

THE VOICE

September 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

TABLE OF CONTENTS	1
ABOUT THE AUTHORS	3
MAUSA MEMBER SPOTLIGHT- <i>Kenneth Lones</i>	4
QUOTES AND WORDS OF WISDOM.....	4
ARTICLES.....	5
NEWS AND ANNOUNCEMENTS	8
DID YOU KNOW?.....	10
SAYING OF THE MONTH	11
FUTURE EVENTS	11

ABOUT THE AUTHORS

Seth Brown – Bio unavailable. (editor’s note: I will be sure to include a follow up in next month’s edition)



Andrew Stolarik

Andrew Stolarik has 27 years in the martial arts. He has proven his skills time and time again through his knowledge, experiences, and hardcore training to become the best martial artist among his peers. He is a simple man who considers himself as a student first, physical culturist second and teacher last.

MAUSA MEMBER SPOTLIGHT- Kenneth Lones



Kenneth Lones has been a student of the martial arts since childhood. His first open school training was studying Chang Hon Tae Kwon Do in his youth. This progressed to Olympic style Tae Kwon Do in the 1980's through the World TaeKwonDo Federation (WTF) and what was the United States TaeKwonDo Union (USTU). It was at this time that he began to study the Japanese arts of Kyokushinkai and Seibukan Shotokan Karate along with Ryu Kyu Kobudo. He participated as a member of the University of Alabama, Huntsville Karate Club during his early twenties where he met and became friends with other martial artists in a local organization known as Midori Yama Budokai. During the 1990's, he was introduced to the Filipino martial arts as well as the arts of Krav Maga, and Jeet Kune Do as part of his professional career path. He continues to train in these arts today.

Mr. Lones holds the traditional ranks of Black Belt Sixth Dan-Karate, Second Dan-Ryu Kyu Kobudo and, Second Dan-Jujutsu . He also has received the honorary title of Kyoshi from MAUSA and has advanced ranks and Instructor certifications in several other arts ranging from the traditional to the more modern combative methods. His hobbies include Hoplology - the study of human combative behavior and performance, and the study of bladed weapons.

He was introduced to Grandmaster Tommy Lunsford while teaching a knife session at a Winter Martial Arts Clinic. It was not soon after that Mr. Lones began to train Aikido under GM Lunsford and continues to travel to Athens GA throughout the year to train in Aikido under one of Lunsford's students, Sensei Richard Wise.

His school, 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. Instruction is provided through private/semi-private training sessions and seminar. Those that are interested in certification and /or beginning an IMC training group at their school should contact Mr. Lones at imca@knology.net.



Jozai Senjo-Always present on the battlefield (of life)

-School Creed of IMCA

“If you find yourself in a fair fight, your tactics suck!”

-Ken Lones

“Everyone has a plan until they have been hit”

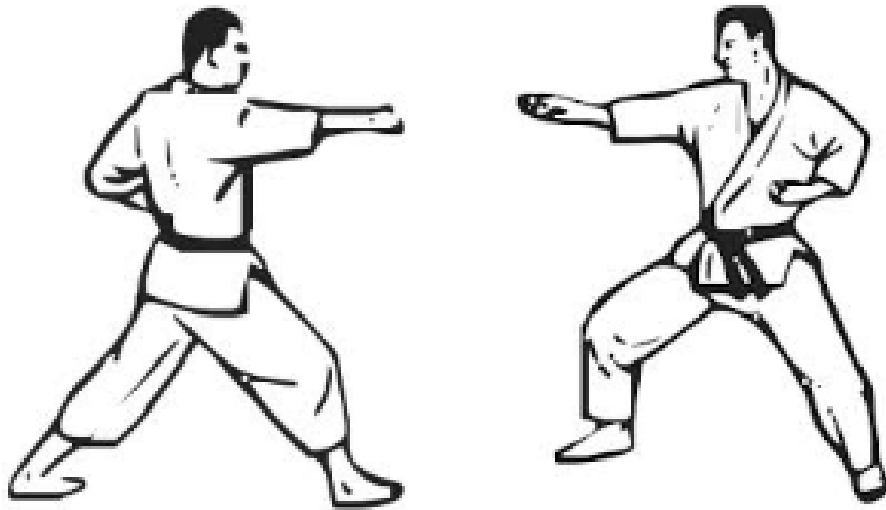
-Joe Lewis

“We are what we repeatedly do. Excellence then, is not an act, but a habit”

