



Shen Chuan Review

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

"He who hesitates, meditates horizontally."

-Ed Parker, Grandmaster of American Kenpo

Shen Chuan Questions Answered

Inside this issue:

Shen Chuan "Q and A"	1
Black Belt Training	2
New Ranks/	2
Master Sensei Metteauer	3
Professor Earns Rank	3
Seminar	3
Upcoming – Camp #3	4
Sensei Frizzell Interview	4
Editorial and Comments	6

Special points of interest:

- Understanding Shen Chuan
- Who's been promoted?
- Upcoming Seminar; 3 Grandmasters to attend!
- The Next Summer Camp
- Interview with Sensei Eugene Frizzell
- Pain Teaches, Peaches!

Shen Chuan, though a new art, has already drawn considerable attention and questions from students and non-students. For that reason, we have decided to begin a series of interviews with Professor Lansdale's top students, as well as the Professor himself. The interviews will not take up whole issues, but will be offered in sections over two or three issues, with the Professor's interview being offered in special issues of the newsletter.

In the future, we hope to interview other martial artist for insights into their arts. Possible interviews are Grandmaster John Pellegrini, Grandmaster John Denora, Grandmaster Hock Hochheim, and others.

This issue will present the first part of a two-part interview with Master Instructor Eugene Frizzell.

AIKIBUJTSU

A number of questions have come up over cross ranking in Shen Chuan. There is none. But Professor Lansdale has offered some cross ranking in the past in the Shen Chuan Aikijitsu Division. This was for those who had studied Matsukaze Budo when a portion of it was Aikido and Aikijitsu, before aspects of that art were incorporated into Shen Chuan.

Cross ranking has been offered for those students who held ranks in other systems of Aikijitsu or were in another similar system and were ready to test for black belt.

But no more. You must go through our curriculum. If you already hold a black belt in a branch of Shen Chuan Aikibujutsu (Aikijitsu, *Aikido, or Jujitsu) as well as an instructorship, then you may develop your own curriculum in this division to teach your students. This however, must be demonstrated to and sanctioned by Professor Lansdale or Sensei Coy Harry.

At that point, Professor Lansdale and Sensei Coy Harry will determine if your inclination in this division is Aikijitsu or Jujitsu or a well-blended combination of the arts. So far, only one instructor has been approved to teach his own interpretation of the art, and that is Sensei Paul Britt, and his approach has been sanctioned under the Aikijujutsu division as Jujitsu.

AIKIDO

We currently require Yoshinkan Aikido ranks. A first dan ranking in Yoshinkan will now be tied to first dan ranking in Shen Chuan Aikibujutsu. So, you will in fact be knowledgeable of and ranked in both if you receive Shodan. You may then continue to be ranked in Yoshinkan if you choose, but Shen Chuan Aikibujutsu will be required.

This, of course, does not apply to systems not underneath the SHEN CHUAN UMBRELLA taught at LANSDALE'S SELF-DEFENSE SYSTEMS. Like Daito Ryu, Combat Hapkido, Stickboxing or Streetboxing. Nor does it apply to the main body system, SHEN CHUAN.

*For this designation, Yoshinkan rank is also required.

The following certifications **will be offered as enhancements** to existing systems. They are optional. **Note from Professor Lansdale:** (But they are not optional for Coy Harry, Eugene Frizzell, Ryan Dewitt, Billy Jack Worsham... Sorry boys. Unless you've got medical problems, you got to do em. You're too important to me and to the growth of this organization not to know, or to have been exposed to all this stuff.)

Shen Chuan Questions...continued from page 1

CANE

Professor Lansdale teaches Shen Chuan cane, but is also planning to certify in Combat Hapkido cane once he's certified by Grandmaster Pellegrini (He hopes to take care of this in 1999). If you can do one, you can do the other.

Professor Lansdale plans to offer both certifications. In Combat Hapkido only Combat Hapkido cane is required at the higher levels, though Shen Chuan Cane certification is an option.

