



# Shen Chuan Review

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

“... every repeated mental or physical action, whether positive or negative in nature, begins to build up in the subconscious to form a habit..”

-H.E. Davey (Unlocking The Secrets of Aiki-Jujutsu)

## STICKING - - MAINTAINING GROWTH

Sticking is one of our principles of self defense. This is also a principle of many of the best martial arts, but there's another kind of sticking.

Sticking to task.

It's always easier to quit than to continue. Even if it's something you enjoy. It happens all the time. Even missing training now and then can lead to more missing. It doesn't take much to break the habit of training, because training requires effort.

Delayed progress can cause a student to quit. They reach a certain level, then feel as if they just can't break out of the box they're in, or fear they may even be slipping backwards, so they become discouraged.

I call this Plateau Syndrome. All students and instructors experience it. Most students can't overcome it. Many instructors can't. Riding this wave up and over is the key to being a good martial artist. But before we discuss plateaus, let's discuss the kind of students you see in a martial arts school. Many are good, solid dedicated students, but the following are a variety that we encounter on a regular basis.

I've been a student and/or taught, or been involved with students of the martial arts all my life. I used to teach privately, or held small classes in semi-privacy, and eventually I began to operate a school. But no matter how I trained or taught, I encountered the same kind of students from year to year.

One of the most common is what I call the Fisher. He's fishing for what he wants, but he doesn't know what it is. First off, I'm a big believer in cross training, examination of other systems, but not for the hell of it.

You end up dabbling if you take a little Judo, a little karate, a little this, a little that. You talk to someone who is twenty-one and they've taken seven arts for a month or so each and dropped them, this is not cross training. This is fishing. They've most likely wasted a lot of time.

The Fisher doesn't know what he or she wants, but whatever it is, it always seems to be just over the horizon. I know of one student we taught for several months in Shen Chuan, who though pretty good, decided to quit, for whatever reason. But I had gotten several hints from him that he didn't want to do the Self-Defense system because it hurt. He wanted sparring. This hurts too, in a different way, but that's not the point here. We're talking about his perceptions. Well, we offer sparring, and he came in, looked over the sparring class, and decided that wasn't what he wanted either.

Wrong size gloves. Really? I said he could wear whatever size he wanted. No. He didn't like the rules, and quoted one to me. I told him that was no rule of mine or Sensei Metteauer's. He looked crestfallen. This was a rule he hoped we had because more sport-oriented systems did have it. He thought he had come up with a face-saving way out.

I offered him other options. He didn't want Combat Hapkido. Too many locks. He didn't like Aikido. Not practical. He asked if we had ground grappling. When I informed him we have it within the context of Shen Chuan and Combat Hapkido, but not as a separate art, I saw his eyes light up. A way out. He feigned disappointment and left me his phone number. He wanted me to call him when we fi-

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### Special points of interest:

- Maintaining Growth
- The Plateau Syndrome!
- Combat Hapkido recognized as Kwan!!
- Promotions
- Interview with Sensei Eugene Frizzell, Part II
- Don't Get Dropped! (from the mailing list)

**MAINTAINING GROWTH...** continued from page 1

We are working on developing more groundwork now, not for his sake, but what do you want to bet the moment we have it he'll want something else. He's like the goat who sticks his head through the fence and chews the grass on the other side, but if he somehow ends up on the other side, this isn't what he wants either. He wants another pasture.

Folks like this really don't want to commit to anything, because that requires effort, or, they're looking for magic, or that system over the rainbow.

Then there's The Ball of Fire. We've had a number of these. They come in, they're excited, they can't believe what we do is available. They love everything about it. They buy uniforms, patches, memberships, everything right away. They want to eventually teach. Maybe even open their own school. They stick around after class to talk about what they've learned. They work hard, and they're often very good. They show up at all the classes, jet through the first couple of belts, maybe in a couple of systems, then about the time they reach a level where it's harder, where they have to work the techniques over and over, they begin to look bored, miss classes, fail to listen to instruction, keep making the same mistakes, and fall off the plateau and into a trough, and disappear.

