



NEWS 05/2022

# KENPO

FRIENDS ACROSS EUROPE

# KENPO

## FRIENDS ACROSS EUROPE



### Introduction to our first edition

*A word from Matt Snell – 7<sup>th</sup> Degree Black Belt from England.*

Welcome. The purpose of this newsletter is for us all to share news on our clubs, our current and future plans and ultimately to stay in touch and share information with each other. When I first started this newsletter, it was originally intended for our own group of students in the UK and overseas, but the more people I talked to the more interest to join in from others I received, so this has evolved into a non-political newsletter, not linked any one organisation. I hope you find this interesting.

For us all Covid has undoubtedly played a major part in all of our lives over the last two years. For periods it closed many of our clubs, causing us to lose many of our students, some of which had been training with us for years. Sadly, some clubs closed never to re-open. Through the use of modern technology some instructors were able to move training online so they could stay in touch with their students and keep things going.

Once clubs were able to be opened it changed the way we were able to train together. In class we had to follow close contact rules that kept changing throughout the pandemic, but were in place to keep our students and instructors as safe as possible. We all had different rules in each country, where the most had strict rules which had to be followed to keep everyone safe and adhere to our duty of care.

Hopefully, in all countries we have the worst behind us and we can get back to an almost normal way of training.

Highlights for me throughout this period across Europe; we refused to give up and moved our classes online. This helped us keep some students who otherwise might have given up.

Our club, alongside many others, took part in the IKKA Europe Online Championships which was very exciting for our small number of students that took part. Moving the championships online kept us connected.

We have successfully managed to increase our membership and are working our way back to Pre Covid levels of membership. Anyway, as a good friend of mine says, *"Always Moving Forward"*.

I hope you enjoy our newsletter. Salute Matt Snell



*"Instead of worrying about what you cannot control, shift your energy to what you can create." — Roy T. Bennett, The Light in the Heart*



# FLAMING FIST

## Martial Arts Academy – England UK



### Our Academy news

**Location** – We are located at Countess Wear Combined School, in the city of Exeter, in the county of Devon in the South of England - United Kingdom. We run classes twice a week for children and adults.

**Website** [www.flamingfistkenpo.com](http://www.flamingfistkenpo.com)

**Past** – Due to the pandemic we lost about 80% of our students, even though we did zoom sessions throughout and opened whenever we could for classes. Sometimes training outside in the rain just so we could get together. We knew we had to rebuild and over the last six months we have been quite successful gaining a whole new group of students, all excited to learn Kenpo.

For those interested on how we gained new members, we produced a variety of leaflets advertising our classes and delivered them through hundreds of letter boxes across the city. We created a variety of online adverts which we have used to attract new students through local Facebook groups, and having our existing students share on their pages. It's going to take time but we are getting there. Currently we are sitting at around 60 members of our Countess Wear club.

**Present** - The IKKA Europe Online Championships gave our students a real boost and they all really enjoyed filming their entries. Our students want us to run an our own inhouse competition now so are looking to do this ourselves later this year. We have selected a good venue and are looking at costs of awards for the winners. We won't be looking to make a profit, just enough to cover most of the costs but mainly to give our new students their first taste of competition.

We have had a visit from Kathrin Franke from Germany and over the course of several days covering Staff Form One, Two Man techniques, Weapon techniques and the beginnings of Long Form 6. A long weekend but so much covered. Looking forward to hosting brown and black belt seminars later this year for our other overseas instructors.

**Future** - With international travel opening up, we are planning various seminars and get together with our clubs overseas and visits from them to us. It's going to be great to all train together in person again. Online Zoom sessions are great but it's so much easier to show when we are all in the same room.

"To hear is to doubt, to see is to be deceived, but to feel is to believe."  
Ed Parker

Looking forward to sharing the FEEL of Kenpo with our friends across Europe. - Matt Snell – 7th degree black belt



Be Your Own Super Hero

There Are Three Types of People:  
Those Who Make Things Happen, Those Who Watch Things Happen,  
and Those Who Wonder What Happened. Which are you?

