



# Shen Chuan Review

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

## Camp Lansdale 10 will feature Professor John Casarez

### CAMP LANSDALE #10 IS COMING!

Camp Lansdale #10 will be here before you know it. October is just around the corner. Mark your calendars for October 6th thru 8th.

Professor John Casarez, Grandmaster and Founder of the Manabi Masho Jujitsu system will be our special guest this year. Those of you who have met Professor "C" know what a loving, caring and gifted martial artist he is. And then he kicks your ass six ways to Sunday. I know. I've been on the receiving end of that kicking, or should I say locking.

I'm a small man. Professor "C" is a small man. Small men "know" things about other small men. We know we had to grow up tough as a cob. Other than the heart, we have a meanness deep down. A meanness needed to survive. The rabid Chihuahua syndrome.

I first saw Professor "C" at the Martial Arts Hall of Fame in Florida. He and Professor Lansdale were having a little impromptu learning/discussion session in the... wait for it... *lobby* of the hotel. Poor Professor Coy was the storyboard and the teachers were going to town. Professor "C" had Coy's left hand and Professor Lansdale had his right. The locking discussion looked like a tennis match, with the ball, or lock in this case going from one court to the next. And Coy was the net... and court... and ball. I grew up on the farm, in the woods. I've seen that look in a coyotes eyes that is caught in a trap and seconds away from gnawing the offending extremity off. It ain't purty. Neither was Coy.

At one point Professor Lansdale moved toward me as if to give Coy a break. I shrunk behind Coy. Honest to goodness. If Coy doesn't know that, he does now. I'm not ashamed. Self preservation you know. I'm not above hiding. All things come around though.

Flash forward to Camp Lansdale #5, 2001. It's announced Professor "C" will be the guest. "This is great", I tell the others. "This man has some awesome locks. I've seen them".

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## CAMP LANSDALE #10... (CONTINUED FROM PAGE 1)

The day of the camp Professor Lansdale introduces Professor "C" to the crowd. I'm grinning ear to ear with anticipation.

Professor "C" starts off with a little talk and introduces a student he has brought with him. Man is this guy going to get it. I know how instructors are when they are jazzed up for a seminar.

Professor "C" explains some concept and principle and shows a lock in the air, then to make his point calls for his uke.

"Billy Jack, would you assist me please?"

What... what happened. I wanna watch. Please.

I think all my "friends" pulled that volunteer step forward gag. They all take two steps back and I'm hanging in the breeze.

Ohhhh this is gonna hurt.

Now I'm a tough little scrapper. No one knew this was going on in my head. I step up to Professor "C", give a proper bow and shove my hand to his with all the dignity of a true warrior. Cowboy Up!

I'm not sure about much of the rest of the weekend. I have watched it on the video, however.

Okay, I'm having fun here. Yes it hurt like hell. I won't lie about that. But I learned more of the Professor "C" method than anyone else in the class that weekend. And I wouldn't trade it for all the tea in China. It was a heck of a learning experience from a heck of a martial artist and a heck of a man.

You WILL NOT want to miss out on this camp. Professor "C" knows his stuff, and if you are a martial artist worth your salt and willing to learn you will want to know "his stuff" too!

Here are the Camp details: **When:** October 6th thru 8th, 2006 **Where:** Lansdale's Self-Defense Systems  
**Cost:** \$75 if preregistered, or, \$100 at the door. INSTRUCTORS bring 3 paying students and attend free.

### TENTATIVE SCHEDULE:

#### Friday Night:

6:00-7:00pm	Shihan Paul Britt
7:00-8:00pm	Sifu Michael Billings
8:00-9:00pm	Guru Mike Casto

#### Saturday:

9:00-10:30am	Professor Lansdale
10:30-12:00pm	Professor "C"
12:00-1:00pm	LUNCH
1:00-2:30pm	Professor Lansdale
2:30-4:00pm	Professor "C"
4:00-5:20pm	Professor Harry

#### Sunday:

9:00-10:30am	Professor "C"
10:30-12:00pm	Professor Lansdale
12:00-1:00pm	LUNCH
1:00-2:00pm	Professor "C"
2:00-3:00pm	Professor Lansdale
3:00-4:00pm	Sensei Norma Almanza

Come prepared for a heck of a time and some serious learning!!

