



Shen Chuan Review

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

"Some of the techniques I've seen, the way people get into them, are so impractical, that to make them work you'd first have to give your opponent a sedative."

-Shihan Eugene Frizzell

PROFESSOR LANSDALE, CHILDHOOD TO PRESENT

Many of the dates in the following article are approximate. It is designed to give a capsule review of Professor Lansdale's training and the development of SHEN CHUAN.

SELF-DEFENSE, MARTIAL ARTS, MAVERICK KENPO, SHEN CHUAN AND BEYOND

Joe Lansdale first became interested in self-defense at an early age. As a child he watched boxing on television with his father every week.

Ads in the back of comic books, offering to teach unbeatable systems like KETSUGO, fired his interests. He couldn't afford to order these systems, which turned out to be a good thing, but he thought about them.

He read about judo, karate, and jujitsu in comic books, and some comic books, like BLACK CAT MAGAZINE, offered a section in the back that taught Judo tips (BLACK CAT'S JUDO TIPS). He studied these, practiced them on friends, and let them practice them in return. After being bounced on the ground a few times, no one else was interested in continuing practice of these handful of techniques, so the young Lansdale was on his own. He tried to find books on the subjects, but only one was available. It was a book on body building and health, and in the back, was a brief section that showed very simple self-defense techniques from boxing and wrestling, and possibly Judo.

He began his true study of self-defense under his father when he was twelve, in the Fall of 1963. His father had been a tank town wrestler and boxer who competed at fairs for money. He grew up in a tough time and in tough places. He taught his son boxing techniques, wrestling takedowns and holds, and basic arm locks and many leg locks.

At fourteen or fifteen, Lansdale began studying more traditional martial arts, then maverick versions of several arts, and now, 39 years later he is still

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practicing and evolving.

We who practice the art of SHEN CHUAN thought the following might be of historical importance, and would like to encourage former students to make a point of studying directly with Professor Lansdale, SHEN CHUAN'S Founder. We would like to emphasize the necessity of Black Belt meetings. It is necessary for us all to stay on the same page with the changes that have evolved over the years, and will continue to evolve as Professor Lansdale and his students investigate and explore the martial arts and the ever evolving methods of SHEN CHUAN, MARTIAL SCIENCE.

EARLY STUDIES

1962--1968 Bud Lansdale and Martial Arts

After trying to collect as many techniques as possible from what few sources he could find, Joe Lansdale began studying under his father. His father, Bud Lansdale, taught him boxing, wrestling and Jujitsu techniques that he had gleaned for sport fighting at fairs, as well as self-defense techniques. Many of these his father learned the hard way while hoboing during the Great Depression. Bud Lansdale was in his early forties when Joe Lansdale was born.

Joe Lansdale's father taught him for about two years, but found it difficult to train with any regularity due to work. While studying Lifeguard qualifications for Boy Scouts, Joe Lansdale discovered the swim teacher was also a Judo instructor. Lansdale had his parents sign him up immediately. At the YMCA he studied not only Judo, but Hapkido, Tae Kwon Do and Kenpo. In fact, he was one of the earliest to study Hapkido in the United States, (it was introduced to the U.S. in 1964 in California) and was certainly one of the earliest to study in Texas. His instructor, Dewayne Odom, had trained in the military, probably Korea, but possibly Viet Nam. At the time, it didn't seem to be an important question.

Later, Lansdale acquired a small amount of training in Yudo from a Korean student at Tyler Junior College, and later trained for a time in Thai Boxing that he learned from young Thais who had moved to the U.S. to pursue high school and college.

In time, Lansdale began to teach what he had learned to others so as to have training companions.

EARLY TEACHINGS

1968-1970 "A Maverick Form of Kenpo"

His early teaching was a combination of a "maverick form of Kenpo", as it was called by his instructor, Mark Stewart, Hapkido, as taught to him by Dewayne Odom, and Taekwondo as taught by Gary Thomas, as well as the basics of Judo as taught to him by Tom Glass. He and his training partner, Don Brown were equally responsible for this loose early methodology, and jokingly referred to what they were doing as the art of JoDon, though they seriously talked about one day being good enough to devise their own system. At this time neither had the age, experience or training for such an endeavor.

Actual self-defense experiences in the oil town of Gladewater, and the blending of what he and Don Brown had been taught, led to changes Lansdale would later incorporate as part of his own system.

At this time, Lansdale's teaching to friends was made up of bare knuckle, mid to heavy contact sparring with a strong emphasis on basic kicks at long range, body checking and rapid hand strikes at close quarters, locks and throws off of grabs and holds only. These lock and throw techniques were tempered by rapid strikes.

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This was different from how he had been taught in Hapkido. By personal experience, Lansdale had learned locks and throws were hard to achieve in self-defense without distractions or surprise. Still, the main emphasis of the system was sparring for self-defense, and kicking was usually designed to bring the defender into close range so rapid strikes could be delivered. While Don Brown favored kicking, Lansdale favored hand strikes. Sparring each other gave them a vast amount of experience, and a large number of bruises, headaches and minor injuries.

