

FIGHTERS

The Martial Arts Magazine

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4th

FSK

Report, Results,
Grand Champions



VICTOR APPIAH

Man of 3 Cultures



The Essentials of
**THE
WING CHUN
POLE**



BODYGUARDING
with
RON SMALLWOOD



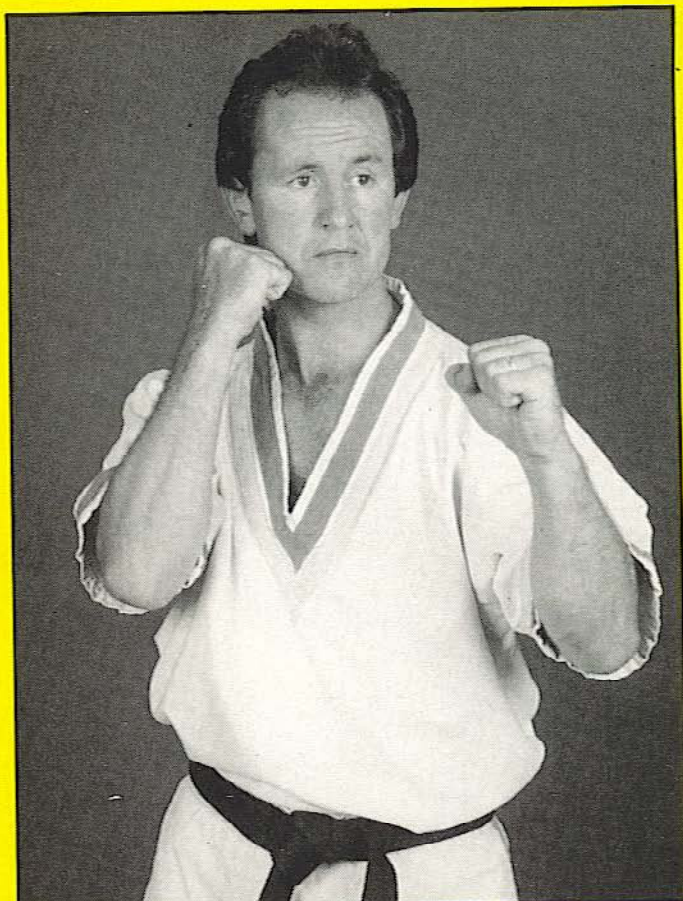
**EKB NATIONALS
FEKO NATIONALS
EUROPEAN
TANG SOO DO**

THE STEVE HUNT WAY



The STEVE HUNT

way to MARTIAL ARTS TRAINING



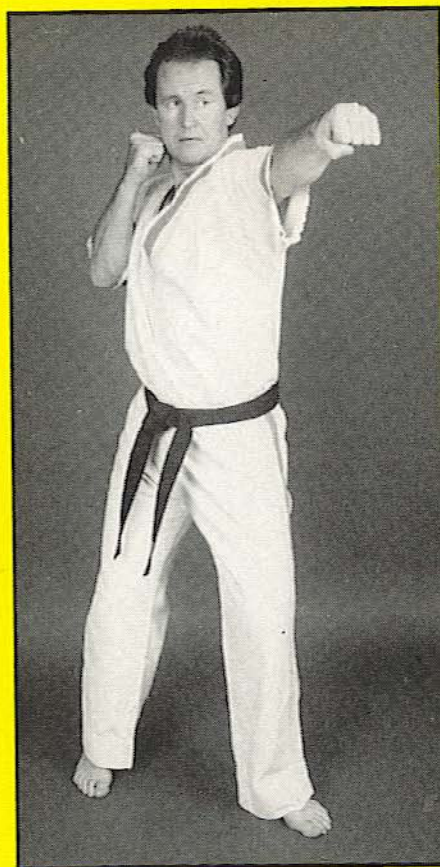
Steve Hunt, 4th Dan.

