President’s Note

Are you getting the most out of your membership or charter? There is an old saying that you only get out of something what you put in to it. This is true in martial arts and it is true in business. There are a lot of great benefits to being a part of the United States Kido Federation, but it is up to the member to utilize them.

If you aren't taking advantage of the all the educational, competitive, and networking opportunities offered by YOUR federation then you are cheating yourself out of an amazing growth opportunity. We encourage you to ask questions and contact us if you need something from the group. While we can’t guarantee solutions, we will guarantee you will get our best efforts to meet YOUR needs.

Additionally, I am happy to announce that Kicks for Middleton Martial Arts School (WI) joined our association this October. The school is run under the leadership of Master Mathiam Mbow who holds black belts in both American and ITF style Tae-Kwon-Do. Master Mbow is a student of Master Kevin McDaniel (a USKF Technical Advisor on ITF Style TKD). We encourage our membership to reach out to Master Mbow and welcome him to the family.

We are starting to get postings for 2017 events. We encourage you (our members) to utilize this service to promote your events and to support the events of other USKF members.

Last but not least, we are gearing up for the 2017 USKF Black Belt Hall of Fame. Next year’s event will be held in Hoffman Estates, IL (Chicago area). If anyone would like to be part of the event or nomination committee please contact either myself or Mr. Jason Frymire.

Jeff Helaney, IX Dan
President
United States Kido Federation
2016 IMAG Championships

On October 1st, 2016 Mellennia TaeKwonDo along with the International Martial Arts Group and the United States Kido Federation, hosted the 2016 IMAG Championships. This was a day of fun, great competitions, and challenges. With over 30 schools in attendance there were a lot of skilled and high quality martial artists competing in forms, board breaking, weapons, team forms, and continuous sparring. Grand Champions were awarded for forms and breaking. We are proud to say that the event went great with 200 martial artists and over 450 spectators. This event was also a UTA national qualifier for the 2017 Nationals in Bossier City, LA, just outside Shreveport, next July.

Events like the 2016 IMAG Championships only happen with exceptionally qualified schools in attendance. Be sure to check us out next year. You can find us on Facebook at International Martial Arts Group or follow Mellennia TaeKwonDo. This event will be held between September 30th and October 14th in Fulton, IL.

Master Nixon and Mellennia TaeKwon-Do would like to personally thank those who came and spent the day with us in Fulton, IL.

Master Evan Nixon, VII Dan
Head Instructor, Mellennia TaeKwonDo

Spotlight: Mathiam Mbow

Mr. Mathiam Mbow is a 5th degree black belt and ITF (International Taekwon-do Federation) certified instructor, 4th degree black belt American Taekwon-Do. Mathiam Mbow is originally from Senegal, West Africa. He moved to the US in 1996 to attend the University of Wisconsin. He graduated from college with a degree in English.

Mr. Mbow started training in the martial arts to learn how to protect himself but soon discovered that mental strength is far more important than physical strength or skill. Mr. Mbow’s favorite martial arts memory is learning after his gold belt test that there was more to martial arts than the physical.

Mr. Mbow’s favorite weapon is the sword and his favorite tool to kick with is the heel because it can be used in two of his favorite kicks: the downward kick (also known as the ax kick) and the hook kick. Mr. Mbow loves teaching at Kicks Unlimited because of the positive energy the students bring to the floor. “It is really a humbling and rewarding experience to see the students set goals and work so hard to achieve them. Everybody at Kicks works as one team. Students and instructors support each other and help each other become better at what they do. We are truly a family and it’s awesome to be a member of it.”

Mr. Mbow loves being an instructor because he always wanted to be a teacher. He majored in English in college hoping to get a teaching job somewhere. However, he didn’t know that desire to be a teacher would mean teaching martial arts full time. “I’m a firm believer that knowledge is power and if I can help somebody achieve their goal, that’s just what I will do.” He has a unique opportunity to help people realize their full potential and build a strong moral character. Because of this, Mr. Mbow cannot think of anything else he’d rather be doing than teaching martial arts.

When Mr. Mbow is not at the Karate school, you can find him at home spending time with his wife and son. “We do just about anything. We take bike rides; play some Wii bowling or basketball, movie and pizza nights. We sometimes take weekend trips to just get away for a while.”

Here is something a lot of people don’t know about Mathiam Mbow which comes in handy in his job and that is he was a comedian for many years. “It’s a very neat feeling to be able to make people forget about their worries and the stresses of life even if it is for a very short period of time.”

