



# **TABLE OF CONTENTS**

---

<b>TABLE OF CONTENTS</b> .....	<b>1</b>
<b>ABOUT THE AUTHORS</b> .....	<b>2</b>
<b>MAUSA MEMBER SPOTLIGHT- Professor Carole Ivie</b> .....	<b>3</b>
<b>QUOTES AND WORDS OF WISDOM</b> .....	<b>4</b>
<b>BLAST FROM THE PAST:Grandmaster Tommy Lunsford</b> .....	<b>4</b>
<b>ARTICLES</b> .....	<b>5</b>
<b>NEWS AND ANNOUNCEMENTS</b> .....	<b>9</b>
<b>DID YOU KNOW?</b> .....	<b>10</b>
<b>SAYING OF THE MONTH</b> .....	<b>11</b>
<b>FUTURE EVENTS</b> .....	<b>11</b>

## ***ABOUT THE AUTHORS***

---

### ***Kenneth W. Lones***



Mr. Lones holds the traditional ranks of Black Belt Sixth Dan-Karate, Second Dan-Jujutsu. He also holds Black Belts, advanced ranks and Instructor certifications in several other arts ranging from the traditional to the more modern combative methods. Integrated Martial Concepts Academy offers three tracks of martial arts training ranging from a comprehensive traditional non sport program to more modern training programs for the general public and security professional community to include specialized training in the blade arts.

CALLING ALL AUTHORS!!! The newsletter is to promote happenings and teachings within the organization. It only works if the organization provides that input.

Is there a topic of interest to you?

Is there an event at your school?

Feel free to send it in.

Also I am looking for individuals to step up and write a column or two that would be reoccurring. These would not be each month but would like to get three to six articles over a given time so that I can rotate columns and articles throughout the year. I am open to any topic but I am also looking for some specific columns that I believe would benefit all such as, “Fitness/Nutrition”, “Teaching Methods and Idea”, as well as, some stories from the “old days” from some of our more senior members. I love to hear the stories of the high ranking members talking about their days “coming up in the ranks”.

I am also looking for a few volunteers to showcase a comparative styles article. This would be 3 to 4 pictures with description on how to use a specific art against a specific attack.

My contact information is: [imca@knology.net](mailto:imca@knology.net)



Professor Carole Ivie entered the world of martial arts in 1974, when she signed up her son for classes at the Winder Karate dojo in Georgia, owned and operated by the Allbritten family, Jack, Greg, and Jeff. The family taught Shin Nagare Karate and Shin Shin Jujitsu, and promoted in both those arts through Midori Yama Budokai. Prof. Ivie continued with the Allbrittens, and subsequently taught in their school, until the dojo closed, some twenty-plus years later.

During those early years as a martial arts student in the Allbritten dojo, Prof. Ivie also studied Judo with Larry Balkin Sensei, Boxing and Kickboxing with Gary Brown Sensei, and Aikido with Don Hunt Sensei. A voracious appetite for reading and research has supplemented what she has learned in dojos, at seminars, and in clinics.

Prof. Ivie owned and operated her own dojo, The Center for Martial Arts, in Lavonia, Georgia, for seven years, and now teaches Jujitsu at the YMCA in Winder, Georgia. In 1999, she finished a four-year-long project of writing and producing in book form the memoirs of Grandmaster Leo Wilson, founder of Midori Yama Budokai, titled *A Life in Motion*, through which Wilson Shihan was able to pass down some of his life experiences as a NASA scientist, his martial arts knowledge, and his philosophies and scientific theories of motion. In 2006, she finished a second project, working with Ron Rogers Hanshi, also of Midori Yama Budokai, to produce a second book of Grandmaster Wilson's teachings, called *Searching for Nine*. Also, she teaches a women's self-defense program at the YMCA and for any civic, business, or private groups.

Prof. Ivie currently holds Hachidan in Jujitsu, Rokudan in Karate, Nidan in Judo, first level Eagle Claw Kung Fu, and Nidan in Yudo, as well as professorship with MYB, and grandmastership with MAUSA. Her philosophy of life: "Get over yourself and get out there. If you're not learning, you're not living."

**“Being attacked is like being asked a question-  
If you answer right you won't get asked anymore questions.”**

**Grappler's prayer**

**“Now I lay YOU down to sleep  
because my choke is sunk so deep.  
Feel the rush, your world goes black,  
all because you gave your back.”**

***BLAST FROM THE PAST: Grandmaster Tommy Lunsford***

---



**THE ITTO SCHOOL OF SELF DEFENSE**  
Chartered and Certified  
• 353-7743 •

- Age 4-6 - Confidence Kids
- 7-Adult - Tae Kwon Do
- Jujitsu and Karate
- Women-only self defense
- Family classes

Tommy Lunsford will be head sensei (teacher). The new ITTO dojo (school), is located in the Alps Shopping Center.

