AUSTRALASIAN MARTIAL ARTS MAG

#5 Issue May 2023



MASTER AWARD RECIPIENTS 2022

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EDITOR'S WORD
GRAHAM SLATER



WELCOME TO OUR 5th ISSUE OF AMA
It has been a longer time between issues that I would have liked, but there has been a lot going on.

It seems that martial artists are attending tournaments and fight shows in greater numbers, which has been surprising promoters, but very good for business.

The international seminar circuit is also opening up with **Benny Urquidez, Dan Inosanto** and **Cynthia Rothrock** recently hitting our shores. Travelling Aussies has picked up too with rates up to 85% of pre-COVID, but airlines are struggling to keep to schedule. Our lifestyle has been very much restricted and there has been a reluctance to travel, due to concerns of getting sick, but now we are getting back to a new normal. The cost to travel has gone up a lot, but it seems people are prepared to pay the overinflated prices because its now all about having more experiences.

We have seen a major influx of new students and old ones returning to training, as martial arts leads the way with the ideal mix of fitness, health, practical skills, fun and self defence over other sports. Those clubs / gyms that have diversified by adding other styles to their offerings along with fitness equipment, have been the biggest winners. The consumer wants variety and a family friendly environment and they are prepared to pay for it by investing in themselves. Gyms have also recognised the value martial arts as an add on. With the fastest growing discipline being BJJ the health and fitness industry is booming. With the diversity of adding martial arts to a gym and adding fitness equipment to a martial arts club, creates changes to the insurance risk. Insurance polices have set categories and when the activities of a business go outside that, gym owners need to speak to their brokers as you may not be covered for these activities.

One of the most important events for the industry this year, is the **MAA Master Awards - 21st October 2023.** Its not just about a very **Prestigious Award** it's also about greeting, meeting, training, laughing, telling stories, networking and being in the company of our industry's leaders. This issue covers the 2022 event which was broadcast live from **Kapow TV Studios** inducting some of Australia's best. This year calls out to be held somewhere grander with more time to interact so we have taken it to the **Pullman Hotel Convention Centre**, Melbourne. There are seminars during the daytime, special greet meet cocktail hour before the grand gala dinner awards evening. It's going to be a pretty cool event with a number of special guests. Whether you are nominated or not, you are welcome to join us. **Nominate Someone Today!** Check out the details this issue.

Blitz Publications Archives is something we are very excited to introduce and will be self explanatory when you read this section. We are taking you back 30 years and sharing some of Australia's martial arts history revealing so many gems and surprises.

Each issue we will select stories from 'back issues' of Blitz Martial Arts, Kickboxer, Inside MMA, Fight, Taekwondo and across Bodybuilding, Ironman, Women's Health & Fitness and Multi Sports.

Wouldn't it be extraordinary if there was a online platform that has preserved all this history and made it available to everyone, for just a small fee. What if this also included lots of new content, promoted clubs/gyms, fight shows, tournaments and connected everyone.
Would you want to subscribe to it?
Let us know your thoughts!

We love hearing about fight shows, tournaments and seminars so we would like to invite promoters to keep us informed of your events. We can also do stories on some of your outstanding athletes and promote your events.

We are also looking for more contributors to this magazine whether its a one off article or a regular columnist, let us know. Training Tips would be good too whether in photo sequence or in video format.

As many of you will be aware, we often make this magazine free, so if you want to support it, here is how you can do it. **Join Martial Arts Australia** as membership funds go directly towards publications, subsidising multiple business services and events including the Master Awards and the previous Black Sash Awards.

Graham Slater

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When I was training hard last year for an *Iron Man* shoot, I experimented with a new training style called HRT – Hell Raiser Training. Basically, it was eight regular reps on an exercise followed by four forced-negative reps. On each forced-negative rep my training partner would push or pull down on the weight, and I had to resist the [illegible] for a four-second



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[illegible] HRT was developed by [illegible] the title [illegible] years of [illegible] who [illegible] the senior sales executive of Universal Nutrition, and Michael Palmieri, a graduate student in biomechanics and the founder of The Institute of Sport Science & Athletic Conditioning. They came up with the HRT program while seeking a more productive method of getting a pump in the muscles during a workout



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WHAT WE THINK
WE BECOME









THE MARTIAL ART OF VISUALISATION

Matt Charnley



Kyoshi Matt Charnley is a 6th Degree Black Belt with 40 years experience in Martial Arts and Kickboxing, he founded Hoshiki Kiritsu Martial Arts in 1995. He also holds Diplomas in Sports Coaching specialising in Martial Arts and Counselling and runs Mind Force which specialises in educating people in how they can better utilise their subconscious mind.

Here Kyoshi Matt Charnley takes an in depth look at the role visualisation (mental rehearsal) plays in not only the retention of Martial Arts techniques but it's far reaching benefits for our overall wellbeing.

Martial Arts, as we all know, should be a lot more than just mastering a set of physical skills and techniques. Martial Arts should be an overall education of mind, body and spirit.

If you think about visualisation in isolation, it is a very natural part of life. An example of this would be the simple act of deciding what clothes to wear for the day. We automatically picture how they will look in our mind's eye before we finally decide to wear them. This is true also in Martial Arts when we are introduced to a new technique, combination or Kata. We first must visualise ourselves performing the technique and then translate that image into physical practice. Visualisation can also be used to hone and perfect familiar physical movements through repetitious use.

Each time we practice something, whether it be physically or in the mind's eye, we strengthen the neural pathway from our brain to our body. Because the brain is a muscle the more often we use it the better it functions and imbeds what we imagine most often into our subconscious memory. Therefore, it makes sense to devote time and effort into developing our ability to visualise clearly, precisely and regularly just as we would any other facet of Martial Arts.

At HKMA we begin and end every single class whether it be junior or Senior Martial Arts, Women's Self Defence or Kickboxing with 3-5 minutes of guided (future focused) visualisation / active meditation or reflective (memory / retention focused) visualisation as an essential part of our overall education and skill training as Martial Artists. We have found that by devoting 5- 10% of class time to developing our brain muscle has helped enormously, especially with our junior students who may be grappling to remember various techniques, Kata sequences and Japanese translations. Regular visualisation also helps with overall class retention as well as the ability to focus on future goals and objectives.

At the beginning of each class we will stand in either Heiko Dachi (shoulder stance) or kneel in Seiza. The entire class will then hear the command Mokuzo (eyes closed). The Sensei, Renshi or Kyoshi will then take the class through some basic visualisation techniques, such as picturing something familiar ensuring that the students use as much detail as possible by using each of the five senses in their visualisation. This is then adapted to picturing the techniques and what was learnt from the previous class or a goal that they are currently striving towards. If the meditation is at the end of the class the students are asked to visualise in as much detail as possible themselves performing what was learnt during the class in the first half of the visualisation. Then they are asked to project forward in their mind's eye to what they would like to achieve both inside and outside of the Dojo, this way they get a very clear understanding that Visualisation can be of benefit in any area of their life.

As Martial Arts Instructors I believe that we have a responsibility to educate ourselves in all facets of human wellbeing so we can then pass these skills on to our students and therefore produce the best and most well rounded Martial Artists we possibly can.

You can contact Matt here: WEBSITE



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BEYOND WING CHUN

PART 2 - FOLLOWING ON FROM 'KUNG FU DUELS'

THE HISTORY OF KUNG FU IN AUSTRALIA

Written by R Zandbergs

Barry Pang's martial arts journey from the 1970's to today faced pressure at every step. After challenges establishing his school, he set about proving his students in aggressive "Kung Fu versus Karate" tournaments. Ultimately, he learnt that being a style purist was limiting. After all, the development of martial arts has a long history of adaptation.

barrypangkungfu.com - *THE SCHOOL*

Pang's school was founded despite pressure to close from one of the best-known (and feared) Wing Chun Kung Fu exponents in the world. **William Cheung** *had established his legend alongside* **Bruce Lee** *and* **Wong Shun Leung** *in Hong Kong, where they dominated the challenge match scene. Cheung was fiercely opposed to other instructors operating near his new base in Melbourne Australia, as documented in the previous story "Pressure-tested Kung Fu".*

As the dust settled on his long-running conflict with Cheung in the 1970's, Pang looked to consolidate the reputation of his young school by testing his top students on the Australian tournament scene. There were two open-style events that would serve this purpose, including one he helped create together with Cheung. The experience shaped his Wing Chun instruction. Ten years later, it would be a chance meeting with the Grandmaster of a related style that would transform it.

Fight, Learn and Adapt

The tournaments in this era would require Pang to adapt the ideals of Wing Chun practice to a more chaotic, aggressive environment. He knew that pride in technical perfection, lineage and superior theories would be the first casualty of competition. In Australia the big tournament in the late 70's was one that most schools dared not enter. With a reputation as a blood bath, it was run by **Bob Jones** *together with martial arts icon* **Richard Norton.** *People entering these tournaments were serious fighters with practical experience. Jones' nationwide karate enterprise was huge entering many competitors over this period.*

When Pang started entering his best students into these tournaments it was a first for kung fu in Australia and Jones started billing them as "Kung Fu versus Karate". Pang's students put kung fu on the map by winning their fair share of divisions, changing the perception that kung fu was only about wushu performance.

Pang's rivalry with **William Cheung** *had thawed by the early 1980's and together they established the* **Australasian Kung Fu Championships**. *These were open-style full-contact elimination tournaments. With prize money on offer, they were the first of their kind in Australia and a precursor to the kick-boxing scene that emerged later. They attracted dozens of teams, including an international contingent. Styles represented included Praying Mantis, Wing Chun, Kick Boxing, Viet Vo Dao, Rhee Taekwondo, Choy Li Fut and professional boxers. Instructors included* **Phillip Lam, Lawrence Lee** *and* **Malcolm Sue,** *who entered their top students along with Pang and Cheung. Set inside a boxing ring at Melbourne Town Hall, the 1981 event was filmed for television. Both Pang and Cheung were involved in refereeing duties and provided some exciting demonstrations.*

Dan Inosanto was a special guest on one occasion, giving a sticks versus butterfly swords demonstration with Cheung. Overall, the Wing Chun practitioners competed well, adapting to gloves and making the finals in all four men's weight divisions. Pang's students won the light and flyweight divisions. Pang had now become known to a wider group of Grandmaster Yip Man's first-generation Wing Chun students.





