

HSFA Insider

Houston's Martial Arts News Source

Spring 2016



Volume 1, Issue 1

Every Issue is Filled With

- Weapons Based Martial Arts
- Editorials & Personal Perspectives
- Training Tips
- Instructor Spotlight
- School Spotlight
- Events

Hello Houston's Martial Arts Community

In 2006 Johnathan Bolton and Joseph Galleon created an organization to bring together the weapons based martial artists from around the Houston area to participate in simulated combat matches. They named the organization The Houston Stick Fighting Association (HSFA). The HSFA held its first quarterly gathering in November of 2006. A gathering is an event where martial artists from any weapons based martial arts are welcome to participate in matches in order to improve their martial arts skills. It is also an opportunity to get to know other martial artists and share ideas and philosophies.

In 2011, Jason Evans was put in charge of the HSFA by Johnathan Bolton and Joseph Galleon to keep it moving forward and help it grow. Over its

lifetime, it has grown to include participants from not only Houston, but also Dallas, Beaumont, San Marcos, and Austin. With all of the growth and involvement from several of the various martial arts groups throughout the Houston and surrounding areas, we wanted to find a way to help bring the martial arts community closer together through more than only our gatherings.

This year will mark the 10th anniversary of the HSFA. To continue in the spirit of why it was created and why so many participants keep coming back gathering after gathering we have decided to start a quarterly newsletter. This newsletter is designed with the goal of giving insight to the various martial arts from different perspectives: beginners to

advanced students, teachers, and editorials to aide in the sharing of philosophies, ideas, and experiences. All articles, personal perspectives, charts, or reviews within the newsletter are written by martial artists in the Houston area for martial artists in the Houston area.

We hope to help bring together the Houston Martial Arts Community by including non-weapons based martial arts as well. It is our goal with this newsletter to inform and engage the martial arts community in Houston to grow the already incredible relationships that exist and create new ones along the way. Anyone is welcome to submit an article for consideration of being published within the HSFA Insider.

- Jason Evans

ing and help grow your personal interpretation of what you train. And, as always, practice is what makes everyone better.

Make it a habit to work through those "building blocks" at least once a day and go slow, there's no need to rush through them.

- Jason Evans

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The Building Blocks of a Martial Art

Every art, system, and style has basics. They all have fundamental "building blocks" to them. So many get caught up in the flash of advanced techniques that we forget what makes them possible.

It can seem redundant and sometimes boring to go through those warm ups or basic striking patterns and

blocks every single class, but they are what make everything else possible. These "building blocks" incorporate footwork, timing, body positioning; everything needed to become proficient in that respective art, system, or style.

Realizing that these are what everything else is built on will give you a better understand-

School Spotlight—Bahala Na Houston

Bahala Na Houston is comprised of two schools that teach Giron Arnis Escrima throughout the greater Houston area. There is Houston Martial Arts Academy, which Joe Galleon (Graduate & Guro Candidate) and Jason Evans (Graduate) teaches in the downtown Houston area as well as Baytown, and there is Ground Dwellers BJJ in Spring, TX which Guro Rick Stalons teaches out of.

All three of these men are official affiliates of Bahala Na Martial Arts Association that are authorized to share the art of Giron

Arnis Escrima. Together they do their part in spreading the teachings of GME Leo Giron and GM Tony Somera through classes, workshops, seminars, and demonstrations.

Giron Arnis Escrima and Bahala Na Martial Arts Association were created by GME Leo Giron based on his extensive training by his five instructors and his combat experience during WWII in the jungles of the Philippines. It is a combat proven art that is known worldwide. GME Leo Giron is also known as the Father of Lar-ga Mano in America, the signa-

ture style of Giron Arnis Escrima.

Guro Rick Stalons can be reached for classes by visiting www.grounddwellers.com.

Joe Galleon and Jason Evans can be reached for classes by visiting www.houstonmartialartsacademy.com

- Jason Evans



**HOUSTON, TX
EST. 2007**

Bahala Na Houston

“But, when I was introduced to the art of Kali something inside clicked.”

