

# HSFA Insider

Houston's Martial Arts News Source

## Every Issue is Filled With

- Martial Arts Insights
- Editorials & Personal Perspectives
- Training Tips
- Instructor Spotlight
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## Volume 2, Issue 1

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## Rejuvenating the Spirit

Everyone has their own reasons for teaching martial arts. Sharing what I have learned from my teachers and training partners comes with a responsibility. It comes with certain expectations. Recently, I reflected on why I share martial arts and why I teach martial arts. From this reflection, I came to the realization that the reasons I teach martial arts are the same reasons I train in them, as well.

It's odd, but once I came to this realization, I could expand my training greater than I ever imagined. The way I looked at my entire life changed. My personal, professional, and martial arts lives seemed to merge and become one on the same plain. It can be difficult to express fully one's feelings about the martial arts. It can be difficult to verbalize or write them down into words. With help from my friend and training partner, Kai Lewis, I have learned to open my mind to the spiritual aspects of martial arts. The following three reasons why I teach are the pillars of how my school is run. They are what drive me and the other instructors of Houston Martial Arts Academy.

These three reasons are simple in concept—self defense, self discovery, and self confidence. Each of these mean different things to different people. This is what I have come to believe.

Self Defense has three aspects to it—mental, verbal, and physical. Each having its own place and time as to when to be utilized. Mental self-defense is the ability to get into the proper mindset for executing a physical self-defense technique. Verbal Self Defense is defined as using one's words to prevent, de-escalate, or end an attempted assault. Physical self defense is the use of physical force to counter an immediate threat of violence. Such force can be either armed or unarmed.

Self discovery is the act or process of gaining knowledge or understanding of your abilities, character, and feelings. Through concentration exercises and free flowing drills, it allows the practitioner to learn to adapt under stress and discover spontaneous responses that otherwise would be overlooked. This combined with set patterns of movements and striking creates a balanced atmosphere to learn and integrate intuition with

willpower through intent.

Self confidence is a feeling of trust in one's abilities, qualities, and judgment. Confidence comes in many forms and can be translated into life's everyday necessities. We help build the practitioner's confidence levels by simple direct progressive drills that teach competency and focus in a fun environment. Multiple partner exercises start off with compliant partners to gradual resistance and then to free form sparring so the practitioner can assess their own development and review where they would like to go.

By realizing my motivations for teaching and embracing it, I have moved forward as a martial arts practitioner and teacher. Relearning why I love the martial arts has helped me become refocused, rededicated in all aspects of life. This is because I have learned that the arts encompass everything around me. The lessons I learn from martial arts and those I surround myself within this community continue to help me grow on this lifelong journey.

— Jason Evans,  
Houston Martial Arts Academy

### School Spotlight — Houston Martial Arts Academy

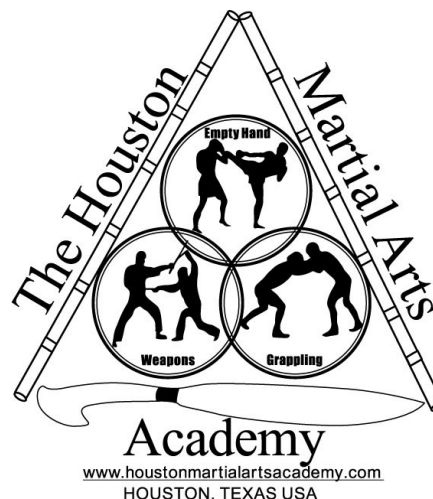
“The Houston Martial Arts Academy (HMAA) specializes in real world self-defense training. We are dedicated to developing our members' confidence and ability to defend any type of attack at any range. We also make sure to have fun while we are training so that we enjoy practicing the techniques, drills and concepts from the martial arts we study.” – Mission Statement

They offer classes in Filipino Martial Arts (Giron Arnis Escrima & Galleon Clan Escrima), Indonesian Silat (Pencak Silat Panglipur), Tai Chi Chuan, and Chung Do Kwon Tae Kwon Do.

