



# BAMA NEWS

BLOCKER ACADEMY OF MARTIAL ARTS OFFICIAL NEWSLETTER (since 1995)

December ~ End of Year Edition 2010

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

## Quote

“The Lipan Apache's instruments of war included bows and arrows, circular shields, horse-shoes, animal bones, lances (up to 10 feet long), pikes, spears, war clubs, slings, tomahawks, farming tools, knives, rocks, sticks, and later firearms and explosives.” – Lipan Apache History

## Videos

(1 hour in training logbook for each recommended video watched)

**Volume 3 Kickboxing Savate Self Defense** with Salem Assli  
EM3 Video

**Boxe Francaise Savate French Foot Fighting** with Lester Griffins  
Rising Sun Productions

**Practical Tactical All Range Combat (ARC)** with Waysun Johnny Tsai  
Tasai's Kung Fu International LLC

**Practical Tactical All Range Combat (ARC)** with Waysun Johnny Tsai  
Taylor Brands LLC

**Volume One: Practical Tactical Pen Street Defense** with Waysun Johnny Tsai  
Tasai's Kung Fu International LLC

**Volume Two: Practical Tactical Impact and Edged Weapons** with Waysun Johnny Tsai  
Tasai's Kung Fu International LLC

**Gun/Counter-Gun Combatives Basic Instructor Course** (3 DVDs)

**Level 1: Stress Quick Draws**

**Level 2: Walking Point: How to Search**

**Level 3: Control, Restrain, Contain and Arrest**

With W. Hock Hochheim High Home Films

**Gun/Counter-Gun Combatives Firearm Disarming Advanced Instructor Course** (2 DVDs)

**Level 4: The Pistol Disarm Module**

**Level 5: The Long Gun Disarm Module**

With W. Hock Hochheim High Home Films

**Gun/Counter-Gun Combatives Expertise Instructor Course** (4 DVDs)

**Level 6: Shooting in, out and around cars/Fire and maneuver/Flanking**

**Level 7: Tactical medicine/Emergency evac under no-fire, light fire, medium fire and heavy fire**

**Level 8: Extreme close quarters scenarios/The life saving, “ride the gun down” module and theory**

***Level 9: The Gun and Ground Fighting Module***

With W. Hock Hochheim High Home Films

***The Filipino Martial Arts Volume One***

With Dan Inosanto Tortoise Video

***The Filipino Martial Arts Volume Two***

With Dan Inosanto Tortoise Video

***The Filipino Martial Arts Volume Three***

With Dan Inosanto Tortoise Video

***The Filipino Martial Arts Volume Four***

With Dan Inosanto Tortoise Video

***The Filipino Martial Arts Volume Five***

With Dan Inosanto Tortoise Video

***The Filipino Martial Arts Volume Six***

With Dan Inosanto Tortoise Video

***UFC – 60 Matt Hughes vs Royce Gracie***

Zuffa First Look Home Entertainment

**Books**

(5 hours in training logbook for each recommended book read)