They've burned out. They've done it to themselves. They don't have the patience, the endurance, the pacing, required to stick with anything and really learn it. They're always of the opinion that their great knowledge is being ignored, or that they're not getting enough personalized instruction. These kind of folks will often come back at a later date, see students they started with wearing high ranks, and say: "If I'd kept at it, this is where I'd be." Sometimes this doesn't mean anything, but it's almost like the call of The Ball of Fire. When they rejoin, if they rejoin, and don't catch up with these people over night, guess what, they're gone again. And this time for good.

I think it's interesting that these students often have true ability and intelligence. They could be good. But their over inflated opinion of their self worth, measuring themselves against others, outruns their efforts.

Then there's the Drifter. They train hard at first, like the Ball of Fire, but pretty soon become content to settle at one level and drift. He or she is almost determined to make the same mistakes. No matter how many times you explain them, correct them, they don't want to make the effort to change. Perhaps, deep down, they believe their way is better. My opinion is this. It might be. But most likely, without training, your method is not better. It's just what you like to do. In time, after you've learned what's offered, then you may have the Judgement to make changes. But not before.

Anyway, this Drifter will float at this level for a long time. They will often attempt to teach what they don't know, (sometimes they'll take it on themselves to teach a partner they're working with, even if the partner obviously has more experience) or play at something other than what they're supposed to be practicing right then. Finally, they quit, come back months later, float back to this level again, and drift. They may in fact do this two or three times over a couple years, quitting, coming back, drifting, and finally, realizing they aren't getting better, and aren't likely to get better, and will not be given rank for just hanging around, (some schools will give rank for showing up year in, year out, but we won't) they disappear.

Showing up is fifty percent, talent about ten percent, and hard work make up the rest.

The Burrower is the sort of student who may in fact reach black belt, but he or she begins to measure himself against others. They always see themselves as deserving, but they get all the bad breaks. Life is against them. They see students getting better, reaching or surpassing their level. And instead of wanting to push to be better, they feel the progress of others alone should push them into a higher rank. They are in constant competition with others, but never in competition with the most important person of all; Themselves.

They take another tact. They worked hard to get to where they are, and by golly, they aren't about to learn anything knew. Punch and kick is good enough for them, or lock and throw. They burrow in where it's safe and stay there.

They like to say, "I'd just kick him and it would be over." Or "I'd just lock him and throw him and it would be over." Whatever their particular area of knowledge, that's where they wish to remain. They often don't lock, throw, or kick as well as they could either, because they've quit learning. They may even secretly suspect or know this themselves, therefore, the excuses.

Of course, the students surpassing them are doing so because they are expanding their knowledge. The Burrower, instead of admitting there are things he or she doesn't know, digs in deeper, becomes more determined to not learn anything new, least they fail at it. They want the tried and true, or at least what they perceive as the tried and true, because this way they never have to take the chance of failing. They may stay on this plateau for a long time, years even, but eventually they start finding excuses. The instructor just won't promote me. He doesn't like me. He likes the others better. He's jealous of me. My work keeps me from coming in. My family life. My age. My income. Boredom (no wonder they're bored). Some excuse or another. And finally, they quit.

The Tough Guy, always a male, usually big or strong, or both, maybe someone who views himself as a brawler, wants to come in and show how tough they are. They want to fight against learning the technique, slam their partner when it's their turn, and they want to make sure you know they don't need training. More often than not these are the guys wouldn't last thirty seconds with a good martial artist, and we've had to discourage a few of them.

Sometimes they are natural fighters, and you can see it in their sparring, or the way they attack a self-defense technique. But they feel so successful with their strength, their power, it never occurs to them that they'd be three times better with technique. It never occurs to them that there's always someone stronger, younger, and they are aging every day.

