



HANSHI SPEAKS

VOL. 02, ISSUE 06 APRIL 2006

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Dearest Bushi,

In this installment allow me to share with you my observations in regards to **movement**. Moving is a natural process so much so, that we often move through life with giving little notice or understanding to how we accomplish this. As I mentioned in our last newsletter, it is the effort of becoming aware of just how you stand and the efforts needed to accomplish simple tasks, that heighten your martial abilities.

Your goal should be an understanding of how your body moves through the many environments it is exposed to, but what is essential, is grasping the concept of integrating your natural movement with your martial abilities. You need to learn the technique as it is presented traditionally and slowly adapt it to work for your natural movement and ability. One should never be robotic when he or she moves, but be aware of the steps required to execute the technique properly. We all like to make things easy and cut corners, but this is where your technique can either decline or—with focus—grow.

So, we need to find a means to blend our personal body movement or individual style with technique, which provides all of us the ability to execute the same technique. Once we accomplish this adaptation of personal movement and technique, we can begin to add focus, target selection and speed.

But we must start with the basics of how you stand, walk, reach, where your center rests, your awareness of balance and the ability to execute technique. These are the building blocks to good technique and understanding or introducing a martial awareness into your life.

So, what is movement?

Movement is a part of life! All things move on some form or level, time moves forward, people move, the earth we stand on moves, motion is all around us all the time. So, movement could be defined as a means by which a variety of things transition through time and space, or the

harnessing and release of energy which causes some physical effect.

We can best illustrate movement by comparing it to the following forms.



Water. Water flows over an object, seeping into cracks, eroding away material, causing strong object to submit to its steady, constant force.



Tree. Tree stands rooted in the ground, but is flexible and defensive in nature against the attacks of the wind.



Tiger. Tiger is explosive and committed, its every movement produces power and all defense against its attack is defeated by tiger's speed, power and focus.



Wind. Wind is the invisible force. It can not be seen nor can its origin be pinpointed. Wind can be gentle or furious, it can move objects or destroy them.

These comparisons all relate to how we can move as martial artists. The important aspect of these key movements is the fact that they all directly relate to Ki and Center. Also, built into them are natural strategies which relate to the Martial Arts from both an offensive and defensive standpoint. As an example, the tree stands its ground and, as the attack against it is deployed, it becomes flexible and whipping in nature.

These movements also reflect the "Chinese Influence" that exists in most systems and styles. It is important to realize that neither movement, nor the study of it from the martial aspect are new concepts; the need to understand it most likely reaches back to our original cognitive thought.

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Grasping these four simple explanations can provide a means by which you can expand your technique ability. The concept of applying technique using each form of movement expands the possibilities.

Think just for a moment—a simple punch, block or kick animated with a conscious effort to apply the principals of water or tiger as your opponent moves to engage, will provide you with yet another layer of martial ability to enhance your current skill level.

These means of movement are directly related to Ki and the application of this internal source of energy. The four elements are fundamentals in beginning to grasp Kime Jutsu or the development and application of enhanced technique through focused internal power.

I should note that these forms do not make up the entire means of movement or encompass all the elemental formulas associated with Kime Jutsu.

When studying these four principals of movement, it should be understood that they are also the counter-measures to absorb and or redirect Ki that's being applied. Please understand that this is a very complex subject of an immense depth; this brief introduction will not do it justice. The purpose for each of these newsletters is to spark interest and share with you aspects and depth of our System.

Please allow me to continue...

These elements are best applied against an aggressive action and can be done so either in an offensive or defensive manner. Even though you can practice or incorporate this concept when training, the real understanding will become clearer as you apply these principals in real-time situation.

For those of you that train in our Dojos—as a reference point—going offline is related to Water. It is important to note that all of these movements can be combined and mixed; some work better than others in a combined form. Much like fire and water do not coexist, some forms of movement don't work well in conjunction with one another.

The process of each element as it relates to movement helps the martial practitioner focus on his or her skill ability and expand the purpose and the results achieved when executing any technique.

These principals should be given some thought and considered the root form of movement. They also provide a point of reference for understanding just how detailed the natural process of movement can be, allowing you to harness motion and categorize your skill abilities.

I hope this provides some new insight into your martial ability, if you have any questions just drop me a line.

CALIFORNIA SEMINAR A SUCCESS

CAMA's Combative Martial Arts workshop in Escondido, CA was a great success. First day we focused on combative theory and application, beginning with talks about center, posture and balance and continuing into body mechanics and ki development as it relates to applied technique. Second day we touched on a very serious subject of defending against an edged weapon attack. This topic, in a way, was a sneak preview into my upcoming book, *Against the Edge*, which focuses primarily on physiological and combative aspects of managing and defending against an attacker armed with a knife.

On both days we were honored to be visited by several Martial Arts Notables including Legendary Founder of the Kajukenbo System, Sijo Emperado; also in attendance were Professor Nick DeMauro and Grandmaster Pierce as well the editor of *Inside Kung Fu* magazine, Dave Cater. Over the two day period we had a combined attendance of about 100 students. Even though they represented several different schools and styles, we hope that they all found something useful in the presented material to add to their martial repertoire.



MR. CUTTER, SHIHAN; GRANDMASTER PIERCE; DAVE CATER, EDITOR, *INSIDE KUNG FU* MAGAZINE; MR. ANTHONY, HANSHI WITH SIJO EMPERADO, FOUNDER OF KAJUKENBO AT THE SEMINAR IN SAN DIEGO, CA.

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DAVE CATER, EDITOR, *INSIDE KUNG FU* MAGAZINE; MR. ELDRED OF ELDRED'S TAE KWON DO & MARTIAL ARTS CENTER; MR. CUTTER, SHIHAN WITH GRANDMASTER PIERCE DURING A BREAK AT THE SEMINAR.



CAMA GANG WITH GRANDMASTER PIERCE, SJO EMERADO, AND NICK DEMAURO.

We would like to thank the host of the seminar, Mr. Randy Eldred of Eldred's Tae Kwon Do & Martial Arts Center along with his students for the provided space and a warm welcome that we received while in California.

TESTING

As you all know testing is right around the corner—April 29th, 2006. The Instructor Staff wish you all the very best in your pursuit of advancement.

SPECIAL THANKS

The following folks helped assist, organize and make the California Seminar a success...

Randy Eldred, our Host; GM Ron Pierce; Dave Cater of *Inside Kung Fu*; Mr. Cutter; Mr. Boyles (who stayed behind to cover classes); Mr. Callahan, SanDan and his son Patrick (who helped at the seminar); Eric Clement, David (Big Dave) Morrison, Olga Norwood (all of whom had traveled from VA to CA to support the effort); Joel Ledlow from Los Angeles; Jeremy Norwood (who printed the posters) and to all of you that were in attendance, many thanks.

Stay Safe.

With Deepest Regards,

Hanshi

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