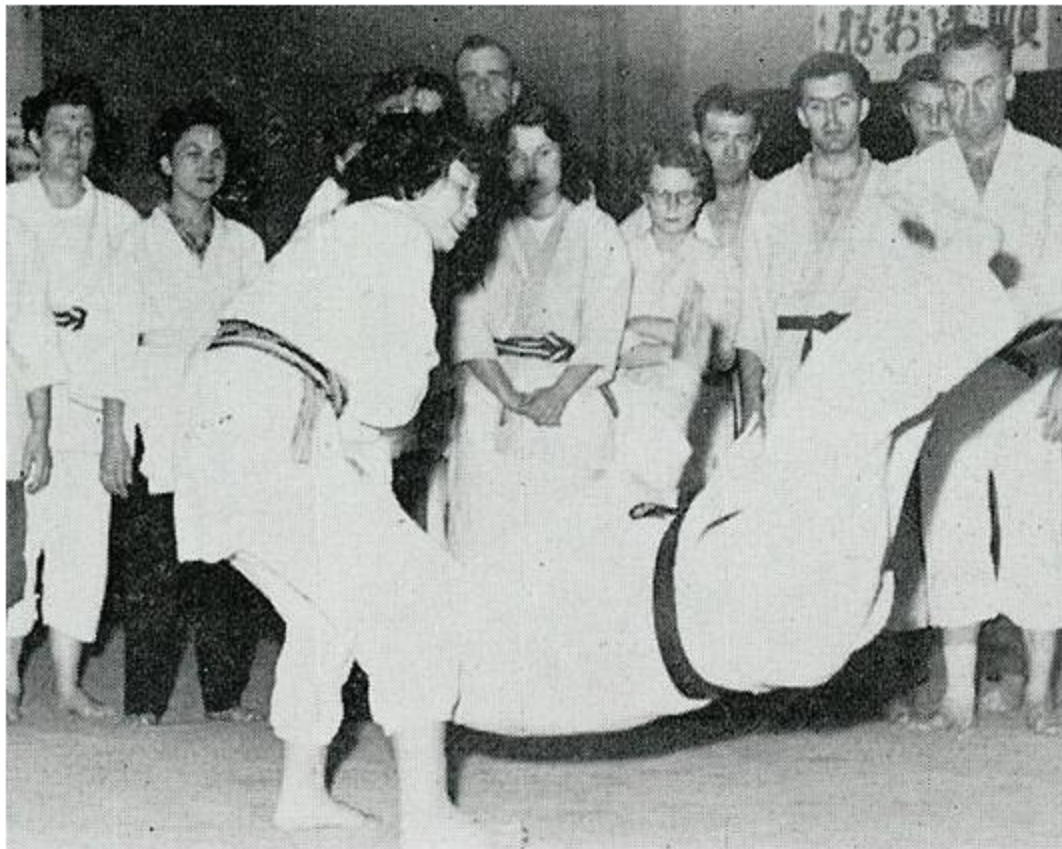


THE VOICE



Jan/Feb 2014

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.

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ABOUT THE AUTHORS

Patricia Hill



Professor Hill has been involved in the martial arts since the early 1970's. She has had a most impressive competition record, winning a national championship in the Junior Olympics in the early 70's. The United States Judo Association honored Master Hill and Grandmaster Beard as the 2005 Outstanding Kata Team Practitioners from the State of Alabama. The United States Judo Association also honored her as the 2006 Outstanding Master's Woman Competitor from the State of Alabama.

Carole Ivie



Professor Carole Ivie entered the world of martial arts in 1974. 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*. She teaches a women's self-defense program at the YMCA and for any civic, business, or private groups. Professor 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."

Melissa Smith



Melissa Smith began her martial arts career around seven years ago when she enrolled in a women's self-defense class. She quickly fell in love with the arts and continues to grow and improve her skills. She currently holds a brown belt in Hapkido and a yellow belt in Shin Shin Jiu-jitsu. Melissa is currently enrolled in a master's program, graduating in May, and obtaining a degree as a Pediatric Nurse Practitioner. She is a wife and mother of two young children.