The three Instructors of HMAA, Guro Joseph Galleon, Sifu Kai Lewis, and Jason Evans have over 90 years combined experience in martial arts.

Located inside Expansion Wellness Center in the Montrose District of Houston, their classes are every Sunday, Wednesday, and Saturday evening.

For more information visit [houstonmartialartsacademy.com](http://houstonmartialartsacademy.com) or stop by at 3803 Bute St. Unit 6, Houston, TX 77006



### To defend or not to defend: a yogic view on energy self-defense and beyond

“Self-defense” is the word(s) I have been hearing a lot lately. It is a vague but a powerful concept in criminal law; it is a popular excuse even among children if you listen to how they justify some of their actions and to me, it has become prominent energy-wise due to healing work I’ve been doing and just natural curiosity.

This would be a great topic for a verbal discussion, but for now, let me ask you rhetorical questions and maybe one day we will discuss it in person.

We know that energy is a primal driving force of everything and it is especially evident in martial arts and healing modalities. That raises questions as to how to use it “correctly” and how to no overuse it when dealing with other people’s energies. I’d use a term justified by the history – “noli nocere” (“do not harm”), Hypocrite’s motto for any medical act. But if we dig deeper, what exactly would be to do harm and thus, to exceed the limits of self-defense, and what would be within the limits of our clear path of no karma? An an-

swer could be: “it feels right” or “I feel not myself if I do that”. Well, when was the last time any growth happened in a comfort zone?

The answer I could offer is to be in alignment with your intention. Your intention should be the beginning of the practice and the end. And no matter where you go with it, it will automatically align everything else and even bring help. How do you know your intention? You learn to listen: first – to your body, second – to your thoughts and waves and third: to the flow of your psyche. It is achievable and trustworthy experience if you keep practicing and verifying and then essentially you just trust.

So, what is self-defense for me? It’s an action, which you would share with your children as an example.

— Nata Meyer, Owner, Expansion Wellness Center

***“Your intention should be the beginning of the practice and the end.”***

***“You need to check that the reasons why the people are training there are aligned with yours.”***

## Why Do You Train?

When you have been training long enough, people that are looking to start training in Martial Arts often ask you for advice/recommendations about a style or school to get started in their training. My answer has gone always in the same line—the first thing that you need to find out is which commitment are you willing to make and for how long you will be able to hold it; the place of you choosing should make it “easy” for you in the sense of having a schedule that works for you and not far from where you live or work, just to make sure that you will be able to keep your commitment and train regularly. Of course, the quality of the instruction needs to be good or at least good enough for your level of experience. When you can’t barely coordinate your arms and legs you don’t need the top instructor in the world to teach you the basics...

Usually, on that search, people look at the schools available and the instructors teaching there in order to make their choice, but something that most times is overlooked is the group of people

training there; your future training partners. At this point is where the question, “Why do you train?” matters and is key for your future as a martial artist. You need to check that the reasons why the people are training there are aligned with yours. If not, joining the school will be a waste of your time and that is something that you will realize sooner or later.

In order to understand the reasons why people are doing what they are doing, training in this case, you need to ask yourself first, “Why do you want to train?” and analyze it carefully so you can make a better informed decision. Assuming that most people start their training in martial arts looking for “self defense” (that was the reason to start my journey in martial arts), we may conclude that only a few are really training for that purpose after a thorough review.

When you think about **“self defense”** does it include more people or just yourself? Maybe you never thought about that before, but in most of the scenar-

ios/situations that you can think of, you will always be with other people, family, friends, coworkers... Does it include weapons or just empty hand techniques? Don’t get me wrong, you need the empty hand skills but without “force multipliers” (weapons) training, most of your skills may become useless under many scenarios/situations... Does it include medical management? (How to treat yourself and help others)... Does the training include outdoor sessions (in a parking lot, park...) or you always train barefoot in clean mats?... and the list keeps going. As you can see there are many aspects that usually are left out in many “self defense” schools or systems and it is something that you should think about beforehand if you want to find yourself prepared when the situation requires it.

