



UCMAA KI-AI

3-1-2023

Website: ucmaa.net

UCMAA PRESIDENT KI-AI

Hello to all of our UCMAA members. I would like to take a moment to say thanks to Shihan Kirby Roy for all the work and time that he puts into making this newsletter possible. This is not just a newsletter but a glimpse into the history and beliefs of UCMAA. We were taught to honor our training no different than we would honor our family. You will find that each board member, and instructor truly is dedicated to sharing their knowledge with all of our members. None of us ask what our association can do for us, but what we can offer to help all of our members grow. If you put in the time and work towards earning your black belt, or even higher in the Dan ranks (Black Belt Ranks) you will find yourself welcomed to a brotherhood.

In our dojo's you will see a level of respect between all black belts. In our basic rules and dojo etiquette you will find a rule that states the following: *"A black belt should never correct another black belt on the floor."* If we disagree with a technique, we as instructors discuss it off to the side. We never discuss it in front of our students. We do this out of respect for each other. Even if we are higher in rank, we should never have a reason to look at a lower rank with the attitude of, I outrank you. This is greatly frowned upon. If a black belt has this type of attitude they shouldn't be a black belt because they have no understanding of respect. I am sharing this, so that all of our students will have a better understanding of who we are and what we would like to pass on to the generations that will one day take our place.

2023 is going to be a very busy year for our association. We have several seminars coming up and I would like to encourage you to do your best to attend. The whole purpose of these seminars are for you to cross train and grow as a martial artist. With that I would like to share the following with all of our members.

Perseverance

When you take on a new challenge, you may find that it is more difficult than you expected. Take a moment and think about your first martial arts class, or your first class in a new subject. It may be exciting at first, but then you see that it's actually a lot of work. Some people give up before they even get a chance to learn the basics, but others persevere and work hard on these new tasks.

Perseverance means you work hard at something without giving up. It is a character trait that is very important to all parts of life, but to martial arts in particular. Martial arts takes time and dedication to become a true master, so only those with the work ethic to persevere can succeed.

The Importance of Perseverance: Although perseverance is important to martial arts, it is also important to many things in life. Things like studying, working, and learning any new skill takes a lot of perseverance. You may have a natural talent for one thing, but there will be many others that will be difficult for you. This is a natural part of life, everyone faces different challenges, but it is how you meet these challenges that defines who you are.

What do you think happens if you don't have perseverance? Well, you may give up before you discover that you love something or that you are actually really good at it! Sometimes all it takes is a little perseverance to get you through the difficult part of learning something new, then you can enjoy the fun and excitement of becoming a skilled master.

Having Perseverance, Even When It's Hard: It may be easy to make it through your first practice session or class in something new. It might be a little more challenging to make it through your first week or month of learning, but you can get through it. However, true perseverance may mean sticking to it for much longer. After the first time you do poorly on a new task, it is normal to feel discouraged and a little disheartened, but never let these feelings prevent you from improving.

When you feel discouraged or unsatisfied with your progress, take a moment to appreciate how far you have come. Think back to your first class when you didn't know anything, and now think about how much you have learned. It is like climbing a mountain. When you are only halfway up the mountain there may be a long way to go, but if you turn around and look at where you started, you will be proud of the distance you have traveled.

The Rewards of Perseverance: In martial arts and other sports, you will rarely be good the first time you try a new technique. You will see senior students or teachers doing it very easily and may think this means you just aren't cut out for it. But what you don't see is all the hard work your peers and teachers have put into learning and training. If you stick to something new and persevere through the hard times, you will eventually become a very skilled martial artist yourself!

Next UCMAA Newsletter on June 1, 2023. Hope to see you on the mats!

Shihan Joey Harvey, President: UCMAA

UCMAA BOARD MEMBERS

Joey Harvey; 10 Dan, **President**
Jose Monegro; 7 Dan, **Vice President**
Paul Mathews; 10 Dan, **Secretary**
Stevie Tillson; 10 Dan, **Treasure**
Jimmy Gauthier; 10 Dan, Board

Kirby Roy; 10 Dan, Board
John Allen; 10 Dan, Board
Jeff Marien; 9 Dan, Board
Cheryll Whigham; 5 Dan, Board
Anita Harvey; 5 Dan, Board



UCMAA Board members
(Left to right) Jose, Stevie, Joey, Paul, John, Jimmy, Kirby, Anita
Absent: Shihan Whigham and Shihan Marien

