

# I.R.C.A Sinkenpokai



## Newsletter October 2014

Welcome to the first IRCA Newsletter!

### What is Kenpo/Kempo?

**Kenpō** (拳法?) is the name of several Japanese martial arts. The word kenpō is a Japanese translation of the Chinese word "quán fǎ". This term is also sometimes transliterated as "**kempo**", as a result of applying Traditional Hepburn romanization,<sup>[1]</sup> but failing to use a macron to indicate the long vowel. The generic nature of the term combined with its widespread, cross-cultural adoption in the martial arts community has led to many divergent definitions

Kenpo is firmly undogmatic, and as such its techniques vary depending upon the preference of the practitioner and the instructor. However, certain characteristics are common to nearly all forms of kenpo.

- Kenpo is a system of self-defense. Its techniques are almost entirely counters; a typical kenpo school does not teach its students how to attack people.

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- Kenpo is not about fighting. A Kenpo practitioner does not "feel out" his opponent. Once the kenpoka is attacked, his aim is to end the fight however he can as quickly and efficiently as possible.
- Kenpo is set apart from many other martial arts by the sheer size of its curriculum. This varies, of course, from school to school, but several forms and defenses against strikes, weapons, and grabs, are required to advance in rank.
- Kenpo employs a belt ranking system, similar to those of Karate, Judo, or Jiu-Jitsu.
- Kenpo is almost exclusively a stand-up martial art, using various hand strikes, kicks, elbows, knees, throws, and in some cases joint locks.

Kenpo is not considered as a “normal” Martial Art or Martial Sport, but as a Martial or Self Defense System. The main reason for this is that it has a variety of techniques, and almost no “rules”, as most moves and attacks are allowed.

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The history of Soke Oleg Sheprut.

## ABOUT MY KENPO WAY

I started in KENPO in October 1977. I'm lucky enough in that I'm not just convinced and continue to make sure this day. I wasn't poisoned sport ideas and I was always interested in a pragmatic approach to any technique that I needed to learn ! Now, my criteria are integrity and transparency: first, simplicity - because in Real Combat fast-moving complicated techniques can give a misfire, fail, and therefore simple and economical steps to ultimately save your life, and secondly, the reality is - well, with it, I suppose, might argue just fans of "paramilitary exercises", and thirdly, of course, efficiency - i.e., the ability to kill the enemy as quickly as possible. Alas but it's clear for every who was in Real Combat. As I spoke earlier, I'm not the sportsman. Moreover, I didn't take part in official sports competitions on any single combats. Except for experience of *JUDO* competitions in age 12. But life in Russia gave me enough situations where I could check my Real Skills of Combat. This subsequently gave me to the idea of creating a new KENPO style of the same name.

So I for the first time have crossed Dojo threshold in age 11. There's enough late but what to do is was so. I've started to study KENPO which then named *JUDO SELF-DEFENSE*. At that time in the USSR to study KENPO openly who was forbidden also those tried - got in GULAG. To me has had the luck to get to Nickolay Nikiforov Sensei which coached the policemen also taught the civilians. And these were my first KENPO lessons. Now I would tell, that Nikiforov

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Sensei taught us good *OKINAWA KENPO*. But then all of us considered that this *JUDO*.

Has passed time and I from the *JUDO SELF-DEFENSE* have passed to *KYOKUSHINKAI KARATE*. I was very inspired by the personality of the founder *KYOKUSHINKAI* - Mas Oyama. Sure I liked his unshakable belief in Absolute Truth ! And I admit fairly - me and then and now aspects of competitions or *BUDO* show didn't interest it all. I looked at these games of adult men and to me was insulting. It's insulting that people come to look on show and confuse it with Real Combat ! But everyone wants and can be deceived because is its business.

In Russia in the 80's and 90's of the 20th century the life very strongly differs from the Western Way of Life. After the fall of the communist regime in Russia began the redistribution of property. And it looked like Gangster's Wars 20-30's of the 20th century in the U.S.A. Many racketeers and bandits, who only yesterday were simply athletes ( boxers, kick-boxers, wrestlers and karate-kas ), as well as criminals who don't want to miss the opportunity to capture a piece of cake named Russia. It was a good chance to get real money as quickly as possible. And recently had unofficial information on this New Civil War in Russia killed about 700.000 people. For example, in the Afghanistan War was killed about 15.000 Russian soldiers. Here again in Russia skill not simply was always appreciated to stand up itself, and to survive in war which goes constantly, everywhere and always ! On this New Civil War you can be either Cop or Gangsters - other people slaughtered like sheep without mercy.

Time has come to serve in the Soviet Army and I've gone in Spetsnaz. It was very prestigious for the boy in the Soviet Russia ! Yes I've forgotten to tell about the choice - in New Civil War I've chosen party Cop, instead of Gangsters. In Soviet Army I studied *OPERATIVE COMBAT AND JU-JUTSU* and my instructors have hammered into me how it's necessary to solve question in Real Combat. Thanks God and my Spetsnaz instructors, I till now remember these lessons.

