



# HANSHI SPEAKS

VOL. 01, ISSUE 03 DEC 2005

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Dear Bushi,

This is the Holiday Addition of "Hanshi Speaks." I would like to wish one and all the Merriest of Holiday Seasons. With the New Year right around the corner it is often a time for reflection and self-evaluation.

As you are aware by now, I use the first section of the newsletter to share with you my views and insight into the world we live in and the art we practice.

With the key words for this issue being focus and dedication, to achieve anything we must first define what it is we want to accomplish and then understand what it will take to reach the goal we set.

We must also remember we need people and the assistance of others to accomplish much in life, with this we should reflect on how we value those around us and, more importantly, treat them. In the Asian culture age and wisdom are two elements that are highly regarded. It is unfortunate that in our culture in some cases we often forget the old adage "with age comes wisdom."

It will be important throughout your martial career to have others help you develop the skills and knowledge you seek. I am a reflection of those that shared with me their skill and knowledge. I am indebted to them for as long as I walk this world. The value they provided wasn't always apparent and hindsight seems always to apply. In this issue I want to acknowledge all of them. With time comes an understanding and with age comes an appreciation of those gone and those that now stand beside me.

I am personally thankful to all of you and the support, kindness and dedication each of you have in your pursuits of the Martial Way. To each of you, those of you that are new to class, those that have been in class for a while, my friends and associates that are close and far away—you are all the fuel that fires the Art.



I would also like to share with you the bonds, lineage and friendships forged through my Martial Experiences and the value they hold. As you will discover, loyalty, honor and brotherhood run deep in our Association and these values are the foundation of what makes those engaged my brethren.

There are many of you out there that I have had the pleasure of training with, and I want you all to know how much I appreciate each of you. You are what I value most; those that share the common thread, the bond, and that have that special martial spark.

I consider myself blessed and of good fortune, because I have had the ability to travel the world, meet people, learn new aspects of the Arts and adapt with time. In the last 10 years I have discovered new valuable insights, have added a whole new list of friends and students and have strengthened relationships of the past.

But most importantly, over the years I have obtained a very important piece of insight into the Martial Arts, please allow me to share this with you.

***"A Dojo is an empty room without people"***

***"Teaching is only of value if you have students to teach"***

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*“Value those around you for their time is uncertain”*

—Vincent Anthony, Hanshi

I say to you my Students, that the Dojo is your school, not mine, and that I just teach there. I sometimes think in many cases that these simple insightful values get lost along the way. My point being that the school does not exist without those interested and willing to learn. Without you, your support, dedication, respect and willingness the school is an empty room.

So, I would like to close the year out by thanking each and every one of you—from those I see all the time, to those I see not as often as I would like—you are all valued, thought of and appreciated.

I personally hope that every one of you has a safe and wonderful holiday season and wish you and yours greatness in 2006.

## HANSHI'S NEW BOOK

Please find a selection from the first Chapter of Hanshi's new book entitled "Against the Edge" scheduled for release early 2006. All rights reserved 2005, 2006



### Chapter One:

### The Edged Advantage

In the Dojo or Dojang, attacks are defined by the instructor, but in a combative environment you will have little pre-knowledge of anyone who confronts you in a hostile manner or the style, application or type of weapon used in the attack. You also will not understand their personal motivation, constitution or skill abilities. Basically, you will be in the dark and, in most cases, surprised as the situation unfolds against you.

It is important to realize that we need to develop an understanding of both sides of the attack and dynamics associated with an armed or unarmed action.

With this in mind, let's begin...

A good place to start is with the mention of the emotional environment that stimulates the engagement. Unlike historic traditional battles, in which opponent lined up against opponent, in

today's practice halls you train for a wider range of unpredictable and unexpected encounters. Some schools and training can be limited to the sport aspect of the Martial Arts, while others focus on Self-Defense or a combination of both.

The common benefit here is that you are training and developing a reactive martial skill or ability and becoming conditioned in responding to an aggressive action executed against your person. The sometimes unseen value in training is the conditioning that helps mitigate apprehension for you to engage and prepare you on a subconscious level. This provides you—the defender—some level of familiarity with the nature of the combative exchange.

The content to follow is designed to enhance your awareness of the complex issues as they relate to an opponent armed with an edged weapon in a confrontation, and how your martial abilities can be best leveraged and applied.

In these pages we will strive to define a wide range of aspects surrounding the escalation of a conflict and ultimately the confrontation of an individual armed with an edged weapon.

It will be imperative to provide you with a well-rounded source of information that will help define the heightened risk you will be exposed to during this type of situation. We will focus on giving you sound resolution tactics that can be used while training in the dojo to help enhance your current martial ability and understanding of the attack.

We must attempt to take into consideration, what, why, how and with whom we will be involved in this type of high risk scenarios and, more importantly, what role we will play. Will it be the role of a victim or the one of the survivor?

At no time you should consider this text to be a 100% solution for resolving this type of situation. Instead, we suggest that you use this work to augment your current training. You may also refer to the content as a helpful source when teaching or attempting to discover a wider range of information related to defending "Against the Edge."

In most cases when you are emerged into a hostile situation that puts you in harm's way, you will find the environment highly animated and unnerving on many levels. You will need to be able to manage fear, rapidly organize a defensive response and be ready to act quickly.

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Encounters can be presented to you at many different levels. Some will be already established at the peak of the attacker's frenzy, most will be driven by emotion and, in some cases, violence will be generated or worked up to through an escalating verbal/physical effort or assault. Better stated, during the confrontation the attacker will muster the needed motivation to do what he or she is working up to. The attacker might be prepared, but, in most cases, he or she will struggle with the "no-or-go" issue—do I, or don't I attack this person with a weapon.