Pang whenever able, he travelled to Asia not only to visit Sifu Wong Shun Leung, but also to meet with others, including **Yip Chun, Tsui Sheung Tin, Leung Ting** *and* **Lo Man Kam**. *He wanted to gain insights into the Grandmaster's kung fu, from the many and varied perspectives of his direct students.*

Related style, new advantages

A contemporary of Yip Man was **Lung Ying** *Grandmaster,* **Lam Yiu Gwai.** *When Pang was introduced to Lam's top student in 1990, the learning accelerated. His name was* **Wu Hua Tai** *and at almost 80 years of age had a lifetime of diverse martial arts experience to share. This included learning from the best people he could find in Southern China, testing his skills against all styles and searching for anyone that could demonstrate the magical Chi powers claimed by some (No-one could).*

Lam Yiu GwaiLam Yiu Gwai

Wu was an accomplished martial artist by the 1930's and had never been beaten in a challenge match. This all changed upon his introduction to Grandmaster Lam and his Lung Ying. Wu recounted not being able to raise a guard before being flung backwards across the room and landing with Lam holding a fistful of his shirt. He became a faithful student for the decades that followed.

*Not having Wing Chun's "***Bruce Lee-factor"***, Lung Ying (Southern Dragon Shape) was not world-famous but considered a very prestigious style in China. Both Grandmasters cited Ng Mui as the historic founder from Shaolin Temple days. Whether you believe the legends or not, the styles exist and share compatible techniques. Compatibility was critical to Pang because he hadn't imagined adapting his Wing Chun focus. The other requirement was that it must add advantages. Pang saw three major points of compatibility between Wing Chun and Lung Ying. First, both styles operate front-on and emphasise hand strikes. Second, both were close-range styles (Lung Ying, more so). Third, both use hand-sensitivity training (like Chi Sao) to control opponents.*

Wu Hua Tai, pole weapon

Sifu Wu said that his master's hands were "Soft like water. You couldn't trap them". Obsessed with improving his own techniques, Wu looked beyond his style.

He was already no stranger to learning multiple systems. He wanted to develop his full potential and sought out Tai Chi and Liu He Ba Fa masters to learn from, eventually integrating their partner work into his Lung Ying. His training program developed immense stance strength and coordination, allowing the hands to soften. He later produced multiple push-hands champions of China.

Having felt Wu's strength, Pang clearly saw the benefits of integrating Lung Ying into his Wing Chun. The first was improved stances and stepping. Lung Ying's forward stance could generate enormous power and had a built-in method of transitioning between back and forward positions. Second, enhancing sensitivity through the arms. Lung Ying offered greater freedom of movement compared to the Chi Sao format. Third, was more attacking options, including rotational forearm strikes and guard-breaking techniques.

Learning new partner drills

Of course, acquiring these skills required a return to foundational hard work. Countless hours of Wing Chun Sui Lim Tao were now replaced with leg-burning Na Ma and Yiu Shun stance and stepping routines. Plus, there were six new forms to learn and four partner exercises to master. The forms emphasised access to lower body strength, coordination, and supple hands. Wu often emphasised that "Good" could be seen in the basics. When advanced students wanted to showcase their ability, he only ever wanted to see their basic stepping to assess them. An advanced form built on flawed basics was useless.

Pang's journey from the 1960's through to the 1990's saw him learn from multiple sources, test techniques and adapt his style. Martial arts have always evolved and improved in this way. Every notable style today has been built from masters putting together learnings from previous generations. Goju Ryu Karate combines White Crane Kung Fu techniques. Taekwondo merged three earlier styles when originally formed. Wing Chun's Grandmaster **Yip Man** *did not stand still either. He combined the influences of two instructors to put together his version of the style, including updating the forms and re-creating the standards for Wing Chun wooden dummy construction.* *End*



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MASTER AWARDS

















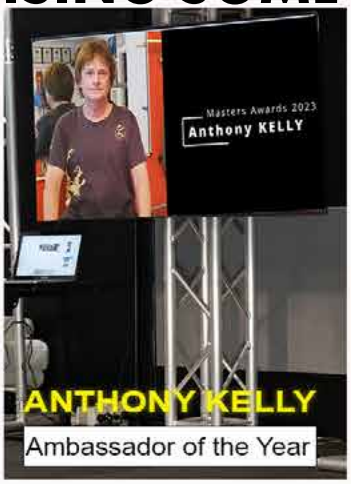


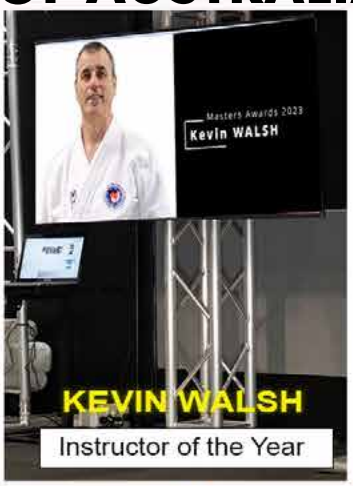




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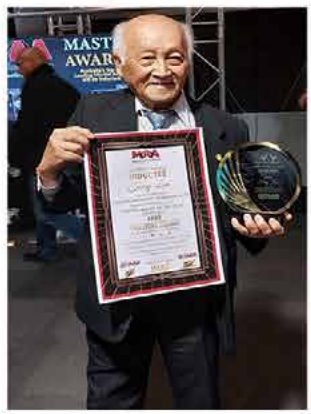




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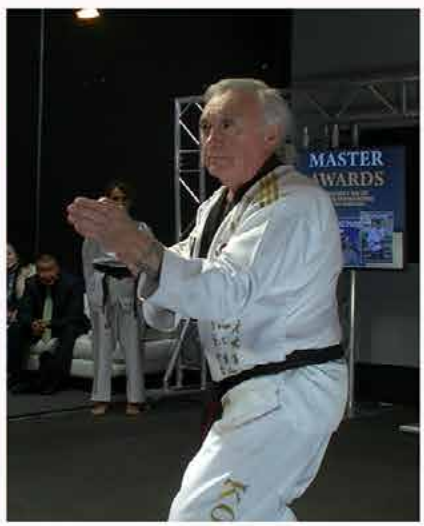




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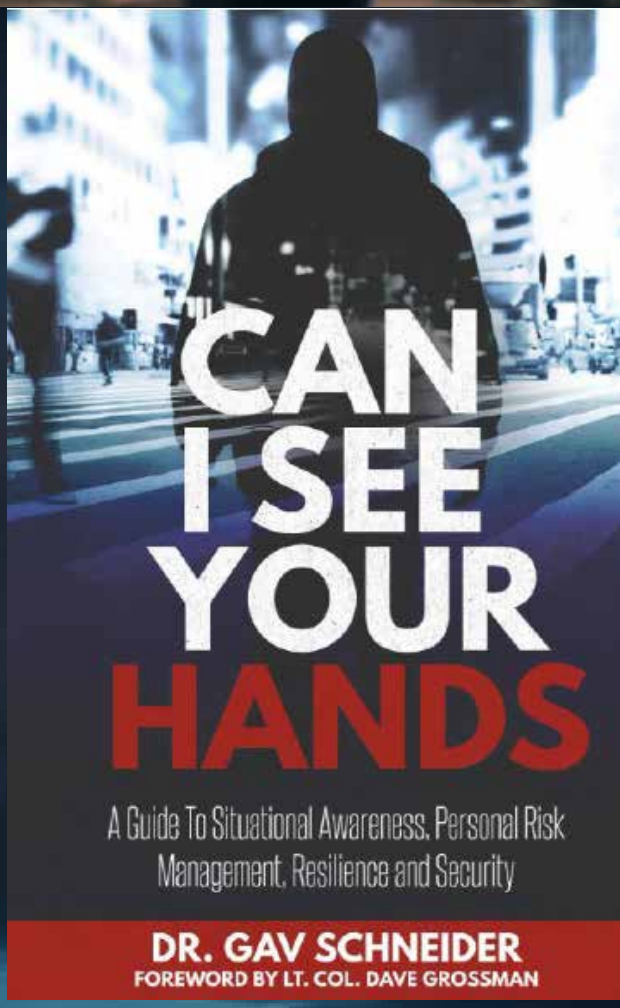
I caught up with Dr Gavriel (Gav) Schneider CPP, FGIA, FAIM, FIS (SA) 7th Dan Krav Maga, Jujitsu and specialist security and risk consultant briefly and straight away felt he would be a great asset to our publication. He has shared with a number of articles that we will be publishing over the next few issues. I see the value in his knowledge to be across many areas one being for martial arts business owners, when it comes to minimising a whole range of risks. *Graham Slater*

This article is taken from sections of my my book 'Can I See your Hands: A Guide To Situational Awareness, Personal Risk Management, Resilience and Security' which can be purchased by clicking on the cover across the page.

To be prepared for violent attacks, it is essential to understand reality. We need to explore how attacks actually happen and why we respond the way we do. Our perceptions of both of these things are often not in sync with reality. Based on learning about violence secondhand or from television, we often perceive that we have a lot of time when attacked to think and work out what we would do. Unfortunately, nothing could be further from the truth.

In terms of how attacks happen, research has shown that carjackings can be completed in as little as 8 to 12 seconds. In a bank robbery simulation, a bank with numerous security measures, including armed guards and bullet-resistant screens, was controlled and robbed in just 1 minute and 20 seconds. In personal attacks, most people don't even realize they're in a fight or have been assaulted until they've already been struck or are on the ground.

This highlights the need for training and preparation as things will probably happen much quicker than we imagine, especially when we experience an adrenal dump.





The other side of the coin is being honest about our own abilities and response skills. Many people have unrealistic self-perceptions when it comes to their ability to defend themselves in violent situations. They may state with conviction that they could fight off an attacker or shoot them before they could harm them. However, as we move closer to reality, the options available to us in a simulated attack decrease. At 30% speed and 30% power, almost anything is possible. But at 80% speed and 80% power, only 25% of what we think we can do is possible and at full speed and full power, possibly only 5% of previous options are achievable.

It's important to understand that this concept is known as the law of diminishing options. It highlights that as the speed and power of an attack increases, the options available to us decrease. It's important to be aware of this and to be realistic about our abilities and response skills in violent situations. Training and preparation are essential to be prepared for these types of attacks. It's important to understand the reality of how attacks happen and to be honest about our own abilities and response skills in order to be prepared for violent situations.

Furthermore, understanding reality also means recognizing the importance of being aware of one's surroundings. Being aware of your environment and potential dangers can give you a head start in case of an attack. This includes being aware of potential escape routes, potential weapons that can be used for self-defense, and the presence of any potential attackers. This can also mean being aware of the time of day, for example, avoiding dark alleys or secluded areas at night.

Another important aspect of understanding reality is recognizing the importance of staying calm in high-stress situations. When faced with a violent attack, our body's natural response is to release adrenaline, which can cause our heart rate to increase, our breathing to become shallow, and our muscles to tense up. These are all natural responses, but they can make it difficult to think clearly and react effectively. It's important to train and practice staying calm in high-stress situations, so that you can respond effectively when faced with an attack.