Though the Kenpo taught Professor Lansdale was inspired by the Kenpo of Ed Parker, his original instructor, Mark Stewart, called what he had been taught a "maverick form of Kenpo". This later was called by one of its founders, Mickey Fisher, Shintoshi, but in short time the Kenpo side of it, as taught by Bob Jones (this name could be incorrect as Professor Lansdale doesn't remember exactly) was abandoned when Fisher and Jones split up. Shintoshi, however, did continue and was very similar to Taekwondo with little Kenpo influence remaining.

Lansdale did not keep up with this side of the system and does not know how it developed or if it currently exists. His connection to it was minimal, and only through its connection to Kenpo.

Lansdale became acquainted with other Kenpo stylist, picked up more techniques and ideas and began to develop a way of using the concepts and principles to put together a method that students could build on using only the basics of Kenpo, the kicking methods of Taekwondo, the basic locks and throws of Hapkido and Judo.

Although this form of Kenpo was not sanctioned by any existing Kenpo system, because of its influence, Lansdale taught this without ranking and called it what it had been called by his instructor, "a maverick form of Kenpo."

"I never taught it as a system," he says, "I was too young for that. I just worked out with people who wanted to train. Sometimes I learned from other martial artists, sometimes they learned from me. Then I went back to the YMCA each week to learn more. I had the opportunity at the Y to be exposed to all manner of martial arts systems, Yudo, wrestling, jujitsu, Shotokan, Goju ryu, etc. But, I guess in a way, having been in actual confrontations, and training with Don in a very hard and realistic manner, I was forging my own personal attitudes about self defense."

1970-1974 MAVERICK KENPO

After about ten months at the University Texas, Austin, Lansdale had the opportunity to train in a number of Okinawan and Korean systems, as well as more Kenpo and Hapkido from students passing through the University. All of this was random, as none of these students held set classes. Lansdale usually arrived on campus, at the mat room, or weight room, and trained with whoever he might find practicing. Sometimes they were good. Sometimes not so good.

Following a divorce, Lansdale moved to California and was introduced to a number of Chinese systems. He could not afford to study any one of them for any amount of time, and learned mostly from other martial arts who were friendly with information.

Lansdale was introduced to White Crane, Praying Mantis and others Gung Fu systems. Some hard style, some soft. This brief introduction had a tremendous influence on the Lansdale's personal system.

When Lansdale returned to Texas, he began teaching friends again. There were no ranks, just training. The Chinese influence had softened his movements, and now his approach was to not only move from long range to soft range rapidly, but to move to the outside as much as possible and to strike more with open hands. Finger tips. Y-hand. Palm. Blade of the hand. Constant pressure and breaking of the opponents balance became even more paramount.

Although Lansdale seldom called what he was teaching by any name, he usually referred to it as his own

CHILDHOOD TO PRESENT(CONTINUED FROM PAGE 3)

personal defense system, or, Maverick Kenpo, a term he used loosely, as no true system called Maverick Kenpo existed. Still, using the principles he had learned, he was able to analyze and absorb elements of other styles and incorporate them..

1976--1981 LANSDALE'S KICKBOXING AND SELF DEFENSE

After training in Taekwondo again with Mr. Bob Harris, a version of Taekwondo heavily influenced by Full Contact Karate, or what came to be known as American Kickboxing, Professor Lansdale returned to a harder style with greater emphasis on hard kicks and punches, but soft interception of attacks. He experimented with blending and with techniques from boxing, as well as ideas he had gleaned from watching Mohammed Ali's method of ropeadope. The idea was to be relaxed as you received kicks and punches, flow with them so you could surprise your opponent by moving quickly into range.

For defense against grabs, close in attacks, the old Maverick Kenpo and Hapkido techniques were used.

1981-1994 LANSDALE'S PERSONAL SELF DEFENSE METHOD/MAVERICK KENPO AGAIN

During this time Lansdale was very actively pursuing his writing career and helping raise his son and daughter. He taught at home from time to time, but did not acquire any regular students. He eventually began training three days a week for himself. Working in a confined space, he developed methods of self-defense that allowed him to defend himself with minimal body movement. The idea was to crowd the opponent, keep him constantly off balance, and strike to vital areas, and to constantly move into the opponent, maintaining your positioning while thwarting his.

Since Lansdale seldom had anyone to practice with during this time, he worked out the system slowly, and eventually began keeping notebooks. He didn't think of himself as being actively involved in the martial arts anymore, but this period was to be among his most productive and would lay the foundation for SHEN CHUAN. Looking back on it, he feels like it was his period of going off into the "wilderness" to contemplate, study, and evaluate. Unlike many masters of old who supposedly lived in caves or in the forests and contemplated their art, Lansdale feels like his wilderness was his study; plenty of time alone to consider and reflect on what he had learned. And to practice these new ideas alone.

