## www.societyofmartialarts.com

presents a feature article from Blitz martial arts magazine Vol 25 No 01 (January 2011):

# **Steve Miranda – Professor**



AUSTRALIA'S #1 MARTIA

Tomorrow When the Brawl Began Aussie martial artists behind the hit movie

Fightin' Words Do instructors earn their Dans? Practical Wing Chun Born in the era of Bruce Lee

### FAST FISTS & Lightning Legs

GAZINE

The weights workout you need for speed

#### SNEAKY SPARRING 5 ways to hit

your target more often

#### Real Men of KARATE

Aussie & NZ masters speak



Vol. 25 No. 1

SURVIVAL Shaolin Style Secrets of kung fu's fighting forms

k an Expert: Can chi be proven?

The realities of facing a blade

# CONTENTS

REGULARS

Silvio Morelli's monthly

philosophical column

MARTIAL MINDS FIVE MINUTES WITH ... 22 Australian Kazakh Kuresh

**BLITZ & PIECES** NEWS & EVENTS 10

MARTIAL ARTS GEAR 16 MARTIAL MOVIES 20

FIGHTIN' WORDS 24

ASK AN EXPERT 94

THE LAST WORD 98 John Will discusses how to

ON THE MAT

static knife threat DRILL OF THE MONTH 56 A street-style drill to train

Advice from strength training expert Andrew Read

An interview with MMA fighter Manuel Rodriguez

Mixed Martial Arts wrap-up

FULL CONTACT FIGHT LIFE 76

THE BURN 58

MMA NEWS 79

TECHNIQUE WORKSHOP 52

high Dan-grades

and how to prove it exists

THE TACTICAL APPROACH 96

EDITORIAL 8

JANUARY 2011 VOL. 25 ISSUE 01





6 BLITZ Magazine



AUSTRALASIAN MARTIAL ARTS MAGAZINE

Publisher Silvio Morelli

General Manager Mark Castagnini

Managing Editor

**Editorial Director** Ben Stone ben@blitzmag.com.au

Editorial Assistants Daniel Hedger, Jarrah Loh

Art Director

Graphic Designers Adibowo Rusli, Lysha Moniz, Ramma, Adam Summers, James Steer Zeenia Lakhani, Rifan Oktavianus

Advertising Enquiries Nicholas Maranville lational Advertising Manager Ph: (03) 9574 8999 Fax: (03) 9574 8899 nail: nicholas@blitzmag.com.au

**Contributors** Mike Clarke, Matt Jones Graham Kuerschner, Clint Morris, Chris Postupalski, John B Will

Photographers Charlie Suriano, John O'Neill, Alegra Ally

Cover photo: Stefan Fischer – by Enzo Amato Cover inset photo: Ron Matthews

Blitz magazine is published by Blitz Publications Pty Ltd ACN 083 149 286

GRAPHIC 1 1

**Disclaimer:** 

fightin' words - martial arts discussion

## The Test of Time

Each month in this segment, martial arts instructors throw down their opinions on issues concerning martial arts training, teaching, fighting and philosophy. This issue, we ask the question: Should Dan-grades be awarded purely on skill tests or time spent in service of the art, or both?



Chief instructor, National Karate Academies

Dan-grades must be a combination of time, knowledge, skill and experience.

Lower Dan-levels must have a high level of physical skill with time between Dans, for example, two years between 1st and 2nd Dan, three years between 2nd and 3rd Dan, etc., including a level of maturity – remember, these are adult ranks.

Anybody graded to 6th Dan and above is at a master's level – this is not to be given out just because you have been training for a long time. You to need have skill, knowledge, experience and, of course, we do not hide behind our belt. At the high Dan-levels,

real credibility is a must; without credibility the grade means nothing, the certificate or diploma is only for your records and for you to hang on your wall. At the end of the day, it's only paper. The true grade is within you and

www.blitzmag.net

The founder and Chief Instructor of the National Karate Academies – Miranda Kai system, Professor Steven Miranda is an experienced instructor in many different styles of martial arts. He has trained and holds Black-belts in judo, silat, taekwondo, kung fu and several styles of jujitsu and karate, including a 4th Dan in Bob Jones' Zen Do Kai system. He considers himself a true freestylist with a traditional background. Having trained in the martial arts for over 40 years – since starting judo at the age of six – Professor Miranda was graded to 8th Degree Black-belt in 2008 by the Australian Martial Arts Association.

what other people have witnessed and acknowledged that you have done, in contribution to your style, as well as knowledge, ability/ skill, dedication, years spent training, years teaching in the martial arts at a high level... The key word is 'performance'. Why performance? Were

you graded through coloured belts on ability, time etc. or are you graded on time only? Your Black-belt - was it graded on performance and time? Well, with higher Dans that doesn't change, just the criteria does. How can you have a hand-out rank over a cup of coffee at, say, 8th Dan, and be graded at colouredbelt level and lower Black-belt levels? It doesn't make sense. All higher Dan-levels need to be graded on performance, including a physical grading, or a demonstration for the head instructors to their own students and instructors, as well as developing and building their own system/styles.

The grade should have more creditability than a coloured belt, shouldn't it? Thus, time on its own does not give you a high Dan-level.

For head instructors, your Black-belt instructors should be pushing you up, rather than you joining an association to gain a Dan and say 'I have an association rank' – your style should be grading you. How can anyone grade you if they don't teach your system and have never been graded in it? The martial arts associations are there to witness your efforts, not to be abused for hand-out ranks. Remember, rank only shows where you are in your system and is irrelevant outside of this. If you have been teaching

and training for 40 years, why do you need to be at a high Dan level teaching coloured belts? Even the 1st and 2nd Dans do not require an 8th Degree Black-belt to teach them, so why get some title that is not a result of proper testing and thus means nothing? You would be better off staying a 4th Dan with credibility than becoming an 8th Dan with no credibility.

MARTIAL



BLITZ Magazine 25

**SOMA** can provide training, tournaments, gradings (after a qualifying period and assessment) and a whole host of other benefits. For more information about how you or your martial arts organisation can join the **Society of Martial Arts** please contact <u>admin@societyofmartialarts.com</u>