

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. We look forward to an exciting time, and all concerned are wished the best of luck. A more complete report of proceedings will be in the January 2002 issue of the Flash.

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

Welcome Back, Mr. Paul Hebein!

Another of the TaeKwon-Do Combined Workout sessions, this one taught by Mssrs. Dan Valin and Earl Weiss, will be held on Decemer 10 from 7:00 to 9:00 p.m. at Wheaton North High School, One Falcon Way, Wheaton IL. These are fun and free. Inquiries may be addressed to Mr. Valin matkd@prodigy.net, Mr. Weiss eweisstk@aol.com or me.

To every student and instructor in the Academies, to their families and our friends, it is our most sincere wish that your holidays be merry and that you receive whatever beneficial pleasures or gifts you wish for.

It's time to renew subscriptions to the Flash. \$5.00 to the Academy of Martial Arts, Inc. (above).

A test will be held in Sheboygan on December 15.

Effective November 27 the Mequon Special Needs Academy of Martial Arts moved from its Mequon facility inside the offices of Ozaukee Therapy, L.L.C., to premises in Grafton. Luke Mattias will continue to head the school. Ozaukee Therapy is to be commended for recognizing both a need and a talent and getting the entire concept off the ground. Their idea remains in competent qualified hands.

A test was held in Grafton on November 27 for the Special Needs Academy of Martial Arts. Mr. Mattias and Mr. VH presided and Miss Alice Soriano cornered. 3 students tested.

Real Fighting: Adrenaline Stress Conditioning through Scenario-Based Training, by Peyton Quinn: A Review

By F.M. Van Hecke

In Real Fighting:
Adrenaline Stress
Conditioning through
Scenario-Based Training
(Paladin Press, 1996), Peyton
Quinn, author of A
Bouncer's Guide to Barroom
Brawling (previously
reviewed in The Flash),

attempts to follow up on previous success and, to some degree, succeeds reasonably well in doing so.

Whereas A Bouncer's Guide is designed to explicate a fairly simple and responsive self-defense system, Real Fighting is designed for multiple purposes, not the least of which is to promote the author's scenario-based training. Quinn is an indefatigable promoter, and articles about his training and advertisements can be found in martial arts magazines.

In the midst of the promotion, Quinn gets to do what he does best--write stories about his experiences. In fact, Quinn is such a good story-teller that the book's success is largely due to his skills. Being a good story-teller is a significant and none-too-common skill, and not to be held lightly. It also makes the book a quick "good read".

Many of the messages of the earlier work are repeated, with more stories and perspectives. Asian martial arts are often deficient as self-defense

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systems or in training for self defense. People trained in the martial arts are reluctant to engage and often discouraged when their pet techniques don't "score"; they have a defensive mentality. One must develop a proper combat attitude. Bullies are often cowards. Being there the firstest with the mostest is a good thing. Avoidance is good strategy. O-Soto-Gari works. It's good to break an opponent's balance. Use the environment as a weapon. And so on.

Quinn also gets a chance to promote others who have either impressed him with their capabilities or, surprisingly, have the same publisher. He also promotes a new technique or two. The "vertical backhand slap" is an open-handed downward strike to the nose, and Quinn uses it as a preemptive strike when the "interviewer" sets up a punch to the defender's head by reaching to grab the defender with the opposite hand. Clever with words, Quinn calls it the "come see the stars" technique.

The Gracie Ju-Jitsu

folks and the "Ultimate Fighting" business are extensively discussed. In Gracie Ju-Jitsu the science is to close quickly to drop the opponent and use mat expertise including arm bars, choke-outs, etc. to achieve victory. Quinn says the system is of some value but flawed, as when multiple opponents or a knife is involved, and proceeds to include pictures of himself executing matwork techniques. He also states what everyone already knows about boxers: their warrior spirit and ability to keep on ticking makes them formidable opponents.

The significant parts of the book are laid out in relatively few pages dealing with Quinn's scenario-based training. Persons taking the course are confronted by one (or maybe even more than one) potential attackers. The attacker wears a great deal of armor (Quinn is careful to say that Century's "Red Man" product is inferior to his.) and a large helmet giving a spooky appearance. The potential attacker, "bullet man", engages in various tactics (verbal assault,

quick physical assault, shoving, etc.) and the trainee must react appropriately.

The obvious advantages of the training are that the stress levels and uncertainty of the trainee may mimic the real world better than conventional martial arts training (where everyone is mentally prepared for whatever *ran-dori* or *matsoki* is coming), the attacker is a moving target presenting multiple planes and angles, the defender can "let loose" with a barrage of techniques, and so on. This reviewer can readily see the advantages to such a training method.

All in all, Quinn's book is most valuable as to a suggested training method, and his writing style interesting and entertaining.

[A review of [A Bouncer's Guide to Barroom Brawling](#) was published in the [Flash](#) for November of 2001.]