UCMAA ARTS

**Aiki Jujutsu
JuJutsu**

**Judo
Kobu-Jutsu**



**Iaijutsu
Kempo-Jutsu**

**Karate
Toide**



From Shihan Paul Mathews: Explanation of the name United Combat Martial Arts Alliance

(Authors Note: In the last newsletter I described the formation of the organization United Combat Martial Arts Alliance. In the following article I discuss how and why we chose that name for the organization)

Once the founding members (soon to become the board of directors of UCMAA) resigned from Juko Kai International, many decisions about the structure of the organization needed to be made. The first of these was to decide on a name. As the founding members were spread out in

Texas, Louisiana, and Florida, waiting to discuss and decide on a name in person was impractical. Therefore, like many decisions to come, the proposals, discussion, and eventually the vote, were all done via email. The name chosen was United Combat Martial Arts Alliance. Much thought and discussion went into its selection. Below is an explanation of the board's intent with regard to that selection.

UNITED - From the Japanese term, Isshin (一心), meaning "One Mind." This was selected to indicate not only that the board was of one mind in their decision to form the UCMAA, but also a commitment by each member that they would be fully supportive of future decisions of the board as determined by majority vote.

COMBAT - From the Japanese term, Sento (戦闘). This was selected to indicate the board's desire that the curriculum of the arts under the banner of UCMAA were, and would remain, grounded in effectiveness in the event of violent encounters.

MARTIAL ARTS - The traditional Japanese term, Bugei (武芸), was selected for obvious reasons.

ALLIANCE - From the Japanese term, Renmei (連盟), which can also be interpreted as "Federation." This was selected to indicate the desire that the organization would grow beyond the scope of the original membership and become a haven for other like minded instructors and their dojo. This is something we see coming to fruition as we have added two more dojo to the organization in the last few months.



Stevie, John, Kirby, Jose, Jimmy
Shihan Harvey and Shihan Mathews (backs turned)

Shihan: The following is a current listing of those individuals within the UCMAA that have been awarded the title, Shihan. As explained in the last newsletter, this is a very special title which indicates commitment not only to the martial arts but service and dedication to teaching and to the UCMAA. It is a title which is earned and is not awarded lightly.

UCMAA SHIHANS: 3-1-2023

Jimmy Gauthier (Judan, LA)*
John Wayne Allen (Judan, LA)*
Joey Harvey (Judan, LA)*
Jeff Marien (Kudan, LA)*
Cheryll Whigham (Godan, FL)*
Dal Neathammer (Kudan, CA)

Kirby Roy (Judan, LA)*
Stevie Tilson (Judan, LA)*
Paul Mathews (Judan, LA)*
Jose' Monegro (Shichidan, FL)*
Anita Harvey (Godan, LA)*
Corina Neathammer (Kudan, CA)

As the UCMAA grows the board will continuously evaluate its membership to identify those who meet the standards and are worthy of bearing this special title.

*UCMAA Board Member



(If a guest, always call before attending to insure any schedule change)

West La. Jujutsu Training Academy
101 South 3rd Street; Leesville, La., 71446
shihanharvey@gmail.com

Joey/Anita Harvey 337-375-7371
M/T/TH - 4:00pm to 8:30pm

Avoyelles Martial Arts Center
617 North Main St.; Marksville, La., 71351
avoyellesmartiakarts@cricket.net

Stevie/Chris/John C. 318-253-8974
T - 5 to 7:30; W - 5:30 to 7:30

Mathews' Niryushin Dojo
4603 Coliseum Blvd.; Alexandria, La., 71303
plmathews1387@gmail.com

Paul & Jeff 318-794-9187
W - 6:30pm

Hessmer Martial Arts
581 Little Corner Rd.; Hessmer, La., 71341
kirbyroy54@gmail.com

Kirby/Jimmy/John/Jamie/Pop 318-305-1076
Sun/Th/Fri - 6pm

Florida Karate
therisensonmac@hotmail.com

Jose Phone
TBA

Florida Aiki-JuJutsu
senseicheryll@hotmail.com

Cheryll Phone
TBA

Green Dragon Dojo 13627 Linden Dr.; Spring Hill, Florida, 34609 greendragondojo@outlook.com	Donny Lambert & Son M-Th - 5pm to 8pm	Phone
Neathamer Training Consultants 5371 Deschutes Rd.; Anderson, Ca., 96007 dalandcorina@yahoo.com	Dal/Corina Neathamer	Phone
Tao Martial Fitness: 223 Yellow Springs Ct.; Yardley Pa., 19067 james_gifford@hotmail.com	James Gifford	Phone
Black Dragon Academy-Chicago mhale@blackdragonacademy.org	Mark Hale Online	Phone
JTMA Dojo: Florida kwfruge@bellsouth.net caskman1@gmail.com	Kevin Fruge'/Howard Freedland	Phone
New Orleans Judo vschliief@outlook.com	Vernon Schliief	Phone