**A Camp Flyer and Registration Form has been included at the end of this newsletter...**

## RECENT NEWS AND TIDBITS

Professor Lansdale and Professor Harry had the rare opportunity to instruct at the Black Belt portion of GM Chuck Sullivan's Karate Connection West Coast Seminar in Las Vegas at the end of July. In tow were Sensei Richard Hartstein, Sensei Ryan Dewitt and Adam Coats, soon to be Shen Chuan black belt. All returned safely. Well... we haven't seen Sensei Richard and think he may still be there.

A great time was had by all, and more importantly a great learning experience was entertained.

Anytime martial artists' are exposed to other arts and styles, they should be there to glean all they can from the experience. Professor Lansdale has not only encouraged, but dern near demanded that his students experience other arts first hand. The guys were not only there to instruct, but had the opportunity to attend some of the other seminars. Everyone of them came home with something added to their knowledge base, and of course with glowing words for GM Sullivan and his crew.

Asked how Professor did during his instructional period, Professor Coy simply stated "Damn... he was on."

Not to toot our own horn, I asked GM Sullivan what he and the others thought of the Professors' instruction and he was gracious enough to tell me to get lost... Seriously, GM Sullivan was more than happy to lend us his thoughts.

GM Sullivan sent me a piece he had already written up for their newsletter which accomplished what I was looking for. The following is an excerpt from that article:

**"The interesting thing about an organization like ours, in that we encourage our Blackbelts to explore other systems and arts, is that we very seldom need to go outside our own Association to find it, However, in some extraordinary instances we do, because we find something so rare that it hasn't been introduced to our people before and they haven't yet found it on their own. This was the case with Professor Joe Lansdale. I couldn't believe how many people at the seminar asked me, "Where did you find this guy?" At first I had to stop to think, because I've known Joe for so long but had never had the opportunity to spend any, in person, time with him to find out exactly what it was that he did in the martial arts.**

**It all started well over ten years ago, when Joe sent for our videos. He actually took a couple of tests and then decided to get the rest of what he needed from the videos themselves. This is something that we normally would frown upon but in his case, because of his background, we knew it would be no problem, plus the fact that he wasn't seeking rank from the IKCA.**

**Joe and I became very well acquainted through many phone conversations over the years and one, face to face, meeting when he was out on the West Coast for a book signing tour. You'll remember from previous issues of the Newsletter that Mr. Lansdale is one of the top selling and most prolific novelists in America today.**

**One thing that was ever present in our conversations was the question, "When can I get you to come to Texas to teach at one of our summer camps?" My answer was always the same. "I'll make it one of these days?" and the day finally came last October when I flew down there for a weekend and participated at the famous *CAMP LANSDALE* in Nacogdoches, Texas. It was a marriage made in Heaven. They enjoyed what I brought to them and I loved what I saw them doing and made it a priority to get Joe to one of our Seminars as soon as it was possible, which was this past July at the Stratosphere Hotel in Las Vegas. Joe is a very busy man, as you can imagine, and we just got lucky as to timing. We also got even luckier because he was able to bring several of his top people with him to help out. And help they did. Our people got a lot of valuable individual attention.**

**It was fantastic. If you were there you know what I'm talking about. If you weren't, you missed the Karate Connection event of the year, or maybe the decade and we're sorry. We wish you could have been there. I'm not going to dwell on this because what's done is done. I just wish every Blackbelt in**

## RECENT NEWS AND TIDBITS...(CONTINUED FROM PAGE 3)

the Karate Connection could have been there with us, they would have come away enriched and enlightened.

**Professor Joe R. Lansdale is one of a kind and so is his art."**

Thank you GM Sullivan. The feeling is mutual!

### CONGRATULATIONS SENSEI NORMA!!

By the time this newsletter gets circulated, Norma will be hitched and starting a new chapter in life with husband Daniel.

They will be making their home in the Houston area. Norma has promised to visit and train often, and we're going to hold her to that!

Here's to a long and happy life together Norma and Daniel!

