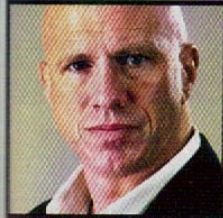


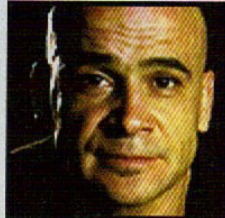
asking the **MASTERS**

By Harjit Singh Sagoo

Greetings once again. In part 1 & 2, I had the honour of interviewing masters and grandmasters such as Taky Kimura (Jun Fan Gung fu), Yang Jwing-Ming (White crane, Long fist, Tai Chi), Nestor Capoeira (Capoeira), Stephen K. Hayes (To-Shin Do Ninja Martial Arts), William Cheung (Wing Chun Kung fu), Rene Latosa (Latosa Escrima), Glen Doyle (Irish stick-fighting), Rodrigo Gracie (Gracie Jiu-jitsu), Al Dacascos (Wun Hop Kuen Do), Kenneth Funakoshi (Shotokan Karate), Terry Brown (English martial arts), Marc 'Animal' Mac Young (street-fighting), Uptej Singh (Gatka), and many, many more. For the third part of the series, 18 masters and grandmasters of various styles of Eastern and Western martial arts have contributed.



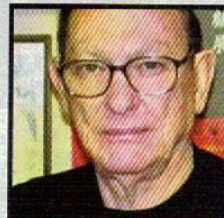
Dave O'Donnell



Bas Rutten



Doc-Fai Wong



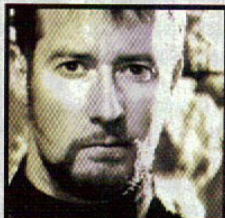
Tim Tackett



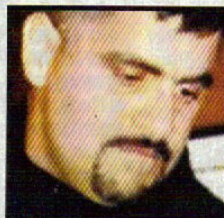
Yan Lei



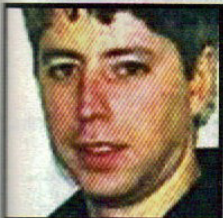
Thomas Cruse



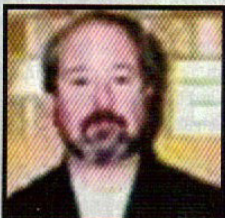
Paul Macdonald



Ron Donvito



John W. Hurley



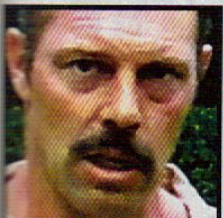
Bradley Steiner



George Dillman



Edgardo Perez



Gerry Cawley



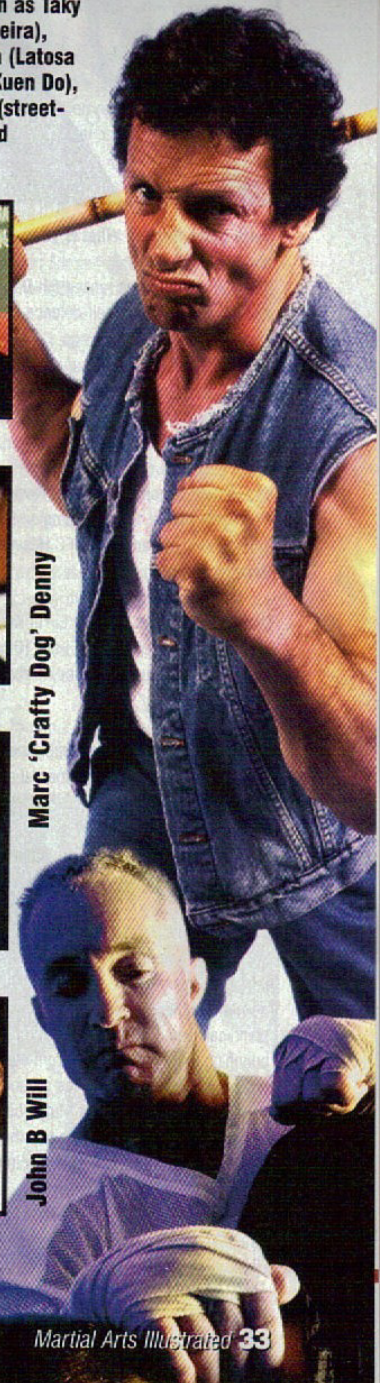
Frank Dux



Andrew Brew

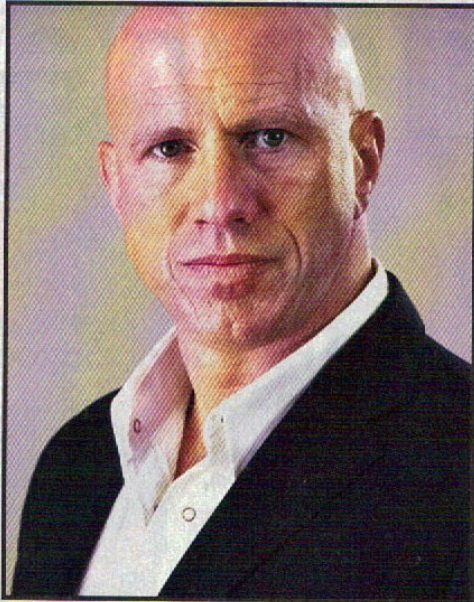


Fumio Demura



Marc 'Crafty Dog' Denny

John B Will



Harjit Singh Sagoo: What is your style and rank?

Dave O'Donnell: I was ranked 5th Dan expert at elite fighting systems (self-defence system) then turned MMA 8 years ago.

Marc 'Crafty Dog' Denny: Guro Inosanto Biend Kali, Founder/Head Instructor Dog Brothers Martial Arts (DBMA).

Bas Rutten: Second degree Tae Kwon Do, 5th Kyokushin Karate, Dutch Champion Muay Thai, 3 times King of Pancrase, UFC Heavyweight Champion.

Doc-Fai Wong: I teach Choy Li Fut Kung Fu and Yang style of Tai Chi Chuan, I am 10th Dan of my federation (Plum Blossom International Federation).

Tim Tackett: Full Instructor Jeet Kune Do. I am also an instructor in Filipino martial arts and various forms of Kung fu.

Yan Lei: I'm a 34th generation fighting disciple from the Shaolin Temple in China.

Thomas Cruse: As far as style goes we do not subscribe to any particular style or system, rather we use what we find functional, more from a combative athletic point of view than a technical view. For example, if you need to use punching in a fight we draw from western boxing. If the fight goes to the ground we use Brazilian Jiu-Jitsu and Kina Mutai (biting and eye gouging). In weapons we use the Filipino art of Kali. My 'rank' is Senior training officer of Progressive Fighting Systems.

