



Shen Chuan Review

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

"I don't like no confusion." ---Mississippi John Hurt

CAMP LANSDALE #11 AROUND THE CORNER!

It's the beginning of August and our rain and unseasonably cooler temperatures have left us. The normal 100+ degree East Texas weather has set in with a vengeance, so it's HOT and HUMID to say the least.

Come October we should be starting our yearly cool down on the 'ol thermometer, but not in the dojo.

Camp Lansdale #11 will kick off Friday night, October 5th and it's going to be smokin'! Guests have been booked and preparations are being made for an exciting camp.

As you probably noted from the eFlyer that was sent out on the camp, it is going to be jam-packed with activity. If you don't glean something from this camp, we will have to certify you permanently brain-dead.

If you didn't receive the eFlyer, or can't remember the tentative schedule, it will be included at the end of the newsletter for your convenience.

A major note on the camp; **Pre-registration will be 75 dollars.** The eFlyer and "Events" page on the web originally showed the price at 100 dollars. And that is still the case "at the door". But for those who pre-register and make our lives easier, we will reduce the price to \$75. Either way, 75 or 100, you can't beat it for the amount of hands on, kick butt instruction you will receive. We are truly blessed that Professor Lansdale has always put the learning and access to truly talented martial artists' above the need to make a monetary killing off these camps. So he has always strived to keep the registration fees VERY affordable, even while attending other seminars costing twice as much, for half the hours and instruction.

So... Pre-register for 75 bucks or 100 at the door. It's going to be great!

Inside this issue:

Camp 11 Nears!	1
Recent News and Tidbits	2
Concepts & Principles Listed	2
"Concepts & Principles" Article	4
"Intent" Article	7
"Fists" of Shen Chuan-part IV"	10

RECENT NEWS AND TIDBITS

I guess it's official now, and congratulations are in order. Sensei Adam Coats and Kasey Lansdale, daughter of Professor Lansdale, have announced their engagement and impending nuptials. I once kidded Adam about dating the Professors' daughter, asking him if he really had a death wish or just liked living on the edge. As I chided him I told him he would always know if he was treating "daddy's little girl" well or not by the amount of ass-whoopin' he got that night as Uke. But alas, those of you who know Kasey would realize that she doesn't need daddy to keep 'ol Adam in line. She can more than handle herownself. Can't she Adam?!

Well they are still together and engaged. And Adam isn't any blacker or bluer than he would have been anyway. So I guess he's doing right by her.

Congratulations to you both, and here's to a long, happy and prosperous future together!

Keith Lansdale, son of Professor Lansdale was also recently wed and enjoying the newlywed life.

I guess Professor and Karen can now start taking those moonlit walks and all the crazy stuff folks do when the kids are grown and belong to someone else!

Cassidy Jones, yellow w/ black stripe belt entered and placed fourth in a Jujitsu tournament held in Dallas, Texas a couple of weeks ago. This was Cassidy's first tournament of any kind, and we are proud of him to say the least.

We are a self defense system. But as Cassidy learned, when you are taught concepts and principles, your skills will not be confined to a particular art.

Jon McCloud, yellow belt, was commissioned as 2nd Lieutenant in the Corps of Engineers in our United States Army on August 11th, 2007. John is also a DMG (Distinguished Military Graduate) and one of only 272 in this nation to earn the George C. Marshall Award, named after General of the Army George Catlett Marshall, Jr., the "organizer of victory". This annual award is presented to the most outstanding Army ROTC cadet at each university across the Nation offering ROTC. It is the highest award given to a chapter in Kappa Alpha Order. The Award is presented during a three-day Seminar in Lexington, Virginia during which the award winners have the opportunity to explore a broad range of national security issues. As Jon said in an article for the SFA newsletter, "it was an honor to have been selected for the George C. Marshall Award".

The line-up of highly decorated speakers at the seminar addressed a wide array of topics, including "Peacekeeping and the U.S. Military," "Homeland Security," "Terrorism and Counter-Terrorism," and "Media and the Battlefield."

Speakers also addressed issues related to Afghanistan, the Persian Gulf, Israel, Russia, China, Japan and the Koreas, and Latin America. "There were some great round-table, small-group discussions," McCloud said. "Some of the things I learned were really eye-opening."

Congratulations Jon. You've worked hard in all areas of your life, and it shows. Here's to a long and prosperous military career! Come back to see us and get some refresher training when you can!