***Be Bad Now***

By W. Hock Hochheim Lauric Press 291 pages

***Savate: French Foot Fighting*** (1970 Revised 2nd Edition)

By Bruce Tegner Thor Publishing Company 125 pages

***The Lipan Apache – People of Wind and Lightning***

by Thomas A. Britten University of New Mexico Press 336 pages

**Websites**

**Blocker Academy of Martial Arts** [www.blockeracademy.com](http://www.blockeracademy.com)

**Global Knife Fighting & affiliated arts** [www.globalknifefighting.com](http://www.globalknifefighting.com)

**Blocker Academy of Martial Arts MySpace** [www.myspace.com/blockeracademy](http://www.myspace.com/blockeracademy)

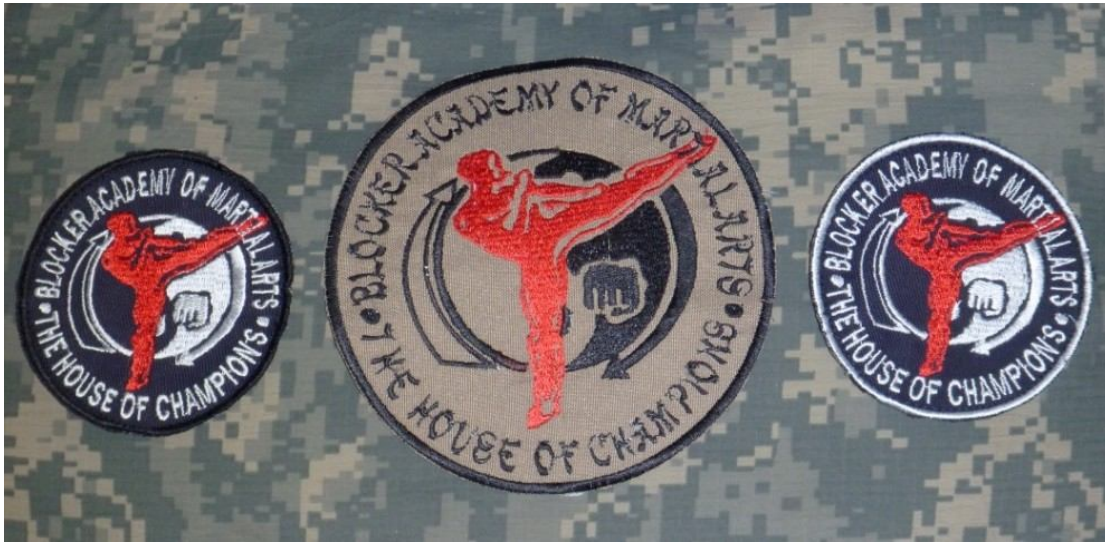
**Snake Blocker MySpace** [www.myspace.com/snakeblocker](http://www.myspace.com/snakeblocker)

**Snake Blocker's Photo Site** [www.flickr.com/photos/snakeblocker](http://www.flickr.com/photos/snakeblocker)

**Snake Blocker** [www.snakeblocker.com](http://www.snakeblocker.com)

**Executive World Fitness** [www.executiveworldfitness.com](http://www.executiveworldfitness.com)

**Jerry Blocker** [www.blockerleaf.com](http://www.blockerleaf.com)



Blocker Academy of Martial Arts patches.

**Merry Christmas and Happy New Year to everyone!**

### **A New Year is Coming – 2011**

All Blocker Academy of Martial Arts students are required to write down their goals for 2011 (Due January 2<sup>nd</sup>). Examples of goals: I will earn my Blue Belt; I will train 5 days a week at the dojo; I will mentor another student; I will volunteer to help out with a seminar; I will compete in 3 tournaments; I will host one seminar; I will buy and watch 12 training DVDs this year; I will buy and read 12 martial arts books/training manuals this year. I will buy a new gi/uniform; I will buy a new pair of Muay Thai shorts; I will buy a new knife; I will buy a new pair of gloves; I will reach my toes and work on the splits; I will attend 3 seminars this year, etc.

### **2010: In Memory of**

Ron Robles passed into heaven on 29 October 2010. Ron Robles was a friend of Snake Blocker and they used to train in Rolling Hills Estate, California. Ron previously taught at the Inosanto Academy of Martial Arts and Snake Blocker used to train also at that academy in the mid 1990s. Ron was a great friend of his mentor/instructor Dan Inosanto (friend and student of the late Bruce Lee). Ron Robles was also a pastor and was very much involved with Rolling Hills Covenant Church in Rolling Hills Estates, California where he also taught some Jeet Kune Do and Muay Thai programs. Ron also used to spend a lot of time at the Apache Reservation and he assisted with catching wild Mustangs with the Natives. He will be missed.

John McPhail also passed into heaven on 14 August 2010. John was a Muay Thai Instructor who fought and trained in Thailand. His Muay Thai Academy was in Hacienda Heights, California and John was also very involved with the Hacienda Heights Community Church at the same location. Snake Blocker fought at some of John's Muay Thai cards and some of Snake's students fought on his cards as well. John was a family man and his children were serving in the military. Snake and John were friends and lived not too far from each other for a number of years. We all will miss John.

