



# THE VOICE

---

MARCH 1, 2012



Martial Arts USA is an organization dedicated to bringing martial artists regardless of style under a single banner to promote learning and fellowship. Promotions are currently provided for a variety of martial art systems.

## **TABLE OF CONTENTS**

---

<b>TABLE OF CONTENTS .....</b>	<b>1</b>
<b>ABOUT THE AUTHORS .....</b>	<b>2</b>
<b>MAUSA MEMBER SPOTLIGHT- Professor John E. Chambers .....</b>	<b>3</b>
<b>QUOTES AND WORDS OF WISDOM.....</b>	<b>4</b>
<b>BLAST FROM THE PAST: GUESS WHO? .....</b>	<b>5</b>
<b>ARTICLES .....</b>	<b>6</b>
<b>DO WE REALLY NEED TO DO KATA? A commentary by Stephen Bevil.....</b>	<b>6</b>
<b>THE SPARTAN HYBRID DIET by Andrew Stolarik.....</b>	<b>6</b>
<b>FIREARMS IN THE MARTIAL ARTS, PART I by GM Tommy Lunsford .....</b>	<b>8</b>
<b>THE ART OF KOREAN YUSOOL By Professor John E. Chambers .....</b>	<b>10</b>
<b>NEWS AND ANNOUNCEMENTS .....</b>	<b>12</b>
<b>DID YOU KNOW?.....</b>	<b>12</b>
<b>SAYING OF THE MONTH .....</b>	<b>12</b>
<b>FUTURE EVENTS .....</b>	<b>13</b>

## **ABOUT THE AUTHORS**

---

### **Steven Bevil**



Grand Master Steven Bevil is a 34 year veteran of the martial arts and started his martial arts training under the tutelage of Master Terry Maccarrone in St. James on the north side of Long Island in 1972. Grand Master Bevil holds a 5th Dan in Okinawa Shorin Ryu Karate and a 9th Dan in the art of karate as granted by the Training and Standards Commission of the American Martial Arts Renmei, International. Grand Master Bevil opened his first dojo in Mastic Beach, Long Island and remained there until he retired from the Post Office and moved to Florida, where he continued his training. After several years in Florida Grand Master Bevil moved to Charlotte, North Carolina where he continue to teach at two YMCA's in the area. On June 19, 2010, Representatives from the American Martial Arts Renmei, Martial Arts USA and the Universal Martial Arts Congress traveled from Florida, Kentucky and Alabama to York, SC to bestow the Shogo of "Meijin" and the rank of 10th Dan on Hanshi Steven Bevil. Both Shogo and rank are well deserved.

### **John E. Chambers**



Professor John E. Chambers has been involved in the Martial Arts for fifty three years. He has distinguished himself over the years as a martial artist by being ranked in black belt grades in Yudo / Judo, Yusool, Jiu Jitsu, Tae Kwon Do and Moo Duk Kwan. He was also awarded the highest martial arts honor that Korea can bestow upon a martial artist, "The Meritorious Letter of Commendation." He was the very first American to ever receive this award. Professor Chambers is the founder of Martial Arts USA.

### **Tommy Lunsford**



Grandmaster Dr. James T. Lunsford began martial arts training in 1961 and started teaching in 1974. He spent nine (9) years in law enforcement and also served as firearms instructor at the North East Georgia Police Academy. Grandmaster Lunsford currently mentors several black belts and martial arts programs. In addition to AMAR, Lunsford remains active in Martial Arts USA (MAUSA), Aiki Tora Ryu (Karate International), Midori Yama Budokai (MYB) and American Kyu-ki do Federation (AKF).

### **Andrew Stolarik**



A Sandan in Jiu-Jitsu and life member of MAUSA, a Purple Belt in Brazilian Jiu-Jitsu and a physical culturist. He currently teaches self-defense and fighting concepts at Hybrid Jiu-Jitsu to anybody who wishes to learn. He trains in the dojo how he will perform on the street.