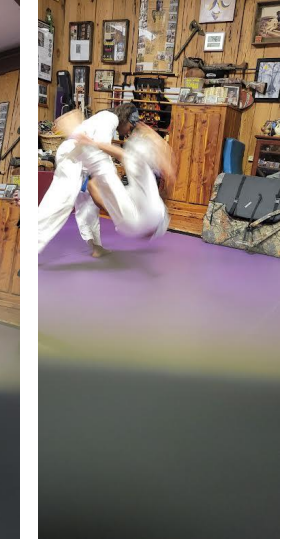
***Green Dragon Dojo:** Our school opened this September 1st and we're about 3 months in. I implemented a tiny dragon pilot program and it's becoming a great success. We are about to start advertising for it. We're getting ready to have our first belt test in the middle of December. Sensei Donald Lambert IV, took on a state job and was hired by the Florida Forestry Service as a wildfire firefighter. He is continuing his education. It's still several months but we're looking forward to our next national clinic in October.

***HESSMER DOJO:** Shihan Gauthier, Roy, Allen, Taylor, and "POP" Batiste welcome all members to UCMAA and to our dojo. Our dojo is based on private instruction, not mass. We have welcomed back Sensei Steve "Pop" Batiste and family. On January 13, Scottie Marcotte

tested and was promoted to Ikkyu in Kempo Ju-Jutsu. We are looking at administering a Shodan exam in the near future, maybe two. Blaine Laborde has been working on his sword certifications. The Hessmer Dojo teaches JuJutsu, Kempo, and weapons. We incorporate ground techniques for survival and self defense. Private classes are held on Sunday, Thursday, and Friday evenings. We encourage our students to support all clinics. Welcome back: New Orleans Judo. This is a group I am excited to see once more.



John and Jamie



Four of the six family members of "POP's Crew."

***WLJTA DOJO:** We would like to take a moment to welcome all of our new students to our dojo and our association. We would also like to say thanks to all our students and parents. We would not be where we are today if it was not for all of you having a desire to train and wanting to improve who you are both on the mats and off. I also want to say thanks to all of you who have attended the last two seminars. You guys absolutely rock, and you all are really growing in the arts. Taking the time to attend out of your weekend is not always easy but it does show your dedication in growing in the martial arts. Thank you all for supporting your association by attending.

Shihan Joey Harvey and Sensei Larry Beall had been involved in a raffle to raise money for New Life Crisis Pregnancy Center. They raised \$600 in one night and from this both graciously volunteered to have a pie to the face.



All our youth have mostly completed the Chuden level in Iai jutsu and are working to get Joden down. We are proud of you, and all of your hard work in learning the sword. We have about twenty adults who are actively training in Iai Jutsu every week. These guys are killing it. We appreciate our Okuri Eri Assistant Instructors who helped in these classes: Larry Beall, Robert Lozano, Beth McGraw, & Caleb Goughnour. These guys are already working on their next level to becoming full instructors in the sword.

We have a lot going on over the next several months to come. All our students have access to our Online University. This has allowed students to have video and written content for each belt rank as they progress through the various arts that we teach. As they progress from rank to rank the next level is always added to them. Last year we had filmed several of the senior brown belt level's. However this footage did not turn out very well. So, we have started in February to film all the needed content to get these levels done for our senior students. We have also been working on all the videos for our advanced youth class. We look forward to getting all of this out to our students. We will also be adding student level 2, 3, & 4 of our Integrated Submission Grappling requirements for our students who train in ISG. If you are not actively training in ISG we encourage all of our students to do so. This gives you an in-depth look into Bjj, Greco Roman Wrestling, Catch Wrestling, Sambo, and Japanese Shooto. When you combine all of this to what you are training in. You are going to see yourself really grow and become very well rounded as a martial artist.

We have some upgrades coming to our dojo in the next several weeks. We have just recently purchased six heavy bags and are working to buy the needed steel to install a new bag system. This will be a plus in our dojo. It will allow us to do more circuit training and bag work in our Savate Thai Cross Training Program and help all our students with developing power in their strikes and kicks.

***Avoyelles Martial Arts Center:** Avoyelles Martial Arts has started 2023 with a bang and is looking to keep the momentum.