Shen Chuan students have a choice about cane techniques, and can certify if they choose in either one, or both, or pass on the training altogether.

Currently, Professor Lansdale plans to present Shen Chuan Cane in two levels of 50 techniques per level.

First Level in Shen Chuan Cane is offered now.

COMBAT JUDO CERTIFICATION

Professor Lansdale has a license to teach Judo, and though he does not give rank in Judo, he does teach a certification called Combat Judo. This is the use of quick hand and leg strikes followed by Judo throws, and some Jujitsu style techniques.

This is for the student who doesn't want to study sport Judo, but wants more than an acquaintance with it and its combat possibilities, and would like to learn how to link these techniques to his or her area of specialization. These techniques would be especially beneficial for those in STREETBOXING, STICKBOXING, or even COMBAT HAPKIDO and DAITO RYU. Most, not all, of these techniques are covered in Shen Chuan, but it's a great refresher and specialization course.

This certification will be offered in the near future. Cost 50 dollars for certification.

SHEN CHUAN BASIC WEAPONS CERTIFICATION

Professor Lansdale will offer training in the use of the short stick (yawara), the rolled up newspaper or magazine, as well as some other general everyday weapons. This is a great enhancement for Women's Self Defense programs.

BLACK BELT TRAINING CLINIC

A training clinic for Professor Lansdale's Black Belts will be offered early next year, and will become a regular feature, taking place two to three times a year. It is necessary that all black belts attend. This is designed to make sure the concepts and principles of Shen Chuan are defined and being taught in all classes. We want to be sure our method of striking, small circle concepts taken from Professor Jay, etc., are being applied by our high ranks, and therefore passed on to the next generation of students. These principles and concepts will be supported by training techniques and paperwork. Cane training will also be a part of these clinics, and cane techniques will then be passed on by the black belts to the students.

NEW RANKS AND RECOGNITIONS

From Professor Lansdale

Jeremy Wilson, First Degree Black Belt, Shen Chuan and
 First Degree Black Belt Combat Hapkido,
 Apprentice Instructorship in Shen Chuan
 Don Wear, Orange Belt, Shen Chuan
 Joey Townsend, Orange Belt, Shen Chuan
 Rick Abel, Purple Belt, Shen Chuan
 Sara Stone, Purple with Stripe, Shen Chuan
 Jared Taylor, Purple with Stripe, Shen Chuan
 Jim Moore, Brown Belt Shen Chuan
 Carlos Galavan, Purple with Stripe, Shen Chuan
 Ryan Burrows, Orange Belt Shen Chuan
 Josh Crosby, Yellow Belt, Shen Chuan
 Larry Sowell, Instructor, Shen Chuan (Sensei)
 David Larned, Blue Belt, Daito Ryu, Yellow, Shen Chuan.....(continued page 3)

Ranks/Recognitions...continued from page 2

Ranks from Master Instructor, Richard Metteauer

Jimmy Crow, Yellow Belt, Shen Chuan Streetboxing and Maverick Taekwondo.
Norma Almanza, Red Belt, Shen Chuan Streetboxing and Maverick Taekwondo.

From Sensei Ronnie Branton (Under Prof. Lansdale)

Brent Jackson, Yellow Belt, Combat Hapkido
Jared Taylor, Orange Belt, Combat Hapkido
Scott Miller, Blue Belt, Combat Hapkido
Melanie King, Yellow Belt, Combat Hapkido

If you have been ranked and we missed mentioning you, please let us know and we'll mention your rank next newsletter. It's up to individual instructors to inform the staff of promotions so they may be listed, and these promotions need to be placed in writing, not handed down by word of mouth.

SENSEI METTEAUER RECEIVES MASTER INSTRUCTORSHIP IN SHEN CHUAN STREETBOXING FROM PROFESSOR LANSDALE

Sensei Richard Metteauer joins the likes of Sensei Eugene Frizzell and Sensei Coy Harry as a Master Instructor. He is our only Master Instructor of Shen Chuan Streetboxing. Sensei Metteauer has added considerably to LANSDALE'S SELF-DEFENSE SYSTEMS and has worked hard to blend the concepts, principles and philosophy of Shen Chuan with a kickboxing system oriented toward self-defense, sport and combat.....(Professor Lansdale: "Thank you, Sensei Richard.")