In 2014, Mr. Mbow was inducted into the United States KIDO Federation Taekwon-do Hall of Fame for Outstanding Instructor of the Year!
USKF Events

The United States Kido Federation has a tradition of hosting several exciting events every year, including the USKF Hall of Fame and Excellence Awards and the USKF Annual Retreat. We are excited to announce that this tradition will continue in 2017!

The USKF Hall of Fame and Excellence Awards is a chance to formally recognize those who have made extraordinary contributions to their school and community, the USKF organization, and to martial arts as a whole. It is also an opportunity to trade in our doboks and gis for tuxedos and gowns, as this is a black tie event.

The 2017 ceremony will be hosted in Hoffman Estates, IL, near Chicago’s O’hare Airport, next summer. Please submit your nominations online at www.uskido.org. If you have questions or are interested in attending, please contact Jason Frymire: IMJAF88@aol.com

2016 USKF Hall of Fame and Excellence Awards in Omaha, NE. Pictured from left to right: Master Evan Nixon, Grand Master Robert Dunn, Senior Master Louis Radicioni, and Mr. Jason Frymire.

Blocks and flying kicks atop the pyramids at the USKF Annual Retreat in Riviera Maya, MX, 2016.

The USKF will also be hosting its fourth annual retreat in 2017. This event is open to all USKF members, not just black belts or instructors, and all seminars are free! Join us for a weekend of martial arts training in one of the most beautiful locations in the world this June! For more details, please send your inquiries to: info@uskido.org
HISTORY OF THE MARTIAL ARTS: PART IV
By: Grandmaster Robert Dunn

The purpose of examining the roots of the martial arts is to allow the black belt level student a better understanding of the how and why the martial arts have evolved into its present forms today. There are many countries that have made a contribution to the development of the martial arts; in this five part series, we will examine ten of them.

There are many factors that may determine the evolution of a particular martial art, such as: military superiority, religion, social and economic factors, world trade, secret societies, political rebellion, recreation, competition, war, etc. The last section of this research on the history of the martial arts is called Observations and it reflects a Grandmaster’s opinion on the evolution of the martial arts.

JAPAN

The Japanese martial arts were created and developed by the Buddhist priests of Nara Epoch and later refined into distinct forms by the Samurai (Bushi), whose trade was known as Bugei, and involved the entire spectrum of the martial arts.

The Japanese did not start out as a war-like people; their culture was influenced by the Bushido (code of the Samurai) from the Nara Epoch to present day Japan.

The Chinese brought martial arts to Japan and the Koreans brought them Chinese culture in 400 AD. The Japanese combined both with systems and innovations of their own to develop distinctive art and social forms.

It was Buddhism that formed the link and provided the continuity in the martial arts that the Chinese exported and the Japanese developed.

The major jutsu (combat styles) of the Samurai warrior were: Ken-Jutsu (sword), Iai-Jutsu (halberd), Bo-Jutsu (staff), Jo-Jutsu (short staff), Ju-Jutsu (armed/unarmed combat techniques) and Nin-Jutsu (assassination, spying and espionage).

The major Do (martial ways) are: Judo, Aikido, Kendo, and Karate-Do.

The Bugei were developed from the tenth century onward and the Budo are primarily the product of the 20th Century. No Do forms existed without the Jutsu form from which it stemmed.

The index of a true fighting art is seen in its training methods. A Bugei or Budo is a true martial art system only if through the absence of combat opportunity it is practiced fervently through forms. Only in this way are the disciplines, traditions and highly refined techniques perpetuated.

Ju-Jutsu, Judo, and Aikido are considered to be pure Japanese styles, although they are based on Chung-Kuo Ch’uan techniques developed by the Chinese centuries before. Both Judo and Aikido came from Ju-Jutsu; Judo in 1882 and Aikido in 1925.

Karate was imported from Okinawa in 1922 and there are now over 100 distinct Japanese styles of Karate.

OKINAWA

Okinawa was the birthplace of Karate and many of the hand systems of unarmed combat that were developed by castaway seamen and merchants from China, Japan, and Arabia. Various forms of martial arts were prevalent in Okinawa as early as 700 AD, probably introduced by warriors who served as guards on ships. Okinawan culture and social systems first began to appear around 1000 AD as communities were established and a growing economic welfare developed. By 1349 AD, Okinawa had a thriving civilization and had engaged in trade with China, Japan, and Korea. Buddhism was the principle religion and with this the martial arts made a significant difference in the lives of the Okinawans.

