

BRITAIN'S **No 1** MARTIAL ARTS MAGAZINE

MARTIAL ARTS

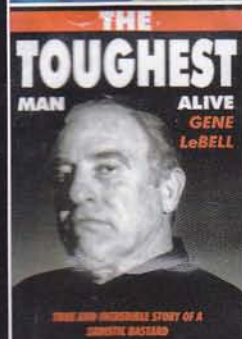
ILLUSTRATED

February 2004
Vol. 16 No. 9 £2.70 (UK)
www.martialartsltd.co.uk



NEW

Brazilian Jiu Jitsu
Technical Column



KARATE

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Sifu Bob Breen

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PLUS

A full report on the **Clash of the
Titans** Mixed Martial Arts Spectacular

The Rising Star of Taekwondo

andrew
Humphries



**NOW
MORE
PAGES!**

Also: Frank Murphy Takes Centre Stage
Grandmaster Kim Bok Man's UK visit plus much, much more



From sleeping in a Bristol bus shelter in 1991 to performing as guest speaker for the world martial arts conference at the Hilton Hotel in Las Vegas this year, he has worn the t-shirt (and the cap) before. Frank Murphy has been a key player at the forefront of major events in the growing British martial arts industry for the past ten years. MAI catches up with this year's Clash of the Titans referee... with an introduction by Bernard Taylor.

frank Murphy

takes centre stage

Introduction by Master Bernard Taylor, Interview by Bob Sykes

...appearance if you don't know him. You could be forgiven for mistaking his angelical zeal and sometimes frivolous antics for that of a court jester. Working a full time martial arts centre here in Yorkshire with MAI and Bob Sykes, I get to see the full gamut of the martial arts industry, from really serious folk coming by to meet up and train with Bob and the magazine cover stars peddling their wares to a sometimes cynical editor.

Recently I represented Bob at the annual Evolution Instructors Conference, commonly known as the College of Martial Arts, held in the beautiful Forest of Arden Hotel in Birmingham in early September. A host of top class speakers, billing companies and industry leaders, mostly from the US, drew a capacity crowd which included all the top full time professionals and school owners from across Britain and Europe.

While the American speakers gave fantastic workshops which included a raft of new information put on by the host David Lowe of Evolution Marketing Systems, the day belonged to the master of ceremonies, Master Frank Murphy. With sharp wit mixed with experienced confidence he spoke with a brutal honesty, sometimes making me and most of the audience feel that we were in 'acres of diamonds' and warned of not letting this growing industry opportunity slip us by.

Recently he has been interviewed by Pat Marsh on BBC Kent local radio and the Birmingham performance has also had BBC Bristol Television contact him with an exciting offer in the pipeline for some of his "family" students. Shrewd media manipulator he may be but one thing I've noticed over the years is his relentless training routine that would put most men half his age to shame. Any time he drops by the centre here in Huddersfield it's hard, passionate, serious training first and foremost.

For three years running he put a fighting team into the Clash of the Titans event and took on teams of far greater numerical strength. That type of consistent training and involvement at such a top level takes guts and determination, especially when you consider his writing commitments for publications on both sides of the Atlantic.

His physical training seminars have always attracted a full house. Recently, after one of his seminars in Liverpool, well known TAGB instructor Richie Saunders said he had never seen anything like Frank's delivery and passion while teaching. With serious hard work as his enduring trait, I know most people change after his performances which are more akin to a concert show than a martial arts class. No month goes by that I don't hear his name on someone's lips or that I didn't take an inspiring phone call from the Green Man himself. He is truly in one word... champion.

Many times I went home cursing the judges who were, to my mind, looking at it completely different when my team got some bad decisions. Yes, it's hard to see six months training and preparation go down the drain over an inexperienced referee or corner judge raising a flag.

Frank Murphy Interview

Bob Sykes: Tough time tonight for a referee, especially for the Clash?

Frank Murphy: The job of referee is always tough no matter where but it is an important one here at the 'Clash' event as the competitors get carried away. I am as guilty as anyone as you just get fired up for your team to

win. My main concern here tonight was to make sure there were no serious injuries so it's a responsible position.

BS: Bit of a controversial decision there when you red-carded two fighters, one from Chris Foran's team, Russell Lesser, and Tamveer Akhtar

from Master Akhtar's team, especially as you did not consult the four corner judges?

