

古松流拳法

MACS 象

Martial Arts Collective Society

Gathering 2007

By Shihan Megan Koneval

This year's event was a huge success. The smiling faces and sweaty gi's are evidence. M.A.C.S. played host to approximately 500 practitioners at the Reno Peppermill and a great time was had by all.

Participants were treated to a wide variety of arts, instructors and healers. We saw Jujitsu, Farang Mu Sul, Hapikdo, Silat, Kosho, Chi Lin Pai Gung Fu, Kenpo, Tae Kwon Do, Shorin Ryu, Escrima, Kajukenbo, Caporeira, Tai Chi and more.

Some of our special guests were Hanshi Paul Yamaguchi, Hanshi Imi Okazaki Mullins, Guru Pak Victor DeThouars, Ibu Jane DeThouars, Sifu Mike Young, Sifu Ming Lum, Sifu Bill and Mary Owens, Professor Ron Esteller, Grand Master Michael DeAlba and Sifu Scott Felson. Students had the opportunity to train in laido with Renshi Jeff Driscoll and Shihan Remleh Scherzinger in special break-out sessions. Students interested in the Filipino arts were treated to break-out sessions with a variety of instructors, including Guru Pat Kelly. Our Silat sessions were

taught by Guru Pak Victor DeThouars, Ibu Jane DeThouars, Sifu Bernard Langen, and Sifu Horacio Rodriguez.

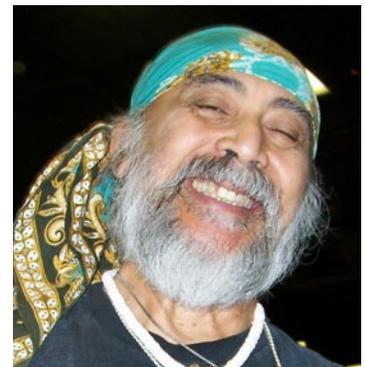
"Estellers' Kids" shown at the evening banquet and we all shared in a night of Lion Dancing, great food, dancing and fun. Only at the Gathering Banquet can we have the opportunity to meet and form lasting friendships with fellow practitioners and masters across the country and across the ocean.

Next year's event will be held at the Sacramento Marriott and will be a "Family" event. Any outside groups wanting to participate will need to be sponsored by a M.A.C.S. member. We will be restructuring our teaching format and will be focusing more on the individual needs of the practitioner and your interests. 2008 will be moving more towards a "workshop" setting with teachers "sharing" longer teaching sessions. The Gathering will be held September 27th and 28th so save the date on your calendar.

Thanks to all who attended and we're looking forward to seeing you next year!



Hanshi Paul Yamaguchi, Gathering 07



Guru Pak Victor DeThouars, Gathering 07



Uncle Larry, Gathering 07



Sifu Mike Young, Sifu Ming Lum, and Hanshi Paul Yamaguchi, Gathering 07

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Face to Face

By Sharon Dunn-Newton, Moore Martial Arts



Q&A with Bruce Juchnik

Hanshi Bruce Juchnik is the 22nd inheritor of Kosho Ryu Kempo from James M. Mitose and is the director of the Sei Kosho Shorei Kai International and the President and Founder of the Martial Arts Collective Society.

Q: How did various instructors react to your studying with other instructors?

Fortunately, I did not have that much of a problem with jealousy among my instructors. As with anything, there's always some form of rivalry. However, it's never dominated the dealing with one except for subtle comments here or there. They also understood my intentions.

That was pure love of what I was being taught. It is unfortunate when teachers sometimes become insecure by being concerned with having a student that just loves to learn. These are things I believe a teacher more than anything should cherish.

Q: If you could have changed anything in your process until now, what would it have been?

I would have asked more questions with the time I had allotted to me. I didn't believe Mitose would die. Yet, I was the last person to see him before he died. I wish I would have taken more time with Robert Trias and I wish I could have asked more questions of Thomas Young. I wish I could have taken more of an actual role with all the past teachers. I wish I would have gotten rid of some of the distractions that were important at the time, yet as I look back, weren't that important.

Q: What martial artists have you known who aren't so known, who had an impact on you?

Raymond Gunthier, Shorin Ryu, who sacrificed greatly so his teachings would live on to the point where he suffered from cancer, he wanted to make a pilgrimage to pay respects to his teachers. He missed that event by a week. He passed away.

The late Tony Ramos of Kajukenbo, who had a need to correct some wrongs he felt were created within in his art, and who had a need to attack and seek out his art's history. He passed on before he could accomplish those goals. He was in his 70s.

Joe Nonaka. He expressed desire and a love for the arts. He knew how important it was that he could do those things because life cut him short.

I respect all martial artists who, no matter what, will sacrifice the time around their lives to see that something they believe in happens for the good of all.

Q: You have been called the successor of a particular art form. How do you view that?

A successor is an individual who may be appointed or may rise to a need. One who is appointed is not a successor unless one works. One who calls himself a successor is one who is not sure.

One who loves what they do, who loves and studies the past and

who accepts the work may only be considered by others as that successor.

It is a shame that today in martial arts, there are more people who spend most of their time boasting about their perceived position than being who they wish they were.

