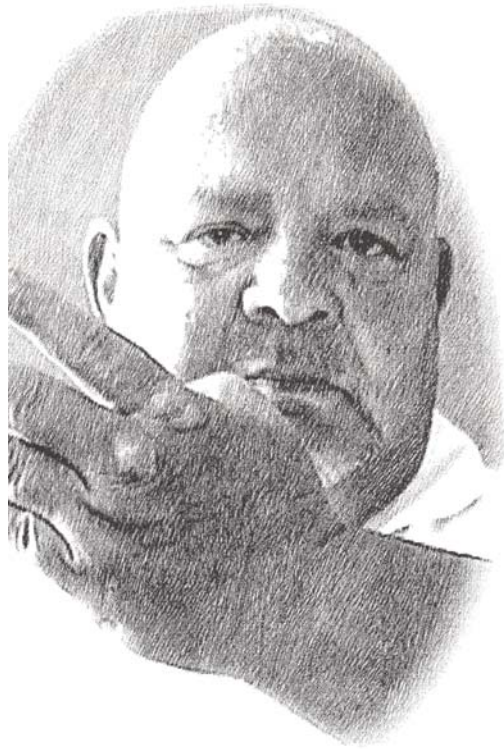


# SAGA

Dan Netherland



Presented By The ***NXB Team***

***On a trek across the sea of time  
a lone journeyer, never belonging.  
Prime sleeper, awoken to power...  
Cloaked with rain out of solitude,  
Ever seeking a far country where dwells  
His original heart.***

*Dan Netherland*

Dream big for dreams  
Become the fabric of reality.

## INTRODUCTION

## SAGA

Dan Netherland



*Dr. Dan Netherland 1998  
Training on the striking post (Mikiwara)  
At The Yama Kai (Mountain Society) Dojo.*

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**- But -**

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## INTRODUCTION

*“And there were giants in the earth in those days”*  
Genesis 6:4

Dan Netherland may well be the most powerful breaker in martial arts history.

Today at 60 plus, Netherland still smashes world records with apparent ease. He smashes records not by one or two blocks or bricks, rather by ten or more. He dominates the field of power breaking!

Few are the people in history who have completely dominated their field, those few became legends. In 2003, Dan Netherland was inducted into “The United States Martial Arts Hall of Fame”, as a “Living Legend”. His life follows the precarious way of those legends gone before.

The sheer physical evidence of his power is truly staggering.

## POWER BREAKING

In the realm of breaking, Netherland broke “One ton with a single strike”, a feat that has never been done before in history. The actual weight came to 2,210 pounds of poured cement, 1000 PSI, broken with a single strike.



*Dr. Netherland breaking eight slabs, of 3” cement, weighing 360 pounds with a single strike through a S.W.A.T. issue, Class 3A bullet proof vest with a steel trauma plate Insert in “2007, at age 60.*

He broke 17 red commercial house bricks with a single strike.

He broke 10 stacks of cement, weighing 3,014 pounds in 17 seconds

He broke three yale pad locks, at the same time, with a single strike.

Netherland has broken cast iron wrenches, chains, files, stones, river rocks and other seemingly impossible objects. He has smashed through brick pillars and walls. His breaking is truly legendary.

### **PHYSICAL STRENGTH**

In the realm of physical strength, despite a list of physical ailments, including multiple forms of heart disease, diabetes and the painful and crippling post polio syndrome, Dan Netherland has distinguished himself as a world class strong man.

He has performed a full, close-grip incline bench press, from the dead bottom position, without a bounce, with 650 pounds. This was accomplished without the aid of a bench press suit or shirt while himself, weighing 264 pounds.



*Netherland incline benches, 610 pounds for three repetitions at a body weight of 264 pounds. (1997)*

He executed a full, heel up tricep dip with 1,200 pounds, then 10 repetitions with 1,000 pounds in the same exercise.

He completed 50, one hand tricep press downs, using 100 pounds, (One handed remember), in under 60 seconds. This was done right hand then left. He has preformed thumb up hammer curls or thor curls using two 135 dumbbells.

## **KI POWER**

In the realm of internal power, Ki or Chi, his demonstrated feats set him alone.

Netherland has allowed 18 large men, the opportunity to bend one outstretched arm while projecting Ki upward. This was to no avail.



*18 people attempt to bend one out-stretched arm while two people sit upon it (2002)*

20 men attempted to pull two interlocked fingers apart as he created a Ki circle, again, no avail!

18 men unsuccessfully attempted to push him over as he stood in a rooted Ki stance.

Three men attempted to lift him from the ground while he projected his Ki earthward.

