



UCMAA KI-AI

6-1-2023

Website: ucmaa.net

UCMAA PRESIDENT KI-AI

Hello to all of our UCMAA members. It seems like yesterday we were preparing to send out our last issue of the newsletter. The past three months have flown by and here we are again. Shihan Mathews and I have just returned from teaching a seminar together in Jupiter, Florida. A big shout out to Kevin Fruge, Howard Freedland, and all of their members for their hospitality. We have several seminars coming up and our National seminar October 7 th and 8 th in Pineville, La. We want to encourage all of our members to do your best to attend. This is a great opportunity to train and cross train in other arts. Last month I talked about Perseverance. This newsletter I wanted to share the following with all of our members.

INTEGRITY

As your parents, teachers, and mentors have told you from a young age, it is important that you try to be honest and do the right thing whenever you can. But for martial arts students and other athletes, it is even more important. When you compete in tournaments or train in your weekly martial arts class, you will usually have a partner or opponent that you are working with.

This person trusts you to play fair and follow the rules, even when training hard. You also have to make sure they are safe, and they don't get hurt. This trust is important for both of you. It is what keeps everyone safe and continuing to grow in the arts. Without it, you may injure yourself or others. This is why integrity and compassion are essential for every student of martial arts.

What Does it Mean to Have Integrity?

Integrity means you act with respect and honesty. A person with integrity will come forward with the truth, even if it reflects poorly on them. For example, if you made a mistake with a martial arts technique, and your opponent got injured, you would admit your mistake and take responsibility for your actions. Accidents happen with any sport, but only athletes with integrity are willing to admit their own mistakes.

Sometimes, integrity isn't only about admitting when you have done something wrong, but not intentionally doing something wrong in the first place. When you agree to a martial arts match, you are agreeing to follow all the rules and act in a way that is safe for both you and your opponent. This means you never do something to hurt them. A martial arts master always follows the rules they agree to, and always sticks to their principles.

Why Should You Have Integrity?

Those with integrity are not honest because they don't want to get in trouble, they are honest because they believe in their principles. If you behave dishonestly with your opponent, or even your regular practice partner, you are expressing to them that you don't care about them or their wellbeing. Being kind, respectful, and compassionate to others shows them that you value them and their talents.

Being fair and considerate of your peers is the kind and responsible thing to do, and it is an important part of becoming a martial arts master. No one likes having a match with a dishonest opponent, it's not fun or educational. We should all treat others the way we would like to be treated, and part of that is sticking to your principles and being the type of athlete you would like to meet.

How to Be a Person of Integrity?

To be a person of good integrity, you need to think about the principles you value. Do you value things like good sportsmanship, honesty, sincerity, or trust? If you do, then you need to act in a way that is true to them. This means being honest even when it's difficult or being a good sportsman even when it's easy to cheat. Sticking to your principles is what integrity is all about.

Next UCMAA Newsletter on September 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

UCMAA History



From Shihan Paul Mathews: Authors Note: In the last UCMAA KI-AI I discussed the process by which the name United Combat Martial Arts Alliance was chosen. In this article I explain how/why Naishin Ryu was selected to represent the official arts of the UCMAA.

Once the founding members had decided on a name for the organization, it was time to turn our attention to what name we would use to represent our style of the various martial arts we represent. This meant examining what we thought was central to our mindset and focus of our arts. It also meant doing some research into the Japanese language.

What followed was another round of email discussion where members of the board offered ideas and suggestions. Once we had a list of possible names the list was sent to the board for them to rank from 0 to 3, with 0 = I hate it, 1 = I can live with it, 2 = I like it, and 3 = I really like it. Members then submitted their ranking, and they were tallied. The result was the selection of the name Naishin Ryu.

Broken down it means Nai – Inner, and Shin – Heart or Spirit. Since so much of what we teach is based upon internal qualities with external manifestations, like Ki, it is perhaps the most appropriate name to represent our arts.



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

Dojo Locations



(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 M/T/TH - 4:00pm to 8:30pm | 337-375-7371 |
| Avoyelles Martial Arts Center 617 North Main St.; Marksville, La., 71351 avoyellesmartiakarts@cricket.net | Stevie/Chris/John C. T - 5 to 7:30; W - 5:30 to 7:30 | 318-253-8974 |
| Mathews' Niryushin Dojo 4603 Coliseum Blvd.; Alexandria, La., 71303 plmathews1387@gmail.com | Paul & Jeff W - 6:30pm | 318-794-9187 |
| Hessmer Martial Arts 581 Little Corner Rd.; Hessmer, La., 71341 kirbyroy54@gmail.com | Kirby/Jimmy/John/Jamie/Pop Sun/Th/Fri - 6pm | 318-305-1076 |
| Florida Karate therisensonmac@hotmail.com | Jose TBA | Phone |
| Florida Aiki-JuJutsu senseicheryll@hotmail.com | Cheryll TBA | Phone |
| 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
vschlieff@outlook.com

Vernon Schlieff Phone



***Green Dragon Dojo:** Our school opened last September. I implemented a tiny dragon pilot program and it's becoming a great success. 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. 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 and UCMAA members to support all clinics.