Concepts and principles applied to technique are more important as far as martial arts go, and are ultimately better than brute strength in the long run. This is not to dismiss strength. Strength can often override technique, but most of the time, technique is better. And if you're powerful with technique, well, the results are obvious. All else equal, a good strong man can beat a good weak man any day. However, a good, maybe not so strong man, can often beat a stronger man who has no knowledge of strategy or method.

## MAINTAINING GROWTH...continued from page 2

Also, there's a difference in being able to defend yourself quickly and escape instead of trying to consciously square off and show who's the toughest. That's not the same thing, but we'll save that discussion for another time.

### PLATEAUS

Now, the discussion of plateaus. This is a constant problem in any creative endeavor, and I believe martial arts, or even martial science, as we sometimes call what we do, is a creative endeavor.

Understand, all of us have plateaus. They can be tough. They can seem like insurmountable obstacles. You can start to judge your worth by others around you. Always a mistake. Stay focused on the knowledge you're trying to gain, not on others. If you can do that, you'll be amazed at how fast you will move.

Beat the Plateau Syndrome. Don't fall into any of the aforementioned categories. Plateau Syndrome is often a feeling you get right before a major break through, a shift in gears, a new understanding. You quit while on a plateau, there's no telling what you might have found on the other side. And once you hit the other side, you're cruising again, taking in new ideas, and understanding old techniques with greater depth. The plateau will appear again, but if you go through it once, you can go through it again. Eventually you reach a level, as long as you train, you will not fall below. But there is still much more to learn. And more plateaus.

If you feel bummed out, take a day off, a week. Fine. But not several weeks. Stay on task. When you take the pressure off for a day or two, it can help. You take it off for several days, a few weeks, you're just looking for an excuse to quit. You forget the rush of serotonin you get from exercise, the psychological boost from performing a well executed technique.

In fact, often the problems you think are causing you to quit are the sort of thing martial practice helps you get through. Outside events can effect your training, and frankly if you're in a bad mood or want to come to the school and pout, stay home.

But the flip side of the coin, at least for me, is when I walk through the dojo door, all other considerations are dropped. When I practice, there isn't a yesterday or a tomorrow, just now. It is one of those things where you can truly live within the moment. As long as you're focused on the training, or teaching.

These plateaus pass. And the more you learn that, the easier it is to deal with them when they crop up. Because crop up they do.

Stay with it. Talk to your instructor if you think you've hit one of these plateaus. Any of the instructors here. We've all been there,

## **NORMA KICKS BUTT!!**

Norma Almanza, a red belt under Master Instructor Richard Metteauer, was trained by Master Instructor Coy Harry for the women's division of KA fight night, a large and annual event sponsored by the Kappa Alpha fraternity. Norma also received training in boxing at the Boys and Girl's Club.

She won both nights, and ultimately, the championship.

Yeehaw!

Norma has plans to fight again next year. We wish her the best of luck.

## **COMBAT HAPKIDO ACCEPTED AS KWAN**

COMBAT HAPKIDO, one of the systems we teach here, and in our view a sister system, was recently accepted as a Korean martial art Kwan.

This is big news in the martial arts world. This means Grandmaster Pellegrini and COMBAT HAPKIDO have been officially sanctioned as a legitimate division of Hapkido.

Our belief is it doesn't matter if a system is accepted by its Asian source or inspiration, if it's a good system. But there's no denying this adds greatly to the credibility of that system, and to our school as well. It even strengthens SHEN CHUAN, as Grandmaster Pellegrini is Professor Lansdale's instructor of choice.

Congratulations to Grandmaster Pellegrini and to COMBAT HAPKIDO.

Speaking of Grandmaster Pellegrini. He was recently featured as part of a day long seminar along with Professor Lansdale and Guro Hock Hochheim at Rockwall, Texas.

