

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

presents a feature article from Blitz martial arts magazine Vol 23 No 1 (January 2009):

## Steve Miranda – Professor



**AUSTRALIA'S #1 MARTIAL ARTS MAGAZINE**

**BLITZ**

AUSTRALASIAN MARTIAL ARTS MAGAZINE

Vol. 23 No. 1  
AUS. \$8.95 Inc. GST  
NZ. \$10.50 Inc. GST

AUSTRALIAN PUBLICATION

**KARATE Controversy**  
Kyokushin masters weigh in on Oyama

**When Violence Is the Answer**  
Tim Larkin's Target Focus Training

**Mastering WING CHUN**  
Inside the art with Grandmaster Kwok

**SHOTOKAN LEGEND**  
A tribute to Nishiyama

**Master Your MUSCLE**  
Killer drills from ancient Okinawa to you

**5 Street Assault Defences**  
Kung fu, Muay Thai, jujitsu & more

**THE SUPER COACH**  
John Will: Bringing MMA training & tradition together

**PLUS**

- + Chuck Norris's World Combat League
- + Karate 8th Dan Steve Miranda
- + Pavel's Special Forces pull-up program
- + UFC & Aussie MMA news

BLITZ PUBLICATIONS

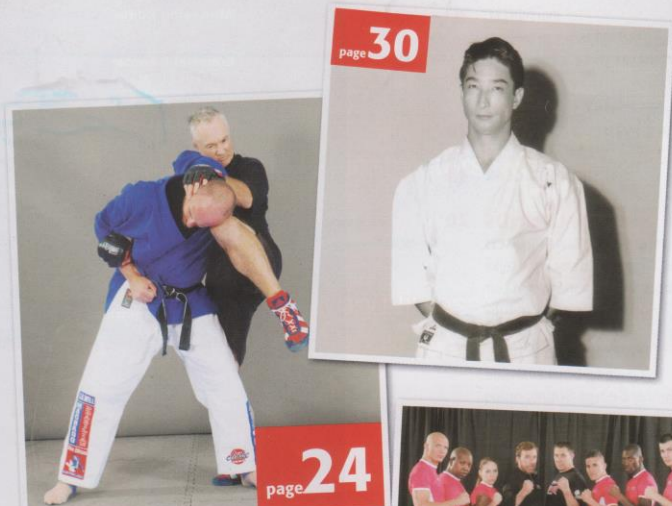
9 770818 959005 01

www.sportzblitz.net

# CONTENTS

JANUARY 2009 VOL. 23 ISSUE 1

## FEATURES



### MMA: FROM CAGE TO CLASSROOM 24

Part three: John B Will explains how to make MMA training suitable for any dojo.

### SHOTOKAN FOR LIFE 30

Part one: An interview with the late Shotokan master Hidetaka Nishiyama.

### IN THE STEPS OF YIP MAN 36

Part one: We talk with one of the most recognised kung fu masters today – Grandmaster Samuel Kwok.

### CHUCK'S WORLD OF COMBAT 48

In this exclusive interview, Chuck Norris answers our questions on his new World Combat League.

### WHEN VIOLENCE IS THE ANSWER 60

Tim Larkin's answer to violence on our streets: the Target Focus Training system.

### FROM KANCHO TO PROFESSOR 66

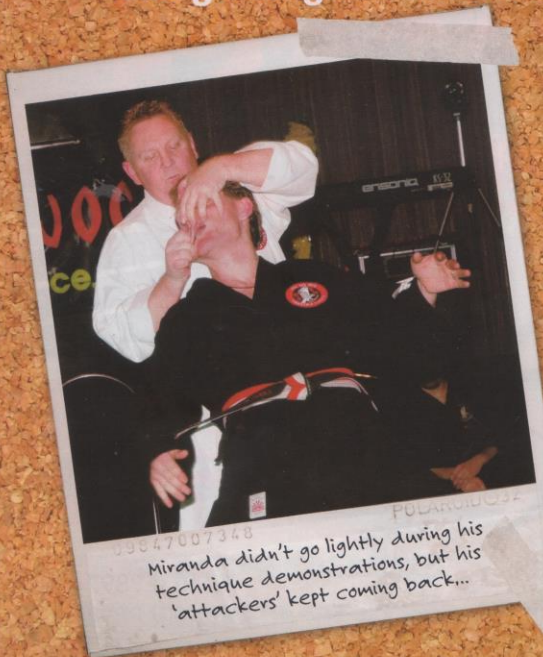
The grading of Kancho Steve Miranda to 8th Dan by the Australian Martial Arts Association.