Marvin and Blaine drilling each other

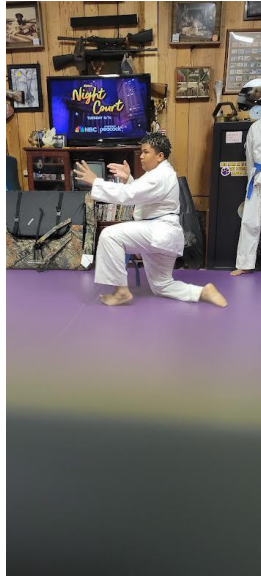


Sensei Jamie working on Suki Nage

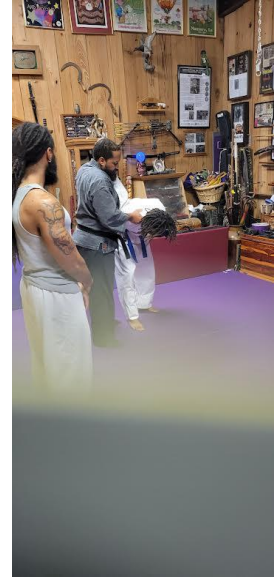
A couple of key upcoming promotions are Sensei Batiste to Sandan (3rd Degree/Full Instructor) and Sensei Taylor to Godan (5th degree black belt; after 33 years of experience). The Godan ranking will include a Shihan (“Points the Way”) appointment.



Scotty delivering a Mae-geri



Sensei Batiste Instructing sons



***WLJTA DOJO:** WIJTA had a great three months. We want to first say thanks to all of our students and parents. We would not have the Dojo that we have without the support of all of you. We see the dedication that is put forth by all of our students and parents. We have had several extra training events and I want to personally say thanks for your support to these events. Your attendance will not just help you to grow in the martial arts but it will set you aside in your skills in the martial arts world.

Shihan Anita had two students who have recently graduated from her Little Samurai program and has joined our advanced youth classes Harley Carson and Elijah Maldonado. We will only have Elijah for a few more weeks before his family moves to a new military duty assignment. We



will surely miss him and his family. We congratulate you both on your hard work and dedication to training. See above photos.

We have a lot of students in our adult classes who have been promoted in their Kyu grade ranks. Congratulations to you all. All of the testing that we have been doing showed how great you guys are doing. We have several of our senior students who have just completed a very thorough test at their senior levels. Congratulations to all of you guys. We have some great students who will make excellent black belts.



WLJTA was asked this past November to offer a fitness Kickboxing class. We kicked this class off in April. It has already been a hit. This class pulls from the Savate Thai Cross Training system. With this we have added new punching bags and ground bags. This class will not just include punching and kicking but will also include battle rope and kettlebell workouts to go along with it.

***Avoyelles Martial Arts Center:**

Avoyelles Martial Arts started out the second quarter of the year with guest speaker, Counselor Melissa Daniels. Ms. Daniels spoke with all three of our age groups regarding age-appropriate social and domestic issues. It was a great visit and well received! Fun Fact: Ms. Daniels is the mother of our own Jr. Black Belt, Olivia McDowell!



Shihan Stevie, Sensei Chris, and Sempai Kenny participated in the UCMAA ki clinic on April 29th. Sensei Chris and Sempai Kenny both received their ranks of Menkyo Okuri-iri. See below:



On May 27th, AMAC will be hosting its first annual awards banquet. Students will be presented with their latest rank certificates as well as internal honors.

The UCMAA Introductory Bo Clinic will be held on June 10th in Marksville. If you'd like to attend, please sign up at the link: <https://kick.site/ulj5n2t4>

Avoyelles Martial Arts is also excited to announce that it has been selected as Business of the Month (May) by the Marksville Chamber of Commerce! We will be receiving a spotlight in the Chamber Newsletter and in social media. We are extremely grateful for the show of support by our students and parents who made the recommendations for this honor!



***Mathews 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:** Sensei Mark Hale replied he has been very busy and will be trying to get pictures in before the deadline.

***Jupiter Traditional Martial Arts:** See an update in “Recent Events”. Dated April 14.



SHIHAN Paul Mathews: Paul L. Mathews began his martial arts training in the fall of 1980. As a college student he registered for a course in self defense under the instruction of James Marler and William Pearson at Louisiana State University - Alexandria. The following semester he joined the LSU-A Jujutsu Club and began training for rank. He earned his Shodan in Juko Ryu Jujutsu (now Juko Ryu Kempo Jujutsu) under Pearson and Marler in January of 1985.