See John McPhail tribute video:

[http://www.youtube.com/watch?v=Iq\\_ZZbXZ0lc](http://www.youtube.com/watch?v=Iq_ZZbXZ0lc)

## **Deadliest Warrior Interview with Alan Tafoya**

Snake's Apache brother-in-arms, Alan Tafoya interviews with Jay & Kirby Productions about The Deadliest Warrior show and talks about some Apache History and Tactics.

Listen to PodCast Interview:

<http://www.jayandkirbyproductions.com/?SSLogoutOk=true>

Itunes: <http://itunes.apple.com/us/podcast/the-deadliest-podcast/id377618022>

<http://www.jayandkirbyproductions.com/podcast-journal/rss.xml>

## **Taliban Era Versus Today – Is the War Benefiting the Afghans?**

1,000 schools versus 9,000 schools (800% increased)

20,000 teachers versus 160,000 teachers (700% increased)

1,000,000 male students (no females) versus 6,200,000 coed students (2,200,000 are female)

No women in government versus 68 seats with women representing 27.3% of lower parliament

31 miles of new roads versus more than 1,875 miles built (over 5,900% increased)

1 mobile phone company versus 4 mobile phone companies and 6,500,000 subscribers

No TV stations available to the average person versus 14 TV stations available

No radio stations available to the average person versus 104 radio stations now available

8% of the population had access to healthcare versus 85% of the population now has access

Highest infant mortality rate in the world versus 22% reduction (89,000 infants lives saved)

Has the war in Afghanistan helped the people of Afghanistan and the war against terror?—the answer is YES! Coalition forces have helped tremendously in the war against terror!

The major countries to help in Afghanistan are: the USA, Great Brittan, Australia, New Zealand, Czech Republic, Egypt, France, Poland, Turkey, Mongolia, South Korea, Italy, Japan and several other smaller forces from over 20 countries. Several non-profit organizations have help as well including The Red Cross.



Photo of Christina Linhardt by Grammy nominee Rick Whitmore

## **Survival Instinct Leads to Martial Arts Enlightenment**

by Sara Fogan

LOS ANGELES: The irony of the situation didn't escape Christina Linhardt. While she was a music student at the University of Southern California several years ago, a transient brutally assaulted her while she was walking here in Topanga State Park. The attack occurred the day after the 22-year-old student started taking self-defense classes with the Rape Awareness Defense program offered by the Los Angeles Police Department. She has since trained in *Krav Maga* and *Kempo [Karate]*; but at the time of the attack, she had no previous martial arts experience and had yet to learn most of the defense moves taught in the RAD curriculum. Indeed, at first glance the slim, petite co-ed appeared to be no physical match against her burly, 6-foot-5-inch assailant. Nonetheless, Linhardt used her wits, courage and ferocious survival instinct to fight back and escape from her attacker.

According to the Southern California resident, the attack occurred in broad daylight, on a deserted trail. She decided not to take the main path, to avoid other people in the park and to be alone, Linhardt recalls. "I saw these branches, and they looked like they were tied together by grass. It felt weird, like a strong intuition that was telling me not to go beyond that point. I almost heard 'No,' and I went beyond it, anyway. I was feeling defiant."

Almost immediately, she saw a man who introduced himself as "Bill." His clothes were torn and he looked dirty, which led the student to believe he was homeless. "He was about six-five or six-six, African-American with bulging eyes. He looked homeless because his clothes were torn; he looked dirty. I think he even had stuff hanging in the trees," she said.

Initially Bill seemed harmless, she recalled, but as they continued walking up the path together, the stranger acted as though he already knew her and Linhardt became wary. "I remember him saying, 'Oh, I would see you at Palisades High School,' which I didn't go to and telling me that 'I go there too.'" Later, after police arrested him, the transient even told the detective assigned to Linhardt's case that they used to go dancing.

Eventually, she told him to leave her alone so she could meditate. He walked away; and then he came back carrying a trowel.

"That made me nervous. I thought: Oh, no. Now I need to start thinking about getting away from here," she said.

From that point on, the encounter became more nightmarish. Bill suggested they continue up the trail toward a campsite; but when they arrived at a clearing, it immediately became obvious that the campsite was his and that no other hikers were likely to show up and help her get away.

