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GEOFF THOMPSON'S PURE FUNCTION COURSE

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GEOFF THOMPSON'S PURE FUNCTION COURSE

[Introduction to Pure Function - 4th October, 2014 - 7th March, 2015](#)

In my opinion, for people in the martial arts and self-defence communities, Geoff Thompson doesn't need any introduction. As you may or may not be aware at the moment Geoff is running a new format of courses that he has called pure function. As stated in the video promoting it, it's beyond the masterclass, beyond the black belt course...Pure function.

With the first pure function course finished and the next one being advertised and due to start soon, I would like to give not only my impression of what this unique six month course was like, but more importantly the personal growth myself and the other attendees have experienced over our time with Geoff.

Although knowing from other courses that I attended, like the masterclass and black belt courses, with Geoff, no two courses are ever the same. He very much teaches from what he intuitively feels and what will benefit the attendees of that particular course.

After the black belt course I was on that ended in June 2014, Geoff said he wasn't sure if he would be doing any more courses, so I wasn't sure if I would get another chance in the future to train with him again. A few months later I met Geoff in Coventry at the film premier he wrote entitled "Counting Backwards". He mentioned the new course and that some of the concepts he was going to present were inspired by us doing (for me a life changing) a punching drill together. This was when I discovered essence. I was personally invited. Feeling honoured, I of course couldn't refuse.

The following is taken from my journal about the six month course that I have detailed in monthly entries. I have tried to give you, the reader, a personal account of the course and what makes training with Geoff a life changing experience.

A Pure Exchange of Energy - 4th October, 2014

5:30 am. This is the time my alarm goes off every month, that gives me plenty of time to make the hour and a half drive to Coventry. I wake up with the familiar feeling of being excited and nervous, my bag and everything I would need for the day ahead has been prepared the night before.

I have mixed feelings; I have been looking forward to this day for months, now it is here and I feel trepidation. I remembered what Geoff has said on many occasions, that this was a shadow coming out to try to stop me. On the way to the AT7 centre I listened to the audio book 'The Caretaker', Geoff's newest book that he gave to me as a gift. Around 8:15 AM I arrived at the AT7 centre in Coventry where the course was being held. I was feeling excited to see Geoff and train with him again but also apprehensive as I didn't know what to expect from this course. I knew it would be very different from the black belt course which I attended the year before.

After a 15 minute meditation in the car, I hopped out and walked into the AT7 centre. There I saw a group of people waiting around outside the legendary room where so much training had preceded us which had made so many titans over the years. I asked them if they were attending the Geoff Thompson course; they all were, so I introduced myself and we entered the room.

I suggested that we start putting the mats out. After 10 minutes or so I felt a change in the energy of the room. I looked up and was very excited to see my friend and mentor Geoff Thompson. After we embraced and asked if each other was well, I said hello to Geoff's beautiful wife Sharon and introduced myself to Louis Thompson, Geoff's son who I had yet to meet.

Sharon said that she had something for me; it was another gift from my lovely friend Nick Engelen, who keeps me on my toes sending me great books to read regularly. The gift was the DVD box-set of the Geoff Thompson master class. I knew that this was going to be an amazing day and a fantastic six months.

After everybody was in and the administration was done Geoff started the class with his inspirational pre-session talk, explaining amongst other things the format of the course and the dynamics he had put in place. He said that the course would be a poultice; meaning things would come up during the course. This was one of the main

reasons for the course and whatever shadows come to surface would be ours to dissolve. It was clear that this course was going to be very different from what I had done before with him.

Geoff explained that the course would revolve around Budo, Misogi, Koto Dama, different forms of meditation and specific physical drills. Through the physical we would access the internal. The aim of the course was for us to be able to gain a pure exchange of energy in everything we do. By doing this through martial arts we could use the "pure function" we would learn as a template we could use in other areas of our lives.

He referred to the experience we both had on the previous black belt course a year before where we did the punching drill together, where we first connected and had a pure exchange of energy, with me punching and Geoff holding the pad. He then went on to explain that we were able to do this as I had pure function in my technique - so much so that after we finished the 15 or so people on the actual black belt course broke into spontaneous applause and 50 to 60 people playing badminton in the hall where we were training stopped what they were doing to watch. He then explained that this is the power of pure function; that we can connect to essence through this and we must use this as a template to take into every aspect of our lives.

