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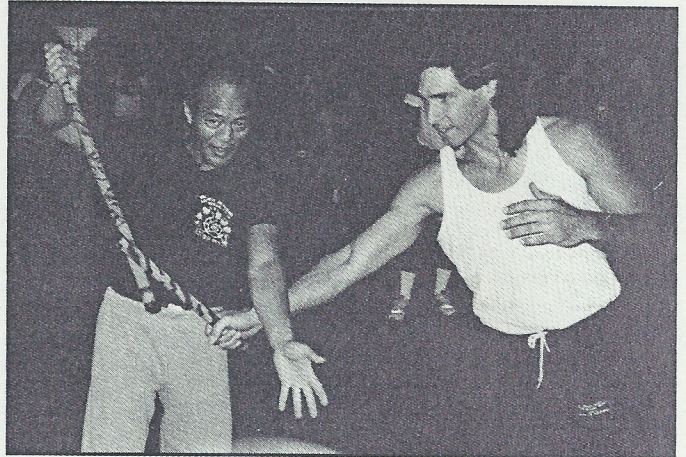
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BURT OFFERINGS

What Inosanto Really Teaches

By Burton Richardson

If this column sounds like an advertisement for sifu Dan Inosanto's Academy, I apologize. It's just that I've heard and read many complaints about Inosanto's teachings. Since jeet kune do is about truth, I felt compelled to speak out. The charges emanate from a few supposedly knowledgeable jeet kune do exponents who claim that Inosanto doesn't teach the "real" jeet



Columnist Burton Richardson (right) with teacher and friend Dan Inosanto.

kune do or the "original" jeet kune do, or that he doesn't teach jeet kune do at all. The truth is that Inosanto not only teaches the art, he lives it.

Dan constantly improves himself by learning from various instructors. He is currently studying under a Thai, an Indonesian, a Filipino, a Japanese, and a Chinese instructor. This alone is amazing. As for his teaching, it is always puzzling to hear people talk of Dan's curriculum when they have never even been to the Inosanto Academy.

Some of the misunderstanding is because people think the material taught in seminars is the same as the training in the school. Seminars are for acquiring vast amounts of information which the student must take home and practice. This teaching method is designed for the diligent martial artist who can only see Inosanto once or twice per year. Many top instructors have been developed this way. At the school we are very fortunate to have Dan nine hours per week where he not only teaches the students, but actively trains them. We go through round after round of drilling the techniques and sharpening their attributes. For a look at what is really taught I offer the following.

Jun Fan kickboxing and trapping

The Jun Fan class usually starts with street-oriented kickboxing. This consists of focus glove drills, practice with a partner, and full-

contact sparring. Hand trapping is performed from a kickboxing structure as well as from chi sao. Class usually ends with practice of the traditional wing chun dummy set and the jeet kune do set. Inosanto occasionally brings out Bruce Lee's personal notes to show how the curriculum was structured in the early years and how it evolved as Lee's experience grew. More importantly, Inosanto expounds upon the reasoning that went into making those changes so that we understand how to evolve ourselves.

Muay Thai

The Thai boxing class provides more hardcore training. Much of the drilling is from the influence of master Chai Sirisute, president of the Thai Boxing Association U.S.A. The techniques of muay Thai are practiced during shadowboxing, drilling with a partner, and working on the Thai training pads. The session stresses rigorous physical conditioning and practicality.

Filipino weaponry

The weaponry class consists of practice with double stick, single stick, stick and dagger, single and double dagger, staff, and flexible weapons. Elements are taken from Inosanto's vast background in these beautiful but deadly arts. Long-range to close-quarter grappling is practiced complete with locks, throws, sweeps, and disarms from the ancient Filipino art.

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Maphilindo silat

This is an empty-hand class combining many of the training methods and techniques from the silat arts of Malaysia, the Philippines, and Indonesia. The fighting strategies vary from region to region with some styles preferring an upright stance, others opting for a half-squat position, while one starts by sitting with the body low to the floor. All styles are efficient in street situations.

Kabri kabrong

Kabri kabrong is the Thai weaponry art which is practiced by running (literally) through fast-paced two- or three-person sets with real weapons. There are only six select students in the class because of the element of danger and the spatial restrictions. We usually start with single or double sword then progress to the staff, spear, and tonfalike weapons. Non-denominational rituals are performed before and after class to pay homage to the Buddhai-Swan school in Thailand and to seek protection from harm during the practice sessions.

Inosanto provides plenty of information and training methods so that we will never be biased against other arts or fall into the trap of being a closed-minded "jeet kune do" practitioner. Although a contradiction in terms, there are many teachers who fit into this category. It takes a great deal of dedicated training and research into many different fighting methods to truly realize in your heart that each art has similar principles that work; each art was formulated with battle-proven techniques by experienced combatants.

Inosanto gladly brings all of his discoveries to us. He then shows us his interpretation of the strengths of each art along with logical combinations of their techniques, concepts, and training methods. If a student merely wants to learn the principles, they are made available. If someone wants to learn an entire system Inosanto will arrange an introduction to his teacher and encourage further training. He will even teach techniques that he doesn't personally favor so that each student can make his appraisal.

This is how open and free from limitation the training is at the Inosanto Academy. For those who say teaching all these styles is not part of the jeet kune do concept, let me close with a quote from Bruce Lee. "Do not deny the classical approach simply as a reaction. For you will have created another pattern and trapped yourself there."

About the Author: Burton Richardson is a contributing editor of Inside Kung-Fu.

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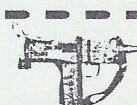
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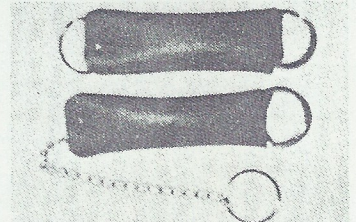
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Burton Richardson

The Loyal Servant

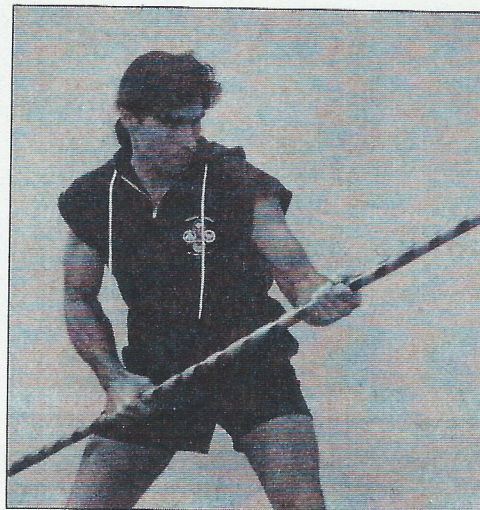
Loyalty is a fine quality. We appreciate it in children, dogs, and servants. Martial artists are very often told that they will not progress in their art unless proper loyalty is displayed. This translates into avoiding all contact with other martial arts through books, videos, seminars, or (heaven forbid) training in another school. The servant must show loyalty toward the royalty. I am sure that many of you are familiar with this sort of situation and I agree that loyalty is an absolute must in the fighting arts. The question is, though, "Who should be the servant?"

The word "loyalty" is defined as being "faithful to one's oath, commitments, or obligations." A teacher expects the pupil to be dedicated to the training and respectful to the person who gives the knowledge. Although a student gives money to support the school and the instructor, a payment does not mean that the teacher must divulge every secret of training. This is reserved for the diligent, conscientious student who proves his good intentions. Unfortunately, most teachers also think the student is obliged to study exclusively with them.