FM: Look, Bob, I know only too well the amount of training that goes into getting ready for this competition. Many times I went home cursing the judges who were, to my mind, looking at it completely different when my team got some bad decisions. Yes, it's hard to see six months training and preparation go down the drain over an inexperienced referee or corner judge raising a flag. Yes, what I did here tonight was controversial but I just thought these two particular fighters were over the top, making gestures that were going beyond psyching each other out. I did not have the luxury of looking at a replay. The decision was taken with safety in mind and calming down a fraction of the crowd that were bent on drawing blood. I must be mad to referee this anyway. The atmosphere on

the sidelines was downright hostile, not just mildly aggressive, so giving the corner judges the opportunity to judge that so-called sparring bout was going to set a precedent. Having said all that it turned out to be a good Clash of the Titans show with great teams.

BS: Do you think any team can beat PUMA?

FM: Don't wind me up, of course they can be beaten. But hats off to them for three in a row, not only that but they're gentleman to boot and have injected new life into the Clash. The other two teams were also impressive. Chris Foran's WTF Champion Team are predominantly WTF Taekwondo competitors and this was their first ITF style outing. As for Master Akhtar's team I was disappointed he did not fight himself, he is one of the best when it comes to the fight game.

BS: They gave PUMA a few surprises!

FM: The last bout between Chris Banks, the youngest fighter here tonight at just turned sixteen, and Andy Humphries was a cracking match. Did you see that rival dance thing at the end? That was real sportsmanship.

BS: Do you see any other new stars emerging from the last three years here at the Clash?

FM: I thought Don Dalton's fighters were really sharp. PUMA have great character now after tonight's performance and Vaughn Buxton, David Pixton and Kurt Stevens are always great to look at on the mats.

BS: Will Family Martial Arts have a team to put forward in next year's Clash?

FM: We had three competitors in this one, Ian Lewis and James Case Upton fought on Chris Foran's team as he had injury setbacks at the last minute and

went to Master Akhtar's
s fought now, I think, in
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next year Master Akhtar is
Beaumont to coach his
us at FMA I would like to
eam involved.

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BS: So it keeps students training longer?

FM: It is still early days but so far all FMA schools that are implementing and practising what we teach on the instructors courses are doing well on enrolment and retention.

BS: Everyone knows you have a Taekwondo background, is Kai Zen Do mostly Kickboxing or Taekwondo without the patterns?

FM: As you know, the minute you start putting labels on styles you put a limitation on the reader's concept of something. We are all now training in the post crossover boom that swept across the martial art landscape and continues to this day. So when you say Taekwondo it means many things to many people, same as if you say Judo or Kickboxing.

Kai Zen Do, which means the way of constant and never ending improvement, also has elements of meditation, diet and mental exercises which are based on our student creed and the nine principles we try to live by. Kai Zen Do is a network of like minded individuals who are striving to live their life to its fullest potential inside and outside the training hall.

BS: So is there anything that separates Kai Zen Do from other systems?

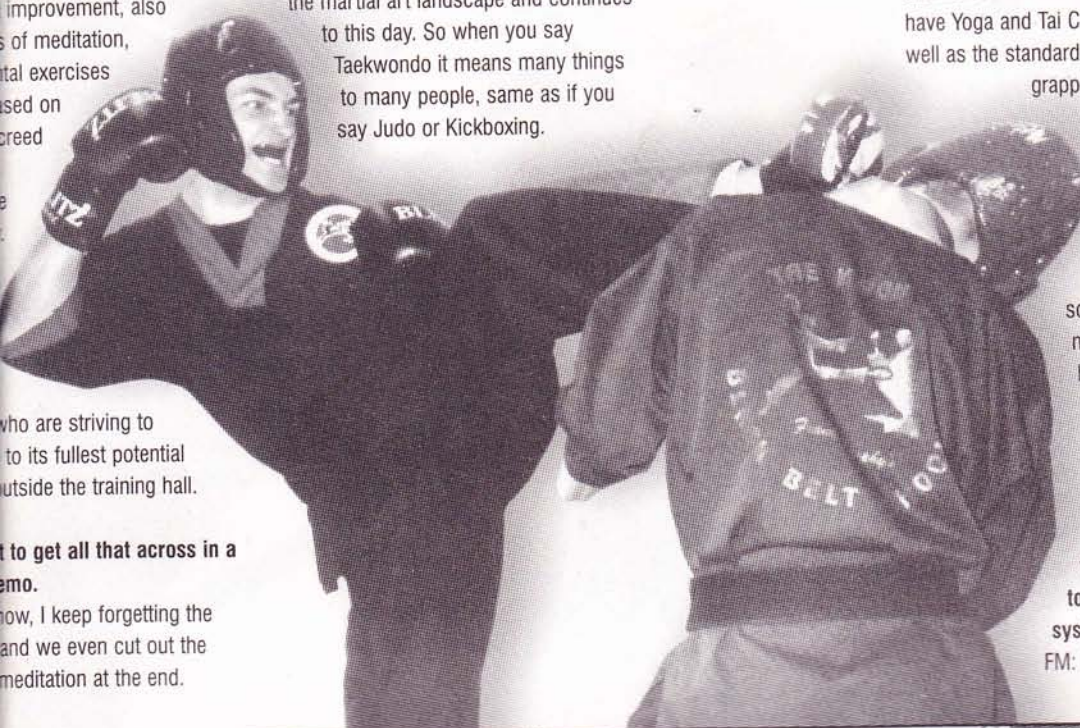
FM: The Kai Zen Do network of instructors, their determination and charisma are the main difference in terms of promoting it as a system. Kai Zen Do means constant and never ending improvement in your physical and mental goals, so that covers a lot more than just the physical elements of a martial art. This is why all the classes have a strong student creed and nine principles are covered and recited during the workout.

