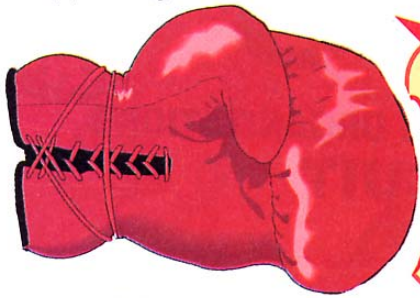


To Kevin Love Alan C



THE ULTIMATE IN REALITY

Report by Alan Charlton-Self Protection Association

WHAT A title for a report on a seminar, big headed over the top? No true. Sifting through the martial arts for the things that work on a street level has been talked and written about frequently over the last few years. Some have been shouting the truth about what is happening in the real world of street combat for years, only to have the truth fall on many deaf ears. But times are changing, and as someone whose outlook is towards the practical I'm pleased to see the ideas of what works come full cycle. It's nice to think that we can all enjoy the fighting arts, with all their colourful and varied benefits and not lose track of what most people start their first class for, to feel safer on the street. So when the Self Protection Association held its open seminar this year, we could not have had two better guests to give us an insight into what works, and what is fun but fantasy.

SUNDAY 5th SEPTEMBER 1999

A day that I will never forget, and I'm sure all the people who came to the seminar will feel the same way. The SPA have held some great seminars over the years — the help and support of my good friend Darrin Richardson made it possible to hold two this year. In June we had Mr Mat Clempner who gave us an insight into combat Sambo, for the September seminar we were lucky to have Mr Dave Turton head of the Goshinkwai Combat System and also privileged to have Mr Roy Shaw as a guest speaker.

PRETTY BOY

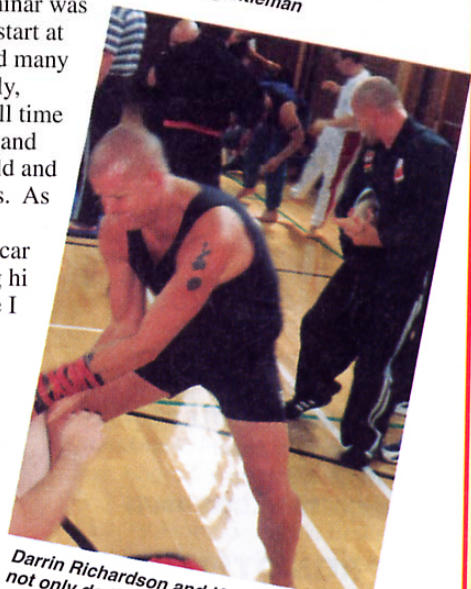
Roy Shaw is without doubt a man who has seen the hard side of real confrontations: in his book "Pretty Boy" you are gripped from the first to the last page with the reality of violence. Roy Shaw's hard-hitting background has been with him all of his life, 15 years of which was spent in prison. With his love of boxing and hard training only coming second to his will to win, his name was made within the licensed and unlicensed boxing ring. Roy's fights with the late Lenny McLean have become legendary, whether you are for or against this type of fighting you have to respect the level of courage this type of encounter demands. Most of us will never encounter the level of violence that Roy has had to deal with — sometimes on a day to day basis — and we

should thank our lucky stars for that. I anticipated that meeting and talking with Roy would give everyone an insight into what it is really like on the hard side, and how to cope with the fear of violence.



Roy Shaw — a gentleman

The seminar was booked to start at midday and many arrived early, giving us all time to meet up and talk with old and new friends. As I walked around the car park saying hi to everyone I stopped, looked around and thought to myself, this is a who's who of the martial arts. Some of the top names I have read about over the years are standing



Darrin Richardson and Kevin O'Hagan — not only do they use the same hair stylist they both like to train hard.

in a north London car park waiting for the start of the seminar. As the highly polished Bentley drove into the car park and all heads turned, my ears picked up the whispers of 'it's Roy Shaw'.