Netherland has placed his hand upon an assistant's chest, focused Ki and drove the assistant through a wall, causing the ceiling to collapse.

On another instance, he drove a large man 12 feet back into the waiting arms of a catcher. Both hit the floor from the force.

On another instance, Netherland placed his palm on a law-enforcement officer, who volunteered to wear a bulletproof vest with a steel trauma plate insert. Exploding forth

with Ki, the 250-pound officer was blown completely off his feet. The officer was injured, needing medical attention for both ribs and sternum.

The exploits of Dan Netherland read like something from an action comic book or from ancient mythology.

When you consider his life, his past and present disabling illnesses, you can but stand in awe and admiration at this over-coming life. This then is the epic story of Dan Netherland.

Dan Netherland is living proof that through decisions, destiny can be molded. From a frail life, a legend can be forged. Dr. Netherland is the recipient of many honors. He has been inducted into the following martial arts Hall of Fames:

World Professional Martial Arts Hall of Fame

United States Martial Arts Hall of Fame

I.M.A.C. United States Martial Arts Hall of Fame

Action Martial Arts Hall of Fame

European Martial Arts Hall of Fame

(The Honors continue on like waves of the sea).

*Glory of mankind  
Washed away by seas of time,  
What lasts forever?  
Live with greatness while you can  
For your life is but a day.*

Dan Netherland

**PRESENTED BY NXB TEAM**  
(www.nxbteam.com)

## CHAPTER 1

**ARRIVED IN A STORM**

*Netherland, from a frail, sickly baby to a World Champion Power Breaker.*

When Dan Netherland was born, November 10, 1946, he was given little chance to live. Born into poverty he could be held in a single hand.

It was often told by the old folks in his family, how when he was born, a great storm wreaked havoc in the delta. Screaming high winds, heavy plummeting rain and great balls of hail fell amidst the most dreadful thundering and blinding lightening. In the center of elemental chaos, a tiny baby arrived.

Two weeks after birth, Dan Netherland contracted pneumonia. He lingered between life and death for weeks. When he was ten months old, pneumonia returned. By the age of two, he had battled croup, whooping cough, throat and breathing infections and pneumonia again.

***In some ancient societies, such a weak and sickly child would have been left in the wild to die. It was concluded, no good thing could come out of life, so sickly and weak. In a***

***warrior society in which only strength was respected, “The Baby Netherland” would have been completely rejected. They would have in truth rejected one of their prime heroes.***

It appeared death was the lot for Dan Netherland. His grandmother said, “Death stood at the foot of his bed, waiting”.

Years later in a training manual on Martial Arts Philosophy and psychology, entitled, “Last of the great dragonfly hunters”, Netherland wrote:

*They faced each other,  
“Old comrade, I call you friend”.  
Reliving battles  
by the embers of the fire  
smiling, death lingered...listening.  
Dan Netherland*

Netherland taught advance students, the inner secrets of the martial arts through doku. Doku is a poem either in 17 syllable haiku or 31 syllable, waka format. These doku revealed truths the students use see, know, absorb and use in their own lives.



*Netherland teaching through Doku  
The inner Secrets of Power (2002)*

*Years later, Bill, Dan's father, would tell him stories about a giant black, strong man, that worked at the cotton gin unloading bails of cotton. Old Toby was his name. Toby would back up to a wagon pull a bail of cotton onto his shoulder, then walk across the yard placing it for delivery. Bill said Toby could do this all day long. What makes this story remarkable is that Toby was up in years and had a clubfoot. How much does a bail of cotton weigh? Five hundred pounds! Toby could have been an American tall tale legend.*

Still later in his life, Netherland thrived on heroic stories like Old Toby and Great Uncle Ralph.

*Uncle Ralph was stricken with polio on one side of his body, but the other side was a giant of a man. Uncle Ralph could chop wood all day long with a double blade ax, using his one good arm. He could wrap a one-inch grass rope under his foot then around his hand, yank and break it. He could lift a loaded wagon while a wheel was changed. He could lift a bull yearling off the ground. He hunted with a heavy 10-gauge shotgun, shooting it one handed. Crippled great Uncle Ralph was a giant just like Old Toby.*

When Netherland was three, on a sweltering August morning, Sara, his mother, returned to the small country house to find a large snake about to crawl upon the bed where he was sleeping. Screaming, she called Bill and other field workers, they came running. The snake was finally killed. The venomous snake measured over six feet long. No one had ever seen such a big snake as that before. Country people started talking.

In 1949, the three-year-old child was having great difficulty with basic body movements. Upon examination, it was discovered that Netherland had the dread disease, Polio. This was the same crippling disease Great Uncle Ralph had.