Geoff said he would set us homework each session. For the first month he asked us to read the book "An Autobiography of a Yogi" during the course. He explained this was a very powerful book and he referred to it a lot. The talk lasted for maybe 40 minutes after which he asked for a volunteer to warm the class up. I put my hand up and took the class for a warm up.

I started by jogging around the room then gradually added things like punching forward, punching up to the ceiling, etc. I then asked for everyone to partner up. I got them to pummel with low under hooks and high collar ties (wrestling drills), first fast and light, then slow and tight. I then did a wrist control drill where both partners had a wrist each to start the drill trying to control both wrists. I finished with a full body stretch then handed the class back to the maestro.

Geoff started the class with us walking around the room while focusing on our breath and the feeling of our feet on the floor, saying that the only thing in the world was our

feet, then he got a rhythm going by getting a count of three, taking 2 steps then slamming our right foot on the floor.

After a few minutes of this he told us to say the word “down” when we slammed our right foot down.

All through these exercises Geoff was speaking, he explained that what we were doing was walking meditation and to get a connected rhythm with the whole class to gain the Misogi (using physical repetition and rhythm to clean internally). I very much felt this and it was an amazing feeling.

Then he spoke a lot about Budo and how and why this was the higher end of martial arts.

Once we finished Geoff asked us to stop and face inwards around the mat. We did the same exercise, this time we followed his rhythm. He then asked us to stand still with our eyes closed and told us to imagine that if someone came into the room, the only way they could find us was by the sound of our thoughts, so to avoid them finding us we had to try to quiet our minds.

Next we did the same exercise sitting against the wall. All throughout these exercises Geoff was guiding us and explaining that we were training our presence and inner awareness.

After a short break he asked me to demonstrate my right cross for the class. I performed ten or so repetitions with him. He then said to the class that my right cross was just like what we have just been doing before the break in the way that when I punch at that point my entire world is my punch and the focus pad.

After partnering up and working on right crosses for 15 – 20 minutes, we finished off the punching with crosses to count drill (50 crosses to Geoff's count). I was partnered up with Geoff for this one. After 20 reps he asked me to go around and give people pointers, I was more than happy to do so.

After everyone did their punches we did the walking drill again, again with the foot stomp. Geoff told us to imagine our hearts expanding outside our chests as energy and getting bigger and bigger until it fills the entire room. He later told us that this was training to expand our aura, to attract positive things to us.

Then he asked us to put our tongues to the roofs of our mouths and focus all our attention on the tip of our tongues. After that he asked us to take the feeling we had in our feet when slamming the floor and move it to the tongue and then to our hands. He told us to feel our hands get heavy and fill with blood; to feel how the flow of air felt when it brushed past our hands; last but not least, he asked us just to focus on the main punching hand.

We then stopped for a break and had the famous mid-session cup of tea. During the break Matty Evans popped in to see Geoff who introduced him to the class. I spoke to Matty and he gave me an envelope with a BCA membership booklet for one of my students and some money for the grading that happened the week before. I was very proud to hear Matty say that he was very impressed with my students and they were at a very high standard.

After the break Geoff changed the focus of the session to grappling and worked on the technique O Soto Gari. We worked on this technique for the rest of the session using Uchi-Komi (repeating the technique again and again in quick succession). We started doing it static, then when we knew how to perform the technique we moved up and down the mat with our partners using moving Uchi-Komi.

Geoff explained a number of details about the technique and how to get the most from the rhythm of Uchi-Komi to gain the Misogi. Louis came around and gave lots of great pointers as well. To see Geoff and Louis perform Uchi Komi was poetry in motion; it was a beautiful thing to see and to have such a connection and rhythm they must have done this tens of thousands of times. It was clear they were both feeling the Misogi and it was great to see Louis come alive doing this with his dad.

The course finished with Geoff asking for volunteers to demonstrate their techniques and Uchi Komi. I volunteered first with my partner who was a very nice guy who I had a good connection with. After the rest of the class did their Uchi Komi in front of the class Geoff ended the four hour session with a short talk on what we had done and the reasons behind it.

I was amazed how quickly the four hours went. As Geoff said in this talk earlier that when you are fully present and your full attention is on something the time flies by and there is no time. I am very much looking forward to next month's session.

Attention and presence - 1st November, 2014

The session started with a really long talk which took at least 45 minutes and Geoff talked a lot about what he does in his own training; some of which we would be doing today. He explained that today's sessions were going to be about training our attention and being present. He said that when you are truly present with someone there would be no concept of time and the room would disappear. He made it clear this was going to be a very internal session which also included some tough physical drills.