On January 7, AMAC promoted the UCMAA's very first Shodan-Ho (Jr. Black Belts), **Olivia McDowell and Caden Marcotte**. Tests were administered by Stevie Tillson, John Coutee and Chris Bordelon, and performed with Sankyu ukes, Andrew Gaspard and Liam Bordelon. Shihans Joey Harvey, Anita Harvey, John Wayne Allen and Kirby Roy were present.

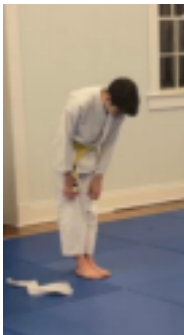
The candidates were required to demonstrate their entire Goshin-jutsu curriculum, including kata, ukemi, uke and tsuki waza, and judo. Both candidates demonstrated their skill under pressure in a 3-on-1 randori, where they had to think fast with unpredictable attackers. Despite some initial nerves, both candidates performed exceptionally! Caden demonstrated solid judo techniques with confidence and commanded the mats in open kumite. Olivia fought off three boys simultaneously with an



efficiency and ferocity that left the testing panel cheering! As Jr. Black Belts, Caden and Olivia have begun taking on more leadership and mentoring roles in the dojo. Most recently, they were tasked with initiating some of our new students and preparing some of our yellow belt candidates for their tests.



We are proud of the effort that Caden and Olivia have put in and are looking forward to a bright martial arts future for both of them! Following our Shodan-Ho tests, we promoted two in our adult class and three in our children's class. In our adult class, Mike Lemoine was a previous student who returned to the dojo and tested back into his previous rank of Gokyu (Blue). Oliver Stevens took his first step by being promoted to Hachikyu (Yellow). Also receiving promotions are Remy Goudeau & TK Laborde (Orange), and Masters Patterson (Yellow). Remy and TK have shown a real natural talent for ukemi and kime, while Masters has gotten off to a good start. It's always great to see such talent up and coming!



March marks the 1-year anniversary of our Lil' Samurai program. We started the program on March 22, 2022, with four students, and currently have 17. We're proud of the progress, discipline, and effort our Lil' Samurai have put forth in this first year!

Finally, AMAC is excited to be hosting a UCMAA beginner Bo Clinic on June 10. Details to be announced soon.



Candy Cane Classic – Dec 2022



Sword Class



Lil' Samurai –



Ki Training – Dec 2022



*Teamwork Day
Using a Blindfold to Understand Tai Sabaki*

***Mathew's Niryushin Dojo:** The Niryushin Dojo is headed by Paul Mathews and Jeff Marien. We train on Wednesday nights from 6:30 – 7:30/8:00. Classes meet in the Activity Building of Holy Savior Menard High School on Coliseum Boulevard in Alexandria. Most nights the training centers on Naishin Ryu Jujutsu but we also frequently spend time on Karate, Iai Jutsu, Kempo Jutsu, and Hanbo Jutsu.

***Black Dragon Academy-Chicago:** Mark Hale stated, "I'm in Dubai for a 'Left of Bange' class, which I'm teaching. I may not be back in time to get things together for the March Newsletter."

***Jupiter Traditional Martial Arts:** JTMA is excited about 2023! We have already had a successful Women's Self Defense seminar that benefited the "Not Just Me! Foundation" in January, where we educated a dozen women on awareness, self tactics and safety strategies.

One of the women joined and is training with us regularly. Next, we hosted a Kali and Knife Seminar with Kyoshi Felipe Jose'. There were 15 people on the deck progressing through attack, defense and disarming exercises for four hours.

We will be hosting another seminar for the "Not Just Me! Foundation" on April 1 (no foolin!). We are very charged up about receiving Paul Mathews and Joey Harvey for our April Two-Day Seminar on the 14th and 15th! Contact Howard Freedland at 561-889-2735 or caskman1@gmail.com for details on how to participate.



Black Belt SPOT Light



SHIHAN John Wayne Allen: John Wayne, as most of us call him, has been around for many years. He is an icon in the LSU-A martial arts arena, taking over retired Shihan Bill Pearson's self defense programs. John Wayne retired from the State of Louisiana as an employee of the LSU-A Veterinarian Office (20 years) and as the Indian Creek Recreational Park security officer (14 years). Anyone who knows John Wayne also knows him as a great cook. At one time, he was Head Chef at Ramada Inn. His father was also a great chef. Many of us older guys had the privilege of being served his meals. John is married to his wonderful wife, Monica (nurse) and has one child. John, originally from LeCompte, La., now lives with his wife in Marksville, La.