-Aristotle

“Don’t hit at all if it is honorably possible to avoid hitting; but never hit softly”

-Theodore Roosevelt



The Combative Mindset of a Martial Artist by Seth Brown

Martial artists train for years upon years learning various skill-sets that could potentially save lives in certain circumstances. We practice techniques in such a way that as time goes on and training intensifies, the techniques are practiced in more and more realistic scenarios. For instance, take the basic cross punch. At first, we practice this in a stationary stance, fine-tuning mechanics. Next, we might practice it following a block that was in response to a very slow, telegraphed punch. As the speed increases, we may start moving or practicing the defense from different lines of attack. Finally, we culminate in practicing in such a way that we do not know when or from where the attack will come. In order to get to the point to where we can successfully defend ourselves, we eventually take on a mindset that always expects an attack. We constantly plan what we will do given a certain impetus. This is what I mean when I use the term combative mindset. However, outside of the dojang or in an actual combat situation, this can be very problematic: If someone simply reaches towards us in our peripheral vision for example, we should not automatically take that person down. What balance should someone trained in potentially deadly techniques have?

Situational awareness is a concept taught the first day in any self defense course. I believe this is where a combative mindset begins. Situational awareness is not a bad thing; we teach it first for a reason. However, if ALL a person thinks about when he or she is out of their home is where an attack is about to come from, then something is wrong. When a person constantly expects random people on the street to attack him or her, mere situational awareness is surpassed, and paranoia is obtained. When I first started learning just how little I knew in regards to defending myself, this happened to me; I knew that there were people who could destroy me with one arm tied behind their back, and I thought the only way to protect myself from unknown danger was to always be on guard and expect an attack. However, this led to a completely new set of issues. I was constantly tense and nervous. I wanted to progress way faster than I needed to in my training. I quit enjoying my time outside of my home. Eventually I came to realize that this was not a good way to live, so I had had to do much self-examination and find my own personal balance.

For each person the balance they must obtain will be unique. For example, someone in the military will need a complete combative mindset; if this person is actually in combat 24 hours a day, a combative mindset will aid in keeping them alive. Someone living in a crime-ridden section of a big city would also benefit from an increased combative mindset, especially if muggings and murder are common crimes. At the other end of the spectrum,

there is the majority of the rest of the population. Most of these people will never be in a situation where they will have to rely on their martial skill to defend their lives. 99.99% of the people these individuals ever come in contact with will not mean to do any harm to them. In this case, a combative mindset is not necessary and not even advisable. Where then should their mental processes fall on the combative mindset spectrum?

Each person has different mental requirements to feel safe, so the amount of combativeness a person should allow in his or her thoughts will vary. However, most people will be just fine with a bare-bones approach. Know where potential danger areas are located in your vicinity. Be on the lookout for people who could mean you ill will; they may not, but it never hurts to simply be observant. However, there are a few things of which the average person should steer clear. Do not start running through various fight scenarios in your mind. Even if this is warranted due to an impending altercation, any planned moves you make will only be pertinent until the altercation begins. Real life cannot be planned. This is where you trust in your instincts and training to kick in and help you.

In conclusion, an overly combative mindset is something that almost every serious martial artist has to deal with at some point. The constant nervousness and paranoia that accompanies this is not only a potentially bad way to live, it is contrary to many of the teachings of the martial arts. My advice to anyone dealing with this particular issue is to let the majority of the combativeness go. Be aware of your surroundings, but beyond that allow your training to take over only when it has to. Do not let fight scenarios dominate your every moment outside of your home. Train hard enough that you do not *have* to plan out a fight. Think, while you are training, about when you would actually ever use a particular technique, then should it ever be put in to practice, you already know what you will do. A superior martial artist should not have to think in a fight; his or her mind and body, working in unison, have already determined what will happen in response to any given stimulus before the fight even starts.



