly leads him astray of the task. For example, your fighter didn’t go home after a training session but went to a pub and got drunk. What else he is best known for? He has a “mind-blowing” psyche defense mechanism which doesn’t allow any impulse to pass outside, he has “mind-blowing” reactions of consciousness safety locks as he is scared of everything even his own shadow, he makes up different horror stories and constantly feels sorry for his opponents ... Could you imagine for a moment this type of world boxing champion? Could you think of a hero without sparkling eyes, without that zealous enthusiasm because his central core is half asleep. Let’s take a look at this type of guy in more detail, so here he comes to a gym in the morning, he is told: “Grab pads, get ready, let’s get to work”. And here is what he responds: “What?”

I have a headache today, I don't think I feel well, em ... I don't really feel like training today, can I just sit on a bench for today" or he starts speaking of his family, he has to phone them because he is worried about them — these are examples of the **character area of focus**.

A few words about compassion, ethics and morals in a fight.

We don't speak about ethics and morals in here. It is about Cus D'Amato's system; I did not develop this system which makes me only a messenger of what became known to me in the course of 20 years of research. I do not make value judgements about the system in most of its parts or approaches.

If I may ask a simple question: "What do we have to get at the end?", a world boxing champion or an ethical gladiator? Well, you know there are many sports where you have to be ethical like karate. Why don't you think hard and imagine the European karate champion, and put him against Tyson when he was 18. Nothing will be left from this sportive and ethical guy as the Iron Mike will devour the heart of the karate man. What is it about? If you need an ethical gladiator you will never come somewhere, it just doesn't work this way. If you need an ethical sportsman you better train him in kickboxing or some other type of sport, as for the professional boxing it has no place for things like that, what you need is a knockout at any price. It is all about the knockout. It is considered to be a very humane act in comparison with what had happened in the gladiator fights in the times of Nero. The bottom line is that you cannot apply ethics and morals in professional boxing.

Besides the point, let's remind the reader that there is a category such as technical champion which is different from an absolute champion. Well, Cus was not interested in technical champions who could have been brought to the title by means of tactics. It's a must in one's life, as the model tells us that the results are never enough, there are always few. When we contemplate over the model of "cabbage and molding" it implies the basis of training such a fighter. If you are about to nurture somebody else, let's say an engineer, then the scheme will be the same but with a different central core and different ingredients. I would like you to understand, that a knight and a bandit are both killers by their nature, what makes them different are the reasons that drive them; that's the difference. See, if the bodyguard will stop and think about whether he should pull the trigger or not, he is going to get killed. If one's activity is not related with boxing but with something different such as business, then the central core should be different, correspondingly the parameters will be different. This is precisely why from the words of Kevin Rooney and Cus D'Amato one clearly understands that if Tyson was not in preparation for the next fight that would mean that in the very future there would be problems with the authorities. Meanwhile, it is important to understand that the US public remembers Mike Tyson exclusively as a **national hero**. And no matter what he did, how many times he was in jail everybody is proud that in their history there was such a vociferous figure as Iron Mike, everybody misses those magnificent 10, 20, 30 knockouts. And now, keeping in mind the aforementioned think whether it is ethical to be, for example, Mike Tyson?

To conclude, we will note that the given model of "cabbage and molding" is a key, fundamental model for the preparation of any person. It is that very concrete groundwork upon which you put everything else. All other formulas are going to be adjusted on this model just the way walls are built in a new building. In other words, the model which was described allows to build the foundation. All the rest that we are going to be discussing in the following chapters will be about elements that either build the building itself on this foundation, or help to build and regulate the elements of the foundation.



Meanwhile, this system is anything but simple as such it isn't required to learn the levels of mastery. Either a person is ready to tackle the task or he is not ready. And only then the ring and "fire"! Knockout, tremendous applause and triumphant shouts chanting: **"Victors don't have to justify themselves"**.

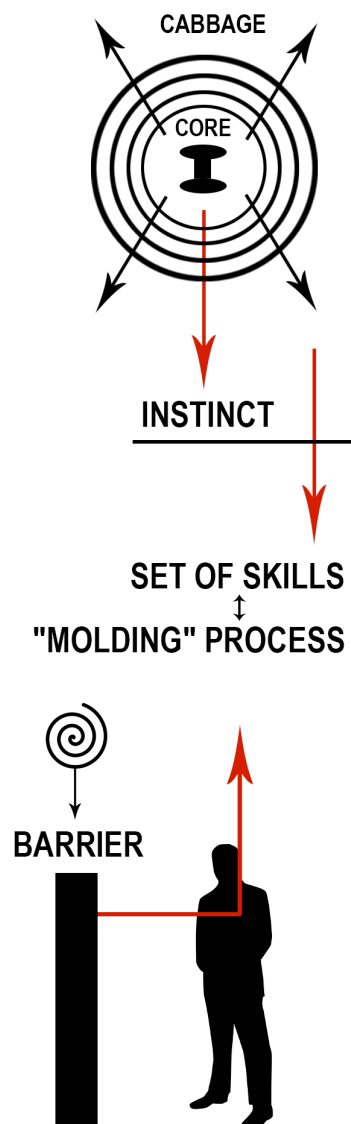
## CHAPTER 3

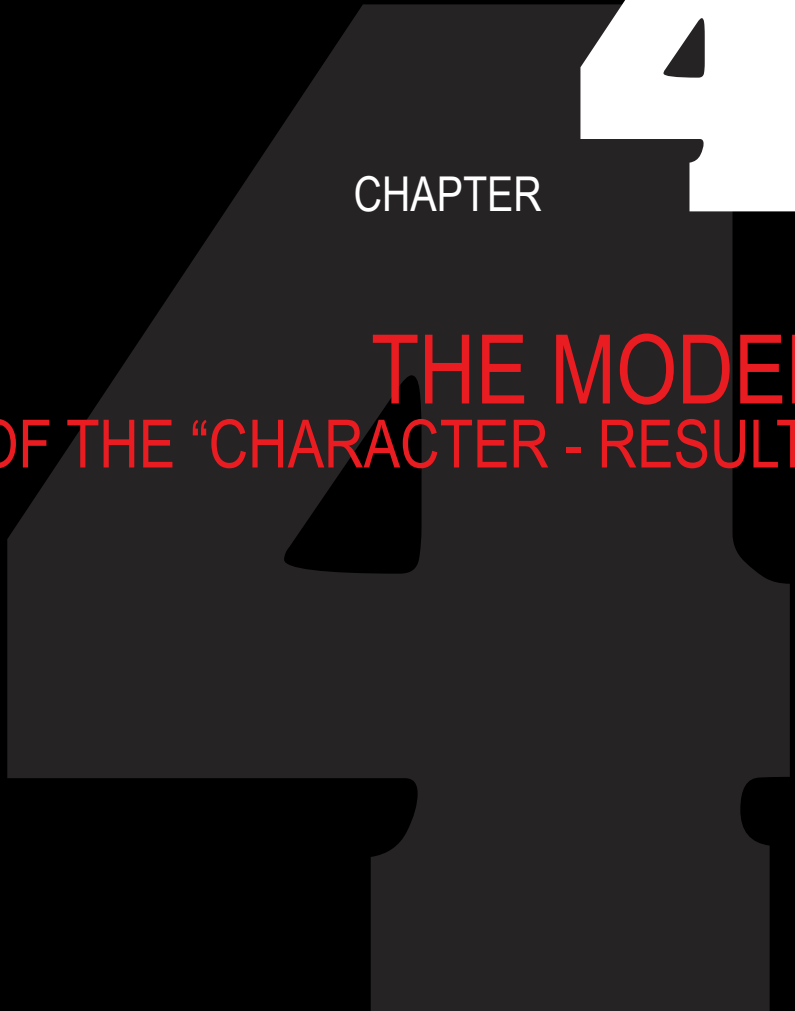
### THE MODEL OF CABBAGE AND MOLDING

1. ROLE BASED STRUCTURE
2. CHARACTER AREA OF FOCUS
3. PSYCHE DEFENSE MECHANISMS
4. CONSCIOUSNESS SAFETY LOCKS

#### CONSEQUENCES:

1. ONE CANNOT DEVELOP SKILLS HE NEEDS
2. PERSON IS LEAD ASTRAY FROM A TASK
3. DEADLOCK MODEL RESTRAINS THE IMPULSE
4. SAFETY LOCK REACTION (CONSEQUENCE OF PHILOSOPHY)
5. REACTION TO A DISTANCE (CONSEQUENCE OF PSYCHOLOGY)




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# 4

CHAPTER

THE MODEL  
OF THE “CHARACTER - RESULT”

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A sunny day in October 2017, New York. Dr. Scott, Tom Patti and I were sitting and just talking, and then at a certain moment it was time for a watermark moment in our talk. Perhaps most of you could have seen that there is a certain barrier at first, when people get together for a face to face talk after being acquainted remotely. At first they usually try to understand each other, examine each other. Well, we didn't have that time period.

At some point, his eyes lit up like steel, like two coals in a fireplace and he said the following phrase:

**“THOSE WHO ARE IN THE LEAD DIFFER FROM EVERYBODY IN TWO THINGS: SKILL AND WILL. THAT IS WHAT CUS D’AMATO USED TO TELL US”.**

These two categories characterize those people who are in dominion over others who have no choice but to be subordinate to them. These two notions should be uncovered in detail. When we say **a skill**, what is meant by it exactly? This issue can be approached in several ways. The fact is that in the academic science there is no single agreed definition of the term. Moreover, there is a collision of two logics: The Russian and English languages. For instance, a person who thinks in the Russian language perceives “skill” in a different way to one who thinks in English. The main difference is that for Russian speakers it would mean — a period of time, whereas for an English speaker it is a done deal. The former would most probably say “I know how to do” but he won't be speaking of a skill as such. For English speakers “I know how to do, I am able, I can” and “the skill” are very close in their meanings. There is doubt that in order to accomplish something, one has to know **how to**.

The only difference there is between people is the set of their skills. For some reason the majority judge others based on miscellaneous parameters such as: bad/good; kind/angry; benevolent/dangerous. However, in fact these classifications do not mean a thing for an average man, as it is going to become self-evident when one will have to act instead of speaking and self-presenting. Because, in this case, all that will matter is whether you can or cannot. **All the rest are mere excuses for not being able to do it.**

Let's consider an attorney. Imagine that there is a client who came considering him to be an expert, made a deal and paid the money to solve an issue as an attorney stated that he **can** solve the given case. The client leaves his office — here is an attorney, sitting on his desk with an envelope full of money — he objectively realizes that in fact he cannot do anything for a client on his own. What's to be done? He already took the money, his responsibilities are defined, the papers are signed. The given attorney invites his colleague (who he **thinks** will be able to help). And thus, there are already two guys; accordingly, they have to split money in three parts: two experts' share and expenses. Afterwards, they get to action and when they scrutinize the case it turns out that they just can't get it done. Then, they invite a third expert — and now, money has to be divided into four. It may go on and on. Now, imagine that it is not an attorney in front of you — but a boxer. There will be no one

to help him in the ring, that's why in a fight there is only one world champion, there can't be two world champions! You simply can't share the championship title among all boxers. In accordance with their skills they will settle the ranking from the top position of an absolute champion down until the last place. So, in an enterprise there is a hierarchy which is built on the same principle of skills. Any business always has its own structure of employees starting from the most high-performing ones to the least (a hired employee who does cleaning at your office).

**THE SKILLS DEFINE THE POSITION IN THE HIERARCHY. THE MORE YOU ARE CAPABLE OF, THE MORE YOU ARE DEMANDED.**

Let's take a look at **will**. Desire and will have to be strictly differentiated; "I want" is a desire, "the will" is a direction of effort exertion. We are going to look at them through a simple example: you have a usual work day, you have no desire to do things, but you have the will. Here is the difference:

-I don't want to go to work, I want to sleep. It is horses that work; why do I have to be going to work?

I **don't want to** but I understand that I **should**. I **should** is an aftermath of the will. I want to go and chill in a restaurant, but I have to go to the gym. When Cus was training Mike — the conflict between the will and desire was precisely what happened. In other words, Mike wanted to do drugs and have fun, but not train. And what Cus needed was Mike doing his best in the gym to prepare for the next fight. The genius of Cus is in that he could make Mike train and abandon his bad habits. The problem of a man is the constant conflict between his desire and will; one may have great skills, but his desire may just shred his skills because he can't exert his effort in the appropriate direction. This kind of a person is lead by his wants. For a graphic example of a "desire and will conflict" watch the movie *Swordfish*.

A brief intro about the start of the movie:

A very beautiful woman drives a gorgeous red car to the hideous house of a man, who is not willing to meet her boss. She tells him that her boss wants to meet him. He tells her that he is not interested, and then she retorts: "100000 \$". He agrees and comes to a job interview, he is told that there is a task which is tackled by the best hackers in 5 minutes and the boss needs a man who would hack the US Department of Defense network in less than a minute under conditions of maximum distraction. The guy exclaims that it is impossible to which his potential employer offers him half a million right there. And the hacker cracks the system in 45 seconds.

Sometimes there are cases when one doesn't have any desire to engage in something, but he is put under such conditions where he has no choice. Cus D'Amato used to say that desires are meaningless. To elaborate on this: life is going to put one in situations in which his desires won't have any importance. For instance, "I'd like to become a designer but I am going to be paid 100000 \$ for working as a programmer. But I don't want to work as a programmer!" Nevertheless, despite the adversity that person starts doing the modeling business and becomes a designer of clothing. Yet this is a kind life example, let me provide a more serious one. You face a maniac with a sharp knife. You think "Oh god, I don't want

to fight with a maniac”. Well, the maniac doesn’t care — he will kill his victim and won’t think for a moment. Of course, there are nice moments in life when desires match the will, but they are rare.

A very interesting thing happened in real life to Tom Patti. When Tom was traveling to Mexico, he faced a situation where three Mexican guys decided to find out “who is the better boxer”. In this case, desire and will completely coincide because Tom loves his job. The truth is the fight was very short — 3 seconds, yet Tom Patti got a chance to feel satisfaction — three knockouts in 3 seconds. Afterwards, Tom demonstrated on camera how it had happened and we analyzed the methodological approaches and certain exercises of Cus D’Amato’s style.

Cus D’Amato used say, that desire which comes before will won’t satisfy the desire.

Imagine a woman that desperately wants a particular dress, but it is very expensive. She has two options: borrow money from somebody else, which necessitates asking somebody and people are usually not fond of it. Thus, she is left with the second option — go and earn some money for the dress. She concluded that she doesn’t want to ask and doesn’t want to work, but she still wants the dress. And this kind of thinking might repeat itself infinitely. One might be sitting and drinking coffee, contemplating that he doesn’t want to work, but desperately wants something. This process will continue until a harsh reality pulls him out of the dream. However, if somebody calls the woman and tells her: “Get a new dress, because tomorrow we have an international meeting with journalists. Please do it quickly”, she will immediately have a different desire. She will literally run and get the money quickly, get the dress and be ready by 9am next morning.

**Cus D’Amato: Every person has vices, and these vices are going to be used against you in the ring and in life. A person can’t be influenced in anyway other than taking advantage of his vices.**

Imagine the following, somebody was deceived and all his money was taken away from him. The victim is asked to explain how everything had happened, and it turns out that it was he who wanted to make money on a scam. He wanted to make 150 \$ out of 100 \$. If he hadn’t taken this path, he wouldn’t have given his money in the first place. It is one thing when money is taken from someone forcefully, and it is a completely different case when he is more cunning than everybody else, usually this kind of cunning men are left with nothing.

The conclusion is as follows:

1. Always remember that people will take advantage of your vices
2. If you don’t know your vices, if you don’t know yourself, then any other man will take advantage of you.

**RENUNCIATION FROM YOUR VICES IS A TRANSFORMATION INTO AN INVULNERABLE STATE. NEVER BE IN A VULNERABLE POSITION — CUS D'AMATO**

A vulnerable position is when you have vices and no skills. When someone is not capable of anything and at the same time he wants a lot — he is an ideal person to take advantage of, or to defeat.

Thus we may certainly state the following mathematical formula:

$$\text{WILL} + \text{SKILL} = \text{CHARACTER}$$

The task will be formulated as such: we need to create a certain character, who is formed by a will and skills. This formula (due to the absence of additive components) generates fear; fear enshackles the power potential. To put it differently: **every time I am not capable of doing something — I fear**. When I have a conflict of will and desire, I also have fear. This conflict is what creates past experience and it is the foundation of fear. As Kant noted, “What is the difference between an experience and happiness? We head towards happiness, but instead we receive experience”. Consider a woman who wants to marry a rich man, but at the same time she wants to have a happy marriage. And here is the paradox: richest people do not resemble happiness, but rather experience (then there are reconciliation websites for the unhappy wives of oligarchs). Once there is a conflict of the will and desire, one starts to feel fear. What happens in the end? In the end one loses his power component and becomes weak and incapable of getting work done. When he can't create a result, he can't do anything and he can't satisfy his desires — he feels unhappy.

**Cus D'Amato:**

**A PROFESSIONAL BOXER HAS TO FIND A WAY TO HIT AND NOT GET HIT, AND AT THE SAME TIME EXCITE THE CROWD.**

It is not a secret to anyone that nobody liked Tyson: he was a criminal, but that doesn't matter as nobody can repeat what he did in the ring.

Let's move from boxing to another trivial and paradoxical example at the same time. I know a few decent attorneys that go to law court by bus. At the same time I know many creepers and they go to law court in fancy cars. This paradox comes from the aforementioned formula. This was the way criminal structures came to power in the 90s. They were hard-hitting and everybody else who surrounded them looked low-performance. For this reason, passive herd had to use the service of high-performance people. So what did criminal structures have to offer? They had offered an alternative to a court. Former courts that were left after the collapse of the USSR used to resolve issues for several years, but the market-driven economy required fast and effective mechanisms of commercial dispute

settlement. As a result, we saw the emergence of criminal structures, who offered to resolve the issue in two days instead of 10 years. Consequently, everybody started coming to them asking for solutions as it was fast and highly effective. Note that this example doesn't have a conflict between a desire and a will. In the beginning it was scary to people, but after the first result people stopped being scared.

A compelling principle explained by Cus D'Amato was that, **what seems to be enough is never enough**. It is indispensable to make an accomplishment and excel this result at least by a miniscule proportion. It is never enough to win the heavyweight title of a world champion, but the victory should be with an unequivocal knockout, it should not be about the score. You can't allow one to reason and speak on the case. The result has to be non-compromised. It is useful to understand that it is always better to win with a distinct advantage so that there are no follow up talks and gossips.

Hence if we don't aim for a fatal, non-compromised result and allow different talks about the case, then we slide down the stairs. Cus believed that this is all about class (rank). What is it? If we take let's say wrestling or sambo; you see two guys — one is a child, the other is an absolute world champion — both of them do wrestling, the only difference between them is in their class. But why on earth would a master of an international class lose against a criminal in a street fight? Well, because in a street fight with no rules the master automatically finds himself in a different measuring of class and it is a criminal one. The criminal world has its own classes; it is not a gym — it is a street with a dominion of completely different laws. That is why Mike Tyson was even more special, he was good in any class — be it a criminal, international professional sport arena or a gym. Remember how Cus classified him? He found out the way Mike was from his Bobby Stewart. Tyson could have stabbed somebody without thinking twice. Cus realized that the boy in front of him is that very one; other mentees of Cus like Floyd and Torres did not have the determination and resoluteness of Mike. When we speak of the heavyweight category, obviously, the ultimate result is influenced by several factors.

Next formula of Cus:

**IN ORDER TO ACHIEVE THE HIGH CLASS, IT IS NECESSARY TO HAVE TWO COMPONENTS WHICH ARE: THEORETICAL TRAINING AND THE SCIENCE OF VICTORY. WHAT'S THE DIFFERENCE?**

#### **Theoretical training.**

Remember the instances when a person is asked "Well, what do you know about this in general?" The guy answers that he had worked in a commercial company.

"Who were you in there?"

"Commercial agent"

Certainly, he probably knows something about his work, but if we increase the level of responsibility, he will have no idea about the subject. When we move to the next stage it is when we really know **a lot** about the specific subject. Having a firm background, we are left with choosing the ways of exerting the effort in the frameworks of that subject, in other



words we search for a **substance** which will help us to modify and change. You might be an encyclopedia about boxing but not know how to box. Here is when you need the science of victory in order to learn how to win the fights.

Why don't we transfer this principle to an everyday life situation: an attorney obviously needs the science which would allow him to win in the courts. And if you start seriously looking into this question, you will come to an understanding that this kind of a science is not only a must thing, but it is indispensable. Because in the court you have more than one player, there is a judge, a prosecutor and other participants in the case; it is about a large number of people that might influence the outcome. You have to win and you have to convince the other, to demonstrate your competence. The most crucial question that appears is "how to do it?" Unfortunately, this question is tackled for real by a very small number of experts. The genius of D'Amato was exactly in that; in contrast to other boxing coaches, other specialists, he had a professional approach to this science of victory. He is the first legendary coach who brought science into boxing. And for me personally, as a scientist the gravity of aforementioned categories is a first-hand experience. In expert circles of professional services in Ukraine it is known that Dr. Maltsev is the first person who brought science into a legal profession. The reason is because, after I became an attorney myself, having finished my career aspirations in one area and having turned to a legal profession — I did not have much in the beginning: I didn't have much money nor employees, office ... nothing — a blank sheet of paper. However, I had the science! And owing to this science I was capable of building offices, a workforce, law firms which are considered to be a reference standard up until this day. The way was not an easy one, as the "attorneys" are special people, with certain psychological characteristics, perhaps, as complex as heavyweight boxing champions. Therefore, I had to work with each personally, teach them and train so that they can achieve things that can make one proud. Not an unimportant fact was the following: when I began teaching this science to non-Russian speakers, practically all of my colleagues had the same reaction: "Where were you before?"

The next principle of Cus D'Amato's system:

### **"THE FIGHT IS WON BEFORE IT STARTS"**

What are the cases where it can be applicable?

Actually this is what usually happens. What do you see in the ring? You always see the ultimate shot. You never see what has happened before: the arduous training, physical and mental preparation, and everything which comes with being a world heavyweight champion. We have been looking at the example of an attorney, so there is a distance between a psychologically unhealthy lawyer and a brilliant one. And this "difference" does not come up spontaneously. There are certain people that could be called "modern homo-sapiens" and they fit very well to work in a governmental structure. Usually clerical work is coming in at 9am, sitting in an air-conditioned office and getting your salary at the end of the month. However, if you work at a commercial enterprise and did nothing during the day, other people will have to do that work for you as there are responsibilities that are to be fulfilled. Everything depends on final result; otherwise, it will cease its activity as a unit of market. In contrast, in a governmental structure things are set differently. It is enough

to come and just **be** there, fulfill the instructions and it doesn't make much difference if you succeed or not. Moreover, it is easy to fire somebody and find somebody else. As for in a commercial structure, things cannot run this way. Imagine that you fire an expert, but how would you find another competent expert? You will have to start things all over: you will have to create that expert, teach and prepare him which requires time which is always scarce — your clients won't wait, they want responsibilities to be fulfilled today.

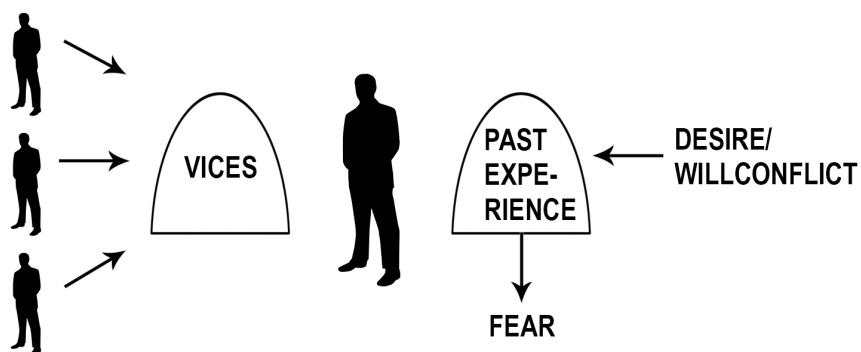
In conclusion of the chapter let's note the most important — what we are heading for, hold the course just like a ship in a sea: the state of invulnerability. It has to be the most fundamental state of a person who is heading for achievements. That is the reason, the move towards invulnerability is the first thing the system of Cus D'Amato starts from.

*This is the way the lesson of principium finishes.*

## CHAPTER 4

### THE MODEL OF THE "CHARACTER - RESULT"

THOSE WHO ARE IN THE LEAD DIFFER  
FROM EVERYBODY IN TWO THINGS: SKILL AND WILL



**WILL + SKILL = CHARACTER**



"A PROFESSIONAL BOXER HAS TO FIND A WAY TO HIT AND NOT GET  
HIT, AND AT THE SAME TIME EXCITE THE CROWD."

"NEVER BE IN A VULNERABLE POSITION"

**SCIENCE OF VICTORY + THEORETICAL TRAINING = CLASS**

CHAPTER

5

THE MECHANISM  
OF SELECTION  
AND IMPLEMENTATION

We are about to start the narration of the most sacrosanct things; I won't hesitate to say even **sacred** facts of the given work.

How do we select that very rare pearl, see it through the blue, through an armor of the shell and not to mistake it for a placebo? The reader will find out the technological, comprehensive answer in simple scientific language in this chapter.

Just don't flatter yourself — it only seems simple, but it requires a lot of work. The chapter itself and its materials are applicable in both directions, meaning that you will be able to use the mechanisms to yourself as well as to people around you. The first thing to start with is the approach; it is known that Cus D'Amato never had the same approach towards two different people. When it came to choosing the rough material to prepare and nurture for the championship title, which is not about training only, Cus used to follow different approaches in different stages of his life. We are going to merge these different approaches in a sequence. In fact, there are three stages, three periods in the course of which Cus D'Amato implemented certain things in the selection, and they did not resemble the previous stages. Cus believed that these tasks required the precision of the technology and he had dedicated his whole life to the development of the technology. Assuming the inquisitive mind of a reader will analyze everything known about Cus, he will end up having three stages. Early he thought that in the first stage it is enough to ask one question. The first period is marked by the question: "Why do you want to become a fighter?" If the guy gave a "wrong" answer he was free to go. When somebody would come to Cus and claim that he wants, Cus would immediately ask why. If the guy under consideration replied in a way that didn't satisfy Cus, he was also free to go.