### RANK CAMP - AUGUST 26TH & 27TH

Our August rank camp proved to be another fruitful event with a lot of hands on instruction and a learning adventure. Those of you who have been to our rank camps before know that even though they are called a "rank camp", they are really a weekend designed to amp up the instruction on your current belt curriculum.

Those just starting on a new belt in the lower levels can conceivably find themselves half to three quarters of the way to advancing to another level. We have even had the rare individual prove material awareness to the point that they were advanced to the next level. So it can be done.

Those that are close to advancement in weekly classes usually advance rank and at the end of the camp are well into the next level.

With all of that said, this one was definitely a rank camp in every sense of the word. "Doc" Larry Laurich and "Chimp-Chimp" Adam Coats tested for their first degree black belts. Anyone who has gone through a Shen Chuan black belt test can attest to the sheer brutality and borderline abuse placed on the body as well as the mind. Our black belt tests' are not for the faint of heart. This isn't a brag, but rather a stated fact. If you earn a Shen Chuan black belt, by golly, you EARNED it. Granted, they have eased a slight bit from the days of Professor Coy and Professor Eugene's, and even black belt test number two which saw the likes of Shihan Paul Britt, Shihan Billy Jack Worsham, Sensei Chad Curry and Sensei Ryan Dewitt beat each other mercilessly. We don't require the coroner to be on standby anymore. That's about all we are willing to compromise.



Larry and Adam came through the testing very well. We started them off a little early in Tuesday and Thursday's class in order to get the lower rank stuff out of the way. They looked great. As we told them, it was low rank material, but, they went head on and executed the sets like black belts doing yellow belt sets. As it should be.

Saturday morning was not so easy. They were thrown to the wolves early, and had to push it progressively harder throughout the day. If the Tylenol worked Saturday night, I'm sure they slept like rocks.

Sunday, although the last day of their testing, was not met with an ease. Right out of the gates it was a Shen Chuan free-for-all. But, for all of the pain and suffering the end of the day held the prize. The coveted advancement to Black Belt in the art of Shen Chuan.

Congratulations guys!! You most definitely earned it. Now the real learning begins!

## RECENT NEWS AND TIDBITS... (CONTINUED FROM PAGE 4)

Along with Larry and Adam, the following persons received an advance in rank:

Matt Partridge - Purple with Red Stripe

Clay Singleton - yellow stripe

Cassidy Jones - yellow stripe

Alvis Collins - yellow stripe

Keifer Collins - yellow stripe

All pictures taken during the certificate ceremony were lost due to a memory card failure. Sorry guys...

Luckily "Doc's" camera captured the two shown here.



## SHEN CHUAN HISTORY: LATEST INSTALLMENT

*Norma Almanza was our first, and so far only female student to achieve the rank of black belt in Shen Chuan Streetboxing under the instruction of Shihan Richard Metteauer in 2000. Not one to rest on her laurels, she continued studying Combat Hapkido (which she had been doing since she was 15), Shen Chuan StreetBoxing and in August of 2001, added cross training in Shen Chuan, the hub system under Professor Lansdale.*

*All of her studies culminated at the 2002 rank camp in which she received her black belt in Combat Hapkido, a black belt in Shen Chuan and instructorships in both StreetBoxing and our main system, Shen Chuan.*

*As you can see from her accomplishments, we are very proud of Sensei Norma.*

*Continuing our installments of Shen Chuan history book submissions, we will include an excerpt from Sensei Norma Almanza.*

I first started taking Tang Soo Do when I was fourteen. I had to beg my mother and convince her it was, "an investment in my safety". The truth be told, I have always thought it was cool and especially wanted to join and take lessons with my best friend. I didn't really shop around. Tang Soo Do just happened to be one of the only martial arts schools in my hometown. It ended up being a good choice. I learned the fundamentals of striking and kicking. I also got some good self-defense fundamentals when I started Combat Hapkido at this same school. At the time this school worked for me. It had lots of other students my age and appealed to my competitive nature (i.e. point sparring). The only reason I had to leave was because I went off to college; little did I know it would lead to a completely new perspective on martial arts.

