



Shen Chuan Review

"Hit hard...Hit fast...Go to the House!"

Professor Lansdale Recognized

Recent good news here is Professor Lansdale has been validated and certified as a NINTH DAN GRANDMASTER OF SHEN CHUAN, MARTIAL SCIENCE by the WORLD MARTIAL ARTS ALLIANCE. This recognition is obtained by presenting certification and the recommendation of other Grandmasters.

It should be noted, however, that Professor Lansdale refuses to wear a rank higher than his main instructor, Grandmaster John Pellegrini, and will therefore continue to wear his eighth dan rank until such a time as he feels he should move forward.

Once again Professor Lansdale has been inducted into the INTERNATIONAL MARTIAL ARTS HALL OF FAME by THE WORLD HEAD OF FAMILY SOKE COUNCIL. Last year it was as a Master Instructor, this year it is as FOUNDER/GRANDMASTER of SHEN CHUAN. This means the Shen Chuan system is now internationally recognized and Professor Lansdale is an International recognized Grandmaster. You can not vote yourself into this, or buy yourself into this Hall of Fame. You must be nominated by members of the council, the highest board of Martial Artists in world.

Professor Lansdale has also been inducted into the TEXAS MARTIAL ARTS HALL OF FAME for his writings about martial arts in his many novels, short stories and even his television work. For those unfamiliar with this side of Professor Lansdale's career, he is a freelance writer, and has been for 25 years. He has been a full time freelance writer since 1981. He has won numerous awards for his writing in mainstream, horror, science fiction, western, suspense, and others. He just recently won his fifth Bram Stoker award for his work. He was part of the Emmy Award winning team that wrote the original BATMAN: THE ANIMATED SERIES for television. He has also worked on the animated SUPERMAN series. He has written comic books for DC comics, Dark Horse, Mojo Press and others.

Professor Lansdale has also sold over twenty projects to films, from short stories to novels. None have actually been filmed yet, but he has gladly cashed the checks and is currently attempting to co-produce a film based on one of his novels and his latest option is from David Lynch of TWIN PEAKS and BLUE VELVET fame.

His most recent novel is RUMBLE TUMBLE, forthcoming in August.

To add to his long list of achievements Professor Lansdale has recently received his first dan in Yoshinkan Aikido from Tenth Dan Daito Ryu and Sixth Dan Aikido Master, Professor John Denora, and has been recognized by his colleague Guro Hock Hochheim as a Fourth Dan in Combat Kempo and Scientific Streetfighting.

Professor Lansdale is especially pleased with this recognition, since he has tremendous respect for Guro Hochheim, the founder of CONGRESS OF KNIFE FIGHTERS and CONGRESS OF STREET FIGHTERS, under which both rankings exist, as well as Professor Denora, considered one of the most knowledgeable Daito Ryu practitioners in the world.

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Special points of interest:

- Professor certified 9th dan.
- Camp was a success.
- Who's been promoted?
- Shen Chuan is growing.
- Videos and a book in the works, covering Shen Chuan.
- Guro Hoch Hochheim's article on Sensei Paul Britt.

Our Hall O' Famer's

Sensei Eugene Frizzell, already recognized by THE INTERNATIONAL MARTIAL ARTS HALL OF FAME as a fine instructor, plus being a multiple black belt holder (Fourth Dan and Master Instructor of Shen Chuan), has received his first dan in Daito Ryu Aikijujitsu. This was earned last October from Professor Denora, as was Professor Lansdale's Aikido rank, but has just now been processed. Professor Denora was much impressed with LANSDALE'S SELF DEFENSE SYSTEMS and the fact the system contained so many elements of Daito Ryu without being Daito Ryu. He kept asking: "Where did you learn that? How do you know that?" He also liked that the techniques hurt.

Sensei Eugene has been inducted into THE INTERNATIONAL MARTIAL ARTS HALL OF FAME this year as Master Instructor. This is different from being recognized by the HALL OF FAME. Both are great honors, but Induction is a higher honor. The only thing higher is the particular type of induction, like Founder or Lifetime Contributions, or to become a member of the Soke Council.