## **MAUSA MEMBER SPOTLIGHT- Professor John E. Chambers**

### **MAUSA Founder, Mentor, and Friend**



Professor John E. Chambers has been involved in the Martial Arts for fifty three years. He became absolutely fascinated with Judo at the age of fourteen after seeing a movie starring Humphrey Bogart back in the 1940's. In the movie Bogart portrayed a Judo expert who got into a fight in a bar with a Judo Grandmaster. The throw by the experts in the movie were awesome to a fourteen year old skinny kid. He left the movie determined to find someone to teach him Judo. He soon found a Judo class being taught at the YMCA by a young new black belt who was in the Navy just back from Japan. Not having any money for dues, he just sat on the gym floor and watched the class for weeks. One day the instructor came over and asked him to join the class, after explaining that he did not have the money for dues, the instructor took him by the hand and said; "To hell with the dues kid, you come on and get in this class." That started his Martial Arts career; he has never stopped studying and / or teaching after that. He received his black belt from the Korea Yudo College and the Kodokan in Tokyo, Japan. In his travels he has studied with Mas Oyama, Bruce Lee, and the entire Korea Yudo Olympic Team. He has instructed such notables as former world champion Joe Lewis and Chuck Norris.

Professor Chambers has distinguished himself over the years as a martial artist by being ranked in black belt grades in Yudo / Judo, Yusool, Jiu Jitsu, Tae Kwon Do and Moo Duk Kwan. Professor Chambers was also awarded the highest martial arts honor that Korea can bestow upon a martial artist, "The Meritorious Letter of Commendation." Professor Chambers was the very first American to ever receive this award.

After many years of training, Professor Chambers was summoned to travel to Korea where their highest Yudo Grandmaster, Won Tae Lee, promoted him to 9th Dan. Grandmaster Lee was 100 years old and could barely speak when he said, "You are the first and only non-Korean to ever be elevated to the rank of 9th degree black belt, outside of the Republic of Korea!"

The following notes the passing of the baton for MAUSA from Professor Chambers to Professor Beard.

**"It is with great regret that Professor Chambers announced his retirement from the martial arts and passed the reigns of Martial Arts USA to his successor Master Larry Beard. AMAR would like to wish Professor Chambers peace and harmony in his retirement. Our professional association blossomed into a beautiful friendship and has been a rewarding one for those in AMAR. Master Beard has chosen to continue the professional association between the American Martial Arts Renmei and Martial Arts USA. We at AMAR are looking forward to an expanded relationship with Master Beard and MAUSA."**



## **QUOTES AND WORDS OF WISDOM**

---

“Styles and systems inhibit the progress of discovery”  
Dan Inosanto

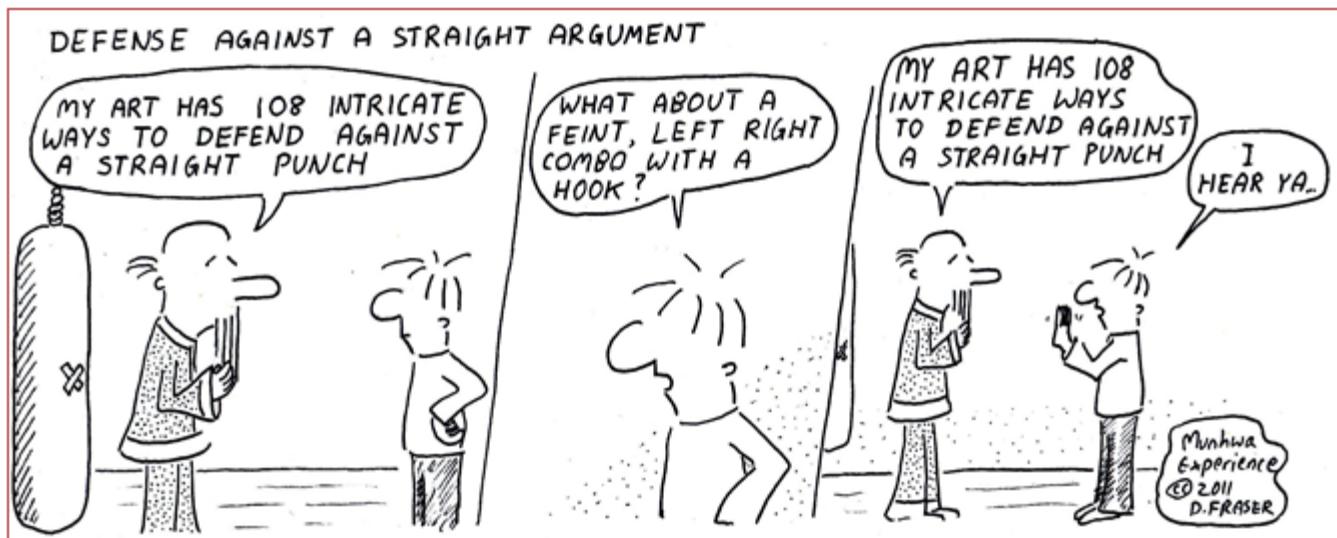
“Military schemes to be of use must be in the heart not in books”  
Yoh Fei