This thinking probably comes from the times when the students were the defenders of the village and outside contact could result in the loss of secret techniques. Secrecy was crucial to the survival of the families during raids from neighboring clans. In today's society we have nearly done away with hand-to-hand combat among rival factions. Drive-by shootings have proven much more effective than the gang fights of years past. Most students of the arts are interested in protecting themselves and loved ones from the random strong-armed robber or the belligerent drunk. The student is going to be on his own in most fighting situations. This is why I believe the direction of loyalty should run both ways.

About the Author: Burt Richardson is a contributing editor of Inside Kung-Fu.

If there isn't just as much loyalty given from the instructor then the student is getting short-changed. The teacher should be committed to giving the student every opportunity to improve his ability to survive a street attack. This includes allowing the student to seek out other instructors in different systems. If the teacher really cares for



the student there will be no holding back knowledge or shielding from other methods of combat.

Dan Inosanto always encourages his students to study other systems and to study from different instructors in the same system. Inosanto goes out of his way to bring different people to his school for seminars. In 1992 alone

we have had seminars in pentjak silat, bersilat, mande muda, aha and tchaa, muay Thai, bando, lameco eskrima, doce pares eskrima, and more. Now that is loyalty toward the students. Sifu Dan has created an environment for learning that is geared toward the needs of the students. Each pupil can then incorporate the techniques, training methods, and philosophies that are appealing to the individual.

Returning to the servant idea, pentjak silat grandmaster Paul deThouars often points out that the teacher is actually the servant. It is the instructor who brings the knowledge to the student, gives his time to the student, and labors to develop understanding in the student. The pupil does have the responsibility to work hard and consistently, but it is the teacher whose lifetime of study is being offered to those willing to devote themselves to learning.

Life is too short to live in one area, eating one type of food, talking to the same people. Get out and explore. Learn new methods of kicking and defending against kicks. Do you know how to kickbox? Can you fight on the ground? Can you wield a spear? If you can, why not learn some new methods from different places? Make sure you have instructors who are loyal to your needs and give you love and loyalty in return.

IKF

The Reality of Sparring

The jeet kune do concept revolves around constantly searching and questioning our ideas and theories to locate the truth in the arts and life. One apparent truth is that sparring is an invaluable tool for developing the martial artist. Predetermined drills are necessary to sharpen the skills of combat, but the unpredictability of sparring is essential to develop the ability to read an opponent.

Reading a fighter means recognizing the attack before it is launched. Sparring enhances this attribute more than any other drill. I think it is important to realize, though, that all sparring is restricted in some way which makes it different from all-out combat. Sparring, regardless of how realistic and beneficial, is just a drill.

Sparring occurs in all ranges of combat. A common problem is that many people only spar in a few selected ranges. The rules of sparring in each range also vary to protect the participants or provide more entertainment for spectators. Let's look at the different environments that have been developed for sparring. We'll categorize the ranges as kickboxing, trapping, grappling, and weaponry.

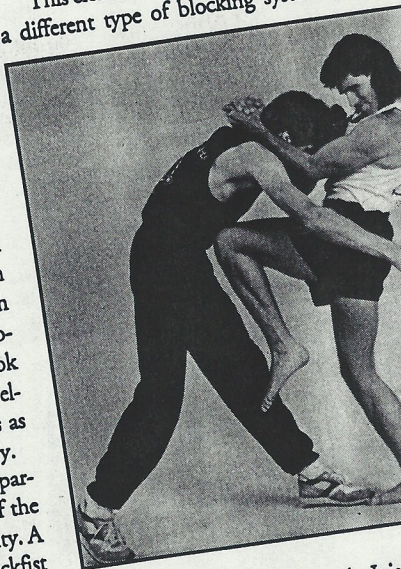
Kickboxing covers Thai boxing to point sparring. It is interesting to note that the rules of the fight determine the participant's view of reality. A typical point fighter may think that a flying backkick (along with the bloodcurdling scream) will put a street thug to sleep in a millisecond. Maybe not. The problem is a lack of contact. Every blow toward an unprotected target is counted as a point. Hit a conditioned fighter and there may be no noticeable effect.

An even greater problem is that a successful point fighter often thinks that he is a great streetfighter. Remember that sparring is a game with rules and a referee. These luxuries do not exist in a street brawl where you may be jumped by many people with weapons. This obviously means that Thai boxing is the only way to go for realistic kickboxing sparring. Full-power punching, elbows, knees and kicks are allowed, meaning that it is totally complete. Wrong again. While the average muay Thai fighter would make an exceptional streetfighter, there are rules that limit the fighters and modify the combat structure. The boxing glove limits the type of punching to a boxing form.

Techniques like the one-inch punch or straight blast from wing chun are ineffective with a padded

fist. Eye pokes, groin strikes, spitting, biting, and grappling on the ground are all illegal. An excellent art, but there are limitations. French kickboxing (*savate*) is more limited, but adds an interesting element. The shoe is worn in the ring and is used extensively in the kicking techniques. The toe of the shoe can sneak around traditional defenses to hit the temple, kidney or solar plexus.

This element causes the savate fighter to adopt a different type of blocking system. Again,



environment influences the style. It is worth noting that certain savate blocks will not be effective against the toe kick of a Thai kick just as some muay Thai defenses are effective against the toe kick of a Thai kick. Always best to know both.

Trapping sparring is practiced in many martial arts. Wing chun is known for its chi sai for push hands. It is necessary to explore all the ranges of combat. The chi sao is that the drill always stays where both participants' hands are in contact. The rules are so there are limitations on what hands are great exercises for developing the ability to trap, but it is very easy to mistake proficiency in a game for fighting.

Grappling is another type of sparring essential for the student of a martial art. The ability to deal with an opponent is very important. But so is the ability to block. Personally, I've seen and heard

of a fighter with a punch to the head or a kick to the groin. A kickboxer should realize that he is going to have a hard time on the ground with a good grappler.

The wrestler should realize that a good kicker or puncher or trapper can do a lot of damage in a very short period. Anything will work if you can do it well. Grappling doesn't work too well against multiple opponents. A knife can really foul things up, too. One on one, though, skill on the ground is a must and all-out wrestling with a good partner is a great way to practice.

Sparring with weapons is another vital drill that is overlooked in most schools. It is very hard to defend against something if you don't understand how it works at full speed. Safety is obviously a concern that leads to limitation in the sparring arena. Stickfighting is a popular form of weaponry sparring because the stick is closely related to a number of other handheld weapons. One set of rules puts the contestants in heavy-duty head gear, hand protection, and a large, padded coat that covers the arms, body, and thighs. The stick is small diameter rattan. No punching, kicking, knees, or sweeps are allowed. Since there is no pain involved and scoring is based solely on the number of hits, defense is minimal as both contestants merely stroke as fast as they can.

Another method uses head gear and hand protection and a padded stick. Action stops when a point is scored so defense is encouraged. A vital element that is missing in these two methods is the fear of being smashed with a stick. A third method is called "real contact" stickfighting. This group (affectionately called the Dog Brothers) is based in southern California and is comprised of some of the best tournament fighters in the country. The protective equipment is a fencing mask, elbow pad, and light hand protection. The stick is heavy rattan.

Other weapons include wooden swords, hardwood octagonal nunchucks, and the staff. All targets are fair and the blows are full power. Punching, kicking, knees, and grappling are allowed. Knockouts do occur through the mask, and there is a great deal of pain involved in receiving a blow. I have had the pleasure of fighting with my friends many times under these rules and I have learned a lot about being hit very hard, blocking, and evading.

Great training, but of course even this is not reality. The mask does protect the eyes and the groin is seldom attacked per a gentleman's agreement. Just like kickboxing sparring, chi sao, or grappling, it is great training that closely simulates a range of combat.

There are now sports like shootwrestling that go from kickboxing to grappling ranges or real-contact stickfighting that utilizes all the ranges of

About the Author: Burt Richardson is a contributing editor of Inside Kung-Fu.