# FLAMING FIST

empty hands e.V. - Flaming Fist Kenpo Germany



## Our Academy news

**Location** - We are located at Dojo Kanazawa, Engelsholt 84, D-41069 Mönchengladbach, Germany.

**Website** <https://empty-hands.de>

**Past** - Despite many restrictions, the time in the pandemic has also brought new opportunities.

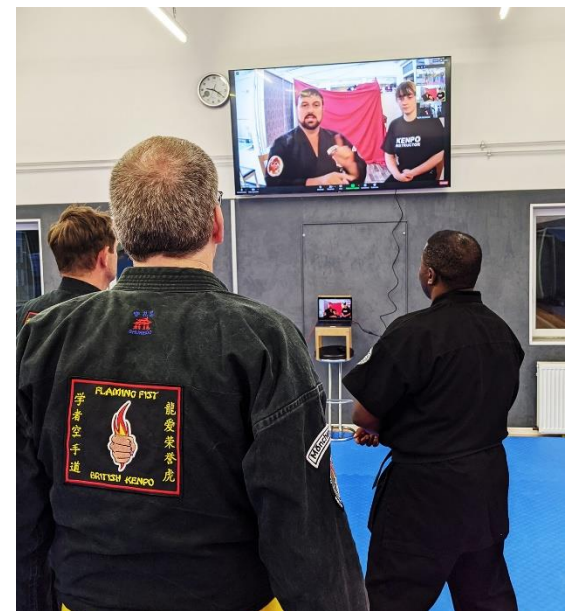
We offered open and free Zoom Online training 2 times a week. A weekly online training for club members and a weekly international training with instructors from England, Holland, Ireland, Spain and the USA.

Our gradings last year were a highlight. Serge did his 2nd Dan Black Belt. Frank, Janosch, Lars and Dennis got their 2nd Brown belt. Stephan his Orange Belt and Uwe his Yellow Belt.

**Present** - We are currently organising the International Friendship Kenpo Camp in July and maintain friendships with our clubs in the Kenpo family.

**Future** - Of course, finally seeing our Kenpo friends again and especially our head coach Mr. Snell and his students. We are also looking forward to normality finally returning and the restrictions of the last two years being taken back piece by piece.

All in all, we here in Germany are very happy to be tirelessly supported by Mr. Snell. Especially the weekly Instructor Online Trainings sessions which are something we would not want to miss.



**"Every Moment is a Fresh Beginning" – T.S. Eliot**



# ASIA BUDO CLUB

Bushido“ e.V. Pulsnitzess, Germany



## Our Academy News

**Location** – The Asia Budo Club has classes at the Elementary School Gym in Pulsnitz, Training room at the forest sports field Ohorn. **Website** – [www.asia-budo-club.de](http://www.asia-budo-club.de)

**Past** – The last 2 years were marked by many rules and bans in the pandemic. We only had a short amount of time training together. For our children's group in Kenpo Karate, the team of trainers recorded exercise videos and made them available. Every week there were zoom sessions on several days but participation by the members was only sporadic. In addition to home office, home schooling and a different work and life rhythm, it was only too understandable. Motivation was not always easy. The zoom training was a challenge for students and teachers, but also an opportunity! We had the opportunity to meet new instructors worldwide, to take part in virtual seminars or hybrid events.

With every relaxation of the strict rules, we conquered training opportunities, in the forest, on meadows, in the studio. The regular zoom sessions with Mr. Snell have also improved our trainers' own knowledge and skills. We lost a lot of members during the pandemic but we still look to the future with optimism because we never give up.

**Present** – We follow the rules of the community and the government. Our trainers are fully vaccinated. We always have an open ear for the parents of our children and especially for our students. We give a lot of motivation, listen to concerns and look for solutions. It is difficult for some members to start training again. Since today we can train almost normally again. 3G regulation now applies again and you can also train indoors with your partner.

**Future** – This year we will make up for our club anniversary and hold a sporty weekend with members, friends and families from July 1st to 3rd. A reward and new motivation for everyone. We have new projects in the pipeline. Seminars for self-defence and mobility and fitness based on martial arts. We will continue to participate in workshops on social networks



If you aim at nothing, you hit nothing. Don't waste your arrows. It's true that if you never set a goal, you never fail to reach it. Have a target or goal in mind, whether it's the next Form, Set, Technique, Grade, Seminar, Competition or something else.

# ACTION KENPO

Herselt, Belgium



## Our Academy news

**Location** - Herselt, Belgium

**Website:** [www.actionkenpokarate.be](http://www.actionkenpokarate.be)

**Past** - During the first lockdown we did training sessions through Zoom. Although it was not as good as it should, we had some communication with our club members. After a while we could go back in the dojo and did our training with mask coverings and social distancing. Also not ideal, but we managed to do the training. During a new lockdown the training dropped. We didn't restart the zoom sessions.

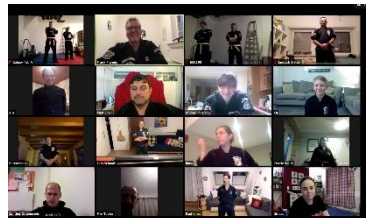
After a while we started with an outdoor training session. First, we did only a workout by running on an outdoor track. As the regulations were getting better, we started our training on a parking lot with Kenpo sets, forms and workout with kick bags and strike shields. During the time we could do more and more and eventually we managed to switch back to the regular training.

