



# Shen Chuan Review

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

*Shen Chuan warrior*

*Harvest your winters, burning*

*Truth's pure blossoms free*

*-Andrew Vachss*

**A BELATED HAPPY NEW YEAR. WELCOME TO SHEN CHUAN 2000!**

## CAMP LANSDALE #3 A MAJOR SUCCESS!

The camp last fall was thought by many to be our best ever. Each camp and seminar has its own unique personality, but this was certainly a fine one. A great three-day black belt test, beginning Friday night through Sunday afternoon, was certainly a great contribution to the camp's success.

We were fortunate enough to have Ryukyu Kempo seventh Dan, Master Will Higginbotham, as our major guest this year. The camp brochures erroneously ranked Master Higginbotham an eighth dan. He's a seventh. But, his next promotion is surely soon to come.

Master Higginbotham showed how to apply our techniques to the concepts and principles of pressure point knockouts. We have been experimenting with these for some time, but Master Higginbotham helped us learn to be more precise about angles and combinations.

We plan to have Master Higginbotham back soon. He and Professor Lansdale worked beautifully together. Master Higginbotham was also impressed with our black belt testing, and was kind enough to offer some very nice words about our black belts.

We're proud of them as well.

In **SHEN CHUAN**, Jared Taylor and Jeff Luman showed tremendous vitality and determination, as well as demonstrated a plethora of technique. Jim Moore, with a knee injury and two taped thumbs, kept pulling himself up from the pain and performing. His last three techniques (the demonstration part of his test) were really awesome, as were all the black belt candidates. But Jim Moore gets special consideration for working so well with injuries. He showed tremendous guts. It should also be noted that the first night Jared Taylor took an accidental blow to the face that swelled up his head to about the size of a pumpkin. In fact, it was noted by his partner that Jared "looked like E.T." Jared gutted it out as well and passed with a beautiful test.

## SHEN CHUAN, AIKIBUJUTSU/DAITO RYU, U.S.A./AIKIDO

This time out Lansdale's self-defense gave its last ranks in Aikido. We have taught this separate for a few years, but we have decided to combine the concepts and techniques with our more realistic self-defense system to be labeled **SHEN CHUAN AIKIBUJUTSU**. Sensei Coy Harry directs this division under Professor Lansdale's direction.

Our first and last Aikido black belts are: Bob Lacher, Rick Abel, David Allen, and Jimmy Crow. All of these men were also promoted in Shen Chuan, Aikibujutsu. Good job! David Allen and Jimmy Crow looked exceptionally smooth.

Bob Lacher deserves special praise for testing in Aikido, Aikibujutsu and Daito Ryu - boy was he busy. Bob already has a black belt in Aikido from the Tohei system, but we are happy to have him

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## SHEN CHUAN, AIKIBUJUTSU/DAITO RYU, U.S.A./AIKIDO...continued from page 1

as one of our own now, as well as having him ranked in Daito Ryu U.S.A., and Shen Chuan Aikibujutsu.

Rick Abel, another one of our "not a kid" black belts also performed beautifully, and like Bob Lacher, with toughness and realistic intent.

Dr. Brian Carlin, a third dan in judo, was promoted to first dan in Daito Ryu. All Daito Ryu and Aikido promotions are through Professor John Denora.

Sensei Ronnie Branton, due to a snafu, was overlooked for promotion announcement. Our apologies. Since he had already tested in Combat Hapkido, and we had so much going on, we forget to announce his certificate, which we had saved purposely for the camp. Sensei Branton, with his usual modesty, didn't remind us.

Sensei Ronnie Branton has been promoted to second dan in Combat Hapkido, via Grandmaster John Pellegrini. Congrats to Sensei Ronnie Branton, and our apologies.

Also: All the black belts were given the honorary title of sensei, with the exception of Jeff Luman, whose title is not honorary. As a brown belt he has had a lot of experience assisting Professor Lansdale, and teaching our informal Saturday classes. Our apologies for not noting this, or giving Sensei Jeff his Instructorship during the camp.