It was his belief at the time that he was developing a personal self-defense method to pass on to his children and/or friends at a future date. He did not visualize this, or any of his previous teachings as a system. Just where he was at the time in martial arts.

To get his son involved, and feeling his own approach to the art was too violent, he enrolled Keith in a Taekwondo school, and soon began taking himself. Lansdale enjoyed the exercise and working out with his son, and later his daughter, but never felt this was the martial art for him. By this time, Taekwondo, once a formidable self-defense art, had lost all of its self-defense, and the self-defense being taught was useless. Even the sparring was so restricted and light as to be merely a form of aerobic exercise. Lansdale did find some of the methods of his instructor, Richard Metteauer to be of interest and adopted many of the kicking techniques, and made a solid friend who would later come to SHEN CHUAN and become the head of the STREETBOXING division, helping Lansdale work out concepts and principles, methods and techniques.

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1994-1996 MATSUKAZE BUDO, MATSUKAZE AIKIJUJITSU, AND MAVERICK KENPO

January 1994, Lansdale began studying Jujitsu, Aikido, Kobudo and Shito-Ryu Karate under Sensei Thoburn. Sensei Thoburn called this Matsukaze Budo, though it was more of a school name than a style.

About the same time, Lansdale, and now Shihan Metteauer, attended a seminar in Houston conducted by Professor Wally Jay, Professor Reamy Presas and Grandmaster George Dillman. Jay taught Small Circle Jujitsu, Presas Filipino Arnis, and Dillman Kyusho-jitsu, the art of striking nerve cavities, weak points on the body.

Professor Lansdale was very impressed with all three. He began privately training Shihan Eugene Frizzell in what he was once again calling Maverick Kenpo. This gave him an opportunity to examine his notes and private evaluations, keep what was good, discard what was ineffective.

In the meantime, he was training in Matsukaze Budo and attending seminars where Jay, Dillman, and Presas either taught together or separately. He began to take advantage of other seminars, books and videos not formerly available. These were conducted, written, or filmed, by a wide range of instructors.

Sensei Thoburn promoted Professor Lansdale to his second in command and designated Matsukaze Budo a system. He felt Professor Lansdale's striking was superior to his, and asked Professor Lansdale to alter the self-defense techniques he taught. This resulted in Professor Lansdale bringing more Hapkido style locking into the system, rapid strikes and body checks, altering Shito-Ryu techniques dramatically, as well as adding basic Judo throws. Lansdale also shortened the Aikido moves and made them more street efficient.

This led to an alteration of the Aikido techniques of Sensei Thoburn, the addition of Kyusho-jitsu, and finally the development of a branch system called MATSUKAZE AIKIJUJITSU. Sensei Thoburn developed a seven dan system, promoted Professor Lansdale to Fourth Dan in both MATSUKAZE BUDO and MATSUKAZE AIKIJUJITSU.

By the end of 1995, Lansdale realized that Sensei Thoburn had not altered any of his techniques to fit what they had agreed was MATSUKAZE BUDO. This, and the fact that Sensei Thoburn and Lansdale were experiencing personality clashes, vision clashes, and Lansdale was footing all the dojo bills, led to a rift.

Lansdale combined what he had learned and personally developed in MATSUKAZE BUDO with his personal system, MAVERICK KENPO, and briefly called this MAVERICK KENPO. He taught this separate of MATSUKAZE BUDO.

Not wanting to be thought of as aligning himself with any style of Kenpo, even though he was using the term in a general way, changed the name of his system to SHEN CHUAN , or Spirit Fist. He tested in Combat Hapkido and became a master instructor in that system. He would continue to study and be ranked in a number of systems under a variety of instructors, and would be inducted several times into The International Martial Arts Hall of Fame. Numerous recognition's were to follow.

Lansdale and Sensei Thoburn began teaching separate classes, and by the end of 1996 they had split up. Lansdale was now teaching SHEN CHUAN and Combat Hapkido, and Sensei Terry was teaching what he now called MATSUKAZE AIKIBUDO.

1996--2001 SHEN CHUAN, MARTIAL SCIENCE

Even the current art has gone through a number of changes in the last few years. Lansdale's first black belts, Eugene Frizzell and Coy Harry, who received their black belts in 1995 (they also received the only rank given--first degree black belt--in MAVERICK KENPO) learned different material from those who received their black belts in 1997, or those who received theirs in 1999.

CHILDHOOD TO PRESENT(CONTINUED FROM PAGE 5)

Since that time, the system has been divided into four branches:

SHEN CHUAN , the main hub of the system. It's purpose is purely self-defense and incorporates a wide spectrum of techniques.

SHEN CHUAN AIKIBUJUTSU, which has more emphasis on throwing, unbalancing and locking than striking.

SHEN CHUAN STREETBOXING, which is more direct, and the most external of the branches. STREETBOXING utilizes kickboxing, Taekwondo, Thai Boxing techniques, the concepts and principles of SHEN CHUAN .

And finally, SHEN CHUAN STICKBOXING, which blends SHEN CHUAN concepts and principles with Filipino Arnis and Indonesian arts.