Warrior Challenge by Andrew Stolarik

Every so often an individual comes along and inspires you or reaffirms to you that what you are doing works. I have had such success recently with how I teach my jiu-jitsu classes and how I train individuals for life. I won't go in great detail but I will tell you this how I train myself is no different how I train others. What I expect you to do, I will do also. If I can't do it than how can I expect you to do it. With that being said here is this month's Warrior Challenge. Complete it, destroy it, and earn the title of Warrior- an individual who can walk the walk. We are not talkers but walkers. The following will sure make a warrior out of you:

This challenge only involves two exercises the push-up and squat but pay attention to the rep scheme:

Do 20 squats, 1 push up

19 squats, 2 push ups

18 squats, 3 push ups

17 squats, 4 push ups

All the way to 1 squat, 20 push ups

This will add up to 210 squats and push-ups in the end. Hope you enjoy this work out and remember just finish it as quickly as possible.

Author- Andrew Stolarik. I am not only a martial artist but I also competed in strongman contests, obstacle races, and road races. I am also a personal trainer to those who wants to live the warrior lifestyle.

Hybrid Jiu-Jitsu
Instructor – Andrew Stolarik
258 Main St
Loganville GA
(770) 294-7781



NEWS AND ANNOUNCEMENTS

Martial Arts USA Summer Clinic was held August 17-19, 2012 in Athens GA. The following notes are from some of the participants. If you were not in attendance, you missed out on a great chance to train and meet up with old and new friends. Make plans for next year!

Ken Blumreich-AKF Athens Martial Arts

AKF Athens Martial Arts just hosted the 2012 MAUSA clinic, and it was—as always—a blast. In addition to some truly stellar presentations by Carol Ivie, Tommy Lunsford, Steve Bevil, Ken Lones, Larry Beard and Neal Hummerstone, this year's clinic also included some new faces: Grandmaster James Webster conducted a session on the rarely-seen ticchu (a traditional Okinawan weapon derived from a tool used to haul in fishing nets) and Mr. Andy Stolarik kindly filled in for Ed Byers and taught a fantastic grappling session.

While the martial arts techniques, principles and theories that were taught were impressive, the real joy of the clinic was the way that it brought so many people together in the spirit of learning and camaraderie. At the end of the day, students went home with not only a plethora of new information, but also with new friendships, new role models and a clearer sense of the deep bonds that hold our different organizations and schools together as a community and as a family.

In the AKF we talk about the principle of Man Nam: meeting or gathering together, and learning through contact and community, for the betterment of us all. This year's clinic was an excellent example of this, and I was proud to be part our martial arts family's Man Nam.

Chris Hobbs-JSU Judo Club

This was my first time at an MAUSA Clinic. I had a blast. At first, the fact that I was the ONLY white belt to attend was a little intimidating and overwhelming. However, as soon as the classes started, so did the introductions and conversations. This put my nerves at ease a bit. Everyone was so nice, helpful, and made you feel welcome. All of the Grandmasters were eager to teach their art, and the students were just as eager to learn. The only drawback was that there was more information taught than everyone could absorb. However, it did give an opportunity to get a taste of what other Martial Arts are out there such as: Jujitsu, Judo, Hapkido, Aiki Tori Ryu Aikido, to name a few. The Clinic also touched on gun safety and the basic principles of marksmanship. I can honestly say there was more martial arts experience packed into the Dojo than there are cars on the highways of Atlanta after a Braves game. I would highly recommend going to this clinic, or any similar clinic, to gain some knowledge, experience, meet new people, network and most importantly to have fun.

Andrew Stolarik- Hybrid Jiu Jitsu

MAUSA had their annual clinic back on August 17-18th in Athens, GA. Grandmasters from various systems shared their knowledge and experiences with us. It was an honor to learn from them and talk to the

Grandmasters afterwards. Everyone was eager to learn and the Grandmasters were just as eager to teach. It was a priceless event. If you missed it this year, than I suggest you make arrangements and go next year.

GM Larry Beard-MAUSA, JSU Judo Club

On the weekend of August 17-19, the annual MAUSA summer clinic was, once again, hosted by AKF Athens in Athens, GA. Participants were treated to some of the most outstanding martial arts instruction available. Combining time in the martial arts, the instructors had well over four centuries of martial arts experience and these outstanding instructors (including seven Grandmasters and one Professor) openly shared their experiences and techniques.

Also, prior to the instruction Friday night, John Lumpkin tested in front of the MAUSA board, and was awarded his Nidan in Budoki Junari Hapkido and his Shodan in Budoki Junari Aikido. After the promotion, the Friday night sessions began and participants were treated to GM Carole Ivie, teaching jiu jitsu, GM Tommy Lunsford, teaching Hapkido and GM Steve Bevil teaching Kenwayoshin Ryu Karate. Participants were introduced to lots of pain, joint manipulations, punching, kicking, and forearm conditioning.