About four months before I left for college I began asking my instructor if he knew any good schools in Nacogdoches. He eventually brought me a Combat Hapkido Newsletter, which mentioned some information about Lansdale's Self Defense in Nacogdoches. My instructor cautioned me, stating that the school might be a little to hard core for me. I still insisted on setting up some kind of meeting, after all, Combat Hapkido was better than nothing. I first met Eugene and Coy at a Combat Hapkido seminar in Deer Park, I remember not really being sure what to think. Eugene (the diplomat) of course, was polite and inviting. He even drew a map for me and said, "see you soon". My confusion came when Coy's introduction was less than cordial as it was kind of an intimidating first impression of someone who I thought was more likely to run me over on my way out of the parking lot (I now know that's just his style).

I waited until the end of my freshman year before heading out to Lansdale's. When I finally made it out that way I asked for Eugene and surprisingly he remembered me and gave me the run down and introduced me to Joe Lansdale. I began to ask Joe a few questions and was a little shocked to find that they didn't practice kata, and no point sparring. I was caught off guard because up until that point that was all I knew, but decided it couldn't be bad if they were members of the International Combat Hapkido Federation.

## SHEN CHUAN HISTORY: LATEST INSTALLMENT... (CONTINUED FROM PAGE 5)

When I first started classes, I was taking Combat Hapkido and Kickboxing class. I was just staying in my comfort zone. The Combat Hapkido class was very small which I didn't understand, for some reason everyone else was more into the Shen Chuan class, something I'd never heard of before. Other than that for the most part it was no different from what I was use to but I did notice a very askew ratio of men to women. I was one of only a few women training at the time. In less than a year I was just taking the kickboxing class and was working my way up to black belt.

My first impression of the kickboxing class was that these **guys** didn't mess around. Being used to point sparring, I noticed that few of them kicked much higher than the waist if at all.

Really, when I got there, it was in the beginnings of a transition from the point sparring attitude to the self-defense attitude. The Kickboxing class was becoming the StreetBoxing class in that it was more geared towards practical techniques where you wouldn't kick high because high kicks, though very pretty, make you easier to unbalance. Plus you never knew what kind of ground you'd be standing on when defending yourself. The instructor of this class was a great teacher and changed my point sparring soft style into a combative hard style. I began to punch more and kick less. Punching was something I very much wanted to improve on. Coy was also in this class and man I was intimidated, but that was only because his ability to hit and strike me whenever and where ever he wanted during sparring both shocked and amazed me.

Then I took an interest in boxing and decided to ask Coy to train me for my first fight. He began training me by giving me some drills to work on, which were concepts and principles of Shen Chuan. I learned the theory of the Shen Chuan fist. I began to learn to work inside and hit close. I began to depend more on my hips for power and to use a push drag. After having such great success with Coy as a trainer for my first fight, I asked him to help me again with my second fight the following year. This time we focused on a more relaxed punch. This is the single hardest concept that all Shen Chuan students go through (it's actually a constant struggle). After one more year of Coy training me for Fight Night and then my fight falling through, I decided I would start Shen Chuan classes. I just thought if this little bit of time every year could make such a drastic improvement in my striking technique as a martial artist, then this is something I wanted to add to my bag of tricks. It was only three years after first walking into the dojo that I began taking the Shen Chuan classes. By this time I had already become a two-time fight night champion and had earned a black belt in the StreetBoxing class. I had learned so much from Coy during fight night training that I thought Shen Chuan class would be the way to go to become a better striker. Professor Lansdale thought that I could become a black belt in a short period time and so I began to work hard at learning the sets, and applying the concepts and principles that I learned in both in the StreetBoxing class and from Coy to them.

One of the first things I noticed when I began classes was the class structure was different. Every class begins like a seminar teaching students techniques and at the same time demonstrating multiple concepts and principles. For beginners it can be both intimidating and enticing when techniques that are demonstrated are at a higher level. But for all students this class structure increases the learning curve, I believe, exponentially. For example there are many cases when students gain a better understanding on a technique from a set they have to learn while practicing a technique at the beginning of class. Some students find it easier to do their set after working on more difficult techniques.

I like to think of the first part of class as being set up to demonstrate Shen Chuan at it's most rudimentary and most sophisticated levels, while also setting them up to be in the correct frame of mind and reference before they move back to the sets.