Shihan performing Hanbo technique



Shihan's son is in the background(right/front)

Upon moving to Baton Rouge in 1989, Paul began teaching Jujutsu with Richard Smith at a church hall in Baton Rouge. At that time he had earned the rank of Yodan in Kempo Jujutsu, Menkyo Renshi in Iai Jutsu, and Shodan in ISTJ Judo. The previous summer he had also passed the rigorous test to receive the title of Shihan in Combat Ki.

In the fall of 1991, Shihan entered graduate school at LSU. At this time, longtime friend and co-partner Richard Smith and he took over the instruction of the LSU Jujutsu Club. Shihan remained an instructor for the club, even after he and his family returned to Alexandria in 1999. Shihan committed one Saturday each month to meet with and train the senior students and instructors of the club.

In November of 1996, Shihan left the Juko Kai International organization. At that time he had achieved the rank of Shichidan in Juko Ryu Kempo Jujutsu and had also added the rank Shodan in Shorin Ryu Karate to his other gradings. He continued to teach and train and pursued his interest in traditional systems of jujutsu as well as developing a system he called Niryushin Jujutsu. Niryushin Jujutsu incorporated jujutsu, iaijutsu(sword), and hanbojutsu (staff/cane) into a sogo bujutsu or comprehensive system.

Kirby Roy, Division Head of Juko Ryu Kempo Jujutsu, convinced Paul to rejoin Juko Kai in 2011. He began assisting John Wayne Allen with the instruction of the LSU-A dojo where Shihan began his original training. With the closing of the LSU-A dojo, Paul opened his own dojo utilizing facilities at Holy Savior Menard High School. Shihan was awarded the rank of Hachidan in Juko Ryu Kempo Jujutsu at the JKI National Dan Clinic in 2012.

In 2018, Shihan left JKI and teamed up with nine other associates to form the United Combat Martial Arts Association. He served as President of the UCMAA from 2019 to 2021. His current position on the UCMAA Board is Secretary. In the Summer of 2021, in the height of the COVID Pandemic, Shihan with three other colleagues attended and performed at the "*Tu Si Que Vales*" in Rome, Italy. In 2022, he received his Judan in Jujutsu.

Shihan Mathews performing a pin down



Paul Mathews has been a professional educator since 1989. Upon retirement, he went back to teaching math and is currently teaching at Holy Savior Menard High School and serves as the chair of the Mathematics department. Paul is married to Patricia (physical therapist) and a father of four. He is an active member of Our Lady of Prompt Succor Church. In his spare time, Paul enjoys making knives.

UCMAA President Harvey states, *“Over the years I have personally had the opportunity to work with Shihan Mathews. Not just in teaching and training together, but with achieving the goals set forth by the board members of UCMAA. This is my last year to serve as the president of UCMAA and I am thankful to Paul's leadership and way of thinking. He always looks at different issues with an open mind. He always has sought to do what is best for the members and the association. This is and has been the overall focus of the board members.*

Paul has many years of experience in the martial arts so if you see him on the floor training take the time to introduce yourself to him. I always think back to the time I first met him at a seminar at LSU in Baton Rouge. I was amazed at his skills and abilities. Most students are nervous to talk to black belts especially if they don't already know them in some way. So I encourage everyone not to have that type of mindset. It is an honor to pass on the knowledge that we have gained. We truly want to share and help the next generation to be better than we are.”



RECENT EVENTS

April 14 JTMA Seminar Sensei Fruge/Freedland JTMA

UCMAA recently accepted its first Affiliate Dojo, the Jupiter Traditional Martial Arts Dojo. The dojo is headed by Kevin Fruge and Howard Freedland. Howard and Kevin both hold the rank of Sandan in Matsubayashi Ryu Karate, which is currently the primary art that is taught at JTMA, as well as ranks of Shodan in Matsumura Orthodox Shorin Ryu. Kevin also holds the rank of Godan in Goju Ryu Karate. Kevin held the rank of Ikkyu in Jujutsu from his days training with Paul Mathews in Baton Rouge in 90's and both he and Howard have been distance members of the Niryushin Dojo in Alexandria.

The JTMA is a rather eclectic dojo including members from Goju Ryu Karate, Uechi Ryu Karate, Shotokan Karate, and even Shaolin Kempo. One class a week has usually been dedicated to Matsubayashi Ryu and one night is open to whomever to teach and share from

their arts and experience. As an affiliate dojo their ranks are recognized by the UCMAA and they may participate in all UCMAA functions as well as train and earn rank in the Naishin Ryu arts.