Shihan Allen has been in the martial arts since 1977, spanning 46 years. As a LSU-A self defense instructor, Shihan Allen taught self defense as a unit course (over 10 years) and was the head instructor of the LSU-A Club (over 22 years). Shihan also taught a summer program for gifted high school students, known as CAPS, for many years. Today, Shihan Allen is enjoying retirement and is an instructor at the Hessmer Dojo.

Shihan Allen's martial arts portfolio started in 1977, at LSU-A. He earned his black belt in 1980. In 1988, he and Shihan Kirby Roy attended the famous Dallas Cowboys Training Camp and demonstration, twice. This led to articles in Black Belt Magazine, articles in major newspapers, and many TV appearances. While at the Camp, Shihan was given a pair of tennis shoes from Emmitt Smith (famous Dallas Cowboys running back). Shihan received his Shihan (5th Dan) in Ki-jutsu in 1988, in addition to his 4th Dan in Ju-Jutsu. In 1990, he received his 5th Dan in Ju-Jutsu and became Assistant Division-Head in Ki. In 1997 he received his Kyoju (Professor). In 2010, Shihan Allen became assistant director of a Ju-Jutsu system and a Division Head of Ki-Jutsu. Later, he was promoted to 10th Dan. He also holds ranking in Iai-Jutsu (sword), Judo, Toide, Aiki, and Kobudo (weapons). Shihan is a lifetime member of the La. Wrecking Crew and a Hall of Famer.

Shihan Allen has also made many TV appearances: Discovery Channel, Learning Channel ("Top 10 Martial Arts"), Univision (Spanish Channel), Japan Network, Stan Lee's "SUPERHUMAN" (History Channel), local TV stations, etc.



John Wayne's favorite techniques are a rear spinning heel kick and Soto Tekubi Naga. The rear spinning heel kick was a devastating kick delivered during Ki Training and kumite. His Soto Tekubi Naga had the addition of a leg sweep, to add punishment to the throw.

Senior member Shihan Jimmy Gauthier stated: *"John Wayne Allen has been one of the truly great people we have been able to have in martial arts. His O' Soto Gari is one of his best throws. We always ask him to demonstrate it to new and continuing students because he does it better than we can. We want our students to be instructed by the best. He simplifies techniques so that students catch on quickly. We search him out when we are at clinics because they have heard of him and want to be taught by the best. He is what we think of as the epitome of what a 10th degree black belt is supposed to be. He is also a friend of many years and we have traveled together to many clinics and still look forward to his input on any class we are teaching. When he does kumite, those long legs of his seem to be so much longer and seem to reach across the room to their target. And let us not forget his sense of humor. I hope we have him for many more years and thank him for being our friend."*



Shihan Allen demonstrating on student Blaine Laborde



Shihan Allen demonstrating on student Marvin Guillot



RECENT EVENTS

Jan. 28 WLJTA Iai Jutsu Seminar Shihans Mathews/Harvey WLJTA

On January 28th at West Louisiana Jujutsu Training Academy. We had a very full house of students training. Shihans Joey Harvey and Paul Mathews taught the Iai Jutsu art covering all levels up to Renshi. The goal of this seminar was to take all students who have been training in the Katana and do a very thorough review of techniques that all students have been working on. Once this was done all students were introduced to a level above their current level of certification. Many of the students who have been training in this art were presented diploma's for testing that they had already completed and many were eligible for testing for their next level. Big shout out to Stevie Tillson, Chris Bordelon from the Marksville dojo and Blaine Laborde from the Hessmer dojo for coming and supporting the seminar.





Look close at the above photos, you will see Senseis & Shihans working in the midst of students

Feb. 11 UCMAA Hanbo Seminar Shihans Mathew/Harvey WLJTA

Forty participants attended a Chuden level Hanbo Jutsu Seminar at the West Louisiana Jujutsu Training Academy Saturday, February 11. The requirements for Shoden were reviewed and the requirements for Chuden were introduced. For most in attendance, this was their third seminar covering the Shoden Requirements and all had been practicing at their home dojo. Those students were evaluated and based on their exemplary performance will be granted their Shoden certification.

As with all weapons arts in UCMAA, there are no belts associated with these certifications; just the right to move on and learn at the next level. Thanks to Joey and Anita Harvey for hosting. Congratulations to everyone for a great seminar.



Above photos are students learning Hanbo Techniques under instruction of Shihans Harvey and Mathews.