The second stage which is described by chronists, which I have studied personally is the work with the birth interval or to put it simply the zodiac sign. By this time Cus was already using two approaches in the selection: the question and interval. It is known that he used to study astrology, the qualities and characteristics of each interval. He had a strong belief that in training fighters there are certain intervals that will most probably contain necessary qualities to become an absolute world champion.

The third stage is the Recensorship Group Core (RGC) (the central core) which is to be reached bypassing numerous cabbage leaves; which is characterized by rare seen behavior. How does this rare behavior manifest itself? Imagine, that the true essence of the human being breaks out from the echelons of the cabbage ... in order to notice it, one has to observe the person. Sometimes Cus would invite somebody to his gym to train during the week so that he can look at the boy from a side. The coach would just stand on the side, leaning on the ropes (that's the way it looked like to others), silently watching the fighter. D'Amato was searching those very notes in the behavior that would evidence about what exactly would break out in times of extreme pressure. If he saw positive things, meaning those aspects that he wanted to see in the person, then the boy became interesting to him. Nevertheless, finally at the end of the technological scheme, Cus would use all three approaches. He would use the test question; prior and motor analysis. If we transfer this principle onto life to make it even more understandable: it would not be bad to ask yourself "why am I engaged in this or that activity or business?" It is indispensable to investigate your own qualities and understand at least your own central core, in order to know who, you are for real. I think if a person approached the problem of managing his own fate in this manner, he would find a lot about himself and his activity, since it is rare that people do this.

To be honest, when a person cannot even answer himself why and for what reason he is engaged in something, then how is the activity even a consideration?

Cus had a reason. He had a beloved brother who was killed in a strange manner by a certain policeman in an Italian neighborhood.

After Gerry died, Cus visited the local parish priests and demanded to get answers as to why his brother had been killed by a “corrupted” cop, but the priests told him to “have faith and stop questioning.” It was then that Cus finally decided that the path of the priesthood was not for him and that he had to, as he said, “train myself as a warrior and train other men to become warriors too.”

*Confusing the Enemy - Dr. Scott Weiss*

This life path is much more effective than a tie to a religion or something else. Without going through the collision of the Russian and English languages, which we have discussed earlier, let’s remind ourselves that Cus believed the psychological and philosophical parts of boxing to be the most important and determining. First he considered it to be 50–60% of boxing, but on the third stage he used to say that it is 80% of boxing and only 20% is physical. Let’s note an interesting point here. Cus considered that the initial rough material should be a good one, if it is not then it increases the time interval of preparation. The greatest boxing coach had a strict differentiation of two kinds of people:

1. People that he used to help in life. He would help with deeds and not words. He used to help them to cope with life problems and in particular to become somebody in life. He did not train these people as he would do with champions. There were a lot of these people, perhaps, 80% of his environment.
2. People that he wanted to make champions, correspondingly they had different requirements in comparison to the first category of people. The demands and requirements on them were much harsher.

Something really good in the example of Tom Patti is the fact that eventually, he went through all stages and all levels. Mike cannot impress with the fact that he went through all stages in applying the system of his mentor in life. Tom Patti was a boxer and a champion, after which he explored different areas of life. Cus D’Amato always taught his fighters that if you apply the same principles from this sport into any aspect of life you can become successful no matter the endeavor. Tom is an example of this, after leaving boxing he became an actor, a writer, a director in TV, theater and movies. Afterwards he decided to become a businessman and once he accomplished success in that regard, he challenged himself anew by pursuing a career in politics as he now sits as a county supervisor in California.

Most people that Tom’s life mentor — Cus D’Amato used to help to were not champions in the boxing sense, which is peculiar to heavyweight world champions. For that majority of people, Cus was a teacher, a mentor, an authority figure who helped them to deal with life problems and become real personas. He had different requirements only for a small portion of people, those requirements were harsher; usually it was relevant to one or two fighters and not the whole gym — they were those boys he wanted to nurture as real future champions.

The next step was the **warning stage**. That stage would become a fulcrum point of every training session. Imagine that a fighter made a poster in his room with Cus' words (fighters might not have done it, just suppose).

**I AM GOING TO JUDGE YOU BASED ON YOUR DEEDS AND NOT YOUR WORDS. I AM GOING TO SEE HOW BAD YOU WANT TO BECOME A CHAMPION AND TO WHAT EXTENT IT IS IMPORTANT FOR YOU. I AM GOING TO WATCH YOUR DEEDS AND NOT WHAT YOU TELL ME - Cus D'Amato**

And then, there was a full reign of democracy under dominating dictatorship. What is the essence of this mix? No one was made to do anything in the gym. Everyday regular training sessions lasted about 2,5 to 3 hours depending on the day of the week. Boxers would do what they want in the gym. In order to find out what has to be done, one had to go and ask the trainer.

Cus D'Amato was a strange man, he could have stood silently in the gym near the ropes during the whole training session, or he could have kept repeating the same sentence: "Move your head, move your head!". Tom showed the way it was in a vivid manner. Cus would squint one eye and yell: "Move your head! You didn't move your head after the last punch! Move your head!" and this could have went on for two hours. Sometimes he could have moved around the gym, point out your mistakes. He would lead training sessions in different ways; Cus had several assistants who helped him to run a training session, so he could have just silently stood and watched what was going on for the whole session. That is why the fighter had to train himself, no one would force him to do so; nobody told him: "Here is your training program and now we will start training you". The warning was an impetus and an incentive to prove to Cus that you really want to become the champion. Everybody knew what has to be done as Cus also had an additional methodology which was parallel to this: it was about hours of talks with a person with explanations and questions. That's why people understood what has to be done in the gym, how to structure self-training and at the same time no one would breathe down your neck. After this stage there was the next stage:

Cus D'Amato would bring a person in front of him and make a deal:

**"IF YOU DO YOUR JOB AND IF I DO MINE, AND IF WE BOTH DO IT VERY WELL THEN SUCCESS IS INEVITABLE".**

The result of this approach was a non-compromised success. After this step he would explain the difference between a coward and a hero, that in fact they are not different, they feel the same: what a hero does is what makes him different and what the other doesn't — makes him a coward. This was the next, very important brick in building the

confidence and motive of the champion. Cus meant that if the boy really wants to become a hero, then he should show it in the gym, demonstrate his will, his thirst and zeal to become a champion. In this case, Cus would work with the boy and forge out the champion. In contrast, if the student didn't demonstrate sufficient diligence, motivation and zeal, Cus wouldn't work with him. And the elder Cus became, the more frequently he said that there is no time for foolishness, no time for people that don't want to achieve things in life. And on this stage it was extremely important to learn to control yourself as a mentee. This was the way Cus used to describe the model of cabbage leaves. He concentrated his attention on the fact that everybody has fear, pain, emotions and anxiety — which makes up past experience. Cus believed that you should learn to use the past experience to your own advantage, this was the way to become free of it.

We have discussed with Larry Sloman, Tom Patti and Dr. Scott Weiss one more significant question which is about the cult moment of a knife duel. Probably the reader knows that knife duels are a tradition in Italy. In those times, certain issues were resolved in this manner in US as well. That very instance brightly demonstrates the way Cus mastered to control his fear and use it to his own advantage. Cus was challenged to a knife fight; so he came at 5 am at the agreed meeting point but his opponent didn't show up. Cus was capable of overcoming his fear, but his opponent wasn't. Cus D'Amato used this event as a model of how a person can use his own fear to win situations even without a fight. This was the reason, the style of Cus is about going directly to the opponent and not vice versa, because in relation to the construction of the human body the most powerful punch is when the hand is unbent, i.e. at the end of the lever. When you stand close to an opponent, then there will be none of that punching power, even if you have a support point, you won't have as powerful a punch as it can be, it will be just a slap as the hand cannot be unbent.

Eventually, the concept

**“GO DIRECTLY TO AN OPPONENT, AND NOT FROM HIM”**, became the central attacking concept of Cus D'Amato both in the ring and in life.

The philosophy of fear is when, in contrast to your enemy, you can fight it and he can't; this is what gives one of the fundamental components of victory. Cus had two ways of acting for these purposes: he pushed a person in a certain manner to act or he would deceive him. It has to be said that Cus used different methods to train his boys, but also the hypnosis, self-hypnosis and suggestion. But the most important methodological instrument of dealing with the fighter was a personal one-to-one talk.

Next, was when the guy came to the gym and just observed the process of training, he was not allowed to train yet — he would just sit and watch. Cus used to say that when you start teaching somebody, it is the longest period — period of correction of mistakes. During this stage, it is important to note, that Cus would give these conceptions to his boys right away. He could have just called out certain things to each as if they were certain kinds of tips to correct mistakes. The concentration of the conception would penetrate over several months to that extent, that they would have become working principles and turned into strong beliefs. For example, Cus used to repeat very often: “Don't stand in the same place, don't be a static target!” and it was hammered into one's head. All of a sudden,



Cus would turn to another fighter and call out: “Spring back, spring back!” There were key conceptions that were heard out loud in the gym and everybody knew who it was directed to. This kind of mechanism of correcting mistakes with the help of strategic and tactical conceptions yelled out by Cus two hours in a row would stay with one very firmly. As it was said, it was hammered in the head and guess why? Because after every time one of Cus’s instructions was not acted upon, the guy would get hit ... boom ... D’Amato would explain that it is crucial to remember that the technique should not be the result of a reaction. In other words, the following is not ought to happen: you are punched and you punch back, you punch and you are punched back. He said that there should be no reaction: you have to hit the opponent and not allow him to hit you. The style of Cus is about attack, it is about going forward and attacking. Meanwhile, an opponent is thinking about his defense and not about attacking. A person thinks that if he is going to be defending himself, that would put him into a more favorable position, but that’s not the case. One cannot attack while he is defending himself — thus, one has to make an enemy constantly defend himself, so that he can’t attack you.

The next concept is the following:

**ALWAYS FEAR THE WORST FROM YOUR ENEMY.**

Cus had a concept which was described by him as if it was the nucleus in a person, just like a nuclear bomb. D’Amato said that this nuclear bomb is delivered by his style to the destination point. Basically, it is a system of the nuclear bomb’s delivery right to the point. The legendary coach also believed that one shouldn’t expect a knockout in the ring nor in life. One should not take the path of standing and waiting for a mistake from the enemy, there is no point in waiting; while you are in this mode you assume that you will deliver a powerful punch and knockout the guy. That is not going to happen, you have to hit the enemy until he has been knocked out for real.

There was a cult scene with Mike, when a freaked out Cus was yelling at the sight of a clinch: Mike! Don’t hold them, let them hold you! The essence of the situation was that Mike clinched during the training sparring, and Cus freaked out as Mike’s punching force and technique was such that he had no need to be in a clinch. There are certain interesting nuances. When I was looking into the style of Cus and the preparation system itself, I came to an understanding that most people have no idea about it. Nuances are present everywhere, even the pendulum has to be done precisely on time, at a certain distance, but many people do it just on its own. Thus, it has to be clearly understood that it is not the style of Cus, it is just the pendulum; as it would be foolish to stand two steps from the opponent and start doing the pendulum. Also, there is much foolishness in the attempts of people to teach the style of Cus, people that don’t know the style in depth do not understand it and have no idea how this machine works. Without knowing the system of preparation and its technical parts to every minor detail, claiming that “this or that move resembles Cus’ system” cannot be true.

In Cus' style there are numerous logical models that Cus himself gathered into one technology throughout his life. The roots of which take their origin in Spain and rest in the south of Italy. Cus brought it all into a comprehensive single system, which was non-compromised in a fight. His people had a clear understanding of what they were doing, for example, if they stretch their hands forward they will get a square on target. To be present in this square means getting hit, to move back from this square also means getting hit. But if you are outside of the square it means that you can reach an opponent but he can't reach you. One had to work to achieve this state, find out what the technical elements are that will help, such as the pendulum and moving along the "half-moon". The logic of technical elements meant that every move had to be done on the basis of the logical model. Correspondingly, the fighter had to find the solution on the basis of those technical models.

For instance, Tom said that the fighters of Cus had different positive qualities and Cus would give each of them those things, that would give them more of an advantage over other people. Tom noted, that if a person wanted to use certain things, Cus explained to him in detail how to do it. Pay attention to the fact, that culmination of everything is that everybody was advised by Cus D'Amato — he gave them ideas which consequently made fighters outperform their opponents. If you take a look at Muhammad Ali's technique, you will see that he delivered expanding, sweeping strikes that were taught to him by Cus D'Amato. His hand would become "longer" than his opponent's, even if they were of the same height. (Opponents with the same height and hands that Ali had, could not reach him either.)

A very interesting point in the punching technique of Mike Tyson was his tremendous left hook: if Mike landed his left hook, it was a knockout for sure. Moreover, he used to hit in a strange manner — straightening his foot; he would gather up like a spring and launched with feet forward, and the end of that launch was the left hook. In one of the interviews he explains the way he fights, saying that he isn't tall, but he can use a large lever to hit and at the same time his opponents can't get him. When he launched the strike, the hand of the enemy went back and he gets into a vulnerable position which guarantees the knockout.

Take an attentive look at the fact that every fighter had one or two technical elements in their arsenal, which would make him superior and ensure a knockout. For instance, Muhammed Ali had the central concept of "Float like a butterfly, sting like a bee!". There was the logical, tactical concept, but neither he nor his coach had a deep understanding of how to implement it. Ali would come for consultations to Cus as he considered him to be the "Greatest world boxing scholar" as he stated in the card for him. Cus gave the following technical element: the spinning back fist which didn't allow Ali to be approached and which provided an immediate counter jab.

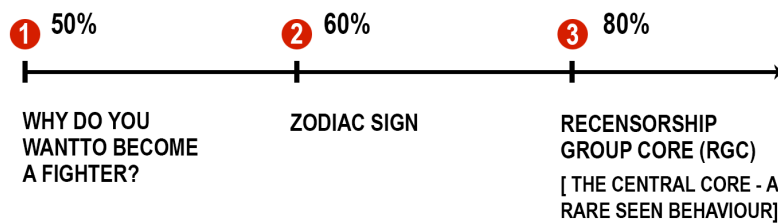
When we look at Floyd Patterson, it is known that there were many questions about why he didn't become the greatest. After all, he is a world champion who got his title back, he is the fighter who will stay in the history of boxing forever. He was the youngest world champion before Tyson re-accomplished this feat. Firstly, he has the perfect characteristics of a boxer, he is tall and has long hands. The youngest world champion in the boxing world at the age of 21. The first boxer who was able to reclaim his championship title, nobody did it after him except Muhammed Ali. Floyd was capable of defending his title several times, which is one more proof of the effectiveness of Cus D'Amato's system. Having said this, when people speak of Floyd being a namby-pamby, a philosopher Freud Patterson, please keep in mind that he is a businessman (his central core is not that of a killer). Lennox Lewis resembles him in this sense, he is also a unique boxer and a businessman. He had a very

smart plan, having waited for the moment when Tyson would lose his shape of Iron Mike, he fought him and knocked him out. Could you even imagine what would be left of Lennox if he had fought against a 20-year-old Mike, in the peak of his career? At that time period he didn't even think of fighting against him, he had carefully selected his ring partners for a specific situation and time period when he could defeat them. We have to give due credit to Muhammed Ali — he was not famous for this — this fighter would step in the ring with anybody who he was assigned against. He is not revered as the outstanding boxer of all time without reason. He was one of the greatest fighters of all time and a close friend of Cus D'Amato and Floyd Patterson.

A couple of concluding words about the previous five chapters. It must be obvious for the reader that we look at different parts of Cus D'Amato's system chapter by chapter, in the end when we will finish, you will have to pack together the system into one for yourself. Obviously, the elements and blocks of the system are being looked in detail with simple everyday life examples. That said, I'd like to turn your attention to the number of additive components of Cus' phenomenon, to those roots to which the elements of the technology are **beaded**. And it doesn't matter how the trainee found and put them into one technology so they can bear results.

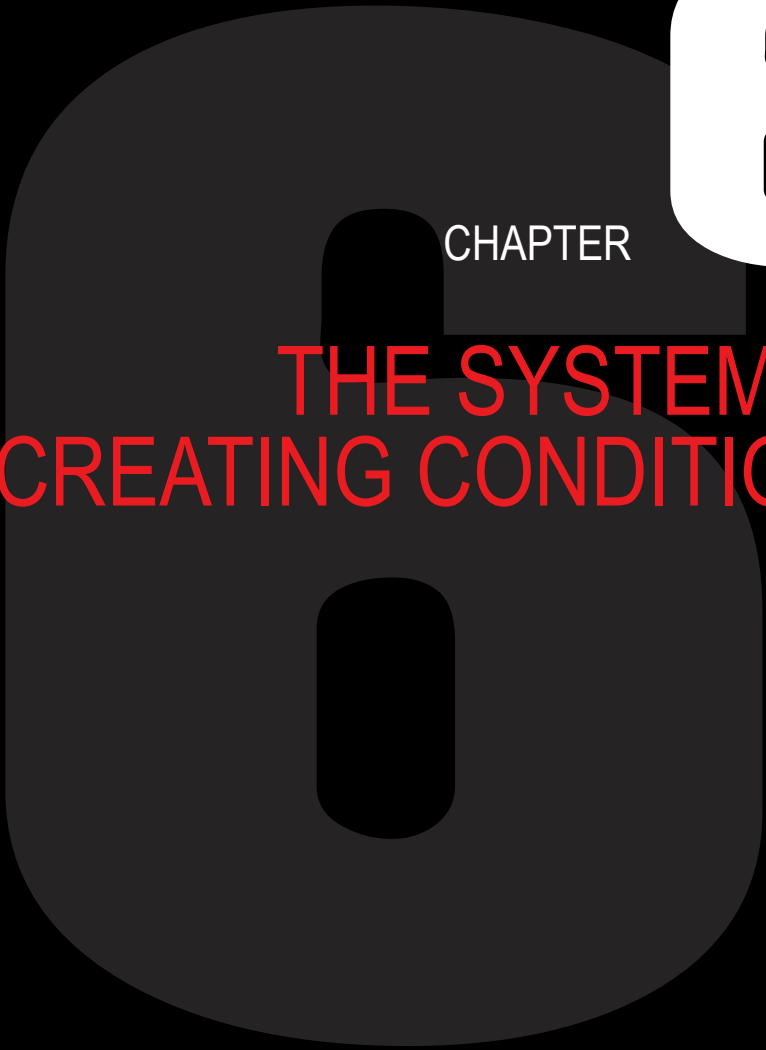
You should understand that sometimes certain things are going to be repeated to bind one element to another, one block to another, demonstrating the **whole** on the basis of different examples in different chapters. A crucial point to be remembered is that the elements of the system are exploited simultaneously and not one after the other. Though, elements will work by themselves as well, Cus D'Amato's system is more of a lifestyle. If you turn this system into a way of life, you won't have obstacles you cannot surpass on your way to success. You will achieve anything you desire. Even today there are bright examples of it, like Tom Patti, numerous students of Cus and Tom's father; they have achieved success in different areas of life more than others. Provided you have a clear understanding of what you want to achieve in life, the reason to make a step forward — the system which is being outlined in the book will bring you to places you dream of. If that is not the case — you will have to search for another system, but as you see, this system gives a guaranteed result. Other systems do not give such a guarantee. Thus, it is all about a personal choice: a determined result or a lottery.

## THE MECHANISM OF SELECTION AND IMPLEMENTATION



— I AM GOING TO JUDGE YOU BASED ON YOUR DEEDS AND NOT YOUR WORDS. — AGREEMENT: IF YOU DO YOUR JOB AND IF I DO MINE, AND IF WE BOTH DO IT VERY WELL THEN SUCCESS IS INEVITABLE. — PHILOSOPHY OF A COWARD AND A HERO — SELF-CONTROL

TECHNIQUE SHOULD NOT BE A RESULT OF A REACTION



# 6

CHAPTER

## THE SYSTEM OF CREATING CONDITIONS

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The sixth chapter about Cus D'Amato's system is the central one. I would even say the **axis** of the system.

We could have started looking at this axis straight away, instead let's talk a bit about the book and about what's going on now so that you can decide for yourself in regard to choosing sources of information. I am extremely grateful to all who start trying to be "helpful" every time they find out that I am doing an extensive research of the subject. I guess, these special people want to make sure I am not mistaken in my investigations which is why they send me different sources that I have to read, in order not to make the fundamental and fatal mistake. Sometime ago, when I was looking into Mexican criminal tradition, about 15–20 people appeared from nowhere, sending books about Mexican criminal tradition that I had to urgently buy and study. As you'd understand I had to study all those books, and write three more books after studying them. The whole reason is that, after reading the first "recommended" book I freaked out, as none of the books had a relation to the topic. The same thing happened in regard to Cus D'Amato's style. People I don't know at all started telling me that I have to read this or that book about some type of "Peekaboo" style. So it turns out, that there are many people worldwide that are using a style, a very serious style, the peekaboo. Some search for its origins in African-American criminal tradition, others in Africa and the rest elsewhere. The authoritative statement I make here is that the origin of Cus D'Amato's style is Cus D'Amato himself. And such-like a book can be written by Mike Tyson, Tom Patti or Cus D'Amato. Why don't I mention Kevin Rooney? Well, because if Kevin wanted to write such a book, he would have already done it long ago. So, when you open those books that were "recommended", it becomes clear that they have no relation to the style itself; those books are attempts of analyzing external manifestation. External manifestation does not equal the system; the system is what stands behind it. This book describes the system and not an external manifestation. This book is about the foundation of Cus D'Amato's style.

Somebody has asked me, if this book is going to be enough for training. The answer is "yes" and "no"; it depends on how deep you want to understand it. I am planning to write five books in this series: one of which is going to be about integrating this system into your own life. There are many ideas of how to expand the system as deep as possible, but it is not possible to cover those aspects without having a firm foundation. That's why this book is about the foundation, in other words, it is the substance on the basis of which the style works.

There is one more point which is strange for me and I will try to explain it. Many people think that Cus deviated from a certain orthodoxy and had created his own style which wins over the orthodox style. We could have replied in different ways in response to these types of ideas, for instance: "Stop talking nonsense" or "Arm yourself with patience". The origins of the style should be searched in Cus D'Amato's phenomenon and not in boxing. This topic requires a separate book and to make a thorough analysis would not be a simple job to do. It is going to turn out that Cus' style does not deviate from an orthodox style. The history of boxing is long enough, so we better arm ourselves with patience and speak about it in another setting. If somebody is really determined to master the style of Cus, it is best to train with people who were with Cus. I have already listed them: Kevin Rooney, Mike Tyson and Tom Patti; in case one doesn't want to learn from them then it is less likely that you will understand the style for real.

The next thing which has to be taken into consideration is the following: the title “peekaboo” that you use, was actually made up by correspondents to tease and discredit Cus D’Amato. As Tom says, this style was never called as such, they just said “the style of Cus”, “Cus’ style”. Every student that trained with Cus, knew that the style was secret. That’s why all of those titles like “ku-ku” and “peekaboo” were made up. This book contains clean data which actually works. Thus, being a scientist and an expert when I see letters with books that I should read in order to fully understand the “peekaboo” style, I become a bit perplexed. Thanks to all those people, but let me repeat that it is always best to work with original first hand sources. There can be no discussion if one doesn’t know the subject and hadn’t spent his time working with original sources.

Having said this, why don’t we get started looking at the axis of the system. I did my best to present information in the simplest, non-scientific language. **The key aspect of Cus’ style is a technology, which includes a training methodology and the system of phase-by-phase mastery of the technique.** And all these are done in order to resolve the formula. Consider that in the very beginning of the formula there is a certain character and at the end there is a result. Every element of the technology is ought to help to grasp the way these four components interrelate among each other. From one side, there has to be a clear insight of what type of the result has to be the outcome. From another side, an objective understanding that the character which is over there right now, is not capable of achieving that result. For the purpose of building a new capable character we are in need of a certain psychology. Take note that afterwards you will deal with a philosophy; thus we cannot mix these two different things. The next chapter will be dedicated to philosophy. **Philosophy forms and designs will and desire.** We have already spent time speaking of will and desire. **Will is what breeds tactics, namely it demands tactics to achieve the result.** Tactics define which skills you will need to implement things.

Bring to notice that the group of skills is structured into logical models. On the basis of this, one has to train in three directions. In other words, the preparation of the character, will and skills; all in all, this system produces results. Nevertheless, since according to the system of Cus — results are never enough, we will come back to the very beginning and determine new benchmarks for future achievements. Thus, the cycle will repeat itself and we will achieve other things again and again. This cycle has no end. It is the axis of the system. When you will start a new cycle towards a new result, you will have to build a different character (personage); bring corrections to your philosophy; nourish your will; develop tactics; get new skills; conceive new logical models; fuse all this into one machine; learn how to exploit it and achieve another result. Basically, it is about coming back to a reset state, set a new task and repeat the cycle again. This is the way the axis of Cus D’Amato’s system looks like.

This is the most important “applicator”, the most important scheme that we have to keep in mind and learn to exploit. The secondary system but no less important is about creating the conditions for the implementation of this formula. For this reason, when we see the foundation of the character, it is probably the only thing which one has to really pay attention to in his life, as for the rest — it has to be excluded, starting with such a category of “dear relatives”. This is just a temporary case which applies while you are implementing the highest priority task. If you want to stay laser focused and not get distracted, everything bothering and unnecessary has to be thrown out from your head. The second part is training



the will, that's why it is crucial **to be temporarily isolated. It is extremely hard to work on will, philosophy and tactics in a non-isolated condition.**

Please turn your attention to the following: when an artist paints a masterpiece — he isolates himself, so that nobody bothers and interferes with what he is doing. Meanwhile you are working on your task (one to one with your painting) your friends, relatives, acquaintances start being hysterical, they say: "Where have you been? Where are you?" And you better tell them beforehand that you are going to be gone for a certain period of time. I can already see many people making an attempt to do this without telling anyone. It is better if you inform people beforehand in a sensible manner, and afterwards in case there will be people from your network who don't agree, you will have to do what is right and not what those people selfishly want. You will have almost nobody by your side if you don't obtain results. Generally, people tend to "gather" around results. If there are people in your network who don't want any results in their lives, why would you need them? Pumpkin-headed people and results are incompatible. As the saying goes especially in America: "Surround yourself with people who perform".