QUOTES AND WORDS OF WISDOM

*“If you want to be a champion, you’ve got to feel like one, you’ve got to act like one, you’ve got to look like one”
-Red Auerbach*

*“Flow with whatever may happen, and let your mind be free: Stay centered by accepting whatever you are doing. This is the ultimate.”
-Zhuangzi*

*“We need to remember that the primary goal of Aikido is harmony and good relations between people. If we don't cultivate a harmonious heart along with technical skill, there will be a lack of integration in our practice, which will show up in behavior off the mat.”
— Linda Holiday*

*“We all have inner demons to fight. We call these demons ‘fear’, and ‘hatred’, and ‘anger’. If you don’t conquer them, then a life of a hundred years... is a tragedy. If you do, a life of a single day can be a triumph.”
- Yip Man*

ARTICLES

A Woman's Experience in the Martial Arts by Carole Ivie, Hachidan

Many years ago, back when dinosaurs roamed the earth, when I had a dojo 'way up in Lavonia, GA, I had a few male students whom I trained in kickboxing on the side. The first thing I said to them at the beginning was, "Forget everything you think you know. I'm going to teach you to fight like a girl." Then we would watch some videos of women's bouts (there weren't many), and they would see what I meant. Women are vicious in a fight! This is not surprising; just look at the rest of the animal kingdom; the female of any species is the one to fear. A woman fighter explodes out of the corner, starts raining blows, and does not stop until it's over.

Single-minded and hungry. Afterward, she and her opponent will hug and go out to dinner together!

That being said, I also know from my forty years' experience in the martial arts that it is not an easy thing to tap into that ferocious fighting spirit in women. I have been in many different dojos over the years, and have seen many women come and go. Some will leave after discovering that this world is not what they expected; some will quit when they see how hard it is; some will fail to find whatever fantasy they were looking for; some just cannot find a way to juggle all their other responsibilities and make time for something just for themselves. BUT the ones who stay have found a power and satisfaction that is found nowhere else, and is very addictive. Maybe this secret has been found out, for now there are many more women in the martial arts than when I first stumbled into this male-dominated world.

I have discovered two areas where male sensei may need to be educated. The first is in the dojo. Men and women students are different (duh, right?). Women students learn and behave differently: not better, not worse, just different. Women need more verbal interaction, reassurance, and demonstration. Also, we like to know the reason, the logic behind techniques. The learning process is much more personal. "Do it because I said so" just doesn't sit right with women. If a woman has stayed in the dojo past the beginning, culling, stages, you can be sure that she has reached the point of "I will do this or DIE trying!" You will often see us do more than is required, just to prove something to ourselves. Long ago, when I joined a group of over-achiever male black belts, when I was still an Ikkyu, I made sure that I did two more than they did of everything we were doing, just to show that I belonged there. It was not for them; it was for me. I honestly don't think men think this way.

The second area where I think some male sensei need to be more aware is in teaching women's self-defense classes. If you go into this arena expecting to throw out some great techniques for a group of motivated, fight-oriented ladies, you will often work your heart out, but fail to reach them in a way that is useful and life-saving. If you are lucky, you may get a group like this, but it is rare. Mostly you will find yourself with shy, out of shape, hoping-to-find-magic, women who can't and don't want to learn martial arts. In short, you have women who need **empowerment** before you can give them ANY techniques. This is a concept that most men find hard to grasp. I know I'm generalizing, but most men are born empowered, or at least are given it by our society. With women, we who would teach them to protect themselves must first make them aware that they CAN do that and that they DESERVE to do so.

This is why I think women's self-defense is best taught by a woman. I don't even allow men (husbands, boyfriends) to come to the classes. With some classes, the presence of a man inhibits and intimidates the women. The only men allowed come in at the end, when we need somebody to knock around, are men known and chosen by me. Sometimes I think it helps that I'm an older woman who looks like a kindly, sweet little grandmother.

Here is a short synopsis of what I teach in women's self-defense classes

(For a complete outline, there is another article):

1. Getting their attention: stories, articles, statistics, scare tactics.
2. Get to know one's abilities & limitations / who are victims / who are attackers.
3. Environment: where dangers lie / common sense avoidance / preventing trouble.
4. Understanding attacks & responses: defusing situations / buying time techniques / don't-be-there principles / facts & fallacies about what works & what doesn't.
5. Body awareness / natural weapons /basics of making fist, how to kick, etc. / points of attack / effective movements / stun-and-run principles.
6. Escalating confrontations: more aggressive responses / specific techniques against grabs, punches, unwanted touching / moving up to chokes, bearhugs, etc.
7. Falling safely, fighting on the floor, desperate moves.
8. Tailoring the last classes for specific class makeup: with some classes, we end with actual confrontations with ukes brought in by me / with some classes, I share deadly information.

In the women's self-defense classes I draw from experience and research. I read and research all aspects of keeping safe in ordinary settings. One very useful source is friend Shelia Baker, Sensei, in Leavenworth, KS. She worked in the prison system for many years, and she was able to interview many prisoners convicted of rape, assault, and murder. Over the years she and I have worked up profiles and useful information to help victims of violent attack, compiling and sharing ideas and techniques best suited to regular, non-martial, women. Sensei Shelia has been a great source and inspiration for me.