In conclusion, understanding reality is essential in preparing for violent attacks. It includes understanding how attacks happen, being honest about our own abilities and response skills, being aware of our surroundings, and staying calm in high-stress situations. By recognizing these facts, we can better prepare ourselves for potential dangers and increase our chances of survival. It's important to remember that training and preparation are key in understanding reality and being prepared for violent attacks.



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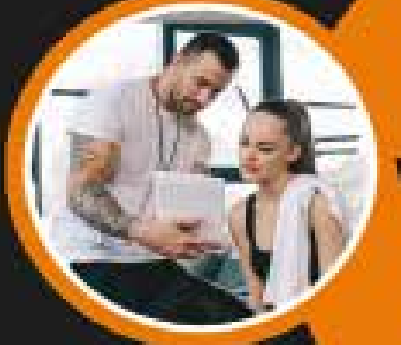
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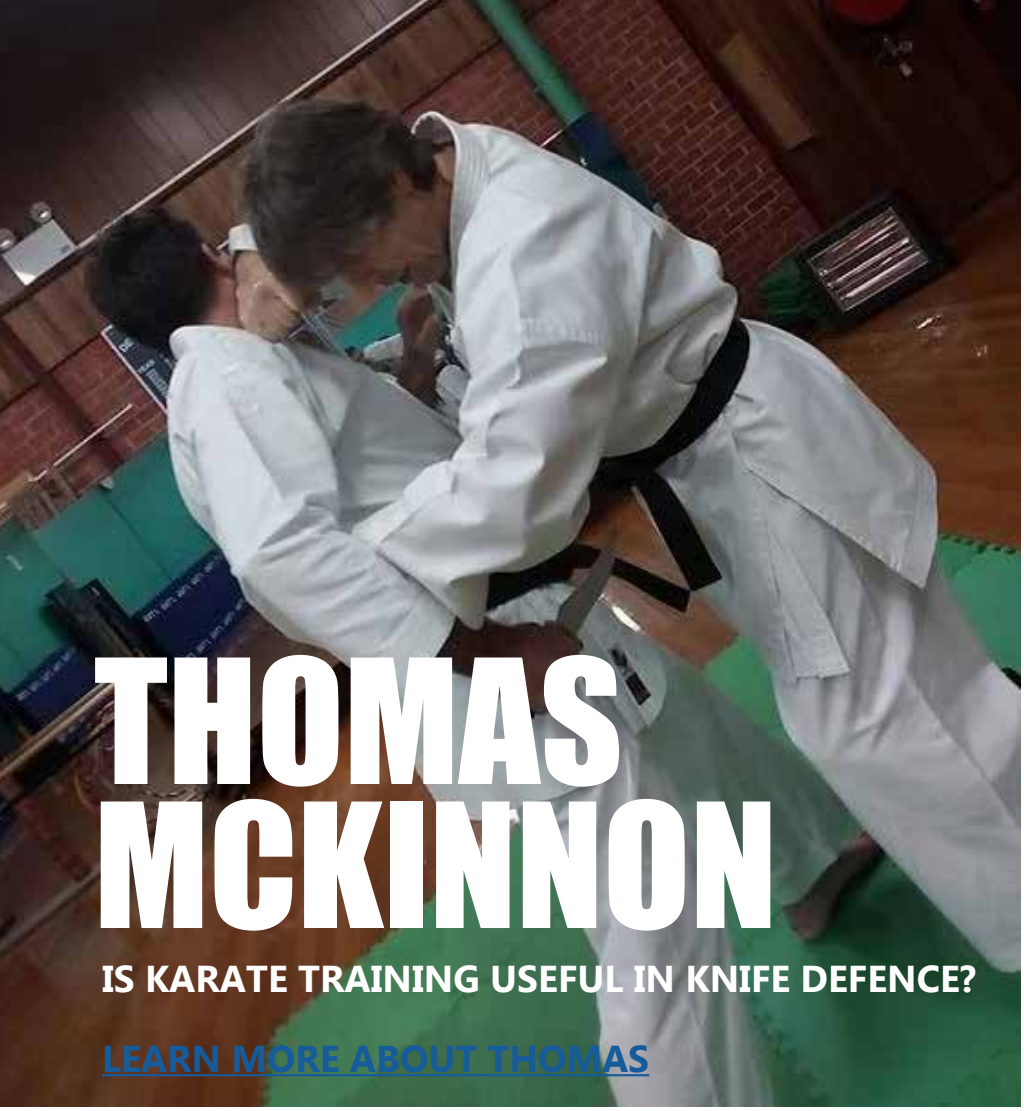
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THOMAS MCKINNON

IS KARATE TRAINING USEFUL IN KNIFE DEFENCE?

LEARN MORE ABOUT THOMAS

This is a topic that is always controversial. Everyone has an opinion on the subject; some through the mirror of their own experiences. However, many seem to have an inflexible opinion on the subject, with little or no real experience and with a very rudimentary education on the topic.

I have defended myself against four serious knife attacks, I was cut in three of them, minor injuries, only one of which needed fairly immediate attention. However, after all four attacks, I was back on the job straight away, while all of the attackers spent considerable time, one to six weeks, in hospital prior to doing serious jail time.

Teaching Knife Defence is a Serious Affair It needs to be practical, and they need to believe that it will work; because doubt is the back stabber (pardon the pun).I think we should differentiate between the categories of knife or bladed threats.

There are some dramatic differences in threat levels; consequently, there is a difference in the defence strategies used. There are three main threat levels but with a myriad of intensities.

1.The knife presented to intimidate or as an overt threatening device.

Generally, in this case, the intention is not to kill or do serious damage. However, there can be many and varied mitigating factors and this kind of threat can still progress to a real and sometimes life threatening danger. If you are presented with a knife threat situation, remember that an action is quicker than a reaction: initiate the action.

2. The knife used in an aggravated assault.

Perhaps to intimidate during an attempted robbery/mugging/rape et cetera, where injury is not the main intention, but where it all too often escalates to the next level.

I am not talking about the legal definitions here; what I am talking about is the intentions of the knife wielding assailant. This, by degree only, is a more serious situation for the victim of threat level 1.

3. The knife deliberately used in an attempt to murder or seriously injure.

Again, I am not talking about the legal definitions; I am talking about the intent of the assailant. There can be a hairs breadth between attempting to seriously injure someone and killing them.

Mushin

In answer to number 1 and 2, your responses need to be instinctive and immediate. There will be a variance in the degree of danger and the method of intimidation; however, providing you train your responses until they are instinctive (Mushin), you will minimise injury to yourself by remembering these rules:

•An action is always quicker than a reaction: implement the action.

•Act without doubt and without hesitation and don't stop until your assailant is disarmed and nullified.

In answer to number 3, if you get the opportunity to initiate the action the same rules apply. However, considering the nature of number 3, you may not get the chance to initiate the action. There are far too many variables to generalise; however, when I was putting together my knife defence seminars, apart from utilising my own personal experience, I studied hours of CCTV footage of brutal knife attacks, from all around the world. The situations were many and varied but the outcomes were all pretty grim; mostly ending in a fatality.



I have studied the different ways that people are attacked and determined the best ways in which to combat each different kind of attack. I teach a defence for a very distinctive type of recurring attack that is used when an assailant is determined to kill his victim. This attack is a rapid stabbing motion; not unlike a rapid, repeating gyaku tsuki type motion, while controlling (pulling/pushing/grabbing) the recipient with the free hand.

I watched CCTV footage of an attack on a police officer. The recipient of the attack was a big policeman; when he stopped a small, suspicious looking man to question him. Attacking suddenly, viciously, without provocation, a knife appearing in his right hand, the small man used his free hand to clamp the policeman's gun hand against the gun as he was frantically attempting to draw, while stabbing him repeatedly, to death… right there on camera.

Here is a link to an online step by step sequence of still photographs, and a slow motion video of the defence for just such an attack. The karateka among you may recognise the entry… from Soshin Kata:

1.You must meet the attacker head on; do not wait until he has got the first stab in. This is a repeated stabbing action, meant to kill you.

2.Do not let his free hand control you.

3.You must strike, simultaneously ramming your forearms:

a) Into the forearm of his knife hand.

b) Into the attacker's face; jamming his first stab and smashing his face

(Sen no sen). This action will halt his forward momentum.

4.The stills will show you the first technique from three different angles.

5.It is then important to move quickly, smoothly into the next action, taking advantage of the first shock to his system.

6.Vigorously, simultaneously, push his head down and lift the knife hand up in the manner shown.

7.Keeping your back straight for best results and least chance of losing your balance, bend your knees and drop your centre of gravity, to pile drive the attackers head into the ground.

8.To finish, using a wrist/arm lock, wrench hard to take control and or break the arm.

9.It is doubtful that the knife will still be in his hand, but if it is it will have been nullified all the way through and can be taken easily at this point.

Let me be quite clear about this; I know from practical experience that this technique works, and I taught it to the high risk contingent of the security industry for 25 years with nothing but positive feedback.

It is not practical (from the point of view of the damage you can cause) to practice this technique, repetitively, with a partner at full speed with power. However this link will demonstrate a method of practicing a modified version of the technique. There are also 3 other possible knife defence techniques on this link that



you can practice with a partner, with a little speed. Some training tools if you will:

I think that one point should be made here. If you are confronted by anyone with a stabbing or bladed weapon, if at all possible, you should remove yourself from the situation immediately. Do not make it an ego thing! Even if you master knife defence; having to disarm someone with a blade, regardless of the antagonist's skill, or lack thereof, is extremely dangerous. However, if you are unable to remove yourself – you may be cornered or protecting someone – you owe it to yourself to be as prepared as you possibly can be.

The Unmentionables
There are still a couple of areas not yet mentioned… To talk about knife defence and not mention the most difficult types of bladed weapons to defend against would be grossly duplicitous. I could do what a lot of people do when covering knife defence: put these weapons in the too hard basket and just ignore them!Obviously, anything involving knives is more than a little dangerous.

If you are thinking of employment in the close protection industry you should consider training in one of the knife fighting systems. You might also familiarise yourself with as many others as possible. My initial knife fighting training, in the military, consisted of a mishmash of the most useful, deadly techniques from a variety of origins. My additional knife fighting education comes care of Tantojutsu from Bushido, and the Filipino knife fighting of Kali. I also acquired some of the practicality of stick fighting from Kali; which transfers very nicely to an extendable baton; and is extremely useful against a knife.