Since this time, Rick Abel, who started a young adult Shen Chuan Aikibujutsu class, has also been given instructor certification, and Jim Moore, who has assisted so much in class, has also been certified as an instructor.

## MASTER INSTRUCTOR

A rare thing has occurred. Sensei Billy Jack Worsham was promoted to third dan and received Master Instructorship in Shen Chuan. Though Shen Chuan does not have set ranks for instructorships, we are not quick to award this for anyone less than fourth dan. And not always then. So this is a rarity.

Sensei Worsham's contribution to the system, teaching, promotion of the art, and his incredible physical performance, actually made this overdue. Professor Lansdale sites him as one of the people most responsible for the growth and development of Shen Chuan, and many of his ideas, takes on techniques, have been adapted into the system.

Congratulations Sensei Billy Jack Worsham.

Master Instructor Richard Metteauer, who gave a great session on Shen Chuan kicking, is currently learning a form from Ryukyu Kempo, as taught to him by Master Higginbotham. At the moment, he is considering training and pursuing rank in Ryukyu Kempo.

Master Instructor Eugene Frizzell also learned some new Arnis drills from Master Higginbotham, who is a black belt in Modern Arnis under one of our favorite martial artists., Professor Reamy Presas.

**SPECIAL THANKS** to all our seminar leaders. Sensei Paul Britt gave a great demonstration of how to apply Shen Chuan concepts and principles to groundwork. And, we should note, is now a proud Papa. Olivia Britt is a real charmer! Congratulations Sensei Paul.

And, thanks to Sensei Eugene Frizzel. Sensei Coy Harry. Sensei Billy Jack Worsham. Master Higginbotham, and, of course, Professor Lansdale.

Thanks to those who assisted so admirably. Sensei Ronnie Branton, Sensei Britt Labbit. Thanks folks!

Thanks to our visitor from Corpus for driving up to try us out. Glad you liked it.

Thanks to one of our alumni, Sara Stone, now from Tyler.

Thanks to Karen Lansdale who helped do all the things that no one else wanted to do.

## OTHER NEWS:

Professor Lansdale has received promotions in COMBAT HAPKIDO -- Fifth Dan -- as well as an Orange belt in SMALL CIRCLE JUJITSU. He hopes this will inspire his students to continue doing what he's doing.

*LEARNING!*

It's not the rank that matters, it's the knowledge and willingness to be a student, no matter how much experience you have.

Professor Lansdale and Senseis Coy Harry and Eugene Frizzell will be traveling to Indianapolis in February for further training in Small Circle Jujitsu. Professor Lansdale will be traveling to Houston late in February and early March to train under Grandmaster Pellegrini in Combat Hapkido, as well as attend a seminar conducted by Grandmaster George Dillman on accupressure knockouts. Professor also intends to travel to Indianapolis in May for testing in Small Circle Jujitsu. He hopes, if not this year, next year, to bring in Sensei Ed Melaugh, one of the Soke Dais to the Small Circle system.

You never know it all. Keep training.

## BLACK BELT TRAINING SESSION

February 12 will be the first of this year's Black Belt meetings and training sessions. This session will stress our concepts, principles, philosophy and basic techniques. Of course, these are taught constantly, and all black belts have trained at least to some degree under Professor Lansdale, but this will be focused entirely on black belts.

Those black belts who expect to move up in promotion must attend these sessions, two or three a year, as well as contribute to our camps and seminars. We can't maintain quality control without these sessions. This gives each black belt a chance to train directly under the founder.

Black Belt training sessions bring us back to the basics. It also puts all black belts on the same page as far as understanding our concepts and principles, and contributes to their individual growth and person expression of the system.

This also allows updates in both business and techniques to be passed on to our black belts. It all comes from the high ranks, so once again, it is necessary for all black belts to be on the same page.