The women who make a life-long journey in the martial arts have had to be tough, innovative, committed, and ferociously dedicated. Yes, we work differently from our male counterparts, and sacrifice a bit more, but maybe we take away different things also. Maybe we discover who we are.

Women in the Martial Arts by Melissa Smith

It is well known that the martial arts remain a primarily male-dominated arena. However, many women were instrumental in the development and remain important contributors to the arts.

Dating back as early as 770 B.C., women were recognized in Chinese history as talented martial artists. In a time when men dominated battlefields, these women proved themselves skilled archers and swordsmen, who fought with unstoppable courage along side their male counterparts. Yu Niu was a talented martial artist and swordsmen of her time. Princess Ming-Lian was not only an incredible martial artist, but a practitioner of herbal medicine. Yim Wung Chun, a student of Ng Mui, developed an efficient martial art for smaller and weaker fighters. Interestingly, Yip Man, who would later gain fame as Bruce Lee's teacher, was a student of the art begun by Yim Wung Chun. In Japan, Tomoe Gozen and Hangaku Gozen are women recognized as incredible warriors of their time.

Women bring a different perspective to martial arts, both mentally and physically. To attempt to equalize both sexes in a training world would be an incredible disservice to males and females alike. Allowed to flourish, women provide insight and techniques that can allow for growth within them and their training partners.

So, why then are so few women currently training in martial arts? Many cite intimidation as a primary factor.

"It can feel intimidating for women to train in a predominately male environment," says Anna Rhodes, a non-martial artist. "I've always seen the martial arts as a male sport."

Another factor that may contribute to fewer women in a martial arts environment is roles of women in society. Many women are wives and mothers, and devoting time for training may seem impossibility. Putting family first is a priority for many women, even though time for oneself can improve overall well being.

Julie Patterson, a wife and mother of three, sums up the thoughts of many women when she says, "To be honest I don't know when I'd find the time -- even if I wanted to."

Yet many women do find themselves becoming involved in the world of martial arts. For these women, one of the primary driving factors comes down to a desire to protect and defend oneself. Benefits of this type of training translate into improved strength and overall self-confidence.

“I think that women take up martial arts because of self-confidence -- the desire to defend off an unwanted attack, boost self-esteem, or to train in an unusual system,” says Andrew Stolarik, head instructor and owner of Hybrid Jiu Jitsu. “Martial arts are seen as an aggressive way to blow off steam and, in the process, obtain mental and physical strength.”

Michelle Ciavola, a black belt in Tang Soo Do agrees, “I began martial arts because I was tired of feeling weak all the time. I wanted to overcome my own mental obstacles and become stronger inside and out.”

Professor Carol Ivie, Hachidan in Jujitsu, Rokudan in Karate, Nidan in Judo, first level Eagle Claw Kung Fu, and Nidan in Yudo, knows better than anyone the obstacles facing women, as well as the tremendous benefits obtainable, when pursuing martial arts. Her view, in its simplicity, provides inspiration for men and women alike, “Get over yourself and get out there. If you’re not learning, you’re not living.”

Scenario defense: Grab/choke from Behind by Patricia Hill

What to do if someone grabs you around the neck from behind.



First reach up with both hands to relieve pressure on your neck while simultaneously driving your heel into your attacker's instep. Grab your attacker's choking arm with both of your hands and pull down as hard as possible and start turning toward the back of your attacker.

Grab your attacker's arm by placing your hands on either side of his wrist and put your elbows together so you have control of his arm.





As you turn knock the attacker sideways with your hip. This knocks the attacker off balance and you can take him to the ground.

Drop your knee in his floating ribs so you have complete control of your attacker.



Then strike your attacker in the face with the heel palm of your hand. This should keep your attacker immobilized long enough for you to RUN.

Beard's Corner

To arm or not to arm: Is that still a question? by Professor Larry Beard

Shopping with my wife Patricia is always a pleasure. However, it is getting harder and harder to take her into certain stores. More and more stores are caving to political pressure and putting a “no weapons” policy into place. This means we have to be more careful about what we actually bring into the store with us.

Ignoring the philosophical argument that I am a weapon and whatever I choose to use to defend myself is a tool, let's examine Patricia's purse (which, incidentally, is a conceal carry purse-a birthday present from yours truly). On any given day, her purse contains her current conceal carry permit along with various knives (all with fixed blades, but more on that later), a North American Arms .22 mag (a very cool pistol), a kudoan and a Colt tactical pen with a DNA collector on one end. She traded her Kel Tec 9MM for the .22 mag for weight reasons. And that doesn't include the hardware she carries in her car.

