

# I.R.C.A Sinkenpokai



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### Biography of Igor Vasiliev, Shihan

5th Dan Sin Jutsu Ryu Kenpo, 3 Dan Kenpo Taiho Jutsu

#### **Official IRCA Advisor in Russia**

Chief Sin Jutsu Ryu Kenpo Instructor

**Teaching:** Real Combat techniques and principles.

Tactics for self-defense and MMA. Self-perfection planning

I was born in Saint-Petersburg, Russia. It's my homeland, the same as Soke Oleg J. Sheprut .

I started Martial Arts in 1979. I have practiced different styles like Sambo, Jeet Kune Do, Savate, Kickboxing and Muay Thai. I served in the Soviet Army and like Oleg J. Sheprut, Soke I served in different Security Agencies for 12 years.

From 1998 I study KENPO under Oleg J. Sheprut, SOKE. Now I hold a Chief KENPO Instructor in Russia and Rijikai (board council) Advisor position. Today I continue to teach KENPO as Real Combat for my students being children, juniors and adults. Also I conduct at AllRussian KENPO Seminars for continuing to deepen my knowledge and to share it with my students. As hobby I like to prepare for my students some programs of self-perfection planning.

Igor Vasiliev, Shihan

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## ***Similarities between Kenpo and other arts***

Kenpo and other martial arts have various similarities in technique and principle, primarily because of the diverse and eclectic background of Kenpo.

### **Tae Kwon Do and Kenpo**

Many of the Aerial and spinning kicks of TKD have been brought to Kenpo in the recent times often used primarily in "sparring situations." Certain jumping and spinning kicks where inherit in the Kenpo system such as the Jumping Front, Side, Back and Roundhouse kicks, as well as spinning back, and crescent kicks.

### **Karate and Kenpo**

Karate and Kenpo share the closet similarities in techniques do to there similar backgrounds. It is believed by many that Karate has its origins as an offshoot of Kenpo. 95% of all Karate techniques if not more can be found in the Kenpo systems.

### **Jujutsu or Chin Na and Kenpo**

Many of Kenpo's immobilization and projection techniques arrived from the Japanese Jujutsu and Chinese Chin Na styles. The various loin throws, shoulder and hip projections, as well as sweeps are a direct inheritance of Chin Na and Jujutsu, although Kenpo does not contain as wide an array or extensively developed series of throws as Jujutsu.

### **Aikijutsu and Kenpo**

In the last few years, many Aikido and Aikijutsu techniques have found there way into the Kenpo art, gracing the study of Chin na with new principles and ideas. The most common techniques are Shiho nage, Irimi nage, as well as en-no-irimi projections.

### **Kung Fu and Kenpo**

Although Kenpo was originally a "kung" style, it has over the years thrown away many of its Chinese aspects for a more Japanese "hard style" approach. Still, many soft techniques can still be seen in Kenpo, primarily the five animal techniques, Chin Na, and weapon skills.

### ***Kenpo's speed striking***

An often interesting topic is Kenpo's "speed striking" techniques. The speed striking technique is primarily for building up the hand speed of the Kenpo student which will eventually translate into combat effective speed of strikes in a confrontation. A good example of speed striking is seen throughout the move "The Perfect Weapon", and is a key training and fighting method. A Kenpo

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student tries to build his reaction speed to a point where 10 or more strikes can be applied in a few seconds (someone noted 6 strikes per second or something).

Often for other Martial Artists it is considered as “Overkill”, however we Kenpoka’s call it “Overskill”.

**"To all Ways there are side-tracks. If you study a Way daily, and your spirit diverges, you may think you are obeying a good way, but objectively it is not the true Way. If you are following the true Way and diverge a little, this will later become a large divergence. You must realize this."**

But few in Kenpo realize this, and one cannot understand Kenpo without understanding the 9 Principles as given in *A Book of Five Rings* (the best translation of which is by Victor Harris, *The Overlook Press*); and, one who has not read Musashi can only pretend.

