

HSFA Insider

Texas' Martial Arts News Source



Volume 3, Issue 4

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2019 Goals and Aspirations

As I reflect on 2018, I see all the people who have helped to make this newsletter as great as it is. This is the twelfth issue of the HSFA Insider, and I want to take this moment to thank each person who has contributed to and read this newsletter. Thank you to everyone who has supported HSFA over the years. It is all of you who have made this organization and this newsletter what it is. I cannot do this alone; I know that. Everyone who has given their advice, given their time to show up to a gathering, and everyone who has liked, shared, or promoted everything HSFA on social media are who make all this possible. THANK YOU ALL!!

Take this time to set goals for yourself - training goals and teaching goals. Where do you want your progress to be periodically throughout 2019? Progress does not mean a belt, sash, level, or a title. Progress should be based on physical and mental goals. Say you can do 1000 kicks in a workout, so work toward 1500 kicks. If you have anything mentally you want to work on, do it. You want to get better at explaining or understanding certain philosophies or the why's behind something in your training? Do it. Read up on the subject, spend more time talking with your teachers, mentors, and peers you feel have a better grasp on it than you do. Learn from others

more than just techniques. Learn how they run their classes, schools, personal workouts. Take all of this and create what works for you. Realizing and accepting there are things you do not know enough of can go a long way in growing yourself as a well-rounded person and martial artist.

Let me share some of my goals for 2019, and I hope that in some small way this might help you grow as well. I have seen workshop series and instructor series pop up through the US and here in Houston. Instructors came together and shared their arts with the public, mostly without politics being involved. As a result, one of my more ambitious goals is to set up an Instructor Series here in Houston for instructors from different arts to come together and share their arts, or some aspect of their arts, with the public. This will not be an FMA series; this will be a weapon based martial arts series. I want to host instructors from weapon based martial arts from all over the world that are right here in Houston. I hope to start this series in 2019.

Another goal I have for the HSFA is to showcase schools and instructors through videos and interviews which I can share online for the world to see. I want to grow the martial arts community in Houston by getting

more people involved in the martial arts offered throughout the Houston area. This will not be only for weapon based martial arts. I am going to showcase martial arts that are offered by schools that are friends of the HSFA. The least I can do is help promote the schools that help to promote the HSFA. I will be asking these schools and instructors for a video of them showcasing what they offer for me to share and help them grow their student base.

It is through helping each other and holding each other up that we can grow in this new year. Internal fighting and politics are the two fastest ways, I've seen, to not only kill an organization, but to make our arts look uninviting to others. My personal goal for 2019 is to grow my relationships within the Houston martial arts community. Growing and promoting each other is one way we can look inviting and welcoming to the beginner or casual fan or martial arts looking for training. Martial arts should be about learning to defend yourself effectively while having fun and getting in shape.

- Jason Evans, Houston Stick Fighting Association

Business Spotlight — Combat Nation

Combat Nation is a well rounded school that offers a diverse menu of martial arts for everyone.

Kids classes—Mon-Fri 6:30-7:30

Kickboxing classes—Mon, Tue, Thurs, Friday 7:30-8:30

No GI—Wednesdays 7:30-8:30

BJJ—Mon, Tue, Thurs, Fri 7:30-8:30

Combative Martial Arts & Historical Training—Mon, Tue, Thurs, Fri 8:30-9:30

Kave Maaan Classes Mon-Fri 6-6:30

Combat Nation is located at 13305 Woodforest BLVD Houston, TX 77015 in Fellowship of The Nations Church Gym

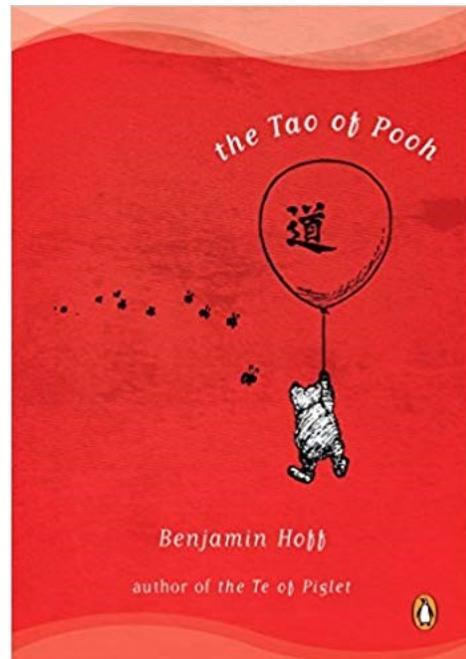
“We teach and train the public on a daily basis how to protect one’s self and love ones, no matter the age, beliefs, ethnicity, or size.”