Philosophically Speaking

I have been trying to decide how to write a column on the philosophical and spiritual side of the martial arts without infringing upon anyone's religious beliefs. Since this is a very personal matter, the best solution is to leave the choice of whether or not to do research up to the individual.

I will say that I believe the jeet kune do concept of exploring different martial arts is just as valid when researching the great question of the afterlife that has haunted human beings throughout the centuries. Just as no one style of martial arts has everything, no single philosophy can claim to have all the answers. It is up to you to research and find those truths for yourself.

The following is a short list of books I have found useful in aiding the understanding of my physical, mental, and spiritual aspects. I don't necessarily agree with everything in these books and neither will you. What's important is to incorporate the positive influences that you find.

You probably won't be surprised to find that the *Tao of Jeet Kune Do* is on my list of favorites. Many of the quotes in this work are from sources that Bruce Lee was studying at the time. From Zen to Krishnamurti to foil fencing strategy, this text is packed with wisdom. It is a great source of inspiration for anyone striving to have an open mind while studying the martial arts.

There are discourses on seeking the truth and there are counters to the jab. It is one of those great books you can read over and over again and get more understanding each time. Here's a typical quote. "JKD favors formlessness so that it can assume all forms and, since it has no style, JKD fits in with all styles. As a result, JKD uses all ways and is bound by none and, likewise, uses any technique or means which serves its end."

A great book on Zen philosophies is by Paul Reps and is entitled *Zen Flesh Zen Bones*. I especially like the first half of the book which is a collection of 101 short Zen stories. These brief tales illustrate the workings of Zen by the masters who have propagated this way of thinking. Although most of the stories take up less than half a page, each gives the reader something to ponder for the rest of the day. It is great reading and I highly recommend it.

Joe Hyams wrote a book called *Zen in the Martial Arts*. This is definitely a classic that every practitioner should have in the home library. Hyams studied in Japan as well as in the U.S. with

About the Author: Burt Richardson is a contributing editor for Inside Kung-Fu.

such notables as Bruce Lee and Bong Soo Han. This is also an easy-to-read book containing entertaining stories that spurred greater understanding of the arts and life for the author.

One example is a story about frustration during sparring. There was a particular fellow that Hyams could not beat. His instructor took him aside and drew a line that represented Hyams' skill and a slightly longer one for his opponent. The task was to figure out a way to make the lines equal. After trying to manipulate the opponent's line in many ways, the instructor pointed out the key is to lengthen your own line and not worry about the skills of others. What a great way of illustrating that we should develop ourselves instead of tearing others down.

Another great addition to the literary world is the recently released *The Art of Peace*, which is a collection of quotes from aikido founder Morihei Ueshiba. This is a tiny book translated by John Stevens and published by Shambala. The wisdom covers the strategies of fighting, ideas on training, and Ueshiba's philosophy of living. I have been carrying this around with me for the past few months so it is always handy for quick inspiration.

Anyone who has attended my classes or seminars knows I think enjoying the training is very important. I was pleased indeed to find this quote from Ueshiba. "Always practice the Art of Peace in a joyful and vibrant manner." Another piece of advice concerns the state of our being when confronted. "Free of weakness, no-mindedly ignore the sharp attacks of your enemies: step in and act!" There are 110 more quotes of equal wisdom waiting for those curious minds to discover in *The Art of Peace*.

For more emphasis on our spiritual nature I will suggest five books as a start. The first two works that I recommend are the *Bible* and the *Koran*. Most English-speaking folks are familiar with the *Bible*, but many know very little about the *Koran*. Basically, the *Koran* is the Islamic version of the *Bible*. Each book is a collection of writings inspired by the direct word of the Creator, a.k.a. God, Allah, Yaweh, Infinite Intelligence, Aumakua, Bathala, etc., etc., etc. Hence, each book is very similar in structure and philosophy, especially in the beginning. For those Christians who have been told that Islamic people are evil, rest easy. Christ is recognized in the *Koran* as well as many other Christian figures. Reading one of these great works promotes understanding of the other.

Burt Offerings

Continued from page 24

The third book is entitled *The Secret Science Behind Miracles*. This is about the ancient Hawaiian and Polynesian spiritual beliefs dating to the great Egyptian civilization. There is so much truth in this book by Max F. Long that you will have a hard time putting it down once you have started reading. The publisher is DeVorss.

The fourth book is another small one published by the Self-realization Fellowship called *How You Can Talk With God*. The author is Paramahansa Yogananda. This gem is filled with the simple, common-sense theories of the Indian Yogi. There is plenty of advice about what we are and how to contact the higher plane. This is another "carry-around" book that never runs out of inspiration.

The last book is especially for those of you who don't believe in the possibility of an afterlife. *In Search of the Dead* is a record of scientific investigations into the paranormal. Chapters of fascinating evidence presented under the strictest of scientific procedure are sure to erase the doubts put in our minds by our society. It is authored by Jeffrey Iverson and published through Harper, San Francisco.

I hope you can learn as much from these few books as I have. It will affect the way you train and perform your art while promoting a greater peace of mind. There are libraries full of great information on these subjects, but I think that these provide a good start. If you know any works that may help me with my quest for understanding, I would appreciate a letter mailed to my school at 2258 Pacific Ave., Long Beach, Calif., 90806.

IKF

☞ *Continued on page 76*

Try a Little Tenderness

Progressing through the years of martial art training offers so many rewards. Learning how to fight brings greater confidence. Learning how to learn is valuable in itself, while setting short-term goals, reaching them, and eventually attaining that long-term goal provides a blue print for any other ambitions in our lives. In short, the martial arts teach us how to effectively deal with others and ourselves. Taking this to the very highest level is the most beautiful and rewarding part of the art.

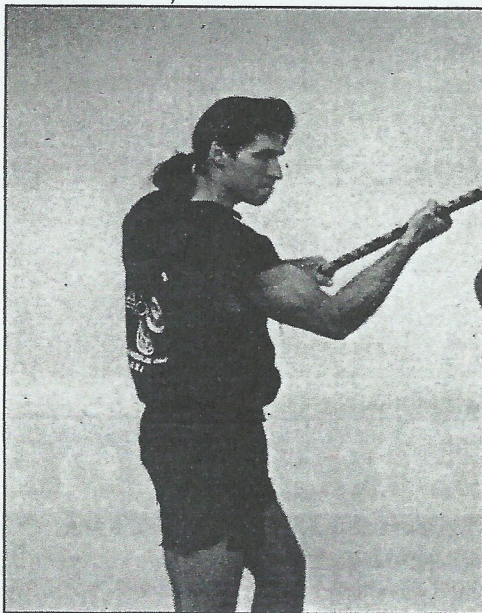
What is the first thing you learned when you began your martial arts training? Did you first learn to punch? Did you learn how to fall without injury? I'll bet most of you learned how to bow or salute before any other training commenced. What does that tell you? If the primary long-term objective is to beat someone into the ground then your first lesson would probably have provided some basics for that purpose. Fortunately, the wise forebears of our arts wove the most useful lessons in with the exciting training that attracted most of us into the martial art school.

If you have read any of my articles you are no doubt aware that I favor efficient methods of training and fighting. I also believe in balancing the aggression with understanding and bettering of ourselves physically, mentally, and spiritually. With this in mind, please answer this question. How many fights do you think you will get in the rest of your life? One? Three? Hopefully none at all. Now, how many times will you have to deal with people during the course of your life? Probably every single day. How you relate to others will have a substantial bearing on your quality of life—from having friends to securing an income.

The first lesson in most martial arts deals with showing respect to your art, teacher, fellow students and school. This practice naturally develops self-respect when your friends return the favor. As the old adage goes, "You must give

respect before you can get it." Showing a person sincere appreciation acts like a magical ego-deflater. Insecurities aside (we all have them), a normal relationship can develop that often proves more satisfying and useful than the ability to break someone's nose in sparring. A great explanation for these principles lie in the teachings of the Filipino art of kali.