**Present** - At this moment we train again with our regular schedule without any restrictions. Although we need to be careful. If someone doesn't feel well, he/she should stay at home. Back in the "early days" we would come over and train our illness away, but now we work on keeping everyone safe.

Everyone is taking small steps towards the new normal and is getting back to the routine of going to training.

**Future** - The main focus is to get everyone on track to their own next level. We are seeking for the right way to get the unknown qualities out of everyone.

We'd like to join the future championships and seminars that are going to come. And beside that we like to have some external instructors to come over for a lesson. Not everyone is able to travel to the several seminars across Europe, so we look to bring instructors to us.



**"Each new day is a new opportunity to improve yourself.  
Take it. And make the most of it and you" - unknown**

# FLAMING FIST



Martial Arts Academy – Guernsey UK

## Our Academy news

**Location** – Guernsey, Channel Islands - UK

**Website** – [www.flamingfistgsy.co.uk](http://www.flamingfistgsy.co.uk)

**Past** – During the pandemic Guernsey has managed well during the pandemic with very few lockdown periods compared to the rest of the world.

This has meant that we have been able to continue training for the most part without too much interruption.

**Present** – We currently have only a few members and so we are taking them through the self-defence techniques, Kenpo forms and sets all the while building up fitness levels.

As an instructor, I am also learning the new finer details within the self-defence techniques, as the Flaming Fist Kenpo versions differ slightly from how I was originally taught with subtle differences and empathise on different ideas.

**Future** – This year we are looking to moving our club to a new location, a new gym with the aim to attract more members.

We will work on gaining new members and introducing them to our blend of Kenpo.

We also hope to visit the Exeter Flaming Fist Kenpo club later this year to cover new details within the self-defence techniques and gain more information and insights on the Kenpo forms and sets.



**"I'm always trying new things and learning new things. If there isn't anything more you can learn – go off and die." - Morgan Freeman**



# JONES KENPO

Berlin - Germany



## Our Academy news

**Location** - We are located at Jones Kenpo,  
Chausseestraße 102, 10115 Berlin Germany

**Website address** – [www.joneskenpo.com](http://www.joneskenpo.com)

**Past** – During the pandemic we have been training, training training! For our personal growth we did private lessons online via Zoom and always kept a lookout for online seminars. In a strange way it actually brought us closer to fellow Kenpoists around the world. Some people we may have only got to see every year, or every couple of years, and during the lockdowns we were seeing them often online.

For our students we held weekly group classes via Zoom when it wasn't possible to meet at the dojo. We even tried to do a YouTube livestream! For the times where restrictions were slightly lighter, but we still couldn't use the gym, we met at parks and we even did a belt test in a park!

**Present** – Thankfully we are back to training in person full time with 4 classes a week. And we are growing! Both our kids' classes and the adult class has doubled in size since the lockdowns ended. Seems people want to get back into shape after being closed in their homes for 2 years and we are loving the newfound interest!

**Future** – Since we are seeing continued growth, we are going to split the classes even further. We will now have 2 kid's classes, one for younger kids and one for the older ones. This will give us the opportunity to pay closer attention to each student.

I am really looking forward to in-person, face to face seminars!!



**"Find a Group of people who challenge and inspire you;  
spend a lot of time with them, and it will change your life." – Amy Poehler**



# KENPO HOLLAND



## Hans Hesselmann over 50 years in the art

**Past:** My training in and at the arts started back in 1971 and still continues to this day. With Grandmaster Parker coming over to Germany in 1980 and on invitation of his European Representative Mr. Rainer Schulte, I became one of the first-generation European students and black belts in the art of American Kenpo Karate.

While Willy Kelley from Ireland started his club around May 1980 in Amsterdam, I crossed over with my school in November 1980 to the Ed Parker system under the guidance of Mr. Rainer Schulte and his teaching black belt Christian Springer. From 1985 I ran my school on a fulltime professional basis up until March 2017 when I gave to my most advanced black belt students. At that time, I had to stop it all for some time because of personal physical reasons.



However, my old school is still up and running and over the years since 1980 and having trained over 50 black belts we have a spread out of 12 clubs that directly and/or indirectly stem from my work in the Netherlands. For those who might be interested to know a little more about me, look to The International Journey – The Biographies of 28 of the most proficient Kenpoists of today.

**Present:** Like it was for just everyone in the world over the past two years lock downs impeded us to train all out within our Kenpo schools and groups. For a lot of students, it was difficult to do any training without the guidance of an instructor. For those who live their martial art as a lifestyle their solo-practice was quietly done from day to day.

The Dutch schools are all open again, slowly building up steam to serve all students that returned on the mats to continue practice with each other again. While I used to train and teach fulltime most of it is now done by my black- and brown belt students. At 75 and after major surgery in 2017 the medical advice was to do what I can within my physical boundaries which I call possibilities. So, I still learn and still teach and always give my opinion, thoughts, advice and ideas to all who seek out training and through that their development as a complete, fulfilled and happy person to do their own best and for those around them.