CONCEPTS AND PRINCIPLES

Professor Lansdale envisioned his creation, Shen Chuan, as a system not bound by rules, traditions and small minds. This becomes evident as a student of Shen Chuan, when you are first introduced to the Professor's teaching style. There are no forms in Shen Chuan. There are no kata in Shen Chuan. In the beginning, there weren't even the "sets" as we now know them.

CONCEPTS AND PRINCIPLES... (CONTINUED FROM PAGE 2)

Professor Lansdale's earliest students, Professors' Eugene Frizzell and Coy Harry as well as Sensei Chad Francois were taught purely "concept and principle". To this day, the core 31 Concepts and Principles are the foundation. In essence, this is Shen Chuan.

Listed below are the 31 Concepts and Principles and Philosophy of Method:

- 1) **NATURAL STANCE / MOBILITY AND STABILITY / STANCES** are common sense and balance in motion. Which in turn is **FOOTWORK**.
- 2) **RELAXATION / FLEXIBLE LIMBS**. Relaxation also includes mental attitude. The calmer you can become in practice, the more likely you are to be calm in a real situation. If not ideally calm, certainly more so than without training.
- 3) **PREFER POWER SIDE OUT** if position is taken (optional).
- 4) **HANDS IN THE SAFETY ZONE** (cupped hands; dive or fencing entry; kangaroo or puppy dog paws with elbows close to body).
- 5) **SURPRISE**. This can be quick strikes. Tossing of coins, coffee. Eye misdirection, etc.
- 6) **BALANCE** (see rule one). Also applied when not in motion. Applied to control opponent once locked or thrown. Equally as important is controlling the attacker's balance, or placing the attacker in a position of imbalance.
- 7) **ECONOMY OF MOTION**.
- 8) **BODY CONTOURING** or Streamlining when attacking.
- 9) **FIRST COME, FIRST SERVED / DAMAGE ATTACKING TOOLS**
- 10) **ATTACK BODY'S WEAK POINTS / ACCUPRESSURE, NERVE POINTS**.
- 11) **PREFER WARM ZONE TO HOT ZONE**: Prefer outside the opponent's arms to inside the arms. If you're behind the attacker this is an even cooler zone. If he's on his face, cooler yet. The only cold zone is when the attacker is unconscious.
- 12) **THE TRAMPOLINE EFFECT / POOL BALL EFFECT**: Striking with a ricochet motion that allows quicker more penetrating strikes.
- 13) **CHECK AND CONTROL**: Body pressure / hook, cup, and press / bicep lines, decommission of tools.
- 14) **PUSH DRAG MOVEMENT** to cover distance and maintaining pressure.
- 15) **IMBALANCING**: Goes along with rule one and six. This means the methodology to put the attacker into a position of imbalance. It's necessary to understand the Point of Imbalance. The change of balance when you blend.
- 16) **MAINTAIN PAIN AND CONFUSION ON THE ADVERSARY**.
- 17) **CONTROL SPACE**. Take away space most of the time. Create space to take away space when necessary (only when necessary).
- 18) **FOLLOW THE ENERGY OR THE OPPORTUNITY / FLOW**.
- 19) **MARRIAGE OF GRAVITY**.
- 20) **FULCRUM, LEVER, BASE / SMALL CIRCLE CONCEPTS** as applied to a variety of attacks and defenses.
- 21) **FOCUS ON SMALLEST POINT POSSIBLE**.
- 22) **SENSITIVITY TO TOUCH / STRIKING** and **BLENDING** with the opponents weight.

CONCEPTS AND PRINCIPLES... (CONTINUED FROM PAGE 3)

- 23) **AVOID HEAD ON COLLISION OF FORCES.**
- 24) **INTESTINAL FORTITUDE / FIGHTING THROUGH PAIN AND FATIGUE, MAINTAINING WILL.**
- 25) **DISTRACTION or DESTRUCTION.** This fits with rule five, but means use of pain or damage to eyes, bones, etc.
- 26) **TRANSFERENCE OF ENERGY.** The ability to shift thought, skill and design into your opponent.
- 27) **WORK HIGH AND LOW.**
- 28) **UTILIZE THE ENVIRONMENT.**
- 29) **DO ONLY WHAT IS NECESSARY.** But remember, respect for life **begins with your own.** It's better to be judged by twelve, than carried by six.
- 30) **INCIDENTAL STRIKING.** Ties in with economy of movement. As you move, clip nerves, muscles, weak areas of the body. Bump with your hips, shoulders, elbows, etc.
- 31) **LET NO RULE RULE YOU.**

