



Shen Chuan Review

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

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CAMP LANSDALE FOUR

OCTOBER 6TH – 8TH

SELF-DEFENSE FROM SOUP TO NUTS

GRANDMASTER JOHN PELLEGRINI
Founder of Combat Hapkido



PROFESSOR JOE LANSDALE
Founder/Grandmaster of
Shen Chuan, Martial Science



GURU MIKE CASTO
Instructor of Sikal / Pencak Silat



MASTER PEDRO RODRIGUEZ
Master Instructor of Combat Hapkido
and
Master Groundfighter



THIS ISSUE:

Since our camp this year is an extravaganza, and looks to be our most successful camp ever, we're going to devote our entire newsletter to it. Next issue will conclude the interview with Sensei Coy Harry, as well as celebrate Norma Almanza's latest boxing victory, and other news.

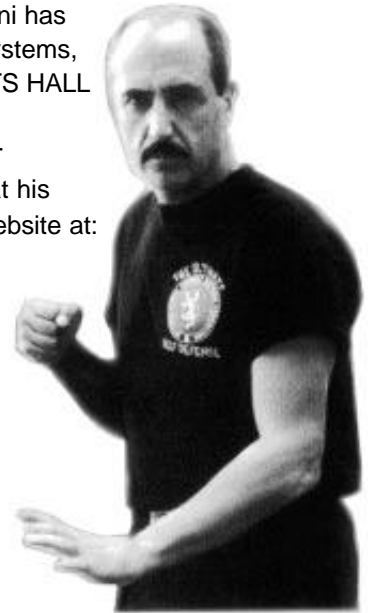
CAMP THIS YEAR will be more hours than usual, but it's worth it. You'll want to stay for all sessions. This is going to be a real blow out! NO EXPERIENCE NECESSARY. All styles, systems, welcome.

We ask that you respect all instructors and attend all sessions. This camp is for you, and we want you to take advantage of it. You will go home tired, but we guarantee you will also go home excited and with much knowledge in tow.

FEATURING: GRANDMASTER JOHN PELLEGRINI, FOUNDER OF COMBAT HAPKIDO

This is a rare opportunity to train under the founder of Combat Hapkido. Grandmaster Pellegrini has over thirty-five years of martial arts training, holds numerous ranks in a variety of martial arts systems, is an instructor of police tactics, and has been inducted in the INTERNATIONAL MARTIAL ARTS HALL OF FAME numerous times for his skill and contributions to martial arts.

Come train with the founder of this practical, down to earth self-defense system. Grandmaster Pellegrini will be concentrating on trapping and locking during his sessions. You'll be amazed at his speed and ability to flow from one technique to the other. For further information, log on their website at: www.ichf.com



PROFESSOR JOE LANSDALE, FOUNDER / GRANDMASTER OF SHEN CHUAN, MARTIAL SCIENCE

Professor Lansdale has over thirty-five years of martial arts experience, holds numerous ranks in a variety of systems, and has been inducted into the martial arts hall of fame several times. He will be concentrating on balance disruption and speed striking as applied to a variety of situations. You'll be amazed at his ability to unbalance his opponent and at his economy of motion. Many of these techniques are rarely seen and in many systems are considered secret. For further information on Professor Lansdale, or Shen Chuan, log on to the web at: www.joerlansdale.com



MASTER PEDRO RODRIGUEZ, MASTER INSTRUCTOR OF COMBAT HAPKIDO AND MASTER GROUND FIGHTER



Master Rodriguez will be demonstrating his exciting method of groundwork devised from years of experience in a variety of ground fighting systems. For further information, log on at: www.ichf.com

SPECIAL GUEST: GURU MIKE CASTO OF SIKAL

Sikal, a form of PENCAK SILAT (also Penjac Silat) will be demonstrating the weaponry of his Indonesian and Filipino arts, from sarong (belt) to knife and stick. (Guru Mike will also arrive a couple of days before the seminar and will be helping teach at our school that week.) For further information log on at: www.joerlansdale.com/shenchuan/instruct/casto.htm and see the article by Guru Mike Casto.



CAMP SPECIFICS:

WHEN: October 6th – 8th

WHERE IS THE CAMP:

FRIDAY NIGHT it will be held at LANSDALE'S SELF DEFENSE in NACOGDOCHES, TEXAS located at 2820 S.E. Stallings Drive (the loop – See Included Map)

SATURDAY AND SUNDAY it will be held at the HOLIDAY IN at 3400 South Street (US 59 South-Again, refer to the Map)

PRICE FOR THREE DAYS OF MARTIAL ARTS TRAINING: 100 dollars in advance. 115 at the door.