Recommended Reading — *the Tao of Pooh* - Benjamin Hoff

Is there such thing as a Western Taoist? Benjamin Hoff says there is, and this Taoist's favorite food is honey. Through brilliant and witty dialogue with the beloved Pooh-bear and his companions, the author of this smash bestseller explains with ease and aplomb that rather than being a distant and mysterious concept, Taoism is as near and practical to us as our morning breakfast

bowl. Romp through the enchanting world of Winnie-the-Pooh while soaking up invaluable lessons on simplicity and natural living.



“The main modality we use at Houston Martial Arts Academy to build this “power of softness” is Tai Chi. ”

The Power of Softness

A common topic touched upon in many different fields of martial arts and popularized by Bruce Lee during an interview where he paraphrases the Tao Te Ching, “You must be like water...” We all know the effects that water has on stone, rocks and hard surfaces in general. Embodying the quality itself is rather a difficult task that takes many hours, steady concentration and hard work. To train the neuro-muscular connection, also known as the mind-body connection, to be in an active but relaxed alpha wave brain state under times of duress is no feat easily achieved. There are many health benefits in this active relaxed state, lower blood pressure, mental clarity/focus, less muscular tension and many more. Half of these can be translated into a sport or combative environment, and we have been seeing many recent cases and studies where Professional Athletes, Special Forces, LEO’s and Military personnel have now begun implementing some form of mind-body exercises into their programs.

The main modality we use at Houston Martial Arts Academy to build this “power of softness” is Tai Chi. Also known as Taiji, Tai Chi Chuan and Taijiquan, roughly translated as the "Supreme Ultimate Fist" or "Great Polarity Boxing", is a form of Chinese Internal Martial Arts that promotes self-healing, self-defense and self-discovery. The Tai Chi/Taiji part refers to the Taoist philosophy of the interplay between Yin and Yang forces of the Universe and the Chuan/Quan refers to the combative martial aspects. Tai Chi is an ancient Chinese tradition that, today, is practiced as a meditative form of exercise. It involves a series of movements practiced in a slow, focused manner synchronized with deep breathing to promote health and longevity. It is complimented by Push Hands, a series of two-man exercises that

develops sensitivity, listening skills and utilizes trapping, locking, and grappling, with a specialized focus on close ranged combat.

In addition to breathing patterns and visualizations, one of the main Tai Chi exercises we practice is called progressive muscle relaxing, PMR, to help alleviate tension and stress in the body and induce a relaxed state. PMR, even though an ancient practice, was re-introduced by an American physician, Edmund Jacobson, in the 1920s and further expounded upon by Herbert Benson, a Harvard physician, in *The Relaxation Response*, a book written in 1975. Once the practitioner has achieved a stable base in relaxation skills, combined with standing meditation, Push Hands is introduced to be able to keep this active state of relaxation under stress from a partner. First, compliant drills are done to help inform structure and develop further awareness of deeper levels of tension that may be hidden. The next step includes slowly moving from more non-compliant drills to sparring with the purpose of pressure testing these skills and developing a harmonious balance between tension and relaxation.

Tai Chi Chuan is based off the physical energetic methods of Sung (deep relaxation, alert and attentive), and of Peng (dynamic elasticity, fluid and adaptable), functioning as the structure, in all its postures and techniques. Through this method, effortless power is issued, and healing is enhanced throughout the body. Intention and Awareness are the cornerstones that support all the movements throughout the form. In fact, if one can maintain Peng energy while remaining Sung, Yang Cheng Fu's "Ten Important Principles of Tai Chi Chuan", the other thread common to Yang Style Tai Chi, become dynamic and alive in your form and your applications. Our core curriculum includes Yang Style Tai Chi Chuan Forms, Yiquan Standing Meditation Postures, Silk Reeling Exercises, Push Hands

Drills, and Qi Gong Breath Work to further develop internal practice for health and self-defense. We also offer Baguazhang and Xingyiquan for intermediate students.