In April the JTMA hosted a seminar taught by President Joey Harvey and Paul Mathews, with assistance from Vice President Jose Monegro and Robert Murray. Over the course of two days Joey and Paul tested Kevin Fruge and will be officially promoting him to Shodan in Naishin Ryu Jujutsu. Paul has been working with Kevin toward this goal for the last several years. We welcome the Jupiter Traditional Martial Arts Dojo!



April 29 **WLJTA Combative Ki/Karate Seminar**

WLJTA

WLJTA hosted the annual Ki Jutsu & Karate Seminar for UCMAA. This seminar was led by Shihans Kirby Roy and Paul Mathews. We had a great turnout for this seminar. Shihan Roy

along with the assistance of other Shihans worked the students through the 1st level of this training. We would like to Recognize the following students who tested for Okuiri ("Entrance to Secret Training") in Ki Jutsu: Larry Beall, Chris Bordelon, Dorrian Lofton, Kenny Brassett, and Blaine Laborde.

Shihan Mathews taught Anaku ("Light from the South") kata to all members who attended the afternoon seminar. As always, he did a fantastic job sharing his knowledge with all members.

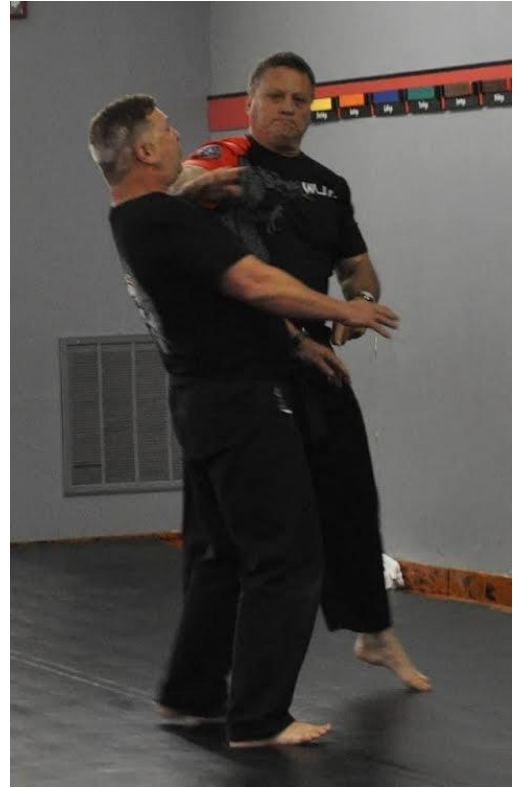
On a personal note, I encourage all members of UCMAA to do your best to look at the upcoming seminar schedule and National seminar. Do your best to attend. Schedules are always set up to allow students the opportunity to train and cross train in the different arts that are taught within UCMAA. Members who attend will definitely grow in their martial arts training and skills.



Combative Ki Clinic



Ki Clinic



Shihan Marien delivering a shuto

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



UPCOMING EVENTS

| | | |
|----------|--|------|
| May 20 | Board Meeting. Weapons training (Board only) | AMAC |
| June 10 | Bo Jutsu Seminar (beginners) | AMAC |
| August | TBA | TBA |
| Oct. 7-8 | UCMAA Yearly National Seminar | TBA |

2023 National Seminar



UCMAA NATIONAL SEMINAR AND POLICIES

OCTOBER 7 & 8, 2023

Expectations: Pineville, La.; Three to four sessions per one and a half hour period; Three periods on Saturday; One period Sunday; Banquet following Saturday's clinic (meal, awards presented, Black Belt promotions, 90 minutes, separate fee, etc.); T-shirts if pre-registered; Family discounts; Kids separate from adults; Judo, Jujutsu, Karate, Sword, Police Tactics, Toide, Kempo, Knife Defense, ground, and so much more. **GOAL: 100**



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

DOJO COMMANDS, CONDUCT, & ETIQUETTE

Use the proper chain of command. If you have a problem, go to the *Dojo Sempai* first, then to the *Dojo Headmaster*. Any organization, including martial arts, will have internal issues between members/members, members/instructors, or instructors/instructors. This is the reporting of some type of incident which a member/instructor is not comfortable with. The issues could range from bullying, harassment, unfairness, complaints, insults, extreme-dangerous training, misconduct, etc. All of these items have no place in the dojo. Respect plays a major role in all organizations. There is a gray area which no one should cross. At any level, especially in the UCMAA, there is an unwritten chain of command in which members should follow and report to one another. Each dojo might have their own policy. When it comes to the chain of command, above the UCMAA Dojo is the UCMAA Board/President.