“He who overcomes others is strong, while he who overcomes himself knows true power”  
Lao Tzu

“The fight is won or lost far away from witnesses, behind the lines, in the gym, and out there on the road, long before I dance under those lights.”  
Muhammad Ali

“Don't hit at all if it is honorably possible to avoid hitting; but never hit softly.”  
Theodore Roosevelt

---



ARE YOU TRAINING? REALLY TRAINING?

## **BLAST FROM THE PAST: GUESS WHO?**

---

**A**



**B**



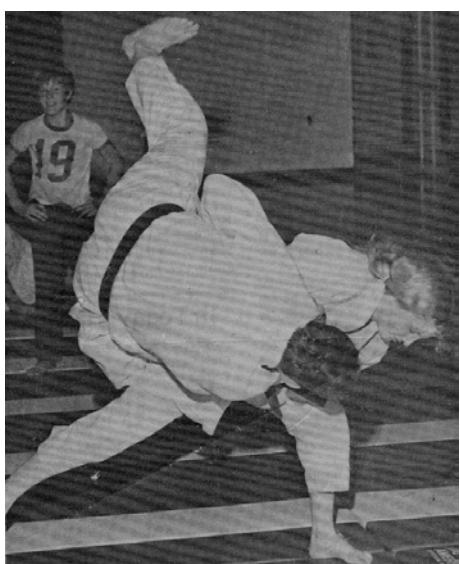
**C**



**D**



**E**



**Any guess to who the above folks are? Some will be easy, some not so easy. Give it a try and send answers to [imca@knology.net](mailto:imca@knology.net).**

## **ARTICLES**

---

### ***DO WE REALLY NEED TO DO KATA? A commentary by Stephen Bevil***

Do we really need to do kata? I think we do. Most people start martial arts training to learn how to fight. Fighting and kata are the father and mother to the martial artist. Kata study keeps us connected to all those who came before us. It is like a living history book. When we do our katas we must remember that we are fighting someone and that we must win. Kata study will give us balance, speed, power, focus, and endurance. Also the hidden moves that we will learn will be of great value to us in a self-defense situation. Practice with another student “playing the bad guy” will make the kata come alive. In this way we will learn the correct distance between fighters and will learn not to always back up. Learning to go to the side of an attack is the best way to be in a position to counter attack. Ying and Yang are always important in kata training and real fighting. I hope these few words will make your kata study better.



### ***THE SPARTAN HYBRID DIET by Andrew Stolarik***

Over the years I have been on a search for the Holy Grail of diets. Most people are looking for something that is easy, gain magical results in a quick time frame. This is the “American Way”- quick and easy but let’s face it changing your body is not an easy task especially when it comes to eating. We all know how to eat properly and how it affects the body, however, we are lazy. When any “real” work is involved we question it and most often reject it. Your body is a machine and like all machines it requires maintenance and work so nothing will rust or cease up on us. While our body is in motion we will be able to see if anything needs to be fixed from pain, lack of sleep/over sleep, poor intake of foods and the like.