At one point, she said, they heard the hum of helicopters patrolling the park above them. Both of them looked up and then the man threw her to the ground, sitting on her hips to pin her down. "His hands were huge—big enough to hold both my hands together [in one] while he started punching me with his other hand."

Linhardt believes the assault lasted at least 10 minutes, during which time Bill tried to tie her up. "I wouldn't let him get my hands close enough together," she said and beat her with his fists. At some point, he also donned heavy leather gloves so he could continue punching her, and when she wouldn't stop screaming, he started beating her with the towel.

Despite the beating, she repeatedly tried to escape and continued screaming for help. Apparently, the co-ed sustained at least 100 punches to her face during the frenzied assault. "A couple times, I got away, and he got right back on me," she said. "The amazing thing is I didn't feel the punches at all. It was the numb factor."

Throughout the attack, her overriding concern was that she did not want to be raped. "I thought, 'No, I'd rather die,' but I didn't know what to do. I remember even saying to him, 'I don't want to play this game anymore.'"

When Bill started unzipping her shorts and licked her face, Linhardt opened her mouth, let him kiss her and bit off his tongue.

"It wasn't premeditated; it was natural instinct. When I bit him, there wasn't any blood [initially]

because the tongue contracts. His eyes just bulged even more. He jumped off me and ran in to the bushes; he probably was spitting out the blood. I couldn't believe he was off me, so I started running."

Eventually, she came across some other hikers, who called paramedics. Police met her at the hospital, where doctors examined and treated for her injuries. Hospital staff also offered Linhardt rape counseling at a center in Santa Monica. After the police asked her some preliminary questions about the assault, she said, they assigned a detective to investigate the case.

The police apprehended her assailant right away, wandering down Pacific Coast Highway "with a hole in his tongue," she said. When the case went to trial, her lawyer motioned to get her attacker committed into a mental institution. Indeed, even facing charges of assault with a deadly weapon, which is attempted murder, but not considered as serious attempted rape and battery, he could get out of jail in six months, she explained. However, it's much more difficult to get out of an institution for the criminally insane. "You have to *prove* yourself really sane."

With her assailant incarcerated, Linhardt has worked hard to establish normalcy in her life and study martial arts, for real. After the assault, she studied *Krav Maga*, under Wade Allen at the National Training Center in West Los Angeles. She trained in the Israeli combat art for over two years, earning a green belt and a chance to practice with more advanced students, she said.

"Krav Maga was definitely very aggressive, because I needed that at the time," she said. "Krav Maga was very valuable for learning basic [skills], how to just *fight* if somebody attacks you on the street."

These days, she's on a new martial path. Now working as a clown and a classical singer, Linhardt believes that Krav Maga was leaving her "a little *too* fired up," and opted to train in *Kempo [Karate]* under Bryan Hawkins.

"I've gone for more peaceful stuff; but I still have that fight, that need in me," she explains. "Now, doing Kempo, there's more of the Asian background with the bit of the meditation and the focusing. It's still aggressive, but now it's giving me a little more of the art form that, a while ago, I wouldn't have wanted. But now I like that."

She also tends to be skeptical about the effectiveness of the techniques she learns, and wonders what the outcome of her assault would have been if she had been training in martial arts at the time. "In Krav Maga, they talk about 'bucking,' and they also do that in the RAD program. I must have bucked [my attacker] off, to get him off me," she says.

"Part of me wonders if the outcome of the attack would've been worse with me knowing martial arts," she says. "If I knew some martial arts, if I tried fighting back, would I be able to do even more and aggravate him even more?"

"I've wondered about that constantly in my martial arts classes: How much better of a fighter am I since then? I so don't want to find out, yet I'm so curious."

One thing she doesn't wonder about is the importance of showing no fear in a threatening situation. Having traveled alone all over the world in her youth, Linhardt muses how her confidence enabled her to wander the streets of Egypt alone, at night, which seemed to alarm some men.

"The guys were scared of *me*, because they thought, 'Who's this girl that's so confident?' In all my travels in Egypt, through Senegal and South Africa, all over Africa, I never had any danger like that, because I honestly wasn't scared."