Slashing
I grew up on stories of the Glasgow razor gangs. There was still the occasional incident, but on the whole the open blade razor had gone the way of the dinosaur. Quite obviously, they were not used for stabbing but for slashing. They could be used with devastating effect: blinding, opening up or slashing pieces off face and hands et cetera. In an experienced hand they could kill quite easily but, for the most part, they were meant to menace and intimidate. Designed to cause extensive damage without the risk of accidentally killing someone; they were quite a terrifying weapon!

The box knife is fairly commonplace in Glasgow nowadays: with a capacity to do massive amounts of damage, but without the depth of blade to accidentally kill someone in the process. Another terrifying weapon!

Defence against the two aforementioned weapons, mostly because exponents of said weapons usually train in their use, I would put firmly in the realm of 'the knife fighting cultures'. I would therefore advise that defence against them should follow the same lines as dealing with any of the knife fighting martial arts.

Knife Fighting Martial Arts
Lastly, I'll touch briefly on knife fighting martial arts, which are numerous. Here are just a few of the most prominent:

Pencak Silat *(Indonesian)*
Silat practitioners use a curved blade called a Karambit. In trained hands, this is a deadly weapon.

Kali Escrima *(Filipino)*
Kali practitioners use a relatively short, single bladed, stabbing and slashing knife. This is another devastatingly dangerous weapon.

Paranza Corta *(Italy)*
Practitioners of this deadly art use a stiletto bladed knife; primarily, a deadly stabbing weapon.

Tantojutsu *(Japan)*
Using a Tanto; this is a devastating, stabbing and slashing knife fighting art.

Military Special Forces *(various countries)*
This is usually an amalgamation of the deadliest techniques from various, classical knife fighting arts. The weapons vary, my experience was with a bayonet; however, it is adaptable to most knives.

If you are cornered and you have no weapons, distance is your only ally; long range striking is most advisable. Utilise, as a weapon, anything that you can get your hands on. If you are protecting someone, professionally, then you should be carrying some kind of weapon, an extendable baton at the very least.

So, will Karate help you in knife defence? Certainly there are tools within your Karate training that will assist you. However, you really need to train, specifically, for knife defence to stand a decent chance against someone with a knife. And the more skilled your adversary, the more skilled you need to be.
END

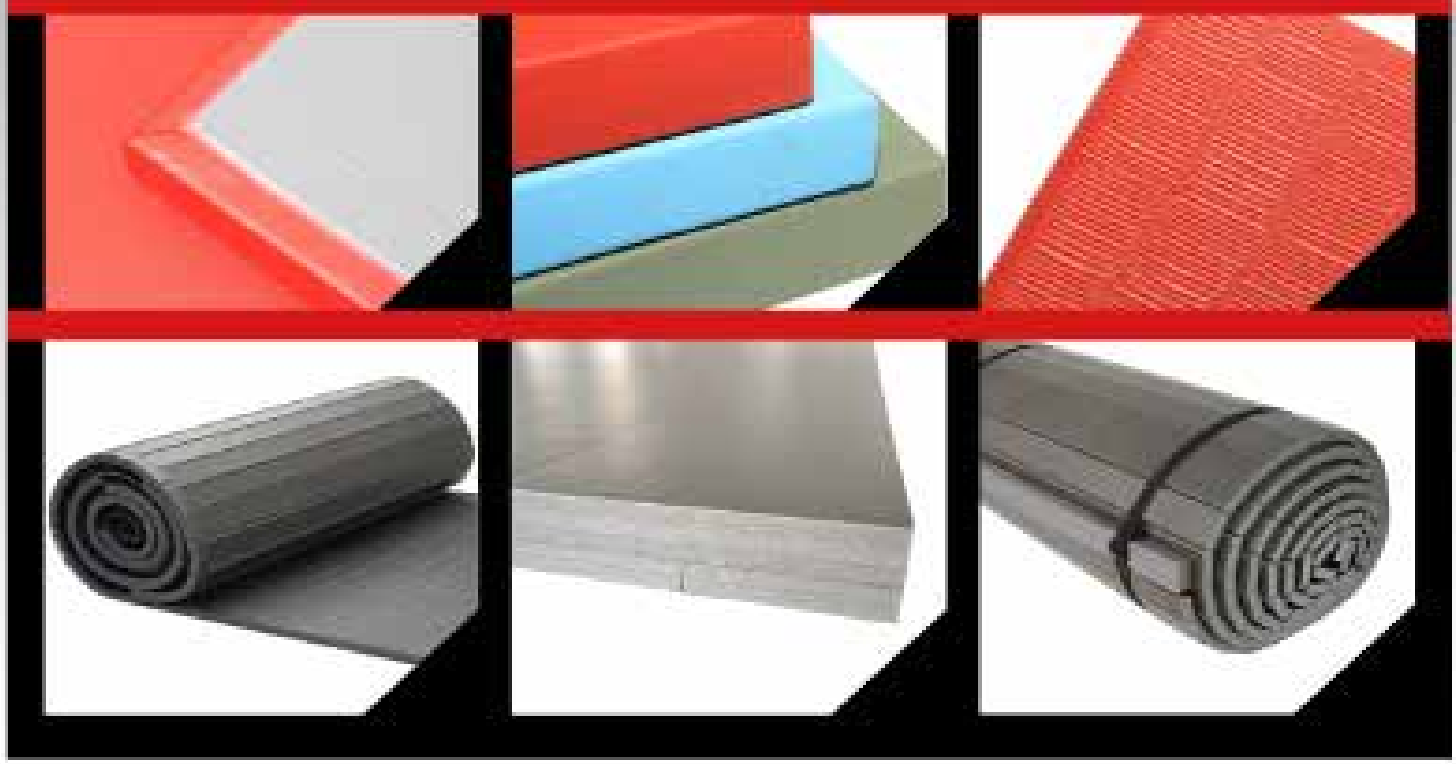
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Grow more muscle with Hellcentrics

By John Hansen, Mr Natural Olympia

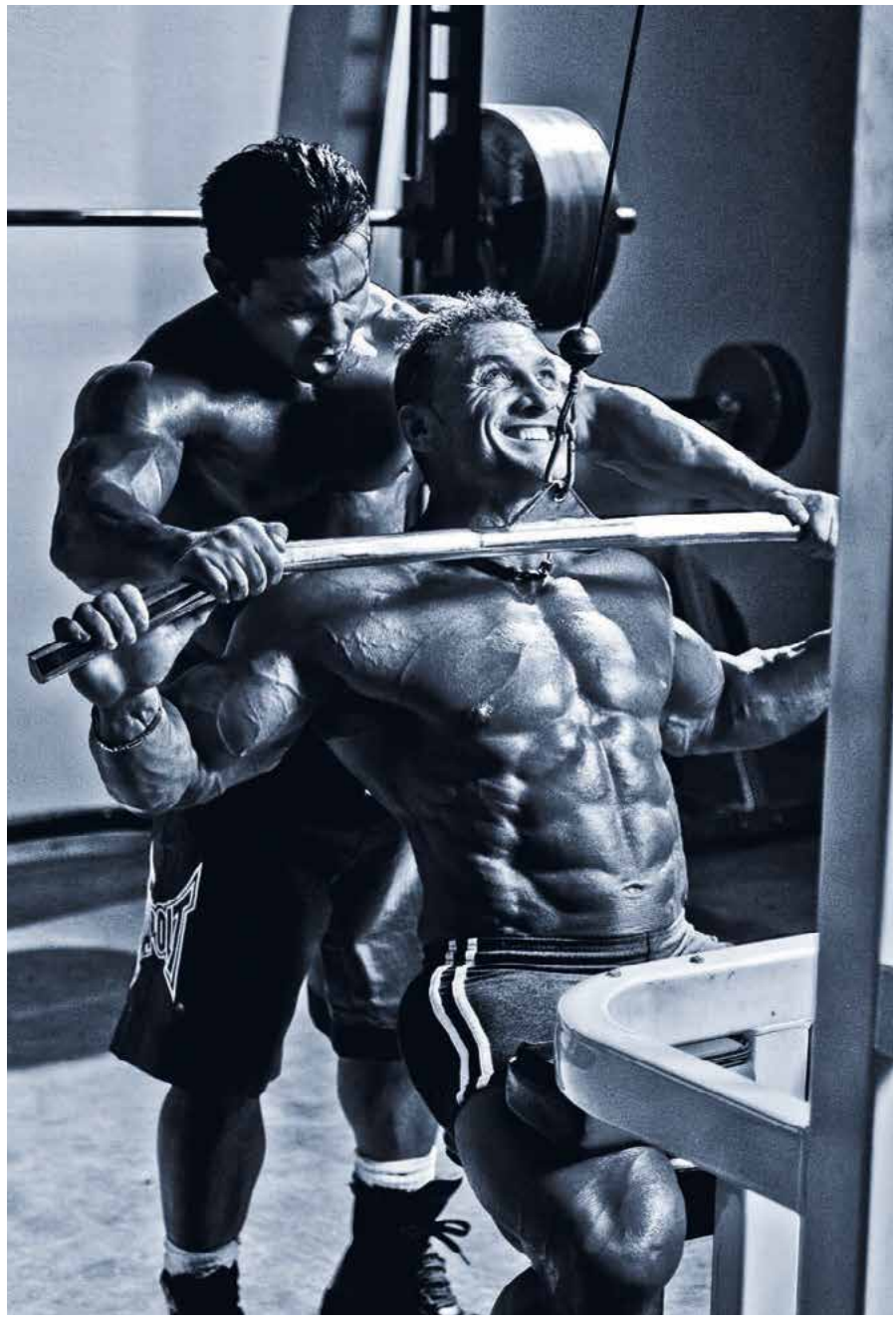
When I was training hard last year for an *Iron Man* shoot, I experimented with a new training style called HRT – Hell Raiser Training. Basically, it was eight regular reps on an exercise followed by four forced-negative reps. On each forced-negative rep my training partner would push or pull down on the weight, and I had to resist the force for a four-second negative rep.

The concept of HRT was developed by Tom Fuller, a competitive bodybuilder with 30 years of experience who's also the senior sales executive of Universal Nutrition, and Michael Palmieri, a graduate student in biomechanics and the founder of The Institute of Sport Science & Athletic Conditioning. They came up with the HRT program while seeking a more productive method of getting a pump in the muscles during a workout.

Extending a typical set with forced negatives helps the sarcoplasmic portion of the muscle cell (the area between the muscle fibres and the muscle cell wall) expand and develop due to accumulating fluids. Although not a lot of resistance is used with HRT, the muscle pump is substantially increased, leading to greater muscle size.

Since the concept of HRT was developed, Tom has advanced the program by adding a new twist. He calls his new system 'Hellcentrics'. It's the advanced version of Hell Raiser Training.