Paul Macdonald: I research, practice and teach

Above
Dave O'Donnell, 5th Dan expert at Elite Fighting Systems and promoter of Cage Rage started studying martial arts because he was a skinny flash kid with no muscle and no fitness, and couldn't punch his way out of a paper bag.



Edgardo Perez is the founder of the Guazabara system (a hybrid fighting system that combines elements of the Puerto Rican Taino Manaya 'Axe' & Macana fighting, Jibaro combat machete, Police close quarter battle 'CQB' tactics, and Korean Hapkido). He is also a full instructor in Eskrima and has an 8th Dan in Hapkido.

a variety of European martial art forms, with an emphasis on weapons from the 17th - 18th centuries such as backsword, quarterstaff, rapier and smallsword. Other weapons studied and practised are longsword, dagger/unarmed, duelling shield, dusack, sabre, cane and classical foil amongst others. I presently hold the working title of Master-at-Arms.

Ron Donvito: Kobushi Sessen-jutsu, 10th Dan, Soke.

John W. Hurley: Rince an Bhata Ulisce Bheatha, the Doyle family (of Newfoundland) Irish stick fighting system. There is presently no ranking in the system.

Bradley Steiner: American Combato (Jen-Do-Tao)™, which I founded in 1975. I am recognized at the 'Shinan' (Founder) and hold the rank of 10th degree black belt. I am also

Guazabara System (a hybrid fighting system that combines elements of the Puerto Rican Taino Manaya 'Axe' & Macana fighting, Jibaro combat machete, Police close quarter battle 'CQB' tactics, and Korean Hapkido).

Gerry Cawley: Cornish Wrestling - Grand Master.

Frank Dux: I have achieved a very high level of proficiency in multiple Asian traditional martial art systems before becoming the founder of one of the very first eclectic/mixed martial art systems I call FASST/Dux Ryu, before cross training became fashionable. FASST is an acronym for Focus-Action-Skill Strategy-Tactics but is different than typical mixed martial arts considering it deals with training FASST participants to deal with Threat Level 2- Non-compliant Threats through Tactical Communication and Threat Level 4, Lethal Threats, in addition to Threat Level 3 Combative.

I was dismayed to find a great lack of European martial arts in the UK and Western world 15 years ago and wanted to not only practice these but do something about redressing the cultural void at the time.
- Paul Macdonald

President and CEO of the International Combat Martial Arts Federation (ICMAF).

George Dillman: Grand Master of Ryukyu Kempo Tomari-te.

Edgardo Perez: I am the founder of the

Physical Control and Containment Threats that is the primary focus of mixed martial art systems.