INJURIES WITHIN the practice of a martial art are an accepted norm. Many of the great karate fighters from the 60s and early 70s now bear the hallmarks of their active careers with such problems as back trouble, and knee and cartilage injuries. Two decades on and the field of sports medicine and therapy has come into it's own, especially in the martial arts. And there yesterday's heroes of the mat need not have been in the state they are in today.

A little more than 10 years ago, one karateka, fourth dan Steve Hunt, from Surrey Freestyle, decided that a pill and a heat lamp from the local GP were not enough and set about doing something about karate injuries himself.

Steve Hunt states: "With so many injuries in karate you were always trying to fix them yourself and couldn't. I decided to learn something about the human body. When I look back at my own training. (I began in Wado-ryu.) Some of the Japanese training exercises were positively dangerous, but you did them all the same because at the time you didn't know any better. There wasn't a lot of information around at that time regarding injuries

received in karate training and on the tournament floor, so with the help of the GP you muddled through. Some



of the time you could have been adding insult to injury and fighting when you should have been resting. I then decided to do something about it and began a course in sports injuries and therapy."

Qualified

Steve qualified as M F Physiatrics and a member of registered massage therapists (MRMT). He took his learning further still and began to study bone structure and make up and muscle group stress.

Beginning in karate a little under 20 years ago (Wado-ryu) Steve has come a long way since those early days. He now has three clubs and more than 200 students in regular training. His Surrey Freestyle Karate federation lays great emphasis upon training in the correct manner.

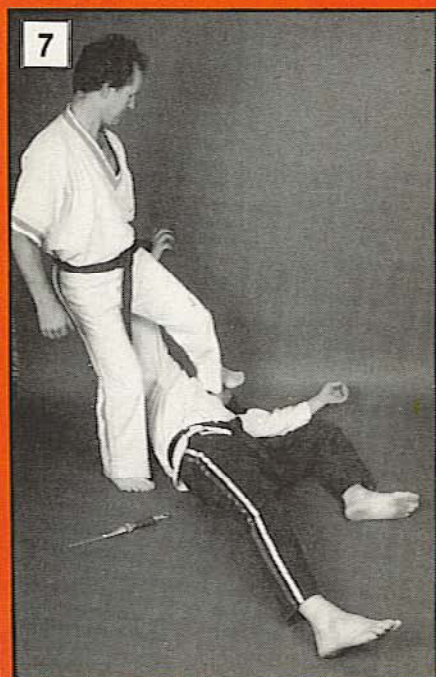
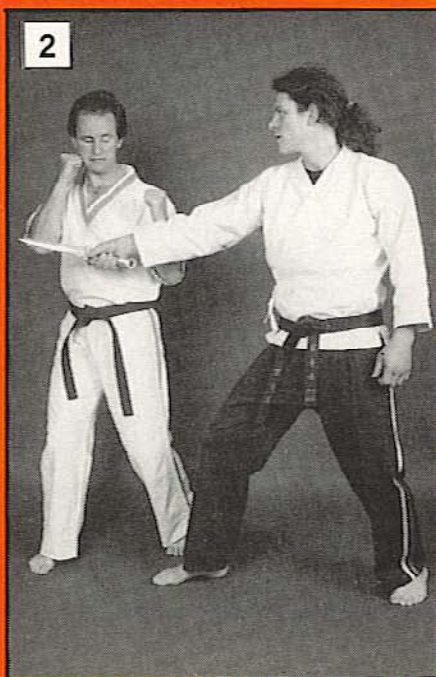
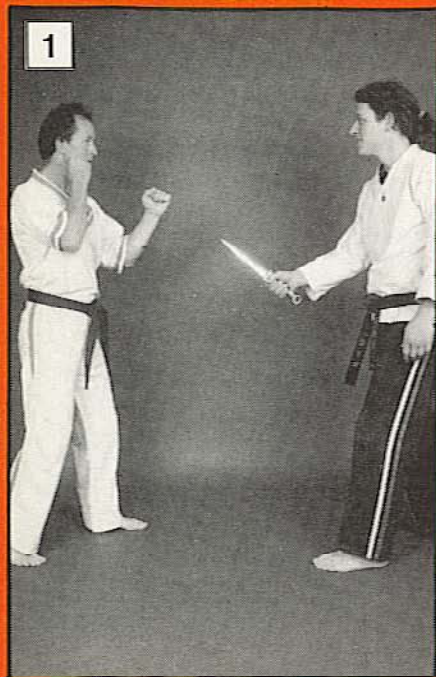
Steve has a reputation for being outspoken and along that great path of learning has alienated himself at times from organizations that cared more for profit rather than the cause (karate).