We started off with a squatting drill, doing squats for 2 minutes with one rep every second to Geoff's count. The next exercise was to roll our partners over from one side of the mat to the other for another 2 minutes. Then we changed over and did it again.

After the physical drills the session switched to internal work. We all sat in a circle and Geoff placed his singing bowl in the centre. He then asked us to focus on a point on the bowl while imagining that there was a thread coming from the bowl to our third eye. We then visualised moving the bowl along the thread towards and away from us. Then we imagined ourselves travelling along the thread into the bowl then back out. Geoff asked us in turn to feel the bowl and then sit back down and imagined how it felt. The things that stuck with me were the coldness of it, the rough texture and how the inner rim was sharp.

After doing this for a few minutes we had to focus on a certain point of the bowl. I focused on a small pattern near the top. The drill would last for 2 or 3 minutes and was to focus all our attention on this point for 2 or 3 seconds then rest for 2 or three seconds. We did this to Geoff's count.

The next drill was to focus our Chi to a small point in our chests then expand it to fill the room on Geoff's count. He said these drills are like weight training for the internal. He then asked us to walk round the mat and after eight steps to say to ourselves "who am I?" and then think about the answer for 8 steps.

We then had a tea break. After ten or so minutes into the break Tony Sommers and Matty Evans came to visit. After they spoke with Geoff they had a chat with everyone. I went over to see them and had a chat. We spoke about the grading that was a few weeks away and Matty explained some details I wasn't sure about as some of my students were going to grade. After they had a chat with us Geoff called them up and

awarded them their 6th Dans. Having got to know both Tony and Matty through training with them in recent months, it was an honour to see two amazing people gain such a well-deserved master grade.

After the break the session changed focus again this time to some technical work. Geoff demonstrated Ko Uchi Gari, this is one of his favourites. I have trained with a lot of good judo players over the years and his Ko Uchi is top class. After around half an hour of us practicing this technique again using Uchi Komi, static and moving, Geoff explained some great entries for it and how he sets up other throws with it.

He then asked me to demonstrate some punching with him for the class. We again finished with the 50 punches to count drill and then meditated using the singing bowl. This was a very deep session, very internal and I really felt the Misogi today.

Who am I? - 6th December 2014

The session started with the usual inspirational talk from Geoff which included bringing things to the centre when your mind starts to wander or when sub-personalities and shadows come up. He explained, "as soon as we notice this happening we have to catch it and bring ourselves and everything back to the centre".

So the session would be based on this idea that when things get hard and we want to stop, we can learn to override it; we can then take this into our lives and when things start getting tough we have the mental strength to overcome them. Geoff explained this was going to be a tough session - not only to train the body, but the mind; so through physically tough drills, shadows and sub-personalities would surface for us to bring them to light and work on dissolving them.

The homework he set for us this month to illustrate this was to watch the film "Lone Survivor". This was to demonstrate what the human body is capable of, if you can control the mind.

We started with a warm up, which I volunteered for. Next we did the same squat drill we did last month but this time we had to do squats for 3 minutes. Again one rep per second. The next drill was to grab your partner across their stomach from a kneeling position (like they do in Roman-Greco wrestling) and drag them across to the other side of the mat. We did this for 3 minutes changing round after taking your partner to the end of the mat. This drill was exhausting.

Geoff then taught the Machado mount. (If you have ever trained with Geoff, you will all know what a tough drill this is). After learning the finer points, we did the Machado drill for 5 minutes, we did it as follows; 90 seconds on, 15 rest, 60 seconds on, 15 rest, 45 on, 15 rest, 30 on, 15 rest, 15 on. Everybody got through the drill and I'm sure a few sub-personalities popped out but they were quickly dismissed.

After everyone had their turn we did some walking meditation that throughout the session would repeat after each drill. We focused on the Mantra "Who am I?", then we had to imagine that we were surrounded by light or energy that leaves a trail behind us as we said it. We then meditated seated by the wall focusing on putting our tongue to roof of mouths and bringing attention to that point and then moving our attention around the body; i.e. foot, then hand. We then brought our attention to where our

tongue touched the roof of mouth, then filled the room with our presence then brought our focus back to our tongue touching the roof of our mouths. We did this to Geoff's count.