First, always try to work out the situation. If it is beyond that point, go to the immediate instructor. If that is not the solution or it involves the immediate instructor, go to the dojo headmaster at your school. Your next step will be to the UCMAA President, who has the option of taking it to the UCMAA Board. In the process, you might need to refrain from attending the dojo or clinic until the situation is under control. As a minor, always inform and involve your parents.

In most cases, a chain of command will create accountability, who to approach for resources, offer standardized communication, and offer a method of solving an issue. UCMAA wants all members to have a positive experience within our organization.

Editor's Kime



EDITOR'S KIME

From Shihan Roy - Combative KI (part 2 of 3). Below are additional questions I receive on a regular basis. With all due respect, some photos have patches of a system from many years

ago which UCMAA is not affiliated with any longer. Due to many young readers, words such as “nether region” have been substituted. Hope you have a true appreciation for the choice of words.

***During a Ki clinic, I received strikes in the three main areas with some bruising. What is up with this? Do experienced Ki Practitioners bruise?:** I interpret the question as being struck to the throat, torso, and “nether region” areas of the body. At the beginning level, expect bruising, soreness, and stiffness. Your body will develop with time. After a hard Ki Clinic, turning your head or bending over will be difficult. This is due to the unique physical drills you will perform which your body is not used to performing. See below illustration:



Senior Shihan Gauthier at a “Combative Ki” Clinic

You will also bruise if you continue taking multiple strikes, to the same area, in a short period of time. The body can only take so much. This is also true for experienced Ki practitioners. For example, in the late 80’s, Shihan Gauthier and I attended a clinic in Aikido, which was not part of our system. A portion of the clinic engaged a full power lunge punch to the solar plexus. The instructor required the Uki to fold his gi and place it at the solar plexus in order to take and protect the area from drilling full power punches. Of course, I had to do it differently. I took 64 full power strikes to my solar plexus (no protection) and it was not from Shihan Gauthier. Yes, I was bruised but I was proud. Hence: This was a few months after the famous Dallas Cowboys Ki event (1989).

***At times, the target is missed. What causes, even experienced martial artists, to miss their target? Do people try to hurt you?:** Missing targets happens quite often. Depending on your height and the height of the individual striking, targets could vary. A taller person striking a shorter person’s torso will be delivered to a higher target, such as the chest. When performing a four man strike to the neck area, do not place the taller person in front. The angle could lead to hitting the chin due to an early striker in the rear.

Other reasons for the striker missing targets could be due to: The striker being nervous; The striker closed his eyes; Receiver moved; The striker trying too hard; Kicking on uneven

grounds or too high; Purposely done to hurt the receiver. Don't underestimate the latter. I have seen it many times.

In demos, it irritates me when someone thinks they are good and tries to impress their friends. They try so hard to hurt you, they miss their target. My best sarcasm is to tell them, out loud, they missed and to try again. I also add, please hit your target. Be careful of these people. In one ki demo, a professional wrestler struck, then tried to tackle the man. The tackle did not work. You can watch this action on YouTube.

On a single strike to the throat, beware of upper cuts to salivary glands (behind the chin; below jaw). Shihan Allan experienced this with a Kung Fu Practitioner. Instead of a straight punch to the Adam's-Apple, the practitioner executed a one knuckle uppercut. Shihan did not even realize it, smiled, and shook his hand. I saw it!

***How do you learn "Combative Ki," what strikes are usually used, and what to expect?:** A qualified instructor should always be utilized when learning "Combative Ki." Attend "Combative Ki" Clinics when possible. It's voluntary.

When receiving strikes (including kicks) to the throat, strikes can vary with target. Strikes could include a long punch, strikes (Shuto, Haito, Koko), roundhouse kick, etc. The main point is to get your chin up and out of the way. At the beginning level, you tuck the chin in. At the advanced level and in demonstrations, the chin is up and out of the way. This is extremely important, including a strong stance, when performing a four man strike to the neck area. With a four man, always be cautious of an early striker.



Roundhouse kick to the throat



Dallas Cowboy strike to the "nether region"

The above/below pictures are inserts from a 1990 Black Belt Magazine article

To the torso, strikes could range from the chest down to the bladder. Areas include chest (sternum), over the heart, solar plexus, abdomen, liver, ribs, and even down to the bladder. Strikes could include kicks or punches. With kicks, the top of the foot will sting, like a slap. The ball of the foot or heel will penetrate. In a demo with the Dallas Cowboys, Herschel Walker was kicking (Yoko-geri/Taekwondo Black Belt) the chest, missed, and struck the throat. See below photo. You never know where strikes, especially kicks will land or bounce to. Also understand, these were professional football players on their turf. They wanted to hurt us.