Our diets affect about 90% of our emotions, activity, personality, thoughts and how we speak to people. When we eat right (clean), we can think better causing us to make appropriate decisions, we are nicer to people (because we are not hungry and feel better about ourselves, we will be able to communicate our thoughts clearer to our colleagues, and our level of activity and ambitions will be increased.) The other

10% is how we put those emotions to work. So what is our plan to put the 90% to work for us? That is where the new Spartan Diet program comes into play. This idea was inspired by Bova- the Spartan Health Warlord. His ideas and research made it possible for me to make the Spartan Diet work. So without any further ado:

This plan consists of 2 main meals- breakfast and dinner. You will fill up on veggies (low carb veggies at that). Follow this program for 3 days and on the fourth day carb-up on one meal- don't go overboard or all this hard work will be wasted. The carb days you will pick one meal and eat a fair portion of carbs- enough to satisfy you- preferably use breakfast as your meal. Then throughout the day eat veggies that have medium sugar levels.

#### Meal 1 – Breakfast

Protein based meal (egg, steak, grilled chicken) with some veggies or blackberries.

#### Meal 2- Lunch

Eat mostly veggies with a side of protein (fish, steak, chicken)

Now lunch can be substituted with another form of food but not crap food. You can use a meal replacement drink if you wish. Just make sure you make it yourself.

#### Meal 3- Dinner

Eat mostly veggies again with much needed protein.

#### Snacks throughout the day

Eat veggies and fruit. You make them so you can eat them (cooked, raw, dipped- make sure you use olive oil any way you can get them down).

On the carb days- eat fruit, properly prepared oatmeal (stone ground or steel cut oats), homemade bread (wheat, rye or sourdough- NO white or bleached). Again, stay away from the junk food.

If you can't grow the food, hunt the food or even make the food, than you shouldn't eat the food.

The idea for this diet is to burn the already ready stored sugar in your body and coupled with an exercise plan you will burn lots of sugar which will shrink your fat cells.

Well that's it "My New Spartan Diet" program. Use it over the holidays and tell me if it works for you. Remember this is just a guideline- you can make any adjustments necessary to fit your needs. This is just a start and if you're heavily over weight than this will help you but to truly make this new eating habit work you must exercise as well.

The following is an example of an exercise routine: Complete the following in 30 minutes or less: 100 push-ups, 100 bodyweight squats, 100 sit-ups and 50 pull-ups. Another one example is climb a tree, bear walk across a football field, carry a person up the bleachers at the field and then across the field.

## **FIREARMS IN THE MARTIAL ARTS, PART I by GM Tommy Lunsford**

As martial artists – rather than martial “sportists” - the availability and use (and especially, choice) of weapons have much less to do with the cultural milieu that marks their origin and from which they spring than the practical uses to which requirements may dictate their deployment. The practice of carrying sword, staff, sticks, etc, can no longer be tolerated in modern society. Drawing attention to oneself is counterproductive not to mention potentially illegal. Modern equivalents are nowadays called for.

The cane along with environmental weapons – cards, combs, pencils and pens, for instance – are good choices due to being commonplace and non-threatening. There are times, however, when more is needed. Knives of various types generally compose the next level being the more common weapon carried after the environmental group.

There is one more weapon that is now the modern surrogate for the sword; namely, the concealed handgun. A concealed firearm cannot be dismissed or left out of any list of legitimate, martial art weapons. A firearm is capable of handling situations that nothing else can. Though the sword was the first line of defense/offense in a bygone era; the modern equivalent (though just as lethal) has, by necessity, become the weapon of last resort. We now should require ourselves to become knowledgeable of the how, what and why of personal firearms.

There is no comparison, or way to compare, civilian carry to law enforcement carry other than to say it is part of the officer’s job description but not that of the civilian. An officer MUST normally display the weapon while the civilian should NEVER display his. Displaying a firearm brings unwanted attention, legal scrutiny and can instigate the very thing we want to avoid. NO one, I repeat NO one should carry a handgun in public either concealed or openly without first obtaining a permit allowing concealed carry or ASSURED legal permission to carry openly (most always a very bad idea). A firearm is NEVER used as a bluff. It, in fact, is NEVER presented unless the hardened intent to use has been decided. Arguments, tussles, and sometimes even self defense must at times be forgotten (when carrying) lest the situation escalate to the point one cannot resist presenting the piece. This means there is an OBLIGATION of the carrier to ignore insults and walk away from threats that don’t present imminent and serious danger. A concealed weapons carry individual (CWC) has to swallow his/her ego, forget catcalls and insults and just walk away. One is encouraged to call 911 if a bad situation is developing.