No matter if your emphasis is SHEN CHUAN, SHEN CHUAN AIKIBUJUTSU, SHEN CHUAN STREETBOXING, or SHEN CHUAN STICKBOXING, these concepts and principles apply.

Remember. Shen Chuan has many expressions, but if those expressions are not based on the sound concepts and principles developed by Professor Lansdale, then you aren't doing Shen Chuan.

There is no charge for this training session.

## WHAT ELSE IS NEW?

### Beginning APRIL First

On that date students will be sold only black martial arts uniforms. If you already own a uniform of a different color, no problem. Wear it out. But when you buy a new one, unless it's one currently on sale, it must be black. All uniforms will be sold with a patch, and no other way. Even the sale uniforms. This means this is the last chance for students to buy the spider-webbed uniforms, the white, or the colored uniforms. You can wear these for as long as they last you.

Uniform prices are going up to include patches. Unless it's a sale uniform, as of April first, all black middleweight uniforms are sixty dollars, tax and patch included.

When the sale uniforms are sold, the only replacements offered, or allowed, will be black uniforms. We will allow you to upgrade to a heavier weight uniform if you want, but this will have to be ordered and will cost more. They will not be kept in stock.

This is an excellent time to replace a worn out uniform or to buy an extra one to wear until it too wears out. Our sale could put you in uniforms (white, black, spider-webbed, red and blue) for years.

Tee shirts will continue to be sold, of course, as will black baggie work out pants. These pants may be worn with uniform jackets.

We want our students to have uniforms for when they attend special functions, or when we teach certain techniques that require one. We use few techniques of this sort, but there are some that work quite well in self-defense, utilizing a jacket or a shirt.

Also, we're returning to the wearing of the jacket at the beginning and the end of class. We don't want our students to look like a bunch of ragamuffins. No starch and pomp are necessary, but ONLY OUR TEE SHIRTS should be worn, and only our martial arts jackets.

Bottom line is, after you've been a student for three months, you need to have a uniform. To go with it you may buy our tee shirts, or the baggies we offer from CENTURY MARTIAL ARTS. No excuses.

Rank has its perks, and one of them is that black belts can wear any uniform or combination of uniform they want, within reason. We don't want to see you in Bermuda shorts. If that's what you do in your own school or training facility, that's fine. But to attend our classes, our sessions, we expect uniforms, and/or our tee shirts and workout pants. Again, any combination you want, spider-webbed, white, blue, red, tee shirts or sanctioned work out pants. Instructor's privilege. We also want those who are working out in sweat pants at Lansdale's Self Defense Systems to stop. And please, no more wearing socks in the dojo. I know its cold sometimes, but you're more likely to slip and hurt yourself with these on than off. Besides, you look goofy.

What about students who have studied other systems and want to wear their old uniforms? Fine. As long as after April first it has our patch on it. When it wears out, you replace it with what we sanction.

After April first, sale uniforms will be pulled from our racks, and that's all she wrote. Considering we offer some sale uniforms at the low price of fifteen dollars, now would be the time.

CURRENTLY, we are offering a few used uniform items, pants and shirts for as low as five dollars. This would be a great time to take us up on it.

**Anything you order from here on out must be paid in advance.**

We've said this before, but we've been casual about it. No more. You pay when you order. A few rotten eggs spoiled it for

**WHAT ELSE IS NEW...**...continued from page 3

everybody. We've been stuck too frequently with ordered items, only to have the person who ordered them disappear. Lastly, no credit. Absolutely none. So, don't ask. It's embarrassing for everyone. You especially.

If you owe for MAVERICK MARTIAL ARTS and COMBAT HAPKIDO, Pay Up! In the past, we've allowed this to be paid out in segments, but too many folks have taken advantage of us. They let the months roll by. What this forces us to do is jack up the prices or embarrass students by having to demand payment. Let's prevent that. Pay up!