THE IMPORTANCE OF CONCEPTS AND PRINCIPLES... BY PROFESSOR COY HARRY

All students of martial arts, especially those in Shen Chuan, hear their instructors talking about concepts and principles. Why do the instructors spend the time talking and showing you techniques that are not required for your next rank? To the open minded student the answer is crystal clear. For the others, the art you are training in is just a handful of concepts and principles, with the techniques in the system being a physical manifestation of those concepts and principles. When you understand the reason behind what you are doing you do it better.

Professor Lansdale has set the number of concepts and principle of Shen Chuan to 31. These are Shen Chuan. They are the why and how of every technique.

Recently Professor Lansdale tasked me with cutting the core 31 down to a smaller number. The following is the result of my work. They are my interpretations and are not meant to replace the core 31. Hopefully you will start to understand the 31 better by looking at the 10. When you understand them the next step is to implement them into your sets. You will find that by doing this you will get better, faster. I challenge you (Black belts especially) to make the list even smaller.

1. **Relaxation** - This includes both physical and mental relaxation. Your body should not be tense, this leads to reaction. With relaxed flexible limbs and a calm relaxed mind you are better prepared to respond and deal with the threat. Breathing should also be relaxed, take advantage of your entire lung volume, don't pant or force the air into or out of the lungs. Your movements both offensive and defensive will be faster and more powerful. When you strike you can use the trampoline effect. This is when you ricochet your attack from one point on your opponent to another, seemingly instantaneously. Physical and mental tension are the bane of a true Martial Artist. Many of the following concepts and principles require the use of relaxation in order to be applied correctly and effectively.

2. **Balance** - Includes Natural Stances, Mobility and Stability. Natural stances are those in which your feet are roughly shoulder width apart with slightly bent "shock absorber" knees, loose hips, a straight relaxed spine and a mental image of a light torso. Movement occurs with steps that are about shoulder width in length. Understanding triangulation points allows you to be mobile and stable simultaneously. Using the methods above in conjunction is referred to as

THE IMPORTANCE OF CONCEPTS AND PRINCIPLES...(CONTINUED FROM PAGE 4)

footwork. Proper footwork and manipulation of triangulation points allow you to maintain a stable platform in any situation. When you master your balance you can better disrupt the balance of an opponent. Balance can also refer to your knowledge of the Martial Arts. A balanced martial artist can punch, kick, lock and throw both on their feet and on the ground.

3. Proper Body position - If you have time to “get ready” use a power side out position. This means put your right side forward if you are right handed and vice versa if you are a lefty. Your hands should be in the Safety Zone, which is up near your face. They should be open with the palms facing out or relaxed Puppy Dog Paws and your elbows should point down covering your body. Your eyes should be looking at the opponent at a place in which your peripheral vision encompasses your opponents whole body. Weight should not be distributed evenly on both feet, this slows movement. Instead put your weight on either your back foot or front foot depending on the situation. During the confrontation you should position yourself in the “warm zone” outside of the opponents arms or the “cool zone” behind the opponent instead of the “hot zone” inside the arms.

4. Economy of Motion - Use your body properly. Big sweeping motions are wasteful. Short concise motions are best. Efficiency is the rule, if the motion or application is not efficient it is wasteful. Streamlining your opponent and following body contours are methods that utilize economy of motion effectively. The application of these two methods are similar. In streamlining you follow the attacking motion in very close, like a dolphin swimming along the prow of a ship, you just ride it in. Once you are in close, your arms and legs follow the contours of your opponents body in order to strike areas where you will do the most damage. Many times the areas will coincide with acupuncture or nerve cavities. Neither of these methods includes leaning away or ducking away from an attack.

5. Control Space - Most of the time you apply this principle by taking space away from your opponent. If they have room to move they will. There are two basic methods of controlling space. The first is the push drag. You simply push off of the back foot and shoot in to your opponent, then you drag the back foot in to regain proper position. It is vital that you push drag offline of your opponents centerline. This maneuver is very effective at throwing your foe off his game, the attacker becomes the victim so to speak.

