



IKSA UPDATE

Giving Roots and Wings since 1982



IKSA Newsletter—Winter 2021

Live from ... wherever, it's Martial Arts Training!

Martial artists have been hit hard by this pandemic. This includes the common dojo, distributor and manufacturer. It's been rough out there with dojos being forced to operate without in-person training. Once allowed inside, rules requiring reduced capacity and a percentage of students becoming uneasy about training in-person training has made things very complicated for the school owners. However, quick thinking by Master Jimmy Smith of Hagerstown Maryland and Grandmaster Burk of Santee California, and a little help from the Facebook Live platform, both started teaching online classes beginning as early as March. Master Burk and his team taught 2 to 4 clases per week, some of which were broadcast from the dojo while others were delivered from instructor's homes and backyards when it was not possible to use the dojo. Master Jimmy and staff ran nearly his entire schedule online with modifications. (Kuddos to those who've done similar programs.)

The two masters soon discovered some unexpected

benefits from their online lessons. Students were not restricted to being in class at a designated time. After the live streams were completed, the videos were available online for future viewing or reviewing. Soon, students and instructors from both schools began watching each others classes and supporting one another from 3k miles away. A few other instructors and friends also checked into the broadcasts some of whom offered well received comments and likes. Wow! Never saw that coming. We all want to get back to running our dojos the way we like and getting our Rec and Y programs up and going. Surely this will all happen in the near future. In the meantime, seek to think and be positive. Martial arts have endured for many many years and will continue to do so for current and future generations.



Master Jimmy Smith's students participating in an online class.

Breaking News—2021 NTS Special Guest

IKSA is pleased to announce Sifu Rob Moses will be our special guest instructor for the 2021 National Training Seminar. Sifu Moses is scheduled to teach sessions on Northern Shaolin Kung Fu, Chin Na, Kung Fu fighting, and Demonstration Dynamics. See page 4 for an the dates and location information.

BONE, BLOOD & FEATHER...A unique concept for kung fu fighters.

By Rob Moses and Floyd Burk

Northern Shaolin Kung Fu Master, Rob Moses, teaches you his Bone, Blood & Feather combat training concept to help you achieve full-body-potential when applying your fighting skills.

Note - an edited version of this story appeared in Black Belt Magazine in some years ago.

“The way of Shaolin is to train your entire being and the monks at Shaolin Temple believe one's purpose is to become like ‘the shiny pebble in the stream’. The pebble shines itself for the benefit of the stream. As it shines, the stream becomes more beautiful and the waters are sweetened. Likewise, the seeker who has chosen the Shoalin path, will become polished, not for vanities sake but for the greater good of humanity.” – Sifu RM.

Remember Caine, the peaceful Shaolin monk who wandered the American West helping to set wrongs right. The monk owned up to the importance of self-control and the making of brighter choices for the greater good. A transformation occurred wherever he went – friends and even foes felt safer and more reassured.

You too have the power to do as Caine did, to make life better, safer and more harmonious. If this is your goal, you must be tolerant, merciful, fully appreciative of nature, and, you must also be capable. The Moses teachings of *bone, blood and feather* and the Shaolin way of polishing oneself will help you achieve this goal.

Bone and blood

Our bodies are shaped by bones and in the way we move them. We call this the external and with it comes our blocks, kicks, punches, chin-na (joint

manipulation) footwork and other physical movement. In Northern Shaolin kung fu, your foundation is built on exaggerated extremes – your training begins with big blocks, long punches and high kicks. Over time, moves are practiced smaller and smaller allowing you to be effective from the most or least exaggerated extremes. Acute awareness of your bones and a finite understanding of the system you use to stack and guide them will give you the proper body mechanics for using your skills to their greatest advantage. Through diligent practice, your techniques will become polished. You will gain pliability, spatial awareness while developing the intellect to guide your bones - and your techniques - in alignment with the laws of gravity and physics. All of this training of the external is designed to

control or stop whatever situation that you may face. However, to be in command of the external, you must be in balance with the internal. Here's where blood comes in.



Sifu Rub Moses

In kung fu, the study of blood is what we call internal. The blood that flows and swirls through your body gives you a constant awareness of perpetual motion, life force and the promotion of life. Blood is like an ever flowing stream that reminds us that water makes up the majority of the human body (or one's mass). Thus the internal uses water weights (or one's mass) to distribute and absorb shock waves and to create drag. Our mind and body processes our physical movements (including figuring in water weights) naturally giving us the necessary weight distribution to perform various functions. However, your body does not naturally help you to perform your kung fu functions to their potential.