It is probable that Burmese and Siamese empty hand techniques were introduced along with the development of trading activities. Early in the 17th Century the Japanese conquered Okinawa and imposed a stern rule that forbade the possession of weapons. With this, the Okinawans secretly practiced Chinese hand combat techniques, which subsequently assumed distinct local styles. These techniques later became known as te, or hand techniques.

As a result of the severe restrictions on Okinawans carrying a weapon for personal defense, farm implements were developed into a wide variety of martial art weapons. Many farm tools were developed to a high proficiency as weapons by the Okinawans, such as: nunchaku, sickle, millstone handle, and staff. The Okinawans are responsible for the development of a distinct art form known as Karate-Jutsu, a combination of Kara (emp- ty), te (hand), and Jutsu (referring to a combat form).

The great Karate-Jutsu Grandmaster Gichin Funakoshi
Continued on next page
introduced Karate to the Japanese in 1922. In 1936, his students solicited funds and constructed the world’s first free-standing karate school; the school was named Shotokan because Shoto was his pen name. The Okinawan Karate-Jutsu masters developed their own distinct Ryu (schools), such as: GoJu-Ryu, Shito-Ryu, Isshin-Ryu, Tomari-Ryu, and many others that are the roots of westernized forms today. The term Ryu comes from the Ryu-Kyu Islands off the coast of Okinawa.

**Indonesia**

Indonesia was called the Dutch Indies and is comprised of the entire island chain in the South China Sea with the exception of the Philippines. Immigrants from China during the pre-Shang Dynasty period originally settled the area and are the logical population base of Indonesia and Malaysia. Over the years these islands have become a melting pot of races and religions with all major categories well represented. There are certain weapons and unarmed combat styles that are indigenous to Indonesia, such as the Kris. This short sword is regarded as the national weapon. Kris techniques are highly developed for in-close combat and are imbedded in the Muslim religion as well as regional and local superstitions.

Pentjak-Silat is the Indonesian and Malaysian national art of self-defense. Dating back to about 700 AD, the foundation of this style can be found in Chinese martial arts that stress the animal forms. Pentjak (system of self-defense) and Silat (fending-off) is a combination system which utilizes a full range of armed and unarmed techniques.

There are more than 150 different styles of this fighting form. Java and Sumatra are the principal locations for training and the perpetuation of this distinctive martial art.

**Burma**

Burma is situated between India and China, Burma was considered the crossroads of the ancient orient. Arab trade caravans, mostly followers of the Buddhist and Taoist monks, used Burma as a stepping stone. Because of this, the Burmese were able to maintain their identity as they profited from outside influence. It can be assumed that the Buddhist monk Budhidharma traveled through Burma as he traveled from India to China. Other Buddhist monks followed him and as a result, Burma adopted Buddhism as its religion. Since the days of King Anawrahta (1044 - 1077 AD), Buddhist monks have served as teachers in monastery schools called Kyaung and this became the center of martial arts training.

Burmese martial arts systems are similar to the Chinese internal systems stressing breathing exercises, meditation, yielding, and foothold techniques. The Burmese martial art Bando is a combination of moves employing the more effective armed and unarmed techniques. Bando training is highly disciplined and an effective fighting style used by the Gurkha warrior in combat.

Burmese Boxing is also a local martial art form that is the exact opposite of Bando in that it is a hard offensive style resembling Thai Boxing. Other Burmese martial art styles include Banshay (use of weapons) and wrestling, which is a result of the Indian influence.

The Burmese Kukri (short sword) is a highly effective weapon and dates back to a similar sword in design that Alexander the Great’s troops used in their conquests of Egypt and India. The Kukri was introduced to the Burmese around 600 AD when India was in control of the country.

In 1933, the Burmese Gurkha warriors formed the National Military Athletic Club to promote the Burmese martial arts: Thaing, Bando, and Banshay.

**Thailand**

Thailand is famous for its boxers and has developed a highly effective tournament style of fighting that originated in 1560 AD that remains popular today.

Thai Boxing is a combination of Indian Muki Boxing and certain external forms of Chinese Boxing with more emphasis on kicking techniques. The original founders of Thai Kick Boxing were Buddhist monks from China who were experts in the Ch’o Chiao form. The Indian influence entered much later. Thai Kick Boxing has influence today’s martial arts, especially in the western world.

Krabi-Krabong (sword and staff fighting) is very popular in Thailand today. The Thai Rammuay (warrior dancing) is very similar to Japanese forms and is a widely practiced art form that plays an important role in Thai folklore.

Be sure to read Grandmaster Dunn’s Observations in the final piece of this five-part article, next time in the USKF Newsletter.