Musashi's nine principles apply to life as well as to the sword and Kenpo, so much so that heads of businesses and aspiring business leaders have applied them to great personal and financial success. In doing so they have come close to the path leading to the Way.

These are the broad principles Musashi said must be set in your heart, "and train in the Way of strategy. If you do not look at things on a large scale it will be difficult for you to master strategy."

- 1. Do not think dishonestly**
- 2. The Way is in training**
- 3. Become acquainted with every art**
- 4. Know the Ways of all professions**
- 5. Distinguish between gain and loss in worldly matters**
- 6. Develop intuitive judgment and understanding of everything**
- 7. Perceive those things which cannot be seen**
- 8. Pay attention even to trifles**
- 9. Do nothing which is of no use**

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Kenpo Karate and Tai Chi Chuan are two polar opposites, which, like Yin and Yang, move in opposition and harmony with each other. Tai Chi movements are soft, smooth, slow, and relaxed while Kenpo relies on lightening fast, hard explosive strikes, punches and kicks where the striking line of the body tenses at the moment of attack and immediately relaxes. These two martial arts styles are so different that no Tai Chi posture as practiced in the slow, smooth movements of the form can be applied to Kenpo; and, no Kenpo technique, with its hard, explosive release of power, can be applied in Tai Chi. Yet one who practices Kenpo will benefit greatly from Tai Chi, and one to practices Tai Chi will benefit greatly from Kenpo.

Kenpo and Tai Chi are not based purely on physical strength as obviously if that were the case the stronger, bigger person would always win. Kenpo and Tai Chi is 50% physical and 50% mind. In other words not only do we learn how to punch and kick but must learn how to change our mindset to that of a wild animal in a fight or if attacked.

We need to do this because unlike wild animals, humans are not natural fighters. Our most natural instinct is to attack, or to freeze or to cower in fear. We must therefore learn how to release the wild animal within, and we do this by entering the reptilian part of our brain.

Science now knows that we do not have one but three brains inside our heads. As well as the logical/intellectual/thinking brain, which does not like or understand fighting, we also have two other brains.

The paleomammalian or old mammalian brain, is our artistic body-mind, responsible for subconscious reflex action and comprises 5% of our overall brain. The remaining 5% is the reptilian brain, situated in the brain stem, a purely reflex brain with no emotions. For this reason reptiles can never be trained as pets as they only have the survival instinct and are therefore always in survival mode.

Humans have all three brains, animals have two, the paleomammalian and the reptilian, but reptiles only have the reptile brain and are therefore always in survival mode since they only have the survival instinct.

It is easier for animals to enter the reptilian brain and go into survival mode as they only have to go back one brain and they do this instinctively should the situation warrant it. Humans on the other hand must go back two brains and must learn how to do this, which is what we teach in our Kenpo Tai Chi classes.

Most martial arts are not useful or effective in a realistic self defense or fight situation as they use the logical brain in an attempt to formalize fighting, using logical prearranged techniques instead of

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the survival instinct of the reptilian brain. This will never work as you cannot apply logic to an illogical situation and fighting is most definitely illogical. Prearranged techniques also deprive us of the ability to react/adapt to the situation, attempting instead to impose our own logical prearranged technique to it but the only way to defeat any attacker would be to coordinate our energy with his, thus pre-empting and intercepting any attack effectively and becoming masters of adaptability.

We must eliminate thinking and fight at a No-Mind subconscious level for if we stop to think chances are we will get hit. This adheres to the Zen concept of No-Mind, where the subconscious takes over and controls the logical brain and therefore physical movement. The only way we can achieve this is by entering the reptile brain, because as well as placing us in survival mode it is also the doorway to the subconscious, allowing it to take control. Our intention is to the subconscious what thought is to the logical mind (sometimes referred to as the Ego) therefore if our intention is to defeat any attack, the subconscious will take over and direct our energy (Chi) which will in turn direct our physical moves to always do the right thing, countering any attack with maximum aggression, power, speed and perfect timing, just like any wild animal doing whatever it takes to survive at a subconscious reflex level.