Each division is somewhat different from the other, but at the core the same concepts and principles guide them.

SHEN CHUAN , the main hub of the system as taught by Lansdale, at its lower level, white to black, is very much a Kempo(or Kenpo) Jujitsu system. It's at this level a harder more direct style. From first to second dan greater emphasis is stressed on locking and throwing and self-defense from a seated position, or being pushed against a wall, etc. Less effort is stressed.

A variety of techniques that were only touched on before, or now emphasized.

Choking. Take downs. Ground work. Knife and gun defense. Relaxed balance disruption is introduced.

Climbing the ladder, the system begins to look more like a soft jujitsu system.

At fourth dan, the techniques become softer yet, more relaxed, with greater emphasis on balance disruption, pressure point striking and manipulation, self-defense against more than one attacker.

At fourth and fifth dan, effortless technique evolves, powerful lazy hand striking, greater attention to strategy and psychology.

Beyond this, it's up to the students to evolve in their own way, to add to and promote the system.

Professor Lansdale became Professor Lansdale in 1998.

Founder/Grandmaster/9th Dan. He was recognized by THE INTERNATIONAL MARTIAL ARTS HALL OF FAME, and inducted into the HALL OF FAME, though he is not a member of the Soke Council. He was recognized as Ninth Dan and as Grandmaster of SHEN CHUAN by THE WORLD MARTIAL ARTS ALLIANCE, and others.

UPCOMING EVENTS

SECOND WEEKEND IN NOVEMBER (9th – 10th): The INTERNATIONAL COMBAT HAPKIDO FEDERATION will sponsor a big blow out in LEXINGTON, KENTUCKY.

A weekend of fun, seminars, demonstrations, and a black tie banquet. We encourage all of our SHEN CHUAN students to attend. It should be great fun. Professor Lansdale will be giving an hour long seminar. A registration form for this event has been **provided at the end of this newsletter.**

Following is an excerpt from ICHF NEWS, the official publication of the ICHF and details the Kentucky event.

“A CELEBRATION!!

To mark the 10th Anniversary of the ICHF, we are preparing an event that will be remembered as one of the nicest and classiest affairs in Martial Arts history. Held at the new, elegant Embassy Suites hotel in Lexington,

UPCOMING EVENTS.....(CONTINUED FROM PAGE 6)

Kentucky, this celebration of Martial Arts Excellence will feature: All day long 1 hour clinics by Martial Arts celebrities of different styles; Martial Arts Expo. With vendor's booths of Martial Arts products and services; a black tie / formal-Banquet and Awards Presentation; entertainment with music and dancing; professional photography for photo ops with VIP's, celebrities, each other and families; collector souvenir program; unique commemorative award to ALL Charter members attending and much, much more... It is imperative that you plan your flight or car pool drive, hotel reservations, etc... early to avoid problems or disappointments. The Embassy Suites number is (859) 455 – 5000 (mention the event! We have secured discount rates!!) For Travel assistance call Annette at PTA Travel 800-360-6999. **For any questions call the Event Director, Master William J. Schneider** at (606) 843-6126. SEE YOU THERE!!...”

AUGUST RANK CAMP: It's time for another rank camp. Twenty dollars for two days!

Wow!

Are we crazy or what?

Two days of excellent training by Professor Lansdale and his top black belts. Black Belt testing and demonstrations. One on one training from high ranks.

First Level Cane Certification (provided at least two people sign up for cane certification).

SECOND LEVEL will not be offered this time out.

First time CERTIFICATION IN SHEN CHUAN CONCEPTS AND PRINCIPLES for non-SHEN CHUAN students. Learn these concepts and principles, and certain techniques that exemplify them, take them back to your school. With certification, which also requires seven attendance's at SHEN CHUAN camps, seminars, clinics, and this information, you can actually offer SHEN CHUAN certifications to your students, signed by Professor Lansdale.

This training will enhance any system.

Want to be sure?

Try out the camp and find out.

When: August 10-11. Doors open at eight-thirty. Seminar starts at nine. Don't be late.

Ends Saturday at 5.p.m.

Sunday, starts the same time, ends at 3 or 4, depending on how fast everyone finishes testing.

DON'T DRAG IN AND EXPECT TO TEST OR RECEIVE RANK. It's not a come as you want program. Well, it is. You can come at anytime, but don't expect special consideration for any reason.

THOSE TESTING FOR BLACK BELT may be required to test on some aspects of their curriculum Thursday or Friday night to speed up the weekend's testing.

CAMP LANSDALE SIX:

This year, besides our very own PROFESSOR LANSDALE, our guests will be MASTER JEFF BOLT. His expertise is the Chinese arts. He will be teaching Tai Chi, Push Hands, and Chi na. YOU DON'T WANT TO MISS THIS. Also, instruction by SHEN CHUAN SOKE DAI, Coy Harry. The Professor's hand-picked successor and the only student of the Professor's to hold rank in all SHEN CHUAN DIVISIONS, as well as numerous other systems.