### KYOKUSHIN CONTROVERSY 72

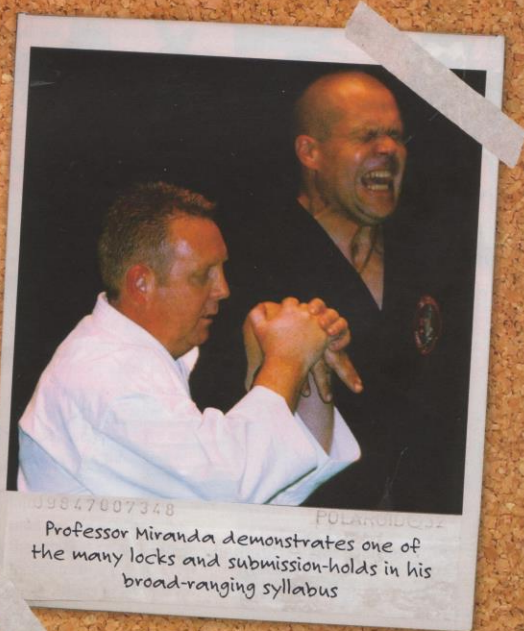
An open letter from Australian Kyokushin Karate Association's Hanshi John Taylor.

# From Kanecho to Professor

The grading of Professor Steve Miranda, 8th Dan



Miranda didn't go lightly during his technique demonstrations, but his 'attackers' kept coming back...



Professor Miranda demonstrates one of the many locks and submission-holds in his broad-ranging syllabus

Late last year, Kancho Steve Miranda of Adelaide's National Karate Academies (NKA) was elevated to 8th Dan by the Australian Martial Arts Association (AMAA) at a gala grading and demonstration event at Adelaide's Hilton Hotel. Miranda's friend and AMAA colleague Kyoshi Gary Simpson flew over from Perth to report on the event, and *Blitz* also spoke to Miranda about his history in the martial arts, his Zen Do Ryu karate system and what it means to receive an 8th Dan rank.



Professor Miranda performs kata in his red hakama

STORY BY GARY SIMPSON | INTERVIEW BY JARRAH LOH

For several weeks I had been teasing my friend and karate colleague Kancho Steve Miranda with quips like "The Miranda Extravaganza" – but eventually, his grading was upon us and that is exactly what it turned out to be. In fact, on the morning of the big event I telephoned Steve from my room in Glenelg and said, "Don't forget, right now you are still a paltry 7th Dan, Kancho Steve." To which he replied, "Kyoshi, you haven't seen what I'm gonna do. Just wait, you'll see."

Touche! And see I did. Unfortunately for my wife, Cheryle, and I, our otherwise wonderful weekend had already been marred by a couple of events. Our flight had been delayed several times for all sorts of reasons, then we had to sit in the plane on the Perth tarmac after two people decided that they didn't really want to go to Adelaide and had to have their luggage unloaded from the plane. Our hotel experience was just as bad!

Steve's organisation had, however, very kindly paid for our airfares and accommodation, and for that we were very grateful. Upon arriving in the 'City of Churches' we were met by Sensei Roy Fuller of the Bushido Karate club. Roy, the AMAA's Treasurer and a thorough gentleman, drove us to our (once) favourite hotel on the Glenelg beach front. I liked staying there because I could

get up at sunrise when hardly anybody else is around and do my daily training regimen on the beach near the groyne, where the sand is hard and fairly flat.

But I digress.

For those who don't know him or of him, Kancho Steve Miranda heads up a large karate organisation of 23 dojos in Adelaide alone. Don't be surprised to see even more dojos appear all over the country in the very near future, with one opening in the ACT very soon.

