



Voice

Message from the Vice President

The ISKKA is in the process of signing up a school in Ireland. It is pretty exciting to see the ISKKA grow. The ISKKA is only as strong as its membership and the more members we have the better we can serve you. One of the goals of the ISKKA is to have an annual event where we can have schools come together and share their knowledge, learn and have fun. The only way we can do this is to have a large membership base where we can keep the costs down. To get more members, we find that the best form of advertising is word of mouth. Feel free to talk about the ISKKA to your friends and other martial arts schools. Ask them to go to the ISKKA website and see if the ISKKA is something they would be interested in.

One of the other goals of the ISKKA is to have instructors travel to other schools to do seminars. If you are interested in being a

traveling instructor on behalf of the ISKKA, please contact Professor Pierro.

Also if your school is having an event, make it an ISKKA event and advertise it in the ISKKA newsletter to draw more participants. We will also send an email announcement out to all the ISKKA members about your event. The benefits are you will get more participants and the ISKKA will gain new members.

Let's help make the ISKKA one of the largest martial arts organizations in the world.



Joe Dempich
Vice President

July - Sept, 2010
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About ISKKA Newsletter

The purpose of the ISSKA Voice is to provide you with information that you can use. Our goal is to help you grow as an instructor, a student, a person or a business. If there are topics that you would like us to

cover or information you would like to see; we would be more than happy to write about it. Feel free to contact us with your article requests at info@iskka.com or joed@demsie.com.

Also feel free to send us

by Joe Dempich

your opinions and comments about the ISSKA Voice to one of the above email addresses. Let us know what you like or dislike; elaborate on an article or things we can improve on.

Special points of interest:

We're looking into attending a tournament in Costa Rica next February. It'd be great if we could get a group of ISKKA members to join us. Watch your inbox for details as they become available.

Looking for Articles

by Joe Dempich

ISKKA is always looking for articles to put in our newsletter. The articles can be about anything that will benefit our members. You do not have to be a great writer to submit an article. I will take care of the grammar. A moving story about how martial arts helped a student, an article about self defense techniques, a business article to help schools become more successful and so on. We are

looking for all types of articles. We ask that the article be short and to the point. A full page is about 1000 words. Plus people lose interest if the article is too long, but there are always exceptions to the rule.

Pictures are welcome as well.

Also you can write a summary article and provide a website to get the complete

article. You can send you articles to me at joed@demsie.com. I will need to receive all articles 15 days before the publishing date of the newsletter. Newsletters will typically be 3 pages long with an additional page for each charter school.

Kung Fu: The Art of Working Hard

by Brian Sieger

Most of us have seen at least one movie where kung fu was referred to as a martial art when in reality it means or refers to hard work or achievement through great effort. I thought about this after watching the movie Karate Kid with my youngest. Jackie Chan just came to the line about kung fu, I was already whispering it into my daughter's ear

"hard work".

All of us as students hear from our instructors you need to practice more if you expect to become better at your martial arts. While this maybe a correct statement; the truth of the matter is regardless what you plan to achieve in your life, you need to practice at it or put great effort into it to become better whether it is cooking,

teaching, playing a sport, parenting, or learning anything. It was once said, "To achieve great things; you must put in great effort." While I would like to see all students practice their martial arts more; I believe that if anything as instructors, we really help you to learn how to kung fu in whatever you do or desire to achieve.

"To achieve great things; you must put in great effort"

Discipline: Teaching it and doing it

by Joe Dempich

The corner stone in all martial arts training is discipline. As instructors we talk about discipline to our students constantly. One of our primary rules is self discipline. We tell our student that self discipline is doing what you know is right or doing what you are suppose to whether you want to or not.

Students follow what the instructors do. No matter how much the instructor

preaches to them, if the student sees the instructor doing the opposite the student will do the same as the instructor. For simple example: In many schools, students will kneel to put on or take off their belts. Many times, I see the instructors putting on their belt while standing. The students see this, so they think it is alright. The instructor reminds them to kneel. The student asks why the

instructor didn't kneel. The instructor usually answers, because I am the instructor. That is a poor answer and the student knows it.

Instructors need to follow the same rules as the student. The important thing is the student gets a consistent message all the time. The best way to teach discipline is to do it yourself. If the students see the instructor doing it they will as well.



Brian Sieger

"I Don't Need Martial Arts ... I Have a Gun."