Sensei Coy Harry, already recognized by THE INTERNATIONAL MARTIAL ARTS HALL OF FAME as an instructor, has been promoted to first Dan in Yoshinkan Aikido. He already holds the rank of first dan in Aikido as well as fourth dan in Aikijitsu. Finding his former system of Aikido to be wanting, he has adopted Yoshinkan as his system of Aikido, and is working to combine the better elements of other versions of Aikido.

Sensei Harry has also been inducted into the INTERNATIONAL MARTIAL ARTS HALL OF FAME as MASTER INSTRUCTOR.

Frankly, Sensei Coy Harry is awesome at any kind of Aikido, and to our prejudicial way of thinking the best Aikidoka in East Texas. You just think you've seen Aikido until you see Sensei Coy Harry. Beautiful stuff, but with a modern self-defense approach. Sensei also practices Kenjutsu, and is currently conducting informal, unofficial class on most Wednesdays. No rank is currently given in this system, as Sensei Harry has yet to test under Professor Denora, his instructor. If all goes well, that will take place this fall while in atten-

Camp Lansdale #2

LANSDALE'S SELF-DEFENSE SYSTEMS held its second CAMP LANSDALE in May, and it was a great success. It was also exhausting. A number of martial artists testing for Combat Hapkido ranking showed up Friday night, Saturday was a full house, and Sunday was the stragglers and those testing for higher ranks. Sunday afternoon Larry Sowell did a lot of testing. As in a lot of testing.

The camp highlighted SHEN CHUAN less this time out, putting the emphasis on Guro Dan Lewis and Filipino Arnis, as well as Yoshinkan Aikido, StreetBoxing, Combat Hapkido and others.

Sensei Ryan DeWitt and Sensei Billy Jack Worsham tested for second dan in SHEN CHUAN. Testing at this level required primarily that they demonstrate some of their Second Dan techniques, defend against set attacks, defend against unexpected attacks, and teach a couple of sessions. They also, along with the aid of Larry Sowell and Jim Moore, gave a demonstration of SHEN CHUAN at the Nacogdoches Multi-Cultural Festival. We got tremendous reports on this demonstration from all who saw it.

The end result of their testing, teaching, and demonstrations at the Festival and at the camp was best put in the words of almost everyone who commented on their performance.

Awesome.

Also of note was Adam Branton's first dan test in Combat Hapkido. Outstanding. We don't want to brag too much or give anyone the big head, but it would be remiss to not note the extraordinary efforts of all these fine students.

THE RESULTS, rank received from Professor Lansdale:

SENSEI BILLY JACK WORSHAM, Second Dan, Shen Chuan.
Third Dan, Aikijitsu Division of Shen Chuan. Instructorship.
First Dan, Combat Hapkido.

SENSEI RYAN DEWITT, Second Dan, Shen Chuan.
Third Dan, Aikijitsu Division of Shen Chuan. Instructorship

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SENSEI AL RICHTER, Second Dan Combat Hapkido.

Sensei Richter was recently promoted to 3rd Dan in Taekwondo by the ITA and is already a Combat Hapkido Instructor.

SENSEI RICHARD BURNETT, Second Dan Combat Hapkido.

Sensei Richard also holds a First Dan in Taekwondo under Senseis Al and Charlotte Richter. Previously received Instructorship in Combat Hapkido from Professor Lansdale.

LARRY SOWELL, First Dan, Shen Chuan.

SENSEI PAUL BRITT, First Dan, Jujitsu Division of Shen Chuan.

Second Dan, Combat Hapkido.

Jujitsu Instructorship.

RONNIE BRANTON, First Dan Combat Hapkido. When it comes to just get down and get with it and get it over with, Ronnie is the man. He ain't fancy, but has simple, effective technique. He has recently been promoted to Combat Hapkido Instructor under Professor Lansdale. He will shortly began assisting Professor Lansdale in Combat Hapkido. Wednesdays Professor Lansdale will be teaching cane and high rank techniques. The rest of the time, it's Sensei Ronnie's class.

ADAM BRANTON, First Dan Combat Hapkido. The only black belt professor Lansdale has ever given to someone this young, or to someone who has studied as short a time as Adam. It was Professor Lansdale's intention to give a junior black belt, but after witnessing this test, Adam's tenacity, innovation and skill, and since Adam is on the borderline for "Adult Status" Professor Lansdale discarded his own rule. Grandmaster Pellegrini would certainly have been proud to witness this testing.