## TO DEVELOP SKILLS ONE HAS TO TRAIN 7 DAYS PER WEEK

All these three parts (the will, philosophy and tactics) are connected by "question and answer" work with the coach. Pay attention to the way the system looks as a whole. It is important to understand how long the process will last. Cus D'Amato thought that the basic level lasts for two months. After that there is another 6-month block which is followed by 2 month blocks. Let's suppose that you chose two months twice a year in order to implement bigger results than the ones you have right now. In Cus' view there was no point in applying this kind of a system if it will last less than two weeks. What is the goal of all this? It is about transforming the system into a lifestyle, meaning that you don't have to isolate yourself if the system is the way of your life, if you have a solid philosophy. There is no point in isolating yourself from certain people, if your psyche is strong and if there is no one who could disrupt it. Moreover, the skills you have acquired cannot be taken away by anybody.

Now, let us talk about misconceptions in regard to conditions. The majority of people believe that Cus D'Amato used to make all of his students read books. First of all, don't forget that Cus always had an individual approach to each of his students. Yes, Cus had a huge library and he loved reading books, but he didn't make his mentees do so. Here is what Tom Patti said: "One had to ask Cus for books." Some people also believe that Cus used to make his fighters watch boxing during all their free time. This relates to Mike only, Cus knew that it was good for him. But when Mike would watch boxing videos other guys would also join him to watch. What is this all for? For Cus D'Amato there was one crucial ingredient and it was discipline, he himself was an inconceivable disciplinarian. This very ingredient is what nurtures character. Keeping in mind that Cus didn't force anybody to train, each fighter had to nurture their discipline on their own. This is the way we come to a logical conclusion (bearing in mind things he used to repeat) Cus would judge people not by what they would say, but what they would do.

## TRAINING SYSTEMS OF THE STYLE

The style has several training systems. The first one is extremely crucial, it all starts from boxing paws. From time to time, I watch the way boxers train and I see that they usually hit boxing paws hardly, but this is not what they are meant for. Patti said that paws are a cult in Cus' style. By means of paws fighters develop the technique of attack and defense, and explore tactics. For these purposes, paws are not hit too hard, as it is not about the force but the quality of understanding.

After this stage one commences the next training system with Willie Bag. Where did it come? If you read "Confusing the Enemy" by Dr. Scott and listen to Tom Patti, you will come to an understanding of the way Cus did his research work, and that the Willie Bag is the result of four years of his scholarly work. He examined shooters, he was interested in ones who hit targets without drawing a bead. The legendary boxing scholar was interested in muscle memory and studied professional piano players. Cus would also look into jockeys who drive horses, and studied different martial arts. As a result, he came up with the Willie Bag, which was initially the pivot with two mattresses which had the points marked out for certain hits. **The fighter should be taught to see open points and hit those points without thinking.**

In the beginning, Cus D'Amato used to profess seven hits, later on he added the eighth one. The eighth hit is a counterblow into a corpus with a straight hand which was rarely used. All in all, there are seven main hits in boxing. The question that has to be answered is where Cus took these seven hits from? He analyzed all the fights of that era and drew out seven strikes that would lead to a 100% knock out on the ring. Hence, we have four hooks, two uppercuts and two straight blows. Provided they are locked into the system you will get thousands and thousands of combinations. And it is necessary to know how to make combinations out of two, three, four or five blows at a very high speed with extreme piercing power, along with an element of surprise and laser precision. This was the purpose of constructing the Willie Bag. People who knew Cus closely used to say that it was an ultimate trainer of tactics; it allowed fighters to train skills which implemented the tactics. The Willie bag was used in the training of all of Cus' fighters.

**The third training system was sparring.** Things you see on TV are not the same as sparring which is used as a training system. The sparring we are talking about is carried out at a 1/3 of the speed and at a 1/3 of the power. In other words, it is slow, not forceful and has an uneven rhythm as follows: 30 seconds of sparring then analyze it in detail, correct mistakes; 1 minute of sparring — analyze it in detail, correct mistakes and around again.

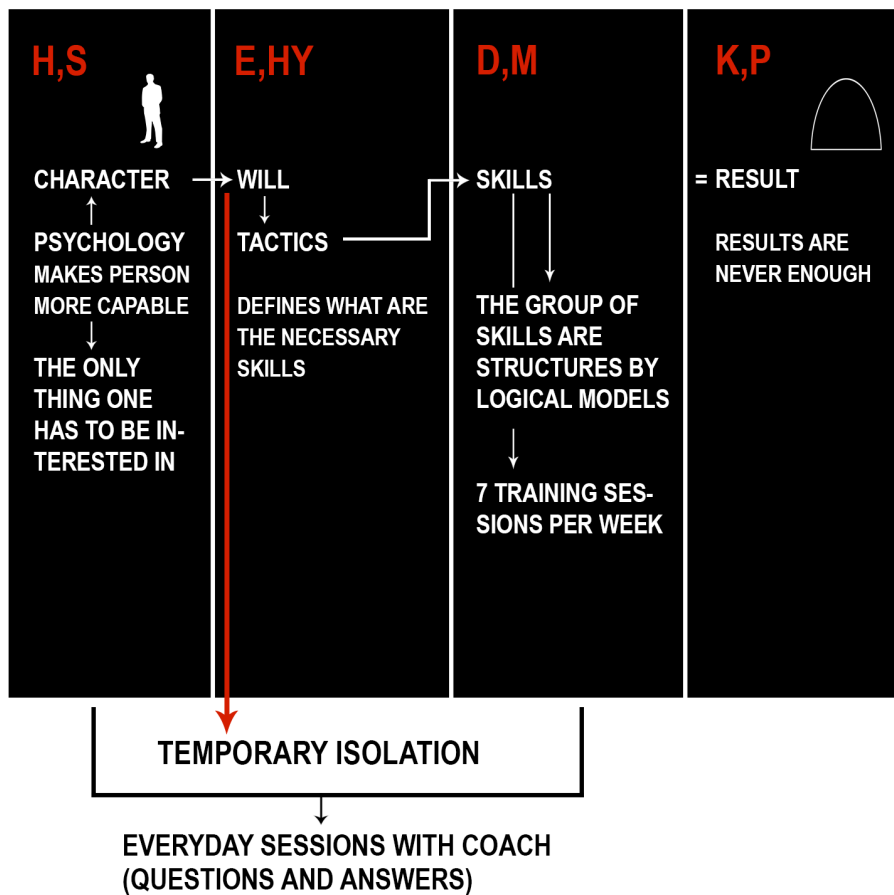
**The fourth training system is a heavy bag.** It is required to condition a hard and forceful punch. This conditioning is done on a heavy bag, preferably changing the weight of the bag from time to time.

**The fifth training system is a middle sized bag** which is being moved around and while it is swinging you hit the target in motion. Afterwards, the fighter gets back to boxing paws and everything is repeated again, that's how the cycle of training starts: jumping rope, running, speed bag training. However, these are individual aspects which are the responsibility of every boxer, he does what he considers to be necessary for him. **Two hours a day are dedicated to physical training, the rest of the time is spent on philosophy and psychology: one-to-one talks, methodological exercises and many other things that are abundant in Cus' style.**

This is the way the core works. Certainly, there are plenty of nuances in things that are described above and every training system has its own methodology. Most probably, this methodology requires another book. In case Tom Patti would be willing to explain all those details later on, we will write a separate book on it. “Non-Compromised Pendulum” is about the style and methodology of Cus’ system. The book is the foundation of the style. It is logical to conclude that we study the foundation in the first place in order to start applying it in our lives and not only in the gym. Let’s repeat that the basic structure of the style can be used in any activity. With the same success, with an understanding of the principles, I can transform the basic structure of the style for legal practitioners, for CEOs of companies, basically for any kind of expert who wants to achieve splendid results in his career.

Nuts, but true! Cus’ style is absolutely universal. In fact, Cus was successful in all fields and aspects of life: from resolving domestic disputes to smoothing out criminal conflicts. So as to not repeat the words of colleagues many times, these are two books that are highly recommended for reading: “Iron Ambition” by Larry Sloman and Mike Tyson and “Confusing the Enemy” by Dr. Scott Weiss and Paige Stover. These works will bring a clear picture of the volume of complex tasks, not related to boxing, that were solved out by Cus every single day.

## THE SYSTEM OF CREATING CONDITIONS



# 7

CHAPTER

THE STYLE OF  
CUS D'AMATO.  
PHILOSOPHY  
AND PSYCHOLOGY

Whether it has been long or short, but at last we effectively came to an “invisible” power constituent of the given system. At this stage, we ask the reader to draw attention to the title of the chapter, to keep in mind that when we speak about the style of Cus, we speak about what he did and not the way it looked like.

His main philosophical concept of himself in the very beginning was the following:

**“... TRAIN MYSELF AS A WARRIOR AND TRAIN OTHER MEN TO BECOME WARRIORS TOO” - Cus D’Amato**  
**“Confusing the Enemy”**

This is the strategic concept of the philosophy block.

Here is what is important. The first principle: “Religion should be out of the way”, as this concept came after Cus spoke with the local priests to get answers as to why Gerry was killed by a corrupted cop. **The primary objective is the dominion of results.** People who achieve results, acquire their power. It is logical to conclude, that when one has power, he can make things better in his surroundings. It resembles to no vote election, when people vote for a result right away. In the actual election people vote for a future result; before one is elected he promises that he will do things while he is in office. In the context of the given principle it is the other way around: results go first, and voting is done after them; meaning that votes are in favor of the result. It is the state of affairs instead of promises, which was the fundamental strategic concept of Cus D’Amato’s style — the path of mastery of results.

**“I DON’T WANT TO HEAR ANY EXCUSES; I JUST WANT TO SEE RESULTS”**  
**“I LET THE RESULTS SPEAK FOR THEMSELVES”**  
 - Cus D’Amato

So how did Cus implement this strategic concept? How did he teach his fighters so that they were able to implement it? What Cus said to his fighters one can read in the books “Confusing the Enemy” and “Iron Ambition”, which have numerous vivid examples (at times grotesque), as for this book, we will give the description of exercises that Cus did with his mentees. That said, in the system of Cus there are three groups of exercises; every block would have classes of exercises.

## 1. PHILOSOPHY AS A GROUP OF EXERCISES

The first class of exercises was directly related to what Cus told himself by demonstrating **what works** and **what doesn’t**.

The second class of exercises is the **application of role models**. It is about implementing the task of simple actions, that are compiled throughout life and activity. One creates a list or a group of simple and effective actions, and constantly adds new ones to the list.

The third class of exercises is the system of building manageable chains.  
The fourth class of exercises is rather extensive. We will describe the class of exercises in the view of imagination and one's own mind.

## **“YOUR MIND IS NOT YOUR FRIEND, I HOPE YOU KNOW THAT, RIGHT?”**

(Cus D'Amato would say to Mike)

This class also unfolds us the notion of logical and tactical models, and one has to learn how to work with them. The brilliant coach studied the logic of animals by turning them into logical models in fighting.

The next thing is a certain family theory like a family fulcrum point in decision making. It is that Italian culture. “Confusing the Enemy” has the description of the scene with a school principal when Mike was about to be expelled. Cus visited personally the principle of the school, who was also Italian.

*Cus immediately got into that Italian stuff. "You're from Italy? Where's your family from?" That's the first thing Cus says, "Where's your family from?" He doesn't even say "Hey, man, what are you doing?" It's "Where's your family from?" because if he knows your family, he knows who you are. That's how Cus judged people, from their family's reputation.*

Very much Italian. Cus believed that family might be a huge motivator or a big enemy. If one knows how to approach “the family” it might be very useful. At the same time, it can be a great protector, so that one behaves well outside of the ring.

In summary, we will say that the fourth class is an extensive circle of exercises which are meant **to form a correct system of coordinates** in which one lives. These exercises are built upon the result oriented philosophy.

The fifth class of exercises are about deception methods, methods of tipping, and third party work. Suggestion methods, hypnosis and self-hypnosis and methods of controlling ineffective authority figures (in one's psyche) — all these methods shape the aggregate of the given class.

The sixth class of exercises are meant for bringing resolution to the conflict between mind and body, to the conflict between will and desire. For instance, the fighter would understand before stepping in the ring that imagination generates obstacles, thus he could have factored out the obstacles before the fight.

The seventh, eighth and ninth classes of exercises examine two key philosophical concepts: what is mind and fate? On this stage, one shapes his philosophical concept of the fight. This particular class demonstrates by examples what would happen to a man who gives up on himself beforehand, and this conflict of giving up and unwillingness to fight till the end is resolved by this class of exercises.

The tenth class of exercises are about methods of not depending on time factor; they allow one to stop being subordinate to time but rather to take control of it.



**“IF YOU WANT TO BECOME A WORLD CHAMPION, YOU HAVE TO LIVE AS THOUGH YOU ARE ALREADY ONE. LIVE AS A CHAMPION, YOU ARE ALREADY A CHAMPION”**

The eleventh class of exercises. To give a vivid understanding of what it is about, please analyze following words of Mike: **“Antique heroes became my role models”**. This class of exercises shows **how**, **why** and **what for** one has to have the right philosophical aggregate of characters long before he steps in the ring.

The twelfth class is characterized by a group of exercises which we will put in simple words. Cus believed that “this is not possible” is a phrase which is peculiar to banana heads. People would tell stories about Cus, he was a very extraordinary man ... as many people note, this Italian man possessed paranormal, non-human abilities. And I think, in most cases, these kinds of capabilities were demonstrated to show that in our modern stereotypes full of lives, there are “many impossible things” that can be done. There are accounts of people that state Cus being able to make people do what he wants by the power of thinking. So Cus being able to do impossible things, and right there the fighter is thinking that he can’t do the series of punches in the right manner. This terrifying dissonance would break the ineffective beliefs of a fighter into pieces just like a millstone. As a result, beliefs are what turn an average fighter into an outstanding world champ.

We have listed twelve classes of exercises which shaped the philosophy of a champion, the philosophy of Cus’ boys. Note: one class has not one exercise but whole groups of exercises.

## **2. THE SECOND GROUP OF EXERCISES WE CAN CONDITIONALLY TITLE AS “PSYCHOLOGY”, THAT’S WHAT MANAGES THE PSYCHE.**

The given aggregate of exercises freed one from obstacles and turned a person into a different and very capable individual. If the reader seriously studies psychological branches during the mid-20th century in the US and Europe, it will be clear who was the founder of the next concepts. The name of the author of this psychological concept is not going to be mentioned, as he doesn’t have a relation to psychology in the same way as Cus.

We will give some description of this person, so that every reader would have a satisfaction to do his own research. There were stories about this well-known figure, just the way there were stories about Cus; the author of the concept was a Mexican, a radio technician by profession. He began the journey of teaching with his own children and people consider that he was successful in it. He founded the method, the concept which allowed to teach effectively and achieve any results by means of those exercises. There are different versions of the way he came up with the method, some say that he developed it, some say that it was striking. He authored five books and two more books in a co-authorship. Literature which was written after him does not have any relation to his original method. It is not recommended to read books that were written by his relatives after his death. Doing your own research and finding out the name of this author will make it easier for you. Instead of reading a huge list of sources listed in “Confusing the Enemy”, you can simply find that person. Conversely if

you want to follow the path of a scientist, then you will have to find books and articles, study them in detail, and make conclusions which will take a lot of time. The man who is being referred to is very well known in the US, he is unique. Correspondingly, once you find out the X persona, it will be your own finding. Since I have not found sufficient confirmation, that X person's works were ones that are in the foundation of psychological preparation in Cus' system, I cannot make such a statement in the book. However, I highly recommend that you do a comparative analysis as a minimum. If you find out who that person is and re-read the books of Larry Sloman and Dr. Scott, you will realize that all those methods are "conveniently" gathered by one person and in one of his books you will find the detailed manual about all these methods.

The first class of psychological exercises is professionally called "**compositional adapters**". Let's consider a story from Iron Ambition about the way Cus used to prepare for negotiations.

*He studied his enemy Norris constantly. He turned his strength, money and power into his weakness. He made sure that Norris continually underestimated him. And as time went by, he played with Norris. He would visualize Norris sitting in a room that had twelve doors. Then he would see himself lock every door from the outside. When Norris decided to leave the room, he tried the first door but it was locked. Then he tried the second door – locked also. Now Norris was getting panicky. Seven, eight, nine, he's freaking out completely. Finally, he's down to one door. Cus unlocks it and Norris tries to open it, breathes a sigh of relief, and steps out. Except Cus is waiting there with an ax. He actually would tell this story to Tom Patti and me.*

*But how could he explain beating Norris at every turn? By the law of averages, he had to be wrong some of the time, but he never was.*

Cus was successful in every negotiation which would lead to a cooperation. This is the way the compositional adapters look like, and one should learn how to use them and learn how to develop them.

Tom Patti also shared stories about the way Cus used to do these types of methods. We have video recorded our meetings, Patti spoke of hypnosis, suggestion and special methods that Cus used. As for the method of compositional adapters if the trainee is a younger man, then there could be another type of an adapter which is understandable to a youngster of 15 – 17 years. The compositional adapter should not necessarily look the way it is stated above, that was Cus' case when he was getting prepared for a serious meeting.

I suppose that if somebody was capable of writing a book about Cus' style, he would have already done it. There is nobody until this day who was able to structure and turn everything into a system. People speak of things that they remember. To put it simply, imagine a car that you are interested in, you are speaking about that car with people, but they forget to tell you about the engine, wheels etc., and the description of the "car" will be without the engine and wheels. Nevertheless, at first sight externally it looks to be a fine car.

It is necessary to understand, that **Cus' style is conditioned for every person individually**. Cus could have trained Patterson by means of one method, and Rooney could have used another one, and in the foundation those methods might have coincided, but the components would be different. For this reason, when we speak of an all-inclusive

methodology it is not that all of the methods would be applied for every fighter who was trained by Cus. This book has an exhaustive number of methods used by Cus, which were researched and proved by me and my colleagues as well. If one closely studies the books by Dr. Scott, Larry Sloman, our talks with Tom Patti, my own research of Cus D'Amato's phenomenon, then the total data won't have contradictions.

The second class is about mechanisms of turning in a distinct state by means of prior preparation. Certainly, you need to be in a certain state (for example: ready for battle mode), and there is an adapter which allows you to get into this state. This ability is something which is trained, in other words the usage of certain adapters allows manageably transition into a different state.

The third class is conceptualization of the logical model, again, using the special state. Meaning that by means of certain adapters one goes into a different state and in this state one conceptualizes effective logical and tactical models. You relax, use an adapter, get into that state and search for solutions and effective logical models.

The fourth class is conditionally called "poker game with the mechanisms of another person". **This "poker game" in consequence allowed one to develop capabilities of predicting the actions of an opponent in the ring.** If you cannot predict the actions of a person in a calm environment, how will you predict the actions of an opponent in the ring under pressure? That is why everything would start in a calm state and would end in the ring.

The fifth class is **a look from a side with different eyes**. What does it mean? Cus made you "leave your body and look at the situation from a side". That is to say, you participate in the situation and look from a side simultaneously. If it was a sparring in the ring, Cus would make one fight with an opponent and observe the whole situation as a spectator. Or there was another task such as observing the fight with the eyes of an enemy, or with the eyes of the coach.

The sixth class is a non-contact manipulation of people — by means of thoughts on a distance. Examples of such situations can be found in the book of Larry Sloman and Dr. Scott.

An example from "Iron Ambition":

*When Cus had his gym on 14th Street, he would take his binoculars and look out the window and pick out someone at random who was walking on the sidewalk below. Then he'd give them what he called "The Look." And with his powers of concentration he would be able to make that guy stop, look around, cross the street, whatever he wanted them to do. He was practicing telepathy. Cus was a very enlightened guy. He wanted to know why, when you are thinking about someone, they just show up. He wanted to be able to make that connection at any time.*

There were other cases when people sat in exact places amongst the audience, changed their position and many other things.

The seventh class is visualization or more specifically envisaging the playing out of separate scenes.

There are seven classes of exercises that regulated the psyche of a person in the system of Cus D'Amato.

### **3. THE THIRD GROUP OF EXERCISES ARE EXPLORATORY EXERCISES.**

The first class of research is related to fear. The second is related to the research of relations between people. The third class is about the explorations of mistakes and pain. The fourth class is related to the research of emotions. All these four research classes are sorted out by three methods: books, individual talks and putting a person in certain situations.

Here is an example of putting a person into a certain situation: there was a case when Cus fought Rocky Barbella in sparring. Rock was behaving tough, he was a tough street guy with similar friends, but in the ring he was left with a bloody nose. Cus saw something in that boy and invited him into his office. Cus taught him a very good lesson in the ring, he demonstrated to the boy that a street fight and the ring are different things. In streets there are weak and strong opponents, but in the ring in the heavyweight division there are no weak opponents. If one reached the peak of the heavyweight world championship, then there are no weak opponents. Even though Cus was in a senior age, it was worth watching him in the ring. Not only did he beat the big headed guy, but he did it in convincing fashion. I am certain that, the guy learned the lesson for the rest of his life, he understood well that the street and the ring are different things. There are no rules in the street, you fight the way you want, but in the ring one has to demonstrate the skill and mastery and at the same time abide by rules. And since Cus knew very well what it is like to be in a street fight, as he grew up in a bad neighborhood, he knew all street like things very well. He understood that the guy he taught a lesson has no chance to win in the ring against one who knows how to box.

This case corresponds to the method of putting one into certain circumstances, with an aim of educating and explaining. In the aforementioned case, the boy learned his mistake in his own beliefs in the view of his capabilities; 10 minutes and misconceptions are gone instead of months and months of explanations. It was a quick education of a boy who wouldn't have understood in another way.

It is important to note, that Tom Patti did not put on boxing gloves for five or six years because of trauma he had after an accident, but you can see the technique of Tom in the video. Believe me it is worth paying attention to, Tom is also good in the street. He told the story about the fight in Mexico, when he knocked out three guys in seconds, there is also the demonstration of it in the video. The reader can find those videos in YouTube and see for themselves what the school of D'Amato is like. Even though Tom Patti didn't become an absolute world champion, he is very much respected by American society.

Today, you may see many people who misrepresent their own work, thoughts and logic as Cus's style. Moreover, as you understand those people write books, conduct training sessions and even get money for doing so. Certainly, those people don't have an actual understanding of the methodology nor the system, nor the technique and about the style itself. If you are not willing to study the style of Cus from first-hand sources, do not hope to find quality information.

**“NON-COMPROMISED PENDULUM” IS THE FIRST BOOK WHICH DESCRIBES THE FOUNDATION OF THE STYLE IN ITS FULLEST, AS WELL AS THE PSYCHOLOGY AND PHILOSOPHY.**

Remember what Cus said when he was in an elderly age: philosophy and psychology make up 80% of the style. The practice with these exercises, that cannot be seen by the naked eye, lay down a solid basis which subsequently leads to victory.

Wait until the last chapter of the book, study it very closely, learn the basics and start applying it in your life and keep an eye on results. Meanwhile, I will be writing the second book on the style. The second book will answer the questions that you are most concerned about — the origin of the style, why it is the way it is and whether it fits everybody. There is a misconception that allegedly the style is for short boxers. This opinion isn't true.

In conclusion to this chapter, let me remind the reader about the number one issue: what do you want for yourself? Do you want to stay with your own convictions or to receive quality information and have an opportunity to apply it to create results?

*The answer will be not long in coming.*

## THE STYLE OF CUS D'AMATO

### PHILOSOPHY AND PSYCHOLOGY

#### PHILOSOPHY AND PSYCHOLOGY

TRAIN MYSELF AS A WARRIOR AND TRAIN  
OTHER MEN TO BECOME WARRIORS TOO.

RELIGION SHOULD BE OUT OF THE WAY.

#### OBJECTIVE: DOMINION OF RESULTS

#### GROUP1

CLASS 1 WHAT WORKS AND WHAT DOESN'T

CLASS 2 APPLICATION OF ROLE MODEL

CLASS 3 THE SYSTEM OF BUILDING MANAGEABLE CHAINS

CLASS 4 EXTENSIVE GROUP OF EXERCISES THAT ALLOW TO BUILD  
RIGHT SYSTEM OF COORDINATES

CLASS 5 DECEPTION METHODS, METHODS OF TIPPING, AND THIRD  
PARTY WORK

CLASS 6 THE CONFLICT BETWEEN WILL AND DESIRE

CLASS 7, 8, 9 MIND AND FATE

CLASS 10 METHODS OF WORKING WITH THE TIME FACTOR

CLASS 11 "ANTIQUE HEROES BECAME MY ROLE MODELS"

CLASS 12 "THIS IS NOT POSSIBLE" IS PECULIAR TO BANANA  
HEADS.

## THE STYLE OF CUS D'AMATO

### PHILOSOPHY AND PSYCHOLOGY

#### PHILOSOPHY AND PSYCHOLOGY

TRAIN MYSELF AS A WARRIOR AND TRAIN  
OTHER MEN TO BECOME WARRIORS TOO.

RELIGION SHOULD BE OUT OF THE WAY.

#### OBJECTIVE: DOMINION OF RESULTS

#### PSYCHOLOGY - GROUP OF EXERCISES #2

- 1) COMPOSITIONAL ADAPTERS
- 2) MECHANISM OF GETTING INTO A CERTAIN STATE BY MEANS OF TRAINING
- 3) CONCEPTUALIZATION OF LOGICAL MODELS USING CERTAIN STATE
- 4) "POKER GAME" WITH MECHANISMS OF ANOTHER PERSON
- 5) "THE LOOK" FROM ASIDE
- 6) NO-CONTACT INFLUENCE ON OTHER PEOPLE BY MEANS OF THOUGHTS (ON THE DISTANCE)
- 7) VISUALIZATION AND VARIATIVE PLAY ON OF SEPARATE SCENES



## THE STYLE OF CUS D'AMATO

### PHILOSOPHY AND PSYCHOLOGY

#### PHILOSOPHY AND PSYCHOLOGY

TRAIN MYSELF AS A WARRIOR AND TRAIN  
OTHER MEN TO BECOME WARRIORS TOO.