By Master George Lambert

Not long ago I was visiting a business associate in North Carolina. He asked if I would like to see the vault in his garage. "Sure," I replied thinking that's where he kept a collection of rare coins, art or some other valuables.

This picture inside the vault clearly shows what he keeps there.



As you can see, he's well-equipped. And that photo only shows part of his arsenal! There are three more walls packed with guns. Plus there's a second, slightly smaller vault that is stuffed full of ammo.

We went to dinner afterwards. And my friend told me that he has tens of thousands of dollars tied up in all this stuff. It makes him sleep better at night. He said he carries a firearm, wherever possible. Later it came up in general conversation that I study martial arts. And he boasted, "I don't need martial arts ... I have a gun."

True, if anyone came within 1000 yards of his home, he could pick them off. Or if an angry mob threatened his family, he could easily cut them down.

But would any of those guns do him any good if some punk stuck a gun to his back? How about if someone with a knife tries to pick his pocket? Or suppose someone grabs his child in a crowded mall?

Highly doubtful.

Or what if he pulls a pistol out of his holster and it jams? Or if he drops it? Or if the bad guy takes it from him? Or what if he's somewhere he can't legally carry the gun, like a bar, a government building or a sports stadium? He would be out of luck ... and possibly dead.

Now you have every right to keep and bear arms under the Second Amendment. And maybe you've built up an arsenal like my North Carolina friend's. On the other hand you might not like guns ... never fired one ... don't own one ... and never plan to. That's okay, too. There are many valid reasons for thinking that way. However, you cannot deny the fact that guns have become more and more prevalent in the commission of crimes.

As a martial artist you have a step up on my gun-toting friend ... you know how to defend yourself against grabs, punches and kicks. But you also better learn what to do if confronted by a bad guy with a gun, even if you carry one. Otherwise, you could very well go into a state of shock if a gun is

pulled on you. And the outcome most likely wouldn't be very good.

Picture this: You're coming out of the all-night quickie mart with your arms full of goodies for a party. A guy comes from behind the dumpster beside the building. The next thing you know, you're pinned against your car and staring down the barrel of a Saturday-night special.

There are many ways this could possibly turn out. Let's touch on four of them:

Scenario #1—

You freeze up. You try to speak. Nothing comes out. Your packages drop on the ground. The bad guy is yelling, but you can't hear a word. He becomes angry and starts shaking. The gun goes off. You're shot.

Scenario #2—

You go for the gun and hope to take out the attacker. Your hand grabs the gun barrel. The bad guy fires and misses. But the noise is so loud that you let go. He fires a second time. You're shot.

Scenario #3—

You go for the gun. It goes off and misses you. The noise is deafening. But you don't let go and successfully strip the weapon from the bad guy.

Scenario #4—

You remain calm and assure the attacker he can have whatever he wants. You give him your cash, and he runs off. No one is hurt, and all you're out is a few bucks.

So what is a major factor that separates scenarios #1 and #2 from scenarios #3 and #4?

Fear and panic ...

Fear comes from the unknown. And fear leads to panic. So how can you overcome fear?

Let's go back to how you began your martial arts training. Most likely it was how to kick and punch. Then you learned how to defend against those strikes.

Learning what to do about a gun-wielding thug takes the same process ... becoming familiar with the attacker *and* his weapon — a gun.



My recommendations: First, if you are unfamiliar with guns, take a gun safety and basic firing course at a local gun range. You will learn how to handle a gun, what one feels like — the weight, balance, the surface — what it sounds and smells like when fired.

This will prepare you for learning how to defend against a gun. And a big part of training is knowing when just staying calm and giving the bad guy what he wants, could save your life.

The second step?

There are loads of books and videos on self defense from a gun attack. But just like martial arts, nothing beats hands-on training against a gun to understand what works and equally important ... what doesn't.



See if your martial arts school offers this type of training. Discuss it with your instructor.

If your school doesn't, Professor Piero has conducted numerous clinics teaching gun-defense techniques to law enforcement officers and civilians. And he is available to put on a clinic for ISKKA members.

Remember, you have two choices if a gun is pulled on you:

1. Give the bad guy what he wants so he'll go away and not harm anyone or
2. Attempt to take the weapon from him.

Which one you choose could mean the difference between you going to the morgue or home. And with the right training, you'll have the mindset to stay calm and make the right decision.