Herschel Walker's target was the chest. The kick landed to the throat.
SMU Soccer Coach Schellas Hyndman is supporting

At times, when taking kicks to the “nether region,” expect getting kicked on the inner thigh. This will cause large ugly bruises in that location. Kicks can vary from the top of the foot, ball of the foot, and shins. It could be an open hand strike (Te-uchi) or ridge hand (Haito-uchi). This includes the point of a cowboy boot. Some people fake it by moving their hips forward. I advise you not to do this. You either learn to take it the right way or don't take it at all.

Remember, in a Ki demo, we are giving someone the opportunity to strike as hard as the person can with no delivery control. Keep your eyes open, Ki the whole body, and be prepared for the unexpected. Look the striker in the eyes. Don't ever underestimate a striker. When in doubt, Ki-ai hard. Afterwards, shake hands and do not laugh, insult, nor make funny remarks.

John Allen was taking a punch to the solar plexus from a Dallas Cowboy football player. The football player pushed him, then struck to the gut. The intent was to break his Ki. John smiled and shook the players hand. **If you ever review the Dallas Cowboys Demo VCR tape, each strike was analyzed, multiple times, by the Dallas Cowboys film analyzer technician. All strikes were played back and filmed in slow motion, repeatedly.**

***How did someone like you (country boy), from a small area, receive so much exposure?:**
To begin, I was committed and dedicated to the organization and to the one who managed it. I would attend clinics, work hard, and communicate often. There was an opportunity to attend a demo and clinic in Puerto Rico. Volunteers were needed and I accepted. We had to pay for our own airfare. I also was studying for my Comp's (Master's Degree in Education). The exam was a week after we returned but I was determined to attend and I did. Oh, I did pass my exam.

A couple of months later, a second opportunity arises. HELP NEEDED! I was asked, at the last moment, to attend a clinic and Ki demo in New Orleans (three hours from home). I jumped at the moment, dropped everything, and attended. A few months later, I was asked to attend the first, Dallas Cowboy Spring Training Camp. Except for the fuel to get there, the week-long trip was completely paid for. I took Shihan Allan and my son, Brandon with me. How privileged we felt. A month later, we returned for a second Dallas Cowboy Camp. It's all history after that. I will end by stating, there are and have been many people better than me. I just took advantage of the opportunities which opened the door for many others.

***There are demonstrations of extending ki (unbendable arm), that some give as evidence, and others dismiss as quackery, so I'm curious about that as well, but there is obviously something going on in combative ki that is hard to explain: To begin with, I was never good at performing the unbendable arm. Not sure why. Some things cannot be explained. On the overall subject of "Combative Ki," there are many theories, but I feel there are not many true answers. I am not satisfied with any theories I have come across, even on Sport Science. Maybe it could be best stated as mind over matter.**

I am not concerned about what others think (quackery/trickery). Always be careful with disbelievers. Never show off and never perform where people are drinking alcohol. It is always best to perform in a control environment. Vital areas are being struck with a great amount of force. There is no room for mistakes.



Hershall Walker kicking Shihan Allan to the ribs

***For some reason I have a mental block on "nether region" striking areas, so I tend to pull away - but you are getting hit squarely and seemingly without pain, so it's not just an avoidance trick. Any thoughts?: First, taking "Ki shots," especially to the "nether region", is a voluntary act. Many individuals cringe when it comes to this area. It is a natural reflex to protect this region. For your understanding, I don't play around with "Ki" and I definitely do not show off. I take it very seriously. Playing with Ki is like playing Russian Roulette. Sooner or later, if you treat it like a game, you will get hurt. There are people who would love to hurt one of us. All**

strikes are to vital areas and mistakes can occur. I don't condition like a boxer or MMA fighter. Except lately (physical therapy), I don't do weights, calisthenics, etc. It's better if you condition.

“Nether region” Ki, as any other area, starts with small taps. It is a step by step process which could take years to learn compared to other vital areas. If you learn to cheat and move your hips forward, it will lead to a false sense of security. Sooner or later, you will get a shin or some type of hand strike. I don't believe in trickery techniques. Learn to do it right or don't do it at all.

In kumite or in a real street fight, it should not be a long event. A street fight should not last more than 3 to 10 seconds. Kicks to the “nether region” could occur and tricks will not work. “Combative Ki” is a skill just like punching and blocking. I have been kicked with the shin, with open/close hand/fist, cowboy/steel toe boots, front/rear, etc. I have been doing this long before I had my last two kids. It was something I wanted to do, not something I had to do. I have never and will never state, “I was the best.” There were many colleagues better than I. For some reason, I was asked to participate in many TV events. This led to plenty of traveling, even outside the states. This gave me a great amount of exposure.