PROFESSOR LANSDALE EARNS SMALL CIRCLE JUJITSU RANK

Professor Lansdale recently attended a small circle Jujitsu camp in Indiana. He tested for the only rank offered at the camp. Yellow belt. Guess what? He passed. His remarks concerning this rank were: "You're never too old to learn, and I have such respect for Professor Wally Jay, and have borrowed everything from him I possibly can, so it was an honor to test in his system. I hope to always be learning and setting an example to my students. You never know it all, and it's not even a bad idea to be reviewed and instructed on what you do know or think you know."

THE BIG EVENT

MAY 8, 1999, THE TEXAS MARTIAL ARTS EXTRAVAGANZA

BRITT'S SELF DEFENSE SYSTEMS out of Rockwall, Texas, will be sponsoring a major seminar starring three Grandmasters. Our own Professor Lansdale, of **SHEN CHUAN**, Grandmaster John Pellegrini of **COMBAT HAPKIDO**, and Grandmaster Hock Hochheim of **CONGRESS OF AMERICAN KNIFE AND STREET FIGHTERS**.

Tentative plans are that Grandmaster Pellegrini will be teaching wing chun style trapping techniques, as well as leg traps and trips. Professor Lansdale will be teaching quick strikes, Shen Chuan style lock-ups and takedowns, and Grandmaster Hochheim will be teaching stick and knife. Each Grandmaster will teach a two hour segment. This means a full and exciting Saturday full of variety.

The seminar will take place in Dallas, Texas, May 8th, and an exact location will soon be announced. Price for this seminar will be in the 65 - 70 dollar range. Start putting back a few dollars a month now. We want everyone at **LANSDALE'S SELF DEFENSE SYSTEMS** to support this main event; as is, students of Grandmaster Pellegrini and Grandmaster Hochheim will be in attendance, and even though at this time we are a smaller organization, we want our students and any interested parties to attend this event.

All ranks and styles are welcome. Beginners are welcome. Don't miss this rare opportunity, and support one of our own, Sensei Paul Britt in making this seminar a success, as well as helping promote his new school...

Anyone interested in seminars conducted by any of these gentlemen may contact them through our web site, by mail, or by calling 409-569-0708.

CAMP LANSDALE #3!...(by Professor Lansdale)

This year our annual camp will be a Fall or Winter Camp instead of a Summer Camp.

The reason for this is the aforementioned seminar. Still, it isn't too early to start thinking about it. We plan for Summer 1999 to be our most successful and exciting camp yet. With lots of seminars, testings, and this year, a spontaneous self defense event.

We try and avoid the tournament scene, just because we find it so financially draining to our students, and frankly we're not all that nuts about the attitudes it fosters. This does not mean we totally oppose it, we just haven't pushed ourselves in that direction. Perhaps in time, as our Streetboxing division grows, we might like to hold our own open tournaments, but for now that's only a thought.

We will have spontaneous self-defense events, however. These will be simple awards, and there will be two categories. Those off of set attacks and those off unexpected attacks. The first will be called SPONTANEOUS DEFENSE, the other, SPONTANEOUS ATTACK AND DEFENSE.

This will give our students the opportunity to show self defense techniques. Most fights actually end where they start. Most attackers are not expecting to actually be hit back – Or First! True strikes, as opposed to controlled strikes, or gloved strikes, can do serious damage. Most of this banging back and forth comes from inept striking, gloves, points attacks, or it's the movies, dear hearts.

We want to train in a self defense manner. Controlled, of course, but as close to the real thing as possible without pushing ourselves over into a combat system.

The contest will be judged by Professor Lansdale. We must have at least ten entries to justify this event. Spontaneous defense is primarily pushed in Shen Chuan at around green and blue belt, on up to black belt. In fact, fifty percent of the Shen Chuan black belt test is based on spontaneous defense, both against planned attacks, and unplanned attacks.