The men and women of kali often use the triangle to explain theories of combat and life.



The theory of offensive or defensive footwork can be understood by drawing the proper triangles on the ground and pointing them in certain directions. One way can illustrate the idea of evading a blow and immediately entering into close range with an assailant. Another triangle shows how to escape from the inside range, while another application could be to avoid an onrushing attacker.

More esoteric subjects are also described using the triangle. A person's mind can be shown at the top of the symbol while each foot occupies a bottom corner. Another will depict you at one corner, your opponent at the other corner, and the creator at the top overseeing the fray. The highest triangle in kali is one we all seek.

The top of the triangle has the letter "L", the bottom left has the letter "C", and the bottom right has the letter "H". The philosophy is that we should develop unconditional Love for all things, including animals, humans and ourselves. It may seem hard to do, but it is possible. Look at the love a dog can give regardless of the treatment it receives. No wonder we end up loving them so much. If you are bitter toward someone, guess what happens. You become bitter and unpleasant. Think about it.

The second part of the triangle reminds us to show Compassion toward others. If someone is acting irrationally it may be because of unseen stresses in their life. Seeing a situation from another's point of view often changes the per-

Burt Offerings

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spective. The last corner of the triangle reminds us to have Humility in our everyday affairs. Our desire to show ourselves can get us into trouble. Humility provides the capacity to learn and make mistakes when bettering ourselves. Regardless of how much we know or how proficient we become, there is always more.

Here is a story that illustrates the use of Love, Compassion, and Humility in an everyday situation. An old Japanese master was on a train with a young, strong disciple. Also on the train was a large, burly man who was being loud and obnoxious toward the passengers, eventually striking one of them. At this point the disciple stood up, determined to teach the bully a lesson he would not soon forget. The frail master intercepted his student and walked right up to the brute. Instead of displaying his physical skills, the master began talking to the man. He asked him what was wrong, what could evoke so much anger. The man said that he was a farmer and that a flood had ruined his crops. He had worked very hard for months but could get no money or food for his family. His wife had run off with his children that very morning. Soon the farmer was sobbing and begging forgiveness from everyone on the train. By manifesting Love, Compassion, and Humility the master had saved the bully from further humiliation and enlightened his student at the same time.

About the Author: Burt Richardson writes a monthly column for Inside Kung-Fu.

☞ *Continued on page 75*

What About a Gun?

By **Burton Richardson**

(Editor's Note: Inside Kung-Fu and CFW Enterprises, Inc., does not necessarily endorse the advice offered in this article. In all matters pertaining to firearms, it is advised the subject should first consult a firearm's expert.)

What about a gun? Most experienced martial artists have heard this question from the smug friend who has never trained in the arts and is not likely to start. My response is, "Well what about it?"

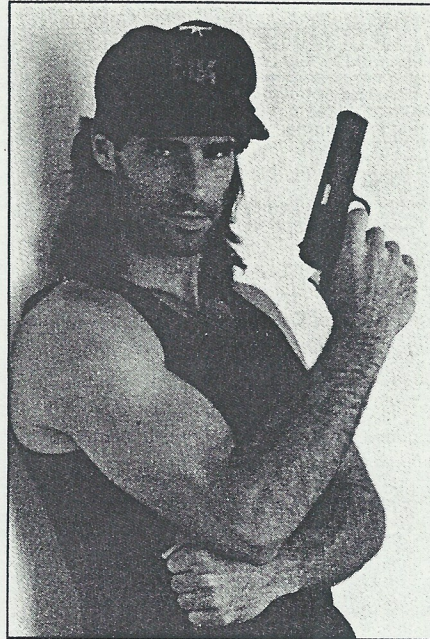
Just because a person trains in the martial arts does not mean he should avoid all contact with firearms. In fact, a martial artist should be familiar with many types of projectile weapons for a complete approach to the training. You should understand how to safely handle a pistol or rifle as well as being able to defend yourself against a gun-wielding assailant.

Although there are many martial art techniques for disarming a gun, the more familiar you are with firearms the better your chances when confronted with the real thing.

I recommend that everyone take a firearm course. Even if you decide not to own a gun, you will learn how to safely handle the weapon and you will be able to recognize when someone else is not following proper safety guidelines. Hundreds of people are accidentally shot every year, many of which would not occur if the basics of firearm safety were observed. I am not an expert on firearms myself, but I have had the pleasure of briefly working with experts such as Chris Petrilli, Bob Anderson, Kent Turnipseed, Henry MacGlaulin, and Mike Mello. Because of their generosity I can pass on a few safety tips everyone should know.

First, always assume every gun is loaded and ready to fire. A great number of accidental discharges occur because the gunhandler thinks the weapon is empty and safe. People will often be careless with an empty firearm.

Also, don't point a gun at anything you can't afford to destroy. My parents always told me that even with a water pistol I should "never point a gun at anyone." This includes yourself! A good guideline is the "laser" rule. This means to imagine that a high-pressure laser is pointing right out of the gun, and will cut through anything it touches. Anytime you handle a gun imagine it's a laser and be sure



not to cut off your foot, hand, or friends.

Keep your finger off the trigger until you have aimed at your target and are ready to fire. It is tempting to keep your finger resting lightly on the trigger for efficiency, but under stress the trigger may inadvertently be pulled. Each trigger takes a different amount of energy before activating the firing pin. If you are used to a gun that takes five pounds of pressure and happen to pick up a friend's gun that fires at one pound, an accident may very well occur.

The last rule deals with the actual firing of the weapon. Be sure you know exactly what you are aiming at and that the area around and behind that target is safe. This rule applies to practice and self-defense situations. We in Los Angeles hear time after time of the gang shootings where the targeted hoodlum was not hit but instead an innocent victim was struck. The neighborhoods where such incidents occur are primarily populated by sweet, law-abiding people who end up catching bullets for the undisciplined criminals.

Becoming proficient with a firearm will also help in self-defense situations. It is the same as defense against a knife. Knowledge of the practical usage of a weapon will help you prepare to defend against that very weapon. First, of course, is avoidance.

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There are hundreds of techniques for disarming a criminal with a gun, but the key is to get yourself out of the line of fire as soon as possible. It is the ten-foot laser rule, only the bad guy has the gun and it is up to you to keep from being "lasered". Obviously, as the distance increases, your chance of getting to the opponent's gun decreases. On the other hand, the chances of the opponent making a good shot decreases as well. At ten feet, if the shooter moves the barrel of a pistol one inch to the side the shot will miss the target by as much as two feet. Still, we cannot assume that this will happen.

One last note to consider. Taking a gun course can help you learn the realities of handling a firearm and using it safely. It is as much a part of modern-day martial arts as striking and locking.

About the Author: Burton Richardson is a contributing editor of Inside Kung-Fu.

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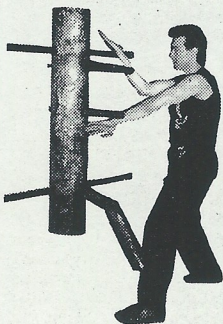
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BURT OFFERINGS

The Menu Please

By Burton Richardson

Welcome to the World of Martial Arts restaurant, offering fine selections from around the globe to suit any taste and every mood. Take your time scanning the menu as I am sure that it will take a lifetime to sample even a small percentage of our entrees.

Some of our dishes are still prepared using the time-honored traditions of the native region while others are eclectic expressions of personal experiences of our chefs. It has taken centuries to develop this menu and we have done our best to represent every creation possible. Of course, some cooks are very secretive with their recipes. They would rather not release their culinary delights to the general public because some soup-stirring scoundrel may botch up the recipe or, worse yet, may get creative and add to the original flavor. Nonetheless, I would be delighted to run through a portion of our listings and tell you a bit about the origin and the taste.