There are many things to like and admire about Kancho Steve, his senior *Yudansha* (Black-belts) and, in fact, his entire organisation. Professionalism is the key word. The entire organisation is run with military precision but, unlike the army, the troops actually love their commander. Key people oversee all important functions and every person executes his or her duties to perfection. You simply can't help but be impressed, and maybe even slightly envious.

As for the grading, a scrolling banner with the message "Kancho Steve Miranda's 8th Dan Grading" greeted my wife and I the moment we entered the hotel foyer with our party, which included AMAA President Hanshi Barrie Revell (featured in *Blitz* Vol. 22 No 8, in 2008) and his wife Jenny, Vice President Sensei Roger Coole and wife Margaret, Sensei Geoff Worden and wife Debbie, Sensei Tony

Caruso and AMAA Committee man Adam Stevens.

The evening kicked off for the large gathering of people with some light refreshments followed by the first DVD presentation on a large overhead screen. It was an overview of Kancho Steve's start in the martial arts and was a virtual 'who's who' of early Australian martial arts notables.

What followed was a remarkable demonstration by many seniors of the NKA, led by Kancho Steve. The main demonstrators were Kyoshi Gregg Braun (6th Dan), Shihan Craig Hutchinson (5th Dan), Renshi Shannon Clifford (4th Dan) and Bill Kelly (Shodan-ho).

Kancho Steve then proceeded to demonstrate a great variety of judo throws, jujutsu controls and submissions, taekwondo kicking techniques, kata and self-defence applications. (He holds various Black-belt rankings in all of these arts and also silat). At one point, a replica handgun was fired several times, frightening some in the crowd, and gunpowder wafted through the room.

The demonstration team showed remarkable versatility and skill. Kancho Steve virtually pulverised his hapless attackers, at one point unleashing a spinning hook-kick that landed with a loud slap on Shihan Hutchinson's jaw. For a split second, Hutchinson's eyes glazed over before he hit the ground, but he shook it off and made a quick recovery.

Such is the skill of this demonstration team that they perform with split-second, precision timing, rolling and flowing with counter-attacks. Yes, the fighting was choreographed, but the timing and realism had to be seen to be believed.

During the many *yakusoku* (pre-arranged demonstrations) Kancho Steve dealt out rapid and almost merciless punches, kicks, arm-locks, finger-locks, throws, leg-reaps and weapon-counters to his senior students. All of them were fervently tapping out with regularity as Kancho Steve swapped lock after lock then followed with a series of submission-holds that had his seniors grimacing and yelling out in obvious pain – from our front row seats, we could see that it wasn't acting for the crowd.

There was very little margin for error as ordinary and makeshift weapons were used, including a large, sharp and very pointed knife. To prove its lethal capacity, Kyoshi Gregg Braun first executed several piercing and cutting tests on thick wads of paper and doubled-up lengths of thick nylon cord.

The team used a pistol, knife, *manrikigusari* (weighted chain, with which Kyoshi Braun was eventually tied up), nunchakus and other props such as chairs, a steering-wheel lock, handcuffs and even a cane. During one of these set-ups that looked particularly realistic, one lady



Miranda with his team (from left) Kyoshi Braun, Shihan Clifford, Shihan Hutchinson and Bill Kelly



Professor Miranda shows off some finishing moves



Miranda receiving an award from Hanshi Barrie Revell

sitting behind me exclaimed, "Go a bit easier, Steven. That's my son you're doing that to!" I guess she was concerned for her future grandchildren and it brought a few laughs to us in the front.

At one point Shihan Chris Hutchinson attacked a seated Kancho Miranda. The tables were quickly turned and 'Shihan Grasshopper', as Chris is affectionately known, found himself dumped into the chair and then side-kicked across the chest. The kick was reasonably strong and knocked Hutchinson backwards into a flat-fall, with the seat ending up on top of him.

Kancho Steve then bowed and he and his team exited the demonstration area. More short DVDs were played in between sets on Kancho Steve's early years and it was interesting to watch old archive footage. Kancho Steve then demonstrated three advanced Goju kata – *Seiunchin*, *Shisochin* and *Seipai* – his movements all clean and crisp with good power, *kime* (focus) and timing.