With Hellcentrics you start with the standard eight normal reps; however, before doing a full forced negative, you add a forced partial rep, with your training partner applying pressure on the negative portion of the partial, before moving on to the first forced negative. You do a forced partial before each of the four forced negative reps, and that's Hellcentrics.



Neveux \ Models: Danny Hester and Joe Tong

To understand exactly how to apply this exciting new approach, I talked with the creator, Tom Fuller.

JH: What was the idea behind Hell Raiser Training?
TF: As a trainer, I was getting frustrated with athletes not growing the way they should, hitting plateaus, hitting lagging body parts. I was even hearing complaints from guys who were not able to get a pump. The program modified itself over the course of five years. I wanted to come up with something that would guarantee breaking through those barriers and accomplishing their goals on a more consistent basis. That's why I ultimately ended up developing Hellcentrics training, which is primarily geared toward physique athletes.

JH: One of the things I liked about HRT was that I didn't have to use really heavy weights to increase the intensity of the workouts. Is that one of the reasons you developed the program? Did you have injuries or joint problems that prevented you from training really heavy?
TF: I did have my fair share of issues from relatively minor injuries, but they really had nothing to do with the reason why I developed the technique. I was focused on one thing and one thing only: getting a pump. I know how important that is to a physique athlete – accomplishing that pump and taking it to the next level with driving force. So the weight became secondary. The more the training style developed, the less weight you actually needed to accomplish that end.

JH: Would it be possible to get a better pump by more traditional techniques like supersetting two exercises together or doing drop sets?
TF: One of the things I did in researching this was digging into other people's materials, like Jim Stoppani. I'm a big fan of his work, and I liked his approach. In his *Encyclopedia of Muscle and Strength* he noted that the majority of growth programs for sarcoplasmic hypertrophy coupled with myofibrillar growth had rep ranges between eight and 15. That became one of the basic building blocks of Hellcentrics.

The other thing was the number of sets. I found that it only took two working sets for each exercise. I wanted to create a training style that basically made the most of the productivity of these two building blocks. In my research, I was noticing more and more the importance of doing concentric and eccentric training together. That was part of the reason that the rep scheme ended up being eight plus four. It's also within the rep range of that first building block I mentioned – eight to 15.

A Hellcentric is an extreme forced rep that has two parts – a partial rep followed immediately by a full negative. It's a forced partial eccentric, followed immediately by a forced partial concentric, followed by a forced full eccentric. The Hellcentric begins when the muscle is in a fully contracted state.

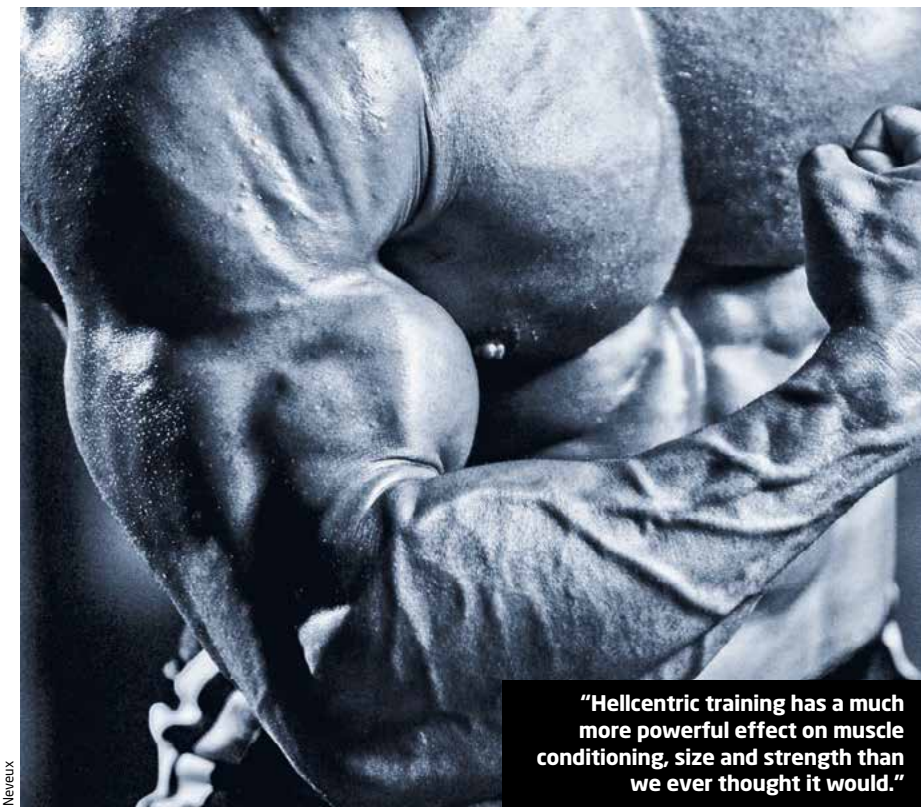
JH: Give me an example of how you would apply a Hellcentric rep to an exercise.
TF: Let's take a pulling movement like barbell curls. The bar is hanging down with the palms up. You perform eight regular reps and then on the eighth rep you hold the bar up at the top – and by at the top, I mean both biceps are in a fully contracted position. This fully contracted position is where the Hellcentric begins.

Your partner begins to pull on the bar. While you're still in a power range, you begin to pull on the bar, causing a 'forced eccentric'. Your partner then allows you to pull the bar back to the start position. That motion of a partial eccentric followed by a partial concentric cinches the muscle fibres.

"By the time you finish a sixth set of what I'm describing, you just have nothing left."

We've shown with Michael's research that you end up engaging and cinching more muscle fibres for the full force eccentric that follows that partial. Emphasising the three movements causes the most microtears in both the muscle tissue and the fascia without actually damaging anything else.

JH: When you do the partial rep, do you come halfway down, or is it more like a quarter rep?
TF: It's more like a quarter rep. What you're doing is moving within a power range. All movements, with the exception of anterior and medial delts,



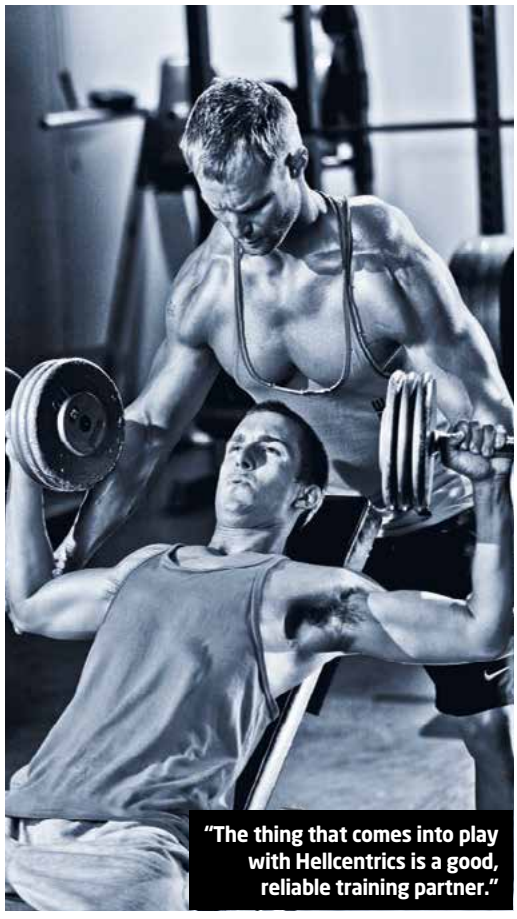
NEVEUX

"Hellcentric training has a much more powerful effect on muscle conditioning, size and strength than we ever thought it would."

"You don't have to lift huge amounts of weight; you just want to look as if you can."

have that power range in which you can essentially engage even more muscle fibres by contracting the muscle once again and then doing the full negative.

Michael and I have learned that Hellcentric training has a much more powerful effect on muscle conditioning, size and strength than we ever thought it would. At first, we thought it was going to affect sarcoplasmic hypertrophy; that was the primary goal. Then we learned that when you couple the two techniques, you actually end up working myofibrillar hypertrophy as well. That is just beautiful!



"The thing that comes into play with Hellcentrics is a good, reliable training partner."

Neveux \ Models: Whitney Reed and Spencer Neveux

Using a smaller weight and working the muscle, as opposed to just trying to power through the reps, as a lot of us have done in the past, actually conditions the muscle differently; it can accommodate a larger load in general for a one-rep max. It's crossed from bodybuilding to powerlifting, but we're applying it to some other sports as well. Right now, we are working on football players. We're finding that its application is farther reaching than we thought it would be. The rep scheme is the thing that varies, depending on the sport, and that's what we're working with right now.

JH: How many sets would you recommend people do – or does it depend on the size of the muscle group? You said two working sets for each exercise. Is there a limit to the number of exercises you would use to train a muscle group?

TF: Yes. There is no need to do more than six sets even with a big muscle group like quads. That's difficult for a lot of guys to swallow right off the bat. There's no shortage of people wanting to do work. If anything, most people overwork. But by the time you finish a sixth set of what I'm describing, you just have nothing left.

JH: Are there certain exercises that work better than others? For example, could you do lunges for the glutes with this type of training?

TF: Sure, it can be applied to any exercise. Whatever the exercise is focused on is what is going to be affected the most. The thing that comes most into play with Hellcentrics is a good, reliable training partner. With an exercise like lunges, it's difficult but possible. I've used Hellcentrics on everything. On Bodybuilding.com we have a Hell Raiser Training forum within a forum. It's dedicated to anything anybody wants to know. If someone wants to see an exercise, I put it on there. I've done Hellcentrics on everything.

JH: Please list a couple of sample Hellcentric training programs.

TF: Here are a few from the Bodybuilding.com video series. It's all two working sets per exercise:

Shoulders, biceps and forearms

Shoulders: Military presses, lateral raises, barbell front raises
Biceps: Barbell curls, reverse curls
Forearms: Reverse wrist curls, wrist curls

Legs

Quadriceps: Leg presses, hack squats, leg extensions
We're focusing on the medialis (leg press), the lateralis (hack squats) and the rectus femoris in the middle (leg extensions).
Hamstrings: Stiff-legged deadlifts; standing, lying or seated leg curls.

For stiff-legged deadlifts the training partner stands in front of the bar off to one side and pushes down on it for the forced negative. We recommend that you do these on a Smith machine so your partner can press on one side of the bar and provide evenly distributed resistance instead of standing directly in front of the bar. I haven't had one person yet complete this leg workout. That's a challenge I throw out to anybody.

Chest and triceps

Chest: Decline presses,bench presses, incline presses
Triceps: Skull crushers, overhead dumbbell extensions

Back, traps, rear delts and calves

Back: Pull-ups (pulldowns for alternate if you can't do pull-ups), seated cable rows, T-bar rows
Traps: Shrugs
Rear delts: Rear laterals
Calves: Seated calf raises, leg press calf raises

JH: Do you train abs with Hellcentrics?

