

black belt

LETTERS

Kickboxer Story Was Great!

I was impressed with "King in the Ring," the May 2007 article that presented the mental training methods of kickboxer Lisa King. At first glance, I thought it was just another article about an attractive female martial

artist. But, vowing not to prejudge it, I read the story and found it very good—much better than many other such pieces.

Bill Bartolone
via the Internet

Editor's note: Shortly after that is-

Kickboxer Lisa King.

PHOTO BY RICK HUSTEAD



sue went to press, Lisa King won her rematch against Nhum-Kang Sitmhalai, the Thai fighter she'd defeated in a show called Fight Girls.

Code of the Copycat

Rectitude, courage, benevolence, respect, honesty, honor, loyalty. These tenets formed the basis for *bushido*, the way of the warrior. Under the bushido ideal, if you didn't have honor, you had nothing. The alternative to not upholding your honor was to regain it through ritual suicide, as was the social custom in medieval Japan. Upholding one's honor was therefore at the forefront of the samurai's mind.

Although we live in a society in which ritual suicide is not a social custom, the bushido ideal is still propagated in the traditional arts as a means of self-cultivation. Even though he's a pragmatist to the core, Tony Blauer states that he prefers to be called a traditionalist because originally the traditional arts were only about prevailing in real fights that couldn't otherwise be avoided. While making no explicit references to the bushido ideal, Blauer has openly commented on integrity and honesty—brutal honesty with himself about what worked in combat and what didn't for him and the subsequent sharing of that information, which led to the development of his Panic Attack system. Now, 20 years later, it's led to the SPEAR System, the Ballistic Micro-Fight, High Gear and Personal Defense Readiness. The original Panic Attack system spawned a new era in martial arts training in the West, where things had remained stagnant since the time of Bruce Lee.

As Blauer shared his findings with the public, the ripple effect started creating a safer world. In my own search for truth in combat, I stumbled across Blauer's research by chance while living in Hong Kong in 2001. Five years later, I traveled to Montreal to train with him and his team. I was awarded a coaching certification by Blauer and later