Then we visualised coming out of our bodies travelling to the centre of the mat and looking at ourselves, touching the mat feeling the coldness of it. After that we had a break for tea. I had a good chat with Geoff during the break. We spoke about me doing more classes and I asked him if he was alright as I felt that he wasn't himself. He explained that somebody he had been mentoring had passed away, so he was obviously quite upset. After the session Geoff thanked me for bringing it to his attention so he could address it. He would refer to this process of dealing with it as 'cleaning'.

After the break we did some punching drills. We started doing some right crosses followed by a drill of rapid punching, as follows; 20 seconds punching and 20 seconds rest for 3 sets, straight after we did 50 right crosses to Geoff's count. We finished the session with a right uppercut right hook combo. He came round and held the pads for me which felt amazing. He said that it made him smile as he felt our connection again doing it.

We were going to finish with the singing bowl meditation but we had to finish a bit early as the hall was pre-booked for a Christmas party. This was a very challenging session, both physically and internally. I was very exhausted and exhilarated at the same time. I saw Matty Evans on the way out and had a little chat. The drive home was very interesting as I was going over in my head what we did in the session.

The Lord's Prayer - 3rd January 2015

I got to Coventry a bit early so meditated in my car for 20 minutes. When it was time I went into the AT7 centre and went to the room where we train. Most of the other people were there so I said hello in turn. We started to put the mats down and then Geoff came in. I could tell he was on top form as last month he was a little down. He started the session with his usual inspiring talk. This talk was a little different as he went on to tell us that whilst meditating before he came in he had a revelation regarding the Lord's Prayer.

He went on to explain that this was code, a code for life and a base to philosophy. He said that you can trace all the great philosophers back to the Bible. He then said it's like an energy source and all you need to do is plug into it. He then broke down the Lord's Prayer into segments and explained the meaning of each segment. For instance "hallowed be thy name" and "thy will be done": hallowed (holy) it's important, trust it. Thy will? Meaning your will, it's down to you. "Give us this day our daily bread": basically give us what we need now, not for next week or for next month. So this could mean "live in the now" and "in earth as in heaven" if you want your life to be like heaven then live your life like you would in heaven, be a good person etc. He was basically saying it's there waiting for us, we just have to connect to it with virtue and a strong will. So the session was based around that.

When it was time for the physical part we started off with a warm up. Geoff then asked for 2 volunteers. Two people went out and he instructed them it was back to back ground fighting. I decided to not get involved as I felt the others would benefit more from this experience as I have done this thousands of times. After a few went out I had the inclination to go out. I wasn't going to but something told me to. I sat back to back with this lad. Geoff called "go". I turned this lad on his back and he called "tap" three or four times. He had dislocated his shoulder. The ambulance was called and he was taken to hospital. More about this a little later. After the Newaza we did standing grip fighting. We had four changes with this and it lasted about two minutes each. After this we walked around the room doing walking meditation. Geoff instructed us to ask ourselves the question "who am I?" After doing this for a couple of minutes he then said now ask "who is asking the question?" after a few minutes he said now ask "who is observing us asking the question?" then after a few more minutes he said now ask

"who is observing the observer?". After this we did a meditation technique of which Geoff says that he uses a lot. He called it preparing the room. This is done by using strong imagination to place a spinning light above you, another one below you and one to each side of you. You then join the lights together and make a protective sphere around you. Next you open your heart Chakra and let the light in and you become the light and fill the sphere. You then take this light and place it where you need it. Geoff explained he does this to prepare the room that we train in with this energy before every session. He said this is an old Christian technique that they used thousands of years ago but the light sources were angels. Four of the archangels in each corner and above was the holy dove and below was a lamb.

We then did some punching. We started off by warming the hands up with light pad work, then the rapid punching drill with 20 seconds work & rest rounds for three sets. Straight after my sets Geoff asked me to help him demonstrate my right cross. As I was exhausted it put me under pressure. Knowing Geoff I don't think this was an accident. I did about 20 reps and must admit I was glad when he stopped me. He referred again to the pure exchange of energy when we did a punching drill.

I should think we all did a hundred right crosses in all. Geoff then asked me to help him again. This time he used me as a model. I threw a punch then everybody else did using me as a guide. Geoff then spoke about holding the pads properly and being part of the experience not just holding them and letting them fly around. Meeting the punch so we get an exchange of energy. We finished with 25 minutes of meditation with the singing bowl.