Over the years his training principles and methods have changed quite dramatically as his knowledge of the workings of the human body increased. He aligns himself with modern concepts of training and treating injuries. Looking into alternative health treatments has led him to the doors of George Canning, of Mugendo and bio-energy, and Michael Tse, of Qi Gong fame.

Steve quotes his early days in karate: "Back in the boom days of karate many instructors were only interested in the money side of the art, and students were ripped off on numerous occasions. I once went on a

course in Cornwall years ago, and the only instructor really interested in teaching was Danny Connor. I trained for a few years with my brother, Dave, and we just did our own thing. As the years passed I had a go at full contact and kick boxing and we (the club) did quite well for ourselves. But I got to thinking. 'What was it all about?' It took me a long time to get my shodan (black belt) because I didn't run with the regular Wado people like Dickie Wu, Pete Spanton or John Smith. It was difficult to get graded. So with my other brothers, Ronnie and Dave, I just went to lots of full contact gigs.

be as flexible as others. But still they press on and force their stretching exercises. If you force the box splits you put untold pressure on the medial ligament and damage yourself badly. Karate teaches you to punch thin air and you lock out joints. This too damages. You have to hit a bag or an object to avoid injury. At my club, when training for stretching, we do warm ups and cool downs. We prepare ourselves for training. One of the worst things anyone can do is to walk into a dojo and straightaway attempt to do the box splits. I have seen people do this time and time again. And that is one of the worst



Superior methods

"Later on I met George Canning, and though Mugendo had not yet been formed, his methods of training were far superior to what was around. He took me under his wing and he came over to run courses and seminars. Some time later, after I had been graded, I started up on my own. In martial arts politics were rife, much the same as today I suppose. The thing was if you pulled out of one association you were tied to get into another. So I went my own way."

Steve continues: "Today everyone talks about this training method and that training method, without ever really knowing the injury that they do to themselves. Take, for instance, the box splits. Everyone at one time or another has tried to do this. The thing is some people's bodies are not built to

ways of doing a permanent injury to yourself.

"When training the heart muscle, the cardio vascular muscle, has got to work properly. We get members of the public coming in, some around 50 years of age. We don't try and put them through the circuit that we do. We gear up a training programme to what suits them best for their age.

You have to find out what people's stress limits are. This is based upon one's age and taken away from 180, in terms of pulse rate. If a person exceeds their own stress limit then they are heading towards the danger zone.

"People often ask the question of how much is too much as regards exercise when training. Well, if you take their pulse rate and apply the

stress limits rule, then this tells them accurately what they should be doing and not to exceed it.

"So you see, by applying science you don't have to start sweating like mad and come out feeling half dead. Beyond your own stress limits exercise only damages rather than does you good. Muscles have to be warm in order to allow them to stretch. So light exercise is first on the agenda, which also builds up the pulse rate as well. Then you get into a circuit. We do 20 second circuits. Nobody really likes to exercise, so we make it fun to do. I believe if you are serious you start to wonder when you are going to

tion. I was bullied years ago into stupid training exercises that did damage rather than aided the health. So I tell my people don't ever be bullied into pushing your exercises further than you yourself want to take them.