**VIDEOS**

Videos have been shot, and will soon be edited. We had hoped to offer them by the first of this year, but it looks as if it will be a few months yet. They will show the mainstream art of Shen Chuan, white to black belt, and will provide a wonderful guide for our students, as well as great preview tapes for higher ranks.

Second degree tapes and concept and principle tapes will be shot in the near future.

Once these videos are in place, the rank guide notebooks will be updated to include changes, as well as corrections.

**RANK CAMP** will be offered in April. It's a fine time to boost yourself to your next rank, or polish up those problems. If you just want to review, come in and go through all the ranks up to your own. Two days of training. Demonstrations will also be part of the camp, as well as a couple of brief training sessions emphasizing the concepts and principles that make your techniques more effective.

DATE: APRIL 8-9. Time SATURDAY 9 a.m. TO 5 p.m. One hour lunch break. This day will be spent on the curriculum.

SUNDAY 9 a.m. TO 5 p.m. Review in the morning, tests after lunch. If we finish all testing before five, we will close out early. The worst that can happen is you'll come back to class next week ready to test!

PRICE: \$10.00 for two days. Beat that!

Testing price. \$20.00 for the test. That's a discount of ten dollars.

Or forget testing and just come in and train.

It's our hope to have a number of instructors available to help you test in SHEN CHUAN, SHEN CHUAN AIKIBUJUTSU, SHEN CHUAN STREET BOXING, or SHEN CHUAN STICKBOXING (yellow belt only).

**CAMP LANSDALE #4****OCTOBER 7 - 9<sup>TH</sup>****"SELF DEFENSE FROM SOUP TO NUTS"**

This will be an EXTRAVAGANZA featuring:

SHEN CHUAN'S Professor Lansdale, COMBAT HAPKIDO'S Grandmaster John Pellegrini, Master Pedro Rodriguez of BRAZILIAN JUIJITSU/COMBAT HAPKIDO and Guro Mike Casto of PENKAT SILAT.

This is going to be our largest camp yet, and will be held at the NACOGDOCHES HOLIDAY INN. We suggest those who plan to attend book rooms now. We have set aside a block of rooms, but we can't guarantee how long these will last. Enclosed with this newsletter will be the first of two flyers.

PENCIL IN THE FIRST WEEKEND IN OCTOBER! It's going to be dynamite!

Grandmaster Pellegrini will be teaching trapping and locking.

Professor Lansdale will be teaching aiki disruptions, release from holds.

Master Rodriguez will be teaching ground grappling.

Guro Mike Casto will be teaching weapons.

Also instructing: Master Instructor's Coy Harry, Eugene Frizzell, Richard Metteauer, and Billy Jack Worsham.

Numerous black belts will also be in attendance to aid in training.

100 dollars for two and a half days of SUPER instruction from outstanding martial arts instructors. BE THERE OR BE SQUARE.