These defenses will be judged on common sense, effectiveness, style and grace, and of course rank level. No trophies will be given. Only certificates of award.

What else?

We hope to have our usual guests, at least one, maybe two. We plan to offer seminars in groundwork, conducted by one of our top black belts who is currently studying Brazilian Jujitsu and will be bringing the best of that system to the Shen Chuan fold.

Groundwork is something I'm familiar with, but as I've often stated, it's not my strength, though I intend to correct that and have already made efforts in that direction for both myself and my students.

One way I'm accomplishing this, besides my own personal study, is bringing in a top student and instructor of Shen Chuan to highlight what he's learned from Brazilian Jujitsu under the Machados and to take advantage of Grandmaster Pellegrini's recently established division of ground fighting in Combat Hapkido. This is conducted by Master Pedro Rodriguez, a top Brazilian Jujitsu instructor.

Filipino Arnis/Stickboxing will get its due, but not as much as last camp, which was designed to emphasize that art.

Shen Chuan striking: learning the short quick devastating punch of Shen Chuan will be a feature. As well as the lazy hand strike, straight push, dropping style attack.

Shen Chuan self-defense techniques: Striking to locking and throwing, to ground destructions.

Combat Hapkido.

Also: Demonstrations of Daito Ryu. Cane defense. Judo. Streetboxing. Shen Chuan chair defenses. Shen Chuan third dan locking set and two man defenses. And some surprises.

For us to continue offering high quality Instruction, it is important, imperative, that you support the camp and seminars.

INTERVIEW WITH SENSEI EUGENE FRIZZELL

THIS IS THE FIRST OF A SERIES OF INTERVIEWS WITH PROFESSOR LANSDALE AND A NUMBER OF HIS PROMINENT STUDENTS. Shen Chuan, Martial Science is a relatively new system, but Professor Lansdale founded it after 30 years of study in numerous martial arts and self-defense systems as well as practical street experience. He calls Shen Chuan, Martial Science the self-defense system for the 21st Century.

These interviews are being conducted while the art is young and memories are fresh. It is the belief of those now studying Shen Chuan, Martial Science, that martial arts history is being established and comments made now are likely to be more accurate than those made ten years from now about Shen Chuan's origins and goals.

These interviews will be with those who helped in the development of **SHEN CHUAN, MARTIAL SCIENCE**, or were there during the development and are continuing to push the science and art of Shen Chuan forward.

The questions are those asked numerous times by a variety of students. We have solicited questions and discussed certain questions asked in the past by students, non-students, supporters and detractors.(continued page 5)

Interview...continued from page 4

We have made note of them, saved them up, and have now put them to our subjects as if they are being asked by one person, but again, their sources are the numbers of students and the curious who have passed through the doors of **LANSDALE'S SELF-DEFENSE SYSTEMS**.

We have also asked follow up questions to questions asked, keeping in the spirit of a single interviewer. These are, however, except for adjustment in phrasing, questions that have been asked in the past, or questions asked the subjects by those surveyed.

For a system that's been around for such a short time, Shen Chuan has generated a lot of curiosity. Professor Lansdale and his students have been asked some difficult questions from time to time, and these are not avoided here

We're saving Professor Lansdale for later. We thought the place to begin was with Professor Lansdale's Senior Student, Sensei Eugene Frizzell. Sensei Frizzell may well know more about the system's development than anyone other than Professor Lansdale. Professor Lansdale taught other students before Sensei Frizzell, but not as part of his own designed system or for as long. Chad Francois was his first black belt in another system, and his third black belt in Shen Chuan. Sensei Frizzell was his first black belt in Shen Chuan.