HOW TO SIGN UP: At the door of the dojo, or Saturday morning, or by mail. If you sign up before the camp you save, fifteen dollars. Mail your check or money order to:

LANSDALE'S SELF DEFENSE SYSTEMS

2820 Southeast Stallings Drive
Nacogdoches, Texas 75961.

For information call 936-569-1426

CAMP SPECIFICS...continued from page 3

HOTEL RESERVATIONS AND COST. Reserve now by calling 936-569-8100. Tell them you're reserving for the Lansdale Clinic or Camp. Segment Code JLC. Room rates are \$53.00. No rooms may be available two weeks before the camp. Reserve now.

WHAT TO BRING: Besides yourself, training stick, knife, and martial arts belt for Guru Mike Casto's belt defense segment. (If you like, you can purchase these at the camp for a reasonable price.) You should also bring money for food, tee-shirts, photos, patches, training weapons, videos and souvenirs.

There are a number of restaurants and fast food places available, including one in the Holiday Inn. More information will be provided on places to eat at the camp.

PHOTOS WELCOME. NO VIDEO CAMERAS.

TENTATIVE SCHEDULE

FRIDAY NIGHT (October 6th) at Lansdale's Self-Defense:

6:00p.m-8:00p.m. Guru Mike Casto: Use of the belt (sarong) in self-defense, as well as empty hands.

PLEASE NOTE: Our Friday night session will be held at LANSDALE'S SELF DEFENSE SYSTEMS instead of THE HOLIDAY INN, from 6-8pm, and will be conducted by Guru Mike Casto. He will be instructing in Pencak Silat. We suggest you wear martial arts belts and bring arnis sticks and rubber knives for this training.

SATURDAY MORNING (October 7th) at THE HOLIDAY INN

9:00-9:30 opening remarks, introductions, warm up. There may also be brief testings in Combat Hapkido.

9:30-11:00 Grandmaster Pellegrini: Trapping. Grandmaster Pellegrini will demonstrate his remarkable speed and dexterity. Trapping is essential for realistic leads into locks, throws and strikes, and this will prepare you for his sessions on locking.

11:00-12:30 Professor Joe Lansdale, Balance Disruption. This is dynamic stuff. You'll be amazed, and you'll have the rare opportunity to learn it. You'll never view martial arts the same way again.

12:30-1:30 Lunch

1:30-3:00 Master Rodriguez: Master Ground grappler, Pedro Rodriguez will show you what to do when the fight goes to the ground, and how to finish it.

3:00-4:30 Master Pellegrini: From Trapping to locking. You've got the idea of trapping, now proceed to locks and controls.

4:30-6:00 Professor Lansdale: Release from holds, and techniques using balance disruption.

6:00-7:00 Dinner

7:15-8:45 Guru Mike Casto: Stick and Knife defense. Quick and efficient. Weapon defense trains hand and eye coordination and therefore helps your empty hand techniques to be quicker, sharper, and more accurate. Sikal has approaches and methods not often viewed in weapons training, so this is a rare treat.

8:45- Final words for the evening

SUNDAY (October 8th) at THE HOLIDAY INN

8:00 Opening remarks. Warm up.

8:30-10:00 Professor Joe Lansdale: Continuation of balance disruptions, controls and escapes.

10:00-11:30 Grandmaster Pellegrini: Lock Flow. How to move from one lock to another. And another. And another.

11:30-12:30 Lunch

12:30-2:30 Master Pedro Rodriguez: More Ground Grappling A full two hour session.

2:30-4:00 Grandmaster Pellegrini and Master Rodriguez: They will show you the connection between standing techniques and ground finishes.

4:00-5:30 Professor Joe Lansdale, Sensei Coy Harry, Sensei Frizzell and Guru Mike Casto. Professor Lansdale and Sensei Coy will show you the connections between Shen Chuan and other systems.

Sensei Eugene Frizzell of Shen Chuan, and Guru Mike Casto of Sikal, will demonstrate the use of weaponry and how it can be translated to empty hands.

5:30-6:15 Certificates will be passed out, photos may be taken, and ADIOS!



Camp Flyer (includes camp info, map to Holiday Inn and major roads in Nac., and pre-registration form) [67kb]



Registration form (this is the pre-registration form and waiver ONLY) [10kb]



Map of Dojo and Holiday Inn (This is the map only) [13kb]

Compiled by the LANSDALE'S SELF-DEFENSE SYSTEM STAFF, including Sensei Eugene Frizzell, Sensei Coy Harry, Sensei Billy Jack Wors ham, and Karen Lansdale, Grandmaster and Sensei of the Lansdale household.

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