### *JKD Five Ways to Attack by Kenneth Lones*

Training methodologies within JKD can be defined by the “how” of an attack. There are five basic ways of attack. These are not unique to just JKD and can be applied to any art you train. They are

#### 1. Single Angular/Direct Attack (SAA/SDA)

This may also be noted as Simple Direct Attack however for purpose of discussion I use single to define a single technique or event. It is the basic method of attack. One of the things you will hear from me is that many people put too much thought into the attack. Given the Karate/Jujutsu origins of our school and to add a traditional Japanese perspective, we want to work toward a sense of Mushin” or no mind. This does not mean we do not think about what we are doing but rather we do not clutter our minds with anything other than the task at hand. The “ken’ism” that applies here is “find a target and put your fist in it”. It really is that simple. Problem is training to get our bodies to realize it is that simple.

SDA is a punch or kick that is sent directly to the target applying the principle of economy of motion. There is no wasted movement. The attack goes from point A to point B quickly and decisively. SAA is the same in principle however it takes a more indirect route in that it is initiated from an unanticipated or awkward angle but still moves directly to the target. An example of this would be a punch generated on the midline(stomach) that actually fires into the high line (neck or head).

#### 2. Hand/Foot Immobilization Attack (HIA/FIA)

HIA/FIA is primarily employed as we close the distance to the attacker and intercept the attack rather than allowing it to fully commit forcing us to the traditional mindset of block and counter. This is where stop hits are used and the concept of trapping comes into play. HIA/FIA is the method of attack that most people view JKD to be although it is not unique to JKD or Wing Chun for that matter. The purpose of HIA/FIA is to immobilize the attacking arm or leg to limit follow up techniques by the attacker and to allow for quick counters in real time. It is also often a part of the concept known as “Bridging the Gap”.

Utilization of this method does not require you to necessarily become a master of trapping hands. Many traditional techniques and schools teach “jamming” techniques to lock out the attacker from continuing the attack and allow the defender to counter. From a Japanese traditional perspective, I train on the makiwara. Some do not for various reasons. Some of the reasons are valid for medical reasoning others just say it is useless because the attacker will not just stand there and let you hit him. First training on the makiwara is all about training properly. I have trained on it since the eighties and I do not have the ugly hands people talk about. Secondly, a proper understanding of some of the kata and technical methods

open up an understanding of “jamming and locking” the opponent out. The series of technical mechanics lock the opponents structure and ends with a punch to a vital area. When the opponent cannot move they become a “living makiwara”.

### 3. Progressive Indirect Attack (PIA)

PIA involves feinting attacks or “attention getter” strikes to one part of the attacker’s body in order to create an opening for the real target of choice. Some key principles to understand here are related to timing and relative distance to targets. A simple example of this would be the sport point fighter throwing the back fist in hopes of forcing a response in the opponent’s front hand, i.e., a high block thus allowing a reverse punch to the body to score.

PIA is also highly involved in the concept of trapping in that it is not always the first strike but rather the first strike solicits a response that allows for the trap and simultaneous secondary strike to a vital target.

### 4. Attack by Combinations (ABC)

ABC is probably the most recognized method of attack found in Martial Arts schools. Every striking school has heard the importance of combinations in attacking. It is even found in jujutsu and judo schools where the attack is a combination of throwing or entering techniques. It can be as simple as the jab/cross or involve both hand and foot. Regardless of number of strikes or resource used, ABC is the use of multiple hits in rapid succession in order to overwhelm the opponent. The jik chung choi or “straight blast” is one of the ABC methods recognized by most folks as a cornerstone of JKD.

### 5. Attack by Drawing (ABD)

ABD is the art of baiting an opponent. The intent is to “draw” the opponent into committing a specific attack in order to force exposure of a specific target or to allow for a specific response. Sometimes it is as simple as forcing an attack or motion that may be intercepted in order to overwhelm an attacker. To use the sport point fighter analogy again, this is akin to the fighter raising his front hand higher than normal thus exposing his midsection. The intent is to bait the opponent into a committed kick or punch to that specific target. When they move it allows the fighter to exploit the motion and either beat them to the punch or defend and counter effectively to an exposed target. ABD allows you to force an opponent to fight your fight. It allows you to make the attacker do what you want them to do. In a sense, by baiting you have taken control of the fight and already planned your next move. ABD can lead to an interception of the motion or attack or decisive counter strike in your favor.

Hope this helps rather than confuses. The five methods are for training purposes and to allow discussion of various attacks. It is a starting point but in the end the fight is the fight and what method is used or combination of methods is not relevant. What matters most is were you able to defend yourself appropriately.