**Future:** If I may live for another 20 years, I foresee a bright future for Kenpo Karate when properly handed down as it should be by adequate instructors that are deeply into the material given to us by Grandmaster Ed Parker. To me there is no Old School Kenpo as some may point out while under the influence of so-called modern-day approaches to fighting that seem to be better than whatever style or system you may come up with. The thoughts, ideas and principles Grandmaster Parker gave us and translated into real action are still of great value to just any form or style with whatever name you call them. Those in kenpo have my ongoing support. - Hans Hesselmann

Kenpo and any martial art should give us the mental stimulation to become our best in all aspects of life. It helps us greatly in our physical analyzation of what we do. You can do it for sports, you can do it for the sake of the art, you can do it for your safety and if trained under the right instructor.... for combat. – Hans Hesselmann

# KENPO CORNER

## Kenpo as a Self Defence System

**What is Kenpo?** Kenpo can be seen as a sport, as an art of movement, as self-defence and much more, it is all there and one can train it for many different reasons. Do the many aspects of our Kenpo training prepare us for real self-defence in our home, on the street, or in whatever environment you may be?

In the system we have over a hundred techniques and further extensions of those techniques. If you can control the situation under any circumstance then part of a technique might work for you, if you are in the right mindset, prepared and ready for the encounter. If the other person or group of persons dictate the approach and the circumstances, do not be too sure of it.

Situations that might endanger you could occur in your home, on the street, at work; have you considered the environment around you? Did you consider the environment within yourself? Environment is classed as what is “In, On and Around you”. Looking at “In”, do you know and have you felt how your mind and body works under stress of immediate danger? Will you freeze, could you run, or could you really fight...? Most of us have never been in a real fight and hopefully never will, but how sure can you be that you will have what it takes when needed.

In “Infinite Insights into Kenpo – Mental Stimulation 1” Grandmaster Parker writes in chapter 13 “The Ten Commandments of Prevention”, the first line is “ACCEPT the fact that THERE ARE IMPENDING DANGERS”. Think this over well, because a couple of hours of weekly training at your Kenpo Club might not give you the answers. For instance, your instructor may favour freestyle sparring for competition, which does not prepare you for dangerous situations outside the studio. As long as your training is considered as a sport, it has almost nothing to do with real self-defence. You need to look at the individual moves as well as the combinations.

What would work effectively for you, at your size, knowledge, skill level, and the maximum power you can generate. What would be the most effective target for you to strike, what weapon would you use for that target and what level of damage can occur? Remember breaking a leg is very different from breaking a neck. You will be held responsible for your actions, so you must be fully aware of how your strikes will affect the human body.

**Question:** Does our Kenpo Karate give us real self-defence possibilities? The answer is YES, if you know how to use and rearrange proper basics with the addition of the Attitude you really need, to get the job done and overcome your attacker.

With your ATTITUDE to PREVENT and AVOID that you may get into an unfavourable and dangerous situation, being at home, at your work or wherever you may be, this column KENPO CORNER is to get you thinking and provide reality-based tips, tricks, mental training, advice etc, and get prepared well in advance of an encounter. In our next issue we will look at environment and how we can use it in our training and defensive strategies.

**Environment – What’s in, on and around you at point of contact.**



# KENPO THOUGHTS

## Kenpo Concept – Ranges of Contact

**Ranges of Contact** - In Kenpo we look at the FOUR STAGES OF RANGE - Stages of range within the "Gap", that are crucial in combat. Listed in order of proximity they are;

- |                              |                           |
|------------------------------|---------------------------|
| (1) OUT OF CONTACT           | (2) WITHIN CONTACT        |
| (3) CONTACT PENETRATION, and | (4) CONTACT MANIPULATION. |