Polio was greatly feared in the 40's and 50's. Thousands of people contracted the disease. Many died while others were crippled for life.

Polio is a viral disease that appears in three forms. **Abortive Polio** - flu like; with high fever, sore throat and respiratory infection.

**Non-paralytic Polio** - is similar to the above but has sensitivity to light, with neck and joint stiffness. **Paralytic Polio** - has all the above with muscle paralysis, due to nerve damage.

The polio virus attacks the governing muscles in the limbs. Respiratory difficulty can lead to death. The virus can shut down any and all muscle function in the body. Though the acute illness could last only weeks, the resulting damage to the nerves could last a lifetime.

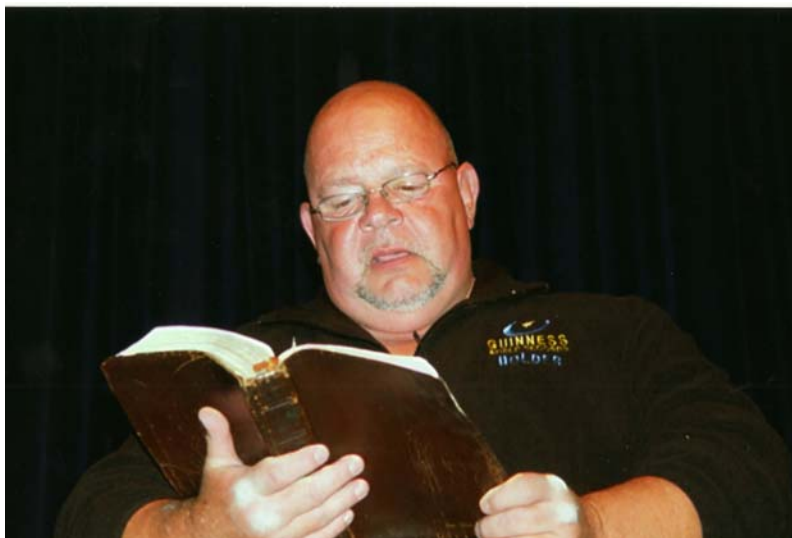
Crutches, Braces, wheel chairs and the iron lung, all became the badge / banner of polio.

Storms, poverty, sickness, snakes, polio, each form a picture of his life. It would seem the fate of Dan Netherland was marked for failure. Heaven on the other hand, held an all-together different picture of his future.

Netherland would enter the armed forces during the Vietnam era, receiving an honorable discharge.

Netherland would enter the field of law enforcement, ultimately obtaining the position of Police Patrol Division Captain, Juvenile Division Captain, S.W.A.T. Team Commander and Tactical trainer. He would become a Diplomatic, Executive protector (bodyguard) and Director of Protection and Security for The World Arab/U.S.A. Trade Association.

Netherland would later become a minister, author and educator. He received a ministerial degree from “Berean Bible College”, Masters and Doctorate of Divinity from “Columbus Bible College” and a PhD, from “The Alabama Oriental Studies Institute”.



*Netherland ministering at the College of Ozarks,  
Branson, Missouri in 2002.*

He traveled the world bringing inspiration, courage, motivation and hope to people of all national backgrounds. He specifically liked to encourage the disabled and disadvantaged. He would do all this while raising a family of five. He would also do battle with heart disease, decreased lung capacity, diabetes, arthritis and his age old nemesis, polio.

Netherland had to deal with post polio syndrome some forty years after it went away in his teens. Post polio syndrome, (PPS), is a painful, crippling aftermath of the original virus. Damage done to the nerves in his youth, due to polio, cause acceleration of nerve degeneration in later years.



*Dr. Netherland, age 60, breaks with one strike for a Guinness World Record and World Record Federation World Record. January, 2006*

**Would you like to hear the rest of this amazing story? For only \$5.00 U.S. currency, you can receive the completion to this book, sent to you by secured by e-mail. This can be easily paid through Paypal.**

**Continue reading to learn how Dan Netherland overcame the ravages of polio only to fight it again in the form of post polio syndrome.**

**Learn how he began his long journey in the martial arts. Learn how he developed his body to become “The Strongest Power Breaker in The World”. Learn how he developed his mind power. Learn how he tapped the incredible power of KI!**

**Learn how Netherland entered into the secrets of power. How this enabled him to see and believe beyond limits. Learn what he learned to achieve the seemingly impossible.**

**You will be amazed how you can also transform your life the Netherland way.**

**\$5.00 U.S. DOLLARS OR ITS EQUIVALENT IS ALL IT TAKES TO RECEIVE BACK BY E-MAIL THE REST OF THE STORY. USE PAYPAL.**

