



# ZANSHIN 残心 ● 時 TIMES

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## ZANSHINDO ORGANIZATION IN THE WORKS

Lots of good things are happening with our school and with our style of submission fighting known as *Zanshindo*. As a result, Sensei Abe Stem has decided to form a committee with a choice group of high-ranking students who are aspiring to one day open up their own schools and expand our brand of mixed martial arts. Through closed-door meetings, we are in the process of laying the groundwork for an organization that will focus on the development and growth of our style on a nation-wide scale and ultimately even world-wide.

Mixed martial arts in general is growing in popularity thanks to the success of premiere fighting organizations such as the Ultimate Fighting Championships and it's reality Spike TV show *The Ultimate Fighter*. Due to this recent rise of mainstream acceptance and popularity, Sensei Abe has seen an increase of interest in our brand of martial arts that employs the very no-nonsense techniques needed in order to

be successful within the world of MMA and realistic hand-to-hand combat situations.

By 2010 we plan on opening up at least five Zanshindo/submission fighting schools in key locations around the country. One of which has already been started in Savannah, GA (more on that in the next article). From these 5 branches we plan to grow even further in the years ahead.

Everyone already enrolled in the Beaufort, SC and Savannah, GA schools will instantly become members of this organization. There will be many benefits for all members such as career opportunities for those interested in eventually teaching *Zanshindo*. Plans are being made for an instructor curriculum.

In the future, we also plan on holding nationwide inter-school MMA, Muay Thai, and submission grappling competitions, of which the champions from each weight division will have the opportunity to represent the organization and

style as a whole on a bigger stage of high-level competitions around the world. There will also be the possibility of nation-wide inter-school seminars with not only specialized instruction from our top Zanshindo instructors and fighters but also from other world-class celebrity MMA fighters. This is just a couple of the many ideas that Sensei Abe and the committee envision for the future of our schools through this organization.

As stated earlier, the groundwork for this organization is currently in the works. So expect there to be changes for the good as things develop; this monthly newsletter being one of them. Any ideas or suggestions are welcomed. We will be sure to keep you updated as to the development of this project. For more details feel free to speak with Sensei Abe Stem.



**"Practice does not make perfect. PERFECT practice makes perfect!"**  
**Sensei Abe Stem**

## **BMAA OPENS BRANCH SCHOOL IN THE SAV**

Georgia better watch out! There is a new breed of Mixed Martial Artists being trained in the dirty south under the tutelage of Sensei Abe Stem. BMAA (*Beaufort Martial Arts Academy*) has opened a branch school in Savannah, GA. Classes are currently being held at the 24 Hour Family Fitness Center. This gym is a fully staffed fitness and training center and classes are taught on a state-of-the-art floating floor workout room complete with our equipment as well as a sound system to get us through even the toughest workouts.

Class times for the *Savannah Martial Arts Academy* are every Monday and Wednesday at 5:00pm for children. Adults times are 7:00pm on Mondays and 8:00pm on Wednesday.

Due to the recent rise of popularity of MMA, interest in our style is at an all time high. This interest has also

arisen within the Savannah, GA area. So Sensei Abe simply could not pass on the opportunity for our style to grow and to be offered to those hungry to be involved in the exciting world of Mixed Martial Arts.

This extension will benefit us many ways as it will enable our effective brand of MMA to grow in recognition with our Beaufort academy and it's students as the leading and driving force behind our future organization. This will also give us the opportunity to train with an even larger array of students. It will also introduce teaching opportunities for our more experienced submission fighters who wish to make a career in MMA.

As a result of this growth, Sensei Abe has already trained and utilized three of his higher ranking students, Mr. Noel Poff (black shirt/black belt), Mr. Justin Granet (green shirt/brown belt), and Mr.

Manny Rodriguez (green shirt/brown belt) to assist him and his wife Mrs. Brittany Stem (gray shirt/brown belt) with the instruction and business of these schools. (Anyone else interested in eventually becoming an assistant instructor can contact Sensei Abe to discuss requirements.)