It's not your average dojo. There are a lot of advanced rank instructors in the Shen Chuan class. This is another reason I think that students of Shen Chuan are able to learn at such an increased rate. If you ask any black belt they will tell you they began to understand the techniques more after they first began teaching, but in Shen Chuan every student gets the opportunity to teach another. It starts, for example, by having an orange belt show a yellow belt the orange set. Most instructors would frown upon this sort of teaching, but for the orange belt it gives them the chance to really get a better understanding of the set they just finished and hopefully reinforce those concepts just one more time.

## SHEN CHUAN HISTORY: LATEST INSTALLMENT... (CONTINUED FROM PAGE 6)

Also there happens to be a large number of black belt instructors at Lansdale's compared to other studio's where students purchase their belts and leave after reaching the "top". Any Shen Chuan black belt will tell you the journey had just begun after they have obtained their black belt. The belt signifies that you are someone with understanding of many of the concepts and principles of Shen Chuan, but what most of us hope to have is a mastery of these concepts and principles and that's why we stick around. If the journey of a thousand miles begins with a single step then achieving a Shen Chuan black belt is that first step. As an instructor in Shen Chuan it is your job to teach those concepts and principles and for the most part it is an easy thing to do because all of the concepts and principles make sense.

The three most difficult concepts for all students to achieve are: balance, blending, and relaxation. These concepts are the most difficult to learn because they take time and practice, more than any other concepts, they require the students to search themselves for the answers and cause them to develop their own flavor of Shen Chuan. It's the reason, even though there are many black belts in Shen Chuan, you couldn't say we all came from the same cookie cutter. To begin understanding balance students must go through at least three stages. First students learn to make people fall, by mimicking instructors. Then you teach students the how and why a technique makes an opponent fall (it's the science behind the pain). Finally the student begins to apply the how and why to other techniques they are learning. The two most mind-bending concepts of Shen Chuan are blending and relaxation. These concepts are difficult to understand because they cannot be mimicked. They **must** be felt. It takes a lot of receiving on the students end (i.e. being an uke) in order to fully understand these concepts. Even black belts are constantly struggling with their own bodies to let these concepts take place (because they cannot be forced). Though I've explained them briefly, it takes time for students to develop these concepts into their own. It is the key to performing on a higher level in Shen Chuan.

Relaxation has been one of the toughest principles for me personally. At first I could not feel the difference in my body between being relaxed and tense. There would be little glimmers of relaxation during training (which tends to happen when your muscles begin to get fatigued from the tension) but it wasn't enough actual relaxation training for me. In order to **make** my body relaxed for training the Shen Chuan class I would train in the StreetBoxing class and run three to five miles all before Shen Chuan. I forced by body to feel fatigued so that I could train the entire class practicing relaxation. It was a bit extreme, but I just don't think I would have grasped this particular concept without having done this. When I use the term grasp I mean that I can now tell when I'm relaxed and not but I have minimum control of relaxation. I can't just turn it on or off, I have to have focus. Learning to be relaxed from Shen Chuan has really helped me learn to be more relaxed in my personal life. The reason we practice relaxation in Shen Chuan is not just because it helps with striking but also because with a more relaxed attitude you're less likely to start an altercation. You can deal better with the unsuspected in life and are better able to accept change, which also translates into self-defense. You will be less likely to lock up during an attack and accept whatever attack is given.

As a female I've gained a tremendous amount from this system since it works on balance and not muscle system. It's a softer system than it was when I first arrived in East Texas but it's more effective in my opinion. It is less stress on the body so that makes it more practical for people of all ages and sizes. It doesn't meet resistance with tension which leads to struggle of power, but it instead it receives attacks with out letting the attacker become aware that your defending yourself until it's too late. Really it's only a softer system if you take the time to put your blood, sweat and tears into it and you stick with it. For 90% of the people that walk in the door who won't make it a year they learn the hard system first. It doesn't take much skill level to grasp, but can be very effective and those students can walk away with some basic techniques. Overall I know my experience is limited, but what I've seen is not. I believe Shen Chuan is one of the most effective systems out there and I hope that someday more than just East Texas will have a Shen Chuan School.