During the evening Kancho Steve appeared in various attire: a clean, white heavyweight gi, a rather flamboyant red *hakama* and a pure white *hakama*. It was all quite impressive and seemed to match the moment. Performing kata in *hakama* is far more difficult than in a traditional gi, plus the mat area was uneven.

The performances were excellent nonetheless.

In all, I have to say it was a dazzling performance made all the more difficult due to the presence of his parents, siblings, children, friends, students and the critical eyes of other high-ranking martial artists. I can honestly say that Kancho Steve Miranda fearlessly put himself on the line and won over all those in attendance convincingly.

Some of the more highly recognisable international masters that Kancho Steve has trained with and received instruction from are 'Judo' Gene LeBell, Shihan Anthony Thompson, Professor Don Jacob and Professor Wally Jay. They have each influenced Kancho Steve in shaping Zen Do Ryu.

Another highlight of the evening was a demonstration by NKA's Shihan Derek MacLucas, 5th Dan. He showed us how the next level of NKA Black-belts can perform, taking them through a typical 'in-class' routine of warm-ups, *kihon* (basics) and non-contact free-sparring in a very confined space. This was good because it showed the foundation of the lower-ranked members who will, in time, become senior Black-belts.

Kancho Steve has an amazing ability to retain very long serving students. He turns them into instructors and then into senior

instructors who are supremely loyal to him and his system.

All in all, it was an extremely impressive display by Kancho Steve Miranda and the NKA. In fact, the best I've ever seen – and that's saying something, as I've seen my fair share.

The highlights of the evening were many. So many students and associates of Kancho Steve Miranda presented him with awards, including plaques and all manner of gifts, from books to swords and a most impressive framed gi top and belt belonging to Kancho Steve's lifetime instructor and mentor, Kancho Bill Fenton, 10th Dan (deceased).

Then, with the grading demonstration over, Kancho Steve Miranda, 7th Dan, became 'Professor' Steve Miranda, 8th Dan, and was presented with a very unique master's *obi* (belt) displaying his new rank and title. The title and grade were authorised by the Grading Panel and Committee of the AMAA, in consultation with NKA's Kyoshis.

In keeping with the celebrations of the evening, Professor Miranda presented his retired 7th Dan belt to Kyoshi Gregg Braun, to be worn by Kyoshi Gregg in 2013, when he's due for his 7th Dan promotion. Renshi Shannon Clifford was also promoted to Shihan status within the NKA for his tireless

efforts in the smooth running of the organisation. Shihan Clifford, like so many of the senior Yudansha, is an individual of considerable martial arts talent, whose large build belies his agility. Shihan Clifford confided to me after the grading that he credits Professor Miranda with teaching him everything he knows about martial arts.

Kyoshi Craig Smith, 6th Dan, did a marvelous job as the Master of Ceremonies and kept the evening pumping along at a rapid pace. Kyoshi Bill Wallace, 6th Dan, the 'elder statesman' and third of the three NKA Kyoshis, returned to Adelaide from his considerable business enterprises in Dubai especially for this auspicious occasion.

Well done to Professor Miranda, the demonstration team and the entire NKA for a wonderfully run event that showcased not only your considerable talents but also that of the entire National Karate Academies. Congratulations.

*About the author: Kyoshi Gary Simpson is Chief Instructor of Zanshin Kai Karate Do in Perth, WA. He is ranked 7th Dan with both the Australian Martial Arts Association and International San-Ten Karate Association (ISKA). He's also the AMAA's WA State Representative.*



# NATIONAL KARATE ACADEMIES™

Teaching the tried and proven Zen Do Ryu martial art system Since 1993.

National Karate Academies has a modern approach with twenty two academies in South Australia and an academy in Murrumbateman NSW. Hundreds of students training every week.



Why not phone and become a part of this exciting organization.

To find an academy in your area »

Call now » 0437 523 913 » [www.nationalkarate.com.au](http://www.nationalkarate.com.au)

**Seriously Great Martial Arts™**

## Learn the Gracie Way!

Discover the training secrets and history of the world's most famous fighting family.