Speaking of law enforcement, always disclose to the officer that you are armed and have your permit with you. You owe it to these civil servants to be honest, up front and assure them that they have complete control of the situation. Be aware of the restrictions accompanying your permit and abide by them to the letter of the law. Seasonally, concealed may take different forms from deep concealment to easily accessible holsters. Places not conducive to concealment can run from purses to hard to get deep concealment. A piece should be as handy to get and use as is possible while still being absolutely concealed. An inaccessible or unloaded – why would anyone carry unloaded – piece is just a death wish or an object to throw at an attacker.

In summary I've come up with (obviously arbitrary) rules for the CWC.

1. Be legal
2. Be invisible
3. Swallow your ego
4. NEVER bluff
5. Keep the piece as easily accessible as possible while completely concealed.

In Parts II and III I'll discuss tactics and training and choosing the piece.



## ***THE ART OF KOREAN YUSOOL By Professor John E. Chambers***

YU: (Gently / Giving / Yielding) Sool: (Technique / Skills)

Also pronounced/spelled: YooSool; (Soft / Skills)

Did you ever hear the expression; “There is nothing pretty, soft or gentle about his techniques ...he goes straight for your juggler”?

When attacked by an aggressor, one must not rely on meeting brute force with brute force! He must redirect the force of the aggressor while targeting specific and precise points of the aggressor’s body to attack. Always strike first, and never allow the aggressor to put his hands on you!

That may well be a good way to describe the antiquated system of Yusool! Hundreds of years ago, the early systems of Yusool, was nothing more or less than a pure form of raw but extremely effective self-defense.

The martial art of Yusool represents a controversial case in modern Korea. Records show that centuries ago, there existed only two fighting styles in Korea: The kick-punch art of Taekyon, & The grappling art of Yusool. Taekyon lives on today, but Yusool in its original form, died out more than 300 years ago.

However, located in the heart of Pusan, is the headquarters of the modern martial art version of Yusool. The highest ranking man in the Korean Yusool Association, is Grandmaster Kim Mu Jin. The current Director of the day to day operations of the Pusan South Korean Yusool Association is Grandmaster Hwang Man Jae.

Grandmaster Kim Mu Jin admits to having learned this lost art in Japan, where a number of enthusiasts had kept Yusool alive for centuries, after it was confiscated by Japanese invaders. Although Yusool ceased to exist in it's Korean homeland, mainly due to Japanese eradication efforts, it nevertheless thrived in Japan, and eventually spawned the Japanese art of: Jujutsu.

Professor Jigoro Kano, founder and father of Japanese Kodokan Judo, was a master jutsu/ jujitsu & Yusool expert, who elevated the “art” or the “practice” to Do, “way” or “principle”, calling his new martial art system Kodokan Judo, which he established in 1882.

Advanced Yusool students also practiced Chimsool, (acupuncture) and Chiahosool, (acupressure). Much of Yusool training emphasizes the use of vital pressure points (nerve endings), & meridians (the highest point of power, prosperity, splendor, vigor, prime, & health, resulting in the study and alignment of the imaginary great circle passing through the North & South Poles of the celestial sphere in relation to the equator, etc). Advanced stretching exercises for both joints & muscles were greatly emphasized.

Much time is dedicated to the study of Danjun, (breathing exercises), and Ki development techniques. Techniques in a pure form of Self-defense constitute most of the art of Yusool. Martial arts historians claim that the original Yusool system purportedly number 3,805 techniques in all. The old grandmasters of Yusool utilized some 365 vital points of the body, including 116 “weakness angles” through which joints are attacked!

