

# United States Martial Artist Association

## February 2015 Newsletter

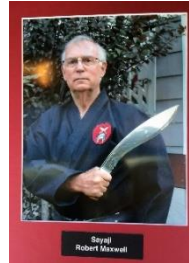
Now that the holidays have come and gone, the USMAA 17<sup>th</sup> Annual International Martial Arts Hall of Fame is in full swing. Award [nomination ballots](#) are being accepted and processed. [Inductee response forms](#) are coming in and reservations are beginning to arrive. This is going to be a festive occasion. Free seminars will begin at 9:00 o'clock and will continue till 2:00 o'clock in the afternoon. The evening formal (black tie for gentlemen and appropriate attire for the ladies) festivities will begin at 4:30. We have the Pacific Rhythm L.L.C. for our entertainment. Dinner is always hot and very delicious. Awards presentation will bring tears and smiles. Laughter and applause, encouragement from everyone has always been part of the ceremony.

Do not hesitate to get your [reservations](#) in as early as possible. The Hall of Fame fee is taken care through the association and the hotel fee must be taken care of directly with the Holiday Inn. Receive a discount by going to the link provided on the bottom of the [Hall of Fame](#) page on our website.

Seminar Presenters:



Grandmaster William Rankin - the Rohai form from a Shorin Ryu discipline.



[Grandmaster Bob Maxwell](#) – Bando Primary and Secondary Striking Techniques



[Grandmaster Randall Lucas](#) – Baraka Kenpo 16 Chinese Hands



[Grandmaster Joe Bannon](#) – Brain fighting



[Grandmaster Tim Lynch](#) – Kombaton Arnis Disarms



[Sensei Juan Alberto](#) Aikido

[Nomination Ballot](#)

[HOF Banquet Reservations](#)

## Why STUDENTS GET BORED

Kyoshi Prince Sagoe  
USMAA Ghana Director

### CURRICULUM:

Here we get into a sticky subject.

Regardless of what techniques are required for students to earn a black belt, they can be adjusted in their presentation to make the curriculum more interesting and easier to learn. For instance, while the six basic blocks are required, is it important they learn all six in the first month? Couldn't they be spread out a little so it wasn't so over whelming? This approach is important.

You want to maintain the integrity of your Style but simultaneously set it up so that even more people will enjoy it, because they encourage discouragement by its design.

Remember that actual learning is supposed to start at the Black belt Level.

Sparring too much too soon. Sparring is one of the biggest areas of fear and concern for the beginner. But as much as I love to spar and value it as a big requirement for black belt, it has nothing to do with inspiring beginner students.

Our students don't free-spar until they have been thoroughly exposed to SABAKI KUMITE (a type of one-step Sparring). For three months as white belts they do block and counter drills with partners and we also add kicking and punching drills of striking pads.

Then after a few months of being exposed to partner drills and Kata application they can spar with light body contact. It's not until after 6 months of training that they are permitted to spar with more contact.

The result is higher retention, fewer injuries and system that progresses in it's challenge as the students confidence, Skill and conditioning increase to meet the demands.

As always, the longer term your perspective in dealing with students the better.

Implement this gradual Sparring process and you will see your female ranks increase dramatically.

Your Curriculum should contain elements of fighting, forms, basics, self - Defense, fitness and philosophy.

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### **KENPO KARATE HISTORY; Grandmaster Paul W. Dyer PhD**

I am the state director of North Dakota in the United States Martial Artist Association. Here is my history travel in Kenpo the road of the evolving science of movement. I have started training in martial arts over 42 years ago. I had first started in Mas Oyama karate and after receiving my first black belt, I soon began my training in Kenpo karate in New York City. The training was under Master Joe Palanzo at the time along with different boys club training in self-defense. The life of a young black boy in New York develops my skills of surviving and staying alive. I soon joined the military and became friends with a person who was 3<sup>rd</sup> Dan under Bill Ryusaki. I had trained with him for years and was able to train with Master Bill Rysaki and received my 3<sup>rd</sup> Dan. While living in Hawaii I was training with Grandmaster Edmond Louis when I receive my 6<sup>th</sup> dan. I have been fortunate to be able to train with some of the greatest kenpoist in the world. So let me name a few Grandmaster Tony Bowel, Grandmaster David Frazier, Grandmaster Ron Peirce, Grandmaster Sam Lonewolf, and Grandmaster Paul Britton. I know I am leaving out so many who have helped me on my road of Kenpo evolution. At the present time I am 8<sup>th</sup> Dan in Kenpo. I have and continue to train and learn in many martial arts styles. My journey is not far from over yet I feel is just beginning. ▲