TF: We don't want any size in the waist, so we just do a normal ab routine. I like to do oblique crunches for 100 reps on each side and then leg raises, knees up, for another 100 reps. So it's a grand total of 300 reps for three exercises.

JH: You mentioned that you don't need to use heavy weights with Hellcentrics. Do you find that you lose strength on this program, or do you eventually get stronger?

TF: Initially, your strength will go down, but then it will go up. Just as with any different training style, the muscles get shocked right away. As your body becomes accustomed to the routine, your strength will go up – but we're talking bodybuilding, we're talking muscle size. You don't have to lift huge amounts of weight; you just want to look as if you can. That's so true with this. The weight doesn't matter, really. ■

John Hansen has won the Mr. Natural Olympia and is a two-time Natural Mr. Universe winner.



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PAUL MRACEK

WHAT YOU THINK IS WHAT YOU BECOME

Is it possible that what we constantly think about, can change how we develop and who we become? *Do our different thoughts about our wants, needs, fears and desires have an impact on our attitudes, that influence our behaviours and eventually what we can achieve?*

The full quote by Earl Nightingale which is often misquoted is:
"We become what we think about most of the time, and that's the strangest secret"

How you feel, whether it is happy, sad, angry, fearful, or courageous directly influences the type of thoughts you have. These thoughts control our brainwave frequency which we transmit into our world around us. Similar to how a magnet works, others pick up on the frequency or vibration and then can be attracted or repelled by it depending on their frequency at that time. We have all experienced this when we have been in either a good or bad mood. If for example you are feeling that everything seems to be going wrong, your thoughts will generally be more negative. When this happens, your thoughts will create negative emotions and unconsciously give out signals to those around you to stay away, and this flows through to how you act with others. It can be easily seen by others in your body language which is telling them to stay away and give you some time and distance to be alone.

Others who are more able to sense changes in frequency and vibration may alternatively feel that they should try to help by trying to provide some help and support to lift your spirits and energy levels.

When we are able to manage and control our thoughts, then we are also controlling our emotions, which stabilises our behaviour. This relationship loop of our thoughts, behaviour and emotions effectively controls our mind energy and the frequencies of the brainwaves we are sending out to others and the environment around us.

"We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves"….Buddha

The twelve **Universal Laws of Life** *have become very popular and at the same time overused. As a result, the interpretation and understanding has often been distorted or lost.*

The **'Law of Attraction'** *when used with the right intent will change who we attract into our lives as well as the type of opportunities that we want to be more successful.*

Law of Attraction: *Each action would provide a different result, which is mostly based on thoughts, words, dreams, or emotions. We must select our action that solely supports our thoughts, words, dreams, or emotions. And the actions we selected must be supporting your thoughts and dreams which will help you accomplish your goal.*

The mind and body are a generator creating electricity. We know from physics that when electricity circulates through a conductor such as our body, it creates an electro-magnetic field.

Whenever we meet someone or a situation arises, the circumstances are compared with our existing knowledgebase, this includes all our previous limitations, beliefs, experiences, and awareness of things that we cannot do.

If it can't find a match, whether it is not the same as what we already have learnt, then it is most likely going to be rejected as not correct and of no value.

This magnetic field is often also referred to as an Aura. It flows out into the environment at your frequency and vibration level. When it meets thoughts of a similar frequency the attraction becomes stronger, pulling the people and opportunities closer together.

The more often we think about something, whether it is at work, home or socially the greater the frequency and energy being developed. As noted from Aesop's Fables:

"Be careful what you wish for, lest it comes true!"

Concentrating on things that you don't want can attract this to happen. It is always best to use positive attraction by focusing on what you want, rather than what you don't want in your life.

This is not as simple as it sounds due to our CCF (Conscious Critical Faculty) it is what lies between the subconscious and conscious levels of the mind and works as a filter. The subconscious holds our beliefs and memories from an early age and stores them in our mind. □

How the CCF works is simple.
Unfortunately, our wiring is such that we will not act on something that has already been rejected. I am sure we have all been in a similar situation where we rationalise our decision by telling ourselves that it won't work for me. It seems to be easier for us to concentrate on the negative than the positive as we see this in the media all the time. When this happens our energy and vibration is low, and we attract people and situations of a similar level.

As **Henry Ford** *once said:*
"Whether your think you can or think you can't, you're probably right."

The Vibrational Staircase
Retraining your thoughts to be positive is easier by understanding and using the vibrational staircase.

Being aware of what to look out for, what to avoid and what actions to take will create new behaviours to change your thoughts and outcomes.

As our vibration level increases so does our energy, this results in more positive thoughts that attract people and opportunities of a similar level, as shown in the staircase of increasing vibrational energy below.

Step 1: Low vibrational energy
Focus and thoughts are inwards, and tendency is to be attracted to others with the same level of vibration.

Step 2: Increasing vibrational energy
There is a start in thinking and projecting of thoughts outwards and attracted by others at this or a lower vibrational energy.

Step 3: Outward vibrational energy
This is where there is a transition of thinking more about others rather than focusing inwardly of your own needs.

Step 4: Outward projected vibrational energy
There is now a positive vibration with more frequent and sincere thoughts of others over yourself.

This is when you see a shift in the type of people and opportunities you attract to being more positive.

Step 5: Higher vibrational energy
The vibrational level is higher and there is a greater understanding of the connection and importance of the relationship between thoughts, energy and how it can influence results.

Step 6: Energy Generator
At this level there is a full understanding that thoughts direct energy to get what you want, as well as being able to help others in life. Those who are focused on supporting and caring for others will be attracted to you.

Step 7: Energy Master
At this point there is unconscious competence in all thoughts, behaviours and actions to constantly generate and maintain high vibrational energy. This is when ongoing opportunities present themselves to you to achieve your goals and the people you need will be attracted to you when required.

With knowledge and practice on focusing our energy into what we want, it is possible to change how we develop and who we become. What we think impacts on the results that we can achieve and who we attract into our lives.

As **Mihaly Csikszentmihalyi** *a psychology professor at the University of Chicago, and the man who is best known as the architect of the notion of flow in peak performance stated:*

"Attention is like energy in that without it no work can be done, and in doing work is dissipated. We create ourselves by how we use this energy. Memories, thoughts and feelings are all shaped by how we use it. And it is an energy under control, to do with as we please; hence attention is our most important tool in the task of improving the quality of experience.

"Let your thoughts be the reflection of the life you want to live.

Paul is one of our regular Columnists who is the CEO of Kotan Australia and is a consultant to MAA his contact details are:
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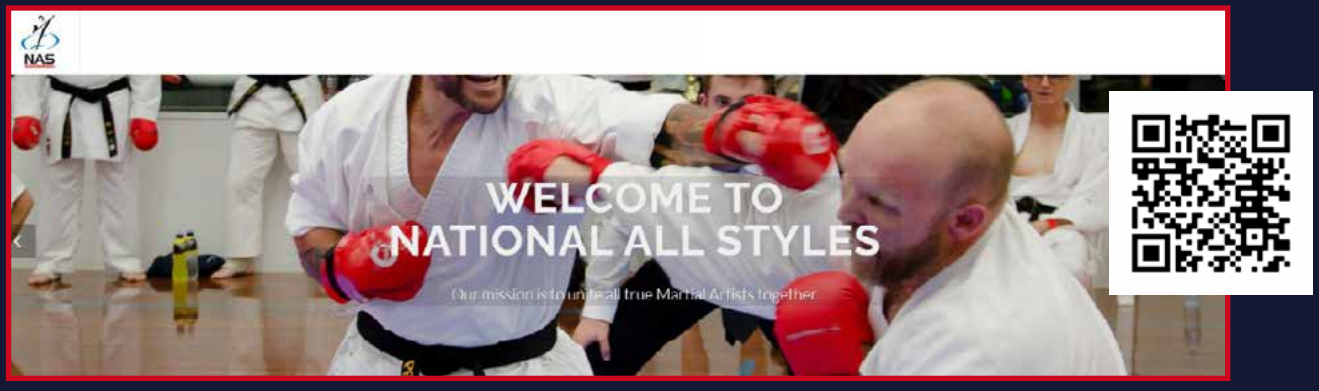
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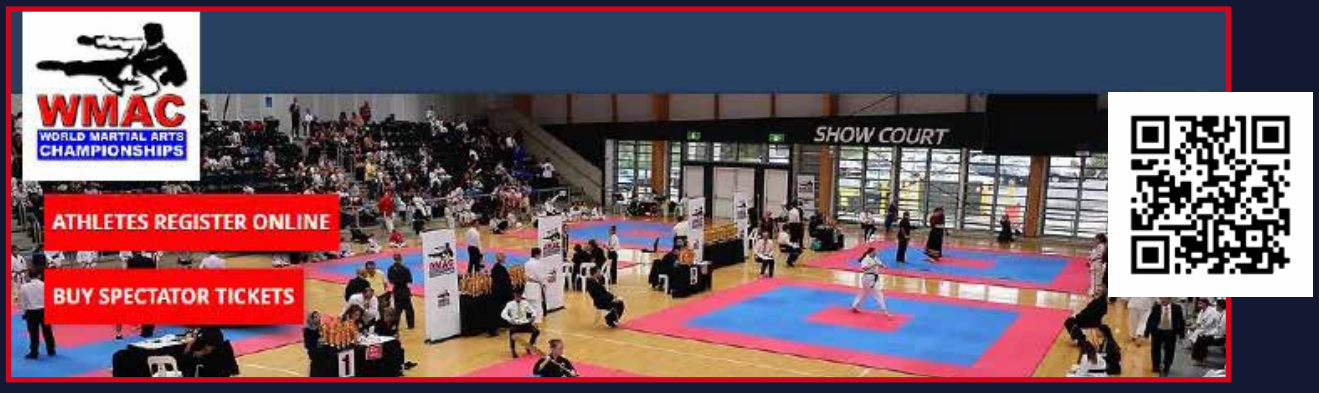
EVENTS CALENDAR

We have created this page to help you find competitions to test your abilities with some of the leading promoters. We will expand this as more Promoters and Associations send us their event calendars and results. The digital magazine will keep updating through the year.









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DETOX *dilemma*

To sip lemon potion, lock yourself in the sauna or go in for a spot of colon cleansing? That is not the question, says **Melanie Hearse**, who dishes the truth about that new year detox



There's nothing like after-Chrissy carb bloat in searing heat to make you feel like a rubbish dump, brimming with macronutrient debris. You can almost feel the fat from the crackling setting against your stomach wall, can't you? And applying your conversational medical-ish – *anatomy for tourists* – you come up with the translation of 'toxic'.