The amazing thing that day was about the guy who dislocated his shoulder. At the end of the class he came back to see us. He spoke to Geoff for some time. After he left Geoff told us that when he was in the hospital he was talking to the doctor and said that he had trained as a Neuro surgeon and speaking to the doctor had inspired him to go back to it. Now if that isn't God's will I don't know what is? There was something special in the air this day, I felt it from Geoff as soon as he walked in the room even when I was sitting in my car I felt something. He asked us to watch some films that included: Being There, Forrest Gump and Groundhog Day for our homework.

Raw Consciousness - 7th February, 2015

The alarm went off the usual time as it has done numerous times before to make the trip to Coventry. I struggled to get up this morning as for the last couple of days I was not feeling very well so I knew I was not going to be 100% for today's training. I was also not very happy as a good friend of mine told me the day before that he was being bullied online by a small group of so called martial artists, so I didn't sleep well with that on my mind.

I left at my usual time to get to the AT7 centre and to have 20 minute meditation before going in. After entering the building I greeted the other attendees and we laid the mats down for the session ahead of us. I then saw Geoff and Sharon come into the room, went over and said hi. After we embraced, we had a chat and Geoff asked if I was ok. I said I was a little under the weather as my kids have been unwell. We then started to talk about our children.

The session started with Geoff telling us that during his meditation before coming to the session the image of Christ on the crucifix appeared and from this the feeling of rawness came to him, raw consciousness. This was what was given to him to give to us. The session was to be based on this. Geoff explained to us the meaning of this that to really get the most from anything it has to be taken to its rawest form. He then got his Rosemary beads out from around his neck and showed us the crucifix, he then said that the image of Christ on the crucifix is as raw as it gets. Straight away I understood. He then went on to give other examples of "raw" in terms of our relationships, our business, in our bodies and in our training, then how to apply it to our lives. Like everything he has ever done it has to be functional. This is why the course is duly named "pure function".

There are no other words I can think of to explain this talk than profound. The powerful message has jarred me and left me with a feeling I can't explain other than I have to explore this the same way I did with another life changing lesson I got from Geoff when he introduced me to "essence" in a previous course. I knew this session was going to be extra special and it was. This pre session talk lasted longer than normal and he said to have a cuppa and let what was spoken sink in.

After the tea break Geoff asked for someone to warm up the class so I volunteered, after a general warm up that included jogging around the mat, punching the air, knees up, heels up, side stepping, touching the floor with the left hand then the right and a good stretch, Geoff took the class. We started with the 3 minute squatting drill that we have done all through this course, that is as much mental as physical, as Geoff explains when the pain sets in and you want to stop this feeling and the voice that tells us to stop and wants us to give up is what stops us reaching our potential in life. So if we master this then we can train our mind to take control of the ego body.

After this we walked round the mat doing the walking meditation we have done on each lesson, he guided us through this (see previous sessions for full details) and then told us to grab some pads. We then did the 20 seconds x 3 set rapid punching drill. Again see previous session for details but this time after we did the three sets Geoff said while we are tired to do right crosses to his count. He asked me to demonstrate this with him. I was exhausted as I struggled to breathe as felt "chesty" and not at all well. I did my best I then went back to my partner and did more crosses to Geoff's count. I must admit this was a real test as I had nothing left in me but I managed to finish the drill hitting as hard as I could.

We then did our walking meditation again but this time asking ourselves the internal question "who am I?" Geoff said to focus on the sound of the words rather than the meaning, then as we were walking around, he asked us to visualise energy like a wave coming from our chests and then falling behind us. I believe this was so the person behind you was walking into your energy so there was a circle of positive energy. This made me feel energised and it was a great feeling. I felt my strength coming back after the tough drills.

Geoff then asked us to find a space and sit down and put something warm on. I put my towel around me and sat with my back to the wall. He then guided us through a meditation we did on one of the previous sessions. We were about to do the circle of protection. Geoff explained that this was an Esoteric technique, (see previous session for more details) but basically we visualised orbs above, below, to the four corners, in front and behind us. Then we visualised the orbs encasing us in light and then filling with energy. Then he said to us to think of someone we loved. I chose my wife and visualised placing my hand on the back of her neck and kissing her. Then he said to

visualise someone who we don't like and to do the same. I tried to visualise the people who had been so cruel to my friend whom I mentioned earlier but I'm afraid I was not able to do this. I still have some work to do it seems.