Word Search: By Brian Sieger

H L T R J K E W Q H U K S T E E C R F S L U W
 Q T X L I K Q E L G A E C D F H B A T R U E Q
 P P Z U M K G S P D Y M W E I E R E G Y W R E
 L R Q N E L V B L D T L M E N W Q P G W T T O
 T U P U R C F K L U W N C Q K D U S M V I L E
 M G F P O I S O N T H U M B S R S C W R T A D
 C L K I P B T L C A V Q Q U S E U E A E T T H
 R E V E R S E H A M M E R C O G Z D H G R R L
 W X V Z O M N X V C G V L X R K T Y T I O O T
 A B J Q N R J Y M I R E Z C C X A O B T X M I
 V U B P S N A K E F A N G B R B I J C G T M G
 R E M M A H E F I N K E S R E V E R T N H I E
 S W K Z M W Z O T R E H Y M G Q Z A L I I Z R
 Z I T O S O O T S U R H T T N B X P B K U R C
 C M W W C D O P J R S F C P I I N A Q A A I L
 U R X U O P Y P K D R R D F F I Q L K R J F A
 Q L A Z G F F T Y J G O S X R W D M Y C O Q W
 F U C B B P I P Z G P N U M E K V H T Y A Y M
 U H N K D D O N V N H T L T G F D E U N U B E
 D Y R T X Y I O G D H Z I Z G A A A T G C Q N
 C W I B O X P K P E I N D E I L W L W Y M M V
 R D A A Z R A U Z M R P T E R U E G D I R V U
 P A K N I F E E T G Q O Q Y T T T B W Q Q J J

back	reverse hammer
crab	reverse knife hammer
eagle	ridge
front	snake fang
immortal	spear
knife	thrust
palm heal	tiger claw
poison thumb	trigger finger cross knife
raking tiger	two finger

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Martial Arts Center of Jupiter was born from the Fred Villari's Studio of Self Defense located in Jupiter, Florida. The School Master Instructor was John B Gilbert and my Instructor in Shaolin Kempo Karate. He was an amazing man who I miss a great deal. The Martial Arts Center of Jupiter Is Dedicated to Producing and Bringing out the best in our students.

My personal philosophy is to share all of my knowledge and skills with you. Not only will you learn about Shaolin Kempo Karate, you will also learn how to apply yourself in today's society.

Sincerely,

Professor Joseph H. Pierro
8th Degree Black Belt



Black Belt Test

Martial Arts Center of Jupiter is proud to announce the promotions of Sifu Christopher Oliver, Sifu Fran DiGiantomasso and Sifu Joshua DiGiantomasso the rank and title of 3rd Degree Black Belt and Instructor.

In the ISKKA first and second degree black belts are assistant instructors. Third degree black belts are instructors and fourth degree black belts are Senior instructors.

We here at the Martial Arts Center of Jupiter are very proud of our newest Black Belts. Our next black belt test will be in December.



School Event:

Coming Soon to PFMA, we will be holding our class on **Shuriken's**, also known as the throwing star.

Shuriken translates to "sword hidden in the hand."

PFMA held this class two years ago and students had a great time perfecting their aim. We did lose one of our throwing knives in the grass and it took about 6 months to find the knife. My advice paint all your shurikens bright orange.

The Martial Arts Belt - History

With most types of martial arts, the color of the belt that you have will signify your rank within your style of martial arts. The belts that are used with martial arts signify your rank within that style, although they have no universal means or ranking within the martial arts world. More or less, they tell others how much you know about your specific martial art.

The use of belt colors in martial arts is an old practice, dating back hundreds of years. Belts and their use in martial arts all started by a man known as Jigoro Kano, who created the style known as Kodokan Judo. Kano started out by using only white and black belts to signify rank within his style of martial arts. His reason for using belts was to specify which students could compete in different activities. For example, those with white belts couldn't compete in the same activities as those with black belts. Shortly after Kano introduced his idea of using belts, other belt colors were introduced to the world of martial arts. Over the years, it became a great way of telling what experience a student had in his style - just by the look of his belt. Other styles began to use this system as well over the years, including Kempo, Taekwondo, and several others.

The Martial Arts Belt – Reality

The only problem with using belts to signify ranking, is the fact that one school may have different requirements from another school. Even though they both may teach the same style of martial arts, their ranking system and requirements to get a certain ranking may be totally different. This can cause confusion in ranks, especially if a black belt from one school isn't as versed in the style as a black belt from another school. Even though most schools stick

to the same criteria, there are schools that choose to incorporate their own unique style as well.