Andrew Brew: The style I primarily teach is that of Johannes Liechtenauer, the 14th century German master whose tradition dominated



MACHADO

John Will of Brazilian Jiu-jitsu (Machado style), has trained with the best (Rorion and Rickson Gracie, Machado brothers, etc), and was the first to introduce BJJ to Australia. He has also studied and wrote articles about the Indian martial art of Vajramushti, 'the Vale Tudo of ancient India'.

knightly swordplay in the German-speaking world until the end of the 16th century. I bear the rank of Fechtlehrer (in English, Provost). In our tradition we do not use the rank of master, out of deference to the Maitres/Maestri of the classical French and Italian schools.

Fumio Demura: Shito-Ryu Genbu-Kai; 7th Dan.

John Will: At my school I focus on MMA (mixed martial arts) and BJJ (Brazilian Jiu Jitsu). My BJJ rank is 3rd degree black belt. Although I have trained in a wide variety of styles throughout India (Vajramushti), Thailand (Muay Thai), Japan (Karate), Indonesia (Silat) and the USA.

Harjit Singh Sagoo: Why did you begin studying martial arts?

Dave O' Donnell: I started because I was a skinny flash kid with no muscle and no fitness, plus I couldn't punch my way out of a paper bag...I wanted to change.

Marc 'Crafty Dog' Denny: The street crime issues of growing up in New York City, and a terrible fight in southern Mexico that led to three days in prison.

Bas Rutten: I was bullied when I was a kid because I was a sick kid with asthma and a terrible skin disease. I saw a Bruce Lee movie, 'Enter the Dragon' and wanted to be like him.

Doc-Fai Wong: The reason that I began kung fu (in 1961, when 12 years old), was because the other kids picked on me, gave me trouble, wanted to beat me up.

Tim Tackett: I was always interested in learning how to defend myself and my loved ones with the amount of force required.

Yan Lei: Because I wanted to change myself and my life.

Thomas Cruse: I started studying martial arts because I was getting beat up a lot as a youngster. I was fortunate to find Boxing and then Wrestling in school and those two took care of most of my fights. Later in life I was very fortunate to find Bruce Lee's art of Jeet Kune Do.

Paul Macdonald: I was dismayed to find a great lack of European martial arts in the UK and Western world 15 years ago and wanted to not only practice these but do something about redressing the cultural void at the time.

Ron Donvito: I began training in martial arts at the age of four, to learn self-confidence.

John W. Hurley: I come from a military, Irish-American family and wanted to participate in some cultural tradition related to my heritage that was physically healthy and practical. I could not pursue an active course in Irish Republicanism, so I felt that this was a viable and possibly healthier alternative.

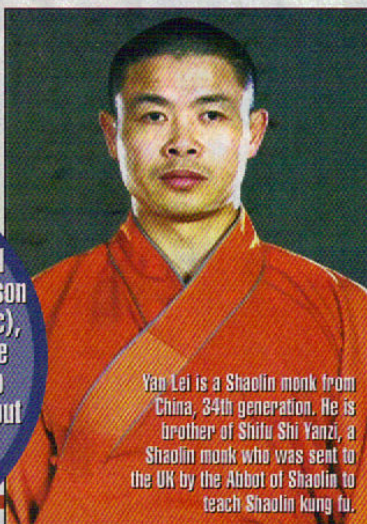
Bradley Steiner: For self-defence. (I began studying in the 1950s).

George Dillman: I started in Judo at age 9. My step-father taught Jiu-jitsu during WWII...at 14 I went into boxing and boxed for 3 1/2 years...finished with a record of 27-3...Went into the U.S. Army and had my first martial arts instruction in Karate from Okinawa...loved it and have been now doing it for just over 50 years... Boy, does time go fast.

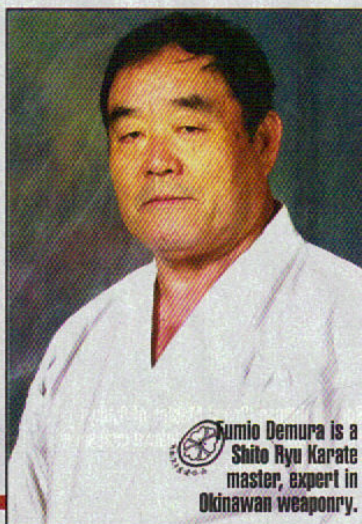
Edgardo Perez: I was placed into the martial arts in an effort to stay out of gang violence.

Gerry Cawley: By accident, entered in competition by older brothers.

Frank Dux: Too poor to buy athletic shoes and equipment for football or baseball.



Yan Lei is a Shaolin monk from China, 34th generation. He is brother of Shifu Shi Yanzi, a Shaolin monk who was sent to the UK by the Abbot of Shaolin to teach Shaolin kung fu.