UPCOMING EVENTS...(CONTINUED FROM PAGE 7)

UPCOMING: Cane and knife certifications for those who want attribute skills and linkage to empty hand techniques.

Basic Yawara or Palm Stick training.

Second and Third level cane certifications.

SHEN CHUAN Concepts and Principle Certifications.

Hopefully, a one day community camp utilizing a variety of different martial artist.

Grandmaster Pellegrini is now offering seminars with a number of different martial artist. Among them are our own Professor Joe Lansdale. So, if you want to have a super seminar, book Grandmaster Pellegrini and Professor Lansdale together. To find out about prices, contact either Grandmaster Pellegrini at the ICHF, or Professor Lansdale at LANSDALE'S SELF DEFENSE SYSTEMS.

PAST EVENTS

APRIL SHEN CHUAN/SIKAL CAMP:

It wasn't well attended, but it was a smash. The students who did show were enthusiastic. Guru Ken Panell and Professor Lansdale were great together. Professor Lansdale thought Guru Ken's knife techniques were the best he had ever seen. They hope to do other seminars together, as well as link up with certifications for both systems. MORE TO FOLLOW ON THE SIKAL, SHEN CHUAN CONNECTION.

JUNE CANE CLINIC went great! Everyone who attended the camp and tested should have received their videos by now, but if for some reason you haven't, please let us know.

The clinic was great. We certified a large number of students in First Level Cane Certification. We were impressed at the level of ability shown. It goes to show, if you understand the concepts and principles, you can learn anything, and much more quickly.

SECOND LEVEL CANE CERTIFICATION will be set for **DECEMBER**. Those who missed **FIRST LEVEL**, it will be offered at the rank camp. We must have at least three sign up for this training to offer it.

SHIHAN BILLY JACK WORSHAM INTERVIEW, PART II

Shihan Billy Jack Worsham was one of the earliest students of Shen Chuan, and received his black belt in the most celebrated test of the system. "The four" who took that black belt test--all made their rank, and they include Ryan DeWitt, Paul Britt, and Chad Curry--have become somewhat legendary, not only for the powerful black belt test they performed, but for their accomplishments since that time. Only Ryan DeWitt is no longer active, though we have hopes he will eventually return to the fold.

Shihan Worsham is considered one of the systems finest technicians and is one of three students in the system that hold the rank of fourth Dan, which in Shen Chuan is considered Shihan, or Master Instructor rank, though the certification of Shihan is given separate of rank. Only the founder of the system, and Shihan Coy Harry and Shihan Eugene Frizzell, hold higher ranks.

This interview will give Shihan Billy Jack's view of the early days of Shen Chuan, (early considering it's brief existence) up to the present.

SHIHAN BILLY JACK WORSHAM INTERVIEW - PART II:

Question: *Professor Lansdale feels his students have contributed to the development of the Shen Chuan system. How do you feel the students contribute? And do you feel you've made specific or general contributions. Don't be modest or the question remains unanswered.*

SHIHAN WORSHAM INTERVIEW...(CONTINUED FROM PAGE 8)

Answer: Other than being the best martial artist I've ever seen, one thing I can say about the Professor is that he's a sponge. I might need to explain that. When he sees something, whether it comes from a 20th Dan aficionado or a first time student that just walked through the door, if it works and is practical he will use it. It will become a part of Shen Chuan. Shen Chuan is ever evolving because of that fact. He will listen to everyone's ideas, and has. I remember early on working with Shihan Paul Britt on one of our sets. Neither one of us could get it down. Paul asked Joe if he could change part of it. Professor agreed, liked it, and it is still in the set to this day.

On a more personal level, Shihan Coy and I were working on something with a vertical wristlock, it didn't go well, so I changed the angle and direction and spiraled toward Shihans opposite hip. Professor now calls it the Worsham vertical wristlock. Everyone contributes

What's most different about the original system that Professor Lansdale was a part of, the system he founded, and its developments over the last few years?

Shen Chuan has evolved so much. As I said, it improves daily. If someone left town during the Matsukaze Budo days, and returned tonight it would be very different. From a striking angle I would say that instead of the Professor hitting you with seven hard Kenpo style strikes before you hit the ground, of a few years ago, he would today hit you with fifteen relaxed strikes. Strikes that with half the effort achieve twice the damage. The balance and relaxation of today is immeasurable by yesteryears standard.

On a locking note, if you peed your pants on the first lock the Professor gave you in 1998, you would, well, it would hurt a lot more today, and with much less movement and exertion to boot.

Everything in the Professor as well as Shen Chuan is smaller (as in movements and rotations), tighter (as in body contouring), more relaxed and now has the addition of a better understanding of balance disruption and its application.

What do you believe, or hope, the future will hold for Shen Chuan, Martial Science?