Although most martial arts styles use belts to signify rank, there are some martial arts out there such as Shootfighting that don't use belts at all. The styles that choose not to use belts don't go by rankings either, as they are more or less for self defense purposes. Pitfighting is another style that doesn't use belts either. These styles are great to learn for protecting

yourself - although they differ from the traditional sense of martial arts.

All things aside, belts are an innovation to martial arts. They give students something to aim for, and a reason to keep practicing. Most students that study martial arts aim for getting the Black Belt, which is the most prestige belt in martial arts. A black belt takes years of practice to obtain, as the student will move through many lower ranked belts before getting the opportunity to try and earn the Black Belt.

Wisdom Warrior

The Wisdom Warrior's motto is to **Live Life with Honor, Character and Integrity**. Wisdom Warrior is an author I discovered by accident on My Space, Bohdi Sanders, Ph.D. is a student of the martial arts. He posts articles about once a month focusing on current and events and living the warrior lifestyle. Check it out at the **wisdom warrior .com**

Sensei Alexis

One of my most experienced students is leaving for college at the end of next month. Sensei Alexis Reehill started training with me in an after school program while she was in the sixth grade. Since that time she has gone on to earn Black Belts in Karate, Samurai Sword and Nunchaku Do.

I wish her the best of luck in all her endeavors.

Chop Shop 2010

Chop Shop will be held on Saturday, July 24th look for the results on the You Tube channel...

South Florida Samurai

Alaska Arabian Defense

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Web site address

About the school

Here in the interior Alaska there is a remote town called Delta Junction. In fact I think with the military base total population of about 3000. I conduct classes on Fort Greely and at the community school for about 40 students. We have put on some demos for special events on base. I teach Shaolin Kempo the way I was taught in the early 1980s. I also have board breaking, sparring, weapons forms, and plan to do our first ninja camp in 2010. Our plans also include having Joe Pierro up to do a clinic and or training session.

I am starting ninja camp for kids this month starting the 7th. Children will be learning techniques, build a foam weapon, learn a weapons form, break boards, do an obstacle course and at the end get a ninja t-shirt. Also I will be going to the US Martial Arts Hall of Fame the end of July in Nashville Tennessee. Also I am a national Archery in the schools program instructor and will be

starting practices.

This is all that is going on in the great north. We have been getting a lot of rain up here.

School Event:

July,2010

- Ninja Camp
- US Martial Arts Hall of Fame

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**Strengthen your body,
Engage your mind, and
Inspire your spirit**



About the school

Martial Arts Center of Oregon is the finest school in the area, dedicated to making your Martial Arts experience enjoyable and satisfying. Our instructors are the best. They have studied and trained for years in the art of Shaolin Kempo Karate as well as other arts, and their primary goal is to assist you in being the best you can be.

Our carefully structured programs go far beyond punching, blocking, and kicking. We will help you acquire effective self-defense skills and provide you with a comprehensive, personal development program. It is our goal to raise the quality of life for all our students in every way possible.

Although we honor Martial Arts traditions that go back centuries, we are dynamic and are constantly seeking new and innovative ways to enthuse and excite our students.

We pledge to make each student's journey as fun, exciting, and educating as possible. We monitor progress closely and walk with students every step of the way. We believe that being a Martial Artist is not just learning to kick and punch, it is about becoming the best that you can be in every way.

With half of 2010 over, let's recap what has been happening at our studio.

Brian Sieger has started his healing clinics at Peaceful Heart. These clinics have been very successful and he has developed a good list of clients.

We also participated in the Rainbird 1000 mile walk to end child abuse providing security for the event and other logistical support as necessary while raining for a first time event turned out rather well.

Brian has also started a series of talks on meditations

which had been very successful.

We have had a very successful community group program running allowing people to try our program for 6 weeks.

We participated in the annual safety camp teaching self defense to children of all ages.

We would like to congratulate the following students for achieving their next belt rank: Mike Lucas, Dalton Foor, Ben Boerigter, Sara Boerigter and Stone Scharmer.

School Event:

July, 2010

- 4 self defense training sessions for international hockey camp
- Meditation series: Chakra's and communicating with them

August, 2010

- Black Belt test