## *Stance training in IMC by Kenneth Lones*

Stance training is often only attributed to the striking or “stand up fighting” arts. The reality is proper body alignment and mechanics is a key component to any system. I hear in some jujutsu and judo schools that “we do not use stances”. They then proceed throughout the class instructing the students on how to align the body for the technique, where to place the feet, in order to apply the defense properly. The Reality Based Systems are no different. I often hear “we do not use stances” and they proceed to tell students to always keep their feet beneath them, knees bent, to apply the defense properly. It really boils down to what we determine a “stance” to be. What they are really talking about is the old school formalized structure of stances which they may have discarded but they still have some form of creating a foundation or base from which to apply a technique. The important point is not to get wrapped up in the stance to the point of losing the identity of the purpose of a defense. Bruce Lee was once asked from what position is the best to throw a punch. His basic answer was from wherever my hand is at the time I decide to throw the punch.

From a traditional stand point, the stance or “tachi” is the body mechanic structure of the base often from the hip down. What we find in traditional systems is something that is more, i.e., the “kamae” or posture. It is not only the physical how but the mental posture or intent as well. Together they combine a formalized training that lays the foundation for a student to progress. Modern systems do the same they may just set the base differently but still remain true to the basic body alignment, body mechanics, and mental attitude required to get the job done. In the end the more we change and progress it seems we stay the same at the core principles. Regardless as a student grows in their development, the formalized stance or posture tends to be less apparent and the ability to move, attack, and defend becomes more fluid and spontaneous. The formalized structure may be discarded because the core principles have been engrained in the student. The “seed” was cultivated and grew strong until it was absorbed and no longer needed.

In IMCA (my school), we look at stance involving attributes from both the traditional “tachi” and “kamae” aspect or rather by physical structure, functional purpose and mental purpose or intent. The posture and physical stance attributes are categorized into five levels for the purpose of training and discussion. The first three levels are progressive in nature from total unprepared to a more combative approach. Levels four and five may be used as stand alone or in some cases used in conjunction with another levels attributes to explain the full thought process involving a technique.

The Five basic levels are as follows:

1. Level I: Unprepared. This level is the everyday stance. It is how we conduct ourselves when not presented with a threat. Training from a neutral or natural stance helps us work out the “how to’s and what if’s” when we are attacked by surprise. As students progress I have them walk through the middle of class with a “hidden attacker” in the group to train spontaneity and observation.
2. Level II: Non-confrontational. This level is based on confronting a potential attacker without further escalating the situation. In some instances a natural stance is most productive along with an appropriate level of speech to de-escalate the attack. An important lesson of fighting in that the

highest ability is found in the art of fighting without fighting. From a more structural process, there are several stances that fall in this category. For IMC beginners these include the “why me”, “praying hands”, and “the Face Palm” stance. They may also include the stances coined as “the thinker” and “the interview”. These postures prepare our body alignment for escalation of technique to defend ourselves if needed without increasing the level of aggression.

3. Level III: Combative. This level is based on an “in the fight” mentality. For IMC beginners these include the boxing/fighter’s stance and the strong lead stance. Although primarily structured for striking these stances focus the student’s physical resources into the fight while providing a framework to both defend and attack quickly. (My preferred stance is the strong lead, however, when carrying a concealed weapon may not always be the smartest approach.)
4. Level IV: Passive. This may be stand alone or in conjunction with another level for training purposes and discussion. This is relative to the intent or mental aspects of the stance or technique.
5. Level V: Aggressive. This may be stand alone or in conjunction with another level for training purposes and discussions. This is relative to the intent or mental aspects of the stance or technique.

These five basic levels to discuss stances may also be used for many aspects of training. Using the thought process of the above, think of the techniques or training drills you use within class that fit each of these or a combination of and see where you may categorize your training methodology.



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

This event has been cancelled due to circumstances beyond our control and will be rescheduled at a later date.

### ***Grandmaster Larry Beard recently conducted a Seminar on JiuJitsu and Yusool***

On the weekend of April 29, 2012, Grandmaster Larry Beard, President of Martial Arts USA shared his martial arts expertise in both Budoki Junari Jiu Jitsu and Yu Sool at a seminar hosted by Grandmaster Dan Smith and the Dickson Athletic Center in Dickson, TN. Participants were trained in the use of advanced variations of some jiu jitsu techniques as well as an introduction to the Korean art of Yu Sool, as revived and taught by Professor John Chambers.

During the first part of the seminar, which was available only for advanced students, GM Beard demonstrated some of the more classic forms of the first kyo of the gokyō no waza. “Many of the classic jiu jitsu techniques have been changed and modified for safety reasons. Many of the classic techniques, which landed your opponent on his head rather than his back, have given way to a more “gentle” and less dangerous execution. What we are attempting to do in Budoki Junari Jiu Jitsu is to reintroduce the classic techniques.”