I would like to see Shen Chuan go nationwide. Heck, even worldwide. Not just so we can all become rich and famous, but because I believe in the excellence of Shen Chuan. It is a system that is effective on the street, and easily learned. I've had inquirers from as far away as New York here in the states and even from Japan come through the email. That is curiosity piqued from words on a web page. I believe that when people actually see Shen Chuan in action, it can't help but become a sensation. For that matter, I've seen the reaction of outsiders (all of our contemporaries in Florida at the MA Hall of Fame for one, and at some statewide seminars) when Shen Chuan is demonstrated. The look of awe is priceless.

Do you feel Shen Chuan has effected your everyday life? Or is it something you mostly leave in the dojo?

No, it is definitely not left in the dojo. I personally could not have trained as intensely as I have and leave it at the door when I go out into the world. As you said in the introduction, I came up through the ranks with three other superb martial artists. We pounded the heck out of each other. 120%, full tilt. I think only Shihans Eugene and Coy trained harder, but that's another story. You develop the foxhole mentality. You've shed blood, sweat and tears with these guys. They are my brothers. Quadruplets. Man, that would scare a parent.

The Professor has taken time out of his life to teach me life saving skills because he loves teaching those willing to learn (certainly wasn't for the money), and help me in my personal life as well. Under his tutelage he became like a backup father. My own father has always been there for me, and so has Professor Lansdale.

Coy and Eugene are like big brothers. Always keeping the watchful eye on me. If I screw up, I know I can count on them to correct me. They want me to be as precise as I would have myself be. And before anyone does the math, Coy is younger than me. But he is the elder in rank, knowledge, and ability. He earned the big brother distinction with honors.

This is an extended family. You can't walk out a door and leave it behind.

As far as effecting every day life, I would have to say a definite, yes. Obviously after making it to 4th Dan in Shen Chuan, confidence was definitely boosted. Patience was an unexpected byproduct. Patience is not one of my virtues, but it is something I had to learn. Muscle memory is the funniest. It shows up in the weirdest ways sometimes.

This is a strange example; While cutting down a tree one time, it snapped early and kicked back into me. The only movement I remember seeing was as the trunk jumped off of the chain saw bar and moved toward me. The next thing I knew I was on my feet, 20 feet from the base of the tree and hurting like crazy. My brother, who was watching, said that as the tree popped and moved toward me, I jumped into some kind of kung fu stance (his words). I assume one hand

SHIHAN BILLY JACK WORSHAM INTERVIEW . . . (continued from page 9)

went to my face and the other toward my groin. The tree hit me in the midsection and head area and knocked me back about 12 feet. He said I fell to my back, rolled up into a ball, and continued the roll until I returned to my feet. The tree came to rest where I had first hit the ground. The entire length of my arm and hand that had covered my midsection and head looked like mincemeat, but there were no permanent injuries. This wasn't streetfighting, but the muscle memory probably saved me some severe injury. There have been small altercations where Shen Chuan has aided me, but I don't care to discuss them publicly.

My kids have been known to visit the dojo with me. I try to expose them to Shen Chuan as they will accept it. They are too much like me, and I know what will happen if I push it on them. As I did with my dad and boxing, my oldest daughter comes to me when she needs Shen Chuan and I show her a little more. She has used it once in school on a young feller who was a little too friendly on the playground, but we can't talk about it because the statutes of limitations have not run out yet. Another rabid Chihuahua in the makin's. I would say Shen Chuan effects my life everyday.

"Thank you Shihan Billy Jack for your time and a glimpse into the history and insights of Shen Chuan."

SOMETHING SPECIAL (AN ARTICLE BY GURU MIKE CASTO, GUEST INSTRUCTOR)

In 1998, I was a computer programmer for the Berry Company. They have a call center here in Nacogdoches (Berry Direct). I had to come down to work at the call center for a week. Since I was (and still am) addicted to martial arts, whenever I would travel for work, I would always try to find a place to train.

When I found out that I was going to Nacogdoches, Texas, I thought, "Where the heck is that!?" I got a map and looked. Then I thought, "It's in the middle of nowhere!!! I'll have to go to Houston or Dallas ... hours away from Nacogdoches ... to train!" I went out on the internet and started hunting. All I could find was Tae Kwon Do in Nacogdoches. I would have settled on working out with a Tae Kwon Do group ... but I was really looking for something that I wasn't familiar with, or something like Kali and Silat that is my core.

Finally, in desperation, I wrote on a discussion group, "Does anyone know of **any** martial arts groups they would recommend within an hour of Nacogdoches?" One person responded, "I live in Houston. I don't know this guy, but my instructor does and he thinks pretty highly of him. His name is Joe Lansdale." He gave me the URL for Lansdale's Self-Defense.

I went to the site and looked around. My initial thought was, "OK ... they make a lot of claims and have a lot of wall paper [certifications and ranks in various arts]. They *claim* to focus on realistic fighting and self-defense. Riiiiight ... like I haven't heard that before." What I expected, as has been the case so many times before, was to get to the school and see a basic kickboxing class ... get a good workout ... and leave.

I got in touch with Professor Lansdale and he said, "Sure! Come on down. We always like visitors. We'll have a good time!"