We then did some more internal exercises. This time it was focused on Kota dama using the sound or vibration of words. Again Geoff guided us through a series of exercises, the first being counting to 30 as a group but not thinking of the word just the sound. Then we just repeated the word "one" and then we held our breath for a count of 30 listening to Geoff's count. I couldn't do this one as I was coughing so was disappointed I didn't get the full benefit from this. We then had a tea break to let what we had done be absorbed.

After the tea break we got back on the mat. The session was to switch to the physical. We warmed back up by doing some light bulling (light upper body grip fighting). Geoff then taught us a wrestling technique that involved popping your opponents arm up from him having you in a collar tie then exploding forward and quickly taking the back or side (belly to side or belly to back). He then showed us a very painful submission move from catch wrestling; a "face bar" that uses the bone on your forearm to crush the sensitive areas of the face. This was to reinforce the grip used for the wrestling technique. We then went back to the wrestling move and this time the grip was so much stronger and really took the air from you when the back or side was taken. We then drilled the technique using Uchi Komi (repeating the technique again and again in quick succession). This is a great technique that I'm looking forward to developing and adding to my game.

One of the highlights of today's sessions was when Geoff was helping me with some details on this technique. He was saying that you can tempt them with the guillotine using this technique. I then asked if it was like using drawing in boxing (to show a gap or weakness to draw your opponent in then capitalise on this). He then showed me some of his favourites. Some of which were exposing the ribs and waiting for the kick then destroying the small bones in the foot by smashing it with your elbow and another was to grind your opponent down by "cutting off the corners" i.e. by kicking them in the thigh or sweeping them this will take their energy and fighting spirit away. But my favourite was when he said to go low with a low kick and hit high with punches that he performed and cracked me with two or three beautiful punches to the left side of my

face. These were totally under control but that were capable of taking my head off if he wanted to. It was great to see that spark in him and to see him come alive like that. I could see that glimmer in his eyes and could tell he was loving it. I keep forgetting what a fearsome fighter Geoff was and it was great to see a glimpse of it. I really regret not having trained with him years ago back in those ground-breaking days when he changed the face of martial arts. I can assure you, he is still a very dangerous man.

The session was over before we knew it and after he thanked us all we finished and had a well-earned cup of tea. He was in great spirits and cracking jokes at our good friend Tony Preston's expense. I had a great chat with him. We spoke about our friend who was getting abused by these people and life in general; then he said to me that he wasn't sure if to tell me or not but he did. He feels there is something in me. He said he feels a strong protective vibe from me and is sure I have been sent to him for a purpose. I was very touched by this. After having a chat with some of the guys I made my way home. I am very much looking forward to next month's session and being 100% up for it this time.

Connection - 7th March, 2014

The final session of an amazing six month course is here. I just can't believe how quick the time has gone. I wasn't quite sure what this session would entail, I wondered if it would be a physical session or an internal one. As the session unfolded it turned out to be both.

I got to Coventry a little earlier than normal today, I wanted to have a chat with the other attendees and get their views on the course. As expected everyone loved the course and has gained so much from it. After we laid down the mats Geoff arrived and the session got underway.

We gathered round and Geoff thanked us all for attending and for making this a fantastic course. He explained that Sharon had asked him what he would talk about in today's session. He replied that something would come to him, he then called over a young guy called Jordan. He then asked him to tell everybody what they were talking about before the session.

Jordan went on to tell us that he has been accepted into two very exclusive courses. After he told us his amazing news and described what the courses were, Geoff told us that Jordan had told him that the reason he decided to do these courses was he wanted to make a difference in the world. Hearing that gave me goose bumps and it humbled me. It also made me feel very embarrassed that throughout the course I never made an effort to get to know him.

Jordan then explained that attending pure function and training with Geoff had given him the confidence to leave his unrewarding job and apply for these courses.

Geoff said to us that this is the reason why he does the courses and what has happened to Jordan has made the course worthwhile for him. Geoff then thanked Jordan for giving him his inspiration for today's talk. He explained that what Jordan has done is what's called Realised eschatology. This is when you use strong intention to create your own reality.

He gave another example of this. When Cat Stevens converted to Islam he used to walk around Hyde Park in London for years and after he converted to Islam on his

walk he discovered a mosque. The thing was he walked past this mosque for years and had never seen it: when he needed it to be there, it appeared. The mosque had been there for years but it didn't exist until he needed it; then he created it.