The second method is check and control. Checking your opponents limbs with your hands, arms, legs, feet or body controls their ability to use the limb being checked. Thereby controlling the space and options available to them for countering your next move, along with giving you the opportunity to take away more space by controlling them. A control is just a “check with meaning” or adding pressure to the checked limb to trap it or move it out of your way. No matter how much he works at getting you away you get closer and closer and smother him like a wet towel. Many times getting close will allow you to make incidental strikes. These are unintended strikes to your opponent from your shoulder, hips et cetera, usually occurring when they are trying to get away or counter your techniques.

6. Blending - Blending is a complex concept, it has low, medium, high and master levels. The low level is a combination of blending as many concepts and principles in your technique as required and simply avoiding head on collisions. You just get out of the way by moving offline or

THE IMPORTANCE OF CONCEPTS AND PRINCIPLES...(CONTINUED FROM PAGE 5)

go where they aren't. Make sure you are relaxed and have the proper body position, balance, et cetera. Medium level is following the energy. This is accomplished by moving with your opponents motion or attack not against it. For example if he pushes just go with it and allow it to pivot you instead of move you out of position. When your strike is blocked go with it and strike from another angle. High level is referred to as marriage of gravity and transference of energy. You blend your motions with gravitational force. This is done when you enter as you intercept and as you strike by having a relaxed downward physical motion as well as thinking "down". When striking, locking or throwing you blend physical motion and mental intent. This allows you to hit through your opponent, lock through the joint and throw into the ground, transference of energy. Master level is blending your body, intent and will with that of your opponent as well as sensitivity to touch. You no longer think him and me, you think us. Your motion governs both, if you move he moves with you and vice versa. This allows you to strike in the void. Because the blending is so complete you know when your opponent has no way to avoid or brace for the attack. Consecutive locking occurs when through sensitivity to touch you blend the motion of your lock to consecutive joints and down the spine.

7. Gain and Maintain Confusion and Pain - This principle is vital to winning the day. It begins from the moment before the physical attack to the very end in which you are safe. Before the physical attack you can surprise and confuse your opponent by distracting them with pointing, bunny ears, whistling/yelling, acting weird or sometimes striking first, anything to get their mind off its game plan. If you can whistle or yell in a very loud manner it may even cause pain. As the physical attack begins you can confuse by misdirection, motion or ghosting. Misdirection is movement, usually with your hands, to cause the opponent to look at the movement and not where they intended to strike. This will sometimes cause their attack to go to the movement and not its intended target and confuse your opponent as to why they didn't hit you. This can also be done by throwing your keys, coffee or change in their face. Moving towards the attack offline as in #5 and controlling space will confuse them greatly because most people move back and away from an attack not into it. Ghosting is a very high level method of confusing your opponent. In order to ghost someone you have to make them believe they are going to hit you and in the very last fraction of a second you are not there. This is done by mastery and integration of all of the above concepts and principles. When contact is made by you their pain begins. We intercept attacks we don't block. Blocking violates several of the above concepts and principles. Interceptions are offensive responses not defensive reactions. With an intercept you get first come first served, meaning you attack the attacking limb. When you strike or grab the offending limb be sure to hit with the smallest point possible such as the bone in your wrist or the tips of your fingers. This maximizes your force and their pain. Grabbing and wrenching joints hitting pressure points and or nerve cavities will damage or destroy the attacking tool. Intense pain when not expected will also confuse. From the interception the pain and confusion are continued by working high, medium and low. Don't just head hunt, strike head, abdomen and or groin and kick the legs in any combination. Remember to hit vital areas in these regions to maximize pain and confusion. Combinations also refer to striking, locking and throwing in any order. Locking is great way to maintain pain when done correctly. When locking make sure to use leverage, as in lever, base, fulcrum and small circle concepts. These will intensify the pain greatly intensifying the confusion. To sum up this principle "Be on them like white on rice on a paper plate in a snowstorm."

8. Use your Mind - The most dangerous and flexible weapon you can carry with you is your mind. Reason rules passion if you have a strong mind. Thinking can keep you from having to

THE IMPORTANCE OF CONCEPTS AND PRINCIPLES...(CONTINUED FROM PAGE 6)

Defend yourself in the first place. You can talk your way out of most situations. Remember self defense is not trying to prove who is the toughest, its proving who is the smartest. Running is self defense, think about it. If you do go into a dangerous situation think about things in the environment you can use as weapons or obstacles. Also by keeping a relaxed mind you will tend to do only what is necessary in a self defense situation, in an efficient manner. Over kill happens when emotions overcome you and you lose control. Fear is one of the most incapacitating emotions. All people exhibit fear in some form during a stressful situation. The difference between someone who lets fear overwhelm them and someone who is able to act despite the fear, is the mental ability to compartmentalize the fear. A strong relaxed mind will have the capacity to deal with the trauma of a life and death situation better than one clouded in fear. Keep in mind that life is precious, none more so than your own. It is better to be judged by twelve than carried by six.