Where should we start? How about the beginning? Now we know that people fought long before they kept written records, but without a time machine none of us can give any credit to the great illiterate fighters. We do know that there are pictures in the pyramids and other ancient temples in Africa that depict fighting techniques that are still practiced in most martial arts today. But this is just from one small region of the continent.

A big problem is going to arise if we try to lump together all the fighting systems of the great African nation in one dish. Look at a world map. Find China, Korea, and Japan—the countries containing some of our finest selections. Now compare their size to that of the African continent. Africa is huge! There are hundreds, possibly thousands of fighting arts spread out through this wonderful and intriguing land.

We can offer you the powerful and splendid art of Aha or the weaponry fighting from the art of Tchaa. If you are very hungry we will throw in some Zulu stickfighting from the south or maybe a side order of Testa, an African headbutting art. There is so much from which to choose. Since time is so short, let's move along to sample some of our other dishes.

In the mood for something spicy? Southeast Asia should whet your appetite. Thai boxing is a selection that everyone loves once he has gotten up the courage to try it. It may look



deceiving, even intimidating, but more and more people are getting hooked on Thai. For something with even more of an edge we have Kabri Kabrong, the ancient sword and stick arts of Thailand. There are also ancient village arts in Thailand and the neighboring countries. We offer Bando from Burma, Vovinam or Vietvodao from Vietnam, and just in from Cambodia we present Bokataw.

Our research crew is currently in Laos attempting to bring over a representative to round out our staff. Malaysia, Indonesia, and the Southern Philippines have each sent variations of what we affectionately call the Silat salad. In fact, so many have come in that we are considering making a mile-long Silat salad bar where you can pick and choose from the myriad of ingredients to create a dish of your own.

Moving right along we come across the section of European offerings from the past to the present. From the knights of the round table who had to fight in unbearable accoutrements to the Viking heritage of the sword and shield, European fighting methods also take up page after page of our bulky menu. Basque stickfighting is from Europe. So are French Savate and Parisian wrestling. Italian sword and dagger technique is evident in present-day

BURT OFFERINGS

Continued from page 24

today in Manila, the variations available will astound you.

Traveling eastbound will take us into Oceania, which is usually broken down into Polynesia, Micronesia, and Melanesia. Talk about fighting arts; these wonderful Pacific Islanders have them. If you ever visit these areas just be sure that you don't mistake kindness for weakness. The fighting arts are as hostile as the people are hospitable. War arts flourished in paradise. Samoa, Tonga, the Marquessas, New Zealand, Truk, Fiji, Hawaii, and all points in between have made substantial offerings that bring many of our customers back again and again. Even the ancient hula was a vital portion of the Hawaiian art of Lua. There is so much for us to digest. The problem is that our eyes are bigger than our stomachs and these eyes have much more to encounter.

I haven't even gotten to great arts such as Capoeira from Brazil in South America, or the great warrior traditions of Japan. The Indian arts of Kalaripayit or Lathi are exotic and full of vigor as are those that come to us from Korea.

We haven't even touched the gigantic section of Chinese selections, each with a splendid flavor unique to the area from which it comes. We can make further explorations at a later date. Drop by any time. It is always fascinating to spend time with a person who isn't afraid to venture out into the world and experience other cultures and ideas. It makes you wonder why some people would rather not sample the offerings that intelligent people from foreign lands have developed over the centuries. We grow mentally by comparing new ways of performing similar tasks.

I guess it is just still human nature. By the way, the World of Martial Arts restaurant is open 24 hours a day for all those who can open their eyes and let their curiosity come in for a filling meal.



About the Author: Burton Richardson is a contributing editor of Inside Kung-Fu.

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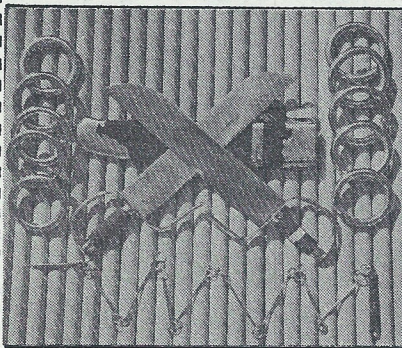
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BURT OFFERINGS

Burton Richardson

Wisdom of the Ages

Quotations that survive through the years are often gems of inspiration that can shape and point lives. Martial artists who constantly strive to better themselves can peruse these bits of wisdom just as they ponder the words of the sifu or sensei. Here are a few for you to think about.

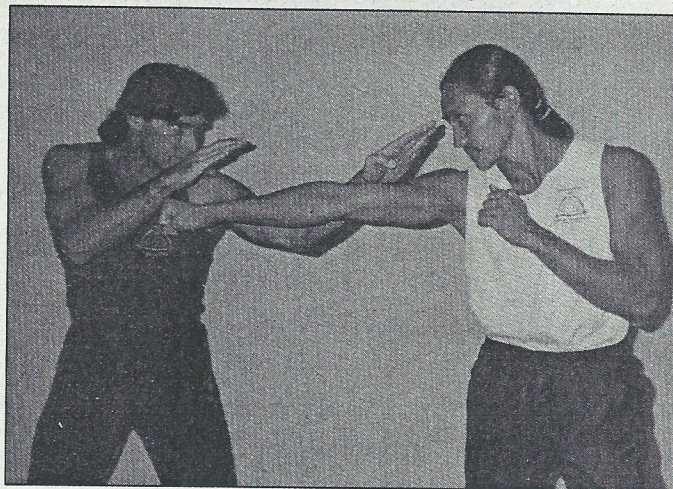
Mark Twain is always good for a quote. How about this one. "There is nothing training cannot do, nothing is beyond its reach." This is a great affirmation of the belief that we all have the power to change. We don't have to remain at our present level. If you want to kick better, train your legs. If you want to be a great puncher, train with a boxing coach. If you want a better job, get the training that will qualify you. All it takes is direction and hard work. It is important to realize that we can change our lives for the better if we are willing to pay the price.

I used to feel that success was so far away that it was improbable if not altogether impossible. One of the things that changed my mind was a particular definition of success. "You are successful when you are actively progressing toward your goal." If you are actively progressing toward a goal you will certainly reach it. The only variable is time. It also helps to have a good plan. In the martial arts we develop tactics to handle different types of opponents. Do the same for any goal you want to reach. Figure out a good method of attacking any problems that occur and always flow around the resistance. Each time you take action toward the goal you should feel a glow of accomplishment. Success is as sure as your actions.

Paul deThouars, grandmaster of pentjak silat serak, often says, "When in a fight, you are the director and he (the opponent) is the directee. You must take charge of a fight and make the enemy conform to your wishes. Otherwise, you will be at the mercy of the bad guy." Same thing in life. You can't wait for good things to happen to you, you must create them. Take charge and do the things that you want to do. It's your life so live it the way you wish. Want to go to Hawaii? Can't afford it? Figure out a way to swing it. Use your brain. If nothing else, put away a dollar a day for a couple

years. You can do anything you want as long as you take charge and make it happen.

One of my favorite sayings is, "You only see the obstacles when you take your eyes off the goal." This quote reminds me of when I was learning the trapping hands of wing chun kung-fu. I became so obsessed with which trap to use and which trap



comes next and which hand goes where that I forgot that the object was to hit the opponent. Once I began to concentrate on the goal, I could trap spontaneously to remove any obstacles between my fist and the opponent's face. Be positive and avoid dwelling on the difficulties that lay ahead. Concentrate on the goal and you will find a way to reach it.