Sensei Frizzell is a Master Instructor of Shen Chuan, Martial Science, Director of the Shen Chuan Stickboxing division of Shen Chuan, Martial Science, and is a multiple black belt holder. He still trains in Shen Chuan and is actively pursuing training in other systems under a number of instructors. He is the driving force behind the business end of **LANSDALE'S SELF-DEFENSE SYSTEMS**, and has worked with Professor Lansdale to write the technique guide books, and is at work with Professor Lansdale on a newer updated version to be titled **SHEN CHUAN, 2000**. It is hoped this, and a series of videos currently being planned, will be the guide for the system for some time to come.

SENSEI EUGENE FRIZZELL INTERVIEW:

Question: When did you start your martial arts training? Did you train prior to Professor Lansdale? If so, what is your background and experience?

Answer: I began my martial arts training with a very brief look at Shotokan Karate under Sensei Clark Green sometime around 1980. I recently had surgery on my knee, and the Shotokan kicking and low stances put too much pressure on it for me to continue. I continually looked for a martial art for me, but all that was available in the area was Tae Kwon Do. I observed this martial art and decided it was not for me. However, in a fortuitous twist of fate, while waiting for my children, who were taking Tae Kwon Do, I met Professor Joe Lansdale. We discussed the martial arts and found we were both interested in Aikido. In 1994, Professor Lansdale and I began training in Aikido and continued this training for approximately a year. At the same time, Professor Lansdale began training me in his eclectic style, which was based on the concepts and principles of American Kenpo, Hapkido, and other arts that Professor Lansdale had studied. Professor Lansdale, with my urging and support decided to begin teaching his art. My experience is in Shen Chuan Martial Science and this is my main martial art. I also train in Filipino Arnis, Combat Hapkido, Daito Ryu Aikijujutsu, and modern knife fighting through the Congress of American Knifefighters. In the Shen Chuan system, I have rank in Shen Chuan, Shen Chuan Stickboxing, Shen Chuan Aikijitsu, and Maverick Kenpo. I consider myself very fortunate to train with the Professor, fellow Senior Student Sensei Coy Harry, and the other students associated with Shen Chuan Martial Science.

Q: Were you always interested in the martial arts, and if so, were you looking at any particular martial art to train in?

A: I've always been interested in the Orient and it's various martial systems. I first looked into the traditional system of Shotokan, but quit because of an injury. In retrospect, I seriously doubt if I would have maintained my interest in this system. Shotokan is a great, but a very traditional system. I am drawn to systems that are not bound by tradition, but are open to all kinds of learning. After my brief experience with Shotokan, I did not pursue the martial arts for a number of years because what was available to me was traditional. In 1994, I started to speak with Professor Lansdale about martial arts and found that I shared his interest in the arts. Professor Lansdale came from a background of Kenpo and Hapkido so he had a broad overview of martial arts. He and I found we were both interested in pursuing the throwing arts and so began an Aikido class together. We continued in this class, as students, until Professor Lansdale began teaching his brand of striking, locking, and throwing. He partnered with the Aikido instructor and they eventually formed a short-lived system named Matsukaze Budo. Because of differences in how to approach the arts, Professor Lansdale started his own system called Shen Chuan. I have been with Professor Lansdale ever since.

Q: You first began to train with Professor Lansdale in pre-Shen Chuan days, and his pre-Professor days. When you began training, how did you train? What system was it? Was it what he called a maverick form of Kenpo? Was it a true Kenpo system?

A: At the same time Professor Lansdale and I were training in Aikido, Professor Lansdale was training me in his eclectic and unstructured system that encompassed concepts and principles of Kenpo, Hapkido and other systems Professor Lansdale had studied. We trained one on one in my backyard and in these sessions, I finally came to begin to understand what the martial arts were. It was during this period that I began encouraging Professor Lansdale to put together a structured system that could be taught too many. He began a systematic approach to setting up a system that had self-defense as it's major emphasis. This system eventually evolved into Shen Chuan, Martial Science.....(continued page 6)

Interview...continued from page 5

Q: Can you tell us about Matsukaze Budo, the system co-founded by Professor Lansdale? What was it like? What kind of instruction was offered?

