

BUSHIDO

Training

Inside: articles on solo training, methods and reasons for training and comparisons of MMA.



GOING SOLO

By Sensei Manuel D. Beauchamp

Martial arts training requires discipline...a lot of discipline.

This discipline is acquired through constant training and perseverance. If you look at your martial arts training as a hobby or something to do after work once or twice a week, giving it the same importance as your bowling day, you may never reach the level of discipline required to progress in this life long quest.

Sensei Mas Oyama said: "train in your sleep, train while you eat, train always".

For Sensei Oyama, karate-do was a way of life, as it was to many great masters of yesterday. Well, their "secret" is out: train on your own, even when not at the dojo.

"If my dojo only opens on Tuesday and Thursday, how could you expect me to practice?"

Easy. Train in your basement, back yard or move some furniture to make room and train in your bedroom. There are many places where you can train

and you can always make time for training. What you can't afford to do is make excuses. Solo training is not a luxury; it is a necessity if you are to take karate or any other martial art seriously.

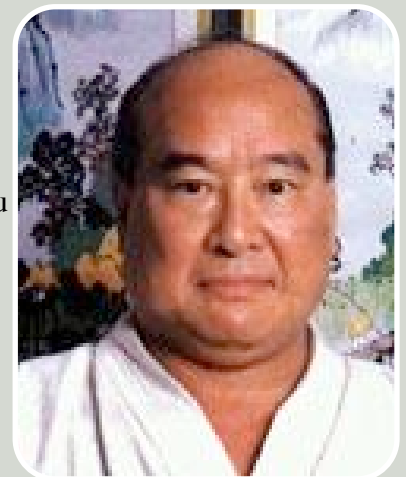
"But, training alone is so boring"

Training solo could be boring at times, and after a few sessions it is easily put to rest.

Training:

Play your favorite tunes as you practice your drills or forms. The worst that could happen is that you end up doing your "Kiai" at the rhythm of Bob Marley.

Don't go about the same routine day in and day out. For example if your weakness is



Master Mas Oyama, founder of Kyoshinkai Karatedo, fought and killed bulls to show karate's power!.

lack of endurance, one day you could ride your stationary bike (or the real one if preferred) for a few miles, then in the next solo training session try jogging or do all your forms one right after the other from the basic ones up to the more advanced ones, and then back down to the basic forms. I assure you this will get your heat pumping.

Another day focus on your kicks or punches, or do shadow boxing. You only limit the possibilities.

Invite a friend from the dojo to train with you. Meet at your house, or at the park, or gym. Work on some self-defense techniques, or two person sparring drills. Have your training partner observe and correct your forms.

Hitting things is really cool. Heavy bags, Wave Masters, speed bags, *makiwara*, you name it, just sink your fist into something and practice!.

After any training session allow your body to properly cool down by slowing down and stretch your limbs. Meditate on your progress.

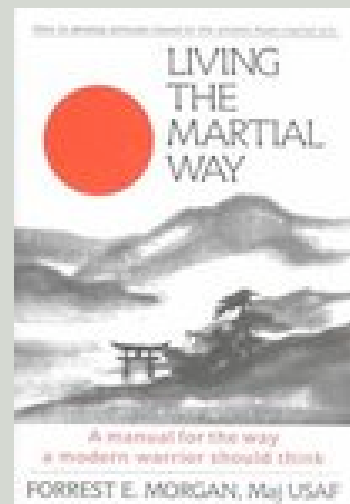
The trick is to do some kind of training each day. Do your homework and you'll see your progress simply take off.

(Note: As in any physical activity please be careful while performing your routine, safety is first and above all. After all if you injure yourself, how can you keep on training?)

Recommended reading:

“Solo Training I and II” by Loren Christensen
“Living the Martial Way” by Forrest F. Morgan

(above right:Sensei Manuel D. Beachamp with Kyoshi Jason Carter; below right the book, “Living the Martial Way”)



FIGHTING THE GOOD FIGHT

By Soke Daniel Verkerke

There is a strong dark cloud drifting over the martial arts world. It is our responsibility as leaders to try and enlighten and direct martial arts students as well as the general public away from the negativity of this dark presence. Somewhere over time many have lost qualities of honor, loyalty, humbleness, wisdom, righteousness.... Now there is far too much back stabbing, undermining and power struggles. The dark force of negativity is raising it's ugly head and infecting the masses. How is this happening one may wonder.

1) Teachers / Instructors do not spend enough time teaching the importance of these qualities. There should be regular discussions on these topics whether it be in the form of storytelling or lectures. There should be given examples and analogies to enhance the students awareness of negative thinking, so they may develop a defense before it gets a hold of them.

