

HSFA Insider

Houston's Martial Arts News Source

Every Issue is Filled With

- Martial Arts Insights
- Editorials & Personal Perspectives
- Training Tips
- Instructor Spotlight
- School Spotlight
- Events



Volume 2, Issue 2

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Disarms - An Excerpt from Galleon Clan Escrima: Lackbay Sinawali

As you study the drills in this book on “Lakbay Sinawali” techniques, you will notice that there are no disarming techniques described in this book. The reason for this is because my late father never believed that disarming techniques really work effectively in a double-bladed weapon system of equal length, weight and design style. The speed of the bladed weapons is too fast for anyone to foolishly step in and try to execute a disarm technique.

My father's belief was, it is best to “defang” the snake so to speak with either a “Crusada Abierta” or “Crusada Cerrada” gunting scissor blocking technique. One weapon either parries your opponent's weapon or strikes some target area of your opponent and with the other weapon striking your opponent's hand, which is called “defang the snake”. And with this type of technique, your opponent's weapon will naturally drop and fall to the ground or floor disarming the weapon.

My father taught me disarming

techniques like the Vine disarms, Snake disarms, Punyo disarms and Cadena quick release disarms, but only applied them to a stick art and not to a bladed art. In most systems when learning disarming techniques, your training partner will let you perform and execute the disarming techniques, with time and practice, they seem to be very easy to execute and perform. In a real combat confrontation though, your opponent will do everything in his/her power for you to not even get in close, much less try to execute a disarm technique.

If it is your desire to have the ability to execute clean disarming techniques, it is best to have your training partner do everything with his skill to disrupt you from executing a clean disarming technique. You will soon find out that it is very difficult to execute a disarm technique cleanly without being exposed to a counter attack, especially in a double-bladed art. Because Escrima/Kali is extremely fast with rapid striking patterns, followed with offbeat timing, snapping

strikes, as well as, attacks by drawing and faking, it is an art that a practitioner must practice all through his/her life time; it is not easy to master. If you have ever seen live blades demonstrations at martial arts performances or seminars, you would have noticed that each performer highly respects the live blade and plays the art in a respectful “Larga” or “Larga Mano” long range distance and never rushes in to perform a disarm technique. There is a good reason why, a sword has length and that is mainly for distance fighting.

— Guro Joseph Galleon

School Spotlight — Ground Dwellers BJJ

Ground Dwellers Brazilian Jiu Jitsu is known for many things in Spring Texas - Our absurdly low family prices, our open minded conventional to unorthodox hand selected techniques, our no ego philosophy, which means students can relax, learn, get in shape, stay active without the "look what I can do" attitude that exists at way too many other martial arts academies. How Different is Ground Dwellers BJJ in Spring, TX? We do not have any sales people, and we do not bother with all the extras like childcare and after school pick-up that drive costs up and make a gym membership seem more like a car payment. Instead, we have boiled our business down to the things that you really want in

a Martial Arts Academy for your family, clean, stylish, hassle-free facility that is filled with tons of technical classes and a lot of happy people. If you are looking for a comfortable, friendly place to exercise, and like a great deal, then you will love Ground Dwellers Brazilian Jiu-Jitsu!

They offer Brazilian Jiu Jitsu, Submission Wrestling (No-Gi), Judo, Filipino Martial Arts, Sayoc, Kids BJJ Training, and 8 Limb Muay Thai Femur Kickboxing.

Contact Professor Eddie Avelar at train@grounddwellers.com or 281-871-9248



Recommended Reading - [Fightwrite.net](http://fightwrite.net) - Carla Hoch

Taken from their Welcome page:

Welcome to FightWrite.net. Consider this YOUR CORNER, where you turn for coaching to make your fight writing the most realistic it can be. Here you will learn about fighting techniques, common injuries, psychological effects, weaponry, and of course, the craft of fight writing itself.

Weekly, you'll be provided with first-hand accounts, videos galore, and commentary from your coach or other professionals all of which will be named, Write. Whether it's Dr. Wright describing the process of bleeding out, Sheriff Write teaching you about tasers or Colonel Write telling you about the winds of war, you can trust FightWrite.net to provide you

with the tools to create a knock-out scene.

If you have a question for your corner, send it in! Each month FightWrite.net will choose a question to answer personally. If yours is the question picked, you will be that month's featured FightWriter. Not only will readers learn the answer to your question, they'll learn a bit about you as well. So, fill out the email form and stay ready. Yours may be the question that's thrown into the ring.