She likens this response to how animals behave in the wild. If an assailant detects fear, you're more vulnerable to be the victim of an attack. If you're confident, you have a better chance for survival, she says.

The intention behind your technique is another key to survival, she says. "I remember in Krav Maga, there were a lot of girls who were much more buff than me, who had more arm strength. Their punches were one-third the strength of mine, I think only because I had so much anger behind mine.

"It doesn't matter your size," she continues. "You see people who go completely crazy can do super-human things in a moment of adrenalin."

Indeed, even if the assailant physically overpowers her, a woman should always fight back, Linhardt advises. "If he rapes you, you don't know if he's going to kill you afterward, anyway. There's always a vulnerable spot; his hands are going to be busy, and there are a lot of targets down there,"

Linhardt concedes that her real-life combat experience has made her more vigilant about her surroundings. She's also less angry toward men.

"I realized all the men who never attacked me who wanted to be good, wanted to protect me, to be alone with me never did this kind of thing," she says.

Christina Linhardt and Snake Blocker are great friends and hang out when he's in Los Angeles. Christina performs internationally and composed two CDs, available on her website.

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

[www.myspace.com/christinalinhardt](http://www.myspace.com/christinalinhardt)

## **Defense Department Seeks Secret of Gliding Snakes**

By Marc Kaufman

WASHINGTON – An unusual breed of Asian snakes can glide long distances in the air, and the Defense Department is funding research at Virginia Tech to find out why. Most animals that glide do so with fixed wings or a wing-like part. But not the "flying snakes" of Southeast Asia, India and southern China—at least five members of the Genus *Chrysopelea*. As video of the reptiles shows, they undulate from side to side, in almost an air-slithering, to create an aerodynamic system. It allows them to travel from the top of the biggest trees in the region (almost 200 feet high) to a spot about 780 feet away from the tree's trunk. "Basically, they become one long wing," said John Socha, the Virginia Tech researcher who has traveled extensively in Asia to study the snakes and to film them. "The snake is very active in the air, and you can kind of envision it as having multiple segments that become multiple wings," he said. "The leading edge becomes the trailer, and then the trailer become the leading edge." It gets stranger. During a technique not yet understood, some of the snakes can actually turn in air. What's more, they all take a flying leap off their perch to get airborne, then drop for a while to pick up speed before starting the motion that keeps them aloft much longer than they would otherwise. Socha's initial research was sponsored by the National Geographic Society, but his most recent work and paper were funded by the Defense Advanced Research Projects Agency. The agency is involved in advanced military technologies of all kinds. Socha said the physical dynamics of snake flight (and how other creatures stay in the air) is of great interest to the agency. Socha's upcoming paper on the dynamics of gliding snakes in the journal *Bioinspiration and Biomimetics* lists DARPA as its financial sponsor. The snakes, Socha said, spend most of their lives in the trees. They are between two and three feet long and about as wide as a finger.

## **Apache Knife Fighting & Battle Tactics Volume 2** by Snake Blocker

Order: Apache Knife Fighting & Battle Tactics Vol. I and Vol. II available for \$40.00 each, get your signed copy today!

To order manuals, send check to: Snake Blocker, 3509 W. 6<sup>th</sup> Ave, Denver, CO 80204.

Check other products by Snake Blocker at [www.snakeblocker.com](http://www.snakeblocker.com)

## **SHOT's Show/Convention in Los Vegas – January 2011**

(The 3<sup>rd</sup> largest convention in the world)

Snake Blocker will be at the TOPS Knives booth promoting his Apache Falcon knife and signing autographs at the SHOT's show January 18-22, 2011.



Photo of ISKA Champion forwarded by Carlos Silva



# MUAY THAIMES

FREQUENCY

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New Issue of Muay Thaimes available in newsstands December 9<sup>th</sup>

## Organizations you can support during the holidays:

1. Compassion Radio
2. Stand to Reason
3. Red Cross
4. American Heart Association
5. Hope for Today
6. Rolling Hills Covenant Church
7. Word of Life Christian Center

**A Special Thanks** to Latif Bakshi and Bakhshi-Records IT Solutions. They have done an outstanding job with website updates and graphic designs for Blocker Academy of Martial Arts. Snake Blocker presented Latif Bakshi with a Certificate of Appreciation for his outstanding performance.



