

# The T.K.D. Flash

A Publication of the Association of Academies of Martial Arts

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**Remember that the Great Wisconsin Black Belt Test and Celebration Dinner will take place on December 8. All subscribers have been sent dinner invitations. Please take care of them promptly. Thanks to Mr. Rick Bauman for his work on this to date.**

*At a test scheduled for Oct. 6 at Eastern Sun Martial Arts, Sheboygan, Mr. Mikkelson, Mr. Johnson and Mr. VH presided. Mrs. Karpinsky cornered. A total of 15 students tested. All were successful.*

Thanks to Mr. Paul Crandall, Mrs. Lubner, Mr. Spitz, Mr. Thursten, Mr. Mattias for their help on redecorating the Grafton dojang.

*On Sunday October 7 Eastern Sun Martial Arts hosted a Sheboygan-Style Brat Fry at Champs Sports Bar. Eastern Sun's Insulation Fund was duly fattened as were those who partook of the "Sheboygan fruit." Kudos to those who made it happen.*

The time is approaching when Black Belt Candidates and Black Belts testing for the improvement of themselves and the elevation of their Art are called upon for courage. Ours is not a courageous age. May these students be inspired by the examples of courage shown our country in recent times.

A test was held at the Grafton Academy of Martial Arts on October 22. 21 students tested. Mark Brudnak and Sam Van Hecke were named Deacon, and their respective sponsors are Mr. Mattias and Mrs. Lubner. At the Corners were: Alice Soriano, Mark Brudnak, Sam Van Hecke, Jim Pals and Mitch Pals. Presiding were Mr. Minesal, Mrs. Lubner, Mr. Spitz, Mr. Thursten, Mr. Mattias, and Mr. VH.

In Mooresville the Academy of Martial Arts held a Halloween party on October 27.

AMA students in Charlotte and Mooresville will be participating in the Jacksonville FL U.S.T.F. Tournament on November 10.

A "Breaking Options" seminar will be taught for Black Belt Candidates by Mr. Paul DuKatz at Jackson on November 9 at 6:00 p.m. Bring your own wood or Mr. DuKatz will have to charge you for the lumber.

Mr. Jeremy Kempka's continued hard work and dedication continue to pay off. Mr. VH has counted ninety-one students (91!) on the last gup level promotion list. This would be a significant achievement for any two schools, anywhere, anytime.

A "combined forms workout" for Black Belt Candidates with students from Mr. Braxton Miller's School of Classical TaeKwon-Do will take place on Saturday November 3 at 4:00 p.m. at Grafton.

A test was held at the Jackson Academy of Martial Arts on

October 30. Presiding were Mr. DuKatz, Mr. Drescher and Mr. VH. Cornering were Mrs. Ginger Oestreich and Mr. Dan Schwerin. Six students tested, two to Decided grades.

## A Bouncer's Guide to Barroom Brawling, by

Peyton Quinn (Paladin Press, 1990): A Review

By F.M. Van Hecke

Peyton Quinn is in vogue. His books A Bouncer's Guide to Barroom Brawling and Real Fighting are currently staples for those interested in self-defense. His column, "Reality Check" in Martial Arts Professional magazine is a monthly feature. He has produced both books and tapes (available through Paladin Press).

Quinn plays the role of the practical barroom bouncer keeping law and order in the midst of bikers and mean drunks. From his tapes, he enjoys the role, enjoys motorcycles, and is a swift and practiced infighter. His essential argument, from an expertise standpoint, is that real world experience puts him in a uniquely knowledgeable position to generate defensive systems and criticize those of others.

A Bouncer's Guide is very good, in part because it is organic and practical, and in part because it is eclectic enough to pick up good ideas and use them irrespective of source. Thus we see psychology, karate, boxing, judo, aikido, and kung-fu in a single system.

Quinn starts with the idea that people try to beat up on him because he's having fun and they're not. Those who would attack him are a sorry lot of dirtballs. He tries to keep himself

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under control and derides the attacker as a coward or a macho show-off. He has some skill at verbally defusing problems and enjoys writing about how clever he is.

Paying attention to the environment and the people in it, staying alert, is stressed as a valuable way of preventing assault. Quinn stresses that showing fear invites attack.

He has several observations as to the nature of the bar business (alerting the proprietor to potential difficulty, the influence of alcohol and leaving the potential attacker a face-saving solution) which are good.

Looking at the psychology of sucker punchers and streetfighters, Quinn says they may be (over)confident, sneaky, competent. Real fights are sloppy (unpredictable), are decided by punches to the head, involve some sort of grappling, and -- surprise! -- kicking, especially high kicking, is not very effective. (Quinn follows his own maxim that you should follow your own body type in picking a martial art. He is a big gutted weightlifter and thus emphasizes upper body strength.) He is aware that the objectives and substance of martial arts are not coextensive with self-defense.

In increasing speed of response, Quinn correctly relies on early perception, a limited universe of responses, and muscular relaxation. (Sounds like an OODA loop to the reviewer.)

Of course, good self-defense in the abstract requires the simplification of systems and the elimination of a vast universe of choices, and Quinn chooses well, relying on upper body movement, the vertical fist (largely to the

nose), the backfist and the palm-heel (open fist punch) strike, the reverse punch, the shuto (knifehand), hammerfist, open-handed throat shot (arc hand direct strike), and various elbow and knee strikes.

Defensively (why this should be treated second is unclear to the reviewer), the physical confrontation is controlled with inside and outside crane blocks. These are little more than relaxed back-handed diversions or warding designed to protect the "gate", the path through which the attacker must travel to strike the head. An outside crane places the defender to the outside of the attacking tool, the inside crane to the inside (where defender must consider the attacker's other hand as problematic). In the instance of the inside crane the second attack is anticipate with a "source block", placing the non-blocking hand on, for example, the bicep of the attacker's second attack arm. The reviewer can assure the reader that this actually works in real life.

Quinn then emphasizes the block is to be followed up with a continuous stream of offensive techniques, constantly pressing the attacker. He provides some helpful drills for folks to whom this is new material.

You must develop, Quinn says, a "combat attitude," willing to hit hard and take the battle to the attacker, but in a deliberate and relaxed, rather than freaked out fashion.

Much of what follows is logical. One can't presume timing will allow a deep stance. One must stay mobile. One must close on the attacker. Face forward with your strong side. Slide up to advance, slip back to retreat. (Move

the leg first which takes you in the direction you're going.)

Then Quinn deals with grappling. He has some standardized escapes from bear hug, front bear hug, and rear choke, not likely to surprise any martial artist, and relies heavily on O-Soto-Gari as a takedown. He also points out the ability to destabilize an opponent by moving his head and elbow simultaneously in opposite directions, creating a spin-out, and destabilization by forcing someone to run after their balance in a straight line.

The final chapter is on selecting a martial art for the reader's personal study. It is always a bit of a mystery as to why the final chapters of these "little" books wind up being both wastes of time and an exercise in self-puffing. This chapter enables the author to show himself doing calligraphic, lifting weights and so on. We learn his views on most martial arts (and, of course, what he says, almost always on a fairly superficial level, gives both credit and condemnation to each as being, somehow, incomplete when compared to his comprehensive approach).

All in all, Quinn's book is very good if one is inclined to learn barroom brawling or a simple and easy method of self-defense. Quinn also is a very good writer and pleased the reviewer by his selection of quotations, some very familiar, and interestingly told exemplary stories.

[Mr. Van Hecke has also completed a review of Peyton Quinn's book [Real Fighting: Adrenaline Stress Conditioning through Scenario-Based Training](#) which will be published in a future issue of the [Flash](#).]