Fumio Demura is a Shito Ryu Karate master, expert in Okinawan weaponry.

FEATURE Asking The Masters

Andrew Brew: I started studying martial arts as one aspect of the study I was already doing on the material culture of our medieval ancestors, and how the material culture fitted into the wider social context. It interested me not chiefly for martial reasons, but for reasons of insight into other ways of interacting with the world.

Fumio Demura: When I was a child, my body was not strong, and exercise was prescribed as a remedy. My neighbour's father taught Karate and Kendo, so he began to teach me those disciplines. Later I went to Ryusho Sakagami, and I trained in Karate-Do, Kendo, Okinawan Kobudo and Iaido.

John Will: I began studying the martial arts to gain confidence as I was bullied at school as a youngster.

Harjit Singh Sagoo: How important do you believe it is to study self-defence?

Dave O' Donnell: I've met many so-called self-defence experts. You can learn it in every church hall but most of it could get you killed. There are very few self-defence experts who pressure-test their students.

Marc 'Crafty Dog' Denny: For me it is very important, but it is not the only thing. In DBMA we say "Fun, Fit, Functional".

Bas Rutten: Very important, if you have to defend yourself or your loved ones you better

Ron Donvito: I believe that the study of self-defence is extremely important, especially in the society of today where violence is very prevalent.

John W. Hurley: If you study anything about the long tragic history of Gaelic Ireland you can't

I consider the study and practice of self-defence (armed and unarmed) to be an essential part of every man's education and believe that every person has the right to defend himself..

- Bradley Steiner

make sure that you can do it.

Doc-Fai Wong: Very important, because then a person will be able to protect himself.

Tim Tackett: Unfortunately the state of the world requires some form of self-defence.

Yan Lei: If you can't defend yourself with your martial art then I feel it can't be called a martial art.

Thomas Cruse: In this world today one certainly needs to be able to defend one's self and family. Absent firearms then the combination of JKD, Kali and Kina Mutai can give you a critical edge in achieving this goal.

Paul Macdonald: The study of all self-defence takes its student to the very Heart of themselves and offers unending opportunity to study and develop the self in all senses through experience, in mind, body and spirit.

As well as the practical applications of self-defence in live situations and carrying more confidence in the street, it is the deeper aspects of self-defence that are the most valuable and applicable today, as much as they ever have been.

walk away without thinking that it is extremely important for the citizenry of a nation to be both well trained in unarmed methods of self-defence, and to be well armed with guns.

Bradley Steiner: I consider the study and practice of self-defence (armed and unarmed) to be an essential part of every man's education. I believe that every person has the right to defend himself, and that every individual is well advised to acquire at least the basics of personal defence and protection.

George Dillman: Very Important. I have always stressed the "real deal" for fighting, because of my boxing career. I now teach "pressure points" they are easy to do...and you can put anyone down within a second...sometimes with just a touch...


Edgardo Perez: As a 25 year military and police veteran I think the chief reason for the martial arts should be self-defence.

Gerry Cawley: Very important, to improve oneself through discipline.

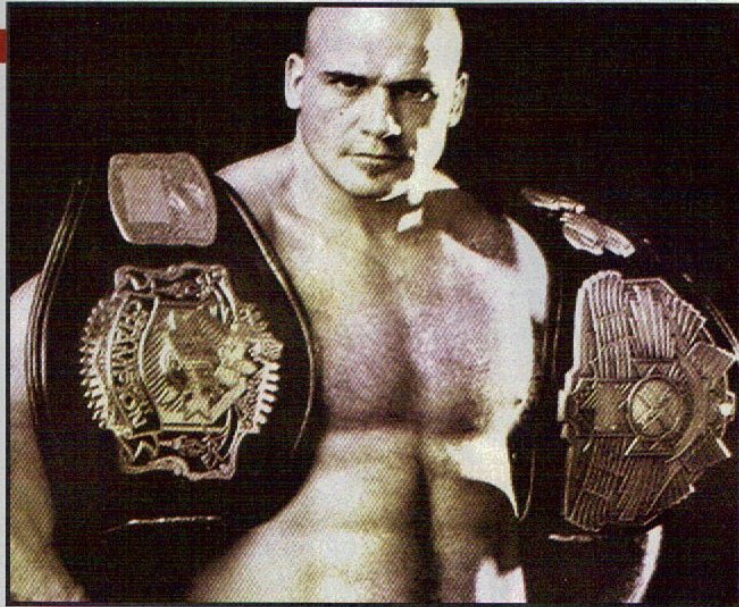
Frank Dux: I think it is everyone's responsibility to learn self-defence and hold those accountable who would violate the laws of civility.