Thus far, Sensei Abe is pleased with the potential and enthusiasm of the students already enrolled in the Savannah sector. His goal for Savannah in addition to the growth of our style is to build the same type of environment of intensity and skill level that defines BMAA.

If you know of anyone within the Savannah, GA area who might be interested in learning MMA, please have them contact Sensei Abe at 1 (912) 41-CHOKE (912-412-4653) or have them visit the Savannah branch's website at [www.savannahmartialarts.com](http://www.savannahmartialarts.com).

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[www.beaufortonline.com](http://www.beaufortonline.com)

## **STUDENT PROMOTIONS FOR THE MONTHS OF JULY AND AUGUST!**



*Belts not only hold your gi top on. They also signify rank and give us targets to shoot for.*

Congratulations goes out to everyone who recently tested and passed all their requirements for their respective shirt and belt levels.

In the month of July, Justin Granet and Manny Rodriguez were promoted to the level of Green Shirt and Brown Belt in the adult class. In August, we also saw Rebekah Schools testing for Red Shirt; Jack Geren,

III tested for Green Shirt; Mike Schools and Travis Schramm tested for Blue Shirt; David Sumpter tested for Orange Shirt; and Mike Bennett and Daniel Hasbrouck tested for Yellow Shirt.

In the youth classes we saw many students test for stripes and some even attained new belt rankings. Christian Hamner was awarded a Yellow Belt.

Christopher Huckabee reached his Orange Belt, Sheldon Capdepon and Brian Smith tested for Green Belts. Tyler Hoffmann tested for Red Belt, and Victoria Craik and Logan Hoffmann tested for Brown Belt.

Congratulations to all of the students that reached new ranks and get to learn new and exciting techniques. **GREAT JOB!**

## **INTERVIEW WITH ZANSHINDO BLACK BELT AND SUBMISSION FIGHTER Mr. Noel Poff**

**How long have you been taking martial arts?** In October I will have been formally training for three years.

**What got you into training at McCullough Submission Fighting (now known as Beaufort Martial Arts Academy)?** At 17, I developed an interest in martial arts, I wanted to learn a bit from every style and McCullough was the only school around that offered a mixed martial arts program.

**What did you think of it when you first started?** After being arm barred from my instructors guard and schooled in the stand up I knew I was hooked.

**How satisfying was it to finally reach the level of black shirt/black belt in Zanshindo?** It took a few days for it to hit me about how good it was to get a black shirt, at the time I thought of it as attaining any other shirt which have each provided a tremendous rewarding feeling that I couldn't get from just anything else.

**Looking back, what has motivated you the most to stick with it?** I had and continue to have the desire to fight competitively. I want to be the best I can be when I fight against people. I also want to join the ranks of world class fighters.

**Other than receiving your**

**black shirt/black belt, what accomplishment do you favor the most up to this point?** I favor my fights in any kind of competition. To me those are milestones in my martial arts career.

**What have you learned about yourself through fighting and competition?** That I'm not as good as I should be every time I compete. It is motivation for me to keep training.

**What's your favorite technique on the ground?** Armbar from the guard most definitely. Its so simple and I can sneak it in every time no matter if my opponent knows its coming.

**What's your favorite technique standing up?** Lead right hand hook. I love kicks and punches all together but I love nailing people in the ribs or head with that right hook.

**You're a black shirt now. What's next? What does the future hold for Noel Poff in the style of Zanshindo?** Keep training in Zanshindo and start to learn some other forms of martial arts. Possibly something just for fun like capoeira. I also should always be teaching what I know and competing to develop my own style.

**What kind of advice do you have to offer everyone else working towards the goal of black shirt/black belt?** Stick

with it and you'll find it will pay off. It will reward you in sports as well as in life. Honestly, how many people can say they're a black belt? I know I can.