"We teach what muscle groups the students are using when they do their stretching exercises. It's like in the old days, we used to hop up and down dojos in the bunny hop. Now everyone knows that this exercise is just tailor-made for totally damaging the knee joint. Another exercise we used to do is the one where you stand still and snap your neck backwards.

working when it's not aimed at that area.

"You should bend your knees before attempting the sit up because this curls the coccyx in the lower lumbar region which stops excess strain on that region. As you bring your back off the floor you only have to come up 45 degrees, that's all. After that the sit up is a waste of time if you are doing it for strong abs (abdominals). Never put your hands behind your head and clasp the hands like most people do and yank themselves forward, all this does is damage the neck. To make the exercise more difficult, but still done



finish. But in our classes, because we laugh and joke, we tend to work harder. But always within limits.

Humour

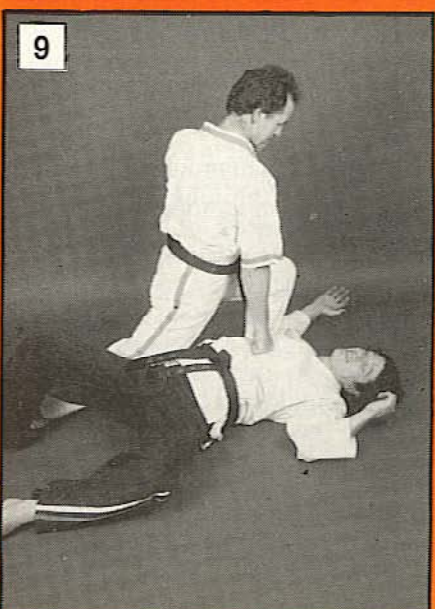
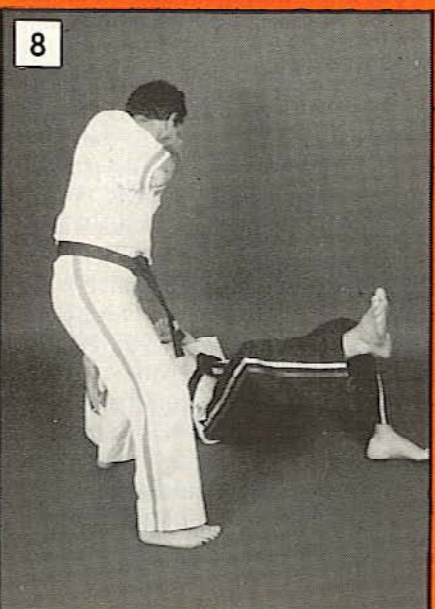
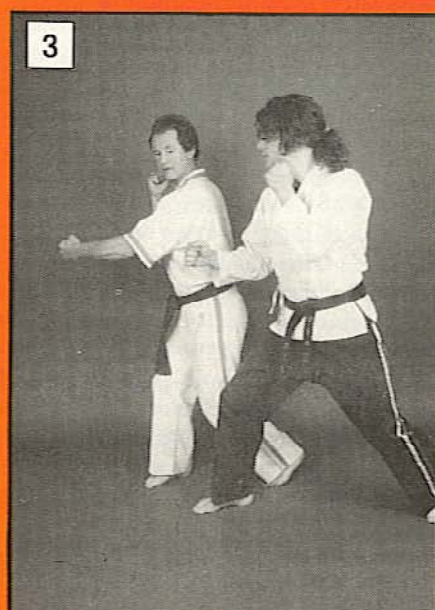
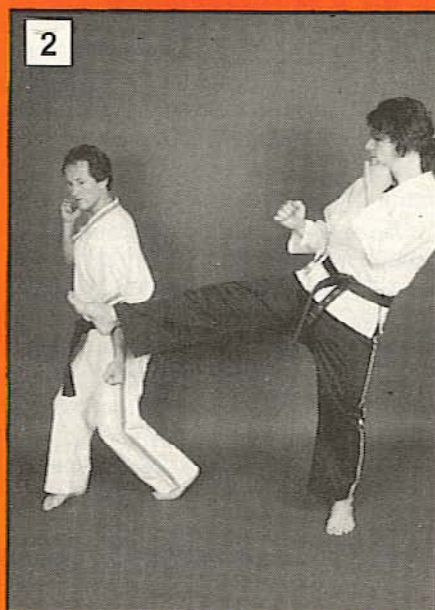
"Because the humour is there, it not only takes the mind away from the physical aspects of training but also keeps them relaxed. Nobody is ever tense when they are laughing. We don't do press ups on the knuckles because that puts excess pressure on them and it just isn't necessary. Students should never be thrown in the deep end, each should train according to his or her ability. Take, for instance, sit ups. You have got an easy sit up, then something that is a bit more difficult, then a sit up that is harder. I tell them that if they are tired to stop, don't train to exhaus-