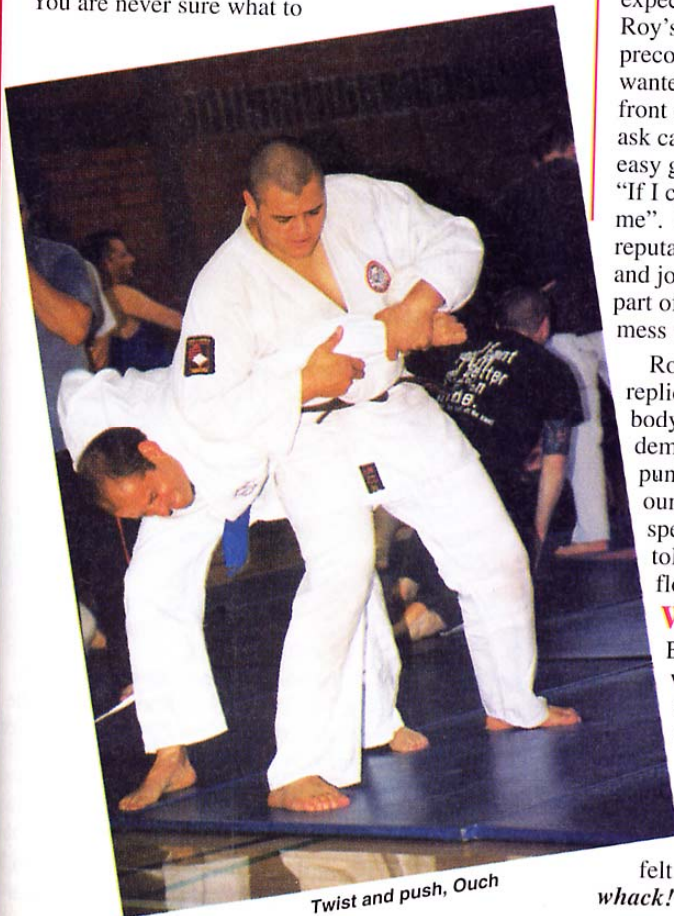
With warm greetings I introduced Roy to Dave Turton and Graham Noble. Graham had waited many years to meet Roy Shaw and had travelled all the way from Sunderland not to miss this opportunity. Roy had agreed to give Graham an interview about his book and fights — inside and outside the ring. Look out for it. I'm sure it will be an eye opener.

HELL'S COMING WITH ME.

When I finally called everyone into the training area I was able to point out that not only did we have two great names taking the seminar but also some top instructors who did not want to miss this seminar. Amongst these were Jamie O'Keefe, Kevin O'Hagan, Darrin Richardson, Justin Gray, Leslie Crumplin-Hill and Mickey Neale.

"This seminar is all about the reality of violence our first guest has clashed with violence more than anyone in this hall, this is your chance to hear the truth, please welcome Mr Roy Shaw". To a warm welcoming round of applause Roy introduced himself and explained, "This is the first time I've done this type of thing"!

You are never sure what to



Twist and push, Ouch



Roy Shaw questions and answers



Liz Clarke DSD instructor putting on the pressure

expect when you meet someone for the first time and Roy's reputation as a fighter creates many preconceptions but all the questions you have always wanted to ask seem to disappear when he is standing in front of you. But soon the questions people wanted to ask came back to them, helped by Roy's enthusiasm and easy going manner. On the cover of Roy's book he says: "If I come after you, beware. 'Cos Hell's coming with me". It felt odd trying to match this quote and his reputation as a fighter to the man in front of us laughing and joking. You can't put your finger on it, but every part of your being is telling you that this is not a man to mess with.

Roy was very open to questions and gave detailed replies, when he described fighting techniques his body would move with pinpoint accuracy. From demonstrating a punch to the jaw, you could see Roy punching with every part of his body, making every ounce of his bodyweight hit the target. I think Roy's speed and agility impressed everyone, but when he told us he is 63 years old everyone's jaw hit the floor.