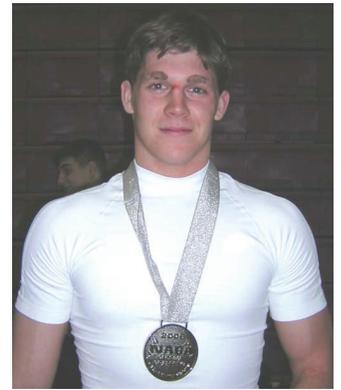
**What kind of advice do you have to offer those wanting to get into competition and fighting?** Personally I think the best way to learn to compete is to compete. Just do it. I guarantee win or lose your level will rise afterward. It's also the best rush you can get anywhere.

**Now let's move on to a more personal level. Outside of martial arts, what other types of hobbies or activities do you enjoy?** Reading and writing, you know, developing the mind of the machine. Knowledge is more powerful than a good roundhouse I think. Bodybuilding and fitness, well that kind of goes along with martial arts. I'm always up for going out and trying new things that require a certain amount of physical ability.

**Favorite movie?** Hard to say, but from a martial artist perspective, Enter the Dragon.

**Favorite fighter?** Keeping up with the hard questions. Kazushi Sakuraba because of his unorthodox way of fighting and his fun charismatic attitude he has before his fights.

**Favorite sayings or quote that you live by?** Developing yourself is like baking a cake,



*Noel is currently ranked #1 in Submission grappling in SC. Visit MMA.tv to view the SC Rankings.*

its going to take time before you get the perfect effect. Knowing is not enough, you must apply. Willing is not enough, you must do. Forgive and forget.

**Tell us something about yourself that everyone may not know about you outside of Noel the martial artist and fighter.** Outside of fighting I am a very shy soft spoken individual. I'm more scared of dates than I am of going into the ring. Kind of funny I know.

**Anything else you'd like to add before we end this interview?** I'm very happy to be a part of this. I feel honored to actually feel like I'm making a name for myself in this art when at first I saw no future in it. This is how I choose to express myself, by martial art. Some people choose to play catchy music, painting beautiful pictures, or run touch-downs and that's great that they do that. Marital art is how I do that and I want to do just as good as anyone else does in expressing themselves creatively.

**Thank you for your time.**

# September 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 <i>Labor Day: No Class</i>	5	6	7	8 <i>Girl Scout Seminar</i>	9
10	11 <i>Penny Drive</i> ←	12 <i>Fundraiser</i>	13	14	15	16 <i>Grappling Comp. GA</i> →
17	18	19	20	21	22	23 <i>Car Wash Fundraiser</i>
24	25	26	27	28	29	30

## ***This & That***

### **Fundraisers at BMAA**

Sensei Abe and Mrs. Brittany Stem would like to say thanks to everyone who helped with the car wash last month. Enough money was raised to buy some much needed equipment such as pads and focus mitts. Again thank you to everyone for their participation and teamwork.

### **On Sale**

New rash guards and competition shorts have just come in for the affordable price of \$89.23 a pair. Let us know if you are interested in purchasing these items.

## **Upcoming Competitions**

### **September 16:**

Superslam Grappling Championships in Augusta, GA

### **September 23:**

North Carolina AAU State Jiu-Jitsu Championships in Greenville, NC

### **Birthdays:**

Willie Smalls, Sept. 1  
Chris Raczkowski, Sept. 5  
Logan Brown, Sept. 8  
Julie Edwards, Sept. 9  
Amber Kutz and Amir Chegini, Sept. 10  
Hunter Bradshaw, Sept. 14  
Victoria Craik, Sept. 15  
Jake Craik, Sept. 20  
Miguel Rodriguez, Sept. 30

## **HEALTH AND FITNESS**

### **10 Tips for Better Eating:**

1. Drink lots of water. It is recommended to drink half your weight in ounces every day. Example: If you weigh 160 lbs., then you should drink 80 ounces of water per day.
2. Don't shop for food when you're hungry. You will generally choose less healthy food and buy too much of it.
3. Snack frequently on healthy foods throughout the day. (Fresh fruits and vegetables, whole grain products, etc.)
4. Take smaller portions and eat slower. You'll end up eating less and enjoying it more. Remember, one of the main reasons that we overeat is because it takes a while for the stomach to tell the brain that it is full.