A couple of last thoughts for instructors and Ki practitioners, don't ever do Ki while drinking alcohol or where alcohol is being consumed. This is not the right time nor place to prove something to others. Don't teach nor have minors take Ki shots, especially to the “nether region.” Shihan Anita Harvey has stated, *“females desiring to learn to take “nether region” kicks should only receive strikes from female instructors. This maintains dignity in the arts.”* Always keep it professional. No one has to learn “Combative Ki,” especially Ki to the “nether region,” period. It should be strictly voluntary and not forced on. You are not indestructible!

Send questions anytime to kirbyroy54@gmail.com. This concludes part two of three parts. Next quarter will be on major demonstrations.



WELCOME: NEW MEMBERS AND RANKS

Recent Ranks

| | | | |
|----------------|--------|---------|---------|
| Sabian Batiste | Yonkyu | JuJutsu | Hessmer |
| Josiah Batiste | Yonkyu | 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

Struck in the artery of neck and is becoming faint:

- Carotid arteries supply the head and neck with oxygenated blood.
- Loosen tight clothing and prepare for fainting. Check the airway.
- Place on back and raise legs above heart (12 inches).
- If sitting, place the head between his/her legs.
- Don't let person get up quickly.
- 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



Major Martial Arts Styles:

| Ryu | Origin | Style/School |
|--------------------|-------------|--|
| Aikido | Japanese | "Way of Harmonizing Energy"- Flowing wrist/arm throws & locks |
| Aiki jujutsu | Japanese | "Harmonizing One's Spirit/Ki"- popular style: Daito-ryu |
| Arnis | Philippines | "Harness of the Hand"- Kali/Eskrima; Stick fighting with bamboo sticks (strike/defend) |
| BJJ | Brazilian | "Brazilian Jiu-Jitsu/JuJitsu"- Grappling, submission holds |
| Chin-na | Chinese | "Method of Grabbing and Breaking/Locking"- Facet of Kung-Fu |
| Chuan-Fa | Chinese | "Chinese Hand"- Chinese boxing, Kempo |
| Goju-ryu | Okinawan | "Hard/Soft Style"- from Naha-te <u>Okinawan</u> karate |
| Hapkido | Korean | "Way of Coordinated Energy"- unarmed self defense |
| Iaido | Japanese | "Way of Drawing the Sword"- Quick draw cuts |
| Isshin-ryu | Okinawan | "The One Heart Way"- style from the strengths of Shorin-ryu & Goju-ryu Okinawan karate |
| Jeet Kune Do | USA | "Way of the Intercepting Fist"- Bruce Lee (Wing Chun, boxing, fencing, kicking), based on Chinese martial arts |
| Judo | Japanese | "Gentle Way"- grappling, throws, sweeps, chokes, pin downs |
| Ju-Jutsu | Japanese | "Gentle Art"- self defense; traditional; re-directs |
| Karate-do | Okinawan | "Way of the Empty Hand"- Punches, strikes, blocks, kicks, etc. |
| Kempo/Kenpo | Okinawan | "Fist Principles" - an Okinawan karate style |
| Kendo | Japanese | "Way of the Sword"- Sword drawn |
| Kickboxing | Japanese | Full-contact combat sport based on punching and kicking. |
| Kobudo | Okinawan | "Old Martial Way"- Weapons(bo, sai, tonfa, nunchaku, kama, etc) |
| Krav Maga | Israel | "Contact Combat"-Self-defense designed; Israel Defense Forces |
| Kung-Fu | Chinese | "Acquired Skill"- Chinese martial arts with many forms |
| MMA | Japan/USA | "Mix Martial Art"- full contact extreme combat sport; Dates back to Ancient Greece. Shootfighting |
| Muay Thai | Thailand | "Thai Boxing"- Combined use of fists, elbow, knees, shins, with clinching. |
| Naha-te | Okinawan | "Hand"- One of the two main original Okinawan karate styles |
| Naishin-Ryu | USA | "Inner Heart/Spirit"- Official style of UCMAA. |
| Sambo | Russia | "Self Defense without Weapons"- Russian martial art, fighting style, and combat/sport |
| Savate | France | "French Kicking"- kicking art including the fist |
| Shiatsu | Japanese | "Finger Pressure"- Meridian Massage |

| | | |
|---------------|----------|--|
| Shorin-ryu | Okinawan | "Pine Forest"- Okinawan Karate; many katas; Shuri-te |
| Shotokan | Japanese | "House of Shoto"- Sports Style of Japanese Karate |
| Shuri-ryu | Okinawan | "Small Forrest Way"- Okinawan/American Style of Karate, Trias |
| Taekwondo | Korean | "Foot-Fist-Way"- Martial Art with an emphasis on kicks |
| Tai chi chuan | Chinese | "Supreme Ultimate Fist"- Chinese boxing; relaxation exercise |
| Tai Chi | Chinese | "Supreme Ultimate"- Gentle Martial Art; Slow movements to improve Health |
| Tang Soo Do | Korea | "Way of China Hand"- Associated with Chuck Norris |
| Toide | Okinawa | "Palace Hand"- Royal JuJutsu Art of the King of Okinawa |
| Uechi-ryu | Okinawan | "Style of Uechi"- a Kung fu flavored Okinawan karate style |
| Wing Chun | Chinese | "Singing Spring Boxing"- Focus on strikes, grappling, weapons |



