

The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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Check out the new Association of Academies of Martial Arts website at <http://geocities.com/amatkd/>.

The Eastern Sun Spring Tournament held in Fredonia on April 7 drew 110 competitors. Congratulations to Mr. Floyd Jones on a well run event.

A demonstration is planned again this year at Concordia College for Family Fun Night, June 8. All schools are invited. Call or email Mr. VH for details.

Three students tested at Grafton on April 11. Mrs. Lubner and Mr. VH presided and Mrs. Graff cornered.

Remember that Grand Master Charles E. Sereff will be in Wisconsin on December 8 for Black Belt tests and a major address to be given at an awards banquet that evening. Since this is scheduled in early December, put aside that date now to avoid conflicts.

Students from the Grafton and Sheboygan Schools and a faculty member travelled to Illinois to participate in a TaeKwon-Do Combined Workout sponsored by Mr. Earl Weiss, Region V Director for U.S.T.F., and have reported that the same was fun, educational and well worthwhile.

Upcoming test in Charlotte: May 20. Upcoming test in Mooresville: May 19.

An Intramural Association Tournament was held as a benefit for the Jackson School Reflection Fund at the Grafton School on April 29. Thanks to Mr. Paul DuKatz for his leadership in organizing this event.

Mr. Mike Van Pietersom presided at a test at the Jackson Academy of Martial Arts held on April 17. A total of 9 students tested, three to Gup Two.

BUSTED! Mr. VH caught selling I.T.F. uniforms below cost. Why? Why not?

On May 19 the Charlotte and Mooresville schools will do a demonstration at Freedom Park. Busy day!

Zen in the Martial Arts: An Analysis and Review of the Book by Joe Hyams.

by Marc Mikkelsen

[Part Two of Two Parts. This article began at Vol. XIII, Number 4.]

Many people believe that Buddhist meditation consists of focusing the mind in an effort to control ones thoughts or achieve a state of mind over matter, in practice, Zen "meditation" is the act of sitting and doing nothing, so as to clear the mind of thought, thereby, allowing the individual to act without thought. While the

author discusses the concepts of controlling ones mind to suppress or evil ".

This is to say that attaining Zen awakening allows one to experience both good and unpleasant situations with the same passive, clear mind. This is the point that Mr. Hyams either anger or fear, exercise patience, or even control pain, I believe that this is a misrepresentation of the true Zen principle, as is typical of Western interpreters. Because Eastern culture and philosophies are so foreign to Americans, it is difficult for us to comprehend a belief system which suggest that the goal is not to control emotions such as anger, but rather to accept life's experiences without anger or impatience. There is a chapter in the book entitled "Anger Without Action" in which the author describes a lesson he learned about not letting anger control his actions or reactions in the dojo and the application of this principle when he became angry and antagonistic over a hotel reservation gone awry.

I think a more accurate portrayal of Zen principles would be "Action Without Anger". In The Way of Zen, the words of an ancient Zen poem are recited:

*The perfect Way is without difficulty,
Save that it avoids picking and choosing.
Only when you stop liking and disliking
Will all be clearly understood.³*

³ Seng-ts'an, Hsin-hsin Ming

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Mr. Watts further conveys that "the point is not to make an effort to silence the feelings ...It is to see through the universal illusion that what is pleasant or good may be wrested from what is painful fails to recognize or neglects to expressly state in his book.⁴

In summary, Zen in the Martial Arts is a interesting summary of experiences and observations, which give readers a glimpse into the spiritual side of Eastern cultures, as told by a Western practitioner of the martial arts. While the concepts illustrated in the book are certainly good lessons, Mr. Hyams' interpretation of Zen principles tends to pass over the importance of freeing the mind, rather than controlling existing emotions and the outcome of situations. Many martial artists will undoubtedly find this book helpful as they further their training, however, those readers with more than a basic understanding of Asian philosophies and Buddhist principles are not likely to be brought any closer to their "awakening".

Guge Gongji: Seven Primary Targets to Take Anyone Out of a Fight, by Master Hei Long: A Review

By F.M. Van Hecke

Once again, a "little book", of the type we've all been tempted to buy, but reluctant to spend for. Guge Gongji: Seven Primary Targets to Take Anyone Out of a Fight, (Paladin Press, 1991) is another book of this sort by Master Hei Long. Again, we are provided with little biography for the author, but the methods outlined in the book imply a background in the Chinese martial arts.

This book focuses, as others previously reviewed, on the subject of target selection. However, it is deliberately oriented toward immobilization, rather than injury or fatality. The techniques presented are obviously not without the capability of permanent injury. However, injury as an objective is secondary to causing an inability of the opponent to continue battle.

As such, speed, power, fighting tactics, and the central and peripheral nervous systems are regarded as less critical than the bodily structures that enable movement.

Hei Long designates seven primary targets critical to movement. They are the bridge of the foot, the ankle, the knee, the fingers, wrist, elbow, and cervical vertebrae. Each is discussed in

detail. The anatomical drawings, while generally helpful, fall short with the complex structures of the knee and the cervical vertebral structures; however, even the best medical illustrators struggle with these areas.

Discussion, with very good pen illustrations, addresses angles of attack and method in attack of the primary targets.

By virtue of limiting the subject matter and simply illustrating some practical attacks on that limited number of targets, Hei Long gives the reader some realistic and likely efficacious approaches to immobilizing the hostile assailant.

Mr. Mike Van Pietersom, Third Dan, attended an International Instructors Course taught by GrandMaster Charles E. Sereff, International Master Instructor, President, U.S.T.F., and Vice-President of I.T.F., at the Tan-Tar-A Resort in Osage Beach, Missouri on April 27 through April 30. Mr. Van Pietersom took extensive notes, gained helpful and practical knowledge, and reports an excellent time meeting and working with his fellow I.T.F. martial artists from many countries and also throughout the United States. It never ceases to amaze, the universality of the Chang-Han forms and the staying power of Gen. Choi, Hong Hi's legacy.

⁴The Way of Zen, Alan W. Watts, p. 115