The afternoon session consisted of a series of yu sool techniques. Yu Sool is an ancient art that Professor John Chambers has tried to revive in the US and is unique in that the art was developed to defend against trained martial artists. Thus, the first techniques taught are developed to beat grips, especially from judoka. Advanced classes use defenses against knives (iaido), punches and kicks (karate) and circular punches (boxing).



### ***Grandmaster John Suarez note on recent KRBR seminar***

The clinic was a great success as have been the ones in the past, with much of the emphasis on the four pillars of the syllabus, hard, soft, weapons, and the sword arts. We had a very intensive workout bringing the teams cardio to extreme ultra peak levels in karate. We targeted basics, kata, and, of course, sparring, all with great detail as to how these techniques should be taught.

In the soft sessions, there was emphasis on ukemi, immobilizations, neutralizations, projections, attack areas, locks, sweeps, reaps, hooks, throws, takedowns, chokes, and of course the building blocks, or preceptors. In the Kobudo sessions there was good coverage of the weapons katas to include the bokken. There was an overall classroom session of about 3 hours to cover KRBR goals & mission as always, but also teaching technique, dojo management, business administration, and the psycho-physio understanding of the process and theory of offence & defense (attack/defend) as it relates to "fight or flight". Feedback from our participating instructors was very good, and everyone left with much new material to work on before the next clinic in July.

### **GOJU RYU FOUNDER – CHOJUN MIYAGI**



Chojun Miyagi was born on April 25, 1888. He began training in karate under Kanryo Higaonna at the age of 14, in 1902. Like his teacher before him, because of his great natural talent and fierce determination, he progressed very rapidly. The training was severe beyond belief at times but he practiced ever harder with an enthusiasm unmatched by any of the other students. Chojun Miyagi became "uchi deshi" (private disciple) of **Higaonna**. He studied with his teacher for 14 years before his **teacher's** death in 1915. Chojun Miyagi, as successor to Naha-te pushed himself to the limits of endurance in his desire to emulate the extraordinary skills of his teacher. To this end, that same year (1915) he journeyed to Fuzhou, China the city where his teacher had studied the martial arts, to further his research. This was one of three trips he made to China during his lifetime.

On his return to Okinawa he began to teach martial arts at his home in Naha. Later, he also taught the Okinawan Prefecture Police Training Center, the Okinawan Master's Training College and at the Naha Commercial High School (where his teacher once taught.)

Chojun Miyagi worked hard to spread karate throughout Okinawa and mainland Japan, and to earn Naha-te a status equal to that of the highly respected Japanese martial arts of judo and kendo. To achieve this he traveled frequently to mainland Japan where he was invited to teach karate at Kyoto University, Kansai University and Ritsumei Kan University. In 1933 karate was registered at the Butokukai, the center for all martial arts in Japan. This was a milestone for karate as it meant that it was recognized on a level with the highly respected martial arts of Japan.

Chojun Miyagi dedicated his whole life to karate. He was responsible for structuring Naha-te (which he later named "Goju-Ryu") into a systemized discipline which could be taught to society in general. This teaching system which he formulated enabled karate to be taught in schools for the benefit of the young, and to reach vast numbers of people throughout the world. However, his private teaching at his home remained strictly in adherence to the principles and traditions of his teacher, Kanryo Higaonna, and his teacher before him, Ryu Ryu Ko.

The naming of GOJU RYU came about more by accident than design. In 1930, Chojun Miyagi's top student, Jin'an Shinzato, while in Tokyo was asked by numerous martial arts masters as to what school of martial arts he practiced. As Naha-te had no formal name he could not answer this question. On his return to Okinawa he reported this incident to Chojun Miyagi. After much consideration Chojun Miyagi decided on the name Goju-Ryu (hard & soft school) as a name for his style. This name he took from a line in the Bubishi (a classical Chinese text on martial arts and other subjects). This line which appears in a poem describing the eight precepts of the martial arts, reads, "Ho Goju Donto" (the way of inhaling and exhaling is hardness and softness).

The above article is taken from the Spokane Karate website at [www.spokanekarate.com/history/miyagi.php](http://www.spokanekarate.com/history/miyagi.php).

## ***SAYING OF THE MONTH***

---

***"When your temper rises, lower your fists - when your fists rise, lower your temper."***

## ***FUTURE EVENTS***

---

**June 28 2012 Southeast Martial Arts Workshops Self Defense, Bunkai, and competition forms and weapons**  
For more information please contact GM Lewis at [masterlewis@comporium.net](mailto:masterlewis@comporium.net).