

BRITAIN'S NO.1 MARTIAL ARTS MAGAZINE

# MARTIAL ARTS

ILLUSTRATED

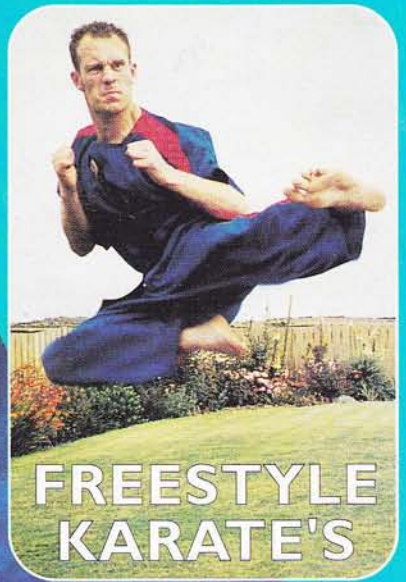
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## SPECIAL EDITION STRAIGHT BLAST

THE VOICE OF THE BRUCE LEE EDUCATIONAL FOUNDATION U.K. / VOL:1 NO:2



### THE TAO OF GUNG FU

In the only book  
Bruce Lee wrote, he  
said: "In the very near  
future, after my trip  
to the Orient, a more  
thorough book titled  
The Tao of Chinese  
Gung Fu will be pub-  
lished". This book  
was never completed  
by Bruce but his  
notes were eventually  
compiled and edited  
by John Little and  
published as a second  
volume in the Bruce  
Lee library.

**BRUCE LEE**  
A WARRIOR'S JOURNEY  
HOT NEWS  
ON THE  
GAME OF DEATH  
RESTORATION.  
HOW THE PIECES  
OF BRUCE LEE'S  
FINAL FILM WERE  
PUT TOGETHER.  
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### THE TAO OF GUNG FU

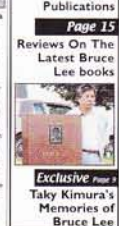
There is great for the first time  
in the UK, a Bruce Lee original  
press on The Tao of Gung Fu  
which he wrote while at the  
University of Washington. It is  
a book that has been long  
sought after by students of  
Gung Fu and martial artists  
worldwide. This book will  
be offered in full the entire  
essence of the mind to  
that of the techniques in  
which it has to work. The  
principle of Gung Fu is  
not a thing that can be  
learned, like a science, by  
fact finding and instruc-  
tion in facts, it has to  
grow spontaneously, like a  
flower, in a mind free  
from emotions and  
desires. The core of this  
principle of Gung Fu is  
the Tao, the spontaneity  
of the universe.

### IN STRAIGHT BLAST

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Gung Fu - The  
Original Thesis  
Revealed

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Latest Bruce  
Lee books



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Taky Kimura's  
Memories of  
Bruce Lee

EXCLUSIVE! JKD Nucleus Seminar IV Report Page 12



**PLUS**  
Crosstraining Column  
Beyond Technique  
Fighting Feedback  
and much more...



# Murphy's

## masterclass



You will help the martial arts industry to grow by helping newcomers to train regularly and taking steps to avoid them dropping out. Sparring too much too soon is one of the main reasons students drop out.

# Instant

# Gratification

If you're looking for the latest ground breaking full contact skills or you're an avid, experienced tournament martial artist training full time or one who works in a job that allows plenty of time off for serious conditioning, then skip this article. It is not for you.