You should always assume the worst and be prepared for a highly motivated attack that can and will escalate rapidly. Applying this as the rule of thumb in any confrontation will serve you well in just about any aggressive exchange situations.

Historically, we have discovered that people often focus solely on the conflict and rage generated in the verbal or escalating exchange. You will need to attempt to defuse your role and not allow yourself to become emotionally involved. This, in most cases, will be as difficult as executing whatever defensive countermeasure you choose to apply. However, you will need to try to remain focused on the response that the attacker is trying to provoke from you and do your best not to accommodate him or her.

We must come to realize that anger is a distraction from the events that are unfolding, and rage blinds you to the physical actions of others. The attacker can rapidly and with great speed close the gap and make contact to you with an edged weapon when you are distracted. Distraction comes in many forms—you becoming unnerved and involved in a verbal battle is one form that can put you at great risk.

This applies when engaged with anyone—you can never assume the mental state of the person or persons you are engaging when they are in an elevated hostile state.

Even those you think you know well can have an intent to do you serious harm.

So, our first guidance is, try to never fight either verbally or physically. Fighting is defined as an exchange of blows and we will never play the game of "you tag me and I will tag you back." The results of such exchanges are costly and can be highly damaging.

Instead, we will rely on knowledge, understanding and our martial ability to see us through these types of aggressive exchanges.

Our goal will become conflict management, we will take the neutral path. As the aggressor angers and becomes more animated, we will become calm and focused on his/her actions.

Remember, their mouth won't kill you, it will be their hands or, more importantly, what's in them. This brings me to an important rule, *always check the hands*. When people approach you, do an assessment of where their hands are and what is in them. If you cannot see their hands focus on them until you determine that they are neutral.

We will address different types of weapons presentation in the pages to follow but it is of value to establish the following guidelines:

Words don't kill, eye contact is unimportant during an engagement, what is in their hands will determine how much damage will be rendered once they engage. Thus, we fix our eyes to the center of their chest, at their sternum.

We must also take into consideration that the attacker will not be fixed to the floor, as in the dojo, he or she will be very explosive and close distance fast. The attack they execute will be violent and aggressive.

The goal of the attacker is pretty simple once you strip away what is motivating the attack on an emotional or physiological level.

The attacker wants you to:

1. Comply to his/her demands
2. Injure you
3. End your life

The mental state or motivation of the attacker can and will span an extreme spectrum of reasons. The attack can be caused by economic needs, anger, sexual desire, fear, mental instability, the list can go on and on.

But the minute they engage you or attempt to harm you, you must understand that they DO NOT think, react or follow the same mental logic you are governed by on a personal level. Instead, you must quickly assume they are motivated by rage, anger and have lost reason and have abandoned normal social logic.

Preconceived expectations are dangerous—you will not share the same mindset as the attacker—you must come quickly to the conclusion that the armed attacker is here to end your life or at a minimum do you serious bodily harm.

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Unlike sparring, a knife attack will be quick and highly damaging, defensive wounds can be enough to end your ability to engage and continue to defend against the attacker.

So—why bother if the deck is stacked in the attacker's favor?

The reply to this is twofold... one, you may well be forced into the dynamics of this type confrontation and, two, more importantly surviving exposure to this type of attack is critical for you to continue your existence as you understand it.

We hope you enjoyed this glance into Hanshi's new book, watch for it release and it will be available on the website in early 2006.

## REFLECTION

Within our Dojo each student is required to keep a notebook or a journal. In these pages they capture ideas, concepts, techniques and shared knowledge. These notebooks will play a very important role in housing the knowledge and skill shared over the years and should be considered a treasure worth protecting and preserving.

I would suggest with the New Year that each of you review what you have written, refresh your memory, and re-discover information long forgotten. For it is with these efforts, information stays fresh, active and alive.

## CAMA NEWS

The Tiger Tots program is growing with each passing Saturday. I would like to thank Olga and Eric for their efforts and support of this program. As many of you are aware it is our first attempt a Child's Program and seems to be meeting with some success.

Tiger Tots are between the ages of 4 and 7 years old. Class focuses on general fitness, flexibility, coordination and basic techniques. Class is held on Saturdays from 9 to 10am on Saturday Mornings.

## CAMA 2005 QUIZ

- 1 Where do we focus our eyes in a conflict?
- 2 What is more important Speed, accuracy or power?
- 3 Name Three Soft Targets?
- 4 What is going offline mean?
- 5 How many basic directions of movement are there?
- 6 How many off-balancing points do we teach?

- 7 What is Kyusho Jutsu?
- 8 Name two open handed blocks?
- 9 How high should you lift your knee to execute a front Thrust Kick?
- 10 When defending against a weapon we do what to it?

Hope you enjoy the Quiz the answers can be found in your notebooks, I hope?

## CAMA CHRISTMAS GATHERING

Will be held at Hanshi's Home on Saturday December 17th, 2005 from 7 to 9pm. Food and beverages will be provided. We will also be issuing Certificates of Rank at this event. We extend a warm invitation to any of you that would like to attend.

Please RSVP no later than Dec 14th, 2005.

## SPECIAL THANKS

Please visit [www.Dojos.com](http://www.Dojos.com) they have provided us a detailed listing on their site. We would like to extend a special thank you to Charles Barrett, Yondan for his support and kindness.

## NEW YEAR'S GOAL

Our goals for the coming year as related to the Dojo will be simple, to grow the number of students we have and to reach out to other styles and develop new martial art relationships.

Our goal for now to March 1st, 2006 will be a modest 5 new students a month. As always we turn to you the students to help achieve this goal. Your support to help ensure this effort is a success is great appreciated.

## HAPPY HOLIDAYS!

Stay Safe.

With Deepest Respects,

*Hanshi*  


**Vincent Anthony**  
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