2) Leaders / Instructors who have managed to put themselves in a place of authority before developing themselves mentally, emotionally, philosophically and spiritually. Some of these people are unbalanced by uncontrolled ego and pride. What I refer to by unbalanced is: all of our emotions should be counterbalanced. Every emotion has an opposite to counterbalance our oneself. When one is over developed in ego and pride it will change their Being. Sort of like being possessed by a negative energy. This negative energy will direct the person to justify any negative actions, by blaming everyone else. For they are the true GOD of martial arts and everyone else should just be privileged to be in their presence. It is people like this that also get power from directing the sheep and followers. They need the power of the people's belief more than the people need them, and will undermine anyone else at any cost to maintain followers.

Fighting the good fight really does not have too much to do with physical martial arts on our level. We try to teach the tools that will help our students defend themselves physically, MENTALLY and SPIRITUALLY, so they can develop and live a good and healthy life. Teaching physical self defense is the easiest as it is most likely all they are capable of understanding at the time. It is the first step to self-development, after they begin to develop self-control, self-discipline, self-confidence. The physical now begins to develop the mental; the process has begun.

The good fight has to do with the mental and spiritual defense. Our foes or aggressors are those who only wish to gain control and power.

There weapons are deceit, manipulation, divide and conquer strategies. They may pretend to be a loyal student, a partner or friend; all the while they are looking for an opportunity. They are the lowest of low and only care about themselves. They are very, very sneaky and usually don't show their cards until they have everything they can get from you. These people are our enemies, our aggressors, and we might not even know who they are yet.

Now, this is fighting the good fight. This is why it is so important to try and teach and prepare our students. The dark side is always there, waiting to pick up one of our students. What I mean is; the dark side is a negative emotion, there is often a demon waiting to direct and manipulate a negative emotion. Once someone is controlled by negativity everything we do or say can be easily used against us. At this point we cannot fight, as anything we do will just serve the negativity. We have to wait with open

arms in the hope that our students will find balance before it's too late. I think I have stressed the importance of educating our students beyond mere physical techniques and strategies. We have to stop and look within ourselves every so often as well.



(Soke Daniel Verkerke; Founder of Seicho Jutsu, International Freestyle Martial Arts Organization, pictured here with Canadian Prime Minister, Stephen Harper)

For more information on Soke Verkerke please visit:

WWW.BUSHIDO.ORG



MMA FIGHTER VS. MMA MARTIAL ARTIST

By **Kyoshi Jason Carter**

As Mixed Martial Arts gains legitimacy, many traditional martial artists feel the “*Traditional*” aspect of the arts will be lost. But there are two categories, MMA “fighters” and MMA “martial artists”. The difference is in WHY they teach the Mixed Martial Arts.

The first group are the clubs, also called camps, that train their students in a wide range of techniques from many different arts such as: ju jitsu, boxing, Muay Thai, wrestling and so forth. These are the usual grappling and striking arts. There are no weapons or kata instruction and all training is done at a high-level of aggression at a high impact rate. This is to prepare students for competition in full contact tournaments. One other noticeable difference is there is no use of a belt ranking system. Students are trained through drills and are taught and ranked by a competitive point system.

The second group is similar in what they teach but different in

how and why they train. One major difference is that many traditional teachings and arts are taught such as karate, ju jitsu, kung fu, pressure points, weapons and meditation to just name a few. Also a major difference is the instruction of kata in these dojos or clubs. In many of these dojos teaching Mixed Martial Arts (martial artists), the use of the traditional kyu-dan ranking system is used. The main emphasis in traditional-based dojos, aside from self-defence techniques, is the character development of the student.

Once the difference is seen and understood between the two different types of MMA Dojos, Clubs or Camps. It makes your choice of what kind of training or club will suit you better. So before you go out and join any MMA Club do your homework and make an educated choice; because both have much to offer depending on the



Kyoshi Jason Carter

goal of the student. The MMA fighter will help fill the ego’s of the ones that require it, as well as feeding the pockets of the media network owners. The MMA martial artists will help spread the arts as budo, serving to enrich the student and society as a whole.

There will still be traditional values inherent in martial arts as long as there are martial arts. Change may occur however as older traditions evolve and grow. And these new traditions are the **MMA, Martial Artist!!**

(Kyoshi Jason Carter is the CEO / Principal of Education:Kokusai Kongo Bugei Kai / International Mixed Martial Arts Association/ Founder of Nyingbulam Ryu)

SEMINARS

Continuing with martial arts education KKBK offers another seminar series in karate, ju jitsu and kung fu on May 24th at the Spiritual Martial Arts Centre, 186 King St. Park T, Basement Level, London Ont. Canada.

“BUSHIDO” is read by approximately 5,000 martial arts students and friends around the world! Be part of the network! Join the KKBK or email Hanshi Lonsdale and get on the list!
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