9. Train your Intestinal Fortitude "Guts" - This is the thing few people have but all can be taught. It is the ability to fight through pain and fatigue maintaining your will to survive. Some people think they are able to do fine in a fight if they go through the motions of some martial art. Most are wrong. Techniques in most dojo's are done cooperatively. Not with someone trying to knock your head off. If you can't do the technique in the dojo when you are tired from working all day and your partner is not cooperative how can you dream of doing it when a bad guy is after you. You must train with pain. Pain in the dojo is not injury. When you have been hit, locked and thrown by people who know their business, an attack from an average person pails in comparison. To quote General Patton "The more blood on the training field the less blood on the battlefield." This does not mean that training must be brutal, just realistic. Taking it easy in the dojo does no one any good.

10. Let No Rule Rule You - You gotta know when to violate the above.

INTENT: BY PROFESSOR BILLY JACK WORSHAM

I sat in my recliner, eating a cold supper and watching Human Weapon at 11:30pm after a long day of working my day job and a part-time job. I had my son set the DVR to record the show so we could watch it together at a later date. But I decided to go ahead and watch it while I wound down for the night.

Hosts Jason Chambers and Bill Duff were headed to the Philippines to absorb all they could on Escrima. At the end of the show, Chambers would spar a 5-time world champion Escrimador. While I thought Jason held on very well, and made a respectable showing, it was the escrimador's look of intent that caught my eye. Every ounce of his being was focused on the utter destruction of his opponent. I believe if that guy had not known any type of art, he would still have been a force to be reckoned with just from the sheer intent in his being. It was written all over him.

A couple of days later I stopped by the Army recruiting office here in town. My nieces husband is a recruiter there and a veteran of OEF. We talked about differences in the generations of soldiers and fighting men.

He will be transferred next year and will be in charge of training men for a particular kind of fighting. One thing he, I and his fellow recruiters fell upon, especially in the youngest generation,

INTENT: BY PROFESSOR BILLY JACK WORSHAM

is the lack of animalistic intent. That switch that we all possess, to turn it on and go ballistic on an impending threat.

My son takes Taekwondo from Master Russell Maness here in Nacogdoches. We've had this conversation more than once. In fact we had it again the other night as I had time to stop by and watch my son work out. The frustration of trying to get people to practice like they mean it. Especially younger adults and children who have not realized their mortality yet, nor have seen the dangers that can exist in the world. The past couple of generations have become lax. There are no wolves at the door for most of us. For the most part, especially here in East Texas there is an ambivalence to human predators. Most of us will never face the dangers of "mean streets". We are complacent to live in our own little worlds thinking everything is hunky-dory. And that is okay to an extent. We don't need to walk around paranoid and always looking over our shoulders. There is a difference between paranoia and situational awareness. But what must be appreciated is the ability to train like you will face that danger. Like your life is on the line. To flip that switch and transform yourself from happy-go-lucky to a warrior.

The key to flipping that switch is knowing where it is. You can't turn the lights on if you can't find the switch. Knowing it is there is not helping you when you are fumbling around in the dark. The key to knowing where the switch is, how and when to turn it on, comes from training like you mean it.

Years earlier I was brushing up on my pistol tactics. My new wife ambled out to my homemade range to watch. After I burned up a box of ammo, I asked her if she would like to try. She did and we both had a good learning experience that day. Later I asked her if she would be willing to get her concealed-carry license when Texas eventually "allowed" us to carry. I was surprised, given my father-in-law was an ex Highway Patrol officer, that she had never pondered self-defense and that she was not the least bit interested in it.

"What about our kids, when we have them?", I asked. "What if they are attacked and I'm not around?"

"I don't know. I guess I'll cross that bridge if I'm there. But I don't think I could pull a trigger on someone."

I cringed. She told me to pick up my jaw.

I teach people to kill or be killed. Maim or be maimed. Self preservation of ourselves and our dearest beloveds. Concepts and Principles #29. And my own wife tells me she doesn't think she could protect her own children. Probably not exactly the way she meant it. But that's how I took it. A caring soul doesn't imagine injury of others.