Kali As A Way of Living

I first undertook the study of Kali several years ago. I was working at the time in a world where everyone used everyone to obtain money, power, sex, drugs etc. As a result of embracing this vampire like culture, I became scattered and unfocused, living to meet the next exciting drama. While I had studied Tai Chi/Qiqong over the years, my practice was just as unfocused as my lifestyle. But, when I was introduced to the art

of Kali, something inside clicked. The study of angles and footwork along with weapons and how to apply them in real time, brought focus and direction to my mind. As a result I had re-awakened my love of meditation and I drastically changed my workout/training style. I became more pointed in wanting to grow in every way. As time passed and my understanding of Kali grew from training to application, I real-

ized my thoughts took on what I call a Kali mentality. Experiences in life became like a fight. I used many angles (perspectives) and weapons (focused thought) as well as footwork (movement) to navigate reality. How did this happen? Practice of course, lol. And like all things in life the evolution continues.....

- Hipcore, Hipcore Fitness

Why I Fight At the Gatherings

I've been fighting all my life. My brothers, my friends, my childhood bullies. And, my interest in martial arts has gone back just as far. I've won a few; lost a few. But, when my friends introduced me to “The Gathering”, a group of men willing to beat and pound on each other in the name of sharpening their martial skills towards actual combat, I was terrified beyond all reasonable fear! *Hit ME with a stick? Oh, and swords and knives too?*

“That's Awesome, man! I can't wait to get in there!” is how my gnawing fear expressed itself in words. I had only in recent years began training in actual dojos.

As, I walked through the park towards the group, I could feel the sweat gathering under my shirt, the fear hormones pumping through my veins. “Let's go.” I tried to rally my courage; the self-talk sounding like the kind of thing your mother would tell you to encourage you to do something that you had already decided you couldn't do. It sounded false. My ego was kicking in. “You are gonna get your arse handed to you today, buddy!”

I knew that the only way I was going to shut that programmed fear up was to do the thing I feared: so I volunteered to fight

as soon as the event was underway! It was the greatest moment I had experienced in a long time. The ego took a backseat when I felt the first glorious impact of rattan on unpadded muscle! In place of anxiety and fear, there stood laughter and joy! The joy of two warriors exchanging time tested technique, and sometimes, lack of any technique whatsoever, in the interest of furthering the knowledge and pursuit of mastery of hundreds of years Martial Science! Oh, I did indeed get my “arse” handed to me. I wouldn't go back and change that if I had a Time Machine.

- Clayton Brown



Meditation, Mindfulness, and Martial Arts

There has been a long tradition in martial art systems to include meditation and mindfulness practices. The benefits gained from a quiet practice extend far beyond the time limit of each session. The idea behind balancing your martial skills with mindfulness habits, like mindful breathing, is to have the ability to have both in the "on/off" mode at will. No matter what type of meditation practice you cultivate, whether it is seated or standing, whether it is single pointed concentration or a soft awareness of sensations and feelings, the ef-

fects are great.

Mindful breathing is the unifying factor that creates a bridge for all martial practices. How many times during practice have you run out of breath because you were excited or scared? With a long, slow and calm breath one is able to function more efficiently and remain in a stable state. Allow the breath, and not your emotions, to guide your movements as you develop your martial abilities.

-Kai Lewis

Technique and Training

Back in 1998, I was working as a bouncer in San Jose, California. One night, a drunken homeless man approached me on the street outside my club and threw a wild haymaker at me, literally out of nowhere. Without pause, I passed the incoming hook with a hubud and found myself standing behind my bewildered attacker. It was, if I say so myself, a beautifully executed technique.

This is not to say that it was the skillful reaction of a veteran practitioner, or even that I had any idea what I was doing: the skill lay in the technique, and in the art that fostered and drilled that technique. My sole contribution to the exercise had been

in spending hour after hour running that movement with my teachers and training partners in serrada escrima. I ran it until I could do it on autopilot, until it would come to hand unsought, unthinking.

Most people – non-martial artists and even some martial artists – think of training as the process of learning a series of tricks and traps that they can deploy at will against an opponent. This is uninformed at best, self-delusory at worst. One does not improve merely by learning a new kata, a new trick, a new stratagem. Frankly, in an attack situation you just don't have the time to sort through a few dozen

techniques. Instead, one gets better by training, every day, in an art with solid fundamentals.