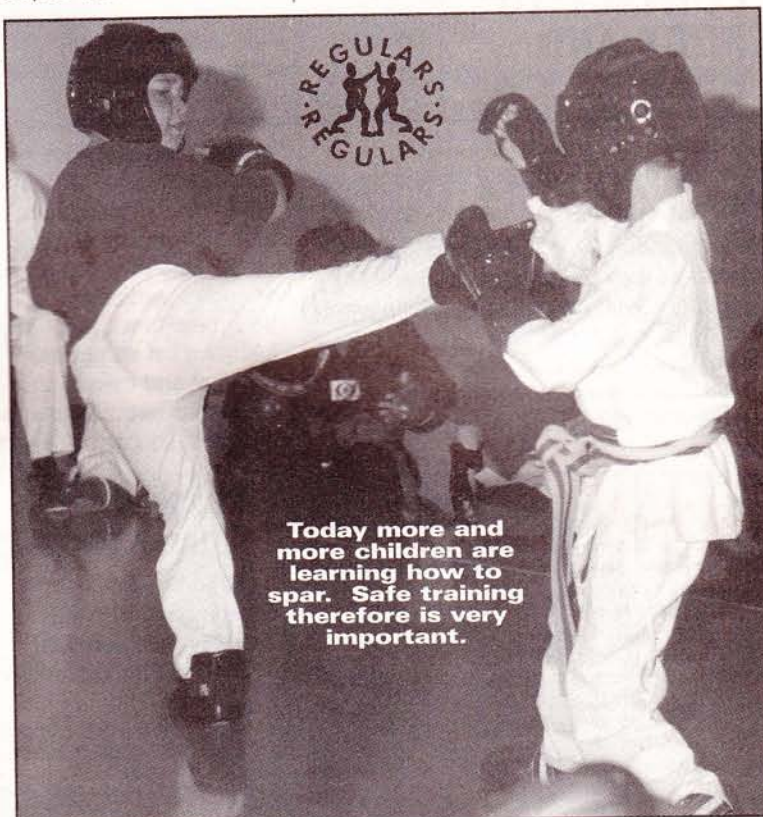
This article is aimed at ordinary folk who are a little stiff, a little fearful and a little confused about how much sparring practice they should undertake and how often. If you are new to the arts, you may have negative, pre-conceived ideas about what is expected of you in martial arts lessons, especially on the contact side. So now that's clear, turn the page 'killer' and make way for the novice.

What is the difference between other contact sports and the martial arts? I'll rephrase the question. If martial arts are so beneficial and valuable why do so many choose football or basketball over them? There are, apart from the obvious fundamental differences, a number of 'instant gratification' advantages for the newcomer to football compared to the newcomer to martial arts.

Did you ever stop to watch a few lads kick a football around in your local park? Not one looks out of place although they are aware that others may be watching. They continue to play regardless of whether they make the odd mistake. No one expects them to be a Beckham or a Shearer. They quickly fit in. They feel the sensation of kicking the ball

Although football is termed a contact sport, there is no urgency to stand and square off eye to eye with the opposition. This takes away any burden from the football novice. For the novice martial artist this psychological arena is one of the first things that is expected.

Compare the football novice to the martial arts novice and immediately we see a number of distinct physical, psychological, even social differences. For a start there is no instant gratification available for the novice martial artists. Most new students are introduced by the age-old tradition of referral, which is the best way to show appreciation to your instructor and your school. These beginners should literally have their hands held for the first few crucial months. There are a number of rituals, mostly Oriental, that they must adhere to, from tying the belt correctly to understanding class structure and commands used. All this is so



Today more and more children are learning how to spar. Safe training therefore is very important.

the instant they begin, regardless of their level of fitness. Culturally and socially the activity is not only accepted but actively encouraged. Who cares if their timing, accuracy, co-ordination, balance and positioning are not up to par, they enjoy themselves and have a good time.

difficult compared to kicking a ball about. Beginners of the martial arts cannot workout alone, so are dependent on a partner or coach. It will be a while before they look and feel part of the group. They are mostly lacking in confidence, and employing even the simplest