- Juan Babiloni,  
Westchase Warriors

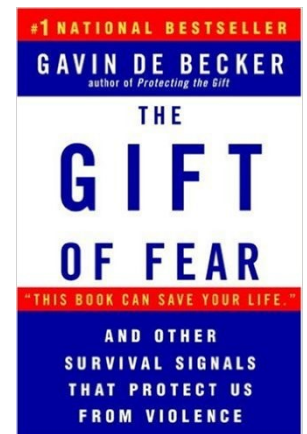
## Recommended Reading — The Gift of Fear, Gavin de Becker

TRUE FEAR IS A GIFT. UNWARRANTED FEAR IS A CURSE, LEARN HOW TO TELL THE DIFFERENCE.

A date won’t take “no” for an answer. The new nanny gives a mother an uneasy feeling. A stranger in a deserted parking lot offers unsolicited help. The threat of violence surrounds us every day, but we can protect ourselves, by learning to trust—and act on—our gut instincts.

In this empowering book, Gavin de Becker, the man Oprah Winfrey calls the nation’s leading expert on violent behavior, shows you how to spot even subtle signs of danger-before it’s too late. Shattering the myth that most violent acts are unpredictable, de Becker, whose clients include top Hollywood stars and government agencies, offers specific ways to protect yourself and those you love, including... how to act when approached by a stranger... when you should fear

someone close to you... what to do if you are being stalked... how to uncover the source of anonymous threats or phone calls... the biggest mistake you can make with a threatening person... and more. Learn to spot the danger signals others miss. It might just save your life.



## Who Do You Train For?

At some point while training you may start to ask yourself “Who’s going to be on the receiving end of this technique anyway?” It could be a simple punch or it could be a flying scissor kick; either way you need to be aware of whom it is that you’re training to use your techniques on. There are far too many different types of opponents that you could encounter in the world for us to list them all, so here we’ll just look at the most common types and the general techniques used to counter them.

The most likely problem starter out there is the Random Tough Guy (Rando for short). Rando may or may not actually be a tough guy, but that won’t stop him from trying to knock your head off with his sloppy haymaker punches and UFC “inspired” grappling. Rando will likely be drunk and will also likely gas out after about thirty seconds. Early training should focus on countering sloppy punches and desperate take downs. A student with a year of solid striking and grappling training should be able to handle themselves one on one with these guys.

A step up from the Random Tough Guy is the Career criminal. The career criminal is

often much more dangerous than a regular angry civilian. They often have a long history of violence and are willing to resort to it for the slightest provocation. Many long time criminals have been to prison (A.K.A “gladiator school”) and will resort to using deadly weapons much sooner than an average person. Training in knife defense/offense, gun defense/offense, and improvised weapons will be vital for surviving these encounters. The closer your technique drills are to reality, the higher your odds of surviving and never forget the running might be the best option. Always keep in mind that the career criminal is never looking for a fair fight and neither should you.

Lastly, we have the other martial artists and highly trained people. The days of death matches and no rules challenges for martial supremacy may be mostly behind us but there is still plenty of opportunity for martial conflict. Most arts have at least some form of competition for its practitioners to test their skills in. These competitions have rules and these rules can be gamed by the competitor for their advantage in the match but to their detriment out in the world. Some techniques exist for the sole purpose of winning

medals and not for winning true life and death struggles (modern fencing comes to mind). It is the responsibility of the instructors and the students to know when to deploy these techniques and when to avoid them. Many arts also still carry techniques that were used to counter weapons and situations rarely seen in today’s world. A good example might be that flying scissor kick I mentioned earlier. It may have been developed five hundred years ago or so to knock soldiers off of horse back and is unlikely to be of much value in a modern combat scenario.

There are a lot of variables in training and in combat that can go wrong so don’t let neglecting your techniques true purpose be one of them. A great first step is researching the history of your art or arts and asking a lot of questions of your instructors. You can also do a lot of research on the internet on violent encounters and what kinds of techniques do and do not work in these situations. Hopefully you don’t let your hunger for medals and acclaim rob you of your common sense out in the world and you keep in mind who it is you’re really training for.