***See Dojo News for additional recaps of local events.**



UPCOMING EVENTS

March 1 UCMAA Dues
March 4 UCMAA Board Meeting (9:00)
April 14-15 JTMA Seminar
April 29 Ki Jutsu Seminar
June 10 Bo Jutsu Seminar (beginners)

UCMAA
Leesville
Florida
WLJTA
AMAC

August
Oct. 7-8

TBA
UCMAA Yearly National Seminar

TBA
TBA



UCMAA NATIONAL SEMINAR AND POLICIES

From Sec. Paul Mathews - Policy for a Shodan-Ho?

The purpose of this policy is to grant UCMAA dojo headmasters the authority to promote students under the age of 17 to the honorary rank of Shodan-Ho within their dojo according to the following restrictions and recommended guidelines:

- a. The rank of Shodan-Ho is a dojo level rank that may be awarded to those students under the age of 17 that demonstrate the ability to effectively execute and apply the techniques required for Shodan against someone their approximate age and/or size. Students awarded Shodan-Ho maintain their Kyu Rank (Ikkyu) with UCMAA.
- b. Students awarded the rank of Shodan-Ho should continue their training in either their current art or in another art to compliment their current core art.
- c. Students awarded the rank of Shodan-Ho may wear a Shodan-Ho obi (Black with a white center stripe) while training in the dojo. They may also wear the obi at UCMAA seminars, however, they will line up with the other Kyu ranks.
- d. Students who earn the rank of Shodan-Ho will be required to test for the full rank of Shodan* once they come of age (17).

*Given an appropriate Time-in-Grade from testing for Shodan-Ho to testing for the full rank of Shodan, the dojo headmaster may petition the board to allow the student to test up to the rank of Nidan.

*Shihan Monegro adds, *the difference between an adult Shodan and a child is the phrase "Battle Tested." When it comes to an adult black belt rank, it is "Battle Tested;" With a child, it is not. This is also to keep the younger student in a respectful mindset towards his elders.*



2022 UCMAA 4th National Clinic held in Alexandria, La. 87 participants including 13 black belts. Paul, Anita, Joey, Jose, John, Jimmy, Donny Jr., Donny, Kirby, Stevie, John C., Chris, Mr. Kenny



DOJO COMMANDS, CONDUCT, & ETIQUETTE

All members must be current in yearly dues/training fees to claim membership in the UCMAA. UCMAA is a professional organization and has a membership requirement. UCMAA is managed by a board and is under LLC. Membership is so vital to UCMAA, not only to exhibit support but to help support programs, clinics (guest instructors, etc.), and services. Member benefits are the perks (clinics, clinic discounts, cheaper uniforms, guest instructors, etc.), services (website, on-line resources, newsletter etc.), and access that members receive as part

of their membership. In other words, they're what members get in exchange for joining the organization and paying member dues. The reality is that joining a professional organization, such as UCMAA, will provide an invaluable wealth of knowledge, resources, and opportunities that you are otherwise missing out on. Many instructors/board members have been instructing since the seventies and early eighties. Shihan Gauthier started in 1969.

Membership is required to train in UCMAA dojos and clinics. It is required in order to test for ranks, to receive the Ki-ai Newsletter, to become a Shihan, and to receive UCMAA diplomas. The two most positive cynical reasons of all are professionalism and a family environment.

**MEMBERSHIP DUES ARE DUE MARCH 1, OF EACH YEAR.
NOW!**



EDITOR'S KIME

From Shihan Roy - Combative *Ki* (part 1 of 3)

Ki (kee), according to GOOGLE, in Japanese culture is a form of energy that flows in every living beings' body. *It is the source of life and is 1 of the 3 elements (life energy, blood, water) which make up our body.* It's considered a life force. It conveys a meaning of spirit, energy, power, and/or gas.

In China, *it's the circulating life force whose existence and properties are the basis of much Chinese philosophy (including martial arts) and medicine.* It is a vital life force. In China, it is called Chi or Qi. Koreans call it Qi. *Qi/Chi literally translates as breath, air, or gas and figuratively as energy flow.* These are simple translations and there are more detailed explanations to follow up on.

In the UCMAA, Combative Ki (also known as Ki Force) is coordinating and focusing the mind, muscles, and breathing in order to take strikes to vital areas of the body. It's the focusing of one's energy. Proper breathing and mental focus are extremely important factors.