Level of Contact	SPARRING STEPPING SKILLS
<b>NO CONTACT</b>	Stationary jab and stationary reverse punch. Moving backwards and sideways is enough at this stage. Stationary front kick, but try to limit the distance in the area you practice. THREE STEP Pre-arranged SPARRING. This could also be done alone facing a mirror ideally to allow the opportunity for self-correction.
<b>BLOCKING CONTACT ONLY</b>	Use light to medium force against a long stationary bag or airshield (large airshield or portable bag e.g a wavemaster). BOXING BLOCKS WITH REVERSE PUNCH COUNTER (STATIONARY). Partner off using alternative large airshields. Learn how to hold the shields in a stationary position as well as mobile. This is a turning point and should be thoroughly learned. Timing and distance variations mean learning adjustments so allow about eight to ten weeks for this. TWO STEP PRE-ARRANGED SPARRING.
<b>LIGHT CONTACT TO BODY ONLY</b>	Reduce the size of the airshield with smaller targets. Move now to focus pads. Pre-arranged sparring techniques against the pads are self-corrective. They should 'look good, sound good and feel good'. ONE STEP SPARRING. Use pre-arranged blocking and counters under instruction.
<b>LIGHT CONTACT TO BODY AND HEAD</b>	Today there is a wide variety of safety equipment on the market so pad yourself up well and begin one to one pre-arranged sparring and limit the amount of contact before moving on to medium contact. Eventually move on to head contact. This guide should take six to eight months to become fully familiar. It should form part of the syllabus.

That is why verbal and visual communication must be clear to all students who wish to partake in sparring.

Remember, before sparring you should have good health habits, proper nutrition and adequate rest, before moving on to build up your aerobic fitness. Practice distance drills, hitting big then smaller targets. Learn how to absorb impact, holding the airshield and focus mitts properly. After six to eight months you should begin sparring. I strongly recommend this approach if you're new to martial arts. When your ground-work and conditioning are in place then begin sparring.

### Sparring Rules:

The following rules and guidelines are posted in my school.

of partner work, turning to face someone may not be a favourite part of their lesson.

Encouragement may not be high on the agenda of their peers or even their instructors, who may have forgotten what it is like to be a beginner and make mistakes. Socially newcomers may have to contend with jibes from their friends, even family. Many martial artists share their dojo or dojang with indoor games like soccer or basketball, enduring standard wind ups like 'Hiyyaaa!', 'Watch out here comes Jean Claude Van Damme', or 'Hello, Bruce'.



Some male students may feel pressured by the rituals of sparring by their well meaning male training partners.

sparring too much too soon, perhaps in a rush to get to the coveted black belt. Three to five years is ample time to get to a good enough standard to become a black belt. The following list shows the physical and mental characteristics needed for sparring.

### Physical Characteristics

Good health.  
Strength/Flexibility.  
Endurance/Stamina.  
Learning/Understanding distance.  
Controlling level of contact.  
Basic distance and timing.

### Mental Characteristics

Proper focused learning attitude.  
Safe training conditions.  
Trusting partners/coach.  
Positive, encouraging environment.  
Habitual, conditioned regular training.  
Even balance of discipline and enjoyment.  
Every novice must be carefully educated on the above to facilitate a progression to safe and enjoyable sparring. Sparring guidelines and a clear set of rules must be communicated to sparring students in the shape of leaflets, by verbal communication and by any visual method possible. Clear expectations are the key.



#### SPARRING RULES

- Headgear, Handwraps, Footpads, Groinshield (if groin guards/pads only) must be worn.
- Always follow your instructor at any time you are in class.
- Sparring is forbidden unless a qualified instructor is present.
- Sparring equipment is for safety, not for competition.
- Exercise extra control if you weigh more than your opponent.
- Only yellow belts and above are allowed to spar.
- Before your opponent publicly if they are today, please focus. If this fails, inform your instructor.
- Yellow cards may be given out for excessive control and an uncontrolled -10 result with no sparring for the remainder.

Sparring guidelines must be clearly communicated for safety and enjoyment.

Please feel free to use them if they make your sparring more enjoyable.