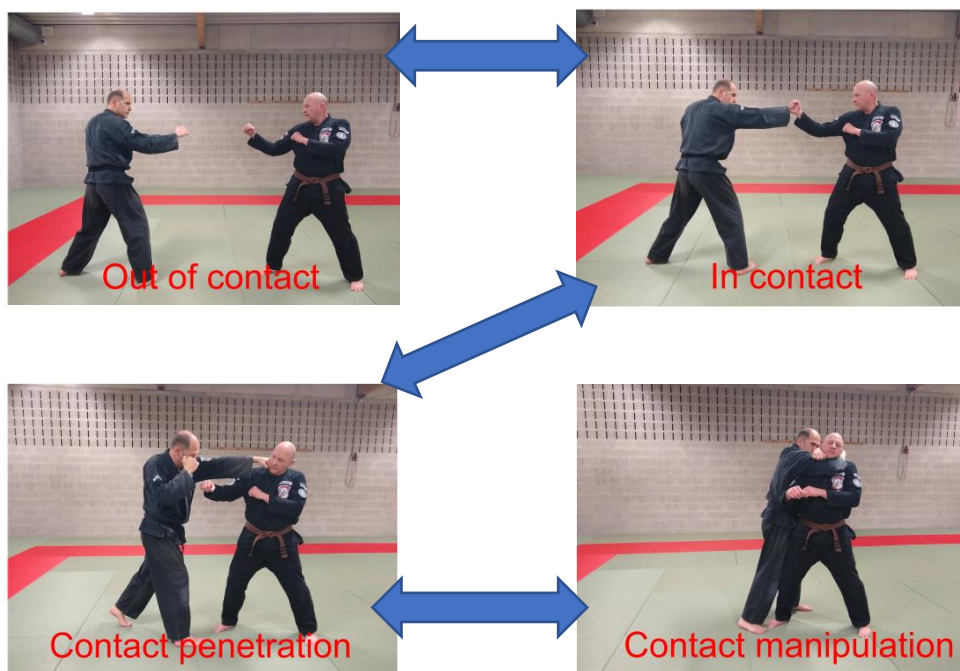
*Ed Parker's Encyclopaedia of Kenpo, version 1.0*

**How does this help us in our training?** We can think about this in several different ways. Let's highlight some places in our syllabus that showcase this concept.

**Decreasing Range while Striking-** Take a look at your Kenpo techniques that move from one range to the next. If we look for a decreasing range while moving forward, look at the Kenpo Technique "Evading the Storm". Basically, Kick, Punch, Knee, manipulate to take weapon. Each time we use a closer range weapon as we move closer to the attacker. If you look at the pictures below you can see the different ranges of combat. Think about what strikes fit in each range.

Now, look at how we can move from one range to another. If I am out of contact, I can't be hit but I also cannot strike the attacker. There are many things you can do to move between ranges. If you think about Kenpo Kicking Set One, Side One - this shows you four different ways of reducing range as we perform each kick. We do a Step through, a Cross-over, a Shuffle, and Spinning/Rotation movement. Each of these place us at a different distance to our attacker and from each different distance we have a range of weapons we can use.

Remember, this also works in reverse so we can move backwards to out of contact - Enjoy.



Distance is your friend when used properly

# KENPO VIEWS

What do our students think

???

WE ASKED OUR JUNIOR STUDENTS WHAT THEY LIKE MOST ABOUT KENPO. HERE ARE THEIR THOUGHTS.  
(INTERESTING TO NOTE HOW MANY DIDN'T MENTIONED SELF-DEFENCE AND FOCUSED ON OTHER THINGS)

Isla - Fun. learn how to defend yourself

Darcie - Meeting new people.

Ethan -Kicks

Kenzi - Learning new Kicks

Tommy - Past family have done it

Lily - Fun. Lots of stuff to do, lots to learn

Nate - Chicken kicks

Lily - Fun. Good for stress relief.

Seb - Kick. Punching

Casey - Dodge ball. Games

Annabelle - Fun. Games. Punching and kicking

Ted - it's Fun.

Jashan - Fun. Learn how to defend. Punch.

Rohan - Learn how to defend yourself. Life's skills

George - Useful. Could help you for a situation. Productive. Friends. Good for people around you

David - Blocks. Punches kicks. Games

Finley - The instructors

Harryson - Very helpful for situations in life. Cool thing to learn

Tobias - Short Form One. Blocks. Techniques

Precious - Short Form One. Five Star. Checking the Storm

Gabrielle - Fun. Games. Punching and kicking

Harry - Really fun. Helps you in life

Jasper - Fun. Lots of training, Kicks, blocking

Brieann - Entertaining. Learn to defend yourself. Fun

Jack - Funky moves

"The single biggest problem in communication is the illusion that it has taken place." – George Bernard Shaw



# KENPO READS

## Books for Martial Artists

Kenpo has often been referred to as the thinking man's art. As you advance through the higher grades, you are tested more and more on your understanding of the concepts and principles contained within our art. Many are available in Kenpo books, articles and various websites.

Being able to verbally explain and pass on these thoughts are a large part of being a black belt instructor and understanding them makes you a better student.

There are so many great books out there to read and gain a better understanding of the more technical parts as well as backgrounds of Kenpo, written by many different martial artists.

Mr. Parker's series of books "Ed Parker's Infinite Insights into Kenpo" "books 1 -5 can be found online today at Amazon or other sites and are well worth a read. There is a mountain of information in these books, as well as the Zen of Kenpo.