The only weapon that the Korean Yusool Association teaches, is the Bong, or Staff. Bong training is extensive with blocks, strikes, locks, & take downs. The Korean Yusool Association teaches three “Bongsool” forms, that increase in difficulty, as the students progress in rank.

Many of the hand techniques resemble those of the modern day form of Taekwondo, to include the standard kicks & many jumping kicks. Punching & kicking was used to knock the opponent down, before joint locks and other submission holds are applied, to include strangulation locks.

It should be noted, that the modern day art of Hapkido, is a spin-off of the original art of Yusool. Although earlier forms of self-defense referred to as Yusool existed, one of the influential masters & **revivers** of Korean Yusool was; Choi Yong Sool. Born in 1904, he traveled to Japan at a young age and studied; Dai Dong Ryu Yu-Sool under master Takeda Sokaku. Choi Yong Sool later taught Yusool to; Soh Bok Sub, a Yudo Black Belt expert. Years later, (1940's), Soh Bok Sub made a number of changes in the original system of Yusool and called his new system; Yu Kwon Sool. The new system of Yu Kwon Sool placed heavy emphasis on: throws, joint-locks, pressure points, punching, & kicking.

Ji Han Jae, another dedicated student of Grandmaster Choi Yong Sool, is: The founder & father of Hapkido as we know it today. Ji Han Jae formed his new system of Hapkido after extensive study of Yusool under Grandmaster Choi Yong Sool. For a short period of time, Ji Han Jae called his system; **“Hapki Yu Kwon Sool”**. Realizing the name was too long, and he liked the name **“Do”**, which means “way of life”, much better than the name; **“Sool”**, which means “technique.” He shorten the name to; **“Hapkido”**. In general, Hapkido translates; **Harmony, Power, The Way**.

Professor John E. Chambers, founder of Martial Arts USA, is keeping the art of Yusool alive and active in teaching his system; BudoKi-Junari-Jujitsu. One hundred twenty Yusool techniques are taught in ten forms. Each form has twelve techniques known as: Yusool / Poom-Se (#1 through #10). Techniques ranging from least to more difficult, as the student progresses through the ranks. Professor Chambers revised many of the antiquated Yusool techniques, combined those with modern yudo/judo, Hapkido and his own system of jujitsu, to establish a practical, effective & exciting array of 120 self-defense techniques. This does not include many techniques required from other arts to wit: Yusool is considered one of the most difficult of the martial arts, to obtain black belt ranking. To qualify for Yusool first-degree black belt testing, one must hold no less than, a first-degree black belt in karate, or be in a position to demonstrate the skills required for that art; this to include all the standard striking, kicking and blocking requirements. This also is required for the art of yudo/judo, which includes demonstrating strong skills in break-falling (ukemi), the standard first forty throwing techniques, strangulations, joint locking and grappling requirements. This followed by demonstrating the first fifty yusool techniques in good form.

For more information on Yusool, or other martial arts, contact:

Professor Larry Beard  
Martial Arts USA  
1619 Fairway Dr SW  
Jacksonville AL 36265

## **NEWS AND ANNOUNCEMENTS**

---

### **REMINDER: BLACK BELT TEST SCHEDULE SET**

#### **Note from Patricia Hill**

I wanted to let everyone know that a time and place has been scheduled for the Black Belt Testing in the Spring. The test will be held the weekend of May 11 & 12 in Athens, GA. The testing will be done on Friday with two time slots available and you can attend either one or both if you wish. One will run from noon till 4 and the 2nd from 5 till 9. Please let us know in advance which session you plan to test in. And we encourage others to come and watch. Remember **ALL** Black Belts will have to test in front of a board from now on so this is your opportunity. We will not have another black belt testing this year unless we have at least 5 more black belts that require testing and then we will do it at the Summer Clinic in August.

The board will consist of Patricia Hill, Larry Beard, Jimmy Jackson, and John Suarez, plus we will "volunteer" any other high rank that we require for the art that is being tested. So please all high ranks be prepared to be in Athens, GA at noon on May 11 to help us run our first Black Best testing. We would also like for you all to attend so we can discuss how MAUSA can be improved and move forward.