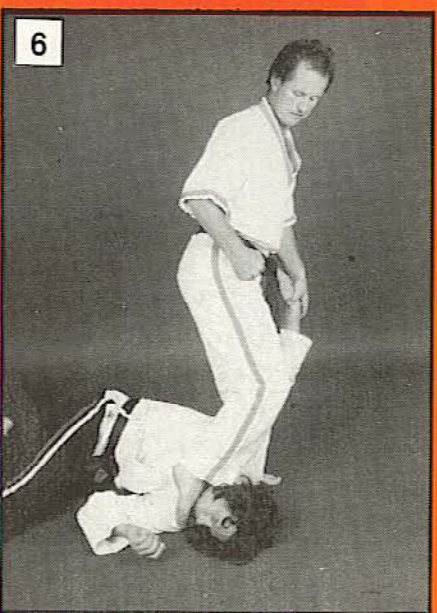
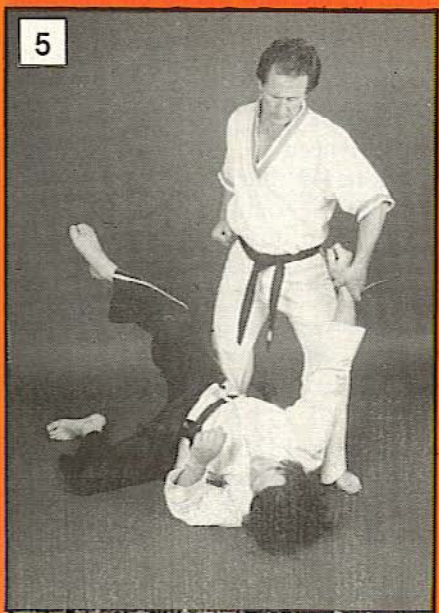
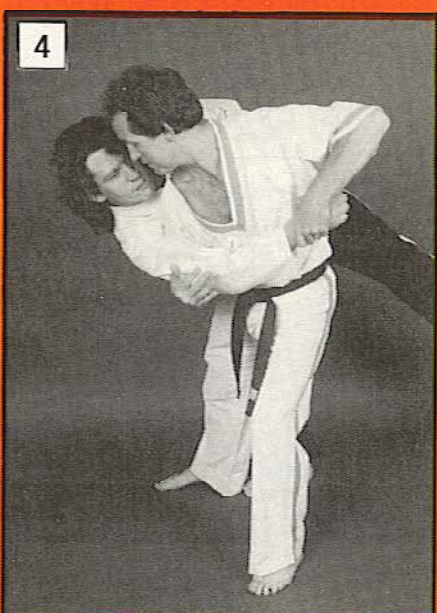
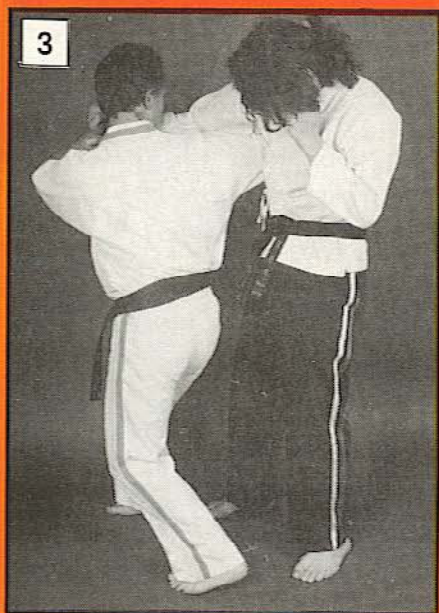
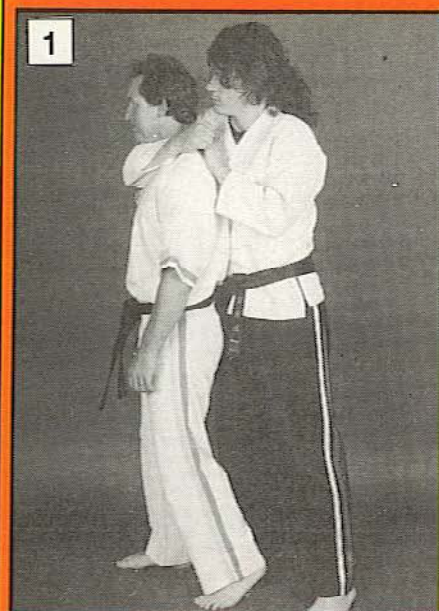
This is a terribly damaging exercise. No one knew that then, and we all did it not knowing we were causing untold damage to ourselves. Passive stretching is really the only way to stretch. Another point, the abdominal muscles work up to the point of 45 degrees. So in the sit up position, the prime mover is not really the abdominals, the quadriceps are in contraction when you are working on that exercise, which is the front of the thigh. The abdominals are in contraction when you curl on the sit up. So for anyone to do a proper sit up they should have no resistance under the feet, ie someone holding the legs or putting the feet under an object to hold them, as this flexes the hip. You should not feel any pull in the top of the thigh, because you are not stretching the thigh. Why have something else