## A FEW PHOTO'S FROM THE SHEN CHUAN GALLERY



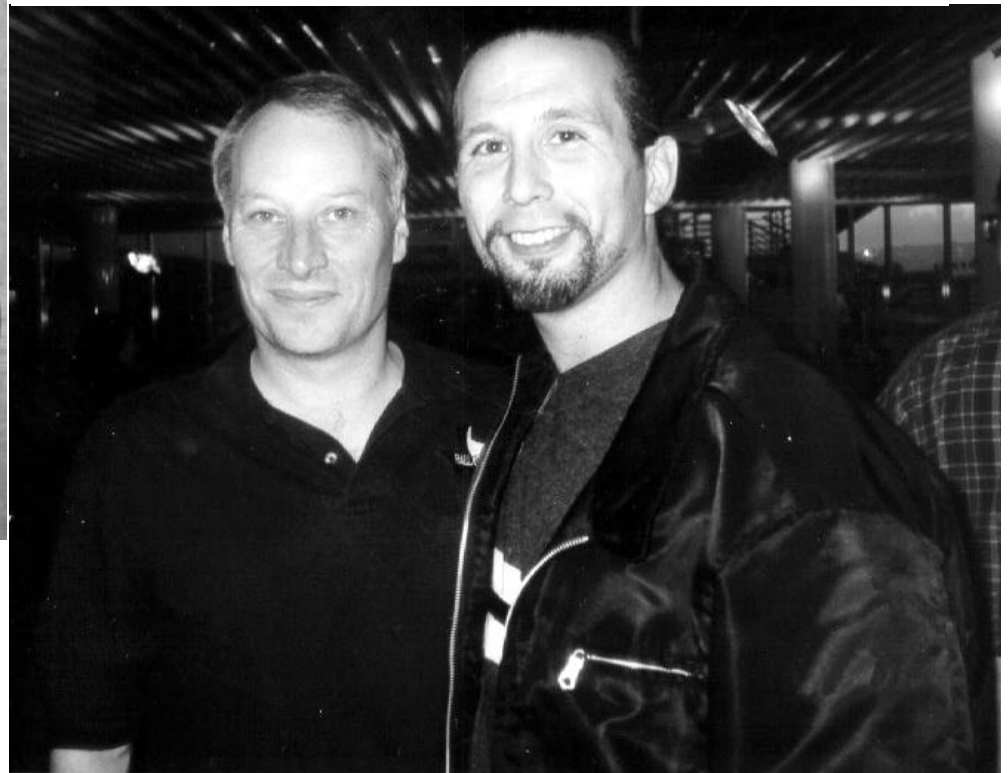
**Professor Lansdale** at sixteen, mugging for the camera. He had already been practicing self-defense and martial arts for three years by the time of these photos.



**Camp photo:** Dead center, tall, that's Master Higginbotham, our guest. Professor Lansdale does not appear in this photo because he's taking it!



**Master Instructor Richard Metteauer** holding his plaque recognizing him as an **OUTSTANDING INSTRUCTOR** at the **INTERNATIONAL MARTIAL ARTS HALL OF FAME**.



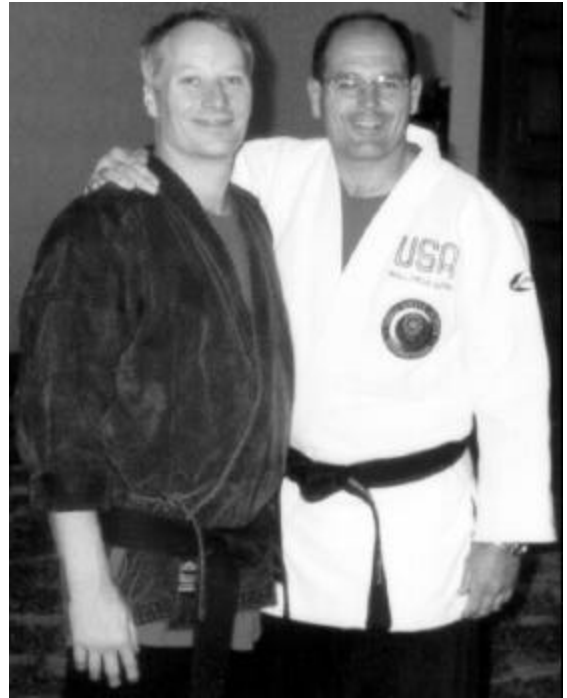
Professor and Scott Sonnen, head of American Division of the Russian ROSS training system, taken in Frankfurt Germany where they met by accident at

the airport. Scott was on his way back from Russia, and Prof. was on his way back from Translyvania. Ross is a unique form of self-defense and combat, and Instructor Scott will be Professor's guest at our 2001 camp.

**SHEN CHUAN GALLERY...**continued from page 5



Professor and Master Jim Corn, one of George Dillman's students in Indianapolis at a Small Circle Jujitsu training camp.



