



Messages From The Mat

The official newsletter of the Pacific Rim Origins Martial Arts Alliance

January 2019

•“Tomorrow’s battle is won in today’s practice”

•“I never learned anything if I was talking.

•“You know I never say no”

Who is PROMAA?

Welcome to 2019 and the improved PROMAA. Along with this newsletter, we are now on Instagram. Keep an eye out for our Words of Wisdom Wednesday posts and the so much fun Flashback Fridays that will become staples on Facebook and Instagram. Follow us @pacificrimorigins_martial_art. PROMAA is a coming together and sharing. Please let us know what you would like to see from PROMAA. Feel free to send your suggestions to promaahq@gmail.com as we would love to hear from you.

Inside this issue:

Shihan’s Scroll 1

Words from the Regions 2

Calendar of Events 2

Tribute to Lane Burdette and Beth Cardwell 3

Discussions from the Dojo 4

About PROMAA 6

Shihan’s Scroll

Happy New Year! I would like to take this moment to talk about a traditional training technique called Shugyo. Shugyo follows the maxim that “tomorrow’s



battle is won in today’s practice” Not just any practice but a set of training that pushes oneself to new levels and lets one know that they can go farther, lift more, run faster than previously believed. Choose a special date or memorable occasion (New Years, an anniversary, birthday for instance) and set yourself some goals to push yourself and go for it. A hundred kata, a thousand kicks, Holding a stance for dozens of minutes, etc. stretch your imagination but stay safe, don’t be stupid, don’t jump into something you haven’t prepared for. Also at obtaining these goals have an award planned. Each act of Shugyo should be done with enthusiasm and you should feel energized with a sense of accomplishment at the end. Many of my students upon reading this will recognize Shugyo training that I have implemented upon then over the years. Happy New Year, remember to Stay Safe and Keep it Sharp!
Osu

Grandmaster John “Shihan” Mayer

WORDS FROM THE REGIONS

Region 2 — Kyoshi Sherwin Moore



Fudoshinka Dojo opens up one of its new clubs in south Jackson, TN, South Jackson Martial Arts, headed up by Sensei Matthew Barker. Sensei Barker did his "soft opening" on January 8th, grand opening Feb. 9th. Beech Bluff Martial Arts Club, headed up by Sempai Joshua Nichols, another club of Fudoshinka Dojo will be hosting a mini-workshop January 31st. January 26th. All three schools will compete at the 1st Annual Warriors Winter Tournament in Trenton, TN. Home on leave from active duty in Germany, Sempai Rachel Nichols will test for her 3rd degree black belt. Sempai Nicholas is currently running her own martial arts program on a US Airbase in Germany with 2 students.



10 Annual Kubodo Martial Arts Seminar

Hosted by Fudoshinkai Kenpo Karate

August 9-10, 2019

Jackson, TN

UPCOMING EVENTS

Here are some important dates to keep available on your calendar for 2019:



Warrior Weapons Weekend

Hosted by PROMAA & Saeng Jeon Do

March 16, 2019

Hickory, North Carolina

Register at www.promaa.org/weapons-warrior-weekend.html



Karate College

June 27 - 30, 2019

Radford, VA

Information coming soon!



GRAND BUDO SUMMIT

Nov. 8 - 9, 2019

Morganton, North Carolina

Discussions from the Dojo—Martial Arts Carolina TRIBUTE TO LANE BURDETTE AND BETH CARDWELL

Hello martial artist, friends and family,

As a Martial Arts family and community member, 2018 started with heartbreak. We lost our beloved Lane Burdette on January 2nd. While he looked the picture of health on the outside, his heart was very sick and we lost Lane to a heart attack. Our year concluded with the loss of a fellow student and Martial Arts Carolina family member, Beth Cardwell on December 16th. There were no words. We were devastated. I want to share with you my conclusion regarding 2018.

We can choose to dwell in the thoughts of sadness and even some hopelessness. I can testify that this thinking leads down a path of darkness where no one should travel. Or, we can choose to remember the lessons left behind from our friends and family members. These lessons are gifts and should be cherished.



“I never learned anything if I was talking.”

Lane Burdette

“I never learned anything if I was talking” -Lane Burdette

Lane was a living example of how to love unconditionally, never compromise your principles, and always listen, process then respond. (Maybe that last lesson was for me). Lane wants, no, Lane expects us to forge ahead with that same attitude and spirit. Lane was a huge part of Martial Arts Carolina and the entire martial arts community. More than that he was family to all that new him.



“You know I never say no” -Beth Cardwell

I literally have these words in text and voicemail from Beth. Beth believed nothing good happened by saying no to challenges. Beth “showed up” in so many ways. It didn’t matter what we put in front of her, she showed up and handled it. Beth carried the same fighters spirit when she got the news about the demon living inside her named cancer. Beth had no quit. If Beth’s body had only been as powerful as her spirit, cancer would have tapped out. She was a friend that could be counted on without fail and loved her friends and family as much as anyone could. And, she loved being a martial artist.

“You know I never say no”

Beth Cardwell

Lessons from Lane and Beth, gifts to cherish:

Find the good in all things. Always!

Comfort zone? Get plucked out of it.

Listen to people with respect and an open mind.

Fight for the things that matter.

Love all.

Before it leaves our mind and out of our mouth, ask, is it true? Necessary? Kind?

Respectful?

Be as strong as a brick wall but keep a soft heart.



