



# ***PHOENIX TRAINING GROUP***

## ***CLASS QUOTES***

**Below is a list of suggested quotes. You are encouraged to add to this list as your training experience continues to grow.**

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“Strategy without tactics is the slowest route to victory. Tactics without strategy is the noise before defeat.”

**-Sun Tzu**

“For to win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the acme of skill.”

**-Sun Tzu**

“The supreme art of war is to subdue the enemy without fighting.”

**-Sun Tzu**

“To fight and conquer in all battles is not supreme excellence. Supreme excellence consists in breaking the enemy’s resistance without fighting.”

**-Sun Tzu**

“The opportunity to secure ourselves against defeat lies in our own hands but the opportunity of defeating the enemy is provided by the enemy himself.”

**-Sun Tzu**

“He who controls others may be powerful but he who has mastered himself is mightier still.”

**-Lao Tzu**

“A wise man can learn more from a foolish question than a fool can learn from a wise answer.”

**-Bruce Lee**

“The key to immortality is first living a life worth remembering.”

**-Bruce Lee**

“Showing off is the fool’s idea of glory.”

**-Bruce Lee**

“The less effort, the faster and more powerful you will be.”

**-Bruce Lee**

“He who hesitates mediates in a horizontal position.”

**-Ed Parker**

“In youth we learn; in age we understand.”

**-Marie von Ebner-Eschenbach**

“Anybody can become angry, that is easy. But to be angry with the right person and to the right degree and at the right time and for the right purpose and in the right way; that is not within everybody’s power...That is not easy.”

**-Aristotle**

“Chaos and order are not enemies, only opposites.”

**-Richard Garriott**

“Don’t be afraid of opposition. Remember, a kite rises against, not with the wind.”

**-Hamilton Write Mabie**

“Difficulties are meant to rouse, not discourage. The human spirit is to grow strong by conflict.”

**-William Ellery Channing**

“The harder the conflict, the more glorious the triumph. What we obtain too cheap, we esteem too lightly. It is dearness only that gives everything its value. I love the man that can smile in trouble that can gather strength from distress and grow brave by reflection. ‘Tis the business of little minds to shrink, but he whose heart is firm and whose conscience approves his conduct, will pursue his principles unto death.”

**-Thomas Paine**

“I object to violence because when it appears to do good the good is only temporary. The evil it does is permanent.”

**-Mahatma Gandhi**

“It is better to be violent if there is violence in our hearts than to put on the cloak of non-violence to cover impotence.”

**-Mahatma Gandhi**

“You cannot shake hands with a clenched fist.”

**-Mahatma Gandhi**

“Anger is the enemy of non-violence and pride is a monster that swallows it up.”

**-Mahatma Gandhi**

“Nonviolence is a weapon of the strong.”

**-Mahatma Gandhi**

“Live as if you were to die tomorrow. Learn as if you were to live forever.”

**-Mahatma Gandhi**

“The direct use of force is such a poor solution to any problem. It is generally employed only by small children and large nations.”

**-David Friedman**

“There are three ways of dealing with difference: Domination, compromise and integration. By domination only one side gets what it wants. By compromise neither side gets what it wants but by integration we find a way by which both sides may get what they wish.”

**-Mary Parker Follett**

“We are not going to deal with the violence in our communities, our homes and our nation until we learn to deal with the basic ethic of how we resolve our disputes and to place an emphasis on peace in the way we relate to one another.”

**-Marian Write Edelman**

“A fool’s paradise is a wise man’s hell.”

**-Thomas Fuller**

“No man is happy without a delusion of some kind. Delusions are necessary to our happiness as realities.”

**-Christian Nestell Bovee**

“Monsters are real and ghosts are real too. They live inside us and sometimes they win.”

**-Stephen King**

“A weak man has doubts before a decision. A strong man has them afterwards.”

**-Carl Kraus**

“Within the core of each of us is the child we once were. This child constitutes the foundation of what we have become, who we are and what we will be.”

**-Neuroscientist, Dr. R. Joseph**

“What we do for ourselves dies with us. What we do for others and the world remains and is immortal.”

**-Mason Albert Pike**

“Peace cannot be kept by force, it can only be achieved by understanding.”

**-Albert Einstein**

“If you want peace, you don't talk to your friends. You talk to your enemies.”

**- Archbishop Tutu**

“Conflicts are fueled by the tendency of the powerful to exploit the power and the anger and frustration of the powerless, which turns into violence.”

**-Ghassan Andoni**

“What my experience has taught me is that regardless of how complicated the problems might appear, it is possible to work through them and find solutions that are mutually satisfactory to every stakeholder in the problem... most of our problems on this earth are created by us and therefore we have the capacity and the obligation to unmake them.”

**-Hizkias Assefa**

"Non-violence is not inaction. It is not discussion. It is not for the timid or weak. Non-violence is hard work. It is the willingness to sacrifice. It is the patience to win."

**-Cesar Chavez**

"Some of the best lessons are learned from past mistakes. The error of the past is the wisdom of the future."

**-Dale Turner**

"In order to learn the most important lessons of life, one must each day surmount a fear."

**-Ralph Waldo Emerson**

"Nothing is so common as the wish to be remarkable."

**-William Shakespeare**

"A belief is not merely an idea the mind possesses. It is an idea that possesses the mind."

**-Robert Oxtan Bolton**

"Ideologies separate us. Dreams and anguish bring us together."

**-Eugene Ionesco**

"What we do for ourselves dies with us. What we do for others and the world, remains and is immortal."

**-Mason Albert Pike**

"In the end, it's not the years in your life that count. It's the life in your years."

**-Abraham Lincoln**

"Man is least himself when he talks in his own person. Give him a mask, and he will tell you the truth."

**-Oscar Wilde**

"If men could only know each other, they would neither idolize nor hate."

**-Elbert Hubbard**

"Tragedy is a tool for the living to gain wisdom, not a guide by which to live."

**-Robert Kennedy**

"A woman must not depend upon the protection of man, but must be taught to protect herself. "

**-Susan B. Anthony**

"The more we understand about a person or situation, the more we understand how to help that person or situation and in turn, the person we help, understands our intentions."

**-Doc Elliot**

"Understanding the violent person is not hard, just look into yourself on your worst day."

**-Doc Elliot**