Flash forward a few years and a three kids later. I round the corner at a local store and there is my wife just ripping into this 6'2", 250 pound man. Another woman is trying to hold HER, 5'4" and 120 pounds off of HIM.

Ten minutes and a huge misunderstanding later I find out that she truthfully thought he was trying to take one of the kids.

If you know her and run into her later, DON'T ask her about this incident. She tries to forget it.

But suffice it to say that she found "that switch". Her intent was such that I'm glad she didn't have a gun. It could've been messy.

I am relieved to finally know that when it comes down to it, she can flip that switch. She has no formal training, but she realizes there is a time to throw civility out of the window in these so-called civilized times. To know that although she may not ACTUALLY kill someone, that she has it in her

INTENT...(CONTINUED FROM PAGE 8)

ability, in self defense of herself or her loved ones to do the absolute most that is necessary to go home safe.

So where does that leave us as teachers, students, trainers and humans.

Train on the mat like your life depends on it. The "intent" that you put into your attacks and counters will have direct bearing on your ability to call them up in crisis. Go animal. If your instructor has you kiap, do so from the bottom of your bowels, in the most guttural sound that you can muster.

When you give an attack, give one that will absolutely take your opponents head off if he doesn't do what he is supposed to do. Do it with sensibility and control, but do it with the intent to do bodily harm. Let your brain AND body know what it is like and that it is okay (and beneficial) to let go.

When you are the one performing the self defense techniques, do them in the spirit they are intended. You are there to learn to defend yourself. Do it with the intent to survive. Give your uke some pain. He will learn from that as well. Strike him with the intent to knock him into next week, while maintaining the control not to injure him. Reap him with a growl in your voice so that his feet fly up into the air, but with the control to allow him to fall correctly. He should know that if you were both on the street in a confrontational stance, that his head would have just ended up buried in the pavement with his legs sticking out like a lawn dart.

Younger ladies and gentlemen, I say this as the father of three; Your time is for laughing, giggling and having fun. That is what you SHOULD be doing at a young age. But.... If you take martial arts and you are there to learn self defense, and you are serious about it, then you should provide the "intent" in your training. You should be practicing like the kidnapper is pulling you from the playground and life as you know it may be over. You should be kicking, screaming, striking, biting and elbowing your attacker all the way to the morgue, in your mind and in your practice. Then you can go be with your friends, confident in knowing that you ARE gentle as lamb, but have sparred with the lions, learned from the lions, and can become a lion slayer if need be.

Adults... you know what the world CAN be. You know what can happen to yourself or your family. You are paying hard earned money to learn the best self defense we can offer. But like the saying goes, "you get out what you put in". Your intensity should be bordering that which you would experience if accosted on the street. Your brain and your body should KNOW that feeling. As Professor Coy says, "unrealistic training is time wasted on the mat. It does neither you nor your partner any good".

Here it is again. Professor Coy had it in his piece first, but I'm going to repeat it. I guess it comes from both of us having a military background. But as General Patton said, "the more you bleed in training the less you bleed on the battlefield". He meant not only the physical aspect of training, but the mind as well. Total physical output AS WELL AS total mental output.

The intent you bring to bear against your enemy in training and in face to face combat will be the winning edge needed to triumph over him.

"Hit hard... Hit fast... Go to the House". It's more than a motto. It's an intent!

THE FOUR FISTS' OF SHEN CHUAN, PART IV ...BY PROFESSOR COY HARRY

Excerpted from Volume 9, 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 previous newsletters 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 in the last issue; the soft-hard fist:

In the previous newsletter I carried you through the theory behind the third of the four fists' of Shen Chuan, the soft-hard fist. That brings us to the last level, that being the soft fist.

Soft Fist

Talking or writing about this level of Shen Chuan is very difficult. You must experience it to understand.

The human example of Soft Fist is the reaching of what some refer to as old age. The ability of physical body has been greatly reduced so they rely on their mind to get things done. Of the four Fists of Shen Chuan this is the most difficult to achieve and master. It is the zenith of Shen Chuan. A Soft Fist practitioner makes a technique look much like any great artist makes the creation of a masterpiece seem like nothing out of the ordinary.