— Billy Atwood, Instructor,  
Davis Martial Arts

***“It is the responsibility of the student to know when to deploy these techniques and when to avoid them.”***

## Hipcore’s Fitness Corner—Crawls

When I first came across the concept of crawling I laughed. How would me regressing into the locomotion of a baby make me a better athlete? So I did alot of research into the movement. The more I studied the more I saw the truth of the matter. Crawling is as functional as a movement can get. It is extremely core based but the whole body moves as a complete unit. And what it does to the nervous system is phenome-

nal. All types of crawling will reset the nervous system to the original blueprint. However crawling is also one other thing **HARD!** I could only crawl maybe 10 feet at first before the burn set in. Shoulders, back, hips, abs will absorb the stress as you crawl. With constant training crawling will make you superhuman strong. It did for me!

- Doug “Hipcore” Hardeman,  
Owner, Hipcore Fitness

## Instructor Spotlight — Jason Evans, Houston Martial Arts Academy

### How did you get started in martial arts (what drew you to it)?

I've been a fan of martial arts since I was a little kid. Movies, TV shows, and cartoons were my introduction to them. It wasn't until I was 24 before I finally tried a class, (thanks to the encouragement of my wife). It took just that one class for me to be hooked. I have been an avid martial artist ever since.

### How long have you been training in martial arts?

I've been training for 11 years and teaching for over 5 years. I started in MMA based self defense training with Johnathan Bolton and Giron Arnis Escrima with Guro Joe Galleon in 2006. Then I expanded my training to include Chung Do Kwon TKD and Galleon Clan Escrima.

### How many arts do you train in & have rankings in and what are they?

I train in three arts. Giron Arnis Escrima (Graduate), Galleon Clan Escrima (Apprentice), Chung Do Kwon TKD (1st Dan)

### Why do you enjoy sharing and teaching martial arts?

I get a pure joy and excitement sharing martial arts and helping others discover what's inside them and assisting them in bringing their potential out. Also, teaching others the ability to defend themselves and/or their loved ones if the need ever arises is something that means so much to me. It's a tremendous responsibility that I do not take lightly.

dous responsibility that I do not take lightly.

### What is it you hope students get out of training with you?

I want my students to build self-confidence and skills necessary for effective self-defense. I want them to enjoy the journey they embark on to learn martial arts and discover how it affects every aspect of their lives.

### What motivates you to continue sharing the arts?

Teaching martial arts is not a right, it's a privilege to me. I recognize that every day and am thankful to be able to share what I love with so many people. That being said, my motivation is to continue the teachings and philosophies that my teachers have passed down to me, in combination with my personal philosophy I have developed along my journey.

The impact and positivity that martial arts has had on me is something I want to share.

### What do you feel is the key to being successful in martial arts & teaching martial arts?

Knowing what you're teaching and knowing how to transfer that knowledge to others where they will understand it, is very important in teaching. To me, being successful in martial arts is understanding that it is a life long journey with peaks and valleys. Don't give up. Don't let setbacks get to you. Keep moving forward, while remembering what came before will go a long way helping with this journey.

## Past Events



HSFA held their 1st Quarter Gathering for 2017 at Ground Dwellers BJJ on March 18th. Over 20 Participants had over 28 matches. All videos of the matches can be found at YouTube Channel JasonREvans



Feb. 18-19th Westchase Warriors had a Warriors Eskrima Seminar featuring Global Chief Instructor Krishna Godhania. It was held at Ground Dwellers BJJ in Spring, TX



Sayoc Seminar featuring Tuhon Harley Elmore. Ground Dwellers BJJ in Spring, TX. January 7th.



Houston Tai Chi Push Hands held their second Push Hands meet up on March 12th at Expansion Wellness Center.



## Levels of Self Defense

Self-defense is not just limited to combat techniques applied after the assault has begun. There are 3 levels of self-defense technique; mental, verbal and physical. Each of these is applied as the situation escalates without disengaging the previous levels.