But, the coaching doesn't have to stop here. To have your scene critiqued personally by your coach, contact Carla through Quill Pen Editorial Services. Rest assured, she'll make sure your fight is deadly accurate.



fightwrite.net

“Without those restrictions in place, we can start to look at the strengths and weaknesses of folders vs fixed blade knives.”

Knives, Daggers, and Swords

On September 1st 2017, Texas will be doing away with the outdated and restrictive blade laws that have guided most of our options for personal carry for the past hundred years or so. This newly reclaimed freedom brings a new set of problems and solutions for people who like to carry blades in the Lone Star State. Now I'd like to point out there will still be restrictions on where you can carry but not on what. Soon everything from bowie knives to spears will be available for the consideration of the average citizen. So let's have a look at some of the pros and cons of a few of our options.

Previously, Texans have had to follow several rules involving the length of the blade and whether the blade was fixed or not when it came to their everyday carry. Without those restrictions in place, we can start to look at the strengths and weaknesses of folders vs fixed blade knives. If you intend to carry a knife for the sole purpose of self-defense then it needs to be a fixed blade. The fixed blade can be deployed faster, will hold up to stress better, and won't rely on a mechanism to open. When it comes to the mechanisms on smaller knives, you just can't trust them to always open or to stay open once deployed. A knife blade that doesn't lock properly may come down on your fingers during a life and death struggle. When your adrenaline is pumping, it's best to keep it simple and a fixed blade is going to be the best option for you to deploy when it counts. The smaller the knife the easier it will be to conceal and to use while being grappled. They are also fast and light, which makes them difficult for the human eye to follow and for someone to defend.

The down side to the smaller knives is that they lack stopping power, have a short range, and lack proper protection for your fingers and hand. To solve these problems we have to step it up a class to daggers and fighting knives. Now there is no universal difference between a knife and a dagger, so let's go with the prerequisite of a blade over at least six inches to be considered a dagger. The advantage of a knife, like a bowie or a kukri is obvious at first glance. The length and weight of the blade allows for far more devastating cuts and thrusts. These blades often have a small hilt that not only prevents other blades from sliding down onto your fingers but also keeps your fingers from sliding down onto the blade upon impact. Another advantage of the larger knife is that it can be wielded with two hands for certain techniques and situations. The big knives/daggers do have their drawbacks though. One of these drawbacks is that if you want to conceal them, it becomes more difficult to find a comfortable spot to both rest and draw quickly from. If you decide to wear a large blade outside your clothing, you run the risk of drawing undue attention to yourself and potentially give away any element of surprise. The big knives are also heavier, which will fatigue you faster in a prolonged defense situation. So get that cardio up if you plan to carry one!

Lastly, we come to the big daddy of the blade family, the sword. Swords can be categorized in many different ways, but for our purposes short sword (one handed) and long sword (two handed) will have to do. First, we have to acknowledge that swords fell out of favor in most of the world for a reason,

and I doubt that lifting a ban will result in much resurgence. Long guns are also legal to carry in Texas but very few people choose to carry them openly, likely for similar reasons. A long sword on your hip will draw a lot of attention and will also be cumbersome inside city limits. A small sword may still be concealed but with some difficulty and not much in the way of options. The swords ability deal damage is undeniable though and can also even the odds when facing multiple opponents or a much larger assailant. Both types of sword provide a lot of reach and a quality sword should also have good durability. One possibly elegant solution to the swords concealing problem is the sword cane. With its ability to hold a blade of formidable size right in the open and provide a less lethal option with the cane itself, it may be time for these weapons to make a comeback. The drawback to the sword cane is there seems to be very few quality pieces being made today but that might change in the very near future.

There is a whole world of blades out there for your consideration and the pros and cons of each are too great a subject for the scope of this article. I hope to have shed at least some light of what factors you will have to weigh the next time you consider buying a new blade for personal carry. Just remember that the blade itself is not as important as the person who wields it, so train hard and train smart!

- Billy Atwood,
Davis Martial Arts Academy

Instructor Spotlight — Eddie Avelar, Ground Dwellers BJJ

As a child, like many, I grew up watching movies with the likes of Bruce Lee, Chuck Norris, Cynthia Rothrock, Jeff Speakman and such. Around the age of 13, I was in my back yard practicing the moves that I had taken from the cinemas. I remember sanding down a 2x4, drilling holes in it, tying a rope to two pieces and swinging them to low hanging leaves. As working migrants, we would travel North for summer work, it was then that my parents were willing to make the sacrifices of paying for martial arts. I trained Tae Kwon Do for the two months that we were there. I don't count those two months in my martial arts training. My Senior year in high school, 1986/87, I decided to pick up running as a sport. I had no plans for college and had no idea that running would be my ticket. In 1989, I ran my first marathon ever and

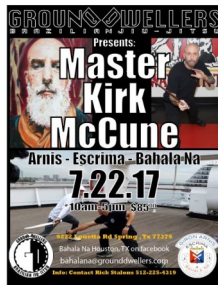
clocked in with a great time of 2:49.26, qualifying for the Boston Marathon! Coming from the small town of Crystal City TX, I had no idea what that was. Six months later, I ran my second marathon, shaving 20 minutes off my first marathon time; 2:29.12. On scholarship, I had no free time or my own money to spend on martial arts. Soon after I graduated college and landed my first job in the graphic arts industry, I now had my own money to spend on whatever I wanted to. I had forgotten about martial arts. Running had me thinking of being a better runner, I guess if anything, I'd be able to run away from a fight. It was mid-day and I had decided to go out for a long run. On my way back home, I needed a drink of water and was scoping out places that I could walk in for a sip. A Kung Fu academy was opened, it was then that I was

introduced to my first day of martial arts training. I was given a free 15 minute, one move free lesson. I was hooked and wanted to learn it all. In 1999, I took my first Jiu Jitsu class and realized that the ground game was something that I had neglected entirely. I was now training in 2 styles of martial arts. In 2002, I received my 5th degree black belt in Kung fu and was a purple belt in Brazilian Jiu Jitsu. By 2005, I was fighting Pro MMA cage fights. My cage fighting career ended due to a broken nose that if damaged again after the surgery, would never be able to function properly. I received my BJJ black belt in 2007. I was already teaching bjj classes at a nearby church and really enjoyed sharing what had been passed along to me. Everything seemed to line up for me and in May of 2009, I opened my own Jiu Jitsu academy and named it Ground Dwellers Jiu Jitsu Academy. With my own place

and all kinds of people coming in, I met with a Bahala Na affiliate that was willing to teach the Filipino martial arts that he knew. It is now 2017 and we have added a judo program and a Sayoc Kali program. I teach Jiu Jitsu, kick boxing, and submission wrestling. I take Bahala Na, Sayoc, and Kali.

I have a great kids program and enjoy seeing these young ones grow up with confidence, pride and honor. As a leader of a group, you are placed on a pedestal and there is fear of walking on egg shells but if you continue with positive character and integrity, success is due in anything you apply yourself to.

Upcoming Events



Ground Dwellers BJJ will be hosting a Carlos Machado Side Control Escape seminar on July 29, 2017. Cost \$75



3rd Quarter Gathering will be held on September 23, 2017 12-2 pm at Combat Nation 13305 Woodforest Blvd. Houston, TX 77015

Combat Knife Throwing

Is Knife Throwing a legitimate part of a Self Defense Scenario?

We all have seen the movies in which the hero throws a knife and it spins and hits his enemy right in the chest and drops him. The question is does that really happen and has it happened in real life. The long and short answer is No.

Is it possible to throw a knife and kill someone in a combat scenario? Yes, it is my opinion, that is possible. Is it probable? Hmm. Probably not.

When I was asked to do an article for this newsletter, I immediately started doing research on any actual documented knife throws in combat. There are many "stories" especially on the Internet but no real documentation.

I first started knife throwing in October 2015, my goal was to explore knife throwing as an expansion of my Filipino Martial Arts training. I had recently sold my school and semi-retired and was looking for a way to train that didn't involve too much impact. I have Post Concussion Syndrome and so doing things like pad or bag work is out.

Once I decided to start throwing, I got on YouTube and researched as much as I can. There I found out about a method of throwing called No Spin or Instinctive.

Instinctive throwing is defined as the ability to throw weapons under a varied set of circumstances. Conventional aka Rotational or Spin throwing requires a set of very specific cir-

cumstances. One is your body type, second is distance to target, and third is your knife.

Instinctive knife throwing, aka IKT, is being able to look at a target and throw. The thrower should also be able to throw while on the move. The number 1 way to do this is No Spin.

In No Spin throwing, there are several methods. The first of these is the slide method as advocated by Ralph Thorne. This method has the thrower holding the knife with the butt end of the knife in the middle of the palm and the index finger flat on the spine of the blade. As you release the knife, your index finger will slide down the spine to slow down any type of rotation. In this method, the further the distance, the earlier the release. The slide method is what I always encourage new throwers to try. The slide method is also the method to use if throwing underhanded.

The second method is the Index Finger Push. This method has the thrower holding the knife again with the butt in the middle of the palm, but only the tip of the index finger is on the spine. The index finger is bent and loaded to spring the knife forward on release. In this method, the release is between 12 and 3 o'clock depending on the distance with the finger pushing forcefully. This method allows the knife to shoot forward powerfully.

The third method is the Finnish Grip. The Finnish Grip is the grip that I use. This method of throwing is similar to the Index Finger Push but has the

thrower maintaining a fist at the end of the throw. Power is generated with the whip like motion of your arm and the release happens at around 12 o'clock no matter the distance. The knife flies out of your hand to the target and ends with a satisfying thunk.

There is a great tutorial on YouTube by Samoth Chipmah on all three of these grips. He is known as Tom Tom on Facebook and is an excellent dynamic thrower from Germany. I consider Thomas my mentor.

So, why do I feel knife throwing is not valid in combat? I have been throwing for almost 2 years now and even practicing an average of 5 hours a week, my "stick" ratio is still at about 60%. This is staring at a wooden target, no stress. In Oct. 2016, I competed in World Knife Throwing Championships run by the International Knife and Tomahawk Hall of Fame in Austin, TX. I scored 103 which makes me an Intermediate thrower. A perfect score would be 300. The highest score thus far is 237 by Taylor Hull of Indiana, however, this weekend (June 16 to 19th) is the World Championships in Pembroke, Ontario, Canada. The record may fall.

The majority of these throwers have been throwing 3 to 5 years or more, and you will notice that they do not have a perfect stick rate.

It is this observation that allows me to make my opinion that knife throwing for combat is a myth.

Can knife throwing be a distraction? Yes. However, you may have now armed your opponent. Will it stop your opponent if you end up sticking him? A knife isn't as powerful as a bullet so that is a guess.

So if I was to throw something at my opponent, what would it be? Number one projectile in History? Rocks.

Should you take up knife throwing? Yes! It is a great meditative practice, you have to be in the moment. Knife throwing is also fun, there are competitions for those who are competitive, and the knife throwing community is really supportive of new throwers.

For knife throwing instruction on YouTube; Samoth Chipmah, Adam Celadin, RC Samples, and Xolette are a great starting point

For knife throwing community on Facebook, Look up Kick Ass Knife Throwing, and Instinctive Knife Throwing.

Great knives: FlyingSteel.com Bullseyeblades on Facebook and Buzbee Blades on Facebook

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- Alvis Soliz

Human Trafficking

I'd like to cover something that isn't talked about nearly enough today. Modern slavery. We talk about the slavery of 150 years ago a lot, but we're not screaming about the slavery that's taking place today.

The FBI says there are over 800,000 girls missing in the US. 300,000 a year go missing. THREE HUNDRED THOUSAND GIRLS A YEAR GO MISSING. That's a stupid high number.

We see videos all the time where women and children are just abducted in daylight, with people standing all around. Kids are taken from right in front of their parents. I'm sure everyone's seen the video of the kids being snatched at Walmart, right out of the parents' hands. If not, feel free to visit my FB page and look at some of the videos out there, or go to YouTube and look up even more.

There are boys taken too, but most are girls and young women, who are used as sex slaves. Again, we hear about slavery all the time. It's been around for as long as

there have been people. The Jews in Egypt, the Blacks in Africa and here in the US, the Irish here in the US, and now more than ever the child porn/sex scandals, even in our own government.

These issues have been proven, so it's not something that's been made up to make one party look bad. It just is. Now, you have a choice. You can be a slave carrying a large block to make a pyramid, you can be a slave working in a field or a house, or you can be a young girl from 5-20 years old, drugged, and raped for 10 hours every day by dozens of strangers. Obviously, the slavery we're dealing with today is on a whole different level than what we've really looked at before.

What I'd look to cover now is, how to help the victims. Slavery is illegal in most of the modern world. Obviously, they still keep slaves for work and sex in many of the

Muslim areas, but for all of those living in the 21st century, the idea of keeping another human being to either work for us or have sex with, is something that sickens us.

How do we stop this? We can't. It's just too large. How can we help? We can teach our women and children how to defend themselves in a realistic manner. Not really basic martial art classes with punches, kicks, and blocks, or with forms and kickboxing drills, but with CQB (Close Quarter Battle) techniques for the street. Eye's, throat and groin techniques. Keeping the techniques very simple so that they can be remembered. Only covering techniques that would apply to self-defense situations. We can help by opening our classes up to women a couple of times a month to come and train for free or for donations.

There are a ton of "challenges" out there right now. Ice bucket challenge, push up for

soldiers challenge, kick a water bottle challenge, and a dozen more. I'd like to start a new challenge.

The first and third Wednesday and Thursday of each month, May through August...or any months you choose...my school is offering a female self-protection course. We cover 25 techniques over the time. 4 or 5 each class and we review these techniques each class. The women do them hundreds of times. 10 times with each of the guys we have in the class...so they rotate to get a feel for different body types. Repetition is the key for all of us.

We offer the class for free to anyone woman who wants to come, or their husbands, kids or boyfriends who want to come in and help. Our guys will put on their groin cups and take some pretty solid kicks to the jewels, they'll tighten up their throats and take some solid strikes to the neck, and they'll squeeze their eyes shut and get pocked with aggression to the eyes. We want to

get the women over being nervous about striking hard to these vital spots.

Last summer we raised \$2000. This year, I'd like to do the same and possibly have 20 other martial art schools offer the same course. Most women donated about \$20 each class, that lasts about an hour. Some donated more and some donated nothing. I'd like to keep in touch with all of the schools who do this with us and at the end of this year, donate 40-50 thousand dollars instead of two.

Enslave No More and THORN are both organizations working with trafficked victims, and I have a few other ideas to help that those joining us might be interested in also.

For more info, feel free to contact me at 281-236-5676, or at nasdio1@aol.com, or on Facebook for Curt Doyle. I'd love to see some of our local martial artists taking action.

- Curt Doyle, Owner, NASDI

Hipcore Fitness Corner - Hill Sprints

Effective Kali involves good footwork. Good footwork allows a Kali player to move in and out of ranges involving weapons to empty hand. One of my favorite exercises to improve footwork is hill sprinting.

Hill sprints build explosive hips and legs. Your core

learns to function properly during high speed movements. Hill sprints also improve your hormone profile so your body recovers and build functional muscle.

To perform hill sprinting find a park that has a area with a slope of at least 30 ft in length and about 30° of

incline. The incline should be steep enough that it takes close to maximum effort to start. Swing the arms hard and get the knees up high to the finish. Walk back down and repeat at least 10 times. As you progress add repetitions and sprint backwards as well as side to

side. Your Kali footwork will become faster and more explosive during sparring. Better footwork leads to better stick and blade work. Which makes a better kali player.

- Hip

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www.houstonstickfighting.org



[Houston Stick Fighting Association](https://www.facebook.com/HoustonStickFightingAssociation)



[@htownstickfight](https://twitter.com/htownstickfight)



[htownstickfights](https://www.instagram.com/htownstickfights)



[JasonREvans](https://www.youtube.com/channel/UCv8v8v8v8v8v8v8v8v8v8v8)

The Houston Stick Fighting Association ("HSFA") founded in 2006 is an association for like-minded martial artists that engage in simulated combat to test and improve their skills in the blade-based and stick-based fighting arts. Membership in HSFA is open to martial artists of all styles, all systems, of all ages, from beginner to advanced levels. Members of the HSFA are striving to develop and improve their skills through simulated combat to see what works and what does not with a resisting opponent. Along the way, we build friendships and camaraderie with our sparring partners and share our respective arts with each other.



Graphic by Daniel Arola

Schools - Associated with Houston Stick Fighting Association

[Houston Martial Arts Academy](#)

[Ground Dwellers BJJ](#)

DAMAG-INC Kali Combatives

Combat Nation

[Texas Jeet Kun Do](#)

Southeast Texas Escrimadors

Westchase Warriors GB Westchase

[TX 3rd Coast MMA](#)

North American Self Defense Institute

SwordtoSword