I got to town on Sunday and drove by the school just to make sure I could find it on Monday night. What I saw was a pretty nondescript building tucked away a little back from the road. If I hadn't been looking for it I'd have probably missed it. I thought, "Huh ... they're obviously not too hung up on commercialization ... maybe they *are* serious martial artists."

Monday I went to work. I didn't really think about Lansdale's that day. I was busy and I still wasn't expecting much from the classes that night. That night, I went to the dojo. I walked in and was introduced to various people. Professor was, of course, very kind and personable. I went to the Combat Hapkido class and was alone with Sensei Ronnie. We went through a lot of the Combat Hapkido material. It was interesting tangent from what I already knew and Ronnie was good ... but it wasn't really anything new to me.

Then I went through the Aikibujutsu class led by Shihan Coy. Coy seemed a little distant to me that whole night. I didn't give it much thought. I later realized that he was adopting the attitude of, "OK ... I've heard what you claim, now let's see what you've got." Which is perfectly understandable and something I also do when people come into the school where I'm training/teaching.

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Anyway ... Aiki is interesting, Shihan was very good, and I had fun in the class ... but it's not really up my alley. But since I had enjoyed myself and everyone seemed pretty cool, I decided to go back on Tuesday night.

Tuesday, I went to the Stickboxing class taught by Shihan Eugene. This was right up my alley. I spent most of the class teaching Siniwalli (double stick) patterns to Sensei Ryan (who was assisting Shihan Eugene at that point ... and who had an amazing facility for picking up and retaining physical information) ... Shihan Eugene wanted to learn some more Siniwalli patterns and I have a lot of them. Then we went to the Shen Chuan class with Professor Lansdale.

Now ... let me preface this next bit. I've done a fair bit of traveling. I've been all over the United States and spent a little time in Europe. Everywhere I've went, I've met and trained with other martial artists. I think I've seen the whole gamut of martial artists. I've worked with raw beginners. I've worked with bad instructors who thought they were gods. I've worked with good instructors who thought they were gods. I've worked with good instructors who were very humble and down to earth. I've met and trained with some of the top martial artists (in their respective arts) in the world. On top of that, I've had several **very** good instructors and Guru Ken Pannell, my primary instructor, is very good ... both as a martial artist and an instructor. In short, I've been spoiled. I don't impress easily.

Professor Lansdale impressed me. He's an incredible martial artist and a good teacher. He's very humble and down to earth. He's very nice and personable and funny. In short, he's a great guy all the way around both in and out of the martial arts.

During the Shen Chuan class, the Professor paired me up with Shihan Coy and we really got to feel each other out. We quickly became very comfortable with each other and, after class, we stepped in the back room and did some one-on-one work that was a lot of fun. That Tuesday night, I had a great time. I felt every bit "at home" as I did training up in Ohio with Guru Ken.

After class, I was talking with Professor Lansdale, Shihan Coy, and Shihan Eugene. Eugene asked me if I would teach his Stickboxing class on Thursday night because his knee was acting up and he didn't know if he'd be walking on Thursday. I was honored, of course ... but also shocked. I'd just met Eugene and he really hadn't seen a lot of my stick work. But, apparently, he'd seen enough.

On Wednesday night, I came back in for the Aikibujutsu class ... still not my cup of tea ... but I was more than happy to come in and spend more time with Shihan Coy and the rest of the crew at the school. Thursday night, I taught the Stickboxing class and Sensei Ryan assisted me. It was a good class. Professor Lansdale watched part of it and, later, complimented me on my teaching. Then we had another great Shen Chuan class.

After class, Professor and I sat down and talked. He gave me one of his novels, "Two Bear Mambo" and signed it. I hadn't realized he was an author until that point. And, coincidence on coincidence, I was (and still am) an aspiring author.

In February of 2001, I moved down to Nacogdoches to teach some Kali and Silat, to train in Shen Chuan, and to build a rapport with Professor ... I had a martial arts mentor in Guru Ken ... I was looking for a writing mentor. And I found one in the Professor.

From the get-go, I was welcomed into the school with open arms and open minds. Everyone was happy to help me with the Shen Chuan ... and just as happy to sit back and learn Kali and Silat from me. Over the past year and a half I have come to consider the Lansdale crew (especially Professor Lansdale and Shihans Coy and Eugene) a part of my extended family.

Last night, as usual, I got up to demonstrate at the end of class. Suddenly, Professor started asking me for some pretty specific stuff. It wasn't until I sat back down that I had some inkling of what was transpiring. I saw Shihan Coy go into the office and come out with some papers. Then I heard Professor say to Coy, "We don't have any in that size ... don't worry about it. We'll take care of it later."

SOMETHING SPECIAL . . . (continued from page 11)

Then Professor called me up and awarded me with a 2^d Dan in Shen Chuan. Shihan Coy took *his* belt off and presented it to me. I gotta tell you, guys, if I hadn't been in front of a room full of people (including a couple of visitors from Wisconsin), I think I'd have shed some manly tears. I was blown away. It was (and is) a great honor.