The seminar was sponsored by one of Professor Lansdale's top students, Sensei Paul Britt. Sensei Britt was using the seminar to help kick off his school, BRITT'S SELF DEFENSE SYSTEMS, which teaches Shen Chuan, Combat Knife, Arnis, and others.

Paul Britt is a first degree black belt in Shen Chuan, a second degree black belt in Combat Hapkido, and as of the seminar was promoted by Professor Lansdale to second degree black belt in the Shen Chuan Aikibujutsu division (jujitsu, aikijitsu, aikido). He also received a Senior instructorship.

The seminar featured Grandmaster Pellegrini demonstrating leg traps and takedowns, Guro Hock Hochheim demonstrating combat knife, and telling great stories, which are gathered in his new and excellent book on Combat Knife. Professor Lansdale taught Joint lock takedowns and fast (very fast) strikes.

## **COMBAT HAPKIDO...** continued from page 3

Another highlight of the seminar was Sensei Coy Harry's promotion to sixth degree black belt in Shen Chuan Aikibujutsu. Sensei Harry, next to Professor Lansdale, is the highest ranked instructor under the Shen Chuan umbrella. Sensei Harry also holds a fourth degree black belt in Shen Chuan, the main branch of the system, a first degree black belt in Shen Chuan Streetboxing under Sensei Metteauer, as well as a first degree black belt in Maverick Taekwondo, a second Degree black belt in Shen Chuan Stickboxing under Sensei Eugene Frizzell. He holds two different black belts in Aikido, a first degree in Maverick Kenpo, and others!

Sensei Billy Jack Worsham and Sensei Ryan DeWitt tested for second degree black belt in Combat Hapkido, and put on quite a show. Grandmaster Pellegrini was so impressed he took a moment to make shining comments on their performance.

It should be noted that both already hold third dans in the Shen Chuan Aikibujutsu division, and second dans in Shen Chuan. And now they hold second dans in Combat Hapkido, having tested directly under the system's Grandmaster.

Congratulations guys. Good job!

Congratulations to Sensei Paul Britt for a wonderful seminar. It's sincerely hoped we can do it again in the future.

June 19th Professor Lansdale will be conducting a short one-day seminar in Waco at Passmore's Self Defense. Cost should be about 25 dollars. Anyone interested may attend. Ask for details.

Although it is a bit late, we're going to include in this issue photos from last year's INTERNATIONAL HALL OF FAME. Professor Lansdale was inducted into the hall of fame as Founder of Shen Chuan, Coy Harry and Eugene Frizzell were inducted as,

## **INTERVIEW WITH SENSEI EUGENE FRIZZELL, PART II**

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 - PART II:**

**Question:** When **LANSDALE'S SELF-DEFENSE SYSTEMS** was formed you were promoted to fourth degree black belt in **SHEN CHUAN, MARTIAL SCIENCE**, and not long after **MASTER INSTRUCTOR**. What were your qualifications for being promoted this fast?

**Answer:** I have trained with Professor Lansdale during my entire tenure in the arts. During the first three years of my training, I trained at least 50 hours per month. So at the end of three years, I had approximately 1800 hours of training in the martial arts. This included training in Matsukaze Budo, Shen Chuan, Filipino Arnis, and Combat Hapkido. My introduction to the martial arts by Professor Lansdale was the first step in my evolution as a martial artist. The second step was when I met my partner, Coy Harry. Coy and I pushed each other extremely hard and often worked "on the edge" by mutual unspoken agreement. We pushed each other only slightly less hard than the Professor pushed us both. I would be a different and less skilled martial artist if I had not met Coy. I consider the Professor and Coy to be the two major influences in my martial arts career. No one else comes close in importance. I have attended training with some great martial artists including Professor Remy Presas, Professor Wally Jay, Professor John Denora, Sensei George Kirby, Master John Pellegrini, and Guro Hock Hochheim. I have great respect for all of these great masters of the arts, but my main respect goes to Professor Joe Lansdale and Sensei Coy Harry.