I found this fascinating as I had a similar experience when I decided I wanted to train with Geoff after following him for over 20 years. I sent him an email to ask if he still did any courses. A day later Geoff emailed me back and said he had just decided to do another black belt course.

Another example of this is when Geoff decided he wanted to do judo full-time. When he made that decision he discovered that Neil Adams ran a full time judo class where all the Great Britain players trained.

Geoff then spoke about having "Acoustic clarity in our intuition" as you could easily miss lots of opportunities. I could see that a lot of the drills and exercises we had done during the last six months was geared towards this end. We had been training our intuition, attention, presence, intention and will.

He also spoke about palate and the excesses. This is the first thing he ever spoke about on the black belt course. This is something he always speaks about and is vital for personal development. This is not just food, it's everything: gossip, slagging people off; everything and anything that enters your body externally and internally.

Geoff has said on many occasions that if you can't control this, how can you control anything else in your life? He always uses Gandhi as an example in that he had millions of followers and brought the British Empire to its knees, through love and peace. He was able to do this by gaining the inner strength by controlling his palate.

After this very inspirational talk Geoff got the session started. He asked for someone to warm up the class. Our friend Tony Preston took the class for a warm up. Afterwards Geoff asked us to walk around doing the walking meditation I have spoken about in previous months. After doing this for a few minutes we used the mantra "who am I?" Geoff emphasised that we should see ourselves as separate from who is asking the question. Then we said the mantra "who's asking, who am I?" Then we did the internal exercise of walking round and visualising that energy was coming out of our chests and falling behind us. This is done so the people behind are walking into your positive energy. He then guided us through the meditation he does a lot of the time of

"preparing the room" again see previously for details. This time he taught us to expand it to the room so the energy was coming from all four walls, the ceiling and the floor and that the energy was flooding into the room.

Geoff told us he does this before every session, talk or meeting he has.

He told us some personal stories to highlight the internal exercises we were doing. This is the great thing with Geoff; he teaches through experience. Just like the way he did with the practical martial arts in the past; the techniques he teaches and uses works on a daily basis.

Some of the stories Geoff told us was when he visited his old school to do a talk for fourteen year olds. He said he was really nervous about this as he just didn't know what to say to them. While he was in the hall looking around he saw pictures on the wall of angels and Christ. After seeing those pictures he knew exactly what to say. Geoff said the talks he did at the school were the best he had ever delivered.

He told a great story of when he was walking with a monk, who was also a very senior martial artist. He said that whilst they were talking, ego reared its ugly head and (I will quote Geoff here) "they got into a willy wagging contest". Who they trained with; what they did etc. At this point Geoff knew he fell out of alignment and got straight back to essence and serving him.

Geoff then said he was explaining a concept that came to him through meditation and he drew a basic diagram on the ground in the mud to demonstrate it. At this point the monk was speechless, after a few seconds he then went on to tell Geoff that the drawing he had done was the entrance of the cave that he meditates in.

On a lighter note Geoff told us a time he was invited to his friend's wedding. His friend was Sikh and the wedding was held at a temple on Birmingham. Geoff and his daughter went to the temple, asked for the groom and was seated. After being served a three course meal he then realised he was at the wrong wedding.

The temple he needed was down the road. After getting to the right place they were seated and fed again. Geoff refers to this as the wedding when he was fed seven meals.

We then had a break which turned out to be a very long break. He was going round to talk to people. I took this opportunity to chat with some different people I hadn't spoken too much over the months.

I went straight over to talk with Jordan who really touched me earlier on. We spoke about the courses he is doing and nutrition. I told him that I was doing a 36 hour fast and he offered me some great advice about it.

I spoke to him for most of the break and I practiced being present with him as Geoff had taught us. I could tell he was very excited about talking to me and it was great to connect with him.

I was going to go over and have a chat with Geoff but could see other people wanting to talk with him so I decided to let the others have some time with him as I have signed up for the next course and am fortunate enough to have another six more months with him.

After the break we did some physical martial arts drills and techniques. Geoff warmed us back up with some light bulling. He explained that back in the old days this was how he, Matty, Lee, Tony and the others warmed up. The point to this was not just to wrestle but to really feel the energy and connect with your partner.

It then becomes very much like Daoism. Feeling and using the energy, not forcing it but almost letting your partner put you in the position. This is a great drill and something I do all the time in my classes. To feel the energy and get that connection with your partner is an amazing feeling.