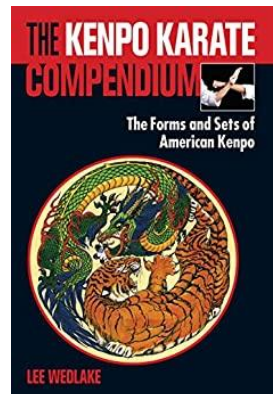
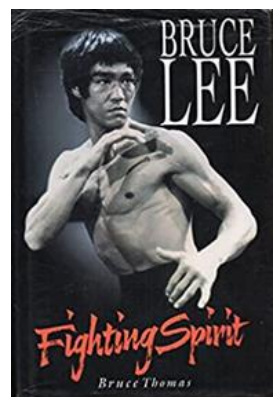
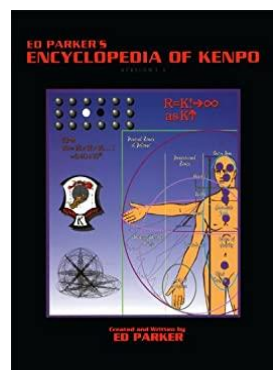
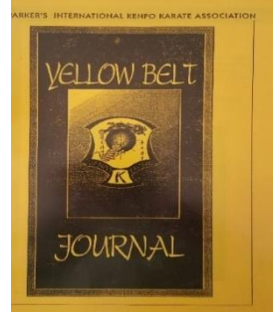
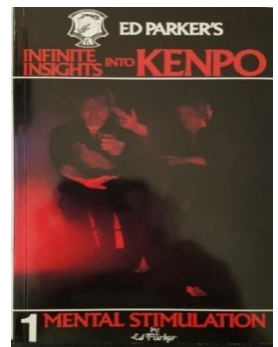
Alternatively, there are various versions of the Kenpo Belt Journals. The latest Journals are dated 1987 editions and many can be found online for free.

Also, there are many other great books out there that can help you in your own training and or teaching of others. Look for self-help books on coaching, understanding the human condition, changing your mindset or martial arts training. There is so much knowledge out there that can support and advance your training.

Build your own library of knowledge and refer to it often. Your instructor can only teach you so much in the limited time they see you but you can spend some of your time outside the training hall expanding your own knowledge.

Also, biographies can also contain useful information. In the Bruce Lee book *Fighting Spirit* it mentions Bruce drawing circles, one inside another on his driveway. He stood in the middle and explained when you enter the outer circle, I kick you, enter the next circle I punch you, the inner most circle I elbow you. This is another example of ranges on contact that we refer to in Kenpo.

We are looking for book reviewers for our next issue, so please message me, Matt Snell on [flamingfistkenpo@yahoo.com](mailto:flamingfistkenpo@yahoo.com) if you would be interested in sharing knowledge from a book you own.



**"Education is the most powerful weapon  
which you can use to change the world" – Nelson Mandela**

# KENPO GAMES

## Fun Games for Children

**Why Play Games?** There many benefits to playing games with children, even though it reduces the amount of time we can teach the syllabus. It helps them to follow instructions, work within rules, can be character building and helps them work as a team, or an individual. Here are a few benefits.

**SPEED** – The ability to move your body, or part of your body, quickly.

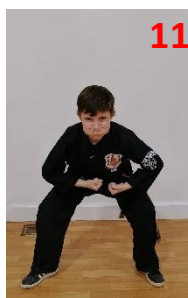
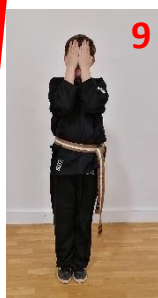
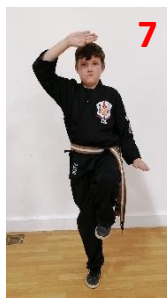
**AGILITY** – The ability to change direction quickly and accurately, combing with speed, balance, power and coordination.

**BALANCE** – The ability to retain centre of mass (gravity) above the base of support whilst stationary (static).

**COORDINATION** – The ability to use a combination of body parts and senses at the same time to produce smooth and efficient movements.

**POWER** – The combination of strength and speed of movement. Also, to generate power you need good balance and coordination.

**REACTION TIME** – Time taken to react to a stimulus. This can be a spoken command or a response to an action of another.



### The STANCE GAME

The following commands shouted out quickly, children sit down if stance is incorrect.

1. Horse
2. Attention
3. Dojo (bow from Waist, eyes look up)
4. Tiger (cat stance with Claws)
5. Dragon (one legged stance, knee held high, arms reaching up)
6. Respect (Cat Stance and hands come together and push forwards)
7. Warrior (one legged stance, guarding hand position)
8. Samurai (Drawing sword from opposite hip and hold high above head, while other hand checks)

### The Following are FUN STANCES

9. Ninja (hide)
10. Eagle (flap arms)
11. Sumo (get big)
12. Crab (move side to side with pinchers)

**"Children are not distraction from more important work  
they are the most important work" C.S. Lewis**



# KENPO TIMES

## Manon Aben - Interview – My Time in Kenpo

### 1. When did you first start Kenpo?

- I started on the 1st of November in 1980 with Hans Hesselmann.