Ten Principles of Yang Style Taijiquan:

- 1) Straighten the Head
- 2) Correct Position of Chest and Back
- 3) Relax the Waist
- 4) Distinguish Solid and Empty
- 5) Sink Shoulders and Elbows
- 6) Using Mind Intention Instead Of Force
- 7) Coordinate Upper and Lower Body
- 8) Harmony Between Internal and External
- 9) Continuity of Movement
- 10) Tranquility in Mind, Body and Movement

- Kai Lewis, Houston Martial Arts Academy & Central Motion Martial Arts

Martial Art or Just Art

“Today, more than any other time in our lives, we need the values that the martial arts teach us.”

You hear about the "old days" a lot when people talk about...well...anything. Music was better, houses were built better, food was healthier, relationships lasted a lifetime, families were stronger, education was more focused, and kids were smarter, a dollar went farther, and your car lasted longer. Martial artists were stronger, faster, more honorable, and just tougher all around. Men fought with their fists and didn't run to find a knife or a gun to wimp out in a fight. We could take it as well as we could dish it out.

Today, a song might only have 4 or 5 words in it, just repeating over and over with synthesized electronic music, the roof or foundation of your house might give out at any time, life partners come and go with a click of a key, many kids grow up without fathers or if they're lucky, they get to see 1 of their parents every other weekend. Some kids were just left behind but when they came through they understood more, a big mac was 59 cents, you didn't have to trade in your car before it hit 100,000 miles because it would probably reach 400,000 without any problems, and fights today might end in someone being stabbed, shot or run over just because they cut someone off in traffic.

I used to compete in karate tournaments monthly 30 years ago. I made amazing friends and gained knowledge of new systems all the time. I watched incredible fighters come away with bloody noses, split lips, loose teeth and black eyes, while hugging their opponents and laughing after their matches.

There were huge egos and no egos at the exact time. While in the moment, these warriors were out to defeat their adversary with deadly precision, and during breaks or after the match, they were best buddies talking about the great techniques the other fighter tagged them with.

I went to a match over the summer and watched fighters (black belts) running around the ring trying to escape their opponent. I watched them jump up in the air and tap each other on top of the head with no power and then proceed to give themselves points. No strikes to the back or you'll get a foul, and the fighters wait till the last second before a kick hits them, to turn around so they take the attack from behind and gain a point or their opponent loses a point because of the foul. Kicking below the waist is a foul, and fighters will jump at the last second so their opponent hits them low, just so they draw the point or see the other fighter lose one.

People today need safe spaces to nurse their feelings if things don't go their way. You may think I'm talking about liberal/democrat/snowflakes, but I'm talking about martial artists. Parents coming out of the stands to argue with the judges over a point they obviously saw from 40 feet away that the 4 refs missed. Parents screaming because their child didn't get a gold medal. What's the promoter going to do to make sure their child, who lost all their matches, gets a gold medal also, just like the kid who won all their matches?

Martial artists today—just like music, houses, food,

families, education, cars, and your dollar—have become weak. Mainly because men have become weak.

Hard times create strong men. Strong men create peaceful times. Peaceful times create weak men, and weak men create hard times.

As we've seen with politics here in our own country, in France, Central America, and all over the world, people want something for nothing. They want benefits that so many have worked their entire lives to achieve handed to them with little or no effort. They don't want opportunity to knock, they want it to lay in wait for them around the corner and pounce as they walk by.

Today, more than any other time in our lives, we need the values that the martial arts teach us. The 8 principles of Bushido are honor, loyalty, control, sincerity, respect, courage, justice, and benevolence. The 5 tenets of taekwondo are, courtesy, integrity, perseverance, self-control and indomitable spirit. The Tenets of Kung Fu are motivation, confidence, discipline, respect, community and focus.

Today, we need to look back to the "old days" to find our foundation. Men and women need to find their truth once again. The principles of living correctly need to be re-found in today's corrupt world. When Moses came down from the mountain top, we are what he saw before smashing the tablets. Honor is still within us, but we must force it to the front of our martial art and everyday lives again.

- Curt Doyle, NAISD

Instructor Spotlight — Anthony Bernabao

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

I was about 7 and my father had a bunch of guys who would workout with him. They were all sheriff deputies and would listen to their stories. I realized I wanted to be one of them, so I thought to myself if I want to do that, I need to know how to fight. One of my close friends, a Sunday School teacher, was a Taekwondo instructor, so I started training with him. His name was Ronnie Neimire.