Buy in bulk and SAVE!



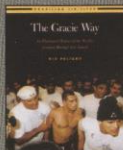
**Brazilian Jiu-Jitsu: Theory and Technique**  
by Renzo Gracie and Royce Gracie with Kid Peligro

The Brazilian Jiu-Jitsu style stems from the promise, garnered from analysis of actual street fights, that the outcome of many fights is decided on the ground. While most martial arts deal only with the initial punching and kicking stages of combat, Brazilian jiu-jitsu concentrates on ground combat. Photographs and step-by-step instructions show how to master the techniques of Brazilian jiu-jitsu and increase your combat effectiveness. (Softcover, 304 pages) \$69.00



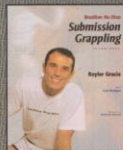
**Brazilian Jiu-Jitsu: Black Belt Techniques**  
By Jean Jacques Machado & Kid Peligro

Known for his superior technical abilities and his unique and innovative moves, Jean Jacques Machado now presents his entire Brazilian Jiu-Jitsu system in book form for the first time. Detailed is a complete repertoire of Jiu-Jitsu moves to handle any situation that arises, whether on the mat or on the street. Techniques are not presented as isolated, but rather through a series of moves that guide practitioners from an initial threat or opportunity all the way through to a submission hold. The subtle interplay between various strategies is depicted, allowing students to choose the right attack or defence every time. More than 100 step-by-step positions are demonstrated. (Softcover, 304 pages) \$59.95



**The Gracie Way**  
by Kid Peligro

The faces and stories of the sprouting Gracie family are captured here. Introduced are: Grandmaster Heli Gracie, who as a frail boy in Brazil in the 1930s developed the art, creating leverage techniques that allowed him to overcome much heavier and stronger martial artists; Rickson Gracie, the mystical family champion who remains undefeated; and Royce Gracie, the most famous active martial artist in the US, who put Brazilian jiu-jitsu on the map by winning the first three Ultimate Fighting Championships. Features stunning photos of the Gracies in all their legendary matches and their unique perspectives on these fights, as well as archival family photos. Fans will learn of Renzo's transformation from Rio street brawler to revered teacher, of Royce and Royler's exploits as mischievous kids, and of Rickson's battle against one of Rio's toughest drug gangs. (Softcover, 250 pages) \$69.00



**Submission Grappling Techniques**  
by Royce Gracie with Kid Peligro

The 145-pound Royce Gracie has won three consecutive ADCC titles and four world titles, along with victories in Pride, Vale Tudo, 21st Century Warriors, and many more. Here, he spills his secrets for the first time, showing 102 positions designed specifically for the slippery, fast-paced, unpredictable world of no-gi grappling. It offers Royler's tips on successful combination moves, garnered from his more than 300 professional fights, as well as advice on training routines, mental stamina, and avoiding injuries. (Soft cover, 304 pages) \$69.00



**Ultimate Fighting Techniques (Vols. 1 & 2)**  
By Royce Gracie with Kid Peligro

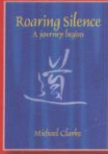
Volume 1: UFC's original champion Royce Gracie concentrates on the top game, from essential details and drills for maintaining the top position to secrets for breaking your opponent's counters. Royce analyzes the most important aspects of the positions, giving you a detailed understanding of how to integrate the different elements of the MMA game for sport or street.

Volume 2: Gracie breaks down the bottom game, covering techniques to control & damage from beneath when on the ground, using BJJ's various guard positions, and escapes. (Softcover, 290 pages) \$83.95 each

See catalogue for order form

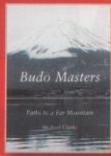
Call (03) 9574 8460 or visit [www.sportzblitz.net](http://www.sportzblitz.net)

# BOOKS OF BUDO



**Roaring Silence: A Journey Begins**  
\$29.95 + \$3.50 P&H  
Roaring Silence is an insight into Mike Clarke's journey from a world of violence

and incarceration into a life of direction and appreciation through the way of karate. Clarke learned how to change his anger into effort and his aggression into achievement, and from his example comes the hope that such a transformation is possible in anyone.