## HEALTH AND FITNESS (CONT.)

5. 5. Avoid trans fats (partially hydrogenated oils and saturated fats). There's a quick test to determine whether trans fats are contained in a product. If, for example, a margarine or peanut butter stays in a solid form at room temperature, it has trans fat in it.
6. 6. Choose a diet high in complex carbs. Whole grains, beans, legumes and fresh fruits and vegetables should make up the majority of your food intake.
7. 7. Minimize processed foods. A good rule of thumb is, the longer the list of ingredients it contains, the less of it you should eat.
8. 8. Minimize fried food and condiments. This is where the majority of people usually consume massive amounts of excess empty calories.
9. 9. If you cheat, cheat small and then get back on track.
10. 10. If you'd like, ignore this list one day a week and what you want—in moderation, of course. (This excerpt is taken from the article entitled 21 Tips For Better Health in the August 2006 issue of MASuccess.)

## THE ZANSHIN PERSPECTIVE

*Zanshindo—the way of total awareness* 残心



**“Technique is nice, but violence rules the day.”**

Learn and develop your techniques to the best of your ability. But always remember, you can have all the technique in the world, but all of your techniques will mean nothing if you are not willing to engage. The enemy cares nothing about the beauty of your technique, rank, popularity, or status in life. Therefore, you must be ready at all times to do what is necessary. Only through proper training will you develop this type of ready mindset.

This is the essence of Zanshin-do: The way of total awareness. 残心

*Zanshindo is a mixed martial art founded in 1997 by Will McCullough.*

**Zanshindo (The Zanshin way)** - *Zanshin is a Japanese term defined as a relaxed state of total awareness allowing complete attention to the moment: the focusing of the mind (without thought or emotion) on everything in and around you. Thus, Zanshin-do is The Way of Total Awareness. Zanshindo combines the most realistic and effective training methods derived from the following martial arts into one complete system:*

**Brazilian and Japanese**

**Jiu-jitsu** - *submissions, holds, takedowns, escapes, and chokes*

**Muay Thai Kickboxing** - *evasive movements, punches, kicks, elbows, and knees*

**Freestyle Wrestling** - *takedowns, ground control and positioning*

**Sambo** - *a Russian art known for it's leg and ankle locks*

**Boxing** - *punching combinations and movement*

**Judo** - *throws and takedowns*

**“Years ago we hardly had anything to eat. Now I earn more money and see every opponent as a man that tries to put me back to that poorer period. That man has to be eliminated.”**

**Fedor Emelianenko**  
**PRIDE HW champion**

# ***A message from Sensei Abe Stem***



*Sensei Abe Stem*  
President/Founder of UZA

## **Perseverance:**

I love asking my students after we have done a hard workout, "Are you tired yet?" What I love more is hearing everyone say "No Sir!" as a reply. Even though I know that the drills or exercises are hard, I enjoy the fact that my students never give up.

If someone attacks you with the intent of injuring you, you won't be able to tell them "Wait, I'm tired!" You will just have to keep going. And the difference could be life or death. Therefore, I think it is incredibly important as martial

artists for us to train with a mindset to "never give up."

When you go to class to train, let down your mental barriers and tell yourself that you won't give up. No Matter What. I am not saying "don't tap out." I feel it is very important to tap out if you need to. But I also feel that you should get right back up, and try again.

Even if you feel you just cannot seem to keep up with your partner or opponent, you should learn to push your ego aside and focus on improving your skills.

Perseverance is pivotal to self-

defense and martial arts training indeed, but, it is also pivotal to day to day life. If you condition yourself to quit during the hardest parts of training, you are going to quit during the hardest parts of life. You cannot afford to give up in the tough times. So here is my advice: seek to persevere in class and in life. When life is hard on you and are getting down, remember your answer when I ask you in class if you are tired. "No Sir!" Get back up and keep going and remember above all else:

**NEVER GIVE UP!**

For questions, comments, or article ideas, please contact our editor/lead columnist, Manny Rodriguez at:

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