For full assessment of my Combat studying need to add another two Combat styles. Certainly *BOXING* under my school friend Alex Artemiev. He's now Senior Boxing Coach in Saint-Petersburg and WBC Referee in Russia. And then he was Int'l Class Boxing Master and first Soviet boxer who went to U.S.A. as Red Wave profy-boxer. Also he's many Champion titles of the Soviet Union and Europe and participated in the 1988 Olympic Games in Seoul. And most importantly - a good street boxer. And Alex Artemiev also taught me *STREET BOXING*. The my second Combat discipline is *FULL CONTACT KARATE*. In this Dojo, I got my first Black Belt. Then it was a very good practice in street-fighting. Because it was the time New Civil War in Russia. In those days need had to solve many troubles using fists and hand-

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held weapons. Just to survive this Civil War.

After Army service I worked as the bodyguard little bit. Then I started to make a living by what I know best. Just I started teaching KENPO as Real Combat in Saint-Petersburg, Russia. Until my SENSEI practice in KENPO, in Russia wasn't aware of this Real Combat style, alas. So I created the Real Combat style who named as SIN JUTSU RYU KENPO. Now this KENPO style became well-known among the Real Combat Experts worldwide. It's my KENPO Way and that's all I can tell about this, OSU!

***Humbly your,  
Oleg J. Shepruth, SOKE***

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The Martial Arts history of Gilbert Claes

I started practicing Martial arts in 1970, first Judo for a couple of years.

At about 12 years old, I started Kyokushinkai Karate, and later Goju Ryu Karate.

Both I found interesting, but they did not satisfy my needs and interests.

At age 13, I started to train Siu Lum Kuen Fa (Southern Kung Fu), Shaolin Chuan Fa, Chin Na, Hsiao Chiao, Tai Chi , Tui Na and Chinese weapon Arts with the Chinese Lai Yao Family.

I practiced for many years, 4 hours per day, and after being graded 2nd Toan (Dan), I opened my own school in 1980. I combined my knowledge in the different Martial Arts, while practicing Kick and Thai Boxing , but still I did not had what I was looking for.

In 1993 one of my Black Belts, invited Skip Hancock, a Professor in Ed Parkers Kenpo, over to Belgium. I soon realized, that this was a more complete and realistic SYSTEM. I proceeded to train in this system, and still am, trained with Mr Hancock, and also over the last 4 years with Mr Downey and Mr Sepulveda.

But a few years ago I realized that every Martial Art has his restrictions and limitations, if not in style, than in associations and politics.

It's a good system, but it's not perfect, like not one system is. Too many students and instructors only look at the American Kenpo syllabus, limiting their selves to it, and forgetting that other styles-systems also have good values in it. They do not practice CROSSTRAINING.

That is why our motto is:

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## VALUE WHAT YOU HAVE, BUT SEEK FOR MORE...

Therefore, since 1999, I combine the knowledge and skills I have in the martial arts I trained, into our system, which is not THE system, but A system. My black belts started to call it Pak Loong Self Defense Kenpo , as Siu Pak Loong is my Chinese name, given to me by my Sifu's. It's just a name, not a new Style!!

But it works for me and my students; not being important if they are men, women or kids. In our schools, we train, and learn how to fight defend in the 4 ranges-distances (Dimensional stages of Action). Further more, we also train with different weapons, but most important, we train in a LOGIC and REALISTIC way, and we tailor our Art to the individual's needs, strength and limitations.

Yours in Kenpo,

**Gilbert Claes ([www.selfdefense-studio.net](http://www.selfdefense-studio.net))**

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## Self Defense versus Self Protection (Author G.Claes)

Self-protection is a state of mind, in which perceptual awareness becomes a major item, where self-defense is more considered as a physical action at the moment of an endangered situation.

I.E. You would rather protect your house or your car with (visible) alarm systems, (which gives you protection, and will avoid burglars or carjackers to choose your house or car), rather than you will have to defend your properties (if not protected) at the moment itself.

Self Defense can be a way of thinking, but is more an action of the moment one is attacked.

The dictionary mentions for self defense:

1. Defense of oneself when physically attacked: took a course in self-defense.
2. Defense of what belongs to oneself, as one's works or reputation.
3. Law: The right to protect oneself against violence or threatened violence with whatever force or means are reasonably necessary.

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In fact, every person (or animal) will defend him/it self once physically attacked, and will (re-) act in a natural instinctive way.

Whether he/she/it will survive, win or loose is depending of several factors:

- Natural knowledge and skills
- Experience
- Luck
- Strength, willpower

So you can state, that in most cases, using self defense will always come too late, as you are in a unavoidable position where attacked, and the result will depend on above mentioned factors.

Self Protection in contrary, can, might or will, the use of self defense superfluous.

In wildlife, over the centuries, many animals have adapted to their environment, by using self protective evolutions, by using:

- Camouflage
- Speed
- Growth
- Hard skins
- Aggressive looking colours
- Venom

As a human being, we can protect ourselves by:

- Learning self defense martial arts (to increase knowledge, skills, awareness...)
- Using the correct and proper attitude in daily life (be humble, friendly, polite, gentle, but walk and stand firm)
- Proper outfits (people will be more frequently attacked when wearing gold, expensive watches, or driving expensive cars)
- Protect our properties (see above)
- Being aware and anticipate.

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Let's presume you are alone, and attacked in a dark alley, where a fight is unavoidable. Will you wait being hit or kicked, so you might/could use your self-defense skills, or will you immediately protect yourself by hitting or kicking your attacker down?

## Conclusion

In our art, as a habit over the years, we consider and talk about Kenpo as a self defense system, which in fact limits our (or the students) abilities and ways of thinking. Using the term Self Protection opens our minds and enlarges/creates more factors outside the school and the training floor.

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

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