Professor Lansdale also cross ranked the erstwhile Guro Hock Hochheim to 3rd dan in Lansdale's Self-Defense System's Aikijujutsu. Guro Hochheim already holds a third Dan in Aikijitsu (another name for the same basic art) under another instructor. Aikijitsu on these new certificates is spelled Aikijujutsu due to a different division now established and this helps us fall in line with the Daito Ryu Aikijujutsu influence. The old division under which Senseis Paul Britt, Ryan DeWitt and Billy Jack Worsham received rank has now been blended into the Shen Chuan system. Daito Ryu Aikijujutsu still stands as a separate traditional division and is taught that way under Professor John Denora's direction.

Jeff Allen and Tom Barnhart were ranked to first dan in Aikijujutsu. Both are students of Guro Hochheim, as is Guro Dan Lewis, the distinguished guest at our May camp.

Jim Moore was promoted to Green Belt in Shen Chuan.

Mike Tapper was promoted to Green Belt in Shen Chuan.

Carlos Galvan was promoted to Purple Belt in Shen Chuan.

SENSEI AL RICHTER promoted Tina Broadus to 3rd Gup in Combat Hapkido.

Thanks to SENSEIS COY HARRY, EUGENE FRIZZELL, RYAN DEWITT, BILLY JACK WORSHAM for helping conduct testing sessions and for everything else. Thanks to PAUL BRITT for his assistance teaching seminar techniques. Thanks to SENSEI RICHARD METTEAUER for conducting a seminar on Streetboxing. Thanks to SENSEI AL RICHTER and SENSEI RICHARD BURNETT for their Combat Hapkido expertise; They grow dynamically from seminar to seminar. And once again, special thanks to GURO DAN LEWIS for his instruction and fine companionship. Thanks to GURO HOCHHEIM for recognizing our Professor in his systems. Thanks to JEFF ALLEN and TOM BARNHART for their attendance and desire to pick up our concepts and principles to add to their knowledge. Thanks for their assistance with the knife defense seminar conducted by GURO DAN LEWIS.

New Rates

Good news! From here on out, students may take anything we offer at LANSDALE'S SELF DEFENSE, except StreetBoxing and Daito Ryu, for 40 dollars a month. Any highschool student may take for 20 dollars a month.

The family plan is now as follows: 40 for the first member, ten for every member there after up to four. After that, any other member may take free. Note, however, family doesn't mean distant cousins and best friends.

Streetboxing, 30 a month, paid directly to Sensei Metteauer. If you are taking other systems here, paying the 40 dollar basic, you may add Streetboxing to that package for 5 dollars! This 5 dollars must be paid directly to Sensei Metteauer.....(continued page 4)

New Rates...continued from page 3

Daito Ryu. If it's the only class you're taking, 40 dollars. If you want it in addition to the 40 dollar plan, 60 dollars. All new students must join MAVERICK MARTIAL ARTS and COMBAT HAPKIDO at 50 dollars a year. If you already belong to COMBAT HAPKIDO, your dues will be due when COMBAT HAPKIDO is due again, and they will include MAVERICK MARTIAL ARTS at a total fee yearly of 50 dollars. If you belong to neither, as of January the 1st, you must join both at 50 dollars a year. No exceptions.

Other Shen Chuan schools, clubs, etc. All members must join MAVERICK and COMBAT HAPKIDO. No exceptions.

Last news letter we announced this differently, but found the method too complicated. This way we provide meager funds for our instructors and contribute to our sister system of COMBAT HAPKIDO, and to Professor Lansdale's instructor, Grandmaster Pellegrini.

Old...But Good News

GURO HOCK HOCHHEIM and PROFESSOR LANSDALE conducted a seminar February the 7th at Lansdale's Self Defense Systems, and it was a tremendous success. Hock not only gave out great instruction in knife and stick work, he told some very interesting stories as well. Sensei Danny Passmore from Waco was in attendance, and brought several students. Danny and Joe cosponsored a Combat Hapkido seminar last year with Grandmaster Pellegrini in Waco.