**Q:** After the split from Matsukaze Budo, Professor Lansdale dissolved his connection to the system and went his own way. What was **SHEN CHUAN** like once **MATSUKAZE BUDO** was no longer a part of it, even indirectly?

**A:** The main difference between Matsukaze Budo and Shen Chuan is simple. Matsukaze Budo was a static, uninspired art. What I mean is that the art was not evolving because Professor Lansdale's partner was uneasy with growth. Shen Chuan is an ever changing, evolving system.

**Q:** Sensei Coy Harry was promoted even faster than you. Why was this? Why is he the designated heir to the system? Shouldn't you, as Senior Student be the logical successor?

**A:** I like to think I am Senior Student, along with Sensei Harry. Professor Lansdale and I had many discussions about this issue and I always recommended that Sensei Harry should be designated heir to the system. I did this for several reasons: First, I have a profound respect for Sensei Harry, both as a man and as a martial artist. I based the majority of my recommendation on Sensei Harry's character. The rest had to do with his enormous talent as a martial artist. Professor Lansdale based at least part of his decision on the fact that Sensei Harry was much younger than I was, but I would have recommended Sensei Harry as heir, even if we were the same age. Professor Lansdale, Sensei Harry, and I are in a unique situation. We share a unique love as brothers and a love of the martial arts. There is no jealousy, only mutual respect.

**Q:** Chad Francois was one of the earliest students of Matsukaze Budo, and was ranked as a first-degree black belt in Shen Chuan. Professor Lansdale considers his contributions to **MATSUKAZE BUDO** and **SHEN CHUAN** invaluable. Can you give us your opinion on that?

## **INTERVIEW** ...continued from page 4

Chad, Sensei Coy Harry, and I were all important in that we gave Professor feedback, on an ongoing basis, as the Professor developed Shen Chuan. Chad was also a bridge between Matsukaze Budo and Shen Chuan. I believe that Chad had a profound influence on Shen Chuan. I know he had a profound effect on me and I have a great deal of respect for him.

**Q:** Is the Shen Chuan Chad Francois was taught the same as the current Shen Chuan?

**A:** The answer to this question speaks to the heart of Shen Chuan and the answer is no. The Shen Chuan taught yesterday is not the same as what is taught today. The overriding principle of Shen Chuan is one of constant evolution and change. Self defense, in it's purest form, is changing to meet the demands of the moment. Shen Chuan changes and evolves as Professor Lansdale, Sensei Coy Harry, Sensei Ryan Dewitt, Sensei Billy Jack Worsham, and I progress in the arts. Everyone in the Lansdale Self Defense system is a contributor and the system evolves for the better because of these contributions.

**Q:** Shen Chuan, Martial Science is an overall title under which Shen Chuan, Shen Chuan Streetboxing, Shen Chuan Stickboxing and Shen Chuan Aikijujutsu exist. Can you explain the distinctions, and why the divisions?

**A:** Professor Lansdale's vision of a martial arts organization is one where the individual realizes his/her potential. He compares his organization to a college in that everyone is trying to get educated, but not everyone is interested in the same subjects. He wants his system to offer as much as possible without watering down the concepts and principles of his vision. He gives his students the opportunity to specialize, so the divisions are natural outcomes of the freedom given in this system.

**Q:** How was Arnis first introduced into Shen Chuan? Did it come from Matsukaze Budo, and was that always a part of that system?

**A:** Professor Lansdale had seen Professor Remy Presas in a seminar with Professor Wally Jay and George Dillman. Professor Lansdale realized that Professor Presas' Modern Arnis system had many of the same concepts and principles as Shen Chuan. Professor Lansdale introduced me to techniques of Professor Presas in the many informal sessions we had in my back yard. I was impressed with this unique art and wanted to learn more. Professor Lansdale and I traveled to Dallas where we attended a seminar by Guro Hock Hochheim, a direct student of Professor Presas. I was hooked and began making frequent trips to Dallas with my partner, Sensei Coy Harry. Filipino Arnis is a perfect compliment to Shen Chuan and is, in my opinion, the best system for the study of weapons.