And in a climate of fear about food, buoyed by ubiquitous marketing of so-called quick 'fixes', it's little wonder that doing a post-holiday 'detox' has become de rigeur.

But a leading professor of complementary medicine warns that many modern day detox programs are little more than money-making promises – as empty a bar fridge on New Year's Day.

"Despite the abundance of available detox measures, it is not yet possible to base their use on rigorous scientific evidence," says professor of complementary medicine at RMIT University, Dr Marc Cohen, in a 2007 research report.

Citing a boom in juices, diets and nutritional supplements, saunas, scrubs, purging, fasting, colonics, exercise, chelating (binding) agents, and the emergence of detox programs and retreats, the president of the Australasian Integrative Medicine Association says that even the word 'detox' is questionable.

"Very few programs actually establish what 'tox' is, let alone 'detox' and there is little documentation about toxin elimination and associated clinical outcomes," Dr Cohen says, inviting the industry behind the purported remedies to produce scientific evidence. Which is unlikely, he concedes, with spending on so-called solutions to what we've diagnosed as toxicity a disincentive to fund research.

So you think you can detox

A toxin is a chemical or poison that is known to have harmful effects on the body, Dr Cohen says. "Toxins can come from air, food, water or the chemicals used to grow and prepare them," he says. He explains that these toxins need to be processed through our organs – the liver and kidneys – before being eliminated through sweat, urine, and faeces. That level of toxicity in the body can be measured through different body tissues, including blood, urine, hair, sweat, fat, saliva, breast milk, and semen, but few laboratories are equipped to undertake these tests, Dr Cohen says.

Despite the scientific jury being out, Dr Cohen says some everyday lifestyle choices may be helpful for reducing your toxic load. "Avoid smoke and polluted air, and use safety measures if you handle industrial or household chemicals. Eat organic whole foods and soluble fibre, drink lots of water and engage in regular activities that induce vigorous sweating. By keeping the kidneys and skin flushed and the bowels open, you can help your body remain 'in the flow', continually removing toxins from your system," he says.

Fitness trainer Daniel Morton concurs. "The types of detox I recommend is based more on making lifestyle shifts. Organic foods are a better investment than the latest celebrity endorsed liquid – numerous studies show that not only is there far more nutrition in food raised organically, but there are detrimental effects to the consumption of any commercially raised food. Commercially raised



animals are fed steroids, chemicals and worse. These are toxins, and the animal stores toxins in fat just like we do and pass them on to us". The owner of Nexus Fitness also recommends plenty of water, sleep and exercise.

Why do we do it?

Considering there is so little research out there, why are detoxes so popular? Laurelea Moss, wellness specialist and qualified acupuncturist, and owner of Glowing Good Health, says that people generally become interested in starting a detox because they are feeling unwell or want to lose weight.

"Unhappy digestive systems involve digestive bacteria being out of balance, problems with nutrient absorption and impairment of the ability of the body to excrete toxins that the liver has dealt with and is releasing through the wall the large intestine," Moss says, citing irritable bowel syndrome (IBS), constipation and bloating among symptoms that may prompt a detox.

Others, she explains, will take on a detox because they've been through a 'toxic' time in their life – they've been busy with work and have relied on unhealthy takeouts and not enough sleep, or may have indulged in too many fatty foods and alcoholic beverages over the party season.

According to nutritionist Carla Evans, most popular detox diets rely on very low caloric intake to promote rapid weight loss, which would occur with any combination of foods causing a calorie deficit – detox properties or not. And like any dramatic drop in calories below daily energy requirements – dipping below 1,200 calories is counterproductive as it slows metabolism and causes hormonal conditions for over-eating – a detox drop will be followed by equally rapid weight gain. What's more, if you're not getting all the nutrients you need, you will find it harder to exercise and may feel weak and dizzy.

DETOX REDUX THERE ARE PLENTY OF FAD DETOXES OUT THERE – AND NOT ALL ARE CREATED EQUAL. WE ASKED THE EXPERTS FOR THE SKINNY ON TOXING DOWN.



SUPERPOWERED SAUNA

WHY DO IT: To encourage waste products to leave the body via sweat, which is stimulated by a sauna's intense heat. While some people use saunas for weight loss, any weight lost is the result of losing water – not body fat.

DETOX DETAIL: Naturopath Jacqueline Evans says that near infrared sauna therapy is one of the least costly, safest and most powerful ways to eliminate toxic metals, toxic chemicals and chronic infections, adding that the benefits include skin rejuvenation, enhanced sweating and decongestion of internal organs. There is no scientific evidence to suggest that saunas encourage detoxification, in its medical sense, but the promotion of perspiration is proven.



JUICE DETOX

WHY DO IT: To rest your digestive tract and use energy used to process food for repair, recovery and healing.

DETOX DETAIL: A juice detox is usually a short-term program of one to seven days, whereby you drink only vegetable and fruit juices, Evans says. But despite claims from the juice fasting fraternity, Evans says she is not aware of any clinical research to provide evidence for the benefits of juice fasting. What's more, she emphasises that results will vary between candidates. "Everyone has a different medical history, biochemical status, metabolism, digestive system, liver function and stress level. All of these, plus many more factors, can influence how well any detoxification program will work." Evans advises would-be juice detoxers to seek advice from a healthcare professional specialising in nutrition before commencing.

LIVER DETOX DIET

WHY DO IT: Hormonal imbalance, high cholesterol levels, skin problems, poor energy levels, dark circles under the eyes, foggy thinking, mood swings or irritability, halitosis (bad breath), body odour, excessive sweating and poor sleep.

DETOX DETAIL: It mightn't be the sexiest detox around, lacking its lemon cousin's celeb ambassadors, but the liver detox is among the most helpful clean-out solutions, according to Evans.

"It seems the more far-fetched the diet is, the more attractive it is to people desperate for improved health," she says.

"The liver is the primary organ which filters the blood and metabolises any toxins present. In reality we are not detoxing the liver, we are providing the liver with the right raw materials it needs to complete its phase one and two detoxification pathways effectively," Evans explains.

Foods and supplements said to promote liver function include cruciferous vegetables such as cabbage, brussels sprouts and broccoli, garlic and onions, beetroot, dark green leafy vegetables and brightly coloured vegetables, and fruits – specifically yellow, orange and red ones.

Supplements and other food items suggested for liver function include cold pressed oils such as olive, macadamia, avocado and coconut oil, raw or soaked nuts and seeds, spirulina, evening primrose oil, dandelion, St Mary's thistle and turmeric.

Liver detox diets cull foods that are toxic to the body and therefore add metabolic stress to the liver – think alcohol, caffeine, preservatives, additives, colourings, flavourings including 'natural flavourings', hydrogenated oils, trans fatty acids, refined sugar and refined carbohydrates.

Evans says there is a building body of evidence to support specific nutrients and their benefit to the liver detoxification pathways. She recommends would-be liver cleansers read Sandra Cabot's *The Healthy Liver & Bowel Book*.

"The Elimination Detox gave me back my health"

Cindy Tonkin decided to try a detox diet because she had irritable bowel syndrome. "I thought the liver cleanse might put me back on track, and while it did make my eyes clearer and I lost some weight, I didn't enjoy feeling separated from others at social gatherings because of my food options. I also found the liver cleansing herbs made me feel sicker – but I did like the fact it removed chocolate from my diet for eight weeks, which broke the worst of my habit!

The elimination diet came a few years later, after I noticed I was catching colds every six to eight weeks and had constant sinus blockages, hives, and a few weird rashes I hadn't connected to food. I'd had scratch allergy tests and they showed nothing.

I had already worked out that pineapple juice gave me pimples on my tongue, which my GP said it could be symptomatic of a food intolerance, so I spoke to my dietitian about it and she recommended the elimination diet.

The diet took a long time to do. Essentially you have a very limited base diet for two weeks to see if symptoms subside. If they don't, food isn't the issue. If they do, then you add one food group at a time to see the effect. When I eliminated foods I was intolerant of (many of which I had eliminated through the liver cleanse), all my symptoms went away. A rash I'd had for more than 30 years just disappeared, I stopped snoring, I lost around 15 kilos, and my stomach – which had been bloated for so long – got flatter.

fightin' words – martial arts discussion



Graham Slater
Chairman,
Martial Arts Alliance

Graham has been involved in martial arts for 37 years. He started training in Goju karate in the UK and has since trained in many other styles including kickboxing, aikido, jujutsu, kung fu, shintaido and tai chi, achieving the rank of 6th Dan in karate. Although he is still involved in teaching on a club level, he works more with school owners in his role as chairman for the Martial Arts Alliance. His focus is to promote all martial art styles – especially those taught in the 2000-plus schools in the association – through various forms of media including TV.

Martial arts, as we all know, is a personal journey. I believe everyone's training and enthusiasm for their chosen discipline changes and evolves as their needs change, and the environment in which they live alters as well.

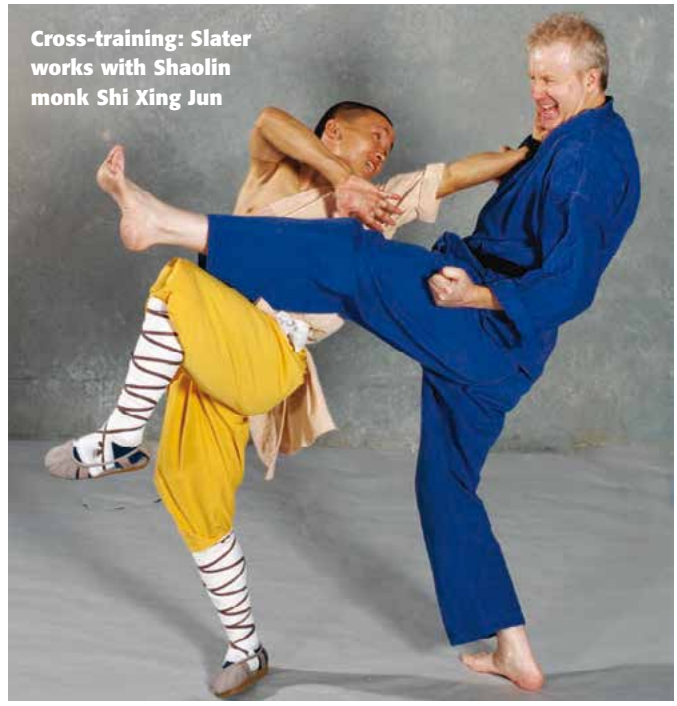
I opened my first school in 1979 and by the early 1980s I became a full-time karate, aerobics and gym instructor, so my focus changed to fitness and finding better rhythm to match the beat of music. It was also a time when I worked in security, so I still had to keep the realistic combative side of training going. Although I was teaching predominantly in a traditional fashion, fun and fitness was the biggest drawcard because most of my students came from the gym I worked at.