Besides our usual and faithful students, also in attendance was one of Professor Lansdale's former students, Chad Francois, now a Police Officer in Austin, Texas. Chad is a third degree black belt in Matsukaze Budo, a first degree black belt in Shen Chuan under Professor Lansdale, and a first degree black belt in Taekwondo and Hapkido, all of these except Taekwondo earned under Professor Lansdale's instruction. Chad was instrumental in the development of Shen Chuan. We miss Chad, but we know he's doing a great job in Austin, and some day we hope he'll return to the fold. We'd love to see him spread the system to Austin!

Also on hand was Sensei Paul Britt. One of Professor Lansdale's black belts, now studying under Hock Hochheim in Denton, Texas, and soon to open a Shen Chuan class in the area. Paul is a Police Officer in Rockwall, Texas.

Lansdale's Self Defense Systems, and in particular, Professor Lansdale, is very proud of our real life hero, Paul Britt. We plan to have a short interview with Sensei Paul in a future issue. This issue we have an article by Guro Hock Hochheim reprinted from his CONGRESS OF KNIFE FIGHTERS newsletter about Paul. It was our intent to write an article for this issue, but when we read Guro Hochheim's article we asked permission to reprint it, as our feelings about Paul are exactly the same.

WOMEN'S SELF DEFENSE SEMINAR HELD APRIL 18TH!

LANSDALE'S SELF-DEFENSE conducted a Women's Self Defense seminar April 18th. It wasn't huge, but it was fun. Sensei Charlotte Richter, of Richter's Martial Arts, received a SHEN CHUAN INSTRUCTORSHIP in WOMEN'S SELF DEFENSE. Sara Stone and Tina Broadus both received BASIC LEVEL SHEN CHUAN INSTRUCTORSHIPS in Women's Self Defense and received some training for achieving a higher level of Instructorship.

SENSEI COY HARRY recently conducted a two day Women's Self-Defense class in Denton. **The word's getting around.**

SHEN CHUAN MARTIAL SCIENCE In Center, Texas at RICHTER'S MARTIAL ARTS! THANKS TO SENSEIS CHARLOTTE AND AL RICHTER, we now have a Shen Chuan class in their school, RICHTER'S MARTIAL ARTS. Al and Charlotte have been with us for some time, studying Shen Chuan, Combat Hapkido, Aikido, and Arnis. They're our favorite people, and we're glad to have this opportunity. The class is taught on Tuesdays, 6:30 p.m. to 8:00 p.m. by Sensei Ryan DeWitt, of whom we are extremely proud. Sensei DeWitt is not only a black belt in Shen Chuan, and Combat Hapkido and holds instructors credentials in both, he'll soon be testing for second degree in both systems. He also trains with Sensei Metteauer in Streetboxing and Taekwondo, and with Sensei Eugene Frizzell in Arnis and StickBoxing. And that's just some of it!

Classes began the first week of February. Check with RICHTER'S MARTIAL ARTS for details.

MONDAY AND WEDNESDAY, from 6:00 p.m to 7:00 p.m., SENSEI EUGENE FRIZZELL is teaching STICKBOXING. StickBoxing is a division headed by MASTER INSTRUCTOR SENSEI FRIZZELL. SENSEI FRIZZELL is Professor Lansdale's Senior student and has studied with him longer than any other student. He studied with Professor Lansdale when he was informally teaching a system he called MAVERICK KENPO (Only two people were ever ranked in this system before it dissolved--SENSEI FRIZZELL and SENSEI HARRY), and he earned a black belt in MATSUKAZE BUDO, one of the systems Professor Lansdale was a part of, another forerunner to the development of SHEN CHUAN, MARTIAL SCIENCE.

STICKBOXING utilizes not only the techniques of Filipino Arnis, but Shen Chuan, and other weapons as well, but its emphasis is the stick and knife. PRICE: 30 DOLLARS A MONTH.....(continued page 5)

Old...But Good News...continued from page 3

DAITO RYU CLASSES are now offered from 8p.m. to 10 p.m. on Wednesday nights. Two hours of instruction a week in this system. Like StreetBoxing it is not included in our new and simple 40 dollars for all other classes.