I, myself, am not done with the works, so I don't feel I can call myself a successor.

Q: Who were your mentors, and what did you learn from them that was special?

Kempo teacher Dan Babcock. His strictness and his sternness toward perfection. He taught me to accept ridicule and verbal and physical abuse.

Angel Cabales in 1973. He was my first exposure to the Filipino arts. He amazed me with his demeanor. His ability to portray and be the warrior that he was. He was a stern man who was dedicated to his art. I picked up from him a sense of duty in combat.

Remy Presas in 1976. Remy and I traveled across the country promoting his art of arnis. I studied his mental strategies, not just techniques. He had the ability to work a system and that is any system that was put before him. Remy was a genius and when it came to combat, his rules were to prevail. I also learned from him to have a positive attitude with anything we undertake.

James Mitose, from 1977-1981. He was the man who made me realize there was much more to Kempo arts, and for that matter, the martial arts. He's the one who made me realize that Kempo was first and utmost, a philosophy and not merely a style of martial arts. He also gave me keys that will allow me to learn forever and always be the student.

Robert Trias, from 1981-1990. Trias was mentor to me through affiliations of his great organization. And having a close bond with him. I witness a man who spoke several languages fluently, who had extensive knowledge with history of all martial arts and had the charisma to lead thousands and thousands and thousands of practitioners. He was a stern man, and he fought for what he believed in. Through it all, my only hope is his student would understand he possessed one thing. To truly understand karate-do and martial arts, and that is love. He was probably the most influential martial artist in the last 100 years, not for one style, but many.

Thomas Young, 1981-1990, when he died. He is the man who inherited the official self-defense club from James Mitose in 1946. I met him through the late Robert Trias. He's the man who showed me what Kempo was all about. He exemplified the philosophy. I spoke at his eulogy, and what I said then was true: In his 80 years in life, he never had an enemy. He is what we should all inspire to be like.

Q: How do you see the future of martial arts progressing?

We can look at it two ways. It can become nothing more than a physical sport or represent a guide through one's life that can turn into a gift to give to others. I'm hoping it's the latter.

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古松拳法



Hanshi's Training Corner

Keys to Movement and Posture

How to work on 7-10. (Practicing retracting your punch faster than it is launched.)

Delivering a punch ensure seiken fist is formed properly.

- ▲ Fingers clenched tightly with the index finger left long against the palm.
- ▲ The Pinky MUST be clenched tightly.
- ▲ If it is not your hand will not rotate to align the first two knuckles with the arm and hara.

When making contact with your fist (with Ottokono in mind) and an object/opponent you must lock your wrist, clench your fist and root your self to the ground, your retraction is then immediate. The

tightening of the muscles for your strike does not occur until contact has been made. It is the projection of the opposite hip that triggers this tightening, it also causes the retraction of the strike. This is not as complicated as it sounds, but it will make many of you rethink your punch. Many very skilled practitioners are off on their timing.

To practice or fine tune your strike suspend a piece of paper (X-ray film is even better) by a string and adjust it so that it is the height of your hips. As soon as you make the slightest bit of contact project the opposite hip and begin to feel the subtle difference. Using a flimsy target will protect your hands and prevent you from "over projecting". You will begin to hear a snap as you make contact with the target. Once you feel comfortable with this drill you can move to a more substantial target and envision your point of contact moving further and further behind the target.

Good Luck. Show me your progress next time I'm out.

Listening & Learning

By Jon Ludwig



One of the hardest skills in life is listening -- to actually absorb information. Most of the time we think about what we want to say next instead of listening.

Many times, your mind can wander to unrelated matters while you are involved in a conversation. In this case, you are not actually focused on listening and understanding. In this state, you are the "brick wall." You are not engaging or understanding what is being said to you. We have all done this.

Many people are insecure and absolutely must have "the last word." They are more with impressing you with how much they know. Keep in mind they are not really conscience of what they are doing. Most of the time, they believe to be enlightening the world around them.

There also are times when we listen to just the "face value" of a conversation. This is not true understanding - merely a surface-level understanding. This is probably the most common level of understanding. Certain topics may not require deeper understanding. (directions to the bathroom, etc. . .) The problem lies in determining which topics require a deeper level of understanding and which do not.

The skill of truly listening takes practice and patience. You need to constantly evaluate yourself to achieve it. You biggest enemy in this process is your own ego. If the ego remains in check, true understanding and learning can take place. I do not pretend to have achieved this great skill. I am constantly trying to learn it.

As martial artists, it is essential that we learn how to listen properly. This entire article was inspired by observations of the students

at The Gathering 2007. There were three distinct types of students at Yamaguchi Hanshi's session.

The first group didn't pay attention. After the technique was demonstrated and explained, they proceeded to show each other everything that they had ever learned. And they did it poorly. This group completely strayed from the original movement. In fact, they never bothered to try the original technique.

The second group did the technique verbatim. No variations, no feeling, just straight repetition. They were able to memorize movements, but gained no real understanding of what they were being taught.

The third group had it right. They started by trying the technique as it was explained. This group then progressed by making slight variations to the technique. They constantly asked the teacher questions, experiencing the lesson to its fullest.

