



# IKSA UPDATE

Independent Karate Schools of America



Spring 2017



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## IKSA Newsletter

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IKSA Update is a publication of the Independent Karate Schools of America. We accept stories, editorials, photographs, or artwork for future editions. Submissions can be made to either of the two above email addresses. If you are not the originator of the material, please be certain you have the proper rights prior to submission.

## Counsel of the Masters 3: Unintended Benefits

The following represents a series of input articles that have generously been submitted by IKSA Instructors to whom we are grateful. The questions posed this edition consisted of the unintended benefits off aspects of Martial Arts Training. Here's what they said.

### Master Lisa Heitke

*Tournament Competition:* After competing in tournaments, I gained inner strength. I realized that if I trained and did my best, it didn't matter where I finished in the competition. This carries into all aspects of my life and helps me to not be too hard on myself.

*Teaching* has made me a better student.

### Master Tim Bowles

In 1993, doctors ordered me to cease all physical exercise due to severe, repeated trauma to the knees. As a result of not being able to exercise anymore, my weight surged to 250 lbs and I smoked up to two packs of cigarettes per day. All it took was one class in the Martial Arts to get me hooked.

The competition, balance, and flexibility that martial arts requires gave me the desire to quit smoking. Since then, I've lost 50 pounds, quit smoking, and returned to a lifelong health discipline which has enabled me pursue sparring. The benefits to my health continue to this day.

### Master Melvin Stewart

Grappling! I wrestled two weight classes up only weighing 164 pounds but wrestled at 181 in high school. This instilled a drive in me to not fear tough/ difficult situations I encounter.

### Master Williams Essex

The best way to learn is to help others to learn. It's a win/win. Teacher and pupil both improve.

### Master Matt Stonerock

Outside the dojo students find that stepping into leadership roles and communicating are easier tasks that allow them to stand out amongst their peers. Giving an oral report or standing in front of a room full of people will seem second nature after having the experience of leading a class.



## Master Martha Burk Promoted to 8th Dan!

### San Diego, California

Master Martha Burk was promoted to Hachidan 8th Degree Black Belt here on December 10th 2016 at the TAK Formal Promotions and Awards Ceremony. The promotion was issued through Traditional American Karate and the Independent Karate Schools of America - Society Of Soke. Master Martha, who began her martial journey in 1988, earned her 1st Dan in 1992, and consequently, she is eligible for her 25 Year Black Black Belt Milestone award.

Master Martha (wife of GM Floyd Burk) has been teaching classes since she was an orange belt and has been doing so ever since. Since brown belt level, her average class

load has been 12 one-hour classes per week, 12 months per year for 26+ years. Master Martha is highly respected by Trad AM Karate-ka as she was the first instructor (as lead instructor) for most of the San Diego based Yudansha during the early years of their training. This includes masters such as Master Ron Velarde, Master John Ben-Judah, Master Brian Hatstrup, Master Tyler Dewey, etc. etc. She also helped institute community programs where she's trained more than 8,000 students in the martial arts.

While not teaching at the dojo or at the city program, Master Martha runs six karate tournaments a year, officiates dozens of belt rank tests, and regularly conducts women's self-defense workshops for high school students, a local YMCA and community service programs.



All IKSA members want to congratulate Master Martha Burk for this fine accomplishment.

~Editors



## The Five Animals of Kung Fu

By GM Bernie Fritz



*The Five Animals of Shaolin include the Tiger, Crane, Snake, Leopard and the Dragon. The Dragon is to train the spirit (things of the mind). The Tiger is to train the bones (body and mechanics). The snake is to train the chi (life force and refers to eternal). The Crane us to train the ching (precision). The Leopard is to train the li (strength and speed). This installment, the fifth of GM Fritz' five part series, is on the Dragon. - Editors*

## THE DRAGON

The Dragon is a multi-faceted beast; a symbol once reserved for royalty and the higher classes. Your Dragon may propel within the sea, roam across the lands or gracefully soar through the sky. The Dragon is an example of natural law. The Dragon's response to an attack with its reptilian brain is spontaneous and without thought, no-mind so to speak. We achieve this spontaneity by practicing our technique/s repeatedly until we can do them instinctively, thus helping us to survive attack or avoid other dangers. When we can do our moves very easily, we can do them really, really fast. Therefore, the moves will be more effective.