Andrew Brew: I do not study or teach primarily for self-defence (it is unlikely, after all, that I or my students will be carrying a long sword on any occasion on which we are obliged to defend ourselves). The study of the art of fencé as practiced in times past offers a way for us to step out of the culture in which we happen to have been born and see the world through fresh eyes. It is also, of course, excellent for developing physical control, and also an understanding of the unity between intent and action.

Fumio Demura: I believe it is very important to study self-defence - Karate is an art of self-defence. However, the more important concerns of training in martial arts are to develop a good attitude and a kind personality to become a better person, which will ultimately make your martial arts better, as well.



George Dillman, Grand Master of Ryukyu Kempo Tomari-te and well-known pressure-point fighting expert.



Left

Bas Rutten: 2nd degree Tae Kwon Do, 5th Kyokushin Karate, Dutch Champion Muay Thai, 3 times King of Pancrase, UFC Heavyweight Champion.

Frank Dux: 'Keep it real' and 'Act NOT React'.

Andrew Brew: No, I have no motto, but try to live my life with purpose.

Fumio Demura: My motto is: No matter what I do, I always do my best.

John Will: 'Vires et menes' - (latin) 'Strength & Intelligence'.

Harjit Singh Sagoo: What has been your greatest achievement so far?

Dave O'Donnell: To have two beautiful kids and

John Will: I believe it is important to have a good working knowledge of self defence as sadly, the world we all live in is becoming increasingly violent – but the study of martial arts also offers many other benefits; self confidence, personal empowerment, better fitness, etc.

Harjit Singh Sagoo: Do you have a motto? If so, what is it?

Dave O'Donnell: "Don't think about doing something...just do it or at least have a go."

Marc 'Crafty Dog' Denny: "Higher consciousness through harder contact." ©dbi and "Walk as a warrior for all your days." ©dbi

Bas Rutten: "Treat people like you want to be treated", many people know this one, not a lot of them actually bring this rule in practice.

Doc-Fai Wong: Yes, "Train hard and be positive."

Tim Tackett: "Everyday you should be better than you were the day before".

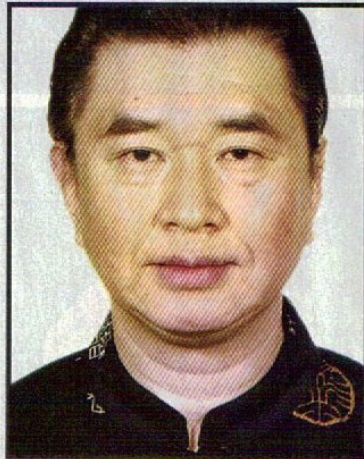
Yan Lei: I do, it's a powerful Chinese proverb but I can't translate it into English.

Thomas Cruse: My motto is "use what works."

Paul Macdonald: "To Live is to Learn, to Fence is to Live."

Ron Donvito: For the past thirty years, my primary occupation was training combatives to military personnel. My motto pertains to proper combative mindset. "Not today. Definitely not you!" Translation: I will die someday, but not today. Someone may be responsible for my death but it will not be you (the opponent).

John W. Hurley: Yes. "The price of freedom is eternal vigilance." Studying methods of self-



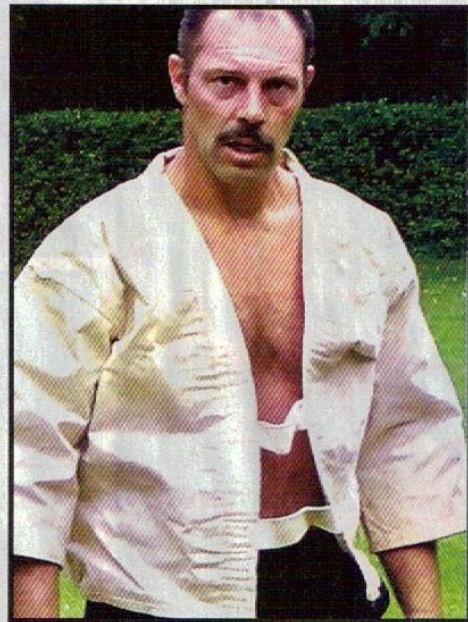
defence is a key part of this eternal vigilance.

Bradley Steiner: Yes. I actually have three: The first is my martial or combative motto. It is the admonition that originated with me, and that I first published in the 1970s in my Manual, 'The Tactical Skills of Hand-to-hand Combat': "When you are attacked, attack the attacker!" This phrase is original with me. The second is my personal motto: 'Mundo Nulla Fides' (Put no faith in the world - or - Trust no one), adopted from the man known as the 'Ace of Spies'. Sidney Reilly. The third is my professional motto: 'De Oppresso Liber' (To liberate from oppression), adopted from the United States Army Special Forces.