## THE FOUR FISTS' OF SHEN CHUAN... PART II...BY PROFESSOR COY HARRY

*Excerpted from Volume 8, Issue 1:* “Professor Lansdale has designed Shen Chuan in a very specific way to follow the maturation of the human being. The four fists in the title refer to the changes in the art as you progress from white belt to the higher ranks. The fists are as follows Hard, Hard-Soft, Soft-Hard and Soft.”

*Following is a continuation from the previous newsletter of Professor Coy's explanation in the design of Shen Chuan and theory behind the “four fists’ of Shen Chuan”, beginning where we left off; the hard-soft fist:*

In the previous newsletter I carried you through the beginning theory behind the four fists’ of Shen Chuan, concluding with the hard fist. That brings us to the next level, that being the hard-soft fist.

### **Hard-Soft Fist**

As I stated before Shen Chuan follows the maturation of the person. I see the Hard-Soft Fist as a person moving into their twenties and thirties. They have learned the basics and are ready to apply their knowledge to the world. They also begin to find what kind of person they want to be. Some already have a vision for the future and some are just cruising. The world doesn't seem to be the way they visualized it during their teen years, its hard work. Experience is the most important thing they can gain at this age.

The same is said for Shen Chuan, you have learned the basics, its time for experience and applying what you know to any situation. The Hard is obvious, its what you have learned from White Belt to Black Belt. Soft is the application of these skills in any situation. For example, you are sitting in a chair and someone grabs your shirt and punches you. You have been used to applying your techniques standing up. Now you must be mentally soft and flexible, let your skills flow out from that seated position. The techniques you will apply come from the Hard Fist even though they are being used in awkward situation. The Soft in the Hard-Soft is basically your flow. You will have relaxed enough that you can flow from striking to locking to throwing effortlessly. The main thing to feel is that you are beginning to no longer think of specific techniques, they will be flowing out on their own.

This level is not as easy as it sounds. You will have to learn a great number of techniques from First Degree Black to Third Degree Black. These techniques will assist in your transition from Hard Fist to Hard-Soft if you take the proper attitude in learning. The attitude I'm talking about is to begin to understand that all martial arts techniques come from a handful of concepts and principles. The techniques are merely the physical manifestations of those concepts and principles. When you can truly understand this you will see the infinite possibilities of self defense in any situation. So the Soft of the Hard-Soft fist is your losing the rigidity of the application of specific techniques in specific situations. It is the beginning of a revolution of sorts. That being your losing your “box” and seeing the whole world outside.

The levels in Hard-Soft Fist are not so easily defined. They are set by the individual student. A physical example is the use of your hips. At this level you should begin to truly focus on the motion of the hips. All of your techniques should start from the hips and end with the hips. At the second level of Hard-Soft Fist the integration of the hips becomes second nature and you begin to be more flexible and fluid in their motion. Making sense of where you are in relation to levels within Hard-Soft Fist is a task you needn't take on by yourself. One of the most important things you can do is talk to an instructor. They have been there and are very aware of where you are and where you need to go. Don't just talk to one instructor either, talk to different ones. A Second or Third degree Black Belt will have a different focus than a Master Instructor or the Professor. All of their input will be valuable to you, and at times overwhelming. You must decide what to make your first goal.

Instead of making a distinction of levels with the concepts and principle of the Hard-Soft Fist I will group them together. The reason is simple, the levels are different for the individual as I have stated before. These are not the only concepts and principles for this level, again they are the ones that are important for all. You may find others that fit into this level of your martial arts maturation. Don't forget “who brung ya”.

## THE FOUR FISTS' OF SHEN CHUAN...(CONTINUED FROM PAGE 8)

The Hard Fist concepts and principles should always be there no matter what level you are.

### Concepts and Principles of Hard-Soft Fist

1. Cross Training with an Open Mind- This is vital to your understanding of martial arts on a deeper level. When you train in another style or system there will be things you like and things you don't. Do not get caught up in comparing the new system you are studying with your base system, in this case Shen Chuan. Instead look for the similarities and let those open new doors to your expression of Shen Chuan. Begin to feel the concepts and principles you know in the other art and that will allow you to "see" that all arts are related.