Professor and Soke Dai, Ed Melaugh of the Small Circle Jujitsu system. Sensei Melaugh is one of the inheritors of the system.



Professor and Master Higginbotham. These guys were a great teaching team and we hope to put them together again



Cool photo of Master Instructor Billy Jack Worsham and Sensei Ryan DeWitt.

**SHEN CHUAN GALLERY...**continued from page 6



Professor and Sensei Ryan DeWitt in Waco, Texas at a Shen Chuan Seminar. Obviously, Professor is teaching chair defenses. We sure miss Sensei Ryan and hope he rejoins us in the future.



Master Instructor Eugene Frizzel works with Sensei Ryan Dewitt, demonstrating a knife take away. Also in Waco.



Waco continued. Professor demonstrates a smother and choke.

Rockwall Seminar, sponsored by BRITT'S SELF DEFENSE, COMBAT HAPKIDO, SHEN CHUAN and COMBAT KNIFE. But where's Sensei Paul Britt?

**INSTRUCTORS FOR THE SEMINAR** were, front row, kneeling, far left in green, Grandmaster Hock Hochheim. Dead center, Grandmaster John Pellegrini, and to his left, Professor Joe Lansdale.

**MASTER INSTRUCTORS LISTED IN PHOTO:** Front row, next to Grandmaster Hochheim, Sensei Eugene Frizzell. To Professor's left and kneeling, Sensei Coy Harry, and to Sensei Harry's left, Sensei Richard Metteauer. Second row, standing between Professor and Grandmaster Pellegrini, Sensei Billy Jack Worsham: He wasn't a Master Instructor at this time, but what the heck.



## SENSEI COY HARRY INTERVIEW – PART I

*The following interview is with Shen Chuan Master Instructor, Sensei Coy Harry. Sensei Harry is a Master Instructor of Shen Chuan-Martial Science, Director of the Shen Chuan Aikibujutsu division of Shen Chuan-Martial Science, is a multiple black belt holder, and holds rank in ALL Shen Chuan divisions. He is the heir to the Shen Chuan-Martial Science system.*

### SENSEI COY HARRY INTERVIEW - PART I:

**Question:** *When did you start martial arts training, and how did you come to study under Professor Lansdale?*

**Answer:** I began my martial arts training at the age of 7 in Temple, Texas where I studied Moo Duk Kwan under my instructor Kevin. Unfortunately I don't remember his last name. He was a very good guy and excellent instructor. I'll never forget him. As for my beginnings with Professor Lansdale, I was in a funk and pissed off all of the time not knowing where my life was headed. One day my wife came home from her tae kwon do class and told me about a guy that was doing some cool things. Being the wonderfully insightful person she is, she went over and asked him what he was doing and it turned out to be Aikido, an art she had heard me express interest in. She got the time of the classes and I went the next night. I owe my wife a debt of gratitude. I'll never be able to repay her for her part in my martial arts career.

*You trained with Professor Lansdale when he was co-founder of MATSUKAZE BUDO. Can you tell us about Matsukaze Budo and how it changed during your time in that system?* Matsukaze Budo was still primarily Aikido under Terry Thoburn when I first began. However it quickly became Aikido and Kenpo. Both taught in sections, one half of the class studied Kenpo under Professor Lansdale and the other Aikido with Sensei Thoburn. It stayed this way for quite awhile. The thing that I remember most was that Professor Lansdale was actively studying Aikido the whole time and myself and other students began to see a transformation of his Kenpo techniques. I wasn't aware at the time but I was watching the birth of Shen Chuan if only in the Professor's head.