in safety, you cross your hands over your chest and come up. A proper sit up should only take you about six inches or more off the floor. I have had Freddie Barr in our gym (England Coach for Amateur Boxing) along with Nigel Benn, John Conteh, Lloyd Honeygan, and we have discussed these and other exercises at great length. And I am pleased to say that they went away with a different concept to exercising.

Innovators

"All this sports training information has come over from the States, and in another few years I think that you will find it becoming the accepted norm over here too. But innovators are always looked upon with doubt.





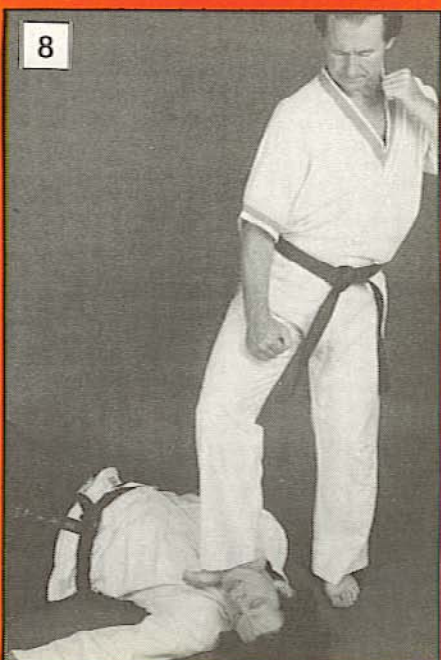
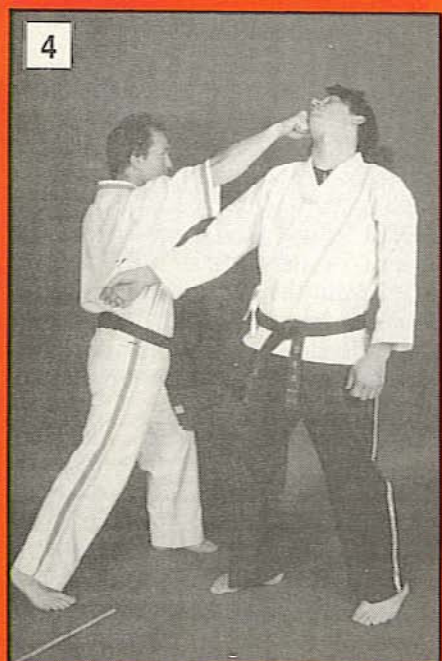
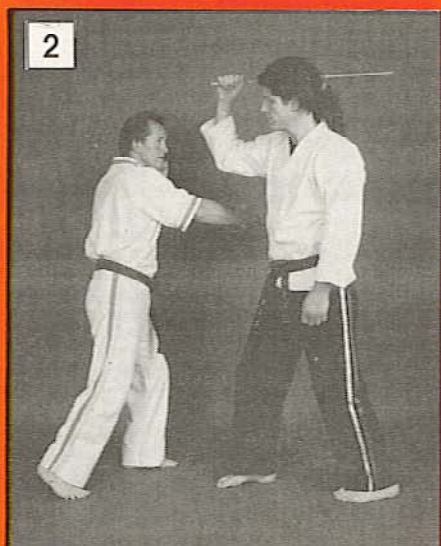
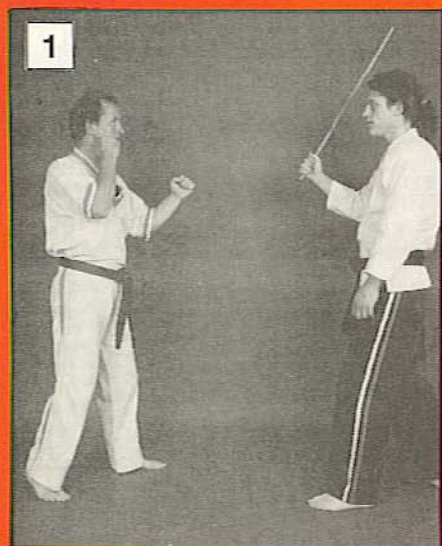
We also work in an area that I term positive and negative. This simply means that if an attack is coming in at you positive you turn your body or apply your body in such a way that there is no vulnerable target area to strike. When it is a clash, ie force meeting force, then both combatants are in the positive or negative mode, so that doesn't work. No matter what comes at you, you need to move into a position whereby you shift 45 degrees to the opponents body. This then makes it difficult for the attacker to strike with anything worthwhile, whilst at the same time I have moved into a position where the attacker is now vulnerable.

Positive and negative