Study the ancient warrior system of Japan. Daito Ryu is the basis for many famous martial arts, Aikido and Hapkido being the best known. It is also indirectly one of the foundations of Shen Chuan, Martial Science. Daito Ryu is divided into two divisions, Aikijujutsu (also called Aikijitsu) and Jujutsu (also called Jujitsu).

PROMOTIONS IN DAITO RYU

BOB LACHER: Green belt, Daito Ryu

BRIAN CARLIN: Green belt, Daito Ryu

Police Instruction

Our school is currently Certified to teach Law Enforcement personnel. Professor Lansdale is looking for one of our own to head this part of SHEN CHUAN, and Sensei Paul Britt, a police officer, has expressed interest in this. We would love to see him go at it, as he has the credentials and an instructorship from us, and is the natural choice.

Future Plans

We would love to re-establish our Shen Chuan and Children's Saturday classes. But we have to have more instructors. As it is, our erstwhile instructors make little to nothing, gaining only experience and having to do a lot of work. But it won't always be that way. We're growing, expanding. We're going to need instructors or schools that allow us to teach in their programs. Shen Chuan for children is different than SC for adults. The techniques are appropriate to the age. We call it, with only a bit of a pun, SHEN CHUAN, THE SHORT SYSTEM. Brown belt and above who want to apply for this position, under supervision of Professor Lansdale should speak to him.

But don't even think about it if you can't give up the time.

We do not offer black belts to children, but instead offer a junior black belt (black with white stripe). When the child becomes 16, if he or she has been active, they automatically become full fledged black belts. Anyone who wants to establish this class would work on a 50/50 split with the school.

WE WANT STREETBOXING STUDENTS. If you like hard sparring, we're the place to come Tues-Thur, 6-7 p.m. Senior Instructor, fourth degree black belt, Richard Metteauer will give you what you want, and you can get ranked in SHEN CHUAN STREET-BOXING, our KICKBOXING division, as well as Maverick Taekwondo through the INDEPENDENT TAEKWONDO ASSOCIATION.

SHEN CHUAN Video tapes are being planned, and a book is being written by Professor Lansdale on the Concepts and Principles of Shen Chuan.

Sensei Coy Harry is currently writing an in-house pamphlet/book on Accupressure gripping and striking. This should be ready for publication by the years end, if not sooner.

Last but not least. We are preparing interviews with Professor Lansdale, Sensei Eugene Frizzel, Sensei Coy Harry, and others on Shen Chuan and Lansdale Self Defense Systems and related subjects. Future subjects will hopefully include Paul Britt, Chad Francois, Hock Hochheim, Grandmaster Pellegrini, Jurgen Schmidt, Chad Curry, and others. If you have questions for any of these people, please write them down and send them to us. We will integrate as many questions as possible into these interviews.

We will also feature articles written by Professor Lansdale and others, as well as the occasional editorial conducted by Professor Lansdale. These editorials will concern martial arts matters only. If politics are mentioned it will be because they are directly related to our system. Otherwise, they are forbidden. There are plenty of forums for politics, and not enough for Martial Arts, or in our case, Martial Science.

Editorial and Comments: Professor Joe Lansdale

SHEN CHUAN, MARTIAL SCIENCE is a system of constant change. Those who have been with me since its inception, or before when it was part of a system called MATSUKAZE BUDO, or before that when I taught what I loosely referred to unofficially as MAVERICK KENPO, know what I mean about change. (I also have a handful of students who were with me when I taught a kind of cross between comb at kickboxing and a maverick form of kenpo and hapkido.)

If there's something better, we add it. If we are doing something we think is inferior, old hat, we toss it. We've revamped the system three times to date, and considering the short period SHEN CHUAN, MARTIAL SCIENCE has been in existence, that's a lot. But the basic techniques, the core idea that self-defense is what is the most important, over sport, over combat systems has remained the same. Nor does revamping mean we've thrown out everything and started over. We've just improved.

I have changed my approach to the martial arts more than a half dozen times over the course of 34 years, having gone through periods when I was more kickboxing oriented, more judo oriented, more kenpo oriented, but I have gradually developed a system that I think utilizes the best of many systems, but is not a random collection of techniques. It is also a system that I think you can learn at any age, and is not designed to earn trophies or see who's the toughest. It's designed for self-defense.