The Filipino martial arts gives us the saying, "Tira ng tira hangang matapos." This means, "Hit and hit until it is finished." Great advice for a physical altercation but also an allegory for getting through tough times in life. Persistence is a very important quality to develop if you want to succeed. People will tell you that you've set your sights too high or that your goal is unreachable. Setbacks will occur, but if you push on and on you will eventually break through any resistance. Keep plugging away and don't stop until you get the results you desire.

The last quote is from a highly accomplished Hollywood stuntman named Jon Epstein. He and fellow stuntman extraordinaire Bob Brown travel the world doing the things that famous actors can't. How is it that after years of success both of these men are constantly doing bigger and better stunts? Jon likes to say, "It's not what you were, it's what you are now." This is great advice for the martial artist who has achieved some goal such as a black belt or an instructorship. A certificate of

Continued on page 76

Secrets of Speed Hitting

How to Hit a Man 11 Times or More in 1 Second or Less, and Explode into Action Before He Can Blink an Eye!

Dear Friend,

Look! I used to train hard. The 4-hour workouts, 7 days a week, every week!

But I didn't start getting real fast hitting speed until I did less—a lot less!

It all started when I met the SPEED MAN.

First, let me ask you a question. Have you ever seen a real human move with the speed and deadly agility of a hungry panther on benzedrine? Well, I have. Here's how it happened.

It was a one-day seminar, held in Colorado Springs, the home of the United States Olympic Training Center. Most of us had never used SPEED TRAINING before. In fact, some of us had never heard of Dr. La Tourrette! We were a bit nervous about how it would all turn out, but La Tourrette was great!

It started by the SPEED MAN asking me to hit him. So I did. I threw a right haymaker through his head. He exploded into action just like he was Dirty Harry. His controlled eruption of lightning-fast devastation flowed over me as I tried to scream. In under 2 seconds the SPEED MAN had churned me up and spit me out with a total of 24 nerve-slammng, gonad-bouncing hits. That's when I knew about REAL—GOOD—FAST speed hitting. I mean I really knew, because I had felt it.

This SPEED MAN could annihilate me, all my friends, all of us, within seconds and not spill his morning coffee. I have seen him in action. I have been touched by him in a way that sent me flying across the room, and I never even saw his arm move!

It seems hard for me to believe that after all this time in karate I could find a teacher who could "wow" me again, but that's exactly what happened.

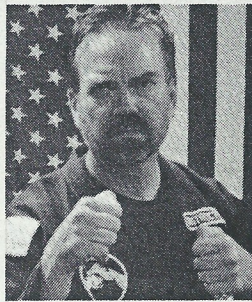
Anyway, now I have to brag about him a little. I don't mind it, and it's necessary—to prove that getting his speed training "stuff" . . .

"Is Gonna Be the Smartest Thing You Ever Did!"

The SPEED MAN is a professional Sports Trainer, has a Ph.D. in Sports Psychology, holds an 8th degree black belt, and he knows how to teach SPEED FIGHTING. He's written, as a professional, for *Black Belt*, *Inside Kung-Fu*, *Soldier of Fortune*, *Warrior*, and *Kick Illustrated*. . . He's had 5 successful martial arts books published, 9 large training manuals published, 18 special reports published, and 67 martial arts training videos produced.

He's a Master Instructor and he knows how to teach you what speed hitting is all about.

As you noticed above, the SPEED MAN



"There is TREMENDOUS power in SPEED and MOMENTUM!"
—The SPEED MAN—

gives seminars on SPEED TRAINING, and I'M HONESTLY SORRY—SAD—THAT YOU MISSED THAT REMARKABLE EXPERIENCE. And you will want to kick yourself in the butt for missing out on that event. . . but a very, very good, very valuable "second best" is available to you: This is his "new" LARGE BEST SELLER titled simply **SPEED HITTING: HOW TO HIT A MAN BEFORE HE CAN BLINK AN EYE.**

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Why? Well, I'll tell you what I'm really up to. What my *sneaky ulterior motive* is. Some time soon the SPEED MAN is gonna put on more seminars and *release his newest project*. . . and he wants to INSURE that there'll be A LOT OF PEOPLE very, very eager for what's coming. The best way to do that is let you see, study, and absorb some of what you've already missed. . . the best SPEED HITTING skills you can own without holding a gun in your hand.

Speed hitting doesn't require a "black belt," nor a martial arts education.

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Burt Offerings

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accomplishment is great, but it only describes one point in time. Dan Inosanto points out that plenty of guys could bench press 300 pounds in college, but very few maintained that strength over the years. Relish your accomplishments, then move ahead. You'll make better progress by keeping your eyes on the road instead of in the rearview mirror.

Memorize the positive quotes that you find and use them for motivation. You can change your life and every single one of you can reach your goal. Make a plan, keep a positive focus, and never, ever give up!

IKF

About the Author: Burt Richardson is a contributing editor of Inside Kung-Fu.

The Kung-Fu Mind

Continued from page 22

is almost impossible to fight against a gun if you are even a few yards away. He can pull the trigger much faster than you can reach him. It is especially dangerous when the attacker is nervous, because any unexpected action may cause him to pull the trigger. When the distance is short, however, if you know what you are doing and your reactions are very fast, you may have a chance to disarm him. In such situations, you should not hesitate to attack vital areas such as the eyes, groin, or throat.

This article is meant to only offer some general suggestions on how you may prepare yourself mentally to deal with an attack. There are many other situations which may arise, and you just have to use your judgment and common sense. As long as you remain calm and react quickly, you will be able to handle most problems. The most important factor, however, is developing the confidence to handle threatening situations, and this is best accomplished by learning the defense strategy and techniques.

For more detailed information, especially about the defense techniques, please refer to Dr. Yang's book *How To Defend Yourself* (YMAA, 1992). IKF

About the Author: Dr. Yang Jwing-Ming is a contributing editor of Inside Kung-Fu.

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—JACK WILLIAMS

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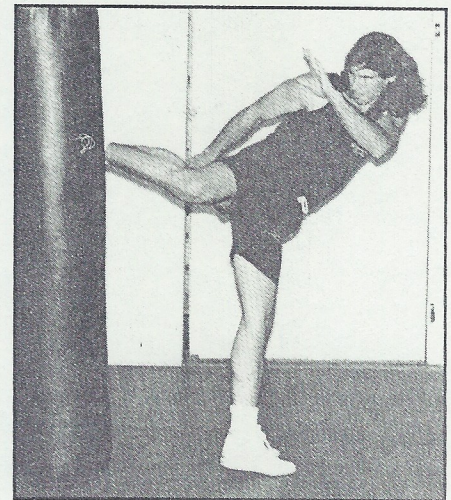
By Burton Richardson

Imagine the scenario: You are strolling down a darkened street in the worst part of town—alone. You are not worried, though, because of your superior fighting skills. You see figures lurking in the shadows but they pull back as they sense the confidence in your stride. You hear someone screaming for help, but it is muffled by the gangsters who are robbing an innocent citizen. In a flash you are upon them with punches, kicks, jointlocks and throws. You dispatch the enemies and help the victim to safety.

Then you wake up. The reality is that you are not a martial arts master, but you are someday hoping to be one. The question is, "How do I get from my current level of proficiency to that of the masters?" If you have been pondering this yourself, I have great news. I know the secret and it can be yours for just \$59.95 (just kidding). Actually the answer is simple. If you want to become very proficient in the martial arts you must practice correctly for a long period of time. Let me guess, you already knew that. This may sound easy, but there are actually many components.

First you have to practice correctly. This means drilling your technique in an efficient manner until you can pull it off in a real situation. This requires the guidance of an experienced instructor. Your teacher has gone through the same trials that you are experiencing and can help you through the rough spots. Most importantly, your instructor will make sure your fundamentals are sound. This is important because if your fundamentals are weak you will eventually reach a sticking point in your training and you will stop improving.