Dragons have tremendous weaponry. Vicious sharp teeth, strong ripping claws, a powerful tail, and armor-like skin with scales. While heavily loaded with weapons, the Dragon's flexibility along with its gift of flight allows it to use all of those weapons simultaneously. Martial artists, likewise, should train to employ knees, hands, elbows, head-butts, biting, etc.,

simultaneously. When you employ simultaneous pressure point strikes, you can achieve an instant knockout. You can tap into this idea of flight by working at making your footwork become more graceful and free. In combat, you want to move freely and not be locked in or rooted. If you are not locked down, when someone pushes or strikes you, there is nothing [you] there. Those skills come from your sensitivity and understanding of fluidity and flight.

The spirit of the Dragon means to be connected more spiritually and be spiritually in tune to the laws of nature and the universe. When you are more spiritually connected, you can achieve almost anything. The Dragon imparts limitless potential while awakening the sleeping giant within to carry out extreme feats. Whether you believe in Dragons or not, the spirit and energy of the Dragon cannot be denied and it is yours to use in your training.

-Grand Master Bernie Fritz



## 2016 IKSA National Training Seminar a Success!

In September the IKSA held its annual training seminar in Brentwood, TN. 10th Dan Dr. Jerry Beasley was the guest instructor. He and numerous IKSA instructors taught a variety of classes. The Friday night/Sat sessions were attended by nearly 100 participants.

On Sat night, the awards/promotion banquet was held. The seminar's Most Supportive School Award went to Master Stonerock's East Nashville American Karate Academy. Masters Melvin Stewart and Danny Chapman were presented Milestone Awards recognizing their 35 years of training in the martial arts.

The following IKSA instructors were promoted: Eugene Mc Duffy and Jon Graves-3rd; Doug Guido and Jesse Ackley-4th; Charles Mick and Jason Chase-5th; Brendt Bernard-6th, William Essex-7th and Jim Bonesho-8th. Sensei Chase was given the title of Master and Master Bonesho was given the title of Grandmaster of the Martial Arts.

GM Jerry Beasley was presented the IKSA Lifetime Achievement Award for 45 years of training and teaching the martial arts.

The 2017 National Training Seminar will be held in Brentwood, TN September 29 and 30. The guest instructor will be Bill "Superfoot" Wallace.



## Legends

The legendary Bill "Superfoot" Wallace, a good friend of TAK and IKSA as well as Sensei, is featured in Black Belt Magazine's special "LEGENDS ISSUE"...along with other big name legends. The issue is available at news stands now so get your copy before they run out! Grandmaster Burk, the author of this article, shares his recollection of early training session with the World's Greatest Kicker bar below.

Bill Wallace is "Superfoot". He used just one foot to inflict pain on his opponents. Wallace also always used a winning formula for teaching and communicating with his audience. He would explain all exercises and techniques thoroughly while demonstrating those methods for all to see. Afterwards he and the attendees would do all the drills together. Later, everyone would get it on and start sparring changing partners every few minutes or so. Wallace would have a partner too, and sooner or later it was going to be your turn. That was back some 30 years ago before his attorney advised him to discontinue sparring with everyone at his seminars. How ironic that 30+ years later GM Wallace would be signing off on my 10th dan promotion. Now that's something either Wallace or I saw coming.

What an honor! ~GM Floyd Burk

## Welcome New Charter Members!

The IKSA is proud to welcome Mr Doug Gudido of Harmony Martial Arts in Cape May Court House, NJ, Hanshi Jim Risinger of Orcutt, CA and Master Brian Baim of Illinois. Individual Members include Mr. Bill Bull and Mr. Danny Tracy.



## Where to Now?

Part One

By Sensei Charles Dupree

I practice and teach a Hashi-influenced Shito Ryu branch of Karate, started by Master Mabuni Kenwa. Mabuni trained and was friends with most of the influential Karate people of his time. Known as "Mabuni the Technician", he was the go-to-guy to demonstrate and teach Kata from almost all styles. When he died in 1952, his Shito Ryu had over 65 Katas in its syllabus; he is the one who taught Funakoshi and his son the Hian (Pinan) series of Katas that are the basis of Shotokan Karate.

Things were quite different in the early days. There was an open friendship and a sharing between practitioners.