I believe in rapid striking, closing the gap, lock ups, effortless throws, weaponry (short stick, knife, cane, yawara stick) and groundwork, which has been our weak area. Something we are now planning to resolve over a period of time.

I don't intend to change our areas of primary interest, only expand them. What I like best about martial arts is that even after over 30 years of study I'm still excited and still learning. If I began to get stagnant, all I have to do is look around and know it's my fault, not the martial arts. I don't want a system that never changes, never evolves, gets so comfortable it ought to wear slippers and a night cap.

That said, I'll come to the point.

SHEN CHUAN, MARTIAL SCIENCE's hub system is simply called SHEN CHUAN, and that's my discussion here. This does not include SHEN CHUAN STREETBOXING, SHEN CHUAN STICKBOXING, or it's AIKIBUJUTSU DIVISION which houses Aikijujutsu and Jujutsu.

SHEN CHUAN's heart from first to third degree black belt is a series of self-defense techniques we call sets. There are a lot of sets from white to black belt, and they offer all manner of self-defense scenarios. Punches, grabs, takedowns, against the wall, seated, lying down, etc. From these you learn to respond to spontaneous attacks, and we've discovered it translates quite easily to sparring and to real self-defense.

This approach will not change, but the sets will be altered slightly, especially those from white to first degree black.

What does this mean for the Shen Chuan student and instructor? For the time being, nothing. The old system is fine. But we will be revising and revamping the system, and soon this will go on video. We hope to begin shooting our first video by the end of this summer and have it on market by early Spring of 1999.

When we have the complete system on video, we will start at the top with our black belts and gradually put the changes into effect. This will not effect anyone's rank. The system won't be that different. Mostly it will be different in rearrangement, slight revisions, cuts of techniques, a few new ones. A better balance of empty hand and weapons, greater attention to finishing techniques on the ground.

In time we will produce videos for the other divisions of SHEN CHUAN MARTIAL SCIENCE, as well as enhancement videos, like say groundwork and groundwork sparring, which we hope to eventually turn into a complete division. These videos will serve as a sort of self-improvement program that can be part of the requirements if an instructor chooses, or merely something practiced to build on the existing sets. Or, they can be ignored and SHEN CHUAN 2000 will stand. This way, we're continuing to offer updates, but no one will be forced to accept them or totally revamp in another five years. By 2000, the framework of the system will be in place.

Any major changes that come to the system will be much, much farther down the road and will probably be initiated by my successor, and perhaps done in the same manner, by enhancement videos and books. Though there may come a time when it will be necessary to produce new videos, to change and improve the core system. We never say never.

About these changes. Don't be worried. Be excited. It's growth. Never before in the history of martial arts has there been so much knowledge and so great an exchange of ideas. If you've slaved over the existing sets, it won't be a radical problem to switch over. Just keep doing what you're doing for now.

If you're teaching the old way somewhere out there before the videos arrive. That's all right. The old system is fine and dandy, but we would like you to consider the new method to improve what you're doing. However, no one will go above third degree black belt who is unwilling to learn the reorganized sets. I must have this rule to make sure that in time, all dedicated Shen Chuan instructors are willing to move forward and not stand in place.....(continued page 7)

Editorial and Comments: Professor Joe Lansdale...continued from page 6

Keep this in mind. The sets are our alphabet, and that's all. The alphabets of some cultures have changed, adding more letters to keep up with the growth and change of language. We are doing much the same thing. Techniques have to be varied according to situations. When taught correctly, they encourage innovations, immediate response, the ability to flow--a key component of our system, the flow.

Let's keep it that way.

Another change will be the revamping of our current system notebooks. They are good guides, but they are also littered with spelling mistakes, just plain goof ups and inconsistent terminology. The new books will not only be revised to fit the changes in the system, they will correct old mistakes, and we will be offering a terminology list so we can all be on the same page as far as names for locks and strikes are concerned. Having come from many systems, and having developed Shen Chuan from different systems, my terminology, to be polite to myself, has been inconsistent. This will alter that problem. The books will also contain photographs, and will be more than a guide. They will be a text book.