WHEN TO FIGHT

Every one of us has limits and if we are honest, we know most times we will bottle out, as fear of the confrontation becomes a reality. One question most people wanted answered was: "When do you fight and what is the point at which you are committed?" Roy described the feeling of adrenalin build-up: "To make it work you go with the feeling" he said, "as soon as I felt the adrenalin build-up I would go with it, then, *whack!*"

Most people feel weakened by adrenalin, Roy found

that it made him powerful and without fear, so our perception of what we all feel relates to how we handle it. A stand up fight was never a problem; Roy had found his answer to that question. Someone asked what was his scariest encounter. "Not a fight. It was when I was in Broadmoor hospital; I was restrained by three male nurses. I could not move. A doctor put a syringe under my cheekbone; I felt the needle pushing through the gristle and behind my eye and into my brain. That was terrifying", he replied.

HANDKERCHIEF

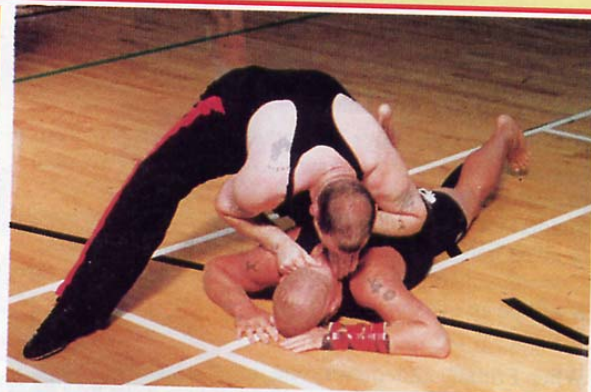
Roy told us that he used a handkerchief to protect his hands in a fight. "I would put a handkerchief in the palm of my hand so when I made a fist it would be tight and kept the hand strong for the punch".

Question, Roy did you set the person up for the punch? "Yes, if you are boxing in the ring you are both throwing punches, in the street you have to line the person up and hit first, I would move in close and set them up for the punch". Again in detail

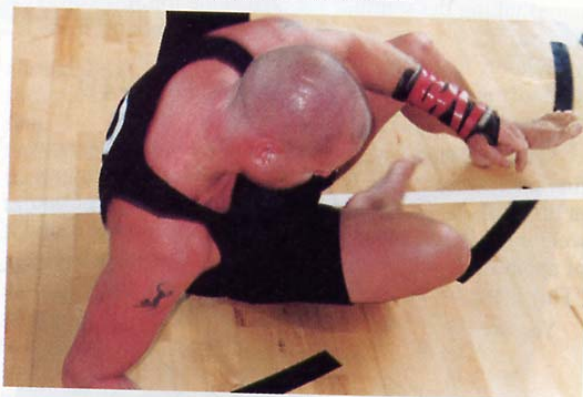


Aggression at its best

Roy demonstrated the idea, moving in and lining up the punch. Everyone could see that Roy had this off to a fine art, Roy may not wear a karate suit and black belt but his mastery of his technique and the proof of its effectiveness put many so called self defence Instructors



Face down — and it hurts



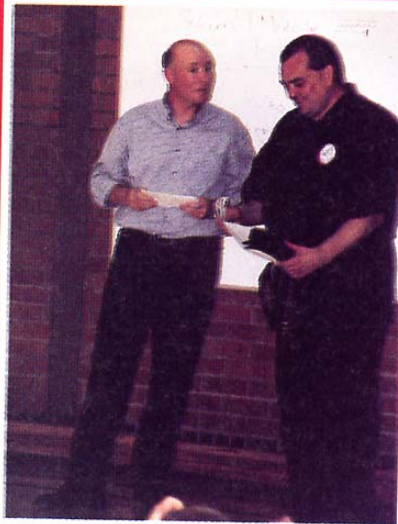
Sometimes its all too much

to shame. Roy talked about training for a fight, with press-ups, squats and sit-ups numbering in the hundreds, along with bag work, running and weight training Roy became a very powerful fighting machine. Roy also found this hard training was a release for any pent-up aggression.