George Dillman: Do unto others, before they do unto you.

Edgardo Perez: 'There is no Victory without Honour'.

Gerry Cawley: 'Fair play is good play.' (Gwery tek u gwary tek).



Above **Grandmaster Gerry Cawley's** (heavyweight champion in Cornish wrestling) motto is 'Fair play is good play' (Gwery tek u gwary tek).

Above left **Well known Kung Fu Grandmaster Doc-Fai Wong** teaches Choy Li Fut Kung Fu and Yang style of Tai Chi Chuan.

a lovely wife for the past 17 years who lets me follow my dream of bringing cage rage MMA to mainstream (I still have a long way to go).

Marc 'Crafty Dog' Denny: Actually, it is to have become a father, but I imagine your question is about martial arts. I don't like ranking achievements, but amongst the most important to me are having become a 'guro' under Guro Dan Inosanto, being a Dog Brother and being the Guiding Force of the Dog Brothers.

Bas Rutten: Being where I am right now, like I said, I was a sickly kid and came from a little town of 30,000 people. Now to be in America and people stopping me on the street for pictures and autographs, I think that's pretty unbelievable. I am proud of what I did with my life and proud of the positive things that I am doing with it.

Doc-Fai Wong: Now I have students teaching over 33 countries and have students or federation members over 20,000 worldwide and have over 200 international schools or centres.

FEATURE Asking The Masters

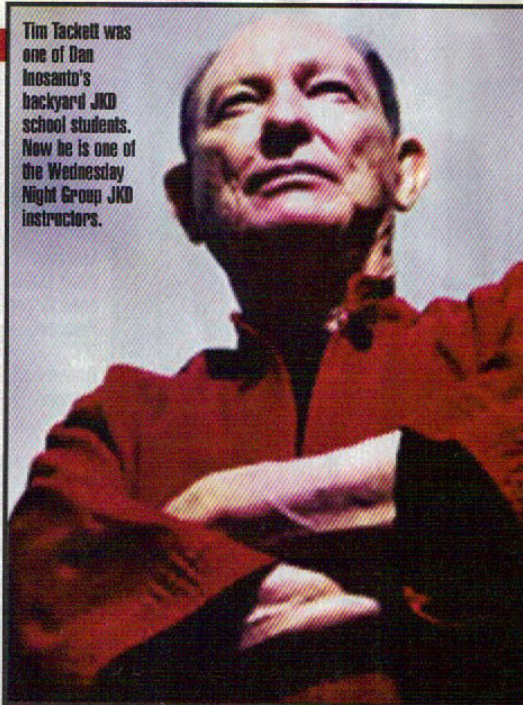
Tim Tackett: Having been able to write 8 books on Jeet Kune Do.

Yan Lei: I started training at the Shaolin Temple when I was fourteen and since that time I have never stopped training and never stopped learning.

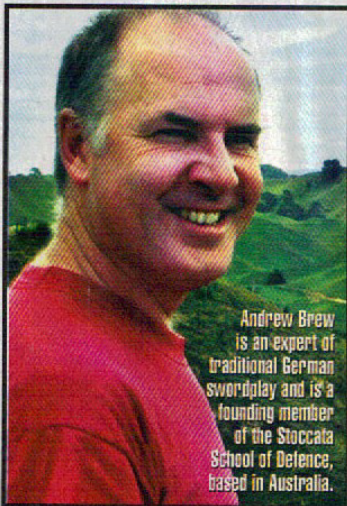
Thomas Cruse: My greatest achievement so far is the honour of training the most elite military forces on the planet. US Navy Seals, FBI, DEA, Marine Corps First Fleet Anti Terrorist team, and many, many more. They have used our method of hand-to-hand combat in real life situations. (see my web site - www.thomascruse.com ...they flew the American flag over the US embassy in Iraq in appreciation of the training they received).

Paul Macdonald: I don't like to think about achievement, as all is fleeting in this world. I

Tim Tackett was one of Dan Inosanto's backyard JKD school students. Now he is one of the Wednesday Night Group JKD instructors.



Paul Macdonald researches, practices and teaches a variety of European martial art forms, with an emphasis on weapons from the 17th-18th centuries such as backsword, quarterstaff, rapier and smallsword.



Andrew Brew is an expert of traditional German swordplay and is a founding member of the Stoccata School of Defence, based in Australia.



Above Frank Dux (Jean-Claude Van Damme played him in the movie Bloodsport) believes it is everyone's responsibility to learn self defence and hold those accountable who would violate the laws of civility.

prefer to think 'What's next?', and enjoy the adventure of getting there. If anything, I have most enjoyed meeting some rare souls along the way.