We will also include more background on the system's concepts, principles and philosophy, and will present a "family tree" of Shen Chuan black belts up to that point. This family tree will be updated every five years or so.

Any time we've made a change in these notebooks in the past, we've supplied the pages with the changes to students free of charge. This new book, however will be a true revamping and will be more informative and elaborate and will have to be purchased. In the meantime, changes in the current notebook will be supplied free to anyone who has bought a notebook. If you're new and think you can save some money until the year 2000 by waiting for the new book, you can't. You have to have the guidebook now. Originally it was a choice, now it isn't. To learn the sets, you need the tools, and that includes your guidebook, and weapons.

Another thing. Different instructors have learned the current sets at different stages, and they have changed somewhat, so sometimes a technique is not exactly the same from instructor to instructor. This can confuse a student.

But, with these planned changes in our notebooks and the production of videos (the videos will be optional) we are going to put everyone on the same page. We will start revamping at the top with the black belts and the new students, and you who are caught in the middle will rise into the changes as you go up in rank. Again, it's mostly reorganization, and in the long run the system will be better structured and easier to learn than ever before.

About weapons. We are tired of supplying the weapons for those who won't buy them or won't bring them. Sure, we all forget now and then, and that's fine. We'll help. But by wearing out our materials, and having us purchase them, we're supplying free weapons to you at our expense. That ole dog ain't gonna hunt no more.

A training point. Sets are designed, as I have just said, to be innovated, but I see a number of students, especially new students, "innovating" just because they will not take the time to properly learn the sets. They do them in class, but not at home. They continue to make the same mistakes time after time. That's your choice. We let you go your own rate, but you choose that rate. If you're proceeding slowly, that's okay. But if you're proceeding slowly because you refuse to pay attention to detail, that's your fault.

Pay attention and save yourself valuable time.

Learn the alphabet before you start your own writing projects. Learn the sets before you try and change them. Changes here and there, as long as you stick to the concepts and principles are fine, but don't use this as an excuse to throw any slop you come up with out there. AND FOR HEAVEN'S SAKE, give your partner the right attack. A committed attack. And Kia! Yell. Keep this in mind: BALANCE IN

MOTION. No one makes black belt that doesn't understand the importance of the kia, balance, as well as the basic techniques. I've been seeing too much of this lame sort of attack lately, not taking the time to memorize the names of, and order of, techniques, something less important as you become spontaneous, but very important in the beginning. Punching and kicking and falls are another area where we intend to spend more time. Most of our students do these quite well, but we plan to up the ante.

When someone sees a black belt trained here at LANSDALE'S SELF DEFENSE SYSTEMS, I want them to be impressed with that black belt's range of techniques, flow, and positive attitude. Some systems take the tact that I've got some students who are not going to get any better, so I'll promote them to black belt. True, some black belts are better than others, have more talent. Some who know their stuff sometimes don't test as well as they can perform, and this is kept in mind. Them's the facts, Jack. But there's a level here at our school we will not allow our students to fall below. You must reach this level to receive a black belt from us.

I find, most of the time, when I have people who just aren't getting any better, it's their fault. They aren't studying at home, or they're not putting in the effort here, or they're lazy with their partners. Remember, if you are lazy and perform poorly, it effects how your partner trains. And it won't do you any good.

One more comment, and this should be obvious. If you miss a lot of classes, most likely you're going to progress slower than those who attend regularly. Some who miss train at home. I can tell, and I take that into consideration. Some have a lot of natural talent. Good. But if you've spent a lot of time out, I take note of that. Regular attendance speaks to dedication and desire. I have some students who have had minor injuries and can't participate, but they still show up for class and watch. I darn sure note that. They come to camps and seminars. Special work outs. That's dedication.

Other's use any lame excuse they can come up with to miss. That's fine. It's your choice, your money. But don't expect the same results

True Cop Stories

The following is reprinted from CONGRESS OF KNIFE FIGHTER'S bulletin with the permission of it's Grandmaster and the author of the article, Guro Hock Hochheim.

TRUE COP STORIES....

"Help Me."

Rockwell Police Officer Paul Britt is currently studying the Congress systems with me in our Dallas DFW Gun Club class on Tuesday nights, but is an old friend and Black Belt from Joe Lansdale's Shen Chuan school In Nacogdoches, Tx.