2. Strive for perfection - This really can apply from the beginning of your training. What I am talking about now is perfection in your application of technique. Don't do something and settle because you did it "wrong" and it worked. Find out what you did and why it worked, maybe it was a fluke or maybe you found a better way to do it. This brings me to the next concept.

3. Experiment- When you are working on techniques and you feel something might work better for you or just better, try it. If it seems to work then keep it and pass it on.

You are at a level now that you can and should experiment. You have a good foundation and it is time to build upon it. We encourage this at all levels but with the lower level student not having a good solid foundation it can be trouble.

4. Self Expression- This can go along with number three. If you like to lock then find ways to add locking. If you like to strike or throw then do the same. Now is the time to figure out and express who you are as a martial artist. This doesn't mean do one thing to the exclusion of all others. Remember as the old saying goes, "its better to have it and not need it than to need it and not have it".

5. Work on Things You Don't Like- I didn't like to kick so I took StreetBoxing from Shihan Richard. What I really discovered was that I didn't like to kick because I didn't do it well. This isn't always the case when its something you don't like to do. But to be better than average you should be competent with a variety of things. Also working your weakness makes your stronger. Try it and see what I mean.

6. Be a Jack of all Trades and a Master of as Many as You can- This takes number one and goes a little further. Learn as many things as you can because you never know when you might need it. Weapons, ground work and vital point manipulation are some to consider. There are Master Instructors who know alot more than you know, so if there is something you are interested in ask around.

7. Conceptualize the Art- This is very important if you are to move to a higher level of martial arts. You must see that all techniques are related so you can understand, if not do all things you see other martial artist do. Now some things you see are fake so let your common sense and skeptical mind be a filter. Another expression of this is to read. There are many fine books by great martial artists out there awaiting you. When you understand the concepts and principle of martial arts you will get more out of those books. The same can be said for videos. The more you see the more you know.

8. Talk with Your Instructors- This is very important for you in that they will tell you what your strengths and weaknesses are. They can also give guidance on particular problems you are having at your level. Remember they have been there too and can relate with you. If you don't like to hear the truth or your feelings get hurt when someone gives you constructive criticism, then you better get over it or deal with it if you want to get better. Remember don't give excuses for your problems, that won't fix them, let your instructor help. Another thing is to talk to different instructors they all have a slightly different view on you and your level. For example a Third Degree will look at different things than a Master Instructor or the Professor would, so ask more than one.

9. Teach as Much as You can- This is one the most if not the most important of the concepts of Hard-Soft Fist. By instructing you learn more than the student. What I mean is that by helping someone else to

# THE FOUR FISTS' OF SHEN CHUAN...(CONTINUED FROM PAGE 9)

understand you have to be able to visualize and verbalize all that you have learned. This makes the things you have learned more evident to you. Many times you find out you know more than you think. Another bonus is by teaching low ranks you get to perfect your own foundation.

In the next newsletter we will continue with the Four Fists' of Shen Chuan by discussing the Soft-Hard Fist.

## NOTABLE MENTION

The Professor received the latest sales brochure from the people who do our Shen Chuan patch, Emblem Enterprises in Van Nuys, California. They specialize in custom emblems, logo's and patches. Featured on the front cover are four specialized patches they've done, including our Shen Chuan Martial Science patch.

The patch, designed by our very own Shihan Billy Jack Worsham which features the icon of our system, the fang bearing cobra looks awesome in full color on a nationally distributed brochure.

A quick scan of their website shows that they do any kind of custom patch, from Martial Arts to military, law enforcement, kids organizations or anything else one can think of. Check them out at [www.EEEmblems.com](http://www.EEEmblems.com).



**Compiled by the LANSDALE'S SELF-DEFENSE SYSTEM STAFF, including Professor Eugene Frizzell, Professor Coy Harry, Shihan Billy Jack Worsham, and Karen Lansdale, Grandmaster and Sensei of the Lansdale household. Special thanks to Professor Coy Harry and Sensei Norma Almanza for their contributions.**

## Lansdale's Self-Defense Systems

2820 Stallings Drive  
Nacogdoches, Texas 75961

Phone: (936) 569-0708  
Fax: (936) 569-2155  
Email: [sensei6@joerlansdale.com](mailto:sensei6@joerlansdale.com)