This level is the same for everyone but the feel of it may be different, The focus of Soft Fist is the use of truly minimal to achieve maximum results. You don't really learn anything new you just apply the concepts and principles you've already mastered differently. Misdirection moves attacks without contact, the slightest touch causes a throw or a lock or a damaging strike. The feeling on the other end of a Soft Fist response is one of utter confusion. You don't know what happened. You punched at the person and right when you think you hit them they are gone and you are on the ground most often in pain. The stories of this or that master disappearing and reappearing are nothing more than the use of this level of martial arts. Some people foolishly believe that it is some mystical talent causing the confusion even though it can be replicated by other non-mystical people. The real cause of the apparent magical power is an awareness of your body's maximum potential. You have relaxed physically to the point you gain maximum elastic potential out of your muscles. This allows you to be supple and flexible which gives tremendous speed, power and penetration from what appears to others as being a minimum of effort. What they don't realize is that you are utilizing your muscles maximum efficient output. Another reason for maximum muscular output is the fact that your subconscious is running the show and it is very efficient at coordinating your whole body into an action. A practitioner of Soft Fist looks like a snake in that they seem to move all over or nowhere and things happen. Bad things happen.

Concepts and Principles of Soft Fist

1. Be patient- The only way to move through the Four Fists of Shen Chuan is to be patient. You are where you are and you will reach the next level when you are ready. If you push too hard you will meet stiff internal resistance and you will tend to get frustrated and most likely you will quit. You should always strive for the next level but don't miss out on the experience of the level you're at now. The beauty of the martial arts is that you can spend a lifetime and never master it, don't focus on the destination so hard you lose track of wonders of the path.

THE FOUR FISTS' OF SHEN CHUAN, PART IV ... (CONTINUED FROM PAGE 10)

2. Minimize to Maximize- You should minimize your motion so it will be 100% efficient. This is done in the subconscious. By minimizing you maximize your output.

3. See the result- This means to let your subconscious do what it wants don't force anything. The training you have had until now will be there. You will begin to make things happen that you had no idea you could do.

4. The hand is quicker than the eye- When you want to misdirect the motion of a person you must put your hand in a position in which it is picked up by the vision of that person. When you do this while the person is any dynamic motion their subconscious will cause them to follow your hand and you will guide them where you want.

5. Slow down to speed up- When you gain efficient motion you will find that you tend to be ahead of everything the attacker does. You will need to slow down or you will not be able to let yourself do anything. Your mind will slow the action down for you but you will need to be aware of slowing down your responses in some situations. When you get it right you will feel that you are moving in molasses and your assailant will not really even be able to see what you are doing.

This concludes the series on the "Four Fists' of Shen Chuan".

Thank you Professor Harry for this invaluable insight into the intricacies of Shen Chuan and the heart of our system.

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

Lansdale's Self-Defense Systems

2820 Stallings Drive
Nacogdoches, Texas 75961

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

We're on the Web!
www.joerlansdale.com

SELF DEFENSE EXTRAVAGANZA



Guru Mike Casto

CAMP LANSDALE 11 OCTOBER 5TH-7TH, 2007



Professor Joe Lansdale



Sifu Michael Billings



Sifu Brandon Jones

CAMP LANSDALE 11 is just around the corner, and we are gearing up for what will be one of the best ones yet. CAMP LANSDALE is geared to practical self-defense. Not sport. Not full-contact combat. But a jam-packed weekend of realistic self-defense.

This years Camp will spotlight Shen Chuan and its formidable Self Defense aspects. Each instructor will bring to the table their unique flavor and application of Shen Chuan, from Professor Lansdale, Grandmaster and Founder of Shen Chuan to this year's Headlining Guest, GURU MIKE CASTO of the Sikal System who spent time with us to cross-train and become an instructor in our system.

Our Special Guest, SIFU BRANDON JONES is a 25 year veteran of the Seven Star Praying Mantis System and has owned and operated Tyler Kung Fu & Fitness for the last eleven years. Training in mantis for so long, Jones has had the unique opportunity to study and gain knowledge from the many different lineages within the Preying Mantis System. For Jones, the quick hand techniques of the mantis such as the traps and joint locks, and the agile footwork of the monkey make the perfect blend for learning to be a good fighter .

Returning Special Guest will include Sifu Michael Billings of American Kenpo Karate. Those of you who have been to our Camps in the past will know Sifu Billings and his outstanding abilities.