One night last month, as Britt was making his routine Rockwall patrol rounds, a Bill Tracy was breaking into a bedroom window and kidnapping a 16 year-old girl from her home in nearby Garland. And as Paul answered calls and patrolled, Tracy was brutally raping this teen and planning her murder, decided upon a death-site in some woods west of Lake Ray Hubbard. As he began his drive with the severely wounded victim beside him, Britt also randomly decided to patrol around the Lake Ridge subdivision and as sheer fate, utter circumstance would have it, all three of these people would meet in a life or death struggle.

Paul checked out a lone parked, sport utility vehicle, an investigation a patrol officer does dozens of times a month, when he heard the macabre voice of a girl whis per "help me."

Suddenly a male voice in the darkness interrupted with "I am the one that needs help," and the rapist emerged. He saw blood on the mans hand. Paul instinctively pulled his gun, but the criminal, obviously aware of our weak laws, knew Paul simply could not legally shoot. He charged Britt like a maniac, running right down the barrel of his gun ... so hard ... so hard that the actual, perfect imprint of the semi-auto's barrel can be seen as a red bruise on the man's face. (I've seen the pictures!) With the man mauling him, Paul concentrated on re-holstering and the fight was on.

Often, those in fights believe their struggle was minutes, when actually only a few adrenilized seconds passed. But in this case, the radio dispatch clock recorded some six minutes of engagement and disengagement.

"I hit him with everything I got, everywhere I could!" Paul said. "He didn't feel it. He just kept on coming. He backed out of the fight ... disengaged...or I knocked him back, then he re-engaged over and over again. He tried to get my gun. He almost knocked me out once, I blacked out for a second. But I didn't fall. I kept on fighting, It was getting to the point where I was going to kill him. I decided I was going to have to kill him to stop." Paul confided.

But when his back-up arrived and shook a can of mace to spray the man, the tell-tale rattle of the can's shaker caused him to scramble into the woods. An 11 hour chase/manhunt by Britt and other officers found the man on a house rooftop. Despite pleas to surrender, the lunatic, on the six o'clock news, made an attempt to commit suicide by a leap off the house onto his neck and head. He survived the jump and landed in jail instead.

They found him to be on drugs and alcohol that deadened the pains inflicted upon him through the fight. Not an unusual condition for a violent criminal. Paul got stitched up at the hospital.

The newspaper said that "Officer Britt *probably* saved the victim's life." Another used the word "maybe". Probably? Maybe? Well, there is no question. It is easy to read these words, almost like any other news story you hear on TV or, even find in a novel. But can you touch upon the fear of that girl in the car being driven to her brutal, head-smashing, blunt end? Can you feel the fury of a six minute fight with a drugged lunatic on a dark, country road? Alone. Going blow for blow? Wrestling over your gun? Maybe knocked out and stomped to death? Most of you can't feel it. At best, they are just dramatic words that even the greatest poet cannot make you touch, see or feel. But it won't take a poet to remind Paul.

"Help me," came the whimper out of the darkness. Days later Paul said that the desperate weak voice was chilling and... "still scary to think about." I have no doubt the tone, the memory, of that pitiful plea **will** chill him the rest of his life. He will touch it at the oddest times or typical reminders. He will go right to that "place"-that feeling.

Oh there's the Saturday night fights, the UFC, next months tournament, money purses, fame, fortune, trophies for the players, a column in Black Belt magazine-but there's a guard in a hallway, a soldier in a trench, a cop on the job mixing it up somewhere right now, and there's blood on the line. These guys are the REAL fighting heroes ... and all they'll get is some stitches, lousy pay, a pat on the back and a... "maybe"...or a "probably" in the newspaper.

Ain't no maybe here, Paul !



Sensei Paul Britt (left)

A living testament of our motto,
"Hit Hard...Hit Fast...Go to the House !"

Compiled by the LANSDALE'S SELF-DEFENSE SYSTEM STAFF, including Sensei Eugene Frizzell, Sensei Coy Harry, Sensei Billy Jack Worsham, Karen Lansdale, Grandmaster and Sensei of the Lansdale household. Special thanks this time out to Guro Hock Hochheim.

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