RELIGION SHOULD BE OUT OF THE WAY.

#### OBJECTIVE: DOMINION OF RESULTS

#### GROUP 3 (EXPLORATIVE EXERCISES)

CLASS 1 - RELATED TO FEAR

CLASS 2 - RELATED WITH THE RESEARCH OF RELATIONSHIPS BE-  
TWEEN PEOPLE

CLASS 3 - RELATED TO AN ATTITUDE TOWARDS MISTAKES AND  
PAIN

CLASS 4 - RELATED TO RESEARCH OF EMOTIONS



BOOKS



ONE-TO-ONE TALKS



PUTTING A PERSON  
INTO A CERTAIN SITUATION

CHAPTER

8

THE STRUCTURE  
OF THE STYLE

Any system that works unequivocally has its own structure. Having finished the research of this system, I will present the structure of the style from top to bottom. However, before we begin, you probably know that there are numerous books that allegedly look at the structure of the style. Guess what is used in order to do this? Biomechanical analysis. I have encountered one colorful book, which had an analysis and lots of pictures, up to 9000 as authors claim. It is probably an intriguing book but it has nothing to do with the actual structure of the style.

The first thing we look at is the stance. At this point we are encountered with a major problem, the point is that people don't understand that **the stance includes tactical implementation**. For this reason, when we speak about the "stance" we are speaking about the whole human body. That's not all. Feet, being the fulcrum point of the body, have different functions, depending on if it is the front foot or the back foot.

The next thing is the corpus (body) **stance**. The fact is that the corpus involves advancing and side moves, but backwards moves are not considered at all; yes, we don't move back in this posture, only forwards or sideways. The boxer must hold his hands at the level of his eyes. Many people draw attention to the significance of keeping the chin tucked into the chest, but nobody does it. When we get to holding the chin tucked in, it is already a technical element, which is used when you advance in a certain way, but it is set off while performing other things. Both hands are used for punching in this stance. One hand has the **support point**, the other doesn't. But, it is possible to create a support point in a quick manner for the second hand by means of turning. The center of gravity is under the construction.

The next major point in the stance is an **approach pattern**. When we move towards (advance) an opponent, the task is to keep our feet together as much as possible, which ensures very good maneuverability. Provided this you can move around naturally as if you were walking in the street. Right when you move towards the opponent — one of the feet happens to be in front. That foot can be a fulcrum point and a thrust at the same time. Most people believe that the pendulum movement happens all the time. What is the point of bobbing if you are two meters apart from your opponent? In Cus' style you start the **pendulum** when your feet "stop".

There are five features in this stance. If an opponent is taller than you, it will be necessary to use a certain tactic; if an opponent has the same height as you do there will be another tactic; if an opponent is shorter than you, the tactic will have its own unique features. In case an opponent will take the stance with one hand in front and another hand in the back, the tactic will be different; in case both of you are in the same stance, you will need to exploit a different tactic, etc. But people don't understand these things and analyze without in depth understanding.

The next thing is **balance**. There is a special exercise which is called "**twist**" demonstrated by Tom Patti. (Please see the end how-to part of the book). The "twist" is done to train the balance, but most people consider it to be a technical element. Indeed, this exercise can become a technical element in the ring, but it is going to be done differently.

If your opponent is taller than you, naturally, the lower you stay the harder it is to get to you; likewise, it will be different in other circumstances. Counterpunching the hand of the opponent while implementing a certain tactical scheme is also related to this stance.

It is very crucial to always keep in mind that there are differences between using the style in the street and in the ring, the basis of the style is the same, but the tactical scheme would be different as you won't be in boxing gloves.

Consider the following concepts: “whipping” and ducking, these are also separate technical elements that are implemented in the stance. They are about so called “Spanish angles” and we never move linearly, keeping in mind taking the stance from a short or a long angle. The aforementioned is all related to the stance.

We begin to speak about the pendulum. After having analyzed all types of pendulums that exist in general, it should be noted that in Cus’ style there are four pendulums used out of eight (but all eight can be used in this style as well). The pendulum is a significant part of the defense of the style; it is the basis of the defense. Correspondingly, if we have the practical version meaning that if we get into a street fight, we will have all eight kinds of the pendulum. Also, the style has concepts such as **rotation with a simultaneous punch**. That said, the rotation might be with or without an additional movement. It is a separate technique which is studied in the frameworks of the pendulum.

There is the concept of shifting feet being in the stance. It is an extremely minor shift, but it allows you to dislocate the target at a remarkable distance — whereas, the opponent doesn’t notice this shift. Afterwards, **the logical realization model** comes into play. And this model differs from person to person. For instance, for people with the same body build as me and Mike, Cus proposed the model of the cat. For those who have different physical characteristics there will be another model. The logical model produces the tactical model. What is important in here? The technique. The whole thing is that the technique in this style differs from other boxing styles. Since we are dealing with different fighters who have different technical and physiological characteristics — technical elements are gathered for everybody individually. At the core there are 7+1. Initially there were seven technical elements, later on one more element entered the picture. Tom Patti says that seven technical elements produce an endless number of combinations among each other (from 2 to 6 blows).

It is not less important to remember that, provided your opponent knows the same number of the technical elements, you never know what he is going to use against you. We use the style in order to incorporate everything into one technical element. It is an art of setting things as the following: your enemy won’t be able to use anything but this one technical element at the given moment. Correspondingly, we know which technical element is going to be used by an enemy which means that whatever he does it is not going to be new for you. You know everything about the enemy beforehand, but he knows nothing about you; you are unpredictable to him. As a result, the opponent gets the “surprise” in the form of an **unpredictable strike**. With these things in mind, using all possibilities of the stance and pendulum you will get that effect when an opponent won’t be able hit you, but you will be able to hit them.

Note: the description of the technique is in the last chapter of the book. Firstly, we understand the stance, then the pendulum, the hits and all these are “processed” through a logical model which produces the tactical model. The tactical model is manifested by means of the technique into the scenario of a concrete fight.

When we say the system “7 + 1”, the “1” is a specially developed technical element for you. For instance, Floyd Patterson had his own element as such, which took into account all his strong qualities and narrowed things down to a side punch on a leap. Mike Tyson had his own technical element as such, which was delivered from upside down while his feet were straightening. Muhammed Ali had his technical element, he used to turn his shoulders and straighten his hands in a way that his enemies couldn’t move towards him (couldn’t approach him).

Everybody who consulted Cus D'Amato had one technical element which was unique only to them. That very technical element would distinguish him amongst all other fighters. Let's take a look at the way it works. If I am observing the way my future opponent fights in the ring, and if I notice that he is victorious in the ring by means of a specific hit, then I found his carte de visite. Of course, I would fear that strike the most and thus, I start training myself to be capable of resisting it. And yet there is a problem, that very hit is not used against me; instead, it is all about different combinations of seven hits. I understand that I was fooled, I am not being confronted with that carte de visite — completely different tactics are being used against me. At this point I "switch" back in order not to get the series of punches and at this very moment I get hit with that strike that I have stopped paying attention to. In other words, in this style you never know what you will be faced with. Of course, you can "prepare" + 1 hit and demonstrate it to nobody. As a result, you will get the hit which nobody saw before. It is about being constantly caught between two fires: between a series of strikes and a knockout one. The shorter a fighter, the more he is prone to uppercuts; middle height fighters are prone to side punches; the taller a fighter, the more he is prone to straight punches owing to a long hand. This is the usual scenario, but for example Patterson broke this stereotype: he had an amazing straight hit and it was expected, but he used a side punch. For these reasons, it should be very well understood that the tactical scheme is developed against the opponent in question; or, it might be developed individually for one who uses the style in order to defeat any opponent.

### HOW DOES ONE ADOPT THE STRUCTURE?

Let's remind ourselves that boxing pads are where the style of Cus begins. In the beginning you are engaged with nothing but boxing pads. There are lots of people who work out hitting in the air, shadowboxing and only then do they start working with the equipment, but Cus considered it to be ineffective as if there is no resistance it is not clear if you hit correctly. Unless you work on your technique with boxing pads, unless you know your technique beyond reproach you don't move onto the equipment. Unless you know things about the stance, pendulum, application of technical elements, logical models to minute detail and transform all this into implementation tactics you don't move onto the equipment. As a core, by the end of training with boxing pads one already knows all the basics of the style.

I don't think it is possible to convey the whole style in the series of five books, but I will aspire towards it. Every technical element has got so many nuances, so in order to immerse somebody well into the style it is necessary to spend at least 10 days of training, but even in this case lots of nuances might be overlooked. But one year is a sufficient period to teach the application of the system.

By this time, apparently, it is about the footwork and tactics. After boxing pads, we move to the **Willie Bag** to master footwork and test tactics.

Once we puzzle out the Willie Bag, footwork and are already realizing the tactics we start looking into our limitations and drawbacks that are still there. First things first, a fighter needs a hard knockout punch in the sequence — a heavy bag will help here, until sequences don't become one punch. Remember that **the punching force** and **penetrating power** (piercing force) are different things? At this stage we need to train the penetrating power, thus not only do we need a heavy bag but a swinging one. In this manner you will

be punching a heavy bag plus the target in motion. The bag would be swinging in different directions (you need someone to push it), meanwhile you choose a position and deliver the sequence of penetrating punches, the bag stops, it is pushed again and you start punching again and again. This is how we deal with the target in motion.

Now, we combine the Willie bag, the heavy bag and the swinging bag training with everyday sparring at a slow speed. The sparring is a great measuring tool which shows what has to be refined and worked on. Additional equipment such as jumping ropes, speed bags, shadow boxing, swimming, running etc. are supplementary exercises. Certainly, swimming and running train persistence well and speed bag is good for training the landing precision. When one regularly practices in the gym, he sees what the drawbacks are and what he has to pay more attention to. For example, if I clearly understand that I have problems with balance I work with the jumping rope. It is about training then going in the ring for some sparring, and getting back to training. As you see the system is cyclic.

Some words about the attack in Cus' style.

**DON'T GET HIT, HIT YOUR ENEMY. IN THIS STYLE ATTACK IS EQUAL TO DEFENSE.**

Tom Patti was explaining the following to a young boxer in the gym: When somebody will be attacking you with a baseball bat, you really don't want the tip of the bat hit your head. The simplest thing you can do is a quick step forward. You can perform a complex action, which is to occupy either a "short" or a "long" angle. But you might get a subtle hit while making a quick step forward, in contrast when you get in the angle that baseball bat won't touch you. There are different defense methods and they can be used even in such kinds of street situations. There has to be a good understanding of which technical element should be used at a given time, and it has been a strong focus.

There is also at least one more extremely significant point — psychological behavior under pressure in the ring. This is one more reason why sparring at a slow speed is a very important part of the training which makes intellectual training possible. This system in total, provided it is exploited consistently, gives tactical results as well as psychological ones.

By now, we have covered the core of the system which has to be supplemented with other ingredients that are appropriate for each person. However, no matter what we do, in the core the system remains the same. If it is about learning, then we use boxing pads, if it is about tactics then the Willie Bag is used. As Tom Patti said: "The Willie Bag is the main exerciser of tactics".

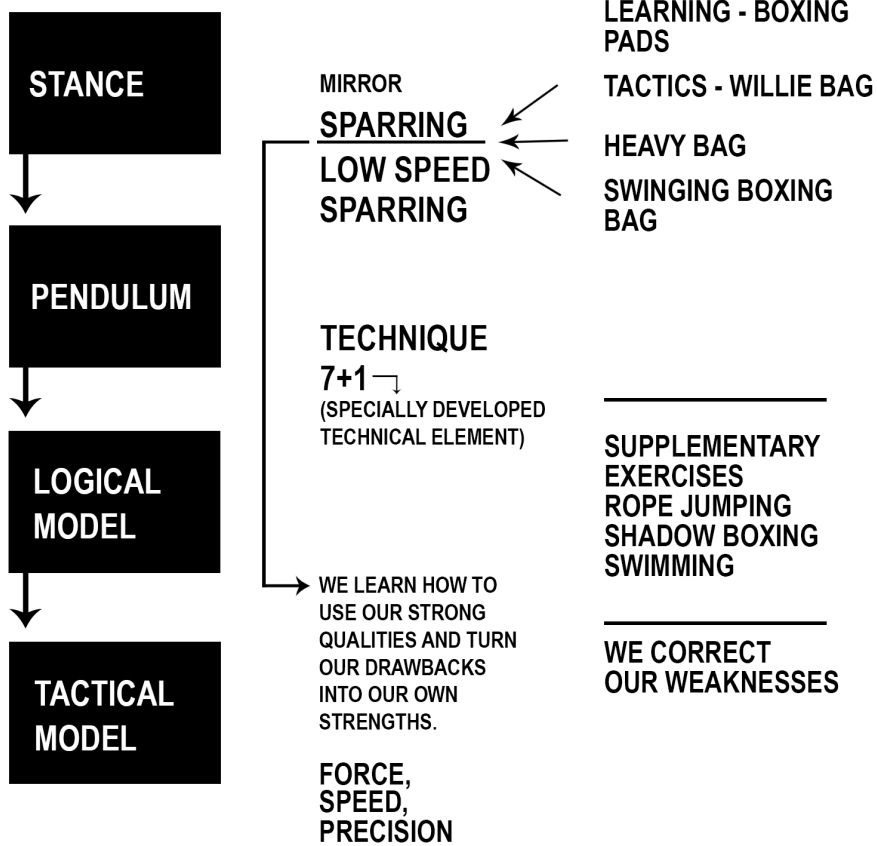
Next we come to the development of force, speed and precision, and it is done with a **heavy bag and one which swings back and forth**. Then, we correct our weaknesses by means of the special exercises, we become reassured of the result and that there were no drawbacks in the fight, by looking into the mirror while sparring.

Here is the last stage we go through: we learn how to use our strong qualities and our unique physiological and psychological properties at full strength and turn our drawbacks into our own strengths. Taking into consideration the peculiarities of a human being makes one more effective than he was.

And at the end, a bit of lyrical digression. Foreseeing some of the questions, let me know that I have the utmost respect for all styles of boxing. But for me personally there is no other boxing style. For you, the dear reader, yes, there might be many styles. Why do I think that other **boxing styles** do not deserve attention? Remember that “success is never blamed”. When there are three world champions forged out by the means of some other special boxing system — there will be a topic to talk about, to research, but until that moment there is no topic for discussion. This is my personal approach; I believe that it is necessary to learn only the most effective and best, and in boxing it is the non-compromised Cus’ style. As for Cus D’Amato himself, he is the legend, the true hero, who is rightfully admired in all countries of all continents.



## THE STRUCTURE OF CUS' STYLE



# 9

CHAPTER

## THE MODEL OF SELF-PERFECTION AND LEARNING

WE WILL START THE CHAPTER WITH AN ANALYSIS OF THE LEARNING MODEL WHICH LOOKS AT THE FOLLOWING FORMULA:

$$2+3=5$$

When we see the “5” — this part of the formula means that you have to work independently as well, you have to exert a lot of effort in order to achieve the results you are planning for yourself. Nobody can force somebody to read books; even if you give him the book and want to discuss it with him, you can’t read the book instead of him. **Independent work is an extremely important part of the training system.** When you tell a mentee that you highly recommend the video and he says that he will watch it but in the end he doesn’t, you can’t watch it for him. When you tell him to do something or the other, but he doesn’t, you can’t do those things instead of him.

Let’s look at the stages that are sorted out by means of the “2” in the formula. This part of the formula is about selection processes, teaching, psychology, philosophy, methods of training, the cabbage stage and searching of the core, molding and everything related to discipline. What is the number “2”? It is a duel between the coach and a trainee. Prove to me that you can train me as I keep resisting. Intellectually I understand that you are a great coach but I disagree anyways deep down.

Right in here the trainee watches the lifestyle of his coach and what he is capable of. There are numerous things which serve as evidence for his achievements: he has a gym, he trains people and they respect him as the greatest authority figure in boxing. But on the other hand, there were people who came to Cus’ gym and behaved outrageously, for example that case with Rocky, when Cus had to put gloves on and teach him a lesson in the ring. Otherwise, if the trainee is not **convinced** that the coach is actually worthy of training him, there will be thoughts or words such as the following: “On what grounds are you trying to change my philosophy and teach me psychology? Who let you do it? Am I a worthless person, can’t I be victorious?”

If we look at the training of the boxer let’s say, then we will face one more category such as gym mates, but in the style of Cus “mates” don’t matter. Certainly, team spirit in sport is a nice thing, and friends might have a beneficial influence at certain points. However, this approach is more peculiar to Slavic nations rather than in the Americas and Europe, whereas in the latter a more personal approach is taken from one side and from the another side Cus’ style is about the triumph the individual. If you are training many people in the gym and create the atmosphere of a brotherhood it won’t give you triumphant results. When a goldsmith polishes the diamond it is all about the goldsmith and the diamond, nobody else. But people that are in the gym, they breath down the neck of a goldsmith and interfere with him working over the diamond. In the given case it is about these two “figures” only.

An objective of one-on-one between a coach and mentee is that the latter really understands who he is at the given moment. Let me give a real life example, when I trained bodyguards, there were people whom I had to drop on the ground over and over again till they became objective of their skills and in their view of themselves. When one really understands who he is, it will immediately rise the question of his own future. As before he thought he had a future, but now he doesn't. **The whole problem is that if he doesn't lose in the training, he will lose in the ring. If you won against your coach, you lost in the ring.** If you are not willing to come under the command of your coach, it will be your opponents taking a command over you in the ring. It is all about building a solid relationship so that you are ready for the actual battle in the ring. To defeat a coach is very easy — you simply grab your clothes and leave, you might add: "You have demonstrated who I am in reality". You take offense and say farewell. Fine. But in this case, when you step in the ring there will be nobody to be offended with.

Back in time I had a very wise life mentor, he quickly explained to me who I was. He was very virtuous in demonstrating that my understanding, skills and philosophy weren't effective at all. In my teenage years I was quite an athletic guy and I arrogantly thought that I could face anybody in a street fight; even if my opponent is older than me, I was convinced that I would be victorious as I have spent a lot of time training. One fine day my teacher took me to the park, and made me stand in a snowbank. He moved away five meters from me and said: "Here you, attack!" I realized that I can't even move, let alone attack. I was standing in a snowbank to my knees and started understanding that I am not cool — I was ridiculous. At that point, I practically knew nothing about the person who was teaching me. There was one day when he took an army metallic mug and smashed it with his one hand. I understood that if he were to grab my hand in a similar way, he would simply break my hand. He would create similar situations from time to time. I quickly learned that I knew nothing.

Number "2" is very important, as this part of the formula works as a safety lock against future failures. If you don't have this number "2" in your formula, you are doomed to failures. This is true for any sphere and activity of one's life. Aforementioned kinds of demonstrations and real life training with such a person is a priceless experience, because whole "training" goes in manageable conditions and not a real life fight. In these conditions one develops the ability to see the future and predict the actions of an opponent. It is here that you change the way you think, you start realizing that you can firmly stand on your own two feet.

At some point in time, this "2" disappears from the lives of many: the guy becomes the champion and there are plenty of people who want to smack him down. The guy starts paying attention to other things, he stops training the way he did before ... and after sometime he stops being a champion.

An upward movement is like climbing a mountain. When you are going uphill on a bike and decide to stop, you swoop down. I want you to clearly understand that at this point the teacher becomes an authority figure for the trainee. But if he doesn't become the authority, then this coach won't be able to teach him, as the authority figure in one's mind is the basis of skills. Lots of people make this mistake; they start training without going through this stage. Roughly it looks like the following: I will go and take part in the training, I will watch, find out something new for myself and will apply that thing in my life. Oh well, it doesn't really work this way. One more example: you are leading a training session and give a certain task to a group; you step aside and observe. After five minutes they start doing things they like doing and not what you told them to do. You can compare the results of those who lived with Cus

together at his house with ones who lived in their own houses — there is a difference. When one lives at home there is his mommy, daddy and others. Just remember that it was hard to find a sparring partner for a teenage Mike even if they were offered money.

In this chapter we should also cover those criteria that a boxing coach or mentor should correspond to. It is a tough question. I have listened to many interviews of coaches, interviewed many people myself and was interviewed, and this issue was raised on a number of occasions. Out of all things I have inferred three key criteria. If you don't see these three things, you are in the wrong place.

1) Your mentor has to do what he preaches. Think of a boxing coach who explains what you have to do, how you should live but once he leaves the gym he starts complaining to his friend about what a horrible wife and family he has. In other words, this man cannot even handle his family and you want him to make you a world champ. Deception.

2) Your mentor has to know the answers to two questions. A mentor who doesn't know the answers to questions such as **why?** and **for what?** and if he can't simply but scientifically answer these questions, that's when a person merely expresses his own opinion instead of providing evidence and giving reasons.

3) Your mentor has to have his own achievements. When you look at a person and realize that he himself didn't really achieve anything in life, he can't be a mentor (but he might be a consultant in certain areas). Most people are guided by public opinion while making a choice, any choice. Cus D'Amato was not only not loved, he was hated. The boxing association could not stand him. A person who is loved by everybody is a dangerous person. If one is loved by everybody that means that there are no people whom he beat. And if there are no losers, there are no victors. Figures that are masters for real are strong and have result oriented personalities, and usually, modern society doesn't like such people.

I have a friend, consultant and colleague from South Africa. One has to really try in order to get to know him; you can't simply say: "Hi there, I know that you are a big specialist in certain issues. Can you teach me real quick". He would probably say that you have mixed him up with somebody and that he is not engaged in that sphere. Thus, all these three criteria should be closely scrutinized and looked at as a whole.

Let's come back to the stages of training. By the time you went through the second stage — "2" you will have a strong assurance that you are moving in the right direction. No matter what the external circumstances are, they won't be able to persuade you to the contrary. It would be useless to scare you, to explain you not to strive for your goals. The world of today has the tendency to try to destroy future-oriented figures before they even become **somebody**, because it is hard to deal with them later on.

Your environment, acquaintances, friends and parents are going to pull you down into the group, which is an obstacle of becoming somebody. There are many people that are not related to a legal sphere thus they don't know that it is **good and fast** only when it comes to drowning. Have a think about the following: the larger the mass, the higher the rate of acceleration when falling down.

A champion is about an individual, one and only. Your mommy, daddy and friends won't help you to win the championship. In the ring it's only you and your opponent, consequently there is no point in listening to anybody except your mentor, it is futile. For those who started acting in a different manner, like Jose Torres and Floyd Patterson, for them their boxing career did end sadly.

**The number “2” of the formula is related to that stage when the mentee is ready for the training, and when he is ready to develop necessary skills.** If you don't go through this stage, you will inevitably face problems once you start training.

When we move to the number “3”, it is the stage of skill developing which requires conditions. One needs a certain methodology which is used provided there are objective verifiable determinants. When one goes through the second stage, he has to have a clear understanding of where he is heading; there has to be an exact destination point. One also shapes that mindset when he has no choice: he either becomes somebody or will be dependent on somebody throughout his whole life. On the third stage one has to understand by what means he is moving towards the destination point.

My teacher once told me: “Just think, 90% of people on this planet limit their aspirations to their salary.” Instead of — salary — you can put anything; then imagine that everybody around agrees with that state of affairs. They are ready to live their lives depending on somebody, to be nobody, and give up on themselves. At the time, I had spent time on digesting this philosophical dogma and I got scared. The only difference between people who are limited and who limit other, is personal result. Simply the physiology of a human being demands the constant satisfaction of physiological needs, consequently a person has no choice but to agree to those conditions that are offered to him. It seems to him that those conditions are the best at a given moment; he has no choice but to agree, otherwise he will die from hunger.

For the record, Cus D'Amato was told by his father to go and find a job. Cus had to go and work at the factory, even though he never thought of working for somebody. He became an outstanding specialist even there, but didn't stay long at the factory. Remember that Cus said to Tyson that he will either go back to jail or become a champion, there was no other choice. When a person is not in a deadlock situation it will be very hard for him to move to the top.

When one gets to the third stage, it means that it is the movement to the top and at this stage one should not stop under any circumstances.

**CUS D'AMATO SAID THAT THE WORST THING IS WHEN A PERSON GIVES UP ON HIMSELF, MEANING THAT HE HAS STOPPED, WHICH WILL BRING AFTER IT A DOWNFALL, AND THE HIGHER HE CLIMBED UP THE MOUNTAIN, THE MORE PAINFUL IT WILL BE WHEN HE FALLS.**

However, if you have a structure, even if you fall off — you will have a safety net. However, if you fall off on your own, you are not to come out alive.

In previous chapters we have looked in details at the mechanisms of training and mechanisms of skill development and the way to turn aforementioned into a “fighting machine”. All these things are related to the part of the formula — “3”. We understand that when we say “2+3” with regards to the formula, the conflict between will and desire is still there, but at this stage the conflict is under command because we know exactly that it is the **will** which should win.

It becomes crucial when we get to the part of the formula “3”, we have to fulfill all of the recommendations of the coach. Most people having reached this stage say something like “I think it is going to be really long, it is going to take a while, maybe there is another way?”

Pay attention to how Cus D’Amato’s people became champions very quickly and very young, at the age of 20–21. It seems to you that it takes very long, but in comparison to others it is a short period of time. If you are exploiting the technology, then you can’t become a champion “slower” than ones that don’t exploit it. One wonders: can we accelerate things? Could it be even faster? Yes, it can be even faster, you have the number “5” for this purpose, that’s when you transform this technology into the way of life. If one contraposes the technology against the person, then the battle will be won by the technology. Always. The fight becomes something strange, it turns out that your opponent is fighting against the technology and you are fighting against your opponent. In doing so you are impregnable because your opponent is not fighting against you, but against technology which was opposed by you. It is the second part of the formula: don’t let him hit you, don’t let others interfere with your business, don’t let others mess with your decisions, differentiate people and learn how to work with consultants. It is important to keep that in mind while exploiting the technology: when you start having your **opinion**, you stop exploiting the technology and become vulnerable.

When you are implementing the second part of the formula: you hit an opponent who doesn’t use the technology, and that is why he is so vulnerable. Consequently, people will admire your results and not the actions of your opponent. Remember Cus’ approach: don’t wait for a knockout, carry on. In his interview young Iron Mike said that this style won’t leave a space for another life, there is no usual life outside the ring. You can’t live two lives. The technology is a way of life, once you start living the second life — you become vulnerable. The number “5” of the formula tells us about this.