Rounding out the instruction will be slots instructed by Professors' Eugene Frizzell, Coy Harry and Billy Jack Worsham with Shihans' Paul Britt, Richard Harstein, Bob Lacher and Senseis' Adam Coats, Kelly Owens and Jared Taylor in the mix.

WHEN: First full weekend in October (Friday October 5th thru Sunday October 7th)

HOW MUCH: 75 dollars prepaid/registered or 100 dollars at the door for all THREE DAYS!

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

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

TENTATIVE SCHEDULE:

Friday Night:

6:00-7:00pm: Sensei Adam Coats with Shihan Richard Hartstein, will demonstrate techniques from the SHEN CHUAN STREETBOXING DIVISION. Sensei Coats has been assigned the development of this division, overseen by Professor Coy Harry and Grandmaster Joe Lansdale.

7:00-8:00pm: Shihan Paul Britt will demonstrate techniques that show his personal approach to the harder style aspects of Shen Chuan. Shihan Britt has had many years of real street experience as a sheriff's deputy and police officer, and has written articles on martial arts for magazines.

8:00-9:00pm: Shihan Bob Lacher will be demonstrating Aikijujitsu techniques from Shen Chuan. Quick easy lock ups and throws.

9:00-10:00pm: Sensei Jared Taylor will teach techniques from Shen Chuan that link with the popular sport of combative ring arts. Sensei Taylor has had a number of successful ring bouts in both boxing and cage fighting. This should be fun and informative.

Saturday:

9:00-10:30am: Grandmaster Lansdale will demonstrate striking, advanced joint locking, and throws. Grandmaster Lansdale will have been involved in self-defense and traditional and non-traditional martial arts training 45 years as of this camp. UNIQUE AND AMAZING MATERIAL.

10:30-NOON: Our HEADLINER GUEST, Guru Mike Casto will be demonstrating how he has added Shen Chuan training to his training in Sikal, and other systems, and how in turn he has brought other techniques to Shen Chuan. Mike is a very fine martial artist and is a student of Grandmaster Lansdale, as well as Guru Ken Pannell of the Sikal system. He has been a guest many times at Camp Lansdale, but this is his first, and well deserved, time to be our headliner along with Grandmaster Lansdale. You DO NOT WANT TO MISS THIS.

NOON-1:00pm: LUNCH (No instructor necessary)

1:00-2:00pm: Our SPECIAL GUEST, Sifu Brandon Jones, will be demonstrating techniques of self-defense from his system, SEVEN STAR PRAYING MANTIS. This is a rare and unusual system, and an equally rare opportunity.

2:30-3:30pm: Grandmaster Lansdale returns with pressure point training, balance disruption, as well as assorted self-defense techniques. If you haven't seen Shen Chuan balance disruption, you are in for a treat.

3:30-4:30pm: Professor Billy Jack Worsham will teach a clinic on quick strikes to finish. Professor Billy Jack is one of Grandmaster's personal students, and is a personal student of Professor Coy Harry, inheritor of the Shen Chuan system. Fast and furious. We call Professor Billy Jack Worsham the Rabid Chihuahua.

4:30-5:30pm: Sifu Michael Billings will teach Chinese Kenpo, emphasizing elements of Shen Chuan that he has added into his techniques. Mike is a long time Kenpo practioner, and a very good one. This will be an outstanding session.

5:30-5:45pm: A BREAK, and you'll need it.

5:45-6:45pm: Praying Mantis Gung Fu with Sifu Brandon Jones. Another look at this unique form of self-defense.

Sunday:

9:00-11:00am: Guru Mike Casto. A full two hour session with Guru. This time emphasizing weapons, stick and knife and empty hand.

11:00-NOON: Professor Coy Harry, Soke Dai of the Shen Chuan system will teach concepts and principles and how to apply them to technique. Professor Harry is Grandmaster's hand picked successor and his knowledge of the art, and his ability to explain and teach it, are unsurpassed.

NOON-1:00pm: Unsupervised lunch. Don't put your eye out.

1:00-2:30pm: Grandmaster Joe Lansdale: Full Tilt Boogie Shen Chuan. Many aspects of this exciting art will be explored by its founder.

2:30-3:30pm: Professor Eugene Frizzell, Grandmaster Lansdale's senior student, will show techniques from SHEN CHUAN STICKBOXING, with the help of Sensei Kelly Owens, an excellent stick and knife man himself.

3:30-5:00pm: Guru Mike Casto will show a variety of techniques from his self-defense training.

Camp Lansdale 11 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 11 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: