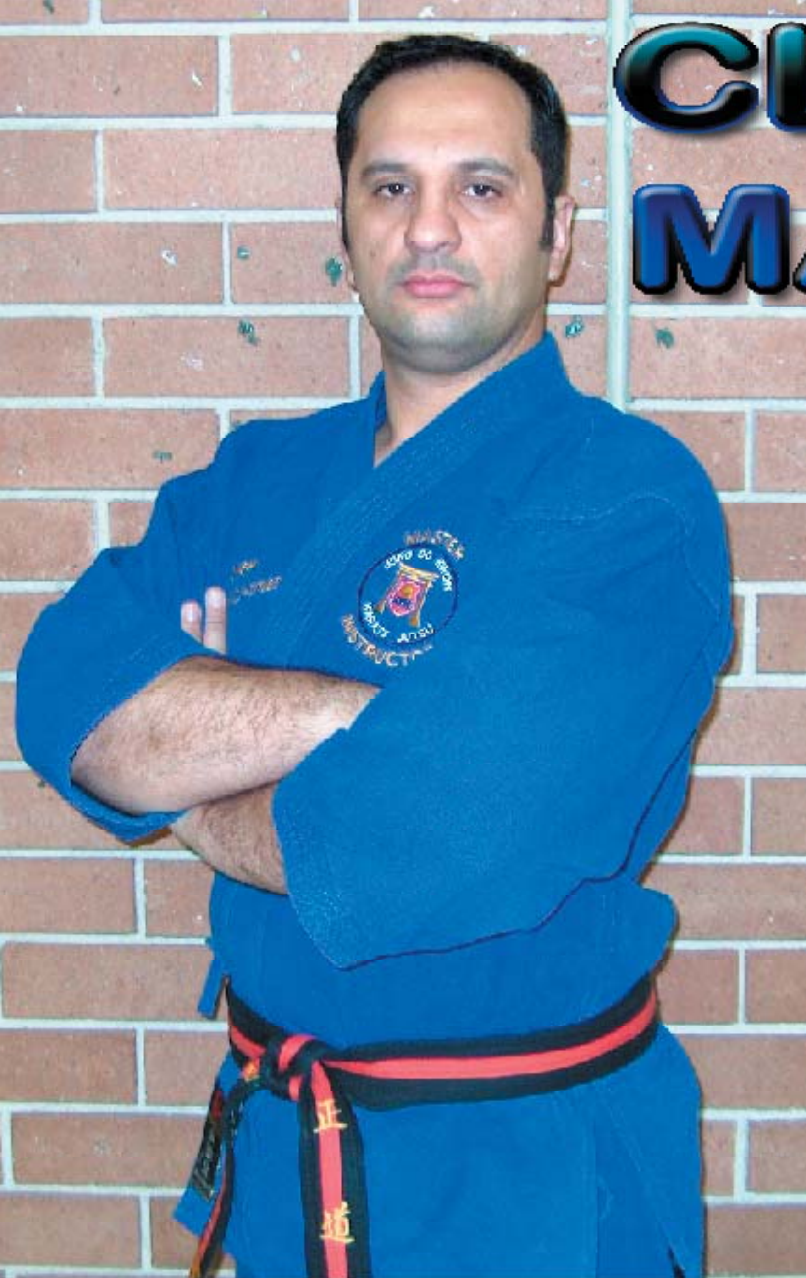


# CLAUDIO MATINEZ



## Interview with Claudio Martinez 6th Dan Principal Teacher for Jung Do Kwon Karate Jitsu and IMA Regional Director (NSW).

1. *When did you start your training and what motivated you to do so?*

I began my training at the age of 6, back in 1974-5, I was a rather active child and a friend of the family who was into Tae Kwon Do, took me to my first lesson and 30 years on still training and studying the martial arts.

2. *Are there any training methods from your early years that you still adopt in your training today?*

Sports sciences and psychology have not only advanced in other fields, it has also played a major role in today's modern training, this has allowed the modern Instructor to adopt new training methods. I have to admit beside the pattern (Kata) training I have not carried through from my early days.

3. *What are the main changes in your training today as apposed to your earlier study?*

The implementation of sports sciences, psychology and a curriculum based education format at each belt level.

4. *What sort of impact do you think the martial arts has had on the general public and how do you believe it is perceived now compared to 10 years ago?*

The martial arts has undergone many changes, and I believe this has been done to cater for a different market. This is evident for example where a traditional karate school also offers a cardio kickboxing class.

5. *In your opinion do students prefer the really hard physical conditioning or do they want a mix of intellectual explanation and a little bit of sweat?*

Most students are not satisfied with the old ways of explaining things, today with the information high way, student expect and to some degree demand that intelligent and logical explanation of the techniques being taught.

6. *There has been a lot of talk about new qualification to be introduced in the industry what are your views on this?*

This is certainly a step forward in the right direction, other sporting fields have the required level of training and education, I believe in the martial arts should be no different.

7. *As many people will be aware in Victoria you do not require any qualification or accreditation or even a legitimate Black Belt grade to teach martial arts.*

*Do you believe that all Martial Art Instructors have some form of government recognized qualification/accreditation before they should be let loose on the general public?*

Would you allow some one who claims to be health care professional look after your well being, without being qualified! Why should the martial arts be any different, today's instructor I believe should have knowledge not only in their chosen art but also in first aid, management and a certificate IV in assessment and workplace training.

# JUNG DO KWON KARATE JITSU

*Continues  
next page*

8. *Do you feel that some form of legislation or control board to govern the martial arts industry would be a good thing to keep out pedophiles, rapist and other predatorily people?*

I believe the government or an agency representing the government should provide such information, as professionals educators we have a responsibility to our students and the martial arts community.

9. *Are there any measures you feel would be good to implement to protect the public from such people. Also do think an introduction of police checks for Teachers and a special ID card like the Queenslanders have, would be a good idea?*

I believe this would be a good idea, we would expect this kind a check to occur in the schools we send our children.

10. *When government implements change very few teachers are aware of it and vital contributions by may be missed. Do you feel there is a lack of communication in the martial arts industry?*

To some degree some schools/instructor feel that for the past X number of years they have operated the same way, so why change now! Perhaps increase awareness should be made to all in the marital arts community.

11. *What do you think the answer is to be able to communicate to the greater proportion of the martial arts industry?*  
Seminars and education workshop for instructors.

12. *Do you feel cross training with other styles would be a benefit to the way you train?*

Cross training has had a major influence to today's martial artist; it has expanded their knowledge and skills.

13. *Do you feel that there is no need to cross train with other styles?*

I feel it would be shame not to further one's knowledge.

14. *Do you adhere to a set syllabus for teaching your students or is it just a rough guide?*

I teach on a syllabus that allows the students to meet their objective techniques and level of competency.

15. *Does you style compete in tournaments and if so how much of your classes is dedicated to this practice?*No.

16. *Have you ever trained overseas? What do you feel were the real benefits of that/those experiences?*

The interchange of knowledge not only from a martial arts point of view, but form the view of how their life and circumstances affects their well being, and how the martial arts assist them day to day.

17. *What is the key philosophy you teach in your martial art?*

I would have to say self-development and self-empowerment.

18. *Do you have any special or unique training methods you feel releases the stress or tension out of the body?*

I have implemented Reiki Jutsu Kai into my teaching syllabus as a form stress relaxation.



19. *Do you have any exercises you feel heightens your awareness?*

Moving and static mediation drills.

20. *Do you think that Yoga is a good training addition to improve flexibility?*

I believe all martial artists should implement yoga as part of their training.

21. *Do you train in some techniques practice with your eyes closed and if so what are they and why?*

Training with the eyes close allows your other senses to expand, further more it allows an element of esoteric training to develop.

# STA TRAVEL

shows you the way...



## The year of living adventurously

Want to see the world and maybe even get paid to do it? From writing articles for a Bolivian newspaper to learning Arabic in Morocco, and from saving turtles in Costa Rica to pulling pints in a London pub, here are some adventures to inspire even the couchiest couch potato.

Doesn't a year off sound great? A year off. Three beautiful words. But it's actually what you might choose to do with that year off that could end up proving to be the real beauty. Many people choose to take a gap year between school and university, or, even better still, between university and the dreaded time of finding a job and buckling down to real life. But it doesn't really matter what stage of life you've reached — a gap year is about adventure and discovering new things, and, as far as we're aware, there's no age limit to having an adventure. So if you fancy taking time out after school or university, or you're just plain sick of your job, your friends or your landscape, then read on and start planning your new horizons.

STA Travel's Live & Learn program provides the complete guide to living and studying, volunteering or working abroad. And to help you narrow down your choices, STA Travel produces Live & Learn guides for three different regions of the world, each packed with ideas and advice. So go on, book your ticket, get someone to mind your goldfish and get packing for a trip that will change your world.

Region 1 — Asia, Africa and the Middle East  
So you're thinking about packing a big bag and heading off to the buzzy cities, jungles, deserts and mountains of Asia, Africa and the Middle East? Here are just a few of the ways you can experience the region.

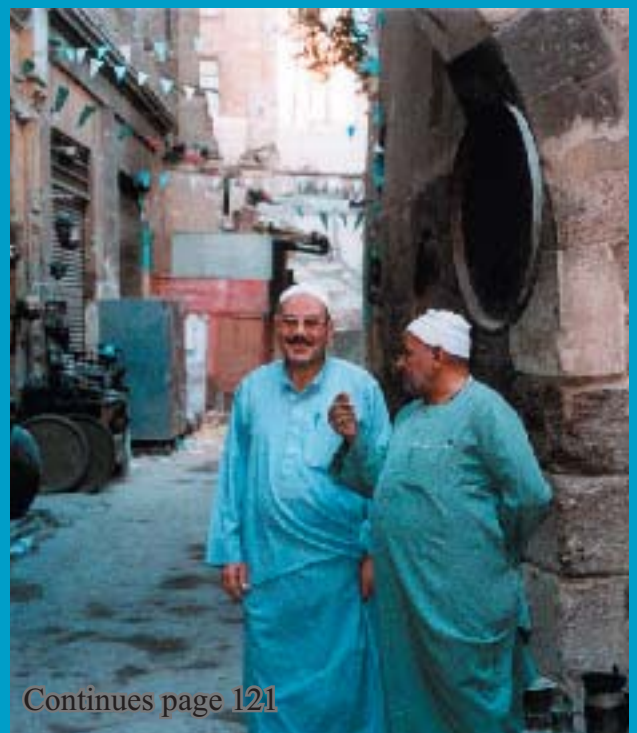
\*Work in Japan — Get a job in the hospitality, IT, marketing, advertising, PR or consumer product industry.

\*Learn Arabic in Morocco — The school in Fez is located in a large Moorish-style villa surrounded by date palms and olive trees. Unearth treasures in the local souks or relax on the sandy beaches of the Atlantic Ocean.

\*Work on a kibbutz in Israel — A kibbutz is a self-sufficient, voluntary, collective community. Jobs can range from serving in the dining hall to working in the fields. Every four weeks you can take a trip off the kibbutz to visit other parts of Israel.

\*Do volunteer work in Vietnam — Vietnam has endless beaches, soaring mountains and some of the greenest countryside you're ever likely to see. In Hanoi, volunteer in a peace village and help to rehabilitate and support children who are suffering from the effects of Agent Orange from the Vietnam War, or travel down south to Ho Chi Minh City and assist at either a children's orphanage or a soup kitchen for the poor.

\*Work in the media industry in Sri Lanka — Get a job writing or researching articles on one of two daily newspapers in Colombo, or get some hands-on experience at a television corporation.



Continues page 121

22. *What are your favorite ways to warm up for your class?*

I use circular motion to allow the joints and muscle the time to prepare for the training ahead.

23. *Do you incorporate meditation in your training, if so what are the benefits in its practice?*

yes, meditation has a major role in my training as I am able to target specific areas such as stress release, improving a technique or quite simply quieting the mind, when it becomes to active with ideal chatter.

24. *How important do you feel the 'Kiai' or (loud shout) is when executing a technique?*

The Kiai is not only about the physical release of air to tense the body it has a vital psychological effect.

25. *Who has been the most influential person in your training to date?*



I think most people would say a movie star, for me, My Instructors have played a major role.

26. *How would you describe your style of martial art?*

The style, which I study, has a balance degree of hard and soft aspect to it.

## Jung Do Kwon Karate Jitsu

27. *Do you believe in practicing the Ying/Yang or hard/soft principles in your training and if so, how do you implement them?*

This will vary on the technical skills or the objective of the lesson plan, for example we may use a boxer jab as an attack but rather doing a hard block we apply a circular non-resistive application.

28. *Do you incorporate natural healing like massage, shiatsu, Chinese medicine etc into your teaching/training?*

The style, which I study, incorporates natural healing components in the student syllabus.

29. *Is there anything you would like to say to the new student of the martial arts in respect to advice on training?*

The black belt is not the be-all to end-all, it is a good goal to have but the learning process and the self-discovery the martial arts offers, is for life.

30. *Do you have any Favourite techniques or Katas?*

My favorite techniques are all of them,

31. *How do you interpret the term the 'spirit of the art'?*

I believe the "spirit of the art" refers to your own commitment, dedication and empowerment of your self, not only in the dojo but life.

32. *What training would you advise a student to improve the power and speed in their kicks?*

When home training slow the technique down, keep a note book, practice and focus on one technique i.e. the front kick, allow your body to adjust to its own balance and use a chair, remember you are working on your technique not your fitness.

33. *Do you train students for self defence against multiple attackers if so what are the key elements in your strategy?*

multiple attacker in the dojo to the street is like chalk and cheese there are many variables, with many possibilities, the strategy is "be prepared for what you are Not".

34. *What methods do you use in training to increase focus and concentration?*

Moving and static meditation as well as kata.

35. *How important is 'timing' in a technique apposed to say speed and power in your opinion?*

Speed and power have very little use if you timing is not correct, so timing is very important.

36. *Do you use punching bags/hand held shields in your training if so what part does it play in your overall training?*

This equipment allows the student to develop speed, power and timing through various drills.

37. *Do you have sparring in your training if so what type do you practice?*

It complements the physical fitness aspect of the training; karate sparring is not street fighting.

38. *Do you feel Kata/Forms play a big role in your training if so why?*

Kata allows me to focus not just on the technique, but also can be used to internalize your emotions.

39. *Do you use pressure point striking in your training if so when do you introduce it to students?*

The pressure points are introduced at the brown belt level as a form of healing at the black belt level as a form of self-defence.

40. *Do you use weapons in your training, if so what ones do you use and when do students start to practice with them?*

No.

41. *Are you a full time teacher or working towards it?*

Working towards it.

# INSTRUCTORS WANTED

## Close Quarter Combat Instructors Course

Due to the huge amount of interest and demand generated by the last two Blitz issues (Feb and March) on editorials (Rob Gear and his combat system Budo-Jitsu), Rob is offering a one off offer for accepted individuals and clubs to participate in and qualify as an close quarter combat level one instructor within the budo-jitsu close quarter combat system.

**We are looking for dedicated individuals who wish to commence a career as an instructor.**

Each applicant is stringently assessed for suitability.

Training is formulated by Rob Gear, (former Defence Force and United Nations Body Guard, Unarmed Combat and Defensive tactics instructor), Rob and his team of elite instructors will take you through his rigorous instructor training program. Budo Jitsu Close Quarter Combat level one instructors course will give you the mental edge, the will to win, and a wide variety of physical training and fighting drills. Budo-jitsu is a no nonsense practical combat system and is the most progressive, dynamic and awesome combat system available today.

It is a pragmatic form of fighting where size does not matter. It teaches the individual to be ruthless, elusive and totally unpredictable whilst emphasising on simplicity and speed. Rob incorporates the use of gross motor skills combined with a will to win.

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