For example, let's say that you didn't train your footwork well. After a few years of practice you may be able to kick with the best but you cannot maneuver yourself into position to nail an elusive opponent. Improving yourself is like building a house. If the foundation is weak you get away with one level built on top of it. If you want to reach higher and build three stories, the foundation will give out and you will lose everything. Your coach is like a master builder who knows how to put that strong foundation in place so that all that you have



built upon it will stand for years. Once the foundation is strong the instructor will give you drills that simulate combat situations so you can learn what to do, how to do it, and when to do it.

Another factor is to have a variety of coaches. Many martial artists are like people who have been born and raised in a small town and never venture outside its borders. Their view of life is limited to the culture in their town along with a very limited look at the rest of the world through television and newspapers. Instead of just reading about other systems, take some lessons. Even if the style doesn't fit your personality, at least you have broadened your knowledge of the arts. At best you will begin to understand that the scope of the arts is only limited by your experience and imagination.

Seasoning also is a key factor. There are no shortcuts here. It takes time to experience the ins and outs of the arts. A technique can be learned in a minute, but true understanding takes years. For example, when I first learned a wristlock I thought it was the greatest thing ever. Later, I found that I couldn't apply it on someone who was punching quickly, so I lost my zeal for it. As I improved I realized that there are situations where the lock is very probable, such as off a grab or whenever the hand is slowed. Later still I learned methods of entering off a fast jab that slowed the opponent's arm and facilitated locking. This seasoning process

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permeates everything from understanding technique to the physical movements themselves.

One of the most important, but often overlooked aspects of improving your martial prowess is to enjoy the training. Since much of enjoyment is mental, you can take a task that is full of drudgery and turn it into a joyful experience. Jogging is often considered the most boring form of exercise. Why is it, then, that some people enjoy running marathons? Because they *think* it is fun. If you tell yourself that running is boring it will be, but it doesn't have to be that way. Imagine you were in a horrendous accident and both legs were paralyzed. Terrible. One thing that you would certainly miss would be running. If an operation brought your legs back, I'll bet that you would run and love every moment of it. Use your mind to find ways to turn the "work" into play. In your self-defense training you should implement music, switch around your routine, or get new partners. Play with it and you will train longer and better. In the Philippines the people often begin a training session with "maglaro tayo," which means "let's play." This way you can practice with a smile on your face that will last the rest of the day.

Practice correctly for a long period and you will excel. How about a little proof from the sports world? The basketball great Michael Jordan is said to have many God-given talents. This is true, but alone it wouldn't have made him a basketball star. When he was a youngster he would practice for a few hours every morning in his driveway before going to school. If it snowed, he would shovel the snow off the driveway then use whatever time he had left for practice. He practiced correctly for a long period of time and now he is among the best ever.

Baseball immortal Ted Williams showed the same penchant for practice. While playing for a minor league team, Williams, who was "too skinny to ever make the big leagues," would ask the coach for any baseballs that were too worn to use for practice. The coach would hand over a bag every week. Curious, the coach finally decided to spy on Ted to see what he was doing with them. It turned out that after a long day of practice Williams would take the old balls, tape them up, and pay a neighborhood kid to throw them to him for batting practice until it was too dark to see. In Williams' own words, "I would hit until the blisters bled, then I'd hit some more."

This is why he is known as possibly the greatest hitter of all time. He is also a good example of seasoning. One night later in his career, Ted was stricken with the flu so a rookie took his place in left field. A batter

hit a fly ball down the left field line. The rookie ran for all he was worth, dove, and caught the ball. It was spectacular. Even more admirable is that Williams had caught the same type of hit from the same player the previous night without much movement at all. Ted knew from years of experience that the opponent was prone to hit near the foul line so Williams positioned himself there from the beginning. Seasoning made it easy.

These stories are great for motivation. If you have a goal in the martial arts or in some other area of your life, work efficiently and enjoy the journey. You will surely reach your destination.

About the Author: Burton Richardson is a contributing editor of Inside Kung-Fu.

BAJI QUAN

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baji investments have an impressive payoff too. Now, you can really do damage.

If you can go through the breaths training, develop the ability to lead the qi from the roots to the crown, and combine this with the actions of your physical apparatus—muscles, tendons, etc.—so all work as one unit, then you can do internal style fighting. Internal fighting is carried out not by paying attention to block-punch techniques but by reaction, counterreaction, chain reaction, to destroy the target.

Certainly everyone must feel that a tremendous amount of basic training is involved for just 24 simple movements of xiao baji. This may explain why Liu Yun Chiao's father—after hiring Li Shu Wen to enter his home, live with his son, and train this already-accomplished boy for three long years only to learn a 24-movement form (the xiao baji)—became so very upset!

By no means should this be considered the whole of baji training. After xiao baji there remains many training methods. People must practice alone, with trees, walls, sandbags, and with others in two-person exercises. If this entire training is successfully completed, then one can truly understand why people like Li Shu Wen or Liu Yun Chiao were virtual human cannons, able to fire deadly missiles again and again until the enemy was demolished.

About the Author: Adam Hsu is a world-renowned Chinese-style master.

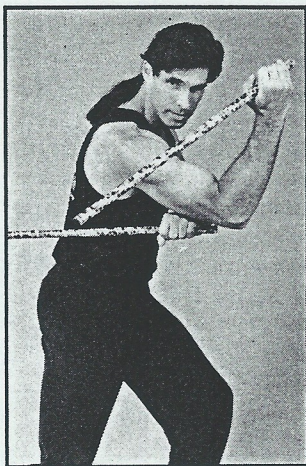
You Really Are What You Eat

The main tool a martial artist works with is his body. A high level of fitness makes it easier for the fighter to turn skill into action. Being fit is also very important when learning or practicing those skills, because better endurance translates into longer and more efficient training sessions. If you tire easily your physical and mental acuity will suffer. This leads us to an age-old question. How do we develop a premier body?

Any bodybuilder will tell you that the three components to a strong, healthy body are exercise, nutrition, and rest. Exercise is important to inform the body that it must adapt to a greater workload. Nutrition is vital because you can't erect a strong structure unless every single piece of building material is available for the job. Rest is a must because at times of inactivity the body rebuilds the muscle that was torn down in training. Since training and rest are self-explanatory, let's take a look at the benefits that different types of nutrition have to offer.

We must realize that every cell of your body is a product of the substances you allow in it. The majority of nutrients or toxins that enter the body are consciously ingested through the mouth by eating or drinking. The air you breathe often carries toxins as well, but it is not as easy to regulate as our meals. Whether or not we choose wisely, each of us does decide what we are going to eat every day. Zig Zigler, a popular motivational speaker, says that he chose to be overweight for many years. He says it was a choice because he never accidentally ate anything. Funny but true. I should know because I "chose" to weigh around 215 pounds for many years myself. Nothing remedied the situation, not exercise, not diets. It wasn't until I changed the type of foods I ate that my true self-emerged. Take a look and see in which of the four major categories you qualify.

Most people in the Western world eat a meat-centered diet supported by other animal products such as lard, eggs, and dairy products. (Some people count eggs as dairy, others don't). There is



also vegetable, fruit, and grains eaten with the meats. The benefit of eating animals is that the amino acid ratios that make up muscle proteins are the same as ours. Therefore, it is conducive to building muscle. The downside is that meat is accompanied by saturated fats that raise your cholesterol and make you fatter and slower. I was fairly quick when I carried a lot of useless fat, but I am definitely more agile without it. Meat also takes up to three days to digest. That means indigestion and a heavy feeling in your gut. The ethical ques-

tion is very real as well.

Livestock consume so much grain that if we switched to a vegetarian diet there would be enough food to supply the starving people of the world. (It takes 16 pounds of grain and soybeans to produce one pound of edible flesh from feedlot beef).