**Q:** What about accupressure striking? How did that find its way into Shen Chuan?

Professor Lansdale had his first exposure to accupressure striking when he saw George Dillman. He became interested in accupressure striking as a way to compliment Shen Chuan, but did not see accupressure as being a system on it's own. Accupressure striking is taught periodically in Shen Chuan classes, but not in the traditional way. We do not go into the Ying-Yang, Five Element theory, or the movement of Chi. We like to explain everything from the Western perspective because we are from the west. We believe that knock-outs do occur, but they are light force knockouts and have no relationship whatsoever with anything mystical or magical.

**Q:** Tell us about Shen Chuan Stickboxing, of which you are Headmaster under Professor Lansdale's overall umbrella of Shen Chuan, Martial Science. What are your plans?

**A:** Shen Chuan Stickboxing is my attempt to combine the two arts I love into a viable system. It is a system that emphasizes weapons work, but also includes empty hand techniques. It is my belief that any technique that can be performed with weapons can be performed with empty hands, or vice versa. I continue to learn and evolve, and as I do, Shen Chuan Stickboxing will change and grow. I look forward to this growth. *Thank you Sensei Eugene for your time and a glimpse into the history and insights of Shen Chuan.*



## CAMP LANSDALE! WEEKEND OF OCTOBER 1 – 3<sup>RD</sup>!

CAMP LANSDALE! WEEKEND OF OCTOBER 1-3<sup>RD</sup>. Make plans now. Price: 60 dollars for Friday night, plus Saturday and Sunday. If you choose to come only one day or two, the price is the same; 60 dollars.

NEW CAMP T-SHIRTS will be available.

CERTIFICATIONS OF ATTENDANCE will be available.

There will be BLACK BELT TESTINGS in SHEN CHUAN, SHEN CHUAN AIKIBUJUTSU, AIKIDO, and possibly COMBAT HAPKIDO and DAITO RYU.

Due to the Rockwall seminar, we have moved Camp Lansdale from the Summer to the Fall. There will be black belt testings, clinics in groundwork by Sensei Paul Britt who trains with the Machados in Dallas, a Streetboxing clinic, hopefully a surprise guest, and, of course, Professor Lansdale and the techniques of Shen Chuan.

## COMBAT HAPKIDO CLASSES

Much to our disappointment, we have not been able to maintain a large enough Combat Hapkido classes to warrant their continuation as a separate class. All Shen Chuan students are taught Combat Hapkido extensively within other classes, but our pure Combat Hapkido class, for no reason we can discern is just not making. We have combined it with our Shen Chuan and Shen Chuan Aikibujutsu classes where it is already part of the curriculum. Sensei Ronnie Branton, who has been teaching this class, will continue to teach it as part of the Aikibujutsu system directly under Sensei Coy Harry. So, training and ranking in Combat Hapkido will continue.

## SHEN CHUAN AIKIBUJUTSU

For a time now we have offered under the Aikibujutsu division, formerly referred to as Aikibudo, ranking in Aikijitsu and Jujitsu. This will change.

We will offer only Shen Chuan Aikibujutsu ranking hence forth, with no designations between Jujitsu or Aikijitsu.

Aikido ranking will be offered up to first dan for those students already in our Aikido program. This rank will come from Grandmaster John Denora, through Sensei Coy Harry.

Upon completion of this program for those already pursuing Aikido ranking, we will cease to give this rank. From now on our Aikido will be combined with Aikijujutsu, Jujitsu, Shen Chuan concepts and principles under the banner of Shen Chuan Aikibujutsu.