When we say self-improvement it means that we eradicate our vices, because they are obstacles on the way to achievements. Most people consider vices to be things written in the Bible. Remember what Cus said about religion, it is out of our way, that is why for us, vices are those **things that prevent from performing**.

When we speak of number “5”, there are several more points that we should look at. The point is that usually people believe that gym training is enough to achieve results. But that is not true. It is not enough at all, it is a must to exert extra effort. And there is only one way of doing self-work: you keep doing and trying till you make it; otherwise, neither technology nor methodology will do you any good.

**If one is zealous to master something, he has to make himself learn. You won’t learn unless you don’t make yourself learn. Thus you have to have the thirst to teach yourself.** If you don’t realize that results are never enough — you will stop climbing up. Remember that Cus D’Amato made his boys train seven times per week; not three times per week but seven. And even if somebody was not in the gym he was working with

philosophy and psychology. Therefore, one switched from physical training (skill-building) to philosophical, from philosophical training to psychological and from psychological back to physical.

That's how the formula of self-perfection model looked like. The formula by itself and the understanding of it is already enough to change the state of affairs one settles for today. It is enough to begin the journey of your manageable fate.



## THE MODEL OF SELF-PERFECTION AND LEARNING

$$\textcircled{2} + \textcircled{3} = \textcircled{5} \quad (\text{AS A PACKAGE + INDEPENDENT TRAINING})$$

RELATIONSHIP  
BETWEEN  
A COACH  
AND A TRAINEE

↓  
PSYCHOLOGY/  
PHILOSOPHY

COACH  
ASSISTANT  
BOXER

↓  
SKILLS

SELECTION  
PROCESS  
AGREEMENT

WHERE ARE  
YOU HEADING  
TOWARDS?

EVERYTHING  
RELATED  
TO AN  
UNDERSTANDING  
AND DISCIPLINE

ALREADY  
IN MOTION

THE MAP

CHAPTER

10

THE STRUCTURE  
OF THE TRAINING

According to Cus' style training is distinguished by two types: internal training which corresponds to an internal circle and an external training which corresponds to an external circle. An external training circle is called to be an algorithm of selection and implementation which has several steps as follows.

## EXTERNAL TRAINING CIRCLE

### ALGORITHM OF SELECTION AND IMPLEMENTATION

#### STEP 1: ISOLATION

**DURING THE MEETING WITH TOM PATTI HE SAID THE FOLLOWING IN REGARD TO ISOLATION:**

**WHAT IS ISOLATION? A LIFE LIKE IN A MONASTIC KEEIL, A LIFE LIKE IN A CHIVALRIC ORDER IN TOTAL ISOLATION FROM SOCIETY.**

One wonders why a person has to be isolated? Without isolating him it is not possible to make the second step, which is an implementation of the "I want — I don't want" model which we have already discussed. A person is isolated so that he understands that he has no choice. If we are dealing with a military man, why would he be isolated? For the reason he embraces an explanation of how things are for real, so that he has no room for pity. No mom, no girlfriend — so that nobody calls him and distracts him; so that his mom gets used to the fact that her son is busy and won't be home; so that everybody understands finally that he is busy and should not be distracted. Only once this stage is passed through can we move to a third step.

On the third step we realize **the model of skill and will**. We have already looked at: **"Those who are in the lead differ from everybody in two things: skill and will"**. The first realization model enters the picture and we learn how to integrate it into our lives and finally use it on a daily basis. By implementing this model, we get ourselves ready for the fourth step which goes as **"the training base of 2,5 months"**.

Obviously, one is not isolated for the rest of his life but only for 2,5 months. During 2,5 months training sessions are held every day plus additional special tasks. Following the completion of the fourth step you move on to fifth step: enhancement. It is about the sophistication of the skills that were built over the span of 2,5 months. Here is how an external circle looks like: a person is isolated; he goes through a special training process which lasts 2,5 months; afterwards he implements the model "I want-I don't want" followed by the "skill and will" model. Having done all these things during 2,5 months with everyday training, there will be a person who is in fact capable of something.

## INTERNAL TRAINING CIRCLE

### ALGORITHM OF IN-GYM TRAINING

This part of the circle is dedicated to methods of training. The first way to train is to **correct mistakes**. How is it done? The first exercise is shadow boxing in front of the mirror having instructors by the side correcting mistakes. The second way to correct mistakes while training is by sparring. For example, you spar in the ring for an hour but exert half of your energy. Problems with balance are corrected by means of a jumping rope. Problems with precision are corrected by means of a punching bag and problems related to physical power are solved with a heavy bag.

After each training with a piece of equipment the trainee starts to spar again. It might resemble the following sequence: shadow boxing and sparring followed by comments from the coach. Three rounds in the ring followed by comments. One exercise, sparring, comments. According to comments a mentee is assigned his next exercise (the more mistakes he makes in a certain category, the more exercises are assigned from that category). What's the goal of all this? There is only one goal which is to teach a mentee to train independently. There is a certain moment when he is told that he won't be trained by somebody as he had been before. He is told that he has to choose the training program and train himself, and as for the instructors they are going to watch from a side and correct him. It is the second stage of the training. It is about correcting mistakes which is followed by transferring to the stage of independent training. When one trains on his own, instructors keep on correcting mistakes but not of the technique but of the training methodology. The third stage is polishing technique and skills.

Once the student learns how to teach himself he goes to a third stage, and begins working with pads. This time it goes in a specific manner, it is about shaping the fight. The main objective at this stage is to teach tactics. A wise mentor will constantly find different tasks and obstacles that are to be overcome by the mentee. Tactics are taught in a way that they are capable of being implemented in the ring. You may observe the stage of correcting mistakes when Kevin Rooney holds boxing pads for Mike and corrects him here and there. You may see when Mike trains on his own, and it corresponds to the stage when one teaches himself how to train. There are videos of Cus D'Amato explaining tactics (move and he won't be able to hit you; look, if you turn your feet, you leave out that punch). One practices concrete tactical schemes to perfection that are going to be used in the ring.

This is the scheme of an internal circle. One training session may include all stages simultaneously or there might be only one stage. A sequence might be the following as well:

Monday — correction of mistakes

Tuesday — working on tactics

Wednesday — independent work

Thursday — working on tactics

Friday — correction of mistakes

Saturday — independent work

Sunday — correction of mistakes

All these three stages are always there, the only thing that changes is the order.

Now we have to look at the way external and internal circles revolve. A training circle is triggered from an external circle, then we move to an internal one. Gym training corresponds to an internal circle, training in life is an external one. Obviously, training doesn't stop even for a minute — it lasts 24 hours.

An external circle training encompasses methods such as the following: philosophy, psychology and methods of independent and mutual research. You can leave the gym and on the way home read a book, master certain psychological methods and follow them up with philosophical methods. Afterwards, you start over with an internal circle — the gym. Things are repeated in the circle.

As a result, we see that there are three external methods and three internal ones. Psychological, philosophical and methods of independent and mutual research (external circle) turns to the left, counterclockwise. An internal circle: working on tactics, methodology and the correction of mistakes, turns clockwise.



### The scheme of training in life and activity in the style of Cus D'Amato

In two and a half months of training one is already taught to effectively train with equipment and he was already taught the foundation. Afterwards, one is trained in conformity with two circles which perfect him. When we were looking at the structure of the style, we covered basic exercises that forge the fighter. And two circle training allows him to self-perfect and become a master.

Pay attention to the fighters that were trained by Cus D'Amato: the longer he trained them, the less time it was necessary to spend on their psychological, philosophical training and mutual research, in other words on their external circle. An external circle takes up only a certain period of time in the training, until one has solid skills. Subsequently an external circle is differentiated — it is divided into several parts: family time, work, and other necessary activities related to the training. The circle ends up having a different system, less time is spent on psychology, philosophy, independent and mutual research. For example, one week may play out as follows: one day is spent on philosophy + other tasks; second day is spent on psychology + other tasks; third day spent on research + other tasks.

The more knowledgeable a person is and the more he knows how to do something, the less time he has to spend on it. What should not be done while training? An external circle should not be stopped; you should keep on exerting effort in that direction. That is where the mistake is made by most people, consequently they come off an external circle, and everything has to be started over. Respectively, so that nothing stops, one has to be consistent; training sessions might be reduced to five days per week, but they should not stop.

**AN INTERNAL CIRCLE IS A CIRCLE OF SKILLS. AN EXTERNAL CIRCLE IS A CIRCLE OF WILL.**

Certainly, at this stage of research it is reasonable to warn of the following: never stop in your endeavors, never stop in training and on the way towards your achievements. Ceaseless training is of fundamental importance; otherwise failing this would mean a collapse, a fall off the mountain. The only way to keep on is to develop new skills and persistently self-perfect. Alas, there are many who commit this mistake — having achieved the result, they stop leading the same lifestyle and inevitably fall off the mountain back to nothingness.

And lastly, Cus D'Amato admired Henry Armstrong. Cus loved commenting on his fights: "Non-interruptible attack in one breath, he always moves his head, upholding perfect impregnable defense. Here is what Henry Armstrong did: he destroyed the will of his enemy, ensnaked his soul and turned all his intentions into damn lies".

As for how this is achieved, here is a comment from Tom Patti:

*"Hit the guy, don't let him hit you, but do it in a way that excites the crowd!"*

## THE STRUCTURE OF THE TRAINING

### EXTERNAL TRAINING CIRCLE

ISOLATION

“I WANT - I DON'T WANT”  
MODEL

“SKILL AND WILL” MODEL

TRAINING FOUNDATION 2,5  
MONTHS

SELF-PERFECTION

METHODS  
OF PSYCHOLOGY,  
PHILOSOPHY,  
INDEPENDENT/MUTUAL  
RESEARCH

### INTERNAL TRAINING CIRCLE

ALGORITHM OF IN-GYM  
TRAINING

METHODS

CORRECTION OF MISTAKES

- SHADOWBOXING
- SPARRING
- JUMPING ROPE (BALANCE)
- SPEED BAG (PRECISION)
- HEAVY BAG (FORCE)

OBJECTIVE: TEACH ONE  
TO TRAIN ON HIS OWN

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1ST STAGE - “POLISHING”  
SKILLS

2ND STAGE - LEARN AN  
INDEPENDENT TRAINING

3RD STAGE - BOXING PADS  
(TACTICS)

## THE STRUCTURE OF THE TRAINING

EXTERNAL TRAINING CIRCLE

INTERNAL TRAINING CIRCLE





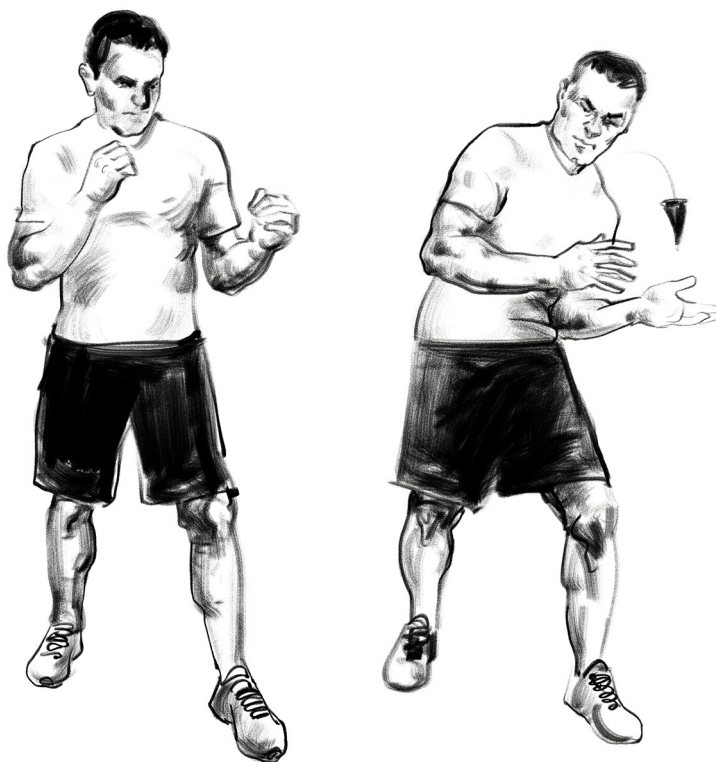
CHAPTER



# DETAILS OF ELEMENTS IN THE STYLE OF CUS

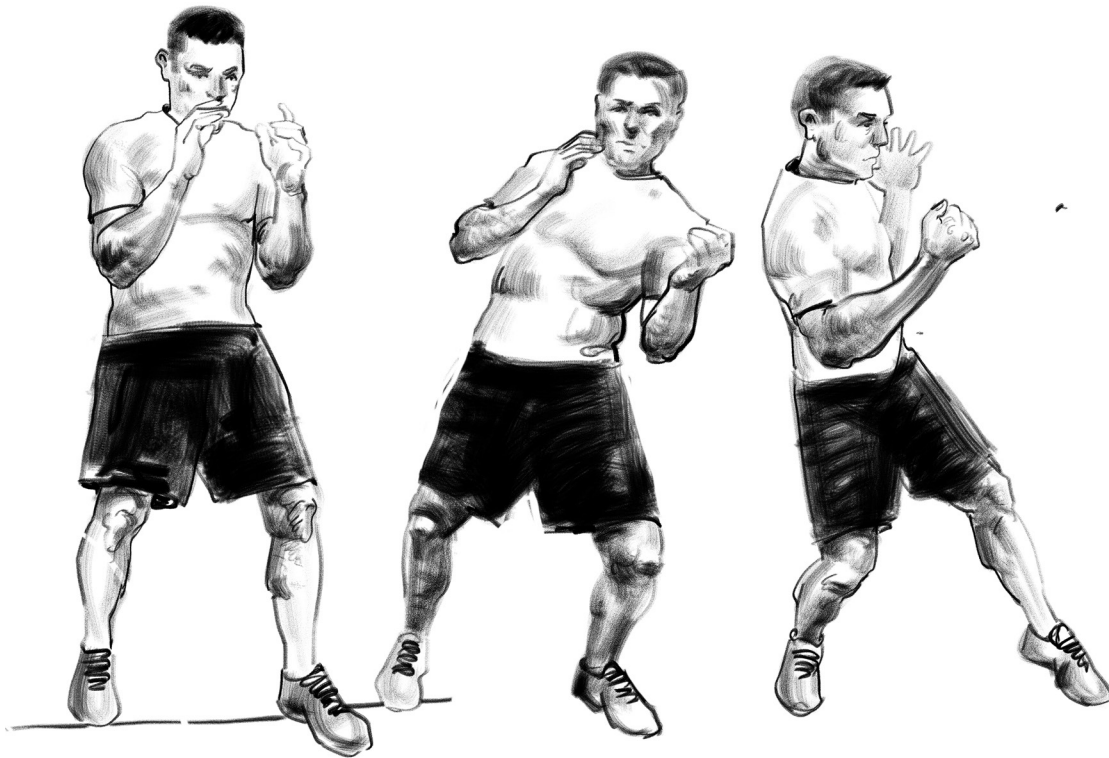
In the context of the given chapter the reader will be given a detailed methodological demonstration of the technique presented by a mentee of the legendary D'Amato — **Tom Patti**. Explanations, author's style and the order of demonstrations equally as the descriptions of the technique, tactics and elements of the style are retained for the ease for the reference.

The first element is related to the balance and coordination, and it is inherent to any fighting style.



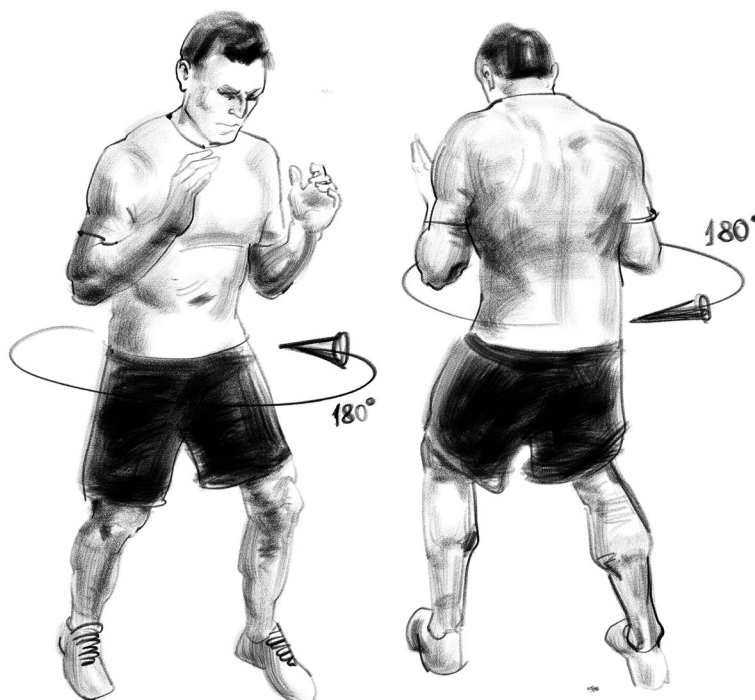
The drawback of the following stance is that you cannot easily move your corpus to different sides. However, Cus figured out that if you move your foot forward it will allow you to keep the balance and have freedom of movements to the right and left without obstacles. No matter which way you shift your weight, you maintain a good balance and you are in a good position to be defensive and offensive at the exact same time, which is unusual. If you look at most fighters and consider somebody like Mayweather, who is a big defensive fighter; but by being too defensive he is not offensive. What Cus wanted is to put a fighter in a defensive position which would put him into an offensive position at the same time. That in return is exciting and it is highly effective. You are exciting the crowd as you are pressing forward and you create this aggressive action in the ring; at the same time, you make your opponent miss and make him pay for being in the ring with you. It is one of the effective means of the fighting style.

When we talk about balance, the regular drill that we always did is a twist. Notice, that it is not about “jumping up”, it is about landing in exactly the same position, with exactly the same balance. It is the first movement which is created to train the balance and coordination.



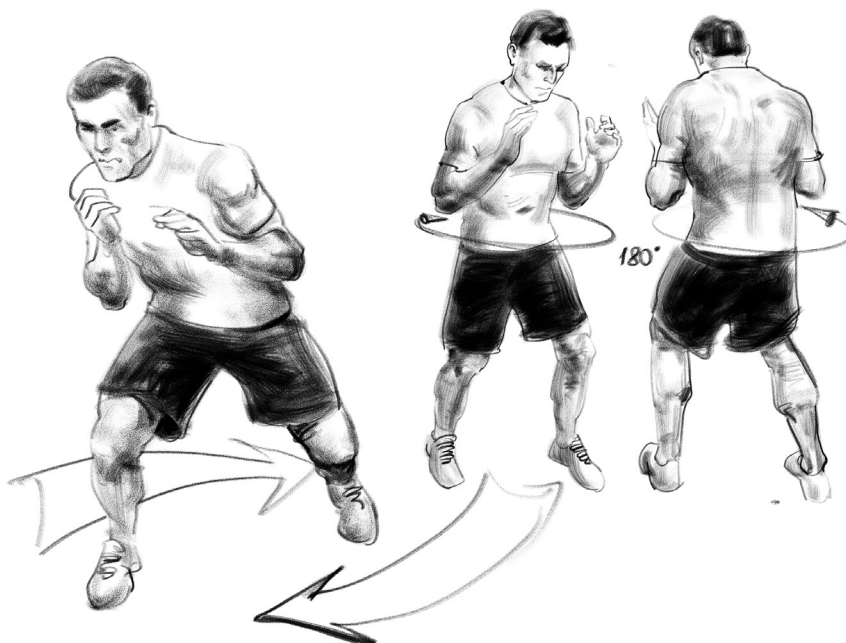
It is very effective in the ring. The exercise is done literally in a split second, you don't have to move **and** gain balance. You are ready to strike at all times.

As an example I will tell you a story: when I was traveling to Mexico, three guys surrounded me and tried to attack me. The moment they got aggressive and tried to attack me, I hit them in a row using the twist and knocked out all three of them really quickly keeping a perfect balance. It was that time that demonstrated more than ever how effective Cus' balance was.



If you pay attention to the training drills, we always move forward in the ring and maintain constant balance. In regular activity, we spring in a 180 degree turn (as the illustration shows) and keep perfect balance. Then we do the same and follow up with a quick spring to the right and to the left — they are simple side to side movements but they are infused by a perfect balance.

Let's say an opponent is coming at you aggressively, you may spring to a side and deliver two sharp hits to his chin. The key in here is again balance. If you notice I jump with my front foot, most of my weight is on the front foot, but by the time I land I am ready to deliver hits to different parts of the body, and move right back.



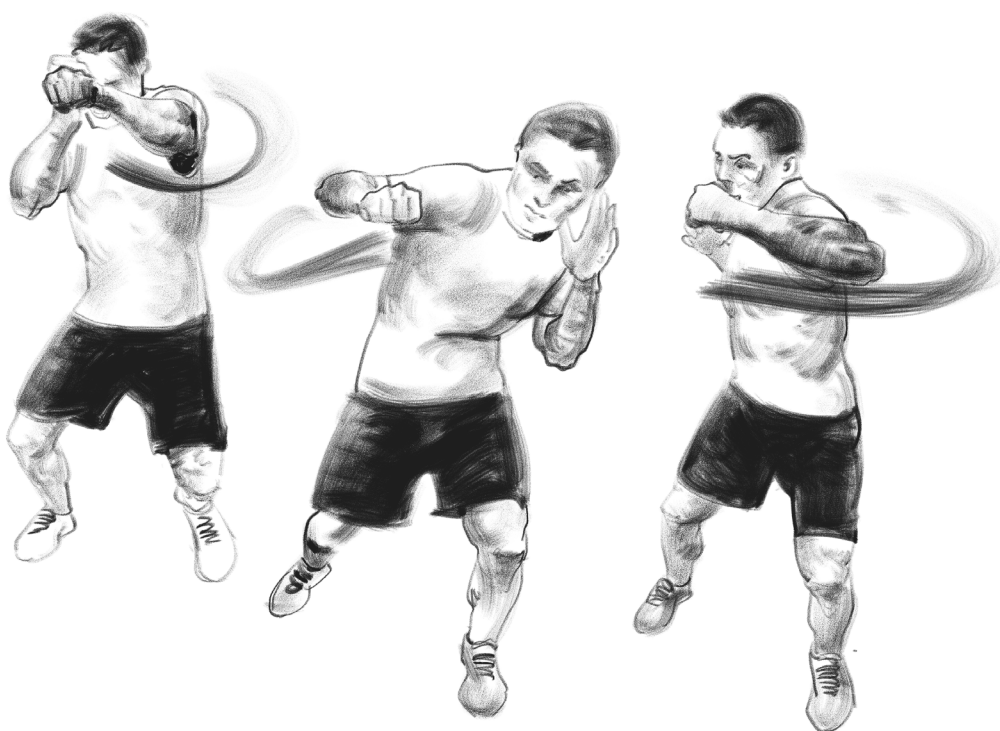
I might deliver several punches to the face, move to the left and deliver several strikes from a side and move back.

Another way to orchestrate this: let's say I throw a left — right, my weight is on the front foot and that allows my natural flow to the opposite side and deliver two shots. Equally, if I throw my left I move to my left (throw several punches) and move back.

Again, it is about a flow of energy, and that's an effective use of your time and your positioning. The next technical element we are going to look at is the movement in the ring. We know that we are not going to just stand in front of somebody, we will be always slipping and moving, springing, hitting and springing.



You don't set a steady rhythm of the same element, for instance if you are in a position and if you are jabbing and slipping you would not always go: jab-jab, slip-slip. You can do that, but eventually your opponent starts to test and notice your rhythm, he starts to anticipate what you are going to do. So what we would do is to jab-jab, slip-slip and maybe spring to a side and come back. Another option that you might do is jab-jab, slip down and come up to a side.



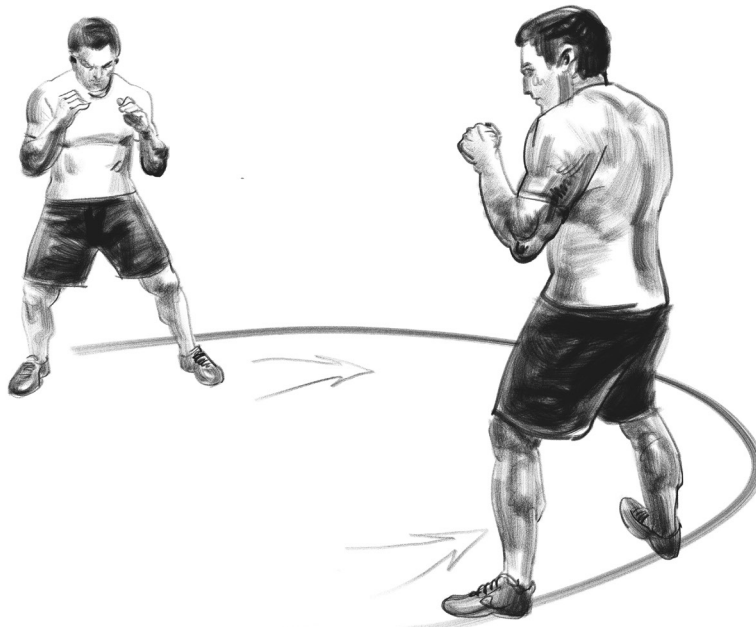


You have to always move out of the center; not only do you move your head and change your rhythm, but you also change your positioning and keep in mind when and how you get there. That's all effective when you are standing in front and forcing the action against a fighter who wants to "tie you up". What you want to do is to add some more movement around the fighter.

You will notice a lot of fighters in the ring who cross their legs. That puts them in a bad position and keeps them off balance if they need to be offensive or defensive in a split second.