When I first asked Roy to take part in the seminar I asked him if he would talk for about 15 minutes, it ended up nearly being an hour. I did not want to push my luck with the time as I still wanted to get a group photo. I think Roy was genuinely surprised and taken aback by the warmth of everyone's applause at the end of his talk. He did not rush off, but stayed to sign copies of his book and have photos taken with everyone. I'm sure everyone at the seminar got something from meeting him, I will never forget it. He was a gentleman, without ego and one of the old school.

MR KNOWLEDGE

The guest Instructor for the rest of the session was Mr Dave Turton. Dave's knowledge of the fighting arts is second to none; in fact I cannot do justice to the quality of Instruction and information he passed on in one seminar within the limits of one report. Just some of the martial artists Dave has taught and impressed over the years: Geoff Thompson, Peter Conserdine, Phil Glover, Dave Briggs., Jamie O'Keefe, Darrin Richardson and just about anyone who has been luck enough to meet or train with him.



Glen Clark got me hook line and sinker

along the course of a nerve in the face”, called out my ex-friend Darrin Richardson. “Yes”, Dave said “Now if I slap Alan across the face like this”, *crack!* “all Alan feels is a stinging on the side of the face, now if I cup my hand and line the attack to the side of the face and with just a little more pressure we get

this reaction” *bang!*

I like to think I remember most of the things that happened on the seminar, I’m sure I heard Dave say we get this reaction, then someone turned the lights out. Like many of you reading this who trained in contact we have all been punched and felt the room go round. But what Dave hit me with was so intense I did not feel the room go round just intense pain and completely helpless. It was great to see the reaction of everyone at the seminar to the fact that Dave had taken me out with about as much effort as someone puts into making a cup of tea. Dave said: “Feeling is believing, so get a partner and try it out”. So we all got a partner and re-enacted David and Goliath, I tried to find Mr Richardson but the only sign of him was the fire exit door swinging like something from an old western movie.

PADS AND STRIKES

Like me, I’m sure many of you train with focus pads — they are a great way to practice your strikes as well as putting you under pressure. If you are lucky enough to have seen Kevin O’Hagan’s video ‘Training and Conditioning for Combat’, it gives a great insight into just how versatile pad training can be.

Using one of his students Dave demonstrated how to work the pads, not with but on your partner. “Too many of us train the pads in the air, yes great fun to hit, but because the pad is free in the air, we don’t get the restrictions we find in a real confrontation”. Moving his partner’s arms apart then throwing some punches at the pads Dave said: “What am I doing? Hitting something out here when the thing I should be hitting is him, a person not a free pad; his body, arms and other bits get in the way. If I don’t train my strikes to hit their target when it’s restricted or when he’s moved after my first blow, it’s like teaching a fireman to throw water to the left and right and never at the fire”!

Then working with two partners, one holding the pads and placing them at points around the other partner’s body, Dave demonstrated hitting the pads. As the partner reacted to the punch, Dave could decide on his target. This drill was a real eye opener, I think everyone found it a practical idea and SPA students will be making it part of our training from now on.

A BIG THANK YOU

I was very sorry to have to bring this seminar to a close, when I told Dave it was time to finish like me he could not believe the time had gone so fast. Judging by the overwhelming round of applause I’m sure everyone will remember the day for a very long time.

But for me it was not over! “Mr Charlton would you come here please?” Dave asked. “Oh no, not more tick neuralgia”, I thought. Then my good friend and training partner Mr Glenn Clark came forward and said: “Alan, knowing the type of person you are, I know you would not accept this from myself or any of the other Instructors within the SPA but from Dave Turton we hope you will.” With that Dave presented me with my 4th Dan, it hit me harder than Dave’s palm strike. What made it so special was that all the people I have looked up to for so long thought I deserved it. I will do my best to live up to it. *A great day.*

If you would like to book Dave Turton for a seminar, call him on: 01709 710489.

For information about the SPA, call: 01992 632270, or contact our web site: WWW.SPA.UKF.NET



A GREAT DAY