More important was "who" it was that

## Happenings!

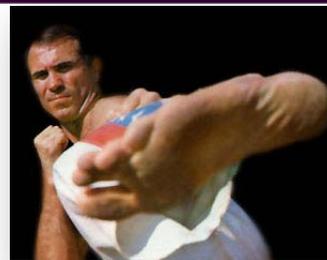
**Dec. 3rd 2016-** Ms. Emily Holden was promoted to Nidan in American Oriented Style Karate. She endured an arduous 3 1/2 hour test in front of a panel of senior Blackbelts. She has been a student of Mr. Stewart for 8 years.

### Dec. 3rd 2016

Mister Melvin Stewart was recognized with the Martial Art Impact on People Award. This award is given to those who made a profound impact in their Martial Arts community.

## 2017 IKSA National Training Seminar

The 23rd annual NTS seminar will be held in Brentwood, TN Sept 29/30. The Guest Instructor will be Grandmaster Bill "Superfoot" Wallace. There will be an adult class on Friday night, Sept 29th and 9 classes offered on Saturday, Sept 30th. There will be 6 classes offered for children (ages 6-12) on Saturday. Along with Grandmaster Wallace, a number of the IKSA's top instructors including GM Floyd Burk, GM Fritz, and GM Welsh, will be teaching. Instructors who have questions should contact GM Chapman at 5rebels@hughes.net. Fliers will be sent to IKSA instructors and placed on the IKSA web site in July. There will be an awards/promotions banquet on Sat night after the seminar.



## IKSA Milestone Awards and Black Belt Advancements

Milestone Awards will be presented to instructors at the banquet who in 2017, celebrate their 25th, 30th (and up) years of training in the martial arts as well as Black Belt Advancements.

Those who qualify should contact Master Chapman at 5rebels@hughes.net or 615.794.4330 before August 15th.

taught you rather than what "style" you practiced. Karate students learned for protection from thieves and ruffians, not from other Karate practitioners.



The Okinawan form of teaching was in either a small group, as an individual study with one instructor. It took place

either at his home, a garden or in secret. The average Master at the time knew and practiced two to three katas as his entire system. Katas were built to help the practitioner remember strikes, moves, counter-strikes, stances and all the techniques for self-defense against attacks.



Mr. Stewart is known for giving self-defense advice, classes, seminars to individuals, ranging from Martial Artists, nursing homes, church groups, women and law enforcement.

The award was presented by founder Master Joe Cox.



There was limited literacy, writing and photography. No movies, Video or TV. Today, instead of creating a new kata, we analyze a kata to find the "bunkai" or fighting moves from the form. This is much like reverse engineering. Mabuni and others started the Research Society (Karate Study Group) where all, no matter what their teaching style, would meet together and study, practice, and learn the different skills each instructor taught.

This is not unheard of. Remember, Karate in Okanawa was "Te" or "Hand" until at least 1932. The organization and style requirements came after some of the founders went to Japan and began teaching there. To conform with the demands of the extremely and regimented Japanese society, they were required to name and establish their style and syllabus for the Japanese Dai Nippon Butoku Kai (a government agency regulating Martial matters). The founders remained friends and maintained close contact, taught, shared, laughed, ate, drank and performed with each other. Each recognized the strengths of the other and openly talked and taught through their differences.

Be sure to catch part two of this series in the next edition!

~Editors



If you are interested in receiving your newsletter via e-mail please send the request to Sensei Lenny at SenseiRamirez@gmail.com.

We will then add your name to the distribution list.



Any instructors who wish to teach for the 2017 IKSA Seminar please contact Master Chapman with topic.

## Charter Renewal

If your IKSA charter is up for renewal in 2017 (expiration dates can be found on the bottom of the charter), please send in your renewal fees ASAP. Fees for renewal are as follows:

Two Years—\$110

Five Years—\$175

Lifetime—\$350 (never expires in spirit or form)

Checks or money orders should be made payable to IKSA

Renewals should be sent to :

IKSA International Command Center  
1171 Lula Lane  
Franklin, TN 37064

Remember that IKSA Charter fees are the principal means of support for the organization so do not delay.



IKSA Directors Grandmaster Chapman, Grandmaster Burk, Master Heitke, and Grandmaster Fritz



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