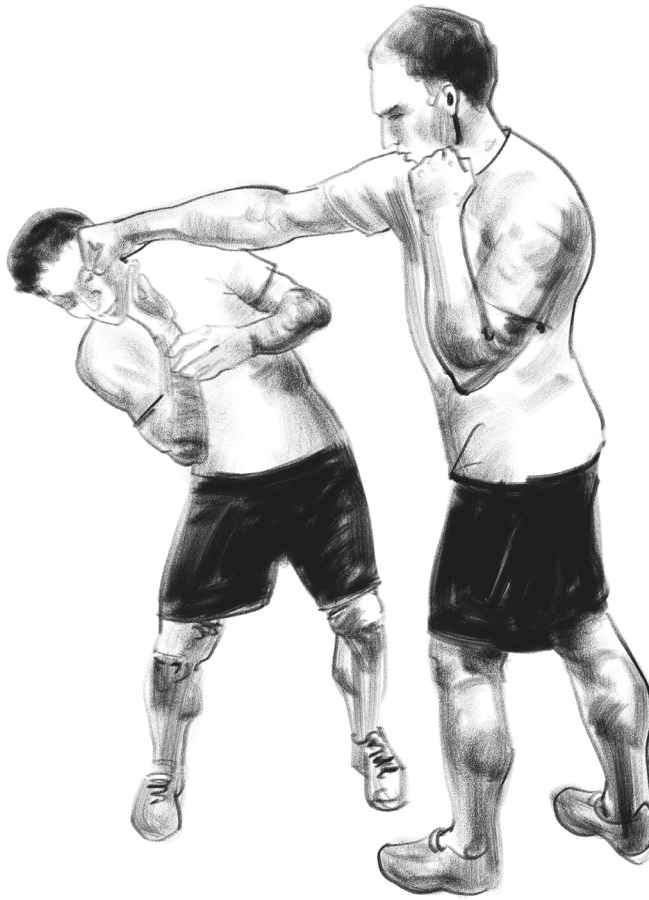


In Cus' style if you need to move to the left, you move your left foot first, your energy is in the balls of your feet, you are light and can move in any way. If you are moving to the left — you also move six inches with the right foot. If you are moving to the right — you also move six inches with the left foot. What you might also do is move in a half-circle straight across and work around your opponent offensively. You don't move straightly, you move around, otherwise somebody might tie you up. Instead of standing there and getting tied up by somebody, you move outside and hit from that position maintaining solid balance at all times.

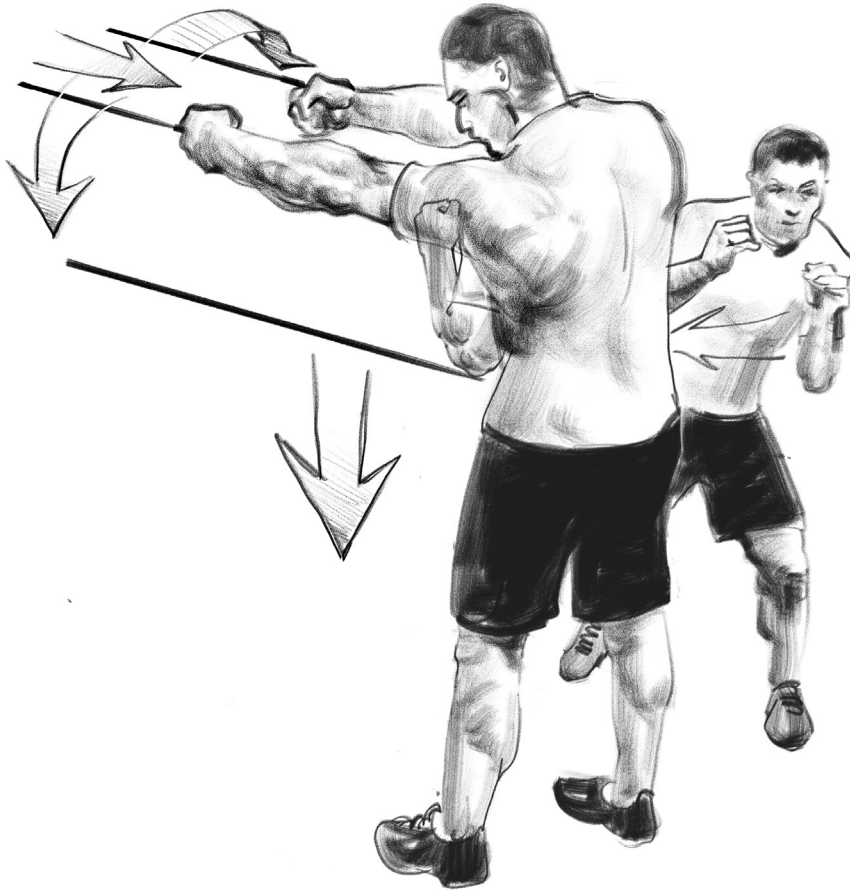


For instance, this type of sequence: jab-jab, left uppercut, right side punch and spring over. We constantly move from angle to angle.

The next element is **head movement**. Get in a regular orthodox fighting position and put your hands up. Never stay in one place directly in front of your opponent. If you look at Joe Frazier he would bob, slip, weave and move, but one mistake he used to make is that at the end he would keep his head right in the middle, which meant he would get hit right at that time.



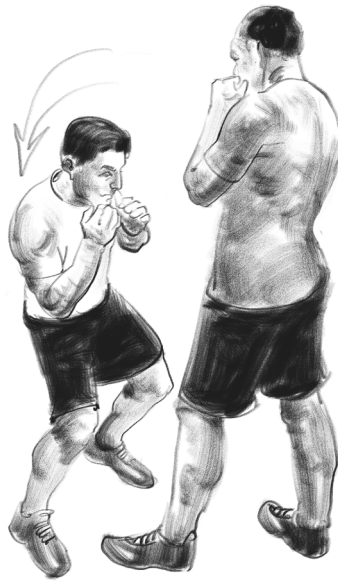
In Cus' style you never lay in the middle, you don't pull straight back because you would be in the line of a straight right hit; no matter how much you pull back you would be still in the line of a punch. We never pull back defensively as you will definitely get hit; moreover, there is no way you will effectively counter punch.



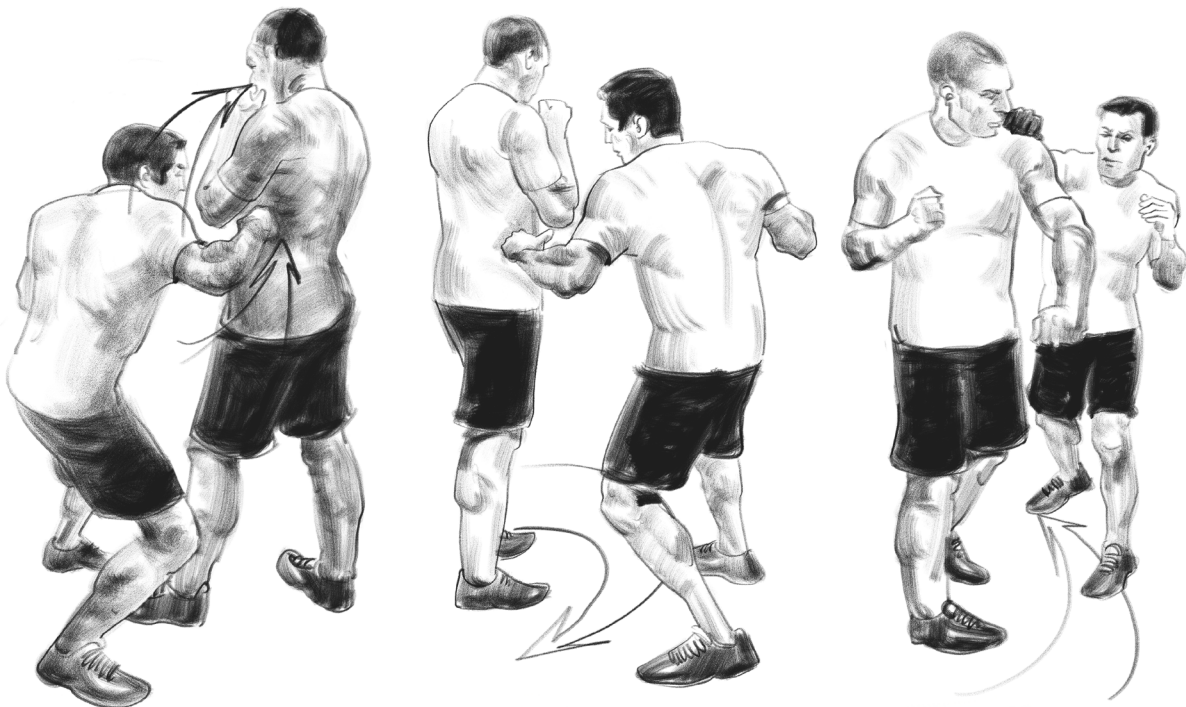
If I am fighting against somebody who has almost the same body build and height as I do, I would try to close the gap. I will jab-jab, slip-slip and march forward with each step to an opponent; and I get into a position where I can deliver punches from a side and I could easily avoid anything he would be throwing at me. If he turns, I will be close to him and quickly spring to the opposite side, as if I am entering behind him. Constant perpetual motion.

Once again, we never pull straight back moving on the direct line, that will still keep me on the line of attack which requires me to move to sides. Thus, I will be within angles to deliver strikes to unprotected parts of my opponent's body. Constant perpetual move.



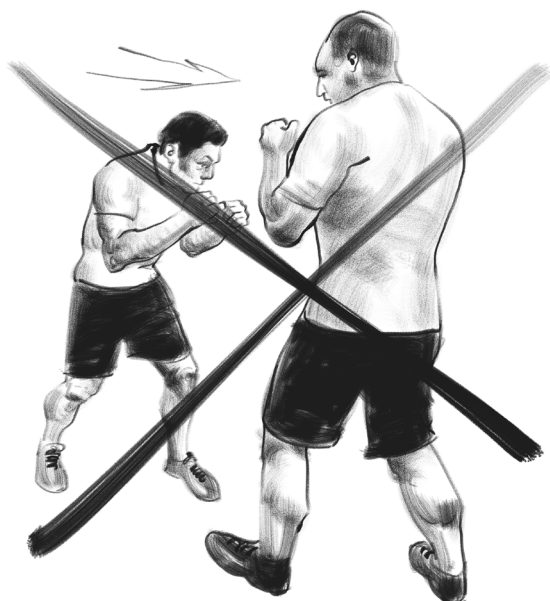
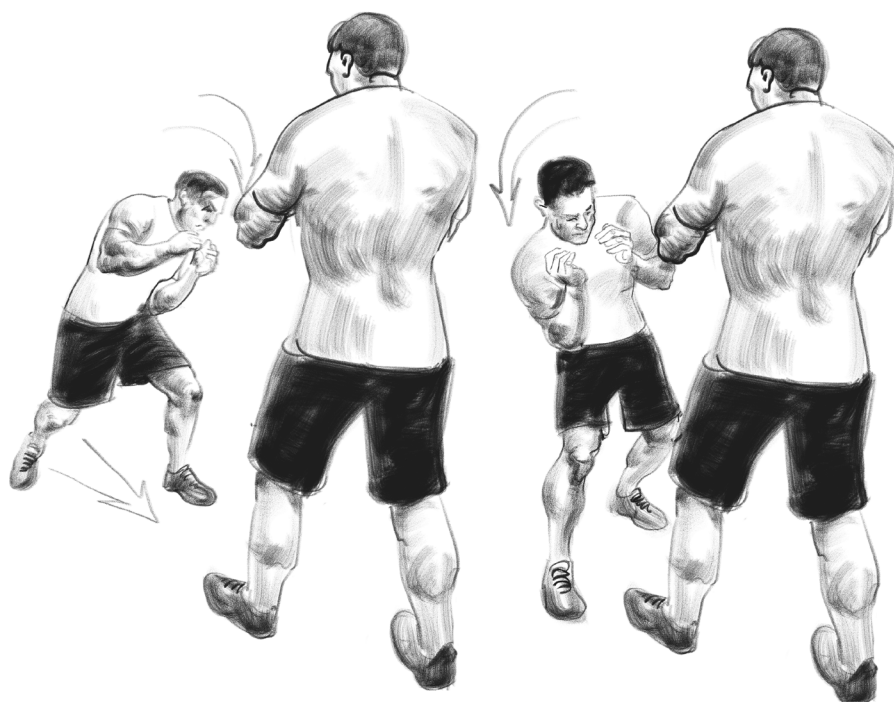


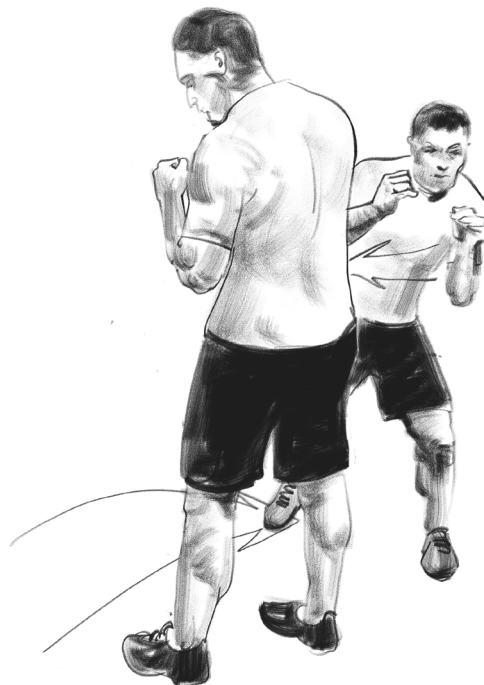
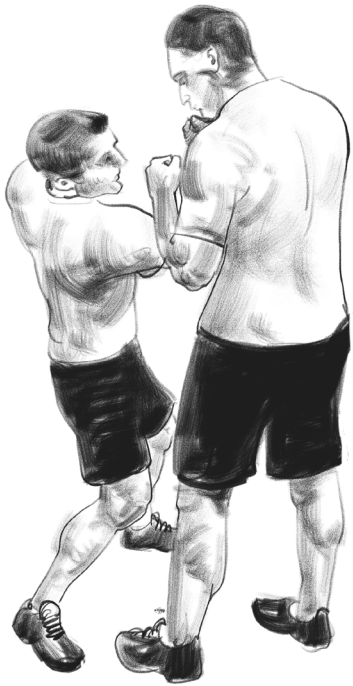
If I go forward I move my head and body to the sides and never go forward directly with my hands up, there is no benefit in doing so. In other words, in order to effectively move your head, you have to turn your body to the sides with every step you make.



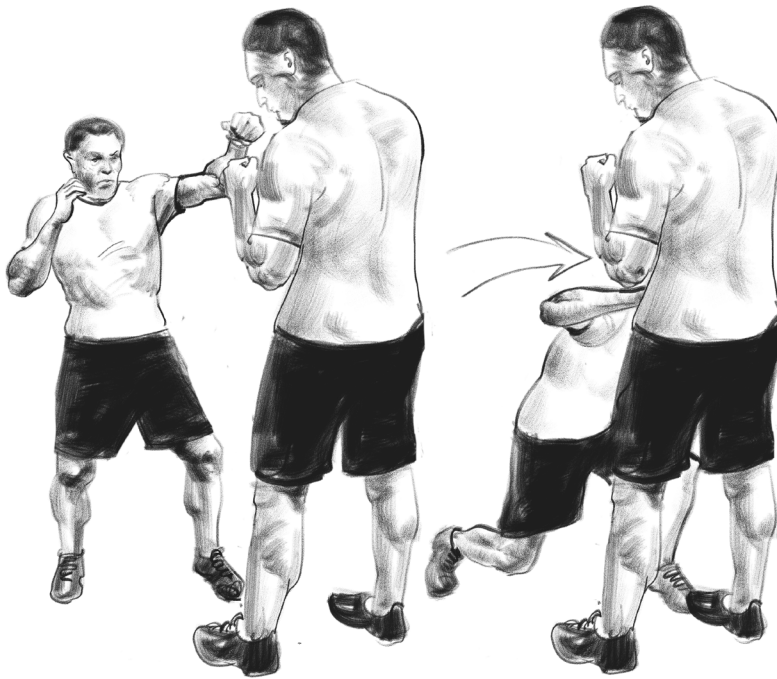
When I am in this position (see left image above) — I am in a striking position. I can deliver shots to the side of the corpus, hooks, right hands or a devastatingly effective right uppercut. In other words, if he will defend against my side shot, I will immediately throw a right uppercut. Then I can chop a straight left and spring out two times. It is important to understand that **I am** not going to wait until he is knocked out, I am going to move to my next offensive position as not each of my shots will knock somebody out.

One may change the dimension as follows: sit up with a left foot forward. The whole point is that I am on the attack line, but I am below elbow level. It will also be possible to come out with the left hook, a straight punch, spring to a side and deliver a series of punches and come back to the initial stage and start moving again.

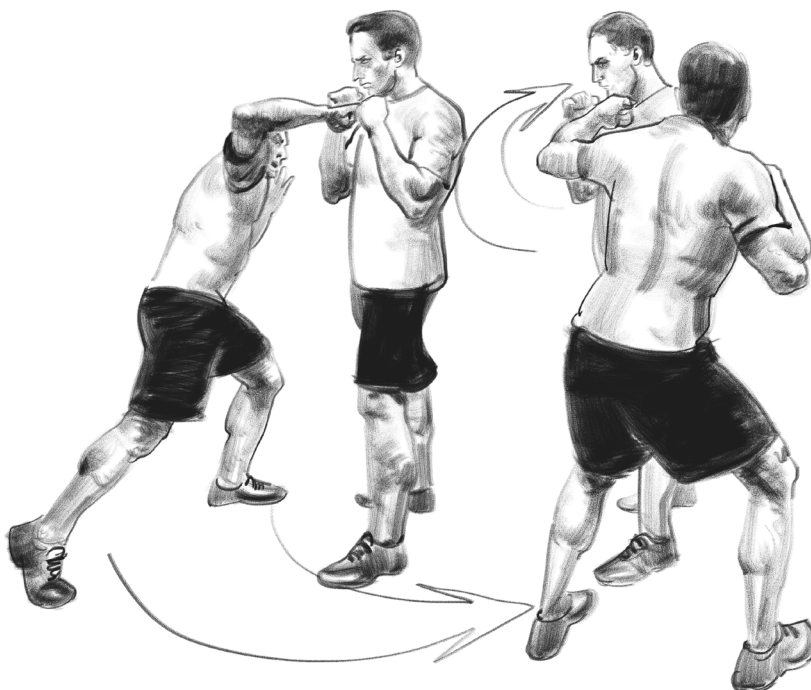




### III



In boxing, knockouts happen through tricks — deception of the eyes. When there is a feint and hit, you are hit with a punch that you didn't see coming, that's what is going to hurt you. A punch that you don't anticipate has the most devastating effect on you. We can compare it to a bee, that flies up and stings you in a moment. Our task is to learn to anticipate what might be dangerous and be careful. For example, French fencing is all about feints, in boxing your opponent may be constantly in a defensive position, in that case you can do a hook and deliver a straight punch right away. He won't be expecting that hit and it will be effective.

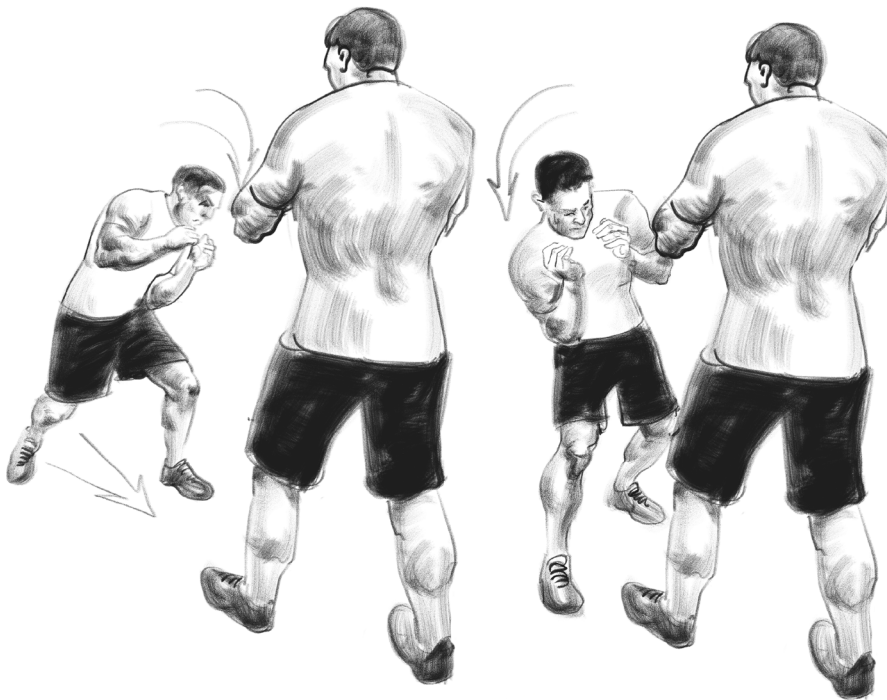




One more trick: Jab-jab, pause, as if I am hesitating, and second, third punch comes that he doesn't see. You blocked the eye, he doesn't see what your hand is going to do and you deliver that unexpected hit.

You can gather effective things all together: defensive, offensive and impenetrable. You become unstoppable and even if you are hit, even if you are hurt — you know how to get out of trouble — you are not stuck in the middle. You are not in a stupor. And that's another key. We are dealing with a contact sport. We can't always perform at a 100%. You can and will make a mistake. You can and will get hit. If I hesitated for a second and got hit, I know how to immediately recover, I know how to get out of trouble: I have to slip to sides, move, move, counterpunch my way and fight again. It is not about getting hit and quitting, moving back and laying back to the ropes, because your opponent will get brave and the fight will stop. Certainly, you can get into a dangerous situation, but you know how to recover. In order to be perpetual, in order to be unstoppable, you have to also recover during moments of vulnerability.

**Rule 1:** Move your head! You should not be a stationary target. You get hit — move your head, move your head!



Now let's speak about details of the pendulum and head movement.

I am closing the gap between myself and my opponent using the pendulum, I will be doing slip-slip-slip. But after I have approached my opponent I won't come forward with all my weight, as I have a better coordination when my feet are parallel instead of one foot having all the weight. If I will go too far forward with my body (if all my weight is on the front foot), I will be very vulnerable, there is no balance and I turn into a "one leg fighter". If I move to sides and thus shift my weight to a side and not forward, I still have my balance. Even

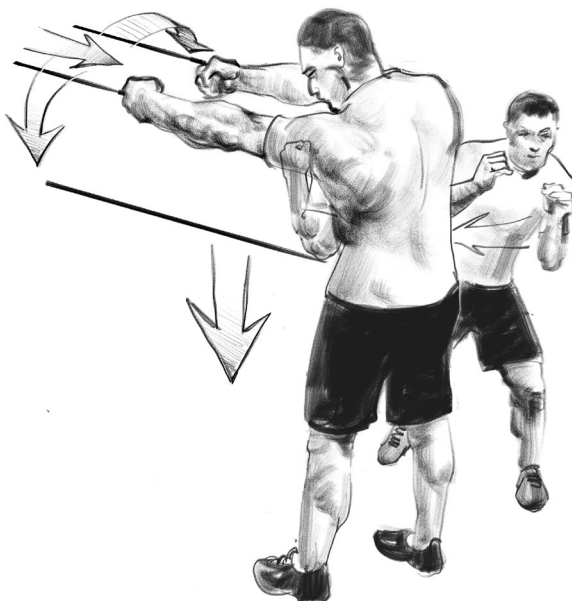
though my front foot is heavy, I can spring to a side by means of the other foot. Otherwise, it is much harder and slower to spring to a side. (don't forget that even a split second can play a big role in a fight). We do slipping to close the gap and get close to an opponent, and when you are inside you have to start weaving from side to side.

For instance, I step forward and to a side with my left foot, I have the balance, I deliver a body shot and uppercut or a hook. A very important note: we don't do a hook as almost all fighters do by fully turning their body — I deliver a hook maintaining my defensive and offensive position. Once I throw a left hook, the only thing which an opponent can do in this case is his left hook, so I drop straight down and come up from the opposite side, I can go again straight down and up (from the opposite side) — the elbows are my zone to travel under. We would repeat the same action again and again in the training. From this position, when the weight of the body is on one foot, I can act in different ways. I can spring to a side or backwards. We always move from the angles. Equally, I might do the following hits: punch to the face, uppercut, go down and up, and deliver a right uppercut and get back (sit up, shift your body weight to the left or right foot). It is important to note, that when we go "under" we step forward, which means that at the same time we close the gap. You are in a perfect defense stance with possibilities of uppercuts, and the moment this punch lands I spring to a side.

Now, we will look into more detail at the way we move inside (go into attack) and weave when we are already near an opponent. When I go into the attack it is very important that I constantly move my body to the sides. Steps that I make are not linear, but a bit to a side and forward which allows me to keep balance at all times. At the same time, while stepping forward I might do: jab-jab.

Once I am near my opponent, I deliver punches and sit up, shifting the weight from one foot to another, so that I am a moving target at all times. You may move around an opponent sidestepping. I never stay in one place. The key is: move your head or move your angle of attack, before or after every single punch.

If you throw two, three, four or five punches, you have to move immediately after your last punch.



Let's say I am doing a jab — slip — uppercut — right hook — uppercut — right, and immediately I spring to a side. It is a five punch combination, after those punches you don't stop for a picture, you move. Because not every punch you throw knocks somebody out. You have to move to another angle for your next attack, so that you are not vulnerable. Once you are inside and deliver a hook or straight punch, you weave after those punches. If you throw a straight punch, follow it with a head movement.

### **AFTER YOUR LAST PUNCH — MOVE YOUR HEAD!**

Or

### **AFTER YOUR LAST PUNCH — CHANGE YOUR POSITION!**

If you get lazy, you may start only doing what you have to do, and that can come with experience, because you have more anticipation of what's going on around you. However, it would also mean that you are becoming more stationary and more vulnerable. If you look at Tyson early on, he was perpetual, non stop, fast, snapping movement followed by more movement punches. But later on, he started to be more stationary, looking for one punch knockouts and doing just enough to get by.