BS: So it's a mix of all styles?

FM: Yes, whatever works for self defence and fitness as well as stress relief. We have Yoga and Tai Chi in the system as well as the standard kicking, punching and grappling elements. There is a balance of hard and soft style training so you can easily implement a Black Belt Club programme and, yes, sometimes even meditation. It will never be completed as it's forever evolving, as we all are.

BS: Is it suitable for any instructor coming from any background to try to adopt this system into their club?

FM: It is going to be difficult



Kai Zen Do students get ready

Jonathan Day shows why he's a second Dan

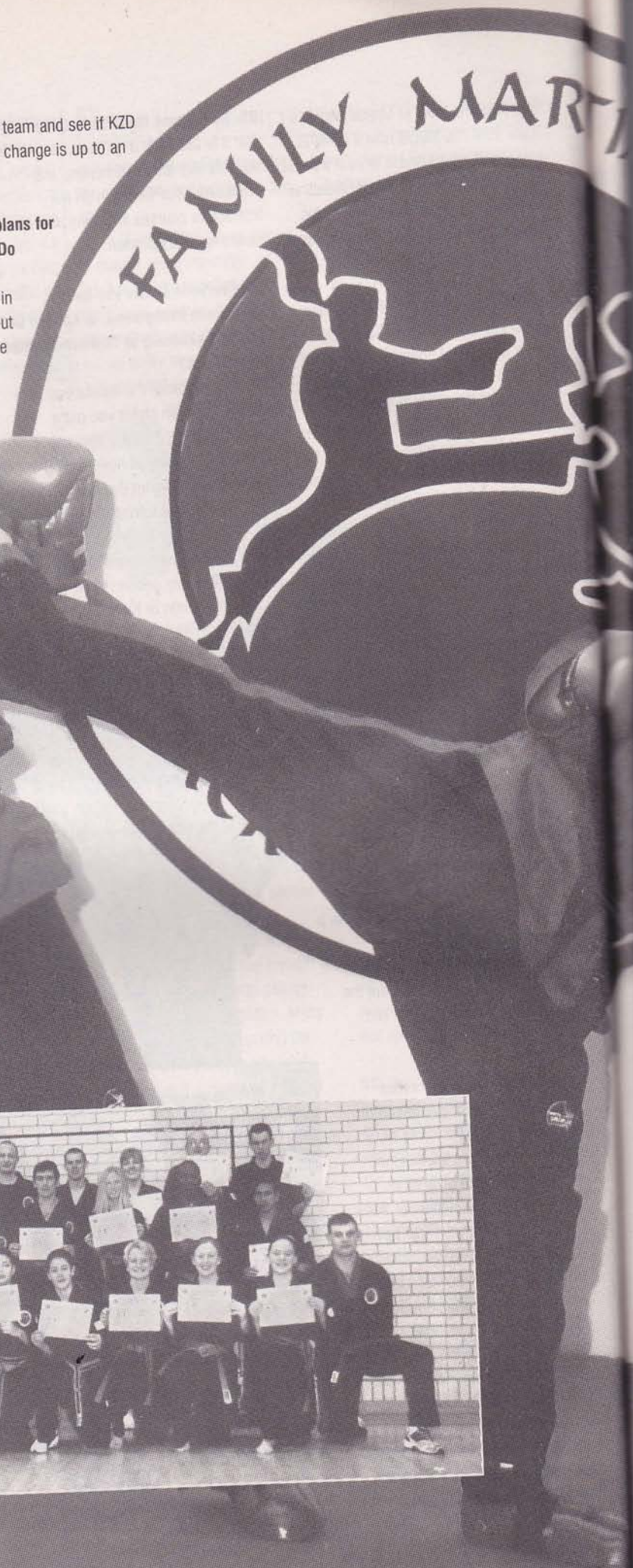
Takes Centre Stage

and uncomfortable depending on how professional they want to be. Running a club or an academy today you must have support and infrastructure. The physical style of the instructor crossing over really does not matter, it's the ability to seriously change. The sort of change I am talking about is of attitudes and beliefs towards teaching adults and children. Much of this work has been done by my wife Catarina, who is at Loughborough University doing a Masters degree in physical education. Instructor training now involves aspects of sociology, child psychology and development and the results of many years of research on classroom practice. We get lots of folk who ring up and say they want to crossover to the Kai Zen Do system but few really are willing to take a hard look at their club, their life and their business and change. It's so easy to stay put, practice a known martial art and seek comfort with the masses on easy street. If they really want to change it is difficult in terms of personal change rather than monetary expense. If they call me they can

arrange a few days with my team and see if KZD suits them. The pace of any change is up to an individual's circumstances.

BS: What are your future plans for the growth of the Kai Zen Do association?

FM: We run a small advert in this magazine for anyone out there who wants to become a full member of the Kai Zen Do network. It will suit some but not everyone. The best thing to



do is to call at one of our clubs or attend one of our instructor's courses. The actual style of martial art to look at first is nothing new.

You have seen it all before, the difference is the way it's portrayed and packaged to the student and their parents and the relationship it has with the organisational elements of running your club or school. The value of training in Kai Zen Do as it evolves will never reach a limitation. It will become more valuable than any after school or evening activity for you or your child to get involved in. The goal is to be more than just an evening activity, we wish to make Kai Zen Do an education.

BS: So it's called the Kai Zen Do Network?

FM: Any organisation that has a strong close network will prosper and expand. We learn, swap ideas, send our instructors to courses and grow that way. We are as big as we want to be right now and will continue to evolve in this way.