Ron Donvito: Professionally, the achievement that brings the most satisfaction is the opportunity that I was blessed with to train first, the United States Marines for nine years and then upon my retirement to train the U.S. Army Special Forces for nine years in the combatives system that I invented, 'L.I.N.E.'

John W. Hurley: Professionally, writing and publishing my book *Shillelagh: The Irish Fighting Stick* and my other books on Irish martial arts.

Bradley Steiner: To have been able to do the work I love, practice the skills and activities I love, marry the person I love, live where and how I want, deal almost exclusively with those

people I choose, enjoy the few good friends I have, know my own mind, and to have educated myself.

George Dillman: Still living into my late 60s, being healthy, and meeting so many fine people around the world...

Edgardo Perez: Becoming a father...NOTHING surpasses that!

Gerry Cawley: Producing Champions and passing on this traditional sport.

Frank Dux: Aside from the obvious of having 16 world records and been a world champion, being a progenitor of mixed martial arts with a film based upon my life, Bloodsport, and having the real life experience and knowledge to be worthy enough to be named a creative contributor to the Navy SEAL Specwar manual K-431-0097, it would have to be completing

my book, *Martial Art Bible: Secrets of Warriorship* - the first compendium of martial art knowledge broken down not by style but by the individual movements in relation to the human body. To give you some idea of the size and scope... The Table of Contents (in just Arial print ten font) is in and of itself 23 pages.

Andrew Brew: In the context of martial arts, it is to have been privileged to discover the existence of the historical European arts in the mid-eighties, a decade before the internet created the current community of scholars. By starting so early, I have had the opportunity to nurture others who have gone on to be leaders in the field.

Fumio Demura: I had the 'Japanese Village Professional Show' in Las Vegas - 7 days a week, 365 days a year, for 10 years. I was the originator of this concept, and I believe that, in many respects, I am still the only person who continues to develop and explore similar ideas to the extent that I do.

John Will: I have accomplished many things - and all were unique and have meaning for me in different ways; writing my first book was more important and meaningful to me than winning a world title for instance - achieving my BJJ black belt was the most difficult thing I have ever done in my martial arts training - greatest accomplishment - but I think that 'evolving into an all-rounded human being' would be pretty much at the top of the list.

Harjit Singh Sagoo: What is your greatest ambition?

Dave O'Donnell: To make the cage rage movie

(which is almost in final terms now) which again will get MMA mainstream...

continues to do a lot of harm to Irish people worldwide.

Marc 'Crafty Dog' Denny: To raise good children and to see them become good parents.

Bradley Steiner: To be happy and fulfilled in this world, and to be at peace with God and

my greatest ambition professionally would be to be a contributing factor in making good people safer in their lives by providing them with the knowledge to protect themselves and those they love.

- Ron Davito

In martial arts it is for the Dog Brother Tribe and for Dog Brothers Martial Arts to outlast me.

with Him, in the next world.

Bas Rutten: I am very happy right now with where I am, but I came to the US to be an actor. If I could play in movies that would be great. Sure I like to be in big movies, but just good movies and a good part would be good enough already for me, no need to be a super star. I just really like to act and enjoy that tremendously.

George Dillman: Getting everyone who does kata (forms) to really understand they are the deadly moves...they contain no blocks and are all recorded angles and direction to attack the weak spots on the human body...

Doc-Fai Wong: To promote my arts in over 100 countries in the world.

Edgardo Perez: To be the roots for future martial artists.

Tim Tackett: To see my great grandchildren get married.

Gerry Cawley: Longevity.

Frank Dux: Continue to effect positive change in others, especially underprivileged children. Implement

Yan Lei: I want to pass my Shaolin skills to the next generation.

Thomas Cruse: My greatest ambition is to pass along my knowledge of Military training methods to ordinary people whose only wish is to feel more secure in this ever more violent world.

Paul Macdonald: There is much yet to enjoy and make happen! A professional ambition is the establishment of a dedicated European martial arts salle in Edinburgh. A living ambition is to raise and enjoy an adventurous family life. A personal ambition is to become a better pilot.

Ron Davito: I would say that my greatest ambition professionally would be to be a contributing factor in making good people safer in their lives by providing them with the knowledge to protect themselves and those they love.