Mental self-defense technique consists of common sense, awareness and confidence. These are interdependent and all applied together. Avoid dangerous places, situations and people. Don't walk alone or park in dark isolated locations; don't associate with criminals, people who abuse drugs and alcohol, and anyone who gives you the creeps. Be aware, raise your mental radar; make sure you can see everything in your general vicinity and watch to see who and what is around you. If something or someone make you uncomfortable leave and/or avoid it even if you have to go out of your way. Be confident, don't act like a victim; walk with your head up and make sure people see that you see them. Know that it only takes a few simple techniques practiced regularly to give the advantage in a self-defense situation.

Verbal self-defense begins after someone has gotten past your mental radar. Use your voice to

try to de-escalate the situation. But this will require that your mental self-defense techniques are operating at peak capacity. Demonstrate confidence, and an attacker is not interested in being hurt. Be aware of the verbal and other signals the attacker is sending. Talk calmly or yell; only you can determine the appropriate verbal technique. You must also be aware of every move the attacker is making your, distance and angle you from them and your advantages and disadvantages and be ready to act.

Finally physical combat techniques must be applied if all the other levels of self-defense have fail to stop the attacker. However, the mental and verbal levels of self-defense must not be disengaged. Remember the attacker's intention and modus operandi are not predictable. You must be flexible; be ready to go directly from mental to physical self-defense swiftly in order to keep your advantage against the attacker. As long as your mental radar is engaged the attacker can't steal the advantage by surprising you. You continuously must be aware of your surroundings as well as your situation and the attacker's position, condition and attitude. Use your voice to try to get help and scare the attacker away. Use your com-

bat techniques to neutralize the attacker's ability to harm you and to get away as quickly as possible.

Self-defense is a legitimate use of your martial arts skills; needlessly harming other people is not. We must be aware of our intention to be sure that we are truly defending ourselves and not fighting or attacking another person because we are angry or frightened. If you must defend yourself, get out of harm's way as quickly as possible and above all put your well-being and safety first. I pray that you never have to use the information in this article.

If you know yourself and know your enemy you will never lose in a hundred battles. . . The Art of War

- Sifu Dug Corpolongo,  
Lotus Dragon Tai Chi

***"Self defense is a legitimate use of your martial arts skill; needlessly harming other people is not."***

## Upcoming Events



Houston Martial Arts Academy will be hosting it's second Introduction to Pencak Silat Panglipur workshop featuring Kang Kai Lewis on April 9th from 12-2 pm at Expansion Wellness Center.



Houston Stick Fighting Association will be holding it's 2nd Quarterly Gathering for 2017 on June 17th from 12-2 pm at Davis Martial Arts located in Humble, TX

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REGISTRATION FEE INFORMATION			
Category	Registration Fee	Entry Fee	Total
Adult Male	\$10	\$10	\$20
Adult Female	\$10	\$10	\$20
Junior Male	\$10	\$10	\$20
Junior Female	\$10	\$10	\$20
Children (Under 12)	\$5	\$5	\$10
Referee	\$10	\$10	\$20
Official	\$10	\$10	\$20
(Please check payment to Davis Martial Arts) TOTAL REGISTRATION FEE:			

## Linear Or Spherical

Martial art systems are normally referred to as either linear or spherical systems. Hard or soft systems. Shoto Kan, Seito Ryu, Tae Kwon Do and Boxing are basically medium range hard or linear systems. Meaning that things move in straight lines. The shortest path between point A and point B is a straight line, so they use it. Although there are some circular techniques, the foundation is hard, straight lines.

The Kung Fu systems on the other hand, Praying Mantis, the 5 Animal Styles, Tai Chi, and even Judo and Ju Jitsu, are normally soft, spherical systems, using large or small circles as their base. Again, as with the hard systems, there are straight line techniques in the styles also, but you see much more fluidity as they practice.