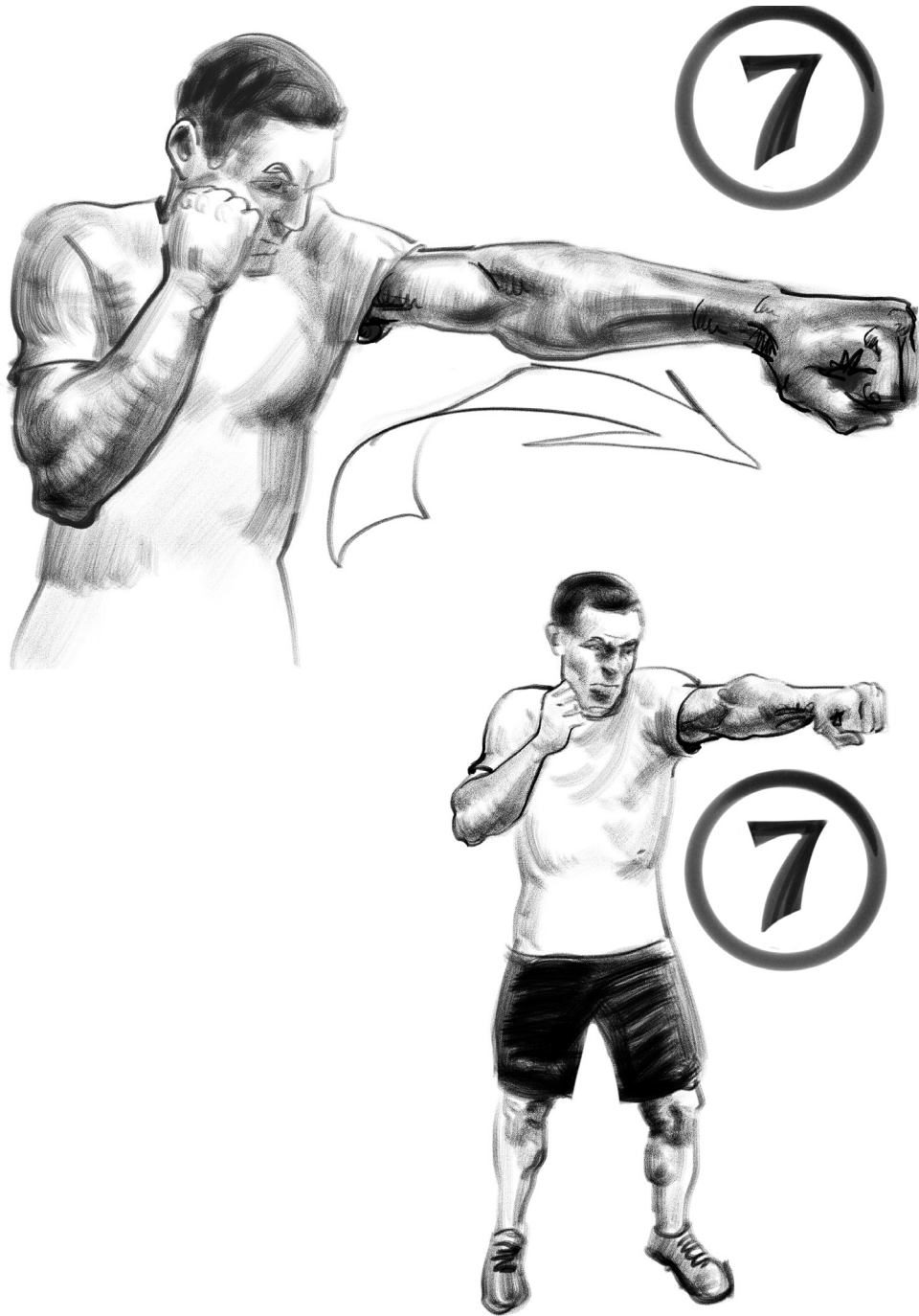
Bear in mind that Cus could take somebody who had zero experience and give them advanced skills right away. His style was circumventing an experience, bringing a technique that allowed fighters to have defensive skills far ahead of time. Cus used to say that it takes at least 5 years before you are accustomed to seeing what is coming at you. You cannot truly have an effective means of anticipation, because you are so nervous and so anxious and you can't see what's going on around you.

If you look at all great athletes at the peak of their career, they can read and anticipate what's about to happen. Great athletes had so much experience, they know before it happens. You could study your opponent, understand their habits and their normal way of playing, but again that comes only for experience and knowledge that one gains through years of practice and performance. But if you think of this sport, this style: on day 1, on your first day of sparring you have advanced skills of how not to get hit.

If we go back into boxing history when it was bare knuckles, trainers knew how to teach you how to "snip" or "roll" against those punches. You could have simply stood in front of the guy with bare knuckles and slugged it out: your style would be about slipping, countering, rolling, and punching. The activity itself was much slower, but the skillset of how to move away from punches was there. When it became boxing with gloves on, the activity became much faster in the ring and somewhat more exciting, but there was a decline of the boxer's skills of how not to get hit.

I have worked on movie sets with stunt directors that teach better defensive skills of how to move away from punches better than probably 95% of boxing trainers in the sport today. Those stunt coordinators have to train the actor, who is being paid money to star in the movie, in a way that he doesn't get traumas and injuries. That stunt director has to teach the skills of how to move away from punches. And nobody in boxing teaches those skills anymore: the priority is on punches thrown and not on **how to not get hit**. That was the genius of Cus, what he taught was: how to hit, how to not get hit but do it in a manner it excites the crowd.

Let's look a punches by number that we did with Cus.  
**Jab is #7.**



A jab has to be thrown in a way so that your hand is straight and at the same time protects your cheek. Great fighters like Larry Holmes would fight with his right hand down, so he was open for a left hook. And if your jab comes out low and comes back low, you are open for a right hook. Tight defense is key. If I want to deliver a second jab right away it is executed with the same principle.



**Left hook is #1.**

A hook is delivered while straightening your foot. For example, we move our head and then we straighten with a swing and deliver a hook. If you are throwing a left hook, your body mass will be shifted to your left foot. Keep in mind that the other elbow is on the level of the fist, you don't drop it; otherwise, there will be no lever. When the elbow is on the level of a fist you use your shoulder to hit as well - this setup provides invulnerability while delivering a hook.

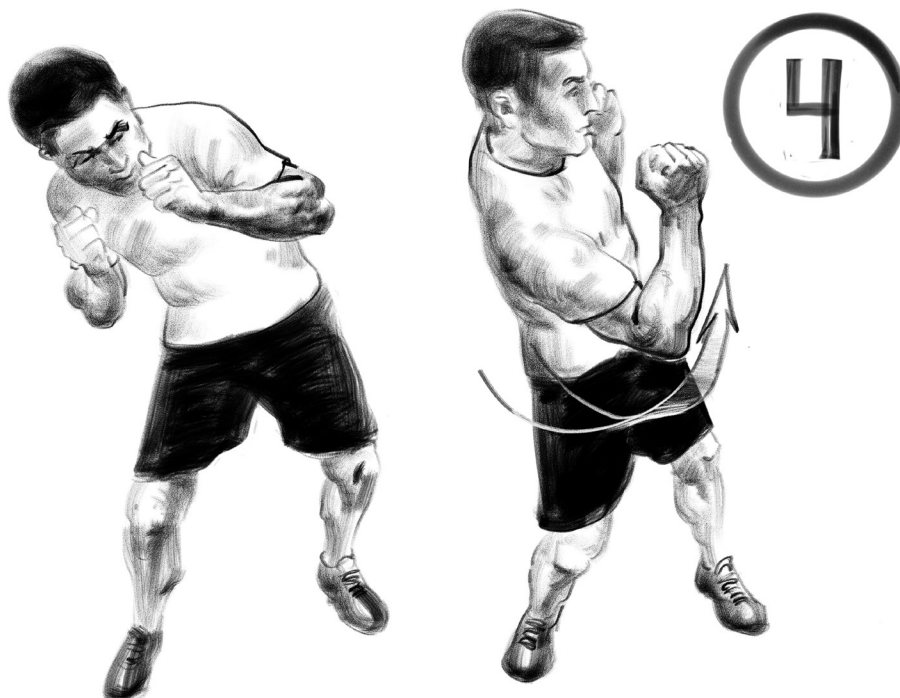
Right jab is #2.



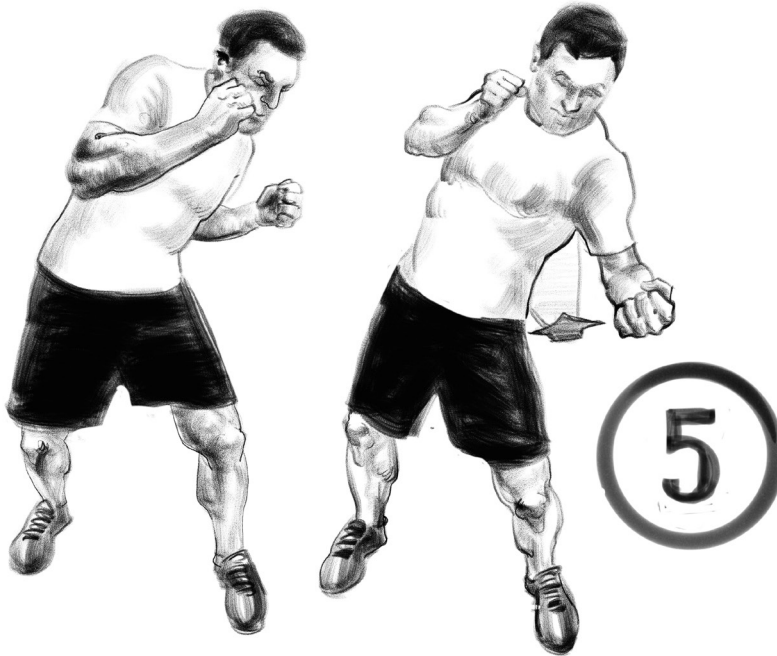
Left uppercut is #3.



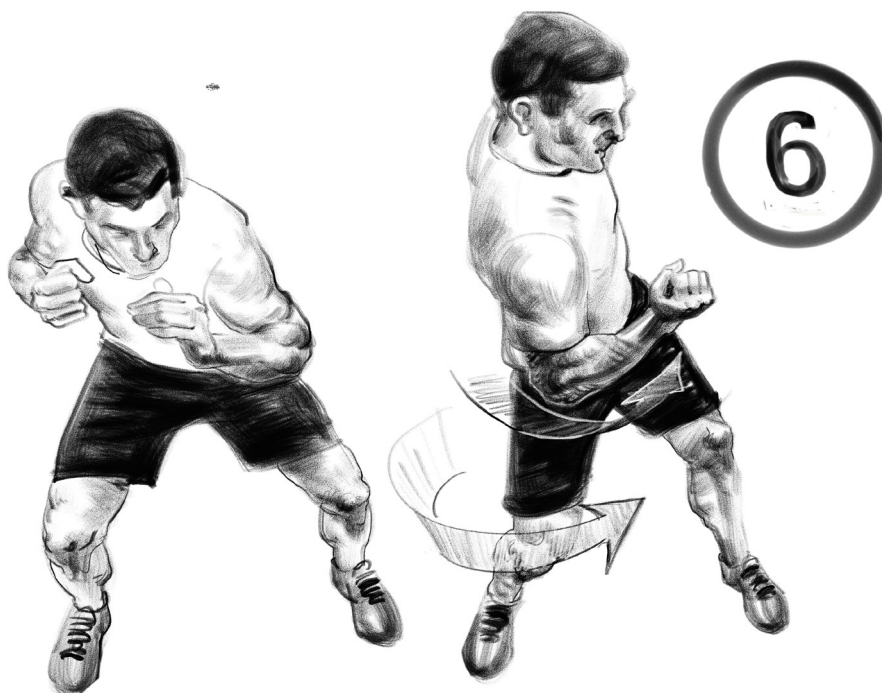
Right uppercut is #4.

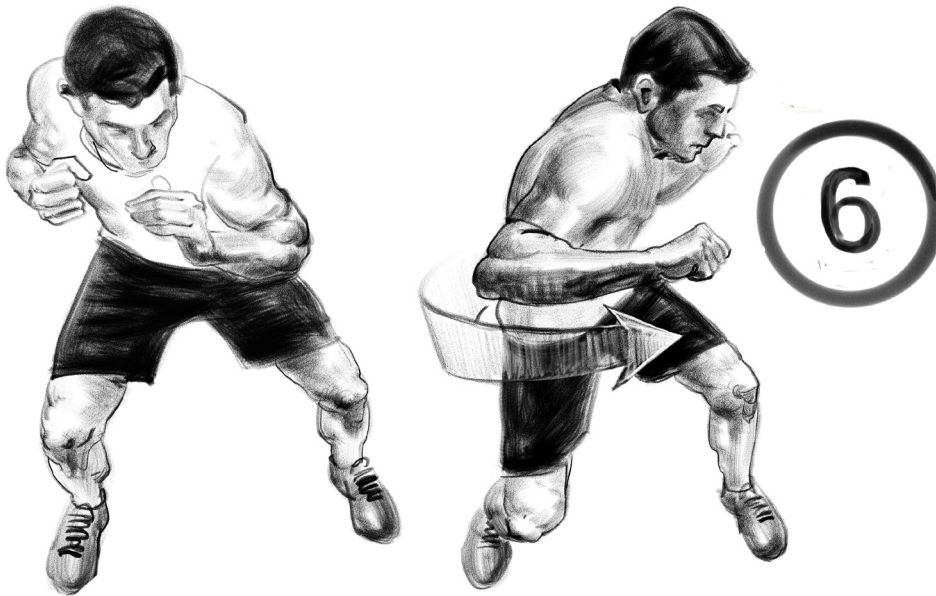


Left to the body upside or from a side is #5.

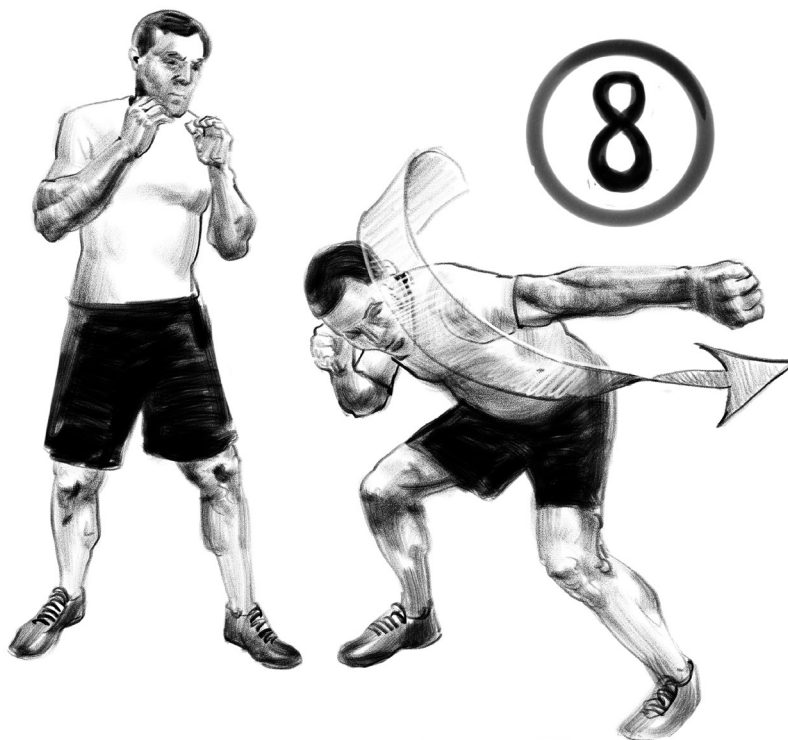


Right to the body upside or from a side is #6.

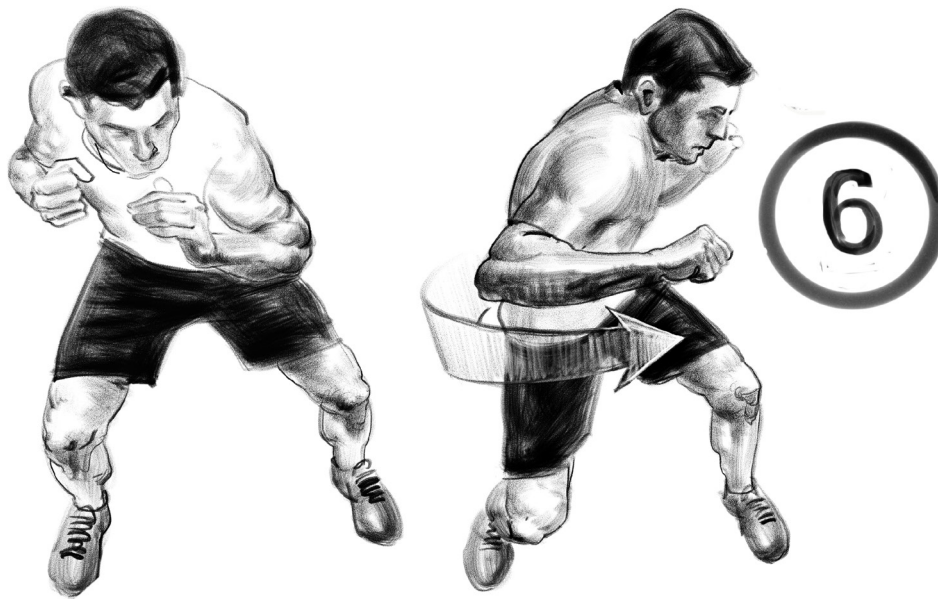




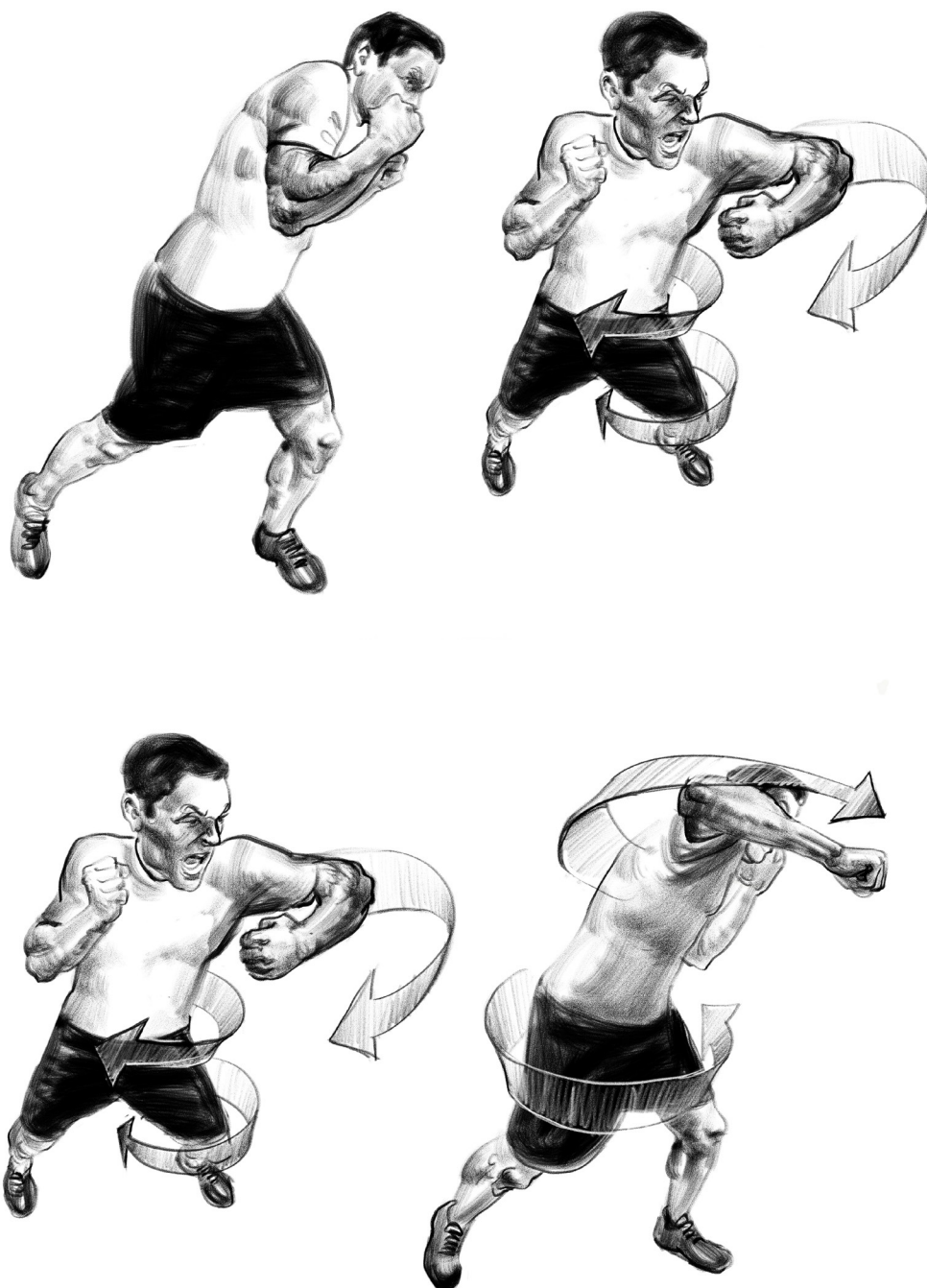
Being in a low position you can hit to the body from a side or from upside down.  
**Straight hit to the body while bending from a side is #8.**  
You may follow up with #2 immediately after #8.







The most important is your position so that you are outside of your shoulders.  
We never throw an uppercut without a proper setup, otherwise you would be vulnerable.

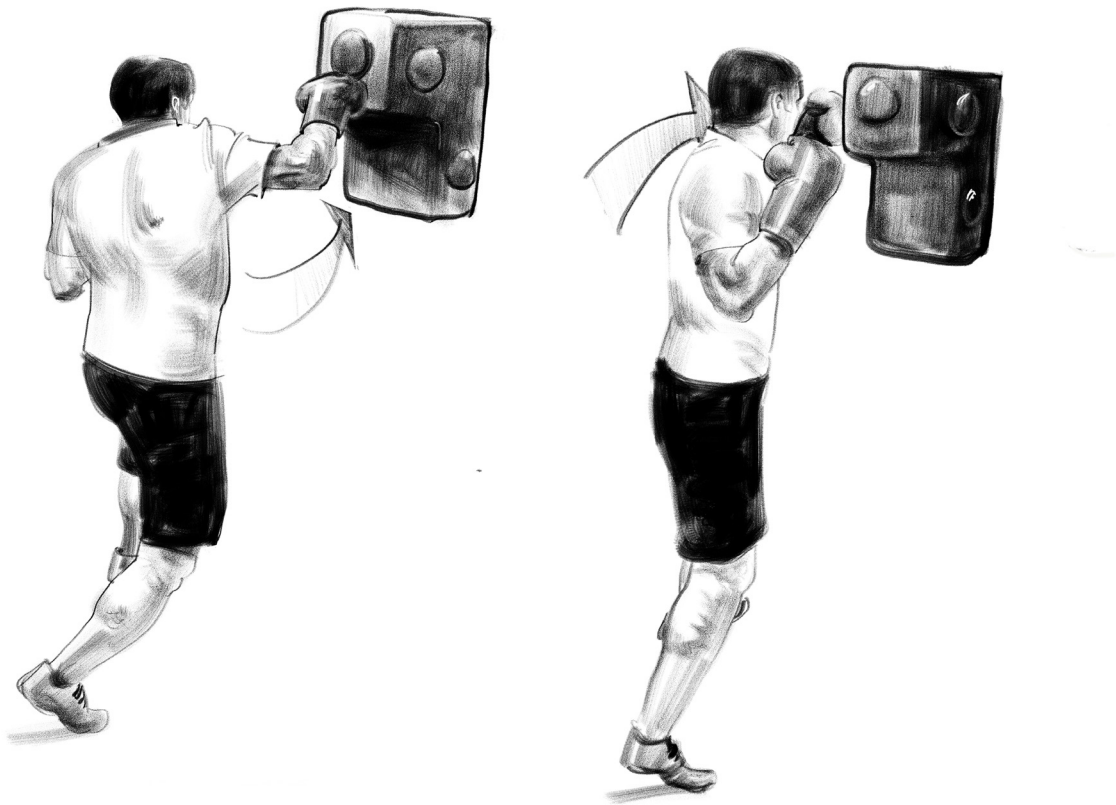


These are seven basic punches in Cus' style. The key is in your position.

In the fight it is necessary to be offensive at all times and demonstrate your control over your opponent, and of course always move. You should not be reactionary, you have to be in control of the situation.

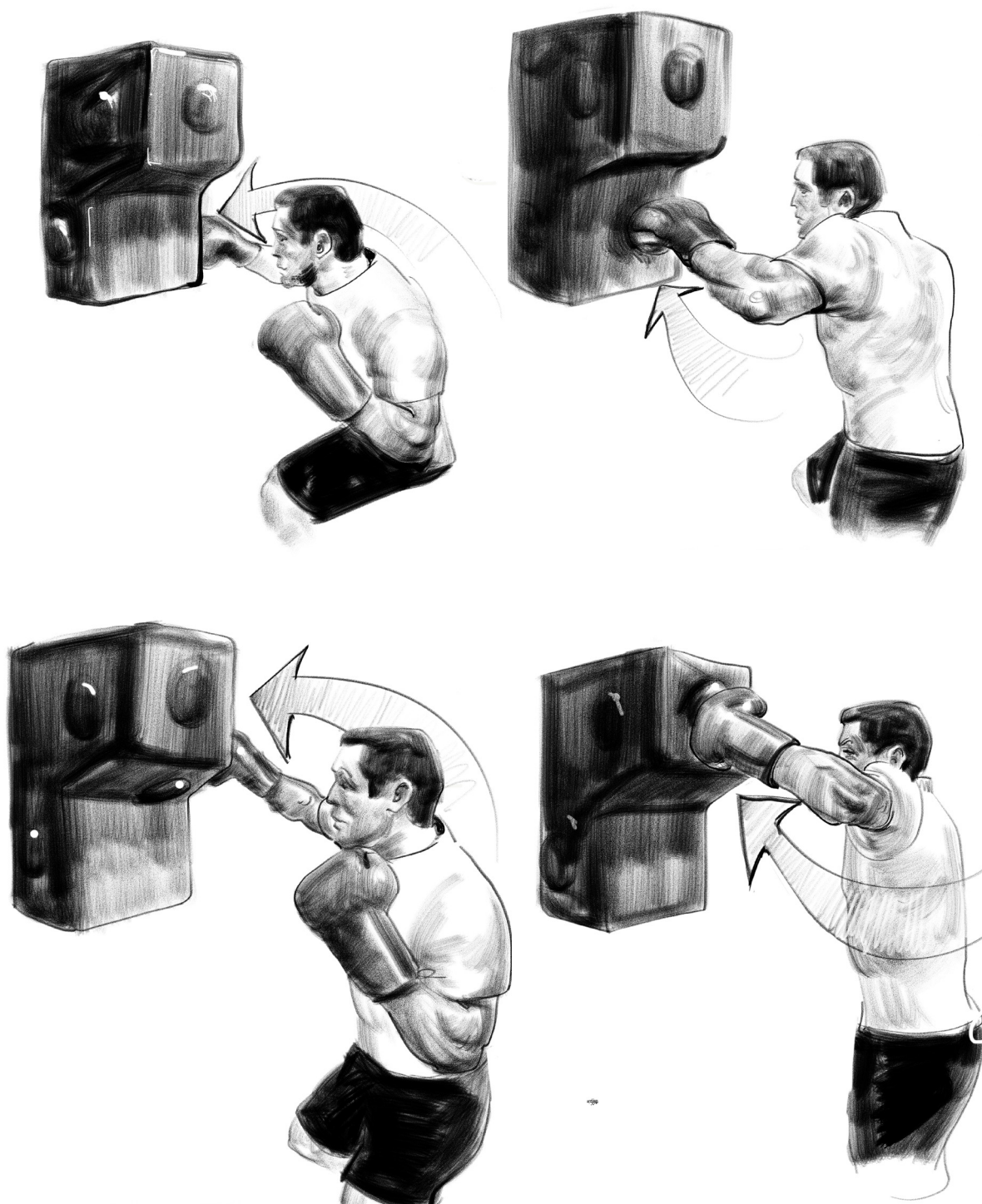
In training we work on different combinations. 7 basic punches give us a huge number of combinations. Any kind of a leading hit allows us to move into the next position to deliver a hit.