Saturday again had some outstanding instruction as well. The day began with GM Neal Hummerstone, Soke of Aiki Tori Aikido teaching a hybrid system of self defense which utilized environmental tools instead of traditional punch/kick/throw techniques. He demonstrated some tools that are readily available, such as a common comb, a flashlight or a credit card that could be utilized with devastating effect.

Following GM Hummerstone, Sensei Andy Stolarik taught several armlocks from various positions. Sensei Stolarik used his old friend Dr. Alex Keller as uke and they did an outstanding job of teaching both straight and bent armlocks. They finished their session with Sensei Stolarik impressing the students with a demonstration of several entries into flying armlocks.

GM Steve Bevil and Carl Bossom from York, SC YMCA, then taught a session on the bo/jo staff. Students were treated to basic blocks and strikes, and the lesson then progressed to both offensive and defensive tactics and were then treated to some bo tai bo randori, helping drive home the concepts that were just taught/demonstrated.

After lunch, GM Beard and Justin Williams did a session on cross chokes/single wing chokes. Students seemed to enjoy strangling each other and began to understand the concept of judo people saying “if you move your hand to right here, it hurts lots AAAAUUUUUGGGGGGGGGGGGGG!!!!!!” There were several appreciative gags and coughs from the participants.

GM James Webster followed, with a little known form using the chatan yara, a type of kubotan with a rope to hold the weapon to the hand. The weapon was originally developed to help Okinawan fishermen draw in the nets without cutting their hands. The form was well received by the students, and several asked for additional training/copies of the video to continue their training.

Ending an excellent day of training, Professor Ken Lones broke out his escrima sticks and proceeded to wail on his ukes, Richard Wise and Adam Robinson. Demonstrating that there is much more to stick fighting than

beating your opponent with the stick like a baseball bat, Professor Lones showed how a stick could be used as a lever to inflict great pain on your opponent.

Sunday morning, GM Greg Albritten, GM Lunsford and Professor Lones treated students to three hours of pistol safety. After demonstrations of firearm safety, proper stances and methods of holding the pistol, students took turns at a firearms simulator, helping the students have the virtual opportunity to use their firearm in a simulated situation. GM Ivie won the “make sure there are no witnesses” award.

This was an excellent training opportunity to cross train in several different arts with some outstanding instructors. If you were able to attend, we hope you had a great time and learned a great deal. If not, mark your calendars for the third weekend in August, 2013 for another opportunity for some outstanding training opportunities.

DID YOU KNOW?

Editor’s Note: I usually use this space to provide snippets of historical facts and general entertainment notes related to the martial arts. This month I wanted to take the time to recognize an American martial artist who lost his toughest fight against cancer in August, Mr. Joe Lewis.

Mr. Lewis began his study of the martial arts while serving in the US Marine Corps. He studied Shorin Ryu under Eizo Shimabukuro and had the opportunity to train with many great martial artist throughout his career to include Bruce Lee (Jeet Kune Do). He is best known for his many championships in the sport karate world from point fighter to full contact kickboxing. He was called the “Muhammad Ali” of Sport Karate and had more championship wins in his career than any other tournament fighter to include the first World Professional Karate Association heavyweight full contact karate champion.

He was a well respected instructor and taught many seminars through out the year. His timing and skill were amazing. Again we have lost another to the hands of age and illness. Please remember to “hang out with the old guys, they know stuff”. The skill that great martial artists like Mr. Lewis possessed is only lost if it is not passed on.



SAYING OF THE MONTH

“Ultimately, you must forget about technique. The further you progress, the fewer teachings there are. The Great Path is really No Path.”-Morihei Ueshiba, founder of Aikido

FUTURE EVENTS

September 8 2012 Martial Arts Training Seminar with Troy J. Price Vero Beach FL

For more information please contact David Roth at (772)563-9333 floridakarate@hotmail.com

September 22, 2012 JSU Judo Club Stick and Knife Seminar with Professor Ken Lones

For more information please contact Patricia Hill at pigtailshill@aol.com or Mr. Lones at imca@knology.net