We do a lot of close quarter battles in our classes, and a couple of the systems I teach are Wing Chun and Silat. I've always thought of them as the Karate and Kung Fu systems of in-fighting. Wing Chun, although there are spherical movements, is very hard and straight to the point, where the hand movements of Silat are very undulating. Each has its place in combat, just as Kali, Muay Thai, Karate, Kung Fu, Tae Kwon Do, and Jiu

Jitsu have their places. Each focus on a range of combat that is very important to a fighter. I believe though, that the close quarter battle range, sometimes called a trapping or clinching range, is probably the most under worked range in most martial artist's arsenal.

Have you ever stood next to someone who was a "close talker?" Instead of 4 or 5 feet away, they talk to you at maybe 3 feet away. The first thing you want to do is take a step back, because they're in your "bubble." You want a little distance between you because it feels weird. Many people from the middle East are close talkers and it can make the hair on the back of your neck stand up.

It's important to feel comfortable at this range though. It's the range where all systems come together. If you're working with a weapon, the best range for you to be at is someplace between 8 and 10 feet away. You really need some room to best put your staff, sword or nunchuck's to use. If you're in a leg range, you really can't punch too well. If you're in a hand range, knees, elbows and head butts aren't open to you. If you're on the ground grappling, your footwork for kicks is pretty much gone. Can you throw in a

technique from the other ranges now and then? Sure, but most don't do it that often.

The CQB range on the other hand, is where all those systems come together. You can kick, probably not to the head, but almost anywhere else. You can certainly punch. Knees, elbows, head butts, joint locks, throws, close ranged weapons such as short sticks and knives, can all be pulled out of your sleeve and put to use.

My suggestion to every martial artist is to get to know this range. If there's someone "close talking" to you, feel comfortable. If something happens while they're in your space, there are techniques designed for a nose to nose confrontation. If you're up against a knife, there are dozens of close range footwork patterns that will help you survive long enough to take stock of what's happening and put your CQB techniques to work.

A good Wing Chun instructor and a good Kali/Silat instructor are a must for any serious combat specialist.

- Curt Doyle, Owner, NASDI

***"Each focus on a range of combat that is very important to a fighter."***

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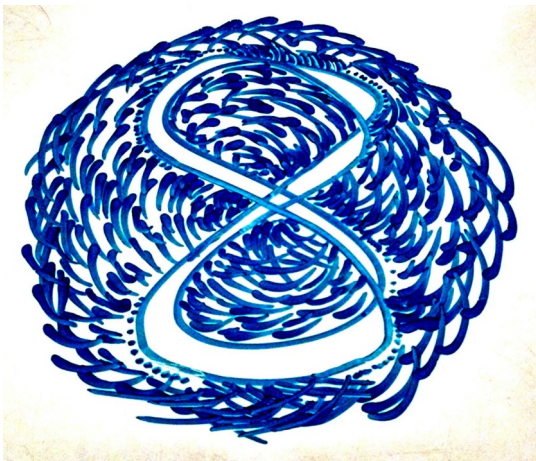


[htownstickfights](https://www.instagram.com/htownstickfights)



[JasonREvans](https://www.youtube.com/user/JasonREvans)

*The Houston Stick Fighting Association ("HSFA") founded in 2006 is an association for like-minded martial artists that engage in simulated combat to test and improve their skills in the blade-based and stick-based fighting arts. Membership in HSFA is open to martial artists of all styles, all systems, of all ages, from beginner to advanced levels. Members of the HSFA are striving to develop and improve their skills through simulated combat to see what works and what does not with a resisting opponent. Along the way, we build friendships and camaraderie with our sparring partners and share our respective arts with each other.*



Graphic by Daniel Arola

### Schools - Associated with Houston Stick Fighting Association

Houston Martial Arts Academy

Ground Dwellers BJJ

DAMAG-INC Kali Combatives

Combat Nation

Texas Jeet Kun Do

Southeast Texas Escrimadors

Westchase Warriors GB Westchase

TX 3rd Coast MMA

North American Self Defense Institute

SwordtoSword