### 2. Why did you start Kenpo?

- As a young girl, with long blond hair I was always harassed by boys and men, even to the extent that I did not dare to go out during the day because of this harassment. I was working as a teacher in a nearby town and I told of my fears to one of the swimming teachers. He suggested that I might like to join him one night because he was training at the Hans Hesselmann dojo. This I did, and I never left!



### 3. What is your fascination with Kenpo?

- When I started out with Kenpo it was purely for self-defence reasons, but when I found my confidence, I noticed that there was more to it than just the physical side: you had to think too. I became fascinated by the fact that through looking at the art on a mental level one could improve one's movements. The thing that I like the most is the diversity, and that no matter how you are shaped, big or small, tall or tiny, young or old, there is always a way to train/use Kenpo the best way you can. Later on, when I was teaching the art, I was fascinated by how people moved and how I could improve the way they moved by finding methods that would be matched to each individual. My fascination deepened when I was 55 and had a bleeding in my head that left me paralyzed on the right side of my body. I can remember the first movement I made, when I got a little feeling back was making a fist and thinking: I'm back! I told the nurse that that I would be walking at the end of that week, because I wasn't prepared to give up "my" Kenpo. And I did! It was a hard and long road, not being able to walk without a walker in the beginning but doing my forms in the swimming pool, but I persevered. Ten years later I'm still on the mat and training at my capability. They say: Kenpo is in your blood. I am sure that it is in mine! I am not able to do Kenpo the way I used to do it, but I can adapt it to my ability and that is one of the things that fascinates me about Kenpo: no matter what your circumstances are, if you are willing you can train.

### 4. What do you enjoy most about Kenpo, or your favourite thing?

- I enjoy everything about Kenpo but my favourite thing is doing forms.

### 5. What wisdom can you pass down to the next generation?

- Keep asking questions! Look at your training and techniques and especially have a lot of fun with it!

### 6. Have you ever had to use Kenpo?

- physically, never. I had two occasions when I thought that my training helped me to avoid a fight. One of them was when I was a purple belt and was teaching at a primary school, on the playground, before schooltime, there was a boy who had an issue with one of the boys at our school. He was choking him with his fist against his throat, so I walked over and asked him to release the boy.

**"Always be yourself. At the end of the day, that's all you've really got; when you strip everything down, that's all you've got, so always be yourself" - Al Roker**

# KENPO TIMES

## Manon Aben - Interview – Continued

Continued..... The guy said in a rude way to mind my own business, I told him to let go of the boy, he then turned around cursing and looked at me (he was a head taller than me!) in a flash I thought: if you're going to hit me, I'll hit your nose and kick your kneecap, (Delayed Sword), the result: he looked at me and walked away. The second time I was in a tram with my sister going to the centre of Amsterdam; we were minding our own business when two men got into the tram, checked us out and were walking towards us; it felt very threatening, I just stepped in front of my sister and went into a fighting mind. They looked and backed off again.



### **7. Have you entered any competitions and what were your impressions or results?**

- I entered a number of competitions: techniques divisions, forms divisions, weapon divisions and in the "old" days there was a competition at the end of the brotherhood dinner between the schools for the best demonstration. (Those were the ones that I loved the most). I entered the weapons divisions with the staff mainly because there were no women competing; the reason became obvious after a number of competitions showed that we were no match; man and woman are different. So, we fought for women's divisions and we got them. That was my goal and I stopped competing. The last time I was in a competition was in 2017 in Lisbon, I wanted to perform my form 6 when I reached the age of 60 and I did. Results were not important for me, just showing up and being there was sufficient for me; I challenged myself.

### **8. How can you recognize a good Kenpo School?**

- a good Kenpo School for me is a school where you find men and women training. - a safe place to train, where you are accepted with all your qualities and abilities - a place where you can ask questions and get answers instead of: "that's the way it's always been done for generations" - a place where you are challenged to improve yourself - where there is a warm and family atmosphere.

### **9. You have attended many seminars across the world, what stands out as the most enjoyable?**

- The one that stands out for me was the year I went to one of the last Internationals in Long Beach in 1995. It was my first big trip and being at the place where thousands of fellow Kenpoists had gone before me was overwhelming. The seminars were given by, for instance: Dian Tanaka, Frank Trejo, Doreen Cogliandro, and many more. I entered the weapons division. In those days there were a lot of people competing in this division; for me just being there, where it all started with Mr. Parker and the many Internationals after that, was a prize on its own for me.