"Using this principle of positive and negative, which really has to be seen to be demonstrated rather than talked about in an article of this length, a person can neutralise an attack and then become the attacker. I am so impressed with this method that all the teaching on the clubs curriculum is based upon this principle.

"Many years ago, when I first asked myself what's it all about, I think that was the turning point in my training and also in my teaching. I thought what do I need to do and at the end of the day the thought crossed my mind that I was training people too hard and unnecessary. I don't think that you have got to kill people in the dojo, I don't think that you have to exhaust someone so that they can hardly walk out, totally depleting them of energy to make them think or get across the message of the martial arts and physical fitness. I want people to come to me (say of 80 years of age) and train, and I believe they can in our system. Womens' classes are huge at our dojo and I think that's because we are not killing them with the training. I tell everyone, don't

'Innovators are always looked on with doubt'



listen to me talk, come on and train and see the difference. We are getting fitter students and more competent students all the time, so we must be doing it right.

"If I need to, I will go and help someone 40 times in one night until they get it right. I will not leave someone to do it wrong. I know, as they say, 'all roads lead to Rome'. But I feel with my own training principles and programme I can get students there quicker, more competent, and in a natural way without injury."

For further information on Steve Hunt and his unique methods of training, or for courses and seminars, he can be contacted on 01 549 6191. (Sports Centre number.)