By the early 1990s, after numerous training trips to Asia, the need to explore more arts became a driving force again. Hence I started more cross-training with other instructors, which led to developing the Martial Arts Alliance.

On a technical level, I know many people who have stuck with one art for more than 30 years, but my view is that cross-training helps you better understand your own art and broadens your skill set to deal with your ever-changing environment and needs. In the past decade I have kept doing the same, which is to maintain my platform and dabble in Mixed Martial Arts, Brazilian Jiu-Jitsu and XMA (acrobatic forms and weaponry, known as 'extreme martial arts').

Martial arts in general have gained more popularity as spectator sports with the likes of XMA, Chuck Norris's WCL kickboxing league and Mixed Martial Arts (K-1, UFC, etc.) but as a traditionalist I don't like the fact that the arts are being watered down in the areas of courtesy, respect and formalities. I'm concerned the public will think martial arts is all about showmanship and beating the crap out of each other in a cage. On the other hand, I like the fact that it has helped enhance the popularity of martial arts, especially as we get more of it on TV.

Individual opinions like mine will have no impact on the massive wave of change in the martial arts industry as the public drive school owners to incorporate BJJ, MMA and, to a lesser degree, XMA. In terms of school operations, I hear more instructors are putting in cages, doing more pad-training classes and rolling around on the mats. With fight nights becoming a regular event in many suburbs, it's obvious the public want them and instructors need to produce more fighters. This means if instructors want to ride this wave they will have to incorporate these changes, as it is probably a case of 'diversify or die'.



Cross-training: Slater works with Shaolin monk Shi Xing Jun

CHARLIE SURIANO

What do I expect to see in the next decade? More of the same, with instructors gaining higher formal qualifications, becoming better teachers and martial arts becoming even more popular. BLITZ

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THE BREAKING MACHINE

Board-breaking world record holder Sensei Glenn Coxon

Sensei Glenn Coxon was four years out of training for *tameshiwari* — the art of breaking inanimate objects with only bone and flesh — when he was offered a trip to Italy to attempt breaking his own Guinness World Record. Straight away he hit the training with gusto — his aim: to shatter more than 400 pine boards in one minute using his hands. Summer Denny followed the freestyle karate instructor's journey and gained some insight into what happens on a physical level when man meets board.

STORY BY SUMMER DENNY

Several times national champion and Guinness World Record holder Glenn Coxon has spent over 44 years in the martial arts industry and holds Black-belts in three different styles of martial arts.

He has always been one to get amongst it as a martial artist and over the years has kept busy with such endeavours as directing the World All Styles Organisation (WASO) and the NSW National All Styles circuit (NAS). He's also trained actors for various film roles, including Cuba Gooding Jr and Kylie Minogue in *Street Fighter*, and has even trained with Chuck Norris and John Cusack.

Among his toughest challenges came in August 2005, when Coxon attempted the Guinness World Record for the greatest number of pine boards broken in 60 seconds. The steely-armed Aussie took the record after smashing his way through 359 boards — a record no one has since touched. Recently, Coxon was contacted by the production manager of Guinness World Records and invited to attend an upcoming Guinness World Records event in Milan, Italy, for the opportunity to break his existing record. Always one to rise to a challenge, Coxon accepted the invitation and the date was set for 31 March 2011.

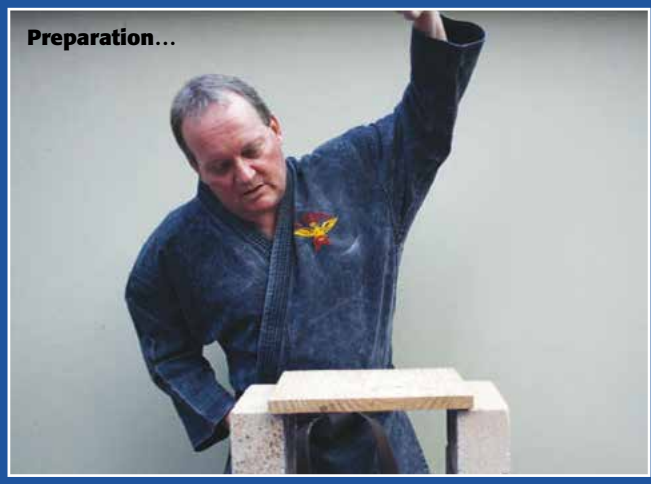
Having prepared both mentally and physically for months prior to the challenge, Coxon arrived in Milan ready to smash his existing record. After a few minor backstage hiccups, the stage was set and Coxon was ready for action. With 60 seconds on the clock and a record of 359 broken boards to beat, Coxon navigated his way around the intricate set-up of boards sitting two-high across concrete blocks, breaking eight boards per second. To Coxon's disappointment, he fell short of beating his own record by a mere 20 boards, making the total boards broken approximately 340. Unfortunately, 48 boards had not completely split in two due to a few splinters holding the two halves together. As a result, 48 boards were not counted; had they been included, the total boards broken would have been 388.

Announced as the highest rating show in Italy with over six million viewers, the program was extended to Poland the following week with Coxon giving live interviews as the reigning record holder.

Coxon, of course, has plenty to say on the topic of tameshiwari, whether it be 'power-breaking' or 'speed-breaking'. Power-breaking technique can be used to shatter bricks, large blocks of ice, concrete and roofing tiles (all of which Coxon has broken), while speed-breaking is normally used for lighter materials, such as boards, and is done quickly in large numbers.

"I once used a speed-breaking technique to cut the top off a free-standing wine bottle," says

BREAKING 101









Coxon. "I remember seeing it done as a kid and thought it would be cool to try it out, so I practised it time after time until one day I succeeded."

Such feats are best attempted in the dojo rather than the backyard though. Speed-breaks can result in severe bruising, cuts and infection, usually from dirty wood and other materials. Power-breaks come with even bigger risks such as injury to bones and ligaments.

Multiple breaking, like Coxon did in Italy, is an endurance event, as damage will build up quickly. This damage can be limited by bandaging the hand or limb prior to a break, but it's much harder to avoid bruising as you continue to hit the same area repeatedly. "This is where some well-prepared first aid comes into play," explains Coxon. "Most often, ice can become your best friend to assist in minimising any swelling to the damaged areas, followed by some anti-bruising cream such as arnica, and in the case of cuts, antiseptic wash and ointments are the tools of trade."

In Coxon's recent attempt to break his Guinness World Record in Italy, he was well bandaged for multiple board-breaking and only sustained a few scrapes; and with the appropriate first aid immediately applied, his cuts were healed within three weeks. Although bruising should take no longer than two weeks to completely heal, Coxon's bone bruising took around five weeks to go.

"It was unfortunate that the production crew mistakenly had the boards cut incorrectly, with the grain running the wrong way, which made it necessary for them to order new ones 24 hours prior to shooting, which meant the boards were still green," Coxon explains. "Anyone who has ever broken boards knows that green wood doesn't like to break and takes much more power, which in turn slows your speed down for a multiple-breaking event."

In multiple-breaking sessions, pine boards need be held or supported strongly enough so that there is no give in the support, and the wood grain must also be running with the strike or the wood won't break. And why is the direction of the grain so important? Coxon explains, "If you are breaking boards 10-by-eight inches and an inch thick, you want the grain to run through the eight-inch line so that you are breaking the weakest line of the board; you need to always be breaking with the grain."

Apart from the potential for injury, there's also the risk of unsuccessful breaks.

our potential rests with proper eparation," says Coxon. "If u don't prepare yourself and ntrol the set-up, especially some of the more complex eaks such as in multiple- eaking, then you are throwing ution to the wind – so ything can, and probably will, wrong."

Physical preparation can depend on what you're eparing to break. It's nsidered by many to be very portant to find yourself a nsible balance when training. you push yourself too far, too ickly, you risk breaking down d burning out before the ent, just as you would in any her physical activity.

It's taken Coxon some time prepare for an event such as inness World Records.

"In my recent challenge, I as preparing to break over 0 boards in one minute," ys Coxon. "I built my training over three months until I as doing specific training for e event – twice daily over ur days a week. I contacted ersonal conditioning and otivational trainer to help d he prepared a movement- ecific training regime for the ent. It was one of the harder ings I have attempted and as a sult I lost 10 kilos of excess fat ile putting on about five kilos muscle during the lead-up."

However, physical preparation isn't all that's needed. It's all about mind over matter and when it comes to mental preparation, Coxon's got it figured. "I find some of the best preparation is through visualisation," he explains. "I work towards visualising every possible detail of the event, down to imagining that I can feel the pain of the strikes and use that pain to help me focus my energy through the barrier. This way, when I'm actually doing the event, it's as though I have already performed it over and over, and now is just another repeat – only a little more real.

"It's also important to ensure you don't become so fixated on the pending event that you build up so much adrenaline at the time and you practically freeze from an adrenaline overload. Preparing yourself mentally for the anticipated adrenaline rush, to the point of being able to feel it building while you're in a resting state, helps you to control the rush when you are about to start the actual challenge."

As for pre-conditioning the hands, there's one common technique in particular that Coxon says is nothing but an old wives' tale.

"I'm going to go out on a limb here and am sure to draw some criticisms for the following comments," he admits. "Generally speaking, I don't believe in pre-conditioning the hands physically by the building up of calluses on the knuckles, for instance, and for the following reason: It's the power and technique you use that does the damage – to both man and material – not a callus, as they are only dead skin cells. So, I firmly believe that if you can't do the damage with your hand alone, no amount of calluses will help you.

"When I was a kid growing up in North Queensland, we used to always be running around with bare feet on hot roads and prickly patches, much to the disdain of my mother. As a result, my feet would build up calluses to the point where they would crack like old leather and split open into the softer tissue underneath – not smart! Similarly, if you build up the calluses on your knuckles, for instance, eventually they will split and possibly, when you hit something (or someone), lead to damaging yourself; again, not smart. I've hit enough objects and people in my time to know this is true. If you ask a medical professional about calluses on your knuckles, most will look at you like you're crazy and will be happy to tell you about the bevy of conditions and complications you may be headed for as you age. Despite all my breaking, my hands are in excellent condition for my age and I look forward to avoiding the likes of arthritis for many years to come."

Of course, that may become a little harder to achieve if the Guinness World Records crew keeps calling him out, as Coxon isn't one to shy away from a challenge. But with all he's learnt from his two tilts for the title so far, there's every chance he'll smash it again some day and suffer little more than a scrape for his efforts.



Coxon compares the standard Aussie board to the thicker Italian board



Coxon's hand, post-event



Coxon on Italy's Guinness World Records show

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