### **10. What makes a good Kenpo black belt and teacher?**

- For me there is a difference being a good Kenpo Black Belt and a good teacher. A good black belt doesn't have to be a good teacher and a good teacher doesn't have to be a good black belt. My humble opinion is that teachers aren't made, but are born that way. Being a good black belt and a good teacher means that you know what you are talking about, and there will be plenty of opportunities for questions.

Thank you Manon, for your support and friendship, regards Matt Snell

**"It is what we know already that often prevents us from learning."**  
- Claude Bernard

# KENPO EVENTS

## European Kenpo Events

**European Kenpo** - This page is for us to share all open Kenpo Events to which we are all welcome. If you wish more information on any of these events, please let us know.

Please note that some events have limited numbers so the earlier you register your interest the better.

If you have an event planned, please let us know and we can add to our next issue.



**Bushido“ e.V. Pulsnitzess,  
Germany**

**30+1 Club Anniversary**  
01.-03. July 2022

**Guests are welcome!**

Kenpo Karate, Arnis, Taiji, KAHA,  
Archery and other activities, contact  
Kathrin Franke for full details



**Flaming Fist Kenpo**

**Exploring the  
Spirit & Soul  
Of Kenpo**

**Seminars with  
Matt Snell**

7th degree black belt  
08th & 09th October 2022

**Pulsnitz Germany**

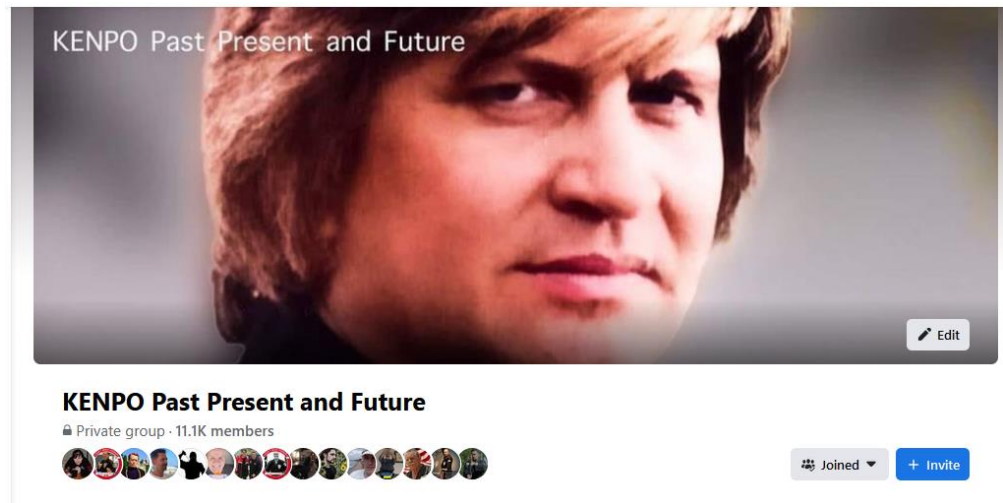
**“If You Build it, They Will Come” – Field of Dreams**



# KENPO SOCIAL

## Facebook – Kenpo, Past Present and Future

Social Media can be a great way of keeping in touch across the globe, learning new information, making new friends, finding old ones again and many other things. Many years ago, my good friend Dave Gartland set up a Facebook page with this goal in mind. Today we have nearly 12,000 members. If you have any memories you would like to share, please join the page and share away.



As with all social media, look at what you find useful and take the information you find interesting. As with many sites we try to weed out posts that are designed to cause hate or offence and keep the good conversations going.

There are many good contributors across the global posting their own updates and thoughts and they are more than happy to further explain their thoughts in health debate.



If you have any questions on Kenpo, it's application, history or anything else, then it's an ideal place to gain answers from so many experienced martial artists. All we ask is keep the feedback constructive which is absolutely fine and can be the start of a great healthy discussion.

**"Social media isn't a fad, it's a fundamental shift in the way we communicate in the modern world" – Unknown**

# KENPO CONNECT

European Locations of contributors to this addition

## England - UK

Matt Snell



## Guernsey - UK

Danny Fox



## Belgium

Gunther Groenestein



## Germany

Pulsnitz – Kathrin Franke  
Mönchengladbach – Frank Pfennig  
Berlin – Paul Jones



## Holland

Hans Hesselman



## Portugal

Manon Aben



Please let us know if you would like to contribute to the next issue.  
See last page.

*“Life becomes a celebration when friends keep in touch,  
so let’s celebrate our life by keeping in touch with each other” – Unknown*



## EDITORS NOTE

If you would like to be included in the next addition for your own school of Kenpo, please email a submission with School name and address, covering what you have done in the past 6 months - Past, what you are currently doing within your club – Present, and your plans for the next 6 to 12 months – Future. Send your submission to [flamingfistkenpo@yahoo.com](mailto:flamingfistkenpo@yahoo.com). Also please add five or six photos for your page.