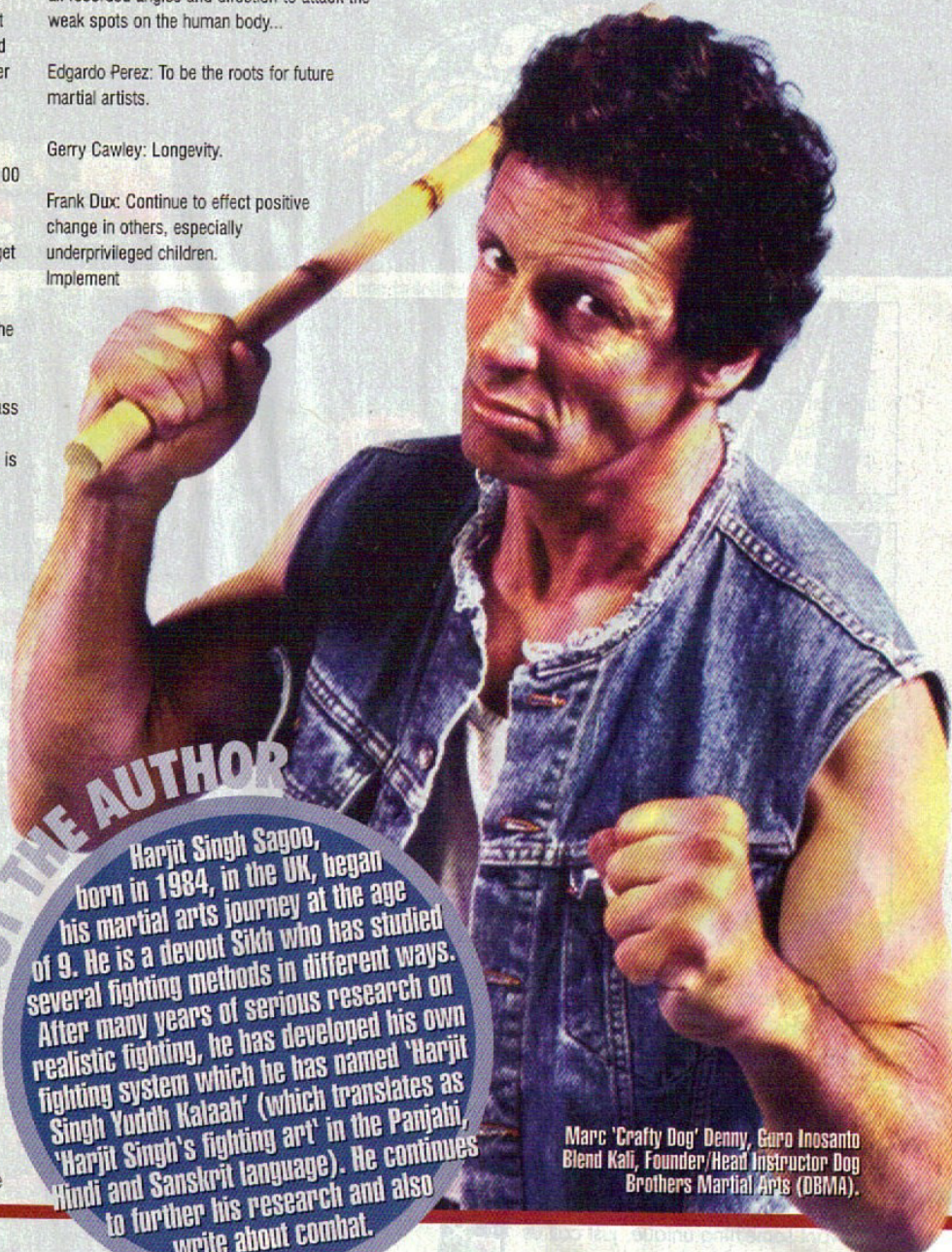
John W. Hurley: When my life is over I hope to have changed at least some people's awareness about their Irish heritage and culture and specifically their understanding that the reputation of the 'fighting Irish' originates in their having a culture of martial arts and not from the bigoted view that they were simpleton, apish, drunken brawlers. This racist stereotype

financially sustainable solutions to social problems.

Andrew Brew: Again in this context, my ambition is to see the European arts widely recognised and honoured as an important part of our cultural heritage. I would like to see the existing international community of scholars and practitioners grow in maturity and knowledge, building each other up in profound understanding.

Fumio Demura: To be the best teacher (Sensei) I can be.

John Will: To be the best father and husband I can be - to be all I can be for my family. ■



ABOUT THE AUTHOR
 Harjit Singh Sagoo, born in 1984, in the UK, began his martial arts journey at the age of 9. He is a devout Sikh who has studied several fighting methods in different ways. After many years of serious research on realistic fighting, he has developed his own fighting system which he has named 'Harjit Singh Yuddh Kalaah' (which translates as 'Harjit Singh's fighting art' in the Panjabi, Hindi and Sanskrit language). He continues to further his research and also write about combat.

Marc 'Crafty Dog' Denny, Guru Inosanto Blend Kali, Founder/Head Instructor Dog Brothers Martial Arts (DBMA).