A: Matsukaze Budo was Professor Lansdale 's first attempt to organize his experience into a system that could be taught in a dojo. Professor Lansdale was co-founder of this system, which encompassed many of his concepts and principles. Unfortunately, Professor Lansdale realized that differences in his concepts and principles with the concepts and principles of his martial arts partner were not compatible. On one side of the dojo, a rather static form of Aikido was taught, and on the other side Professor Lansdale was teaching a dynamic art that required spontaneous responses to various attacks.

Q: When Shen Chuan came into existence Matsukaze Budo was still co-taught by Professor Lansdale for a time. Was the Matsukaze Budo system of 1995 different from the earlier Matsukaze Budo system that began in 1994? How did it differ in 1996?

A: Matsukaze Budo, under Professor Lansdale, evolved all during its existence. However, the Professor's partner had difficulty with change and did not understand the value of other martial arts and martial artists. Professor Lansdale was, and is, constantly searching to improve in the martial arts and he encouraged his students to explore other systems. In the latter stages of Matsukaze Budo, Sensei Coy Harry and I were encouraged by Professor Lansdale to pursue knowledge and rank in Filipino Arnis under Guro Hock Hochheim. The real difference in Matsukaze Budo came about as Professor Lansdale had more control of the system. Under his leadership, everyone was enthusiastically pursuing growth in the arts. He is always in the process of "becoming." He is not afraid of change and in fact embraces it. He is also a historian of the martial arts and has a profound understanding, love, and respect for all martial arts. Therefore, he is willing to study other arts, take concepts and principles that enhances his knowledge, and blends them into Shen Chuan. Shen Chuan is an ever changing, evolving system, willing to take a hard look at itself, and that is what differentiates it from other systems.

Q: How did Shen Chuan grow out of this system? What was your contribution to its growth?

A: Professor Lansdale became more and more aware that Matsukaze Budo could not fulfill his vision of the arts because he did not have total control. I encouraged him to gain more control and also encouraged him to break away from Matsukaze Budo and form his own system. My main contributions early on to Shen Chuan, Martial Science was to provide this encouragement and to act as a sounding board for decisions the Professor made regarding the martial arts and the business side of Shen Chuan.

"Thank you Sensei Eugene for your time and a glimpse into the history and insights of Shen Chuan. We will look forward to the second part of your interview in the next edition!"

Editorial and Comments: Professor Joe Lansdale

THE NATURE OF PAIN, SKILL, HUMILITY AND BUM LUCK

IT HURTS BECAUSE IT WORKS, my friends. Shen Chuan and our style of training isn't for everyone. I don't think it has to be. We dislike the idea of injury, but we do believe in pain. I have found most injuries that occur at LANSDALE'S SELF-DEFENSE SYSTEMS are due to students who already have injuries, often unrelated to classes, who push themselves back into service before they are healed. We can't determine what we don't know. We try and take your word for it up to a point, but treat an injury with respect. Give yourself time to heal.

Injuries do happen. You do anything athletic for a time, tennis, touch football, baseball, running, etc., there's a good chance some type of injury will occur. No sport or self-defense system can definitely promise to be injury free.

And think about this. This is a self-defense system. We try not to push it over into the Combat Range because we know most of our students, and ourselves included, are working folks.

Students want to have fun, learn self-defense, and you can be serious about that without having to prove your up for the Ultimate Fighting Championships.

On the other hand, most of what we teach isn't a sport. There are some sport aspects to Streetboxing, but injuries mostly minor, can occur.

Know what you're getting yourself into. You're in class to either spar, or learn what causes pain and injury. If you just want exercise, take Kickbox Aerobics.

Now, let's talk about the nature of pain.

Fingers are a good example, one of the more sensitive areas on your body.

You can actually break an opponent's finger and end up with a harder fight. An adrenaline rush can cause your opponent to override this pain, and at least temporarily, become more dangerous.(continued page 7)

Editorial and Comments: Professor Joe Lansdale

Pain control and compliance is another dog altogether. You put a finger lock on someone, tease them with pain, they're more likely to be controlled because their body wants to avoid injury. It's odd, but that's the way it works. You'll respond more to controlled pain than to an intense break. Unless, of course, that break is your neck or the legs you stand on. But you get the idea.