### **DID YOU KNOW?**

---



James Caan is best known as an actor in such movies as The Godfather, Misery and even Elf as well as starring as "Big Ed" Deline in the television series Las Vegas. But did you know that he also practices karate? He has been a dedicated student of Tak Kubota for over

thirty years in the Kubota's art of Gosoku Ryu Karate. This form of karate is known to be fast and hard hitting. He currently holds the rank of 6<sup>th</sup> Dan Gosoku Ryu karate.



### **SAYING OF THE MONTH**

---

*"You may train for a long time, but if you merely move your hands and feet and jump up and down like a puppet, learning Karate is not very different from learning a dance. You will never have reached the heart of the matter; you will have failed to grasp the quintessence of karate-do." - Gichin Funakoshi*

## FUTURE EVENTS

---

### March 31-April 1, 2012 TOURNAMENT

**The Twenty-Fifth Annual Liberty Bell Judo Classic ~ Special Guest: Michael Swain**

Asplundh Field House Academy of New Church, 2775 Buck Road Bryn Athyn PA 19009

Tournament Directors: Louis Moyerman: [L.Moyerman@aol.com](mailto:L.Moyerman@aol.com) and Joseph Condello: [JCondello@libertybelljudo.com](mailto:JCondello@libertybelljudo.com)

[www.libertybelljudo.com](http://www.libertybelljudo.com)

### March 31-April 1, 2012 Ladies Self Defense Logansville GA

Hybrid Jiu-Jitsu will be hosting a women's self defense clinic in Loganville, GA. The clinic will cover mindsets of the attacker and victim, physical techniques from standing to the ground, and increase your chances of not being attacked. The fee is \$15 pre-register or \$30 at the door. If interested please contact Andy Stolarik at (770) 294-7781 or email at [a\\_stolarik@hotmail.com](mailto:a_stolarik@hotmail.com).

### April 21 2012 Southeast Martial Arts Workshops Self Defense, Bunkai, and competition forms and weapons

Presented by **Grandmaster Wayne P Lewis** is a former world Champion, rated competitor, Black belt hall of famer. And International Referee **Grandmaster Stephen Bevil** is the master Instructor of Shorin-ryu of York County and Charlotte., 2010 Martial-arts Renmei Grandmaster of the year **Shifu Delmar Minor** is national competitor, ranked in Okinawan and Chinese martial-arts systems, is one of the head instructors at the Winthrop University , martial-Arts Club, Trained in China. For more information please contact GM Lewis at [masterlewis@comporium.net](mailto:masterlewis@comporium.net).

### April 21, 2012 10an to 2pm, BJJ Combatives Clinic GA

Hybrid Jiu-Jitsu will be hosting a BJJ Combatives clinic in Loganville, GA. The fee is \$60 for the entire session. If interested please contact Andy Stolarik at (770) 294-7781 or email at [a\\_stolarik@hotmail.com](mailto:a_stolarik@hotmail.com)

### April 28, 2012 JiuJitsu/Yusool Seminar Dickson TN

Dan Smith will be hosting GM Larry Beard for a day of training. 9am to 12pm Advanced JJ brown belt and up. 1:30pm to 4pm Yusool open to everyone. \$50 for full day/\$25 for half day. If interested please contact Dan Smith at (615)446-3800

### May 11-12 2012 MAUSA Black Belt Testing Athens GA

MAUSA will be conducting Black Belt level tests within the organization. Seminars on other topics are also planned during this event.

### June 28 2012 Southeast Martial Arts Workshops Self Defense, Bunkai, and competition forms and weapons

Presented by **Grandmaster Wayne P Lewis** is a former world Champion, rated competitor, Black belt hall of famer. And International Referee **Grandmaster Stephen Bevil** is the master Instructor of Shorin-ryu of York County and Charlotte., 2010 Martial-arts Renmei Grandmaster of the year **Shifu Delmar Minor** is national competitor, ranked in Okinawan and Chinese martial-arts systems, is one of the head instructors at the Winthrop University , martial-Arts Club, Trained in China. For more information please contact GM Lewis at [masterlewis@comporium.net](mailto:masterlewis@comporium.net).