*You also studied what Professor Lansdale termed a maverick form of Kenpo or Hapkido. Was it really either of these? Do you think this was the source for Shen Chuan? If so, were there other sources?* Yes I began the true study of Maverick Kenpo in Eugene Frizzell's back yard and on weekends at the dojo. Damn that was good stuff! I didn't know at the time that I was learning a true system because Professor only really taught concepts and principals, but I began to see a marked improvement in my martial arts skills. I really miss those days. I do in fact believe that this was a source for Shen Chuan, along with Aikido, as I mentioned before and Small Circle Jujitsu, Arnis and many others that I didn't know at the time like White Crane, Drunken Monkey, Praying Mantis, Hanmudo, Kickboxing and many others.

*How did you train under Professor Lansdale? It must have been fairly intense for you to have gained such a respected position in the system in so short a time?* Like I said before, half of the class was Kenpo but my "real" training took place on the weekends, before and after class and in Sensei Eugene's back yard. As for intensity let's just say that my years of football, rugby and the Army only *slightly* prepared me for the pain I received during training. Now don't get me wrong. It was not brutal sadistic pain. It was the kind of pain meant to teach, which unfortunately for the martial arts, is left out of many systems. I believe the Professor saw in Eugene and I as two guys who were serious about the martial arts and he trained us as such. As for my "respected position", I couldn't have made it without the help of my partner and friend Eugene Frizzell who went through the "hell" before and with me. Eugene and I worked like men possessed when we worked out, neither was afraid to give or take pain. We worked right on the "edge" and we worked a lot. The instruction from Professor Lansdale and my buddy Eugene are the two primary reasons for my being the martial artist I am today.

*Can you tell us about the split between Matsukaze Budo and the development of Shen Chuan? Professor Lansdale considers January 1996 the beginning of Shen Chuan, though he says he didn't give it an official name until the summer of 1996. Has it changed much in the short time it's been around?* Well the split came for many reasons, one was the character of his "partner". As for Shen Chuan changing much, you don't know the Professor do you? I can think of four over-hauls to the system out right. And no telling how many occurred in the Professor's mind, sick thing that it is (*as he grins*). Please don't misunderstand. These changes are what Shen Chuan is all about. It is constantly evolving into a, well I'm not sure what it is evolving into. I don't think any of us can tell you. I just know that it is "**the**" martial art of the 21st century.

**SENSEI COY HARRY INTERVIEW...**continued from page 8

*You are the designated heir to the Shen Chuan system. It's unusual for an heir to be picked this early in a system when the head of that system is still active and looks to be active for years to come. What do you believe was the basis of this choice and why was it made so early? If you accept this responsibility, what are your future plans for Shen Chuan, Martial Science?* The Professor has told me and many others that I was chosen based on my ability and my age. The choice was made early, God forbid any thing happen to Professor Lansdale, so there would be no question as to who is the rightful heir. I believe this shows Professor Lansdale's love of the martial art he has created. He has seen what has happened to other arts when the Head guy dies, all of the in fighting and such. My plans for Shen Chuan are still in development as I am. I will carry on the art as long as I live and I will choose a successor and so on.

*Why are there a number of divisions of Shen Chuan, Martial Science?* The divisions of Shen Chuan were created to give more people an opportunity to train. Some folks are not cut out for Shen Chuan. It is a tough system. We also want to offer our Shen Chuan students an opportunity to specialize in and receive training in the arts that are an integral part of Shen Chuan.

*Look for the second half of Sensei Coy's interview in our next newsletter. We would like to thank Sensei Coy for taking the time to give us a small glimpse into his martial arts career, and into the beginnings of Shen Chuan, Martial Science. We will look forward to the next installment.*



**Compiled by the LANSDALE'S SELF-DEFENSE SYSTEM STAFF, including Sensei Eugene Frizzell, Sensei Coy Harry, Sensei Billy Jack Worsham, and Karen Lansdale, Grandmaster and Sensei of the Lansdale household. Special thanks this time again go out to Sensei Coy Harry for his insights into the beginnings of his martial arts career, as well as the beginnings of Shen Chuan.**

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