BS: Do you still wear uniforms like the dobuku in Taekwondo?

FM: Although we allow t-shirts in the summer, I think the uniform is good for getting into a proper frame of mind for training. When a new student walks in it is great to see all the uniforms neat and pressed, adding discipline to the class. We do not, however, have any rank stripes on the black belts as the black belt certificate says the wearer upholds the concepts of gratitude, humility and respect. I might be a top class self defence instructor in my comfort zone in my academy but my student might defend me in a court of law. We all learn from each other regardless of

rank, hence the word network.

BS: Do you still practise Taekwondo?

FM: Yes, I still keep a hand in on the patterns with Dave Martin and the odd time with David Harper, as they are both fourth degrees and they keep the old memory intact. However, most of my physical training is sparring related and cross training. I always loved Boxing and haven't had the sense to stop yet. I have to do Yoga everyday for an old back injury and I have no shortage of training partners at the academy in Dave Sheppard, Stephen Campbell, Jon Mills, Jagdeep Sagoo, Tommy Sinnott and Steve Sharkey's mob when they come down.

BS: June 2004 marks 30 years of martial arts training for you. Was your recent appearance at the Las Vegas Hilton a big highlight?

FM: Yes. I still pinch myself to think it happened. Dave Lowe has given me a new avenue with public speaking at martial art conventions and a few offers are in the pipeline from outside the industry. The 30 years had a lot of great times. Most of that training has been in Cork, my hometown, in the ITF style of Taekwondo and I have been fortunate to have been taught by my first instructor, Master Aiden Walsh. If Terry Donnelly in Dublin is reading this perhaps he will put in a word. The Academy in Gravesend, Kent these past twelve years and the recent growth of FMA in Merseyside have bonded me with some great people on both sides of the pond. Master Ted Hopwood is another who helped me a lot in the beginning and we still keep in contact. Perhaps I will hire Woodville Hall in Gravesend to celebrate and you can be Parky? Don't know about that PUMA crowd though?

BS: Thanks again to your lads for doing the judging. MAI wish you and all at FMA the best for 2004.

FM: You are more than welcome Bob and thanks again for the interview.



*Opposite page
Main Picture*

**Family Martial Arts Catarina
Murphy working at Free Sparring**

Bottom
**Rochester Kai Zen Do Club with
instructor Ian Lewis**

*This Page
Above*

**Frank Murphy grateful to be a
columnist with MAI**

For anymore information on joining
the Kai Zen Do network visit
www.familymartialarts.co.uk
or call 01474 326967
or send an e-mail to
mbs.blackbelt@virgin.net

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