Sensei John being kicked by Shihan Stevie



Sensei Chris being struck by Shihan Stevie

A series of questions to Shihan Roy concerning Combative Ki, and Ki in general:

How would you describe what 'Ki' is - specifically as it is used in combative ki? **Ki, in Western philosophy, is known as vital energy. "Combative Ki" is the ability to use this vital energy in order to take strikes to vital areas of the body (neck, throat, solar plexus, ribs, crotch, etc). This also includes the unbendable wrist, arm, etc. It starts with focus and believing in yourself. It's believing you are capable of doing something that many people can't do, don't want to do, should not do, and possibly don't believe can be done. I always stated "Combative Ki" is 80% mental focus. The other 20% is training your muscles and using good breathing techniques. The "Sanchin Breathing Ki Kata" can help in this aspect.**

At the beginning level, you "Ki up" and focus on one particular area. "Ki-up" is force exhaling and tightening of specific muscles. In the beginning, you nod your head when you are ready to take a strike. You begin with light strikes and proceed to harder strikes. Never hold your breath. Ki-ai! You will bruise and soreness will occur in the early stages. You, as well as your instructor, need to know your limits. If something is bothering you, for example a major test, it might be best to skip Ki shots (hits) that day. You must understand, you will have good and bad days.

At the advanced level, you are relaxed and before impact, "Ki up" the whole body. There is no preparation and no signal when you will get hit. Never hold your breath. Always exhale (called Breath Ki). This could be done blind folded. Balance is important. Broken balance or backing away could mean broken Ki. Backing away looks bad on camera. It's better to step in than to step back. If it does hurt, you must not show it and must be prepared to be hit again. You must Ki through it. NEVER let your opponent know he got the best of you. Ki-ai or hard breath ki will always aid in "Combative Ki." Mental focus is a major factor at this level.

Most students give up the moment they get hurt. They are afraid or do not want to deal with the pain, yet this is what you should build on. You need to tell yourself it will not hurt. You must believe you will be able to take the strike/kick. You must by-pass fear. The warrior must come out. This is known as intestinal fortitude.

“Combative Ki” is like training to run a marathon. You don’t just start by running 26.2 miles the first day. You condition and build up distance and endurance over a period of time. You take it one mile at a time. There will be hard training days, such as sprints or long distance runs. There will be good days and bad. There will be injuries (pain) and you will need to know your limits. Patience is a virtue. Running a marathon, like “Combative Ki” is not for everyone. Both will develop over time. At any level, it can be beneficial. You must volunteer to take ki shots.

On a personal note, in 1972, I tested and failed my blue belt examination (two months into training). I did all techniques correctly and at the end, had to kneel and take a kick to the chest. The person kicking missed and kicked me in the bladder. I went down. I failed my test because I folded. Back in the day, at the end of class, everyone took ki shots. Locally, at this time, we did not have crotch ki. We did take strikes to the eyes and temples. It was part of the training as well as the class. Today, you must volunteer to take ki shots.



MMA Ken Shamrock striking Shihan Harvey

As mentioned, you must understand, there are limitations. Never become over confident, nor cocky. There are no tricks, only skills. I am not indestructible. I can bleed like anyone else. That's where your martial arts' training comes in. "Combative Ki" in UCMAA, is just part of the training. It's a tool. "Ki" has given me an edge in many scenarios, even outside martial arts. If I ever had to use “Combative Ki” in a demonstration, during a workout, or in self defense, I was confident I could handle the attack. No matter how good you are, there is always someone better, there is room for improvement, and mistakes do happen. Train hard! *It's better to bleed in the dojo than on the streets.*

Send questions anytime to kirbyroy54@gmail.com. This concludes part 1 of three parts.



Welcome New Members

WELCOME: NEW MEMBERS AND RANKS

Recent Ranks

Scottie Marcotte	Ikkyu	Kempo Ju-Jutsu	Hessmer
Olivia McDowell	Shodan-Ho	Goshin Jutsu	AMAC
Caden Marcotte	Shodan-Ho	Goshin Jutsu	AMAC
Mike Lemoine	Gokyu	Goshin Jutsu	AMAC
Oliver Stevens	Hachikyu	Goshin Jutsu	AMAC
Remy Goudeau	Rokyu	Goshin Jutsu	AMAC
TK Laborde	Rokyu	Goshin Jutsu	AMAC
Master Patterson	Hachikyu	Goshin Jutsu	AMAC
Sabian Batiste	Gokyu	JuJutsu	Hessmer
Josiah Batiste	Gokyu	JuJutsu	Hessmer



WLJTA DOJO: Congratulations to our new Sempai:
Anita Harvey, Beth McGraw, Paul Doty, Anthony Zittle, Robert Lozano, Joey Harvey, Larry Beall

First Aid



FIRST AID

Struck in stomach, chest, or thrown and cannot breathe or limited (gaspng):

Symptoms: Shortness of breath, difficulty breathing, dizziness, pain, bluish.

Lie flat with knees bent. Prepare for vomiting. Be vigilant.

Loosen tight clothing. Monitor breathing.

ABC: Airway; Breathing; Circulation.

Ice. Don't give food or drink.

If thirsty, give clean cloth soaked in water to suck on.

If it continues and there are any doubts, do not assume, call 911.

**First aid is to address the immediate needs & safety of someone. Before administering any first aid to anyone outside your family, be aware of your rights and responsibilities: "Good Samaritan Law." A licensed physician should be consulted. Call 911 for all medical emergencies.*

Glossary



GLOSSARY

Main waza (technique) headings:

jigotai: "jee-go-tie" Defensive posture (mae migi jigotai).

kaiten: "kiah-ee-ten" Rotary (mae zempo kaiten).

ukemi: "oo-kem-ee" Break-fall (mae ukemi).

tsuki: "t 'soo-kee" Punch (oi-tsuki).

uchi: "oo-chee" Two meanings: 1) strike (riken-uchi).
2) inner

uke: "oo-kay" Block (ude uke).



- geri: "geh-ree" or "gary" Kick (mae geri).
- gatame: "gah-tah-mee" Lock or locking (mae tekubi gatame).
- naga: "nah-gay" Throw (soto tekubi naga).
- jime: "jimmy" Choke (air/blood) (hadaka jime).
- gari: "gah-ree" A reap/reaping action to sweep away an opponent's legs (O-soto-gari).



50 YEAR HISTORY TIMELINE

- 1973:** New LSU-A satellite dojos opened in Mansura and two at LSU-BR(Ryder & Gambordella)
Remember: Sholert Robert, Pete Tolar, Bill Ryder, Gary Tisdall, Ted Gambordella, Soke Harry Olsen
- 1983:** LSU-A Clinic: Introduced to Toide and the sword.
National Clinic in Rockford (Pearson/Marler/Roy/Big John Herbert/2 green belts). This was the first group attending a major clinic outside La.
Remember: Ed Stiltner, Shian Toma, Jerry Hobbs, Stringbean



TRIVIA

Name the two female Shihans in UCMAA (Hint: they both serve on the UCMAA Board)?

Last quarter: Who were the first and second presidents of UCMAA?

Answer: Shihan Jimmy Gauthier followed by Shihan Paul Mathews

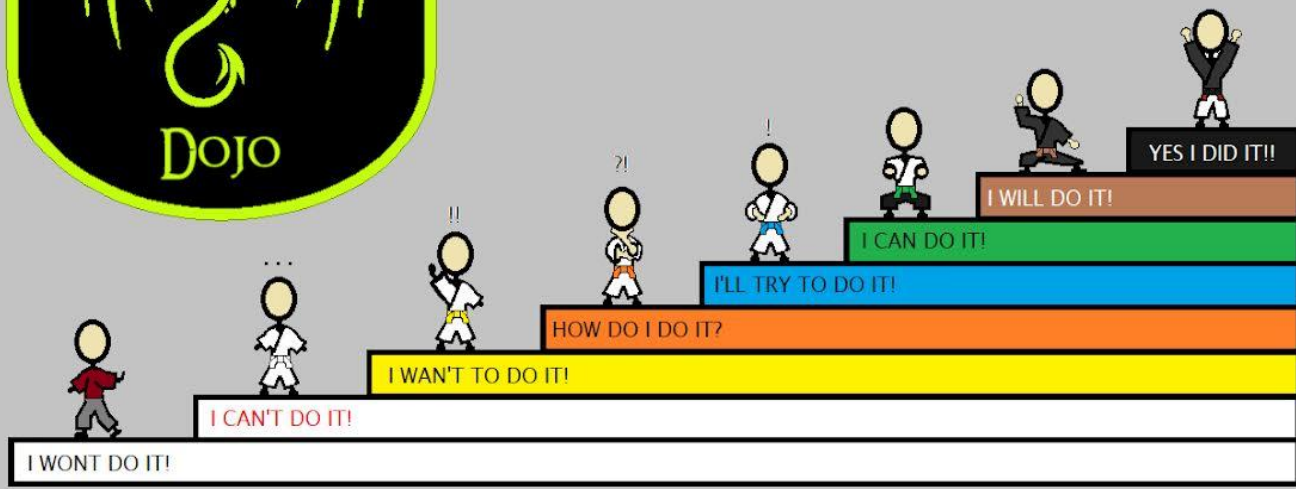




Additional Photo's



KARATE
SPRINGHILL, FL



THE END