How long have you been training in martial arts?

I started when I was 7 and I'm now 46. I never stopped, so 39 years.

How many arts do you train in & have rankings? What are they?

Taekwondo black belt, Hop Ki Dow back belt, RCJ MACHADO BRAZILIAN JIU-JITSU Black Belt 3rd degree, Pekiti Tirsia Kali Certified trainer under Tuhan William

McGrath , Wing Chun & Kali brown sash under Jon Rister, and HEMA I-33 SWORD AND BUCKLER. Law Enforcement Instructor: ASAP Baton, Taser, building entry , PPCT, GAGE, Krava Maga Worldwide law Enforcement Instructor, Knife Defense Instructor, and Ground Defense and Weapon Retention Instructor .

Why do you enjoy sharing and teaching martial arts?

If I can teach someone one thing that can change their life and help them to get back home to their loved ones , then I did good.

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

I hope I can convey to students that the only real limits they have in achieving their goals are the ones they set for themselves. The martial arts are an intensely personal practice that forces you to come to terms with who you really are and how you relate to the world around you. In

overcoming the challenges that occur in training, I want my students to develop a refined spirit that allows them to face adversity as well as appreciate life's possibilities.

What motivates you to continue sharing the arts?

My motivation is love for my family.

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

The key to martial arts is my 5 rules :

1. Have fun
2. Break a sweat
3. Leave with a smile
4. Hydrate Hydrate Hydrate
5. Keep your hands up!!!!!!



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simple countryside life,
past times, crafts and the great outdoors
in a comic book art style.

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Upcoming Events



HSFA 1st Quarter Gathering of 2019 Saturday, March 9th 12-2 pm at Ground Dwellers in Spring, TX.



Alamo City Stick Fighting Championships
Saturday February 23rd, 2019 8 am-5 pm.

Three Primary Open Divisions (Co-Ed):

Single Stick, Double Stick, Knife

Three Specialty Open Divisions (Co-Ed):

Open Weapons, Bench Sparring, Sayaw (forms, shadow sparring)

Women's Division:

Single Stick, Double Stick, Knife

Pre-Registration January 23: \$99

Registration February 16: \$149

Late Registration after February 16: \$199

Registration allows entry into a minimum of 6 different events during the competition.

Erik Buenafior
210-367-1877

Hip's Fit Corner - New Year's Fitness Philosophy

As we head into a new year, I decided to bring it in with not a fitness movement but rather a fitness philosophy to blend with your martial arts goals.

Most people around this time decide on resolutions for the upcoming year and if they are working toward them already can get some

progress toward them. Us active martial artists will need to tweak and refine our day to day training to keep improving so here is a list to help move forward.

1. Add a few functional movements that will enhance your skill set using kettlebells, maces, indian clubs, heavy pipes etc.

2. Develop and perform this functional workout at least twice a week.

3. Perform this workout separately from your martial arts training. Become passionate about this type of training.

4. Research and add different movements over time and switch up your

workouts to avoid becoming complacent.

5. Always train with a joyful mentality and allow this training to be thought of as fun not hard work even though it is.

- Hip

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info@houstonstickfighting.org



www.houstonstickfighting.org



[Houston Stick Fighting Association](https://www.facebook.com/HoustonStickFightingAssociation)



[@htownstickfight](https://twitter.com/htownstickfight)



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



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

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.

- Jason Evans, Director

Recommended Businesses

[Bunal Brand](#)

[Caraboy Apparels](#)

[F3 Cross Training](#)

[FMA Supply](#)

[Headhunter Blades](#)

[Prometheus Design Werx](#)

[Purpleheart Armoury](#)

[Pyndus Acupuncture & Wellness](#)

[Street Forge Armoury](#)

Recommended Schools

[Houston Martial Arts Academy](#)

[Ground Dwellers BJJ](#)

[DAMAG-INC Kali Combatives](#)

[Combat Nation](#)

Southeast Texas Escrimadors

Westchase Warriors GB Westchase

[TX 3rd Coast MMA](#)

North American Self Defense Institute

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[Davis Martial Arts](#)

[Central Motion Martial Arts](#)