Happy 2019

Love to all,

Master Yvette Hutchinson

Chief Instructor, Martial Arts Carolina

Regional Director, PROMAA

Discussions from the Dojo

Indian Land MMA

Indian Land MMA is about creating competitive, yet humble FIGHTERS. We offer classes in BJJ (team Checkmat), Kickboxing and MMA for both adults and children. We are affiliated with Rufusports MMA team (Duke Rufus, Anthony Petis). We are a competition heavy gym as we believe the only way to get better and gauge your current ability is to test it against other fighters. In 2018 we competed in over 20 different tournaments taking us from South Carolina all the way to Las Vegas. As we approach our 2nd anniversary the team continues to not only grow but thrive.



Contact: Avery Richard

Telephone: 803 984 0146

Website: www.ilmac.rocks

Facebook: www.facebook.com/ilmacgj

Address: 1162 D Fort Mill Hwy, Fort Mill SC, 29707



Like us on Facebook and follow us on Instagram

@pacificrimorigins_martial_art

Discussions from the Dojo

PROMAA would like to welcome one of our newest members Praesidium Self Defense to alliance.

Praesidium Solutions LLC

At Prasesidium, we are passionate about self defense, personal protection and keeping everyone safe! Our mission is to provide quality training using proven methods and techniques. We accomplish our mission by training individuals and organizations in two areas; firearms and physical combatives. We specialize in providing training to corporations and entities.

We offer the the following courses:

Handgun Safety and Operation

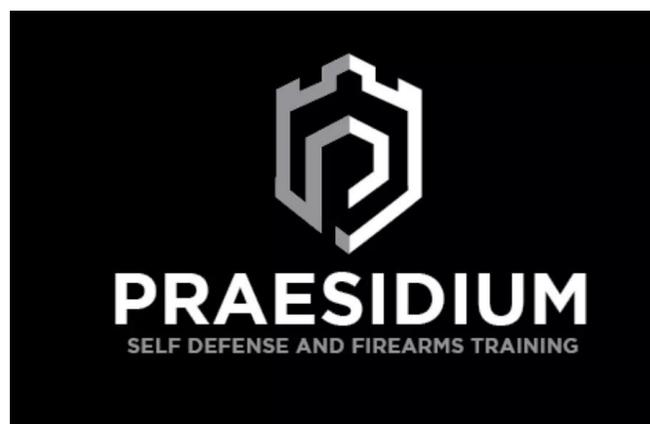
SC Concealed Weapons Permit Classes

NC Concealed Carry Handgun Permit Classes

Basic Defensive Shooting Under Duress

Intro to AR and AK platforms

Self Defense Combatives and Personal Safety



We are happy to be a part of PROMAA and provide special member discounts for our NC and SC concealed carry classes. We'll even come to your academy to do the class!

Website: www.praesidiumtraining.com

Phone: 704 995 9223

Facebook: www.facebook.com/praesidiumtraining

Contact: Isaac Richard

Korean American Martial Arts

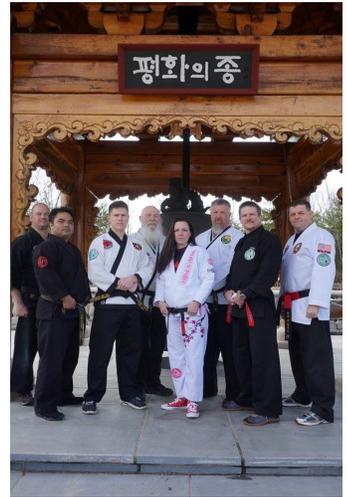
On January 15th, Korean American Martial Arts hosted a family fitness seminar with other fitness activities. We were provided two 20 minute periods to showcase our techniques and fitness aspects. It was held at the local junior high school.

Congratulations to those that tested for Black Belt on January 19, 2019.



ABOUT PROMAA

PROMAA - THE PACIFIC RIM ORIGINS MARTIAL ART ALLIANCE is an organization made up of martial art clubs and schools whose origins are as broad as the Pacific Ocean. These arts may come from Korea, Japan, China, Philippines, Indonesia, Russia, South America, Australia and the United States or be a combination of several of these. Simply put, most martial art styles today can find their origins back to the Pacific Rim.



PROMAA LEADERSHIP

PROMAA is a non-political organization designed to assist your school or club only in the areas you request. Continue to run your school your way, promote your style of martial art. PROMAA is about martial art brotherhood and friendship.

Benefits of belonging to PROMAA is knowing you belong to an alliance of martial artist that wish to support you and not demand of you. PROMAA hosts the Grand Budo Summit along with Grandmaster Yoder's Saeng Jeon Do every November. These seminars and series of certifications promotes brotherhood, training and promotion. PROMAA is also a long time supporter of the world famous 'Karate College'. What other organization allows you to train with world class martial art masters like Bill Wallace, Renzo Gracie, Dr. Jerry Beasley, Mark Hatmaker just to name a few. Besides *Karate College*, PROMAA will also have optional seminars and events through out the year hosted by its member schools. What better way to cross train and experience different arts than with a sister school of PROMAA.

PROMAA

Pacific Rim Origins Martial Art Alliance

www.promaa.org

PROMAA HQ
Attn. John Mayer
2961-A Hunter Mill Rd.
Suite 101
Oakton, VA 22124

Email:
promaahq@gmail.com



Shihan Mayer &
students circa 1993



Grandmaster John
"Shihan" Mayer