After about four changes Geoff taught us a beautiful and devastating jumping knee strike. This technique is very much about using the energy of your opponent to set it up. He then taught us some grappling techniques. The first was a foot sweep that he is very good at. After he demonstrated it we got a partner and did Uchi Komi with it up and down the mat. Geoff came round to everyone in turn and showed some details.

The next technique was an entry to get a body lock on your partner. This is a great technique; one I have added to my game. Again using Uchi Komi up and down the mat and again Geoff coming round helping with details.

The essence of these techniques was explosion. Geoff went into detail about this and how to "double step" into it and everything else. When he came round to me he said to use the same explosion I use in my punching in these techniques. Using this as a template I got the "feel" of this and started to really explode into my partner.

Geoff then asked us to get some focus pads and asked me to demonstrate some punching. After ten or so punches he said to the class that we needed to get a connection with our partners when doing pads. He said again about the connection Geoff and I have when we are doing pads together.

He then said a big part of this was holding the pads properly. We must be part of the experience; not just holding the pads in a daydream so the pads go flying but to connect with our partners and get that pure exchange of energy.

It is clear that connection is very important to Geoff; in fact it's pretty much what he lives for. He also mentioned this is why he no longer teaches practical martial arts as he doesn't get the connection from it anymore.

We then did the 50 punch to count drill. After my set he asked me to hold the pads for Tony Preston for his set. As I love Tony, it wasn't hard to connect with him so when he started punching I really felt us connect. On each punch I met it with my energy and the sound and feel of the impact totally connected me to essence. I then knew why Geoff loves holding the pads for me.

He then asked me to demonstrate the line-up. This is the essence of Geoff's system. He held the pad and I lined it up using my fence, asked a question then I hit the pad with a short right cross. This is something I practice all the time. I very much felt the connection with Geoff doing this.

He then spoke about John Anderson who is a master at the line-up and explained some of his methods and how powerful he was. He then spoke about the time he trained with his friend Rick Young. Rick asked him to demonstrate the fence. Geoff showed his line-up technique and Rick (a martial artist greatly attuned to energy) smiled and stepped back. He said he could palpably feel Geoff's intent.

Geoff then went round giving some people a little tap on the jaw so they could feel how easy it is to shake the brain. It was funny to see their faces and their eyes glaze

over from just a tap. He then said it makes you realise the importance of protecting your own jaw.

The session was almost over, we meditated with the singing bowl for the rest of the time remaining. Geoff said to use the circle of protection while listening to the vibrations.

He recapped on some of the fundamental things we had done throughout the course and thanked everyone for coming. That was it, the end of an amazing session and six months.

Conclusion

As you can see training with Geoff was a unique and amazing experience. For me it has been a fantastic journey. Geoff has always been ahead of the game and this course "pure function" was way ahead of the game. I just can't recommend it enough.

Training with Geoff is life changing. As I said before, Geoff is an empiricist. Everything he does is proven. I am just one in a long list of people who are the proof that Geoff has changed our lives.

I was working in an unrewarding job with no real direction in my life. After first training with Geoff, I started to teach martial arts full time and after this course I am currently looking for a unit to set up my own martial arts centre.

Since taking this course my life is much fuller and my understanding has expanded. The main things I have gained through the course is being present with people. Through "disappearing the room" I am connecting more and more with my students, friends and family. To totally be present and connected with someone in that you forget where you are and time just passes by is an amazing feeling. This has enhanced all my relationships; myself and everyone in my life are feeling the difference. I am experiencing Misogi all the time. I very much feel it in my training but also in everyday tasks. To feel the bliss through doing this is again an amazing feeling. My understanding of what Budo really means has very much expanded. I try very hard to live my life by the Budo code. I am looking for a pure exchange of energy in everything I do. Through practicing the techniques that I have listed on a daily basis I am on the path to pure function.

I am very much looking forward to the next pure function course to train and connect again with my friend and mentor Geoff Thompson. I would like to take this opportunity to thank Geoff for his instruction, help, guidance and most of all his friendship and love.

The main reason I have written this is because writing is a big shadow of mine as I am dyslexic. I have found writing very enjoyable although very frustrating. It has been very rewarding and great way to express myself.

I would like to thank my friend Nick Engelen for his support and help in getting me reading and writing. He has inspired me to write this, so I would like to dedicate this article to him.