Shinto-Ryu Kenjutsu patches.

### Happy Birthday!

Jeremy Romero – November 26<sup>th</sup>

Magida Raguig – November 27<sup>th</sup>

James Madison Blocker V – November 29<sup>th</sup>

### Manson Family Legacy

By Linda Deutsch

Over 40 years ago...It was 1969, the summer of the first moon landing. War was raging in Vietnam. Hippies were in the streets of San Francisco, the last bastion of the waning counterculture movement. But for many, that summer is remembered for one thing – the most shocking celebrity murders to ever hit Los Angeles. The most famous, actress Sharon Tate, 26, the pregnant wife of director Roman Polanski, had

been stabbed multiple times. But there were four others that day, August 9, and two more the next. Abigail Folger, 25, heiress to a coffee fortune; Jay Sebring, 35, celebrity hair stylist; Voyteck Frykowski, 32, a Polish film director; and Steven Parent, 18, friend of the caretaker, were found stabbed or shot.

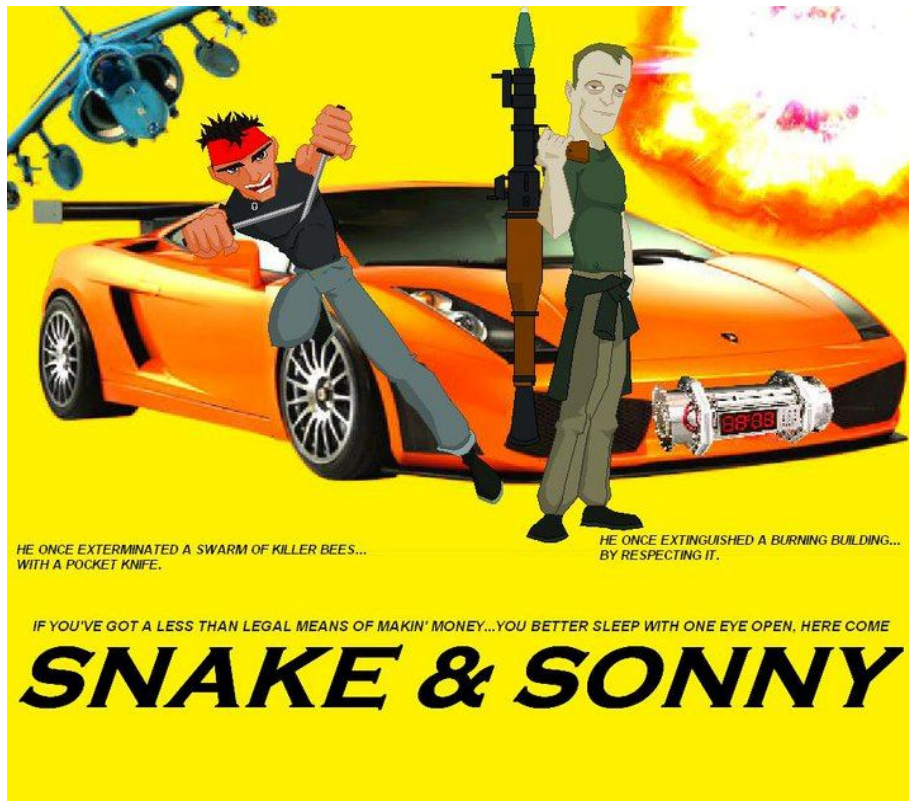


Apache Knife Fighting & Battle Tactics Seminar – Camp Eggers, Kabul, Afghanistan 18 November 2010





Navy Chief Brannon and Snake Blocker at the Apache Knife Fighting & Battle Tactics Seminar at Camp Eggers. Brannon and Blocker attended boot camp together over 9 years ago in Great Lakes and met up in Afghanistan at Snake's seminar (it's a small world after all).



Graphics by Conrad Stabington Szumilas



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