Pain compliance works.

Most of the time.

Not all. Some people would gnaw their arm off in a fight if they thought it would help them win. One difference between us and the worst of our possible attackers is that we have a reverence for life. This is wonderful in all respects. Except a down and dirty fight. It'll get you killed.

Remember this, however. In a real fight the first respect for life you show is to yourself. You didn't start it. You don't want to do more than is necessary, but to not defend yourself is to show a disrespect for your life.

Sometimes pure will is more important than technique, strength, what have you. If you have them all, then you're aces.

Rank, for example, is important and should be respected. But being a black belt does not give you a magic get out of a fight free card.

You get into it, if for some reason you're unable to wrap it up in a few seconds, you may suffer injury. The odds are on your side if you've trained, but as the Japanese say, even monkeys fall out of trees.

Other reasons to stay out of situations:

You may well be better, but he may be lucky that day.

He may have a weapon.

You may hit him ten to one, and he may just be tough enough to take it.

He may be on drugs, and not feel the pain.

He may just have your number; his style of fighting works against yours. (A reason for cross training.)

He may have friends around the corner.

He may be loony as a six-day bike racer and have the strength of ten men on steroids.

He just may not care if he lives or dies.

You may be overconfident.

You may be overly merciful when you shouldn't be. You may give him an inch, and he may take your life.

You may not be confident enough.

You could be tired, sick, distracted, depressed.

He could actually be a martial artist and better than you.

Any number of factors can slip in and alter the abilities of anyone. And I do mean anyone. You can judge this by your own performance in the dojo.

Ever have one of those nights where you can do no wrong? You're on top of everything. Ever have nights when you can do no right? Ever have nights when you can do no wrong, except once and that once would have been enough to be terminal on the street?

Ever underestimated a lower rank, or the ego of your partner, only to realize too late that you shouldn't have?

Ever done everything wrong, and then had one sudden good moment where you could have beaten anyone?

These are lessons. Learn them in the dojo, among friends. That way, you may not have to learn them the hard way on the street.

But, as they also say, sometimes the bear wins. And if so, just hope he wins and leaves you a survivor. Gnawed, broken maybe, but alive. Surviving is a form of winning, and all out fighting may not allow you to defeat your opponent in a satisfactory way, but perhaps it will allow you to survive.

This brings us back to pain.

Pain helps you learn to cope with all this.

It makes you understand the technique. It makes you humble. It teaches you to develop inner strength. It actually teaches you, in a strange way, to share. Think about that one.

Pain is important.

As Professor Wally Jay says, "PAIN MAKES BELIEVERS".

And as I say, "it hurts because it works."

No one is too good or too cool to learn this lesson. And that certainly includes me.

This is a little outside of the rest of the article, but I want to talk briefly about ego. This is a tough one. I wouldn't give you ten cents for someone without an ego, **but** that's not the same as egotistical. ... (continued page 8)

Editorial...continued from page 7

Remember, in class, you're working with friends. If you've got a neck crank on someone, or a choke, and you feel it may be too much, it's up to you to judge. Your "opponent" when in a head crank or choke may not really know how well it's applied. I'm not saying fake it, I'm saying if it looks like it's between you proving your point and hurting your partner, back off. Don't let ego rule you, or you'll end up with an injury. There's a difference in pain and injury. It's better to be a little disappointed and have to let go of a good technique than it is to harm a partner who may not really understand how well it's applied. Head cranks and chokes are prime examples. A good blood choke often fools the opponent into thinking they're okay; they have movement, may feel on cloud nine even, but they don't know the euphoria, fear, adrenaline rush they may be experiencing, is associated with lack of blood to the brain.

So, again. Make the technique work, but be careful. It's up to you to take care of your partner, and it's up to the partner to watch out for themselves. The best thing to do is simple. Check your ego at the door.

“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 go out to Sensei Eugene Frizzell.

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