In October, I'll be moving to Louisville, Kentucky and opening my own school. I'll be teaching Sikal, Shen Chuan, and (assuming I get permission from Uncle Bill) Kun Tao Silat de Thouars. I've written a book on martial arts that, with any luck, will be published by this time next year . . . and, if/when it does get published, I feel that the Professor's advice and encouragement was instrumental in bringing it to fruition.

Now . . . to the actual point of all of this. This was an overview of my experiences with Professor Lansdale and his motley crew. All of this . . . all the humility shown by these guys . . . all the openness . . . all the acceptance . . . all of it is an incredibly rare thing to find in the martial arts world. Most schools, when I first visited, would have tried to prove to me how awesome they were and how much better their material was than mine. I would *never* have considered moving down and training with them if they had done that . . . even if their material was the best thing I'd ever seen.

Most instructors would never consider turning their class over to a relative stranger (as Shihan Eugene did in '98) . . . no matter how good that stranger was. Most people get too hung up in their own egos to do something like that.

Most of the people reading this newsletter are Lansdale students. You guys need to pay attention to what I've written here. You've got something special in the Professor and his crew . . . don't take them for granted. The material they teach is excellent . . . but there are a lot of people teaching excellent material in the world. I'm not talking about what is taught at Lansdale's. I'm talking about what is *felt*. These guys love what they do and are serious about it. They're sincere enough about their training to seek and accept good material . . . regardless of its source. At the same time, they're confident enough in their own skill and material that they don't get hung up on who's better than whom or what art is better . . . they know what they've got is good . . . but they also know there's other good material out there they can learn from.

If you (Lansdale students) haven't realized this yet . . . then reread this article. If you have realized it, then hang the article on the wall as a reminder about how good you've got it.

As for the future, I brought Guru Ken down in April and he and the Professor taught a *great* workshop together. Guru Ken and Professor Lansdale are working to develop a "cross training" curriculum so people in both schools can benefit from what the other offers. When I move to Kentucky, I'll do my best to spread both Shen Chuan and the sense of *community* that I have found here in Texas.

I really think that the past few years have just been a prelude for great things that are going to come out of the combined communities of Sikal and Shen Chuan. I am honored and humbled to be the pivotal player in that development and I will do my level best to uphold the obligations and responsibilities that position carries with it.

Thank you, Professor and crew, for being the people you are.

Sincerely, Guru/Sensei Mike Casto

A FEW PHOTO'S FROM THE SHEN CHUAN GALLERY



Professor Lansdale, Actor **Bruce Campbell**, and Professor's daughter, **Kasey**, attend the world premier of **BUBBA HO-TEP**, starring Bruce Campbell, Ossie Davis, directed by PHANTASM director, Don Coscarelli.

The film premiered at CINEVEGAS, one of the major film festivals in the United States. Distribution is currently being sought, and hopefully the film will appear in theaters this fall, and, of course on Video and DVD.

The film is based on a story written by Professor Lansdale, who is a professional writer. **MUCHO MOJO**, a novel by Professor Lansdale, along with **THE BIG BLOW**, are both currently under option. The former is to be directed by **DAVID GOYER**, who wrote the films **BLADE** and **BLADE 2**. The script was written by Oscar Winning screenwriter, Ted Tally, best known for his script of **SILENCE OF THE LAMBS**.

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

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ICHF 10th Anniversary
Gala Banquet, Martial Arts Expo & Clinics
Lexington, Kentucky, Saturday November 9, 2002
REGISTRATION FORM

(PLEASE PRINT OR TYPE)

Name: _____ e-mail: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: (____) _____

Martial Arts Style: _____ Rank and Title: _____

Number in party: _____ Amount enclosed: \$ _____ Check MO

VISA MASTERCARD AMEX DISCOVER

Credit Card # _____ Exp: _____

- **FEES: Charter holder \$150 - All other guests \$75**
- **Use separate registration form for each participant & return with RSVP.**
- **Make checks and Money Orders payable to: MARTIAL ARTS OF KENTUCKY, INC.**
- **Registration deadline: AUGUST 31st, 2002**
- **Mail to: Master William J. Schneider, PO Box 696 --- East Bernstadt, KY 40729**

I hereby voluntarily submit my registration for attendance and participation in said event and hereby assume all responsibilities for any and all damages, injuries or losses I may sustain or incur while attending, participating and traveling to and from said activity. I hereby release and waive all claims against the sponsors, promoters, organizers, operators, hosts, instructors, associations, schools, owners, officers, directors, employees and other participants connected with said event individually or otherwise. I fully understand that in case of injury the only medical treatment provided will be first aid. I understand that I must strictly obey instructors and observe safety rules. I further agree that any pictures and videotaping taken of me in connection with said event can be used for publication, promotion, articles, shows and advertisements without additional consent and without compensation at this or any other time. I understand that registration fees are non-refundable.

Signed: _____ Date: _____

(If under 18 years old, Parent or Guardian signature is required)