## **2012- National Coaching and Athlete Training Camp**

We are changing the date of the National Coaching and Athlete Development Clinic of the USJJF to Saturday and Sunday April 21-22, 2012 in order to enable participation by all coaches and athletes. This is cover important athlete training and development issues as well as getting a look at the athletes who desire to go to international events. Further to expand the coaching section by using this as a recruitment for new USJJF individuals. You are welcome to suggest content for the clinic and training so we can put together a detailed, exciting and worthwhile agenda for this event. There will be a lot of give and take during the sessions as we have a lot of well-qualified individuals in the coaching area participating.

**Time:** 9 to 5 on Saturday, 9 to noon on Sunday. You can attend either or both sessions but the main sessions will be Saturday.

**Place:** Hickey Karate Center 4540 Stow Road Stow, Ohio 44224

This program is for:

- 1) All national level athletes and hopefuls, especially those considering competing in international events over the next few years.
- 2) All coaches and trainers who expect to be involved in training athletes for National or International Championships
- 3) Anyone interested in elite level coaching in the martial arts

The event will cost \$35 from which we will pay for Saturday lunch, a t-shirt and event/facility expense.

### **There will be training for athletes and coaches.**

Athlete training will be under the auspices of the USJJF National Coaching Staff

Coaches will assist in training plus will attend sessions of the below subjects

International Athlete Identification – what are we looking for in terms of talent and where can we find it

Determining the Demands of the Competition – analyzing the muscle and energy systems needed for competition

Athlete Testing and creating specialized training programs for each athlete – creating programs to help individual athletes increase their performance

Anomalies in the rules that coaches need to know to help create point situations in matches

**Contact Patrick Hickey [pmhickey2000@yahoo.com](mailto:pmhickey2000@yahoo.com) with your name, dojo, status (athlete or coach) and email address and we will hold a place for you.**

## MARTIAL ARTS USA CLINIC

Date: April 28, 2012  
Location: DICKSON ATHLETIC CLUB  
                  100 Payne Spring Road  
                  Dickson, TN  
Host: Dan Smith (615) 446-3800  
Cost: \$50 for full day/ \$25 for half day  
Clinician: Grandmaster Larry Beard

Soke, Grandmaster, Budoki Junari Jiu Jitsu  
Hanshi, Honorable Grandmaster, Kenwayoshin Jiu Jitsu  
9th Dan, Kenwayoshin Jiu Jitsu  
8th Dan, Professor, Budoki Junari Yudo  
8th Dan, Professor, Midori Yama Budokai Yudo  
8th Dan, Professor, Shin Shin Jujitsu  
6th Dan, USJA Judo  
6th Dan, Traditional Kodokan Judo  
4th Dan, Budoki Junari Yusool  
4th Dan, Budoki Junari Hapkido  
4th Dan Shin Nagare Karate

## CLINIC SCHEDULE

9 a.m. until 12:00 p.m. advanced jujitsu must be brown belt or above  
lunch from 12:00 pm until 1:30 p.m.  
from 1:30p.m. until 4:00 p.m. Yusool open to everyone  
**YUSOOL**

Yu: (Gently / Giving / Yielding) Sool: (Technique / Skills)

The martial art of Yusool represents a controversial case in modern Korea. Records show that centuries ago, there existed only two fighting styles in Korea: The kick-punch art of Taekyon, & the grappling art of Yusool. Taekyon lives on today, but Yusool in its original form, died out more than 300 years ago.

Professor John E. Chambers, founder of Martial Arts USA, was keeping the art of Yusool alive and active by passing his system, BudoKi-Junari-Jujitsu, on to Grandmaster Beard and Shihan Patricia Hill. Techniques range from least to more difficult, as the student progresses through the ranks. Professor Chambers revised many of the antiquated Yusool techniques, combined those with modern yudo/judo, hapkido and his own system of jujitsu, to establish a practical, effective & exciting array of 120 self-defense techniques. Some of these techniques will be covered in this session.