Fighting principles will be programmed into the subconscious, using "Techniques/Training Methods" which are based on abstract training moves and natural body moves in order to make it more interesting for the student. By the time the technique is learnt as a self defense method to be applied in a real situation the fighting principles will be embedded in the subconscious, never to be unlearnt. The more we train in these methods, the greater our ability will be to fight at a subconscious reflex level, becoming masters of adaptability and adhering to the way of the Tao, by going with the flow, not opposing it.

Fighting principles will subconsciously change us from being reflexively defensive to becoming reflexively offensive. We therefore use the physical to train the internal and the internal (or subconscious) will direct the physical, therefore eliminating thinking, which takes time, something we do not have the luxury of in a fight. I must stress that although the techniques/training methods, which are based on natural body movement and abstract training methods are essential to program the subconscious with fighting principles, such as body balance, coordination and movement, they cannot be used for fighting as we can never simulate a real fight.

For ultimate street survival skills, as well as using the reptilian brain, eagle vision and no-mind fighting at a subconscious reflex level, we must also learn the following:

DIM MAK or pressure point fighting which is the opposite to acupuncture. Chinese medicine is based on a healthy flow of chi, throughout the body's meridians, however, by using Dim Mak we cause a KO by striking these points in a given direction, destructing his chi and causing the KO or worse.

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EXPLOSIVE SPEED if we can hit someone once, we can hit them a dozen times, therefore go for it, always striking from the point of origin. Why go East if we want to go West. We attack him at the very moment he initiates his attack, attacking him when he attacks is the best time to do so, each of our strikes being aimed at Dim Mak points. We will gain power not by using distance but body mechanics, combining physical muscle strength with internal energy or chi. This will give us explosive penetrating power ka Fa-jing, which translates to explosive energy. We will learn how to use Fa-jing which is the engine of Dim Mak, in order to transfer adverse energy into the opponent.

CHI-KUNG and other training methods will be used in order to achieve internal stillness, which is the crux to the whole system. It is the very essence of who we are, consciousness itself before it manifests into any form, whether it be physical, thought, emotion or perception.

In its unmanifested state consciousness is the full awareness which becomes the space for what is happening in the present moment "HERE & NOW" enabling us to always react to any situation by responding out of our conscious presence, a spiritual awareness and not our conditioned mind.

We gain internal stillness by being sung, (loose, heavy, relaxed) centering our energy down to the Dan Tien, which is our energy centre, and by also being physically centered by placing our weight on the centre of gravity point on our feet, we will be perfectly balanced.

As we centre ourselves in this way, we will unite with the Universe which is balance itself, we will therefore not be too yin and cowering in fear, or too yang and anxiously aggressive. We will instead stay calm in all circumstances like any wild animal, if attacked we will be violent aggressive on the outside but calm within.

Our mind will always be free from concepts, including the concept of non violence, therefore, if the situation warrants it, sudden violence will become a spontaneous subconscious reflex action. We will never resist the situation but adapt accordingly, as any resistance will cut us off from BEING the only place of true power. Resistance is weakness and fear masquerading as strength.

By accepting surrendering and adapting to the situation we find ourselves in, we stay present, therefore, allowing the light of consciousness to transcend the person and guide us to maximum efficiency. Deep slow breathing is also essential as it relaxes the logical mind and physical body allowing the subconscious to take control.

We learn to disrupt the energy of the opponent and enhance ours gaining perfect health in the process. The style is suitable for all, irrespective of size, age or gender.

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Please look at the movie from 21th Open "Elite" KENPO Tournament in Russia at:  
<https://youtu.be/5hK0qJROuAM> .

I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times.

*~ Bruce Lee*

Don't block with your face

*"Author unknown"*

Value what you have, but seek for more

*"Kyoshi Gilbert Claes"*

Kenpo- It's not just self defense, it's about...self control, body discipline, and mind discipline...and breath techniques. It involves yoga. It involves meditation. It's an art, not a sport

*"Elvis Presley"*



Please send all articles, info on courses and seminars or competitions to  
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