I learned a lot by watching the third group. They knew how to listen, how to learn, and how to squeeze every ounce of knowledge out of a lesson.

All of us should pay attention to those who understand how to learn. Some of the greatest examples of this are the Australian members of our organization. They train in this way because they must. These true students of the martial arts have a profound understanding of learning because of their isolation.

They key is to make a conscious effort to listen fully. Try to get to the meaning behind the lessons. This can be easily applied to the study of martial arts as well as any other aspect of your life.

Get Ready

Shihan Jeff Driscoll has been working on a new publication. Check out the next issue of the MACS newsletter to get a peek of what the book is about. Or if you want to get on the band wagon early ...

Call
570-622-5059
www.driscollinstitute.com

古松拳法

A Gathering Waza One Arm Throw by Hanshi Imi Okazaki-Mullins



Step 1, As punch in thrown, step in using "scrunchy knees", and left arm blocking punch and right arm grabbing gi.



Step 2, Pull blocked arm straight back as you step back and circle with back leg.



Step 3, Continue to pull opponent around and down using their energy of off balance to make the throw.

The Plateau

By Remleh Scherzinger

In all training, there lies a time when progress seems stifled, a time when it is easy to be discouraged. Well my friends that time is your training plateau. It seems that over time these moments in your training become longer and longer. That as one progresses in the arts these plateaus become longer and longer. But do not be discouraged these are temporary and provide respite in the training progress, and if placed in the proper context are a time for reflection and preparation for the next advancement.

We all enjoy learning new and intricate techniques but what happens when the techniques aren't new anymore and it seems like you are learning the same o'l thing. First I

can guarantee that it is not the same. Second, if examined properly the technique is always different no two are the same. That being said there are times when we feel like we are in a rut. That going to the dojo is more an act of compliance than a time of enjoyment and learning. We all have these moments and it is normal to feel this rut. That being said you must press forward and continue to train. You must push to cross the plateau.

It is with that in mind I offer this. This is not a negative time, sure its not the crazy new technique time, but it is a time to regroup. This is a time to look back at your training thus far and make adjustments to your current progress. Lastly it is the time to

dig deep into the techniques you think you have and the principals you think you know and see what else you can find.

It is in this digging and expanding process that you will find your next growth spurt. This is where you will find the epiphany that will cause your entire network of techniques to expand and grow. It should give you a new perspective on everything that you can do as a martial artist.

So when you feel a little stuck and don't want to do Gedan Barai for the millionth time rethink that moment and play, expand, relearn, teach, twist, and grow. These will show you the path across the training plateau.

Gakkusei Corner

It is hard to go through live every day with the attitudes that are out there that we face. Most important our own attitude. If we use a little philosophy that we are taught in kosho something called, "The Eight Fold Path of Budahood". This gives us a guideline not only to deal with others, but mainly to keep ourselves in check with the environment

around us. So the next time we wake up before we get out of bed and face ourselves in the mirror think of these things and strive through the day.

right awareness right understanding
right speech right action
right meditation right intent
right means of livelihood

right effort

The way to remember this is "a usa mile". With this consciousness we can enter our day with the attitude of harmony within our environment.

Have a good day from here on out and be happy.
by Trenton, student of Kosho

Upcoming Events

Date of Events	Event Title	Contact Info
November 17-18	Training at Hanshi Juchnik Hombu	Hanshi Juchnik, 916-308-2606
November 24-25	Training with Hanshi Juchnik at Redondo Beach	Hanshi Juchnik, 916-308-2606
December 1-2	Hanshi seminar in Rhode Island with Steve Babcock	Hanshi Juchnik, 916-308-2606
December 1-2	Pat Kelly at Ryan Chamberland school Winthrop ME	Ryan Chamberland, 207-377-2465 www.unitedfitnessma.com
December 8-9	Hanshi in Albany NY with Tony DisSarro.	Tony DisSarro, 518-330-3656 koshonokenza@hotmail.com
December 15-16	Pat Kelly in Pottsville Pa with Jeff Driscoll	Jeff Driscoll, 570-622-5059 www.driscollinstitute.com
January 12-13 2008	Deshi training with Hanshi at Moore Martial Arts, Windsor, Colorado	Jon Moore, 970-686-247 www.mooremartialart.com
March 8-9 2008	Seminar at Jim McElroy school Cambridge, OH	Jim McElroy, 740-685-5059 mckosho@wmconnect.com
March 15-16 2008	Midwest Filipino Camp, Chicago, IL	Shihan David Greco, 708-646-1006 www.midwestunitedmartialarts.com
April 12-13 2008	Training at Hanshi Juchnik Hombu	Hanshi Juchnik
May 17-18 2008	Rocky Mountain Summit, Estes Park, CO	Shihan Jon Moore, 970-686-1247 www.mooremartialart.com
July 12-13 2008	White Water Rafting and Training Camp	Shihan Brent Crisci, 207 582-0700 www.unitedkosho.com
September 27-28 2008	The Gathering in Sacramento, CA	Hanshi Juchnik, 916-308-2606