1. Full and proper safety equipment must be used. (Head guards, hand and foot protection, gum shields, shin pads and so on.) Bag gloves are not to be used for sparring.
2. Inform your instructor if you have any current injury.
3. Under no circumstances is sparring allowed unless a qualified instructor is present.
4. Exercise extra control if you weigh more than your opponent.
5. No sparring is allowed in the first six months of training.
6. Learn how to hold the focus mitts and





airshields properly.

## Sparring Guidelines:

Before any involvement in sparring all students must fill out a health declaration and mitigate all their injuries.

All students must learn how to correctly hold the air shields.

Strictly no sparring in the first six months of training.

Frank Murphy's Black Belt Schools do not encourage full contact sparring. Sparring equipment is for touch contact only, not a license to use full force. We use semi contact at our school and with our guidelines injuries may still occur.

Please read and comply with the sparring rules that are clearly posted in the school. If the instructor finds that you are sparring too heavy against lighter,

weaker and less experienced opponents you may receive a yellow card which means missing sparring during the lessons.

Post the sparring stepping skills for your students to see the development and six months plan.

A new student may have had to deal with a real life-threatening situation.

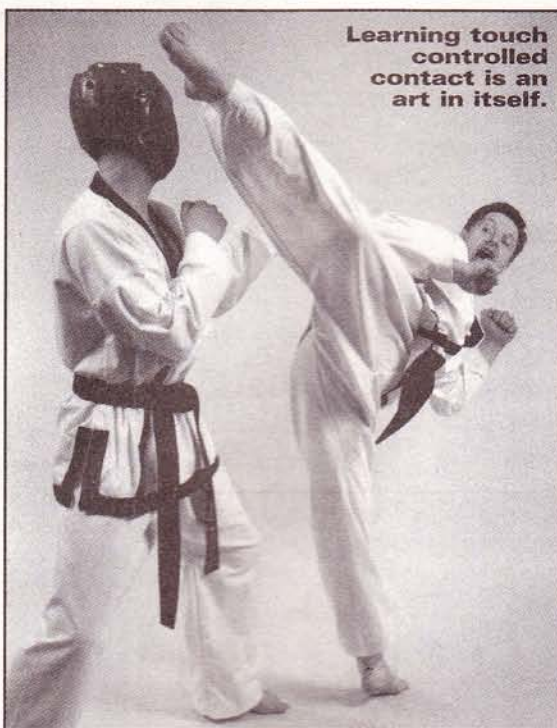
Facing someone in a martial arts class may cause flashbacks. Confidence

needs careful nurturing here. Even the ritual of putting on the sparring gear can be upsetting for an individual who is passive by nature. From a male standpoint, we are taught from the cradle to be strong, brave, gutsy, and fighting is part of growing up. Some males will not admit that these hidden fears are a cause for concern. So what happens, they simply quit, blaming their work or some other reason rather than be forced into a sparring drill too soon in their learning curve.

To recap on this month's article, get yourself in a reasonably fit state first before you even begin sparring. Learn the basic distances for your hands, then your legs. Big targets first, smaller targets second. Have no shame in admitting that you are afraid sometimes when faced with an intimidating opponent. Sharing fear is better than keeping it locked up. Put safety first and not only will you avoid injury but you will have fun during sparring.

**Frank and Catarina Murphy can be contacted on 01474 326967 or email: [mbs.blackbelt@virgin.net](mailto:mbs.blackbelt@virgin.net)**

**They will be appearing in the Clash on November 11th. Hope to see you there.**



# V1 Getting Started & V2 Early Patterns

Tae Kwon-Do Students and Instructors:

Are you learning or teaching the Chon-Ji, Dan-Gun and all the way up to Choong-Moo Patterns?

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**"Frank Murphy's 'Early Patterns' sets a new standard in Martial Arts video instruction and is without doubt the best video I've seen since the 'Star Wars' trilogy." - Bob Sykes**