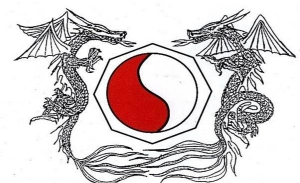
50 YEAR HISTORY TIMELINE

2013: Stan Lee's *"Superhuman"* aired.
 Dallas Bo Clinic: Roy/Tillson/Bartell/Harvey attended
 Leesville Clinic on Toide. Host: Harvey. Out of state: Whigham/Dallas crew.
Promotion: Jamie Taylor to Nidan: Ju-Jutsu.
 Roy interviewed over SKYPE with DiGa Vision. Discussion: Being a *"Martial Artist Involved In Politics."*



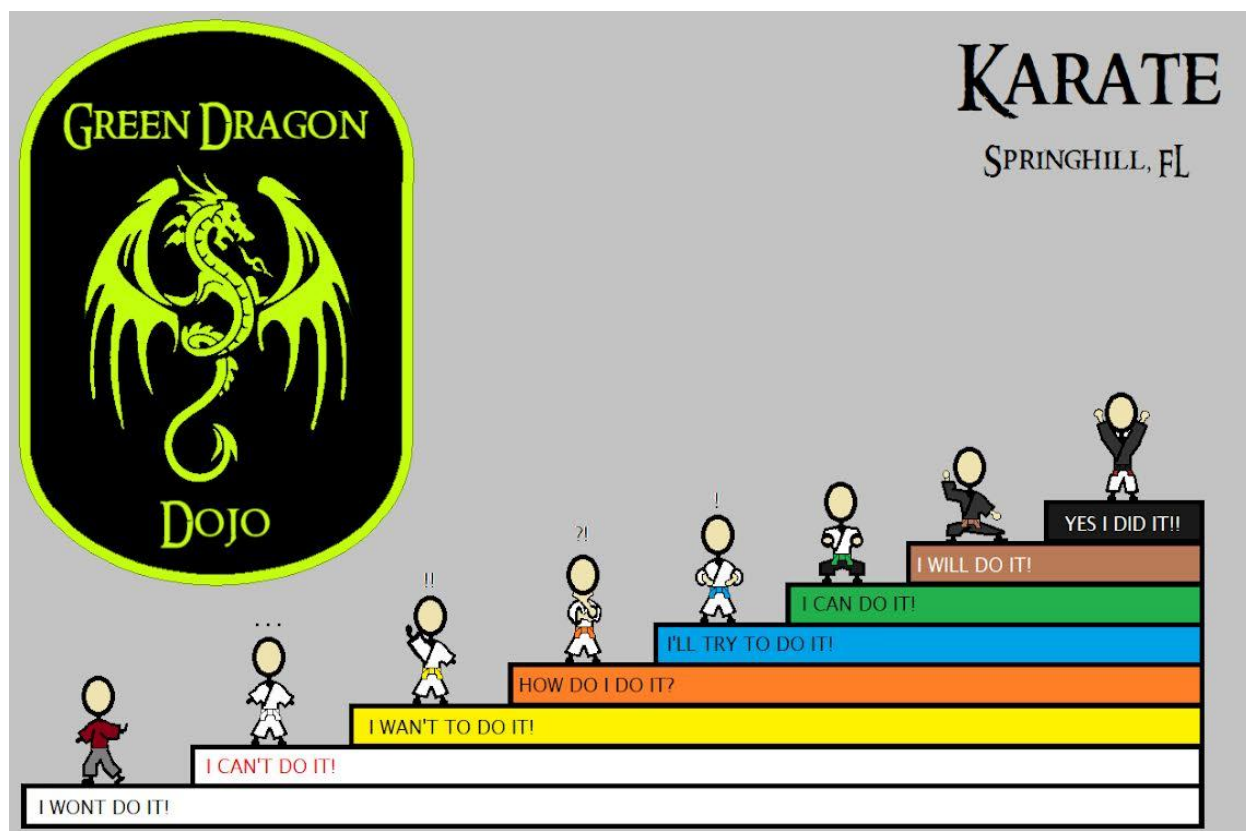
TRIVIA

Who is the senior board member in UCMAA? How many years has he been in the martial arts? What rank does he hold?



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

Answer: Shihan Cheryl Whigham, 5 Dan; Shihan Anita Harvey, 5 Dan



THE END