To demonstrate the practical side of the first exercise, we recommend you to look at working with “mini-Willie”.



When you hit to the right, you move to the right, same goes for the left side. When your opponent is moving in front of you, I am not sure what is going to happen exactly, but I keep on moving my head, shift and hit.

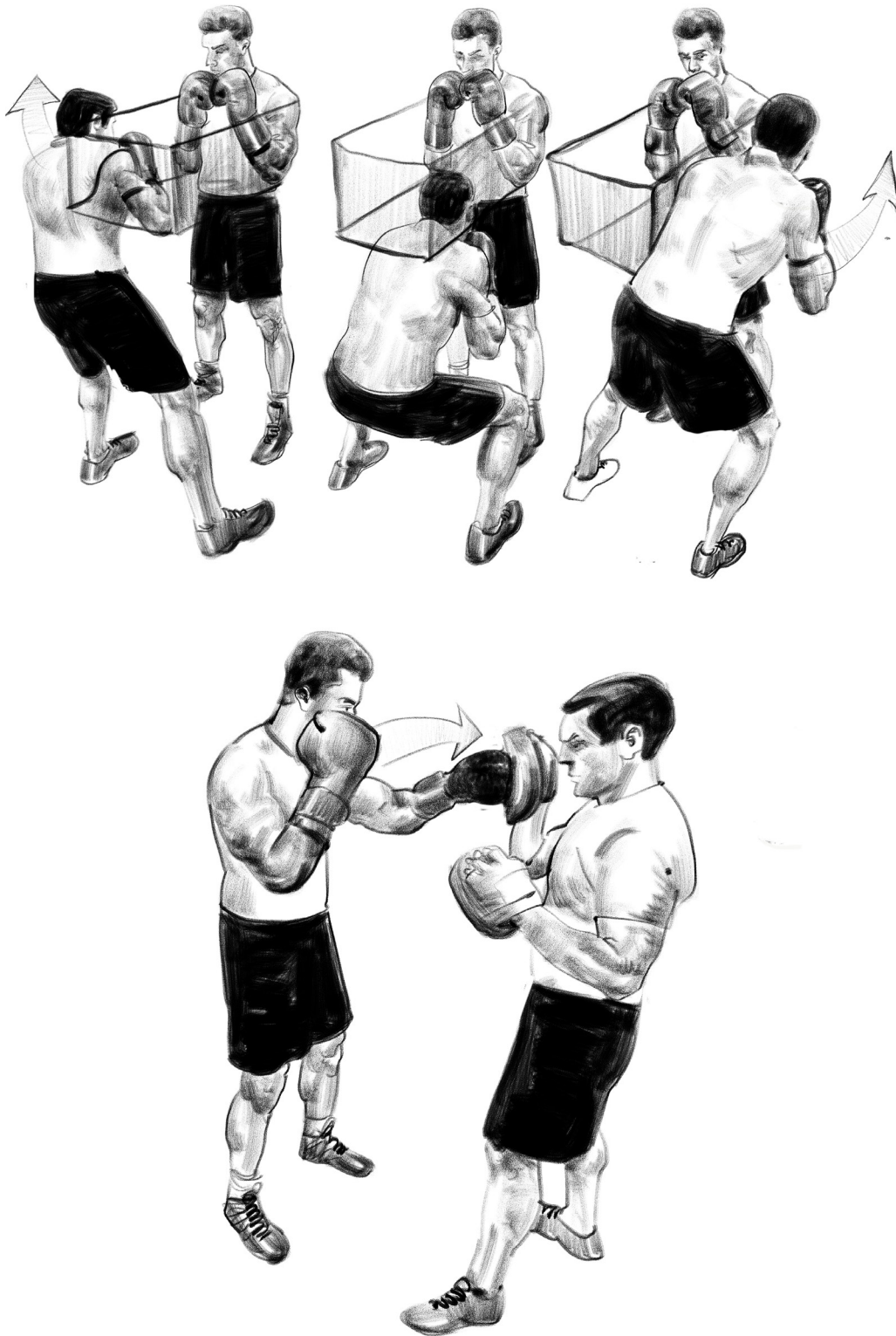




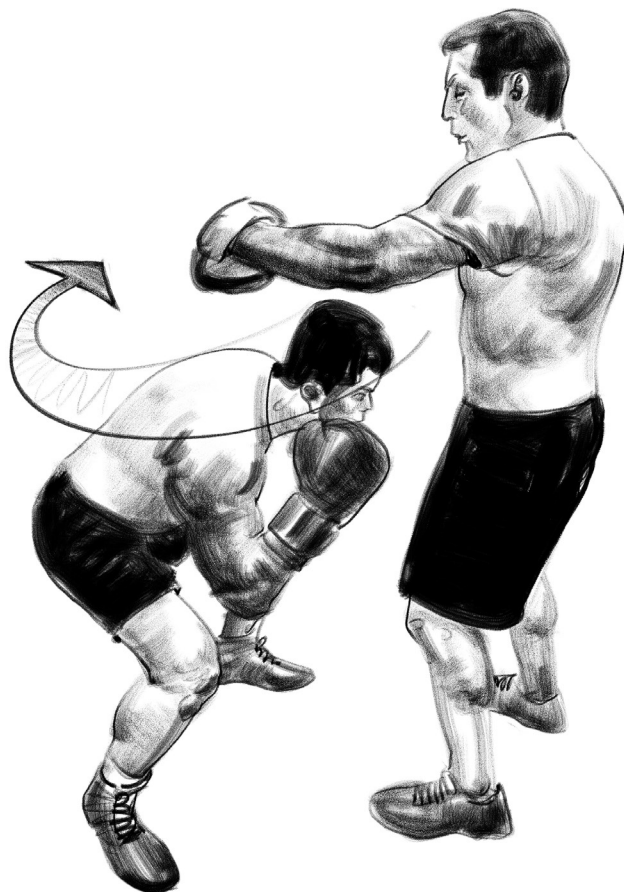
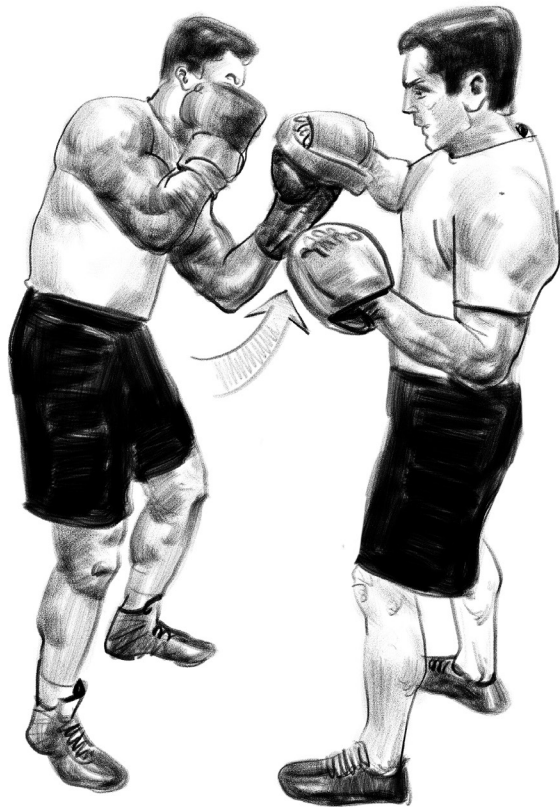
Imagine that the bag is a moving target, but the principles are the same.

When I hit, it is a must to use your hips too, I "turn" on my foot in the direction of my hit. Don't forget that everything which is in the area of the opponent's body is a dangerous zone, that's why I should move outside.

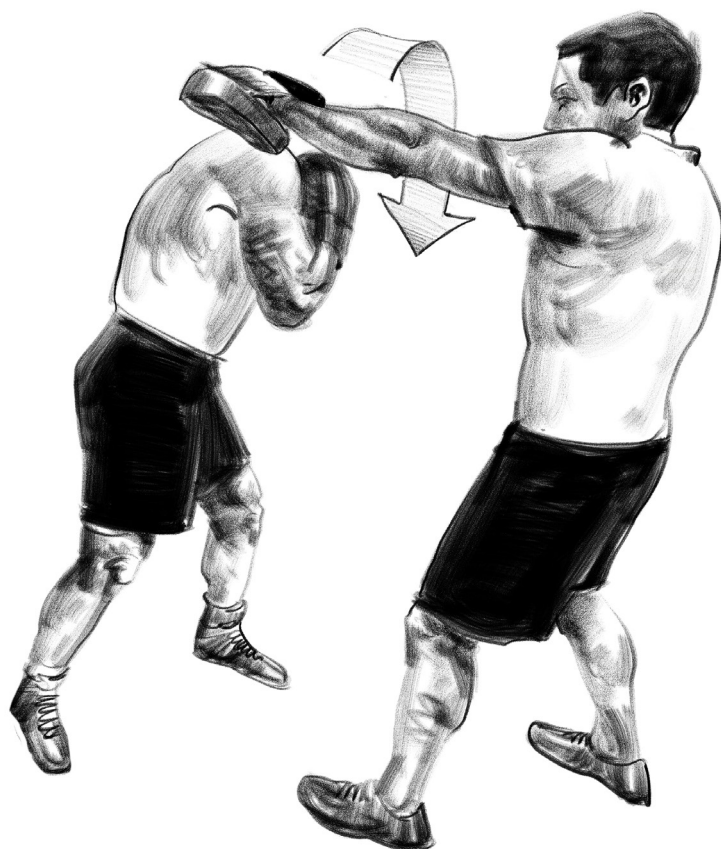
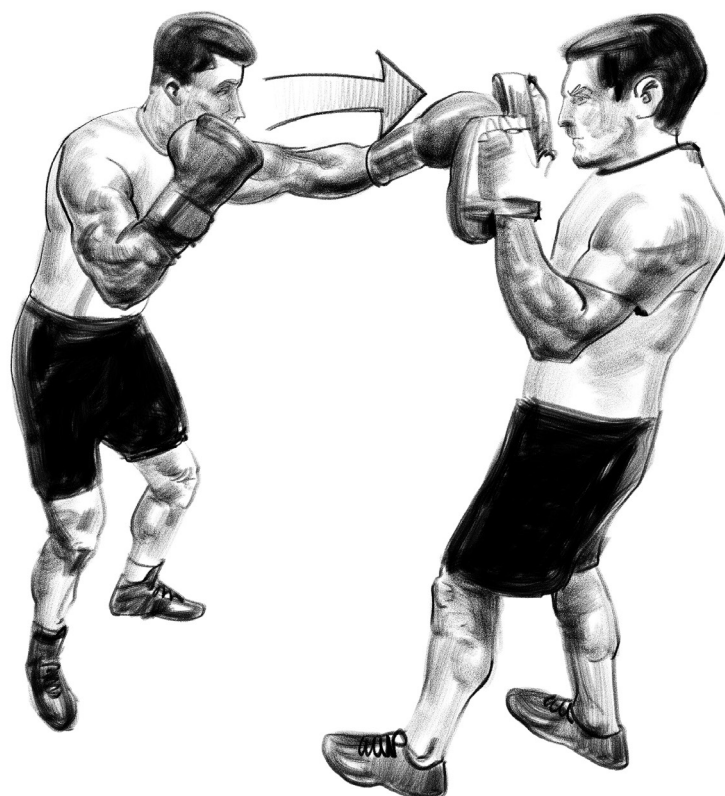
When I weave standing close to an opponent, it is important not to “bow” with your head down, as I will be seeing the floor only. Your head has to be protected but it should look straight. You have to always strive for a position in which you are effective and invulnerable.

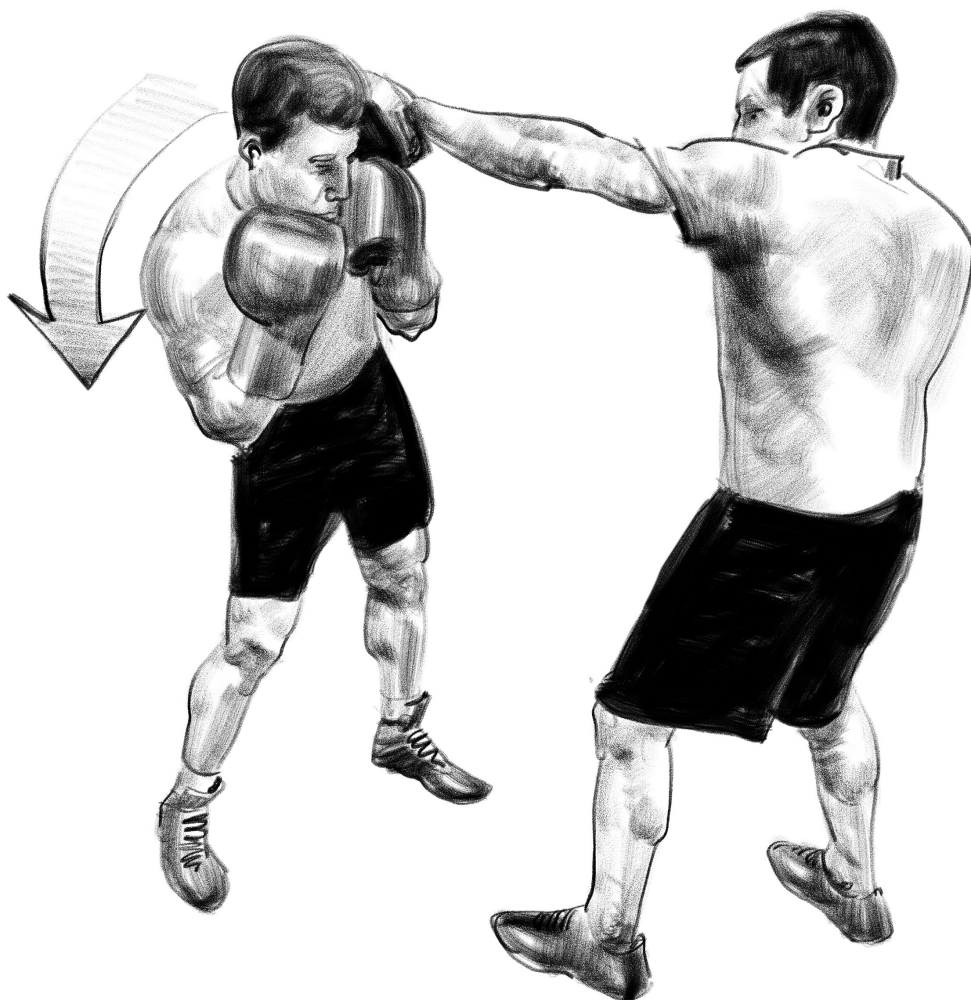


It has to be noted that there is a separate block of exercises to train the way punches are delivered. There is also a block of defensive exercises. (See images below)

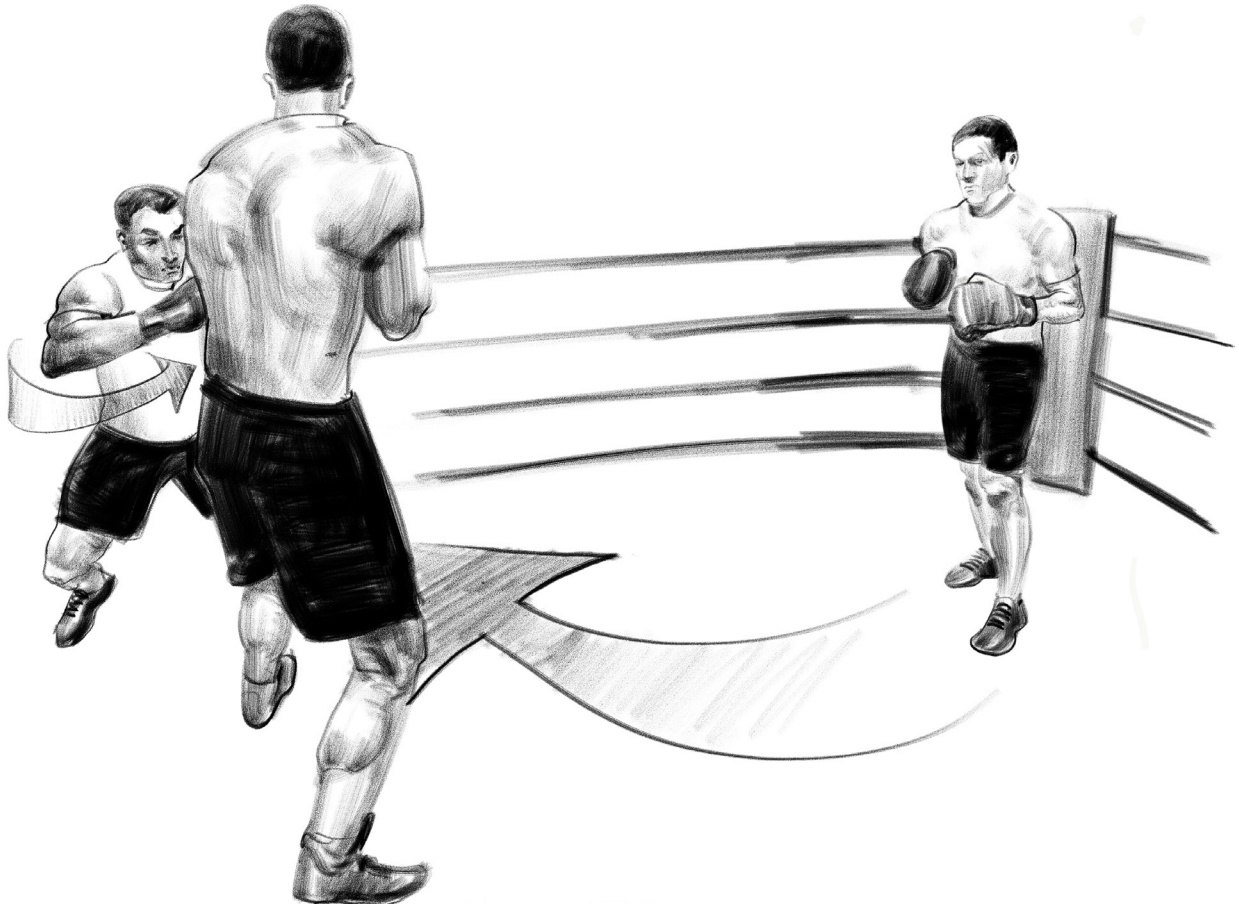






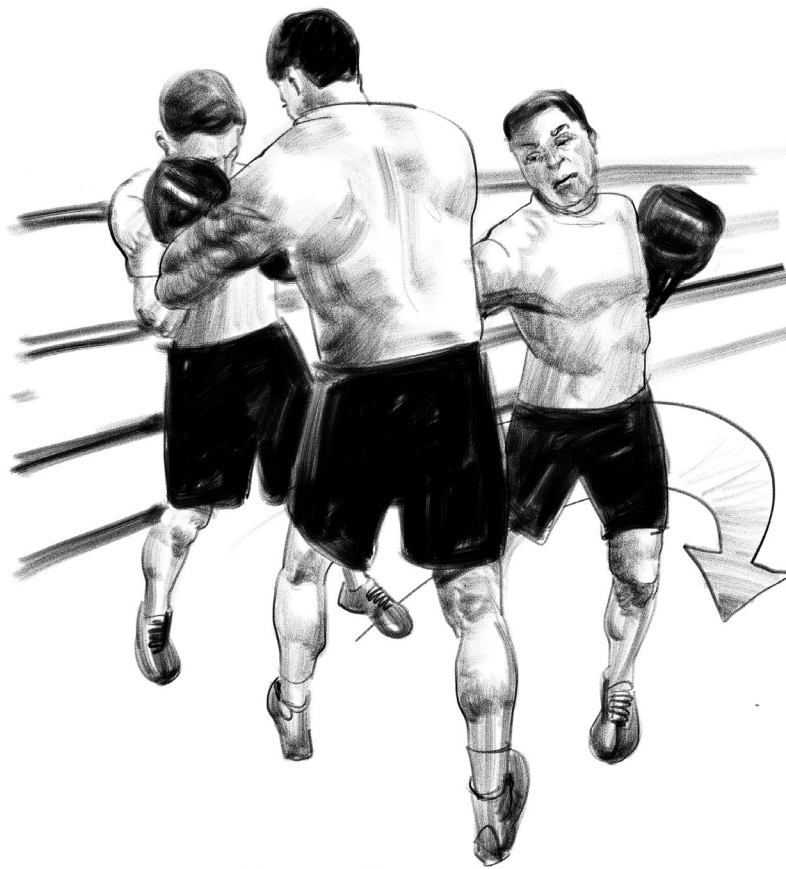


Also, there are certain peculiarities that should be known to a trainer who is training within the style of Cus D'Amato. During the implementation of training exercises with boxing pads, a fighter learns to fight on three different fighting distances. Thus, there is a classification which defines three hits: a jab, hook and an uppercut. Owing to exercises with boxing pads a boxer comes to an understanding that each kind of distance has its own element of managing, to be exact: a jab is mostly used on a long range; a hook is used on a middle range; correspondingly an uppercut is used on a close distance. During the training the coach constantly changes the position of the boxing pads, which teach a fighter to shift quickly and precisely from one type of distance to another, and turn a series of punches into one single move.



There are certain tricks we do in the ring. Let's suppose that my opponent is in the corner of a ring and I am in the middle. First, there is a signal of the sparring. An opponent starts moving to you and when he gets really close, you spring to a side by going down, but the spring has to be done at the very last moment. It is also important to understand that you don't spring facing an opponent openly. A spring has to be in a way as if you are going to pass by an opponent. But instead of just passing by, I will make him pay and hit when he turns. For example, if I am in the bar and somebody is approaching me with a bottle, I will act in a similar manner — I will avoid the hit and immediately attack.

There is one more trick that Cus used to show us. Imagine that you are in the corner, your opponent had clenched you and keeps on pressing you. It seems that you are in a trap. However, by means of a twist I can jump out from this situation and immediately deliver an uppercut and right punch. Basically, I have wriggled out of a bad situation. It doesn't matter in what direction I will do the twist, what's important is an immediate attack after it. In any situation when you are being clenched against the ropes or in the corner, you have to jump out and not try to press your opponent in return. And if I will be fighting an opponent when he will be near the ropes, I will move around him as much as possible, so that he doesn't have a chance to jump out from a deadlock situation. In contrast to a simple step, the twist gives much more power. Once the twist is done, we charge our hand to strike.



*"Boxing is a duel  
of character and mastery"*

*Cus D'Amato*

## AFTERWORD

Here is the first book in the series, to which I was heading for in the course of 20 years. We finished our task. Once “Non-Compromised Pendulum” was written I thought to myself: “Did I miss anything?” It is not possible to convey Cus’ methodology in the frameworks of a single book; I think that an encyclopedia with several volumes would be required. In the given book the reader may see a qualitative overview of Cus’ system. The book looks at his system from different sides, and there are some sides that we don’t see. Suppose that this book is a sphere that we turn to different sides and look at those sides, meanwhile there are many details inside of the sphere that remain an enigma to us. Some of those enigmas are about the origin of the system, nuances of the methodology, details of psychological and philosophical methods among many other things. Thus, I made the decision to write several books on this topic. The second book is titled “Lighting rod that strikes faster than lightning itself” and will be published soon. It is dedicated to the origin of Cus D’Amato’s system. It is not possible to competently speak of the subject without understanding its roots. Probably, I need to write several more books to structure materials I have gathered in 20 years and materials of mutual work done with people in the US who knew Cus well and worked with him for many years. One of the books will certainly be dedicated to the phenomenon of Mike Tyson. Surely, Cus D’Amato’s system cannot leave anybody indifferent: Cus created three world champions, Cus fought and won against the entire IBF, a man who introduced science into boxing, a man who was the greatest boxing scholar in the world, his capability to nurture personalities mesmerizes millions to this day. Once, Steve Lott told me that a book written about Cus would not sell even a dollar, probably in the US it is the case, I won’t argue on this point. However, it doesn’t mean that this type of book won’t be interesting to Russian speaking countries, Europeans and fans of martial arts. The reason is the following: there is always a moment when one is zealous to find out how to be triumphant in what he does. And as for the books about D’Amato and his methodology speak nothing but how to become the best in what you are doing. These books speak of the way to become **someone** in a comparatively short span of time. It doesn’t matter how skeptical some Americans might be about Cus D’Amato, I am certain that those who are on their way to become real professionals and the best in their fields will always be interested in Cus’ way and will be very interested in reading this kind of work. See you in the next book!

Dr. Maltsev



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Autor:

**OLEG MALTSEV  
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