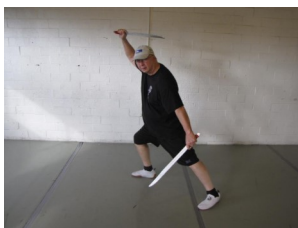
Lest I unintentionally make myself the hero of the above story, an epilogue: although I had trained hubud to reflex, I had not consistently trained a follow-up. I settled for a rather awkward takedown. Eventually, my attacker got up and dusted himself off, muttering drunkenly as he shambled away.

Technique was the hero, I was just along for the ride.

- John Lewis

“Instead, one gets better by training, every day, in an art with solid fundamentals.”

Manong Joe Galleon



Instructor Spotlight

Joe Galleon has been training in martial arts since he was 6 years old. His father told him he needed to learn how to fight after coming home from school having been beaten up by a group of boys. He began training with his father in Galleon Clan Escrima and has been training ever since.

He has an extensive background in several arts. He is a 2nd Dan in Shotokan Karate, a 3rd Dan in Chung Do Kwon TKD, a graduate/apprentice instructor in

Giron Anis Escrima, and a Guro in Galleon Clan Escrima.

He says he enjoys teaching martial arts because he loves to see students learn and progress from beginner to advance level of proficiency and confidence in martial arts. He hopes that students learn about themselves and how they can overcome difficulties and high levels of stress in his classes.

His motivation to continue to

share martial arts is the code of ethics and honor of a warrior to protect, serve, and maintain peace. He believes that the key to being successful in martial arts is to humble yourself and to always keep a “white belt” mentality as a student to keep yourself open to learn new things.

Joe is 74 years old and continues to share his knowledge and training with his students at Houston Martial Arts Academy.

- Jason Evans

“we stick with our plans longer if we enjoy them and make them habitual.”

Practice is Better Than Art

"So use all your senses and pay close attention to the art and practice it more for fun and play so it will be ready for you faster for fencing seriously. That is because practice is better than art, your practice may very well be useful without art, but your art is useless without practice."

-Manuscript 3227a, circa 1389 (commonly attributed to Hans Döbringer)

This quote from one of the treatises

on European fighting systems shows a strong belief in practical applications in training, even as you keep the training enjoyable. If that sounds a lot like holistic advice about incorporating sustainable lifestyle changes into your daily routine, then no wonder -- we stick with our plans longer if we enjoy them and make them habitual.

In this case, Döbringer was writing about an integrated, full-

spectrum 14th century fighting system that covered wrestling, striking, dagger, longsword in two hands, and other weapons. People today often seek to artificially categorize and classify the fighting arts or their techniques. However, we should pause to reflect on Döbringer's advice from a more pragmatic age, where violence with edged or blunt weapons was a higher likelihood lifetime experience than most of us expect today.

- Dakoa Do, Sword2Sowrd

Past Events



SEAMOK seminar was held at Ground Dwellers BJJ in Spring, TX on March 5-6. SEAMOK founder Mike Blackgrave went over many of the building blocks to his system. Movement and centerline striking were recurring themes throughout the weekend.



HSFA's first quarterly gathering was held on February 27th at Ground Dwellers BJJ in Spring, TX. It was filled with great matches as well as some learning experiences for some first timers.

Upcoming Events

HSFA's 2nd Quarter gathering for 2016 will be on June 4th from 12-2 pm at Gracie Barra Westchase. Located at 9099 Westheimer Rd. Houston, TX 77063

Warriors Eskrima Knife Workshop May 14 9 am—12 pm located at Fight Back Fit 3622 Golf Drive, Houston, TX 77018. Cost: \$30

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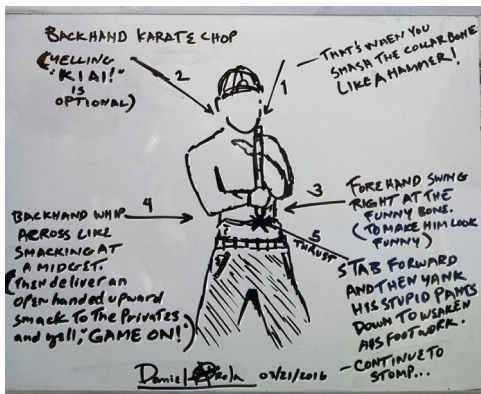
www.houstonstickfighting.org

info@houstonstickfighting.org

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.

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
- Sword 2 Sword
- Davis Martial Arts



Graphic by Daniel Arola, DAMAG-INC