The Moses theory expounds that to reach your full

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Bone, Blood, & Feather (Continued from page 2)

potential, your coexisting bones and water weights must be in balance. **This means that you must not move your bones and water weights faster than water would move prior to it turning into spray.** It is important to have just the right amount of water weight behind you or ahead of you whenever you change position, shape, push, pull or propel yourself. This gives you the proper weight distribution necessary to use perpetual motion and gravity to your advantage. You want gravity to be a friend – you don't want it to work against you.

When bones and blood are in balance and gravity is your friend – your kicks, punches, blocks, joint locks and grappling techniques will be effective. You will be in command of essentials such as speed, power, momentum and inertia – essentials which will help you to have complete control of your techniques and enhanced control of the techniques of an aggressor.

Many people don't see themselves as what they really are, a liquid entity shaped by bones. How would a grappler (or deranged mugger) perform with a 150 pound bag of “intelligent” water on his back? An intelligent bag of water would be tough because it wouldn't roll off. How about if that intelligent bag of water could bite, kick, break bones or drive its fingers into flesh? Pretty scary. Bruce Lee talked a lot about water in relation to kung fu. You must be the intelligent water.

Kung fu schools are where you go to learn the tried, tested and trusted methods of forging and bettering

yourself. Schools serve as the campfires of ancestral knowledge – where we place our flag and faith. In the Northern Shaolin tradition, you learn and practice basics, bag work, sticky hands, sparring, weaponry, and forms. Polish your moves until you can do them without thinking. Then it's time for feather.

Feather

Feather means not being weighted down by the rigidity and static of habit and routine. You do things instinctively in an un-weighted way – to be in the "now." To be in the “now,” you let go of calculated thinking. Morihei Ueshiba, the founder of aikido, said something like, "Master the technique, then detach from it, let it become instinctive." What the man was saying is...let go of thinking about competition, sparring rules, forms and even blood and bone. Listen with all of your senses, in an absolute mindless, bodiless, fearless moment. Once you let go, your capabilities become limitless. Everyone around you will feel safer and more secure. You will bring harmony to your environment.

Conclusion

Martial arts is a way of life that you love so much that it becomes a part of your soul. Strive for higher truths and steer clear of ego and greed. Seek out the vast ways in which you can be helpful. Along your entire journey down the martial path, always make an effort to attain enlightenment and polish your character. Become the shiny pebble in the stream.

Charter Renewal

If your IKSA charter is up for renewal in 2020 (expiration dates can be found on the bottom of the charter), please send in your renewal fees ASAP. Fees for renewal are as follows:

- Two Years—\$110
- Five Years—\$175
- Lifetime—\$350 (never expires in spirit or form)

Checks or money orders should be made payable to IKSA

Renewals should be sent to :
IKSA International Command Center
1171 Lula Lane
Franklin, TN 37064

Remember that IKSA Charter fees are the principal means of support for the organization so do not delay.

IKSA Newsletter

IKSA Update is a publication of the Independent Karate Schools of America. We accept stories, editorials, photographs, or artwork for future editions. Submissions can be made to sdstripes@gmail.com. If you are not the originator of the material, please be certain you have the proper rights prior to submission.

Please note that all submissions are subject to editing for both length and content. Due to the high volume of material received, we cannot guarantee publication.

Long Distance Recognition

EAST ORANGE, NJ— In August, Shihan Eldridge Hawkins took first place in weapons forms, Adult Black Belt division at a tournament in southern California. What made his achievement unique is that he did so from the comfort of his own dojo in New Jersey.



A screenshot from Shihan Hawkins' winning form.

Many schools have adapted their in-person tournaments to be online. Rather than performing in front of judges, participants submit a video of their kata for judging. The tournament organizers must consider standards for video editing and lighting as well as formats and submission deadlines.

What this format lacks in drama and trophies, it certainly makes up for in being able to have participants from anywhere in the world.

ENTERPRISE, AL— Master Issachar James, Charter member of IKSA, was promoted to 7th dan schichidan by the authority of the IKSA Board Of Directors and Society Of Soke.



32nd National Training Seminar

The 32nd National Training Seminar is scheduled for September 24-25, 2021 at the Brentwood (TN) Family YMCA. Details will follow in future communications.



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Grandmaster Lisa Heitke

Senior Technical Advisor:

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(From l to r) Grandmasters Chapman, Heitke, Burk, and Welsh

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