Gradually, we are trying to make our school more and more Shen Chuan. Again, the exception to this is COMBAT HAPKIDO. A perfect sister system, and the system of Professor Lansdale's instructor, Grandmaster Pellegrini.

Our separate, traditional teachings of Daito Ryu will continue, as will, of course, all Shen Chuan divisions.

## WE'RE CLEANING OUT OUR MAILING LIST !!

If you've been receiving the newsletter, but we haven't been hearing from you, this may well be your **last** newsletter. It is provided free to all Maverick Martial Arts members, but when that membership expires, you must renew to continue receiving the newsletter.

OR

If you do not want to be a member of Maverick Martial arts, but would like to continue receiving our newsletters and bulletins, please include four dollars for postage and your current mailing address to remain on our mailing list.

Send money and address to LANSDALE'S SELF-DEFENSE SYSTEMS, 2820 Southeast Stallings Drive, Nacogdoches, Texas, 75961.

In future issues look for more interviews with major martial artists. This issue we finish the second half of Sensei Eugene Frizzell's interview. If you missed the first issue, and would like it mailed to you, send 1 dollar.

# PHOTO GALLERY

Some long overdue photo's of the Hall of Fame awards and other stuff.....



*In order from left to right:* Sensei Ryan DeWitt - Master Instructor Coy Harry - Frank Dux (of Bloodsport fame) - Professor Lansdale - Master Instructor Eugene Frizzell.

**“Here everyone displays their awards. Frank Dux, Professor Lansdale, and Master**



*In order from left to right:* Grandmaster John Pellegrini - Professor Joe Lansdale  
**“SPORTING THEIR AWARDS. Grandmaster Pellegrini has more than we know how to list.”**



*In order from left to right:* Sensei Ryan DeWitt - Master Instructor Eugene Frizzell - Master Instructor Coy Harry - Professor Lansdale.

# PHOTO GALLERY

*In order from left to right: Master Instructor Eugene Frizzell - Don "The Dragon" Wilson - Master Instructor Coy Harry - Sensei Ryan DeWitt.*

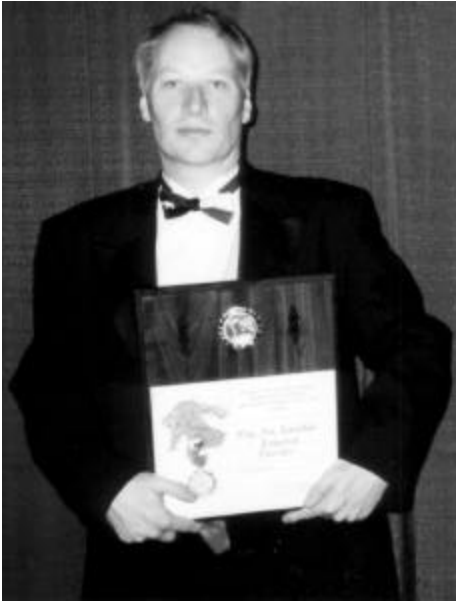


*In order from left to right: Sensei Ryan DeWitt - Master Instructor Coy Harry - Ron "The Black Dragon" Van Clief - Professor Lansdale - Master Instructor Eugene Frizzell.*



*In order from left to right: Russian Martial Arts "R.O.S.S." Founder, Alexander Retuinskih and Professor Joe Lansdale .*

# PHOTO GALLERY



Professor Joe R. Lansdale  
Inducted into the International Martial Arts Hall of  
Fame as Grandmaster and Founder of Shen Chuan



Master Instructor  
Eugene "Bond, James Bond" Frizzell



Billy Jack Worsham  
Recognized by the  
International Martial Arts Hall of Fame



Master Instructor Coy Harry contemplates his next technique.



Norma Almanza  
QUEEN OF THE RING at this years  
KA FIGHT NIGHT

**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 again go out to Sensei Eugene Frizzell for his insights into the beginnings of Shen Chuan.**

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