Why would anyone need to be armed and trained to defend themselves in this society? According to the FBI crime statistics for 2012, the violent crime categories, which include murder, forcible rape, robbery, and aggravated assault, are on the rise. Even the more recent “knockout game” phase (that seems to be fading out) tended to target the weak, the elderly, females, and others that were perceived to be those least able to defend themselves.

So, back to the original question: to arm or not to arm? I think a better question would not be whether I needed to be armed, but what type of tool should I choose to carry? Should I carry a knife or a pistol? Will a kudoan that is flat on both ends work as well as a tactical pen that has a sharp steel reinforced point made to bust glass on one end and a DNA collector on the other? Whatever choice you make, it needs to be a personal choice and the weapon needs to be one that you are comfortable and familiar with. Personally, I like a fixed, curved blade knife like the Ka-Bar TDI knife with a straight edge. It's small, concealable, and designed specifically to be used in a self defense situation. A fixed bladed knife means I don't have to waste time opening the knife if I need it and I can maintain better control of the knife throughout the sequence because I have my hand wrapped around the entire handle the whole time I have the knife. But you need to get and train with what you are comfortable with, not what I am comfortable with.

Whatever tool you choose to use, the first rule is to get proper, qualified continued training. And I don't mean look up a video on YouTube or “buy a book”. Get first hand, face to face training with a qualified instructor and practice what you have learned. A two hour knife/kudoan session or putting 50 rounds through your new pistol will simply not be enough training. Practice the skills you have learned hard and often. Fortunately, MAUSA has many highly qualified

instructors that are fairly spread out and that love to teach their art. Up to a person, we have all had weapons training, both traditional and more current variations, and are more than willing to share our expertise.

Women's Self Defense Outline provided by Professor Carole Ivie

OUTLINE: WOMEN'S SELF-DEFENSE CLASS

(Note: This is just a general guideline that I use myself. It can be condensed or expanded to fit the time allotted, and modified to fit your own choices. Carole Ivie, Hachidan)

I. *INTRODUCTION*

- A. Violent crime in our society: use current statistics, local news items, etc.
- B. Victims: women, children
- C. "Someone else"
- D. Define assault, rape, robbery, murder
- E. Protection: police/laws/courts: all **after** the fact
- F. You are the first line of defense
- G. Self-defense begins today, now - not at time of attack

Think / Plan/ Know ahead of time what you are **willing & able** to do

EMPHASIS: KNOW TWO THINGS:

1. YOU HAVE A RIGHT TO DEFEND YOURSELF
2. YOU *CAN* DEFEND YOURSELF

II. *CONTRIBUTING FACTORS (CAUSES)*

A. NATURAL VICTIMS

- 1.accessible & vulnerable
2. attitude: helplessness & hopelessness
- 3.predictable routine
- 4.mouthy, loud, dress (emphasize that how you dress does not make you to blame for being a victim)

5.advertise being a woman alone

6.age/attractiveness not a factor

B. DANGEROUS CONDITIONS / CARELESSNESS

1.unlocked doors, windows /discuss chains on doors, etc

2.windows rolled down in car at traffic light, giving directions, etc

3.talking to strangers about living/travelling alone

4.who has access to your keys?

5.woman's name on mailbox, in phonebook

6.going home with or taking to your home people just met

7.opening door when anyone knocks

8.preventable car trouble: running out of gas, etc (keep emergency box in car)

9.have class offer other situations & suggestions

III. *GENERAL PREVENTION*

-weapons : responsibility / know laws / get instructions / practice

-physical fitness: stretch / cardiovascular / how far can you run for your life?

-awareness (alone or in crowds)

-know neighborhood, routes, etc. : where lights, people, how close to help at any given time

-where vulnerable areas

-don't invite attention

-vary routine

-check in, under, around car / have keys in hand

-someone to expect you, know your plans

-don't threaten

- travel with partner (dummy?)
- keep money for phone, fix flat spray, etc
- walk/act with confidence - look people in eyes - listen for out-of-place noise
- look for possible escape routes
- elevator cautions
- plan ahead: know possible actions to take

****HANDOUTS OF PRECAUTIONS****

IV. REACTIONS TO ATTACK

A. Make instant judgment

FACTORS OF ATTACK:

1. style, type of attack
2. your psychological / physical makeup
3. your impression of his intent
4. environmental circumstances

