



1. 65↓ 49→ 58→ 75→ 37↓ 52→ 77→ 9↓  
73→ 27→ 12↓ 77↓ 22→ 3↓ 31↓ 77↓ 53→ 52→ 42↓  
22→ 2→
2. 67→ 58→ 75→ 50↓ 16↓ 52→ 22→ 4↓ 64↓ 65↓  
49→ 73→ 35→ 52→ 8↓ 73→ 59↓ 23→ 50→  
17↓ 22→ 62↓ 56↓ 48↓ 40→ 22↓ 41↓ 33→ 50↓  
61→ 73→ 11→ 43→
3. 67→ 60→ 64↓ 65↓ 49→ 18→ 7→ 77↓ 1↓ 73→  
54↓ 76→ 47→ 73→ 27→ 44↓
4. 29→ 28→ 25→ 15→ 64↓ 71↓ 28↓ 73→ 1↓ 32→  
58→ 21↓ 79→ 77↓ 65↓ 49→
5. 67→ 60→ 75→ 54↓ 67→ 47→ 36→ 64↓ 3↓  
31↓ 73→ 29→ 72↓ 3↓ 31↓ 66→ 70→  
19↓ 73→ 52→ 63→ 55→ 73→ 13→
6. 65↓ 49→ 58→ 66→ 45↓ 26↓ 57↓  
10↓ 27→ 1↓ 20→ 73→ 33↓ 74→
7. 22→ 78↓ 64↓ 65↓ 49→ 58→ 46→ 52→ 21↓ 12→ 69↓  
51↓ 39→ 73→ 68→ 38↓
8. 30→ 5→ 71→ 73→ 12→  
6↓ 34↓ 18→ 22→ 24↓ 14↓ 70→  
58→ 64↓ 65↓ 49→

- Across
2. Five W's for Self Defense/5 W's to Avoid #3: Wrong \_\_\_\_\_
5. Composure
7. Together
11. Five Togethers at Annual Training #1: \_\_\_\_\_ we train together
12. Five D's of \_\_\_\_\_ Winner
13. Logic
15. Self Control and Composure
18. Third person plural present of be
20. Endurance
22. \_\_\_\_\_ Foundation for Peak Performance: Simple as ABCDE
23. The previously mentioned things
25. Complete
27. Relating to them
28. Through
29. Solely
30. Assurance
32. Five D's of a Winner #5: \_\_\_\_\_ 'til death
33. have a chance to be
35. Make an effort to achieve or complete
36. Ways
39. Honest
40. A conjunction
43. Healthy
46. Third person singular present of be
47. Training / Running Relation to \_\_\_\_\_ Sports
49. Five Steps in Cuong \_\_\_\_\_ Philosophy
50. Faith in a collection of ideas
52. Five Steps \_\_\_\_\_ Health
53. to allow for
55. Fact
58. Five Negatives in Teaching #3: Don't push \_\_\_\_\_ excessively (to avoid burning them out)
60. Individuals in a group
61. Ethically
63. Defend
66. Five W's for Self Defense/5 W's to Avoid #5: Wrong \_\_\_\_\_
67. Five All's for Self Defense (3-D) #1: \_\_\_\_\_ angles
68. Honorable
70. Five Firsts \_\_\_\_\_ Friendship
71. Humbleness
73. Five F's for Learning \_\_\_\_\_ Teaching
74. Personal Nature
75. Are Expected to
76. Every
77. Better
79. Integrity
- Down
1. Five F's for Learning and Teaching #4: Fly your \_\_\_\_\_
3. Seven \_\_\_\_\_ Arts of Influence
4. Ambitions
6. Hopeful
8. Distribute
9. Indefinite third person singular antecedent
10. Boost
12. Capabilities
14. Essences
16. Staunch
17. Among
19. Protecting oneself
21. Keep up
22. Those ones
24. Of the mind
26. Continual
28. Five F's for Training #1: Fortify your \_\_\_\_\_
31. Seven Martial \_\_\_\_\_ of Influence
33. Ethical
34. Five W's for Self Defense/5 W's to Avoid #4: Wrong \_\_\_\_\_
37. Endeavor
38. Five Trues for Love of \_\_\_\_\_
41. Also
42. Help
44. Senseis
45. Streadfast
48. Consequently
50. Exist in a specific state
51. The Foundation for Peak Performance: \_\_\_\_\_ as ABCDE
54. Five Res's for Interrelating #1: Responsibility (self \_\_\_\_\_)
56. Group over time
57. Five P's of Achievers #5: \_\_\_\_\_ 'til perfect
59. Evolve
62. Junior
64. 5 A's \_\_\_\_\_ Self Defense
65. Five Steps in \_\_\_\_\_ Nhu Philosophy
66. Via
69. Undiluted
71. Three-O's Principle #1: Open \_\_\_\_\_
72. Practice
77. Five Steps \_\_\_\_\_ Cuong Nhu Philosophy
78. Five F's for Learning and Teaching #5: Finish your \_\_\_\_\_