



November 2011

NOVEMBER TUITION IS DUE

Happy Birthday to:

Mr. IV Hoke
November 18

Mr. Braden Hoffman
November 28



INSTRUCTORS

Mr. Dan Moore
281-795-1229 (c)
moore5518@yahoo.com

Mr. Bill Bell
713-478-4646
bellbw@comcast.net

CLASSES

Clear Lake Christian Academy
14325 Crescent Landing Drive, Houston
T/TH 6:00– 7:00 pm

Vicki Michelle Dance Studio
17315 Stuebner Airline, Spring 77379
Mon. 6:00– 7:00 pm
Wed. 5– 6 pm
selected Sat. 10–noon

INFORMATION

For more information, visit our website at
www.moore-eagletkd.com

from blackbeltmag.com

Women's Self-Defense, MMA and Military Training

Black Belt Magazine recently posted an article from an interview with Combat Hapkido's John Pellegrini on his view on Women's Self-Defense, MMA and Military Training.

Do traditional martial arts still have relevance for martial artists in an area increasingly dominated by MMA and reality-based martial arts systems?

Absolutely. Mixed-martial arts practitioners are wonderfully trained and highly disciplined fighters. But this training is only for a few individuals willing to dedicate themselves entirely to the sport and accept the rigors of the training, the pain and the inevitable injuries. Most people will not ever contemplate that kind of training. By contrast, martial arts are for the other 99 percent of the population. They are not just a sport or fad. Instead, they are a philosophy of life and a discipline of combat that requires serious training and dedication but also the right martial spirit. True, some overly traditional and ritualistic martial arts will continue to lose popularity and maybe fade from the scene, but the major traditional, mainstream arts, such as *ujitsu*, *aikido*, *hapkido*, *kempo* and *taekwondo* will always be popular because they have so much to offer to so many people.

What are the three most important principles an adult martial artist always needs to remember?

1. First, self-preservation. In other words, don't get hit. Avoidance of physical conflict is extremely important. You want to understand the range of a confrontation. If you can't walk away from a potentially violent confrontation, you want to know how to close the gap on your opponent and take control of the situation.
2. The speed and accuracy of a technique are more important than simply being strong. You don't want to get involved in a slugfest with an assailant.
3. Self-control. Adult martial artists need to exercise exceptionally good judgment within society's moral and legal framework. A measured response to any threat is essential.

This moral angle cannot be emphasized enough. The "gladiator approach" that MMA and other fighting sports have popularized are often inconsistent with the martial arts philosophy. Consider, by contrast, the samurai of feudal Japan or the Hwarang or Sun Bi warriors of ancient Korea. Yes, they could be violent. Yes, they could kill. But they always did so within the context of a strict, indeed indispensable, code of honor. The unrestrained violence that typifies gladiator sports is not a good role model for today's youth. It is in part responsible for a culture of violence and as such has lost much of the spirit of the traditional martial arts.

There have been several notable cases of sexual assault in the media lately. Is combat hapkido a good choice for women looking to learn how to defend themselves from rape and sexual assault and why?

Combat hapkido is perfect for women because its self-defense techniques are easily learned and do not require great strength. They are based on science. When a 100 pound woman can confidently and routinely take down a 200 pound man using combat-hapkido techniques, you know that there is a science behind it. That's what makes combat hapkido exceptionally effective for women's self-defense training. Knowledge and skill, not brute force, is the key. And it blends well with other women's self-defense training programs such as Melissa Soalt's Fierce & Female, RAD, PPCT's Sexual Harassment and Anti-Rape Program, and similar programs.

Your commitment to the U.S. military is well-known (and appreciated) in the martial arts community. Are you continuing to train military personnel here and abroad?

Yes, but our policy is to talk about such training only after the fact. There are issues of security and confidentiality that require us not to disclose the sites of our future training seminars for the military and the specific units involved. But, yes, we maintain very close relationships with the military and the law-enforcement community. For example, two weeks ago we conducted a military combatives seminar for the German Luftwaffe (air force) at their base in Germany. Military combatives is what we call the techniques designed specifically for the armed forces. The material must be mission relevant, and it's one more defensive tool against those who want to do us harm. There is no such thing as too much training. If they need it and want it, we will provide it. The International Combat Hapkido Federation is willing to go any place and any time to train troops — even in a war zone as we have done several times before.

VM Studio STUDENT NEWS

SATURDAY CLASS DATES FOR NOVEMBER

November 5	Regular class time	10:00—noon
November 12	Class Testing	10:00—noon



UPCOMING TESTING INFORMATION

If you need information in preparation for the upcoming testing, be sure to check out our website, www.moore-eagletkd.com. On the "Patterns" page, you will find all patterns listed, as well as a link to show a demonstration of that pattern by Master Fabian Nunez. On the "Testing Requirements" page, you will find links to the Required Knowledge for the particular Gup (or belt) you are testing up to. For example, all white belts (10th Gup) will be testing to White Belt Yellow Strip (9th Gup). To log on to the Testing Requirements page, the login is "Eagletkd" and the password is "Warriors".



SPARRING GEAR NEEDED

It's time for the VM students to get your sparring gear. It can be a great Christmas gift idea. You can purchase foot, head and hand gear (the hand gear needs to fully cover the fingers). Academy supplies sparring gear, you can purchase it online (Century is a popular brand for gear) or see Mr. Moore or Mrs. Moore to order gear for you.



Verse of the Week - From God's Perspective

He made known his ways to Moses, his deeds to the people of Israel. Psalm 103:7

The Israelites got to see what God did, but Moses understood why He did it. Big difference! Spiritual perspective is seeing things from God's angle. Here are four great benefits to seeing things from God's perspective: (1) His perspective causes us to love Him more. The better we understand the ways of God, the more we grow to love Him. (2) His perspective helps us resist temptation. When we look at some of our pleasures from God's viewpoint, we realize that the long-term consequences of sin are always greater than any short-term pleasure. Without God's perspective we follow our natural inclinations. "There is a way that seems right to a man, but in the end it leads to death" Proverbs 14:12 NIV. (3) His perspective helps us handle trials. Listen: "In all things God works for the good of those who love Him" See Romans 8:28. (4) His perspective keeps us from error. We live in a society that rejects absolute truth and accepts each opinion as equally valid. The problem is not that our culture believes nothing, but that it believes everything. When you understand why God speaks so clearly about certain things, you're motivated by reward, not fear. That's why Paul writes, "We will no longer be like children, forever changing our minds about what we believe because someone has told us something different, or has cleverly lied to us and made the lie sound like the truth" Ephesians 4:14 TLB.

Seeing life from God's perspective produces Spiritual stability - and who among us couldn't do with more of that?