B. FIRST LAW OF SURVIVAL: DON'T BE THERE (RUN)

C. SCREAM (practice in class!)

D. DISCUSS SOME OPTIONS: pretend surrender / talk, reason

E. DUCK - SIDESTEP - BLOCK - PARRY

F. WHAT IF HE HAS WEAPON?

G. ****DO NOT GET INTO CAR OR BE TAKEN AWAY****

H. IF FOLLOWED, DRIVE TO POLICE, OPEN BUSINESS, WHERE PEOPLE ARE; TURN AROUND, GO OTHER DIRECTION; NOT GO HOME

I. BACK SEAT CAR: SPEED/RUN RED LIGHT/SLAM ON BRAKES/CRASH/etc

J. ACT FAST - MAKE DECISION/COMMITMENT

K. ONCE STARTED, KEEP MOVING: turning, rolling, running, using arms & legs, etc

L. **KNOW PAIN**: you can take a hit (remember when hurt before)

V. **BUYING TIME MOVES**

A. NATURAL WEAPONS:

-keys, heels of shoes, radio antenna, pen, hair spray, lighter, broom, umbrella, rolled newspaper, purse, brush, comb, book, mace (caution), furniture, fingers in eyes, fingernails, throw up, gag, spit, head butt, fall back, ear pops, nose, knee smash, stomp instep, rake shins, **fist (practice making fist, using hammerfist, double fist, etc)**, heelhand, element of surprise. Practice kicking.

B. POINTS OF ATTACK:

-eyes, nose, throat, finger break, testicles (more on that near end of course!), ear, knee, hair, etc.

HANDOUT: POINTS OF ATTACKS & NATURAL WEAPONS

VI. **SOME SPECIFIC COUNTERS**

(here are some suggestions / each instructor selects favorites / also encourage ideas from class)

Note: Always emphasize that a verbal NO and body language go a long way at the beginning of a confrontation: practice body language & moving away/around

A. CASUAL: Arm on Shoulder - nose with little finger, elbow pop or break, finger bend or break, pinch, extended knuckle to rib, simple wrist lock, trap hand/duck under/roll elbow, kick knee, etc.

B. CASUAL: Hand on Arm or Taking Wrist - circle against thumb, simple wrist lock, finger peel-off, counters such as strike to nose, etc.

C. GRABS: One Hand - trap/press down/step back; wrist lock; kick to shins; any strike technique; O Soto Gare

Two Hands - same as above; arm up/turn away, etc.

Bearhug Front - hair,nose shins,heelhand, eyes,ear pop, head butt, etc.

Bearhug Rear - pinch, head butt, testicles, drop, leg pull, back fall, kick shins/rake down/stomp instep, bracing legs on doorframe, etc.

D. **CHOKES:** Front - same as for bearhug; arm up/turn/strike with elbow; attack shins; push up on wrists/step back; wrist lock and/or break elbow; gouge eyes, throat; double fist into testicles

Rear - same as for bearhug; turning head into “pocket”; step behind/sweep foot or drive knee, possibly koshi nage (drop to one knee & pull him around or over shoulder)

E. **FLOOR MOVES:**

General Techniques - falling to avoid injury; continuous movement; fetal position lock; etc.

Astride Pin or Choke - extend one side/roll; smash elbows/bridge/roll; etc.

VII. ***DESPERATE DEFENSE***

(Note: Use careful judgement with this section. Teach only the techniques that you believe the particular group can handle)

Eye push, gouge

Testicle crush (I use plums or small tomatoes!)

Bite off ear, nose, lip, anywhere

Carotid artery choke

Crush windpipe

Elbow/arm break

VIII. ***CONCLUSION***

A. **FALLACIES CONCERNING RAPE**

1. women “ask for it” by their dress or behavior
2. unwilling victim can’t be raped
3. nice women aren’t raped
4. women actually enjoy rape
5. a woman can’t be raped by her husband
6. rapists are strangers

7. rapes occur in dark alleys at night

8. rape is spontaneous

9. rape is a crime of passion

-discuss motivation of power, violence, rage, anger, sadism

B. RUN, DON'T FIGHT

C. SURPRISE, SPEED, COMMITMENT

D. YES, MEN ARE BIGGER, STRONGER (go where they are weak, not strong)

E. NO SUCH THING AS "DIRTY FIGHT" / DO WHATEVER IT TAKES

F. FORGET "DAMSEL IN DISTRESS" SYNDROME

G. COMMIT: - be confident, calm - want to live -control situation - know tactics - depend only on self -
THINK / PLAN / DO

** Sometimes I like to sum up with a two-year-old toddler's defense:

1. You can't take me.

2. You can't hold me.

3. You don't want me.

Important note to sensei: work in any techniques you know & like, but KEEP IT SIMPLE. Remember that you are not instructing martial artists or even very fit women. If you don't EMPOWER the women first, they will not remember or use any of the excellent techniques!