We're on the Web!  
[www.joerlansdale.com](http://www.joerlansdale.com)

# ATTENTION MARTIAL ARTISTS!

GET READY FOR ANOTHER SELF-DEFENSE MILESTONE:

CAMP LANSDALE 10

OCTOBER 6<sup>TH</sup>-8<sup>TH</sup>, 2006



CAMP LANSDALE has gained quite a reputation in the last few years by bringing in some of the best martial artists in the world. Recognized Grandmasters, Masters, Hall of Famers, Famous Self-Defense experts. CAMP LANSDALE is geared to practical self-defense. Not sport. Not full-contact combat. But a jam-packed weekend of realistic self-defense.

This year's camp features PROFESSOR JOHN CASAREZ of the Manabi Masho Jujitsu System.

Special guests will include Professor Coy Harry, Soke Dai of Shen Chuan, demonstrating on Saturday why he was chosen as inheritor of our system and Sensei Norma Almanza, head of the Shen Chuan StreetBoxing Division will be teaching some of the techniques that make her an excellent instructor in both StreetBoxing and Shen Chuan on Sunday.

And of course our own PROFESSOR JOE LANSDALE, considered one of the premier self-defense experts in the world, will be teaching Shen Chuan Self Defense, Shen Chuan style locking and striking, as well as balance disruption.

There will also be a Friday night block featuring Shihan Paul Britt, Guro Mike Casto and Sifu Michael Billings.

**WHEN:** First full weekend in October (Friday October 6th thru Sunday October 8th)

**HOW MUCH:** 75 dollars for all THREE DAYS! if paid in advance. 100 dollars at the door. INSTRUCTORS bring 3 students and attend free.

**WHERE:** LANSDALE'S SELF DEFENSE SYSTEMS 2820 South East Stallings Drive in Nacogdoches, Texas. PHONE 936.569.1426 / FAX: 936.569.2511 or email at [sensei6@joerlansdale.com](mailto:sensei6@joerlansdale.com)

**WHO CAN ATTEND:** Anyone fifteen years or older with signed permission from Parent or Guardian if under eighteen.

# Camp Lansdale 10 Registration

Please make check, money order or credit card payable to, and mail to:

**Lansdale's Self-Defense Systems  
2820 S.E. Stallings Drive  
Nacogdoches, Texas 75961**

**ALL PARTICIPANTS MUST SIGN & RETURN TO THE ABOVE ADDRESS**

REGISTRATION INFORMATION			
Name:	Age:	Phone:	
Address:	City:	State:	Zip:
Martial Art Style(s) (if applicable):			
Organization Represented:			
Your Rank(s):	Email Address:		

## WAIVER and RELEASE

I hereby submit my application for attendance at and participation in Camp Lansdale 10 at Lansdale's Self-Defense. I understand that Martial Arts training is an inherently stressful and dangerous activity, and that injuries can and do occur. I hereby, either on my own behalf or on behalf of my minor child, assume the risk of such activities while participating. I understand that it is my responsibility, either on my own behalf or on the behalf of my minor child, to obtain a physicians examination in order to be certain I am fit to participate in Martial Arts Training.

I, on my own behalf or on behalf of my minor child, hereby release from liability, waive any and all claims of whatever type or kind I may have, including but not limited to those for damages, injuries and/or losses, and hold harmless Lansdale's Self-Defense Systems as well as all sponsors, promoters, organizers, hosts, instructors, associations, schools, owners, officers, directors, employees, agents, and all other participants and observers.

I agree that I or my minor child may be photographed during instruction, and that I shall have no right, title, or interest in said photographs. I further agree that no video or audio recording of the training may be made by myself or my minor child.

I understand that registration fees are non-refundable.

I acknowledge that I have been advised to show this "waiver and release" to an attorney before signing, and that at least three (3) days have elapsed between my receipt of this "waiver and release" and my signature, which appears below.

Signed: \_\_\_\_\_

(if participant is under 18 years of age, signature must be that of a parent or guardian, and specifically signed in said capacity and so indicated.)

\_\_\_\_\_  
print name clearly

CREDIT CARD INFORMATION (if applicable)	
Name on Card:	Card Type:
Card Number:	Exp. Date: