



HANSHI SPEAKS

VOL. 03, ISSUE 13 AUGUST 2007

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Dear Bushi,

Here we are again with yet another addition of *Hanshi Speaks*, the official newsletter of CAMA. Many interesting things have occurred since our last installment and we have seen an influx of many new students. I'd like to take a moment and personally welcome them all to our Dojo.

We have a great many efforts in the works to help support the demand of our growing organization. We have been sending out flyers and announcements via a new software product. All of you should keep an eye out for them and assure they do not end up in your spam filter, trash or unread items. These announcements are designed to keep you updated between newsletters.

I was recently contacted by my publishing company with a report that *Against the Edge* was seeing continued sales. It's been requested that we do a series of DVDs to support the book and we are pushing for completion of my second book, *Against the Center*.

Some of us attended the Super Summer Camp in Hamilton, NY hosted by our friends at Zen Do Kai. It was great fun, and I have expanded on the event later in this newsletter.

Mitose, Soke has been in Mexico doing seminars and is scheduled to be in Boston in September. Mr. Cutter and I are planning on making the trip, any students interested in joining us, please, let us know. We'll be shooting a DVD covering Mitose, Soke's style—Kosho Ryu Kenpo. We'll need Ukes for the shoot. Anyone interested please see me in class.

In this installment of our newsletter I'd like to speak to the weakness of the martial arts that we all must conquer.

Just a reminder, we have a test scheduled in late September. I should also note that we will be losing Tim Vanderpoel, Shodan from regular classes. Tim is going off to college where we wish him huge successes.

In close, stay safe and I'll see you in class.

With Deepest Respects,



Vincent Anthony
Hanshi, 8th Dan
www.camausa.com

*Attack the Mind, kill the Spirit and
you will conquer the body.*

—VINCENT ANTHONY, 2007

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"THE FOUR"

There are many aspects of martial arts that reside far beyond the physical realm. In many classes, we address just such subjects often focusing on the strategic values associated with an organized mind. In this short piece I'd like to address the obstacles that would most likely defeat you before you ever started to defend yourself.

These come to us in the forms of doubt, confusion, surprise and loss of center. These four negatives can, on a singular level, render you powerless in a real world confrontation. We can see a direct association between these four looming figures and their relation to everyday life. Without a clear path, a plan, eyes wide open, and a sense of assured self-reliance, one is lost.

With focus, understanding and awareness that these four basic negatives exist in all of us, we can then move forward and alter the outcome into a positive one.

We must train to capitalize on our individual tactical and strategic strengths and values. We must grasp the fact that with training, come assurances, understanding and a stored point of reference we draw upon in our response. We negate "the four" negatives on many levels as we learn and condition both our mind and body towards success.

We must grasp the concept that these four dark elements are presented all the time and can impact us in both, martial and social worlds. We must stare "the four" looming characteristics square in the eye, recognize them, and go beyond their effects.

Doubt is a self-inflicted weakness. Common examples are: "Am I doing this right?" "Is this good enough?" "Am I fast enough?" These measurements are unimportant. What truly matters is whether you executed a technique to the best of your ability and if it caused some reaction in the aggressor! We all have our doubts, both in others' and in our own capabilities. This is human nature. The Bushi (warrior) must believe in his or her abilities no matter how basic or advanced they may be. Understand that with knowledge comes power; with skill comes a tactical advantaged; and with practice, one builds self-reliance.

Confusion is the next of these nasty subconscious monsters that can cripple you throughout life,

confusion of *what should I do*, trying to sort through a problem without a solution at hand. This comes from you being overwhelmed by knowledge or actions of others, your failure to ask for clarity when you do not understand the situation or information presented. Without focus and training within provided guidelines, you can find yourself straying from original material or taking shortcuts. You adapt a technique based on your perceptions of how you think it should work. The outcome—poor or incomplete technique.

We will often take liberties or unnecessary risks to justify our personal actions. Confusion is tricky, it is hidden in every technique, in every confrontation, in every second of every day. If it is allowed to come to the surface of any simple action, then failure, injury or death cannot be too far behind.

Surprise is confusion in a flash; surprise is the doorway to confusion. Before the moment when it appears, you need to have prepared yourself. This preparation alone will empower you to suppress the massive wave of confusion to follow. It is at this point, your mental balance, your center as you know it, is taken from you. The Unexpected rears its head, the Unknown amplifies the negative, the darkness grows and you are adrift in a sea of Doubt and Confusion. One must train and condition a controlled response to defeat surprise, confusion and doubt. All three lead to the destruction of your center, the solid ground you stand on and the frame of mind that creates your world. No matter the influx of negative influences, you *must* be able to collect your thoughts, organize your skills and gain control of all aspects of your physical and psychological being. The old adage that "Life is full of Surprises" really means, life is full of the unexpected and the unknown, we, as Martial Artists, train to meet both these foes with eyes wide open.

Training is the process of providing the mind a point of reference to reduce confusion. Training gives us a familiarization with certain circumstances, so when we are exposed, we have a point from which to draw a response. This should build self-assurance in our individual abilities.

The concept of loss of center doesn't only speak to your balance. It suggests the bigger picture—losing your center or your ability to be rooted in what you consider your personal life. Center can be defined as the middle of your world, the thing that keeps you balanced and sane. We can lose center

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from a variety of actions that are not physical. One could lose his job, lose a loved one, make a bad choice that leads to a dynamic change in his well-being and the balance he calls life.

We must strive to understand that there is a balance between these four dark influences, a relationship, a common thread. There are triggers that cue each of them to cause some form of instability in our lives.

We are always focused on the protection of our center or balance. In many cases those with a year or two of training have unknowingly developed a good sense of protecting their center. In the same concept, we also build defenses around things we value and prize on a social level. We protect our interests that mean something to us. Even our secrets lay hidden deep within the center of our beings. The concept of center could be compared to how you see the world around you, how you choose to stand in that world and, ultimately, what your daily efforts to keep it all in balance are.

I hope this installment did not seem too Zen-like, that with a positive there is always a negative or a dark side. We normally focus on the positive giving little to no recognition to negative aspects that dwell inside each of us. To develop the full potential of our martial Self we must see everything clearly. Understand this delicate interdependency. Without this balance of mind and body we would be a mass just taking up space. It is essential to always look beyond the physical and search for underlying mental aspect of all events, especially when it comes down to the development of good technique. One should ask himself or herself: "why does this work," "what effect am I having on the individual to whom I am applying technique," "how does this all affect me mentally and physically," "where am I now and what will the outcome be, both long and short term." Seeing over the horizon is a wise skill to develop, consequences abound daily. As martial artists, we can see this clearly in any simple action, like blocking. If we block too late or too soon, the consequence is, we are struck.

We need to take a moment and reflect on this simple collection of words. Once we understand that "the four" negatives are built into our social make-up and are learned over time, we have a better chance of overcoming these cracks in our armor. A baby is not born with fear, doubt, inhibitions, hate or insight. These qualities are learned and developed overtime through our social

influences and experiences. With understanding and acceptance, these simple four negatives can be conquered.

I would also suggest, in closing, that we all could easily expand on these four characters and soon form a long list of the not-so-positive aspects of life. These four are very important from a martial perspective because they can create hesitation when confronted in a combative situation. These four can take a simple engagement and turn the tides introducing failure. Remember that knowledge is power, to be forewarned is to be forearmed. To know thy enemy, these old adages really have value when combatting our inner-selves.

SUPER SUMMER SEMINAR CAMP A GREAT TIME



Mr. Anthony's **AgainstTheEdge**-Part 2 seminar participants on Sunday morning

The visit to Hamilton, NY and Zen Do Kai's Super Summer Camp was fun for everyone who made the trip. Cool evenings and mild days made for a great weekend of martial arts training. Mr. Anthony taught three classes, all very well attended. In fact, his first Against the Edge Seminar had 98 attendees out of about 240. The format for the weekend was fast-paced and at any given time there were six seminars in full swing. Most of our students sampled a wide range of activities ranging from BJJ to free-sparing workshops. We all had the pleasure of meeting new people and making many new friends.

Plans are already in the works for attending the Camp next year. Photos will soon be posted on the website.

To everyone who made the trip, many thanks for your support.

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CAMA students with Mr. Anthony, Hanshi (third on left) and Mr. Cutter, Shihan (first on right) on Sunday at Super Summer Camp before going home.



Mr. Anthony, Hanshi and Mr. Cutter, Shihan talking with participants in Mr. Anthony's **Against The Center** seminar.

**IAI-JUTSU CLASSES BEGIN AUGUST 11
AT SPORT & HEALTH IN MCLEAN, VA**

We will begin an *lai-Jutsu* class to help meet the interest in this aspect of your art. *lai-Jutsu* is a Japanese art of drawing and responding with the sword. The concept of *lai* is one of conditioning the mind to engage the body in a responsive manner. These classes will be one hour in length, Saturdays, 11am to 12pm, at Sport & Health's Tysons Corner location in VA. We will cover a wide range of topics to grow and understand the aspects associated with this unique art.

Monthly fees:

Active CAMA students • \$50.00/month
Non-CAMA students • \$100.00/month

Equipment required:

In the beginning just your jo & uniform

Visit: www.camausa.com for directions.

HANSHI'S, QUOTE OF THE MONTH

*When engaged in conflict,
there are no rules,
just boundaries.*

— VINCENT ANTHONY, 2007



Hooman Saberinia testing for his 8th Kyu on Saturday evening at Super Summer Camp.

NEW SCHOOL T-SHIRTS NOW AVAILABLE

We have both T-shirts back in stock.

- The new *Samurai* (M, L, XL, XXL)
- The *CAMA Logo* Shirt (S, M, L, XL, XXL)

Both t-shirts are black and retail for \$20.00

To order, email Mr. Anthony at info@camausa.com

TESTING & UPCOMING EVENTS

Remember that we have a test coming up and you should be preparing. If you do not have your testing requirements please see Mr. Boyles in class or email him. The testing date is looking to be sometime in late September. Also, as a reminder, Mr. Anthony's Birthday Party will be coming up in September. Anyone interested in helping to organize please see Olga or Eric.