**Budo Masters: Paths to a Far Mountain**  
In the East they have a saying: "Regardless of the path taken, from the top of the mountain the view is the same for all."

This book is a series of conversations with nine budo masters from five different martial arts, uncovering the training methods and philosophy behind these fascinating men. Full of information and inspiration, their words offer insight to those of us who have still to reach the summit of our own mountain.



**Small Steps Forward: An ordinary man's extraordinary journey**  
\$29.95 + \$3.50 P&H

Picking up where *Roaring Silence* left off, this book follows Mike Clarke's struggles during his efforts to walk the 'middle path' and discover for himself the spirit of budo through karate. A very human story, studded with humour and disappointment, and filled with examples of people at their best and worst.



Send orders for *Roaring Silence* and *Small Steps Forward* to:  
Shinseidokan Karate Dojo  
PO Box 696,  
Launceston, Tasmania, 7250

Budo Masters can be ordered online at Amazon.com or direct from the publishers via CROMPTONPH@aol.com

Cheques or money orders made payable to Michael Clarke. Books are shipped the same day cheques clear. Please specify if you would like the author to sign your book.



Professor Miranda once again unleashing the pain



Kyoshi Gary Simpson congratulates Miranda post-speech

## An Interview with Professor Steve Miranda

### Professor Miranda, how did your recent grading to 8th Dan come about?

I've been training for 40 years. I have guys up around 6th Dan now. The Australian Martial Arts Association here in Adelaide just said it was about time I move up.

We all got together and organised the dinner at the Hilton. We did some katas and demo's and they bought the certificates and everything. There were about 380 people there. It was a good show; it cost about 25-grand to put on, so it would want to have been!

Last time I graded was 31 August 1998 — a good 10 years ago. They said it was overdue. They basically just grade you on your years of performance, what you've done for martial arts and your club, things like that. I have 1000 students at 23 schools, and I promote the arts. We're the biggest karate style in South Australia now. I'm 46 and I've been doing martial arts for 40 years. I can't remember ever not doing it.

But it's good — now I can move up. It's really just about moving forward.

### What's your opinion on the grading process?

I personally feel there are a lot of people at high levels these days. I think from 6th Dan onwards, people should be graded on performance. It should be performance-based, as well as time put in — not just time. It should be a combination of both.

Most of my high ranks have been with me for over 20 years. I see other clubs where there are guys with 5th and 6th Dans who have trained half that time.

### How would you define what Zen Do Ryu is as a martial art?

We're a modern martial art. We have people from all walks of life: taekwondo people, kung fu people, older people, young people. We have a junior grading system too. We don't have any

Black-belts under the age of 16. I'd say we're a lot more advanced than a lot of styles. We cater for people of today, not for ancient warriors in the past. It's a balanced style.

### How does it differentiate from other similar forms?

Our people. That's our strongest point. We'd definitely be one of the most stable in Australia. I've got at least 18 or 19 guys that have been with me for 20 years.

We're very structured, and we just have a great culture. People always come over, and when they leave, they just love us. There are no egomaniacs. Our style is very Australian-orientated — it caters for the people. Like, our sparring style is very Western boxing style, with taekwondo kicks, jujitsu for self-defence and our katas mainly come from Zen Do Kai. I think I am one of the true freestylers. I never stop learning; most arts have something to offer. Martial artists in general are so open-minded now compared to what they used to be, it's great.

### What other martial arts have you trained in?

I started in judo at age six. In high school I started doing jujitsu at the same time. I did taekwondo too and got my Black-belt. I did Zen Do Kai under the Bob Jones System and got a 4th Dan. I also trained with the Golden Knights and in 1993 I went off and did my own thing.

### You have trained with many martial artists around the world. Who has had the most influence on you?

The most influential was my first judo instructor, Bill Fenton. He passed away about three years ago. He was my mentor. Also, Professor Wally Jay [Small Circle Jujitsu founder] in California gave me a big boost and Gary MacRae from the Golden Knights too — he was very good. **BLITZ**

www.sportzblitz.net

**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 [admin@societyofmartialarts.com](mailto:admin@societyofmartialarts.com)