The second type of consumer is the vegetarian who eats no meat (that includes chicken and fish), but will partake of eggs and dairy products such as butter, milk, and cream. Vegetarians have to be aware of getting the complete protein present in animal muscle as well as keeping normal their Vitamin B-12 intake. Eating egg whites will help tremendously. The preparation of the food must be monitored as well to be sure that the fat content is kept low. Many think that vegetarian means healthy, but this isn't always true. Some vegetarian foods are very high in fat because of oils used in the cooking or processing of the food. French fries are vegetarian but the oil content and high heat turn a healthy potato into a useless junkfood. Before you get scared off from trying vegetarian, let me remind you that world-class athletes such as Edwin Moses, Carl Lewis, Bill Walton, and Dave Scott (six-time Ironman triathlon winner) are all vegetarians.

The third type is the vegan lifestyle where no animal products are used at all. A vegan will even avoid honey as it is an animal product. It is essential for anyone adopting this lifestyle to learn how to combine foods to get complete proteins for muscle growth or maintenance. Combining beans and brown rice or corn and peas provide the necessary amino acids. The easiest way is to take

Burt Richardson is a contributing editor of Inside Kung-Fu.

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Burt Offerings

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amino acid supplements after meals to fill in any gaps.

The benefits of the vegan lifestyle are numerous. No cholesterol is great for a start. A lighter, faster feeling to your body is another plus along with greatly improved endurance. Many scientific studies have proven that an athlete will have twice the endurance on a vegan diet than if he ate meals high in animal products. I can attest to this because I have been vegan for over two years and my endurance is much better with less maintenance than ever before.

The last major type is the consumer of "live foods" where none of the food is from animal products (like the vegan), but there is no traditional cooking of the foods either. Now the first thing that comes to mind may be carrot and celery sticks with a tossed salad. Not even close. Typical live foods are a combination of legumes, vegetables, nuts, fruit, and spices that have been chopped and blended in a wide variety of ways to give us some of the tastiest dishes around.

Middle Eastern foods such as hummus and tabouli are often prepared live. The advantage of this type of preparation is that all the vitamins and other nutrients are available for assimilation. Cooking with high heat usually denatures the enzymes which are the "life force" in nature and our bodies. This food is easily digested and satisfying.

With all the health problems in America one would think that more folks would be looking for better fuel. Breast cancer, colon cancer, and a variety of intestinal and heart ailments have been linked to the eating of high-fat, low-fiber diets. The evidence is there, we just have to wake up and smell the carrot juice. The old myths about eating meat to get big and strong are still prevalent. The truth is that the strongest animals on earth are herbivores.

What does a race horse eat? How about a gorilla or an elephant? People often ask where I get calcium without drinking milk. Well, where did the cow get it? By assimilating the nutrients in the grass. You know, I never thought I could do without hamburgers, hot dogs, burritos, enchiladas, or spaghetti. Guess what? I don't. I just have the vegetarian version that is so delicious you won't miss the meat. I changed my eating habits because I wanted to improve my martial arts performance. My nutrition mentor, Kevin Stennis, told me that you can run a Ferrari on diesel fuel, but you won't get great performance. Our bodies are designed better than any automobile; we just have to give it the high octane.

Look for a vegetarian restaurant and experiment. A few of my favorites in the Los Angeles area are: Golden Health Foods Cafe at 5583 West Pico Blvd. Kevin Stennis is the owner and serves only live foods that have no artificial ingredients and plenty of flavor. The 8 Immortals of Tao Chinese vegetarian food at 8841 Adams in Huntington Beach serves great food as does Papa Jon's Cafe at 5006 E. 2nd in Long Beach. Happy eating. **IKF**

A Blissful Encounter

I feel very fortunate. My life has been blessed with a great family, friends, and instructors. I have had my share of hardship as does anyone who decides to follow their dream instead of doing what society deems is "proper".

It is often in the lean, difficult years that we develop the quickest and find out who we are. During those tough times I learned to see the



Mr. Bliss

glass as half-full rather than half-empty. I would occasionally meet people who would become role models because of their outlook on life. I truly appreciate the person who lives his life to the fullest and makes his own decisions. Martial arts is the same. In a real confrontation there is no sifu or sensei there to help you out. In combat it is all up to you. Have you ever heard that life is combat? Well, the way you live your life, the quality of each day and year, is ultimately up to you. I recently met a new role model who could teach us a great deal about the way we live our lives. His name is Mr. Bliss.

I traveled to the small northern California town of Shasta to visit my parents. They escaped

Burt Richardson is a contributing editor of Inside Kung-Fu.

from the smog and anxiety of Los Angeles a few years ago and I was due for a dose of mountain hiking and quiet evenings. My parents told me that I had to meet a friend of theirs who did some martial arts when he was younger. A call was made and Mr. Bliss was on his way. What a great guy! Full of life, a sharp sense of humor and in top physical shape. Not bad for a man of 60 years.

The amazing thing is that Mr. Bliss was born in 1906. He is 87 years young and going strong. Now you'll never guess what one of his secrets to longevity is. Give up? Consistent exercise through the martial arts. Every night he takes time to do his deep breathing and a little karate. He also likes to swing his stick before calling it a day. Along with his hiking and fishing, Mr. Bliss stays amazingly fit. I got to talk to him about his training and he gave me a great story that I thought I'd pass on to you.

Mr. Bliss is a musician and this is where the trouble began. He started taking lessons at school when he was 11. There was a bully at school who would see the small-framed Mr. Bliss walking home with his roll of sheet music. Now all school children know that only a sissy would learn to play an instrument so the bully and his friends would tease young Mr. Bliss, then knock him down and push his face in the dirt. It didn't take him long to realize that this was not fun. Like any underdog, Bliss decided to change the situation.

He saved his money until he had "two bits", a quarter. At the age of 12, three-quarters of a century ago, Mr. Bliss bought himself a book on jiu-jitsu. He still has it. He studied the book along with bi-weekly trips to the YMCA where he boxed with a friend. Finally, Mr. Bliss confronted the bully, put him in his place, and was bothered no longer.

After finishing school Mr. Bliss got a chance to get some formal training. A man named Bud Estes was teaching judo in Chico, Calif., where Mr. Bliss was residing. Estes was a third-degree black belt who had studied in Japan. Mr. Bliss enjoyed his training and was making great progress. Unfortunately, three years into the training Mr. Bliss was called to serve his country in war. (I asked him which one and he joked that he was too young for the Spanish-American war.) Two years were served in a World War II combat zone. Mr. Bliss says that he didn't have to kill anyone and he is very glad about that.

Many years later, Mr. Bliss is still fit and

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Burt Offerings

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trim. I asked him for his advice on staying so healthy. He said that he always had a good diet. Lots of fresh fruits and vegetables, never any canned foods. He ate light portions of fish and fowl and rarely indulged in red meats. He drank no coffee, no soda and never ate foods with white sugar. The other half of the equation was a steady regimen of exercise. He says that the deep breathing is important to fill the bottom of your lungs where they are the largest. The karate practice is good for circulation and great for flexibility. Mr. Bliss says that he isn't an expert, but it is nice to have a feeling of self-reliance.

People like Mr. Bliss are few and far between. What a great example he sets for those of us who are studying the martial arts and hope to continue for the rest of our lives. As long as we keep practicing everyday, eat well and keep a positive outlook, we can all make it. Our body is our tool in the arts and we all know how frustrating it can be to cut a ripe tomato with a dull knife. Once you get that diamond edge you must maintain it.

I'll leave you with one more thought from the wise Mr. Bliss. "The way I see it, you've got one body entrusted in your care. It is your duty to exercise it and keep it in good order."

He is one man who practices what he preaches. He is the only 87-year-old I know who can kick higher than his nose!

IKF