

WILLIE "THE BAM" JOHNSON'S

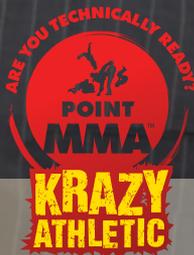
**FURYAN**™

LEGACY MAGAZINE

**WE TALK  
POINT MMA  
KRAZY  
ATHLETICS**

INTERVIEWS WITH  
**ANTHONY PETTIS**  
**BILLY BLANKS**  
SARGENT COLTON SMITH  
ARLEEN LIMAS  
BUSY BEE

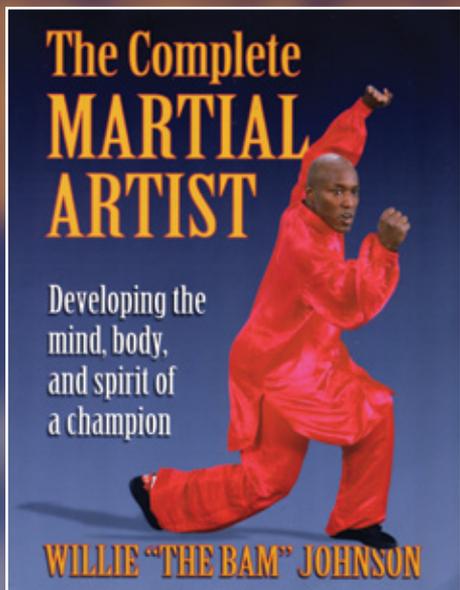
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Willie “The Bam” Johnson – Black Belt – shares the secrets to his success in his new book *The Complete Martial Artist*. He is also a Black Belt Magazine Hall of Fame winner.

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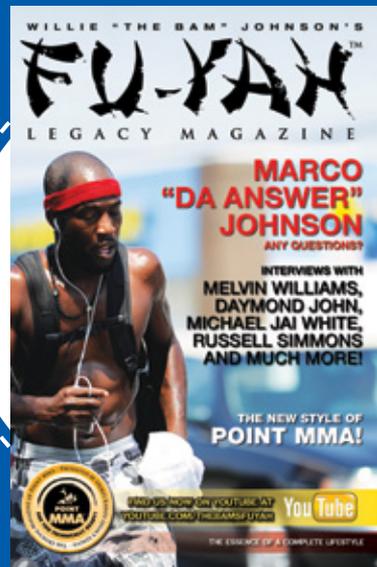
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# Letter From The Editor

Adversity is what I was born in and growing up in the tough city streets of Baltimore I had to learn to make the best of any and all opportunities. As I watched my mother struggle with her handicap, welfare, and the lack of opportunities for a black women in the hood. My dad, a straight up hardnosed rough and tough street warrior, drilled into me to be tough and earn respect by fighting back - win, lose or draw.

I've always been a person of peace. It takes a lot for me to get angry and upset - that is my mother's side. But when I do, it gets to the point of no return - and that is my father's side. So after being beat down, molested and emotionally abused as a kid, I turned to creatively studying martial arts from Bruce Lee films, black exploitation and chopsocky films. Before you know it, after some formal training I was fighting back and winning - earning the real respect of the streets which graduated me to drug dealing, stealing, homelessness, jail and almost suicide.

But thanks to God's gift of the martial arts, I found opportunities through the adversity. Today, my wife Kimber and I have created a successful program to empower kids and families called Point MMA Krazy Athletics. Point MMA is all about becoming technically ready for life from the inside out — mind, body and spirit. This is accomplished in the dojo and competition in order for the next generation to truly know the art of fighting without fighting.



## Arlene Limas

made history when she became the first American to win a gold medal at the 24th Olympic Games in Seoul, Korea in taekwondo, which made its Olympic debut as an exhibition sport. She is a member of the Taekwondo Hall of Fame.

### **Limas:**

Hi I'm Arlene Limas. I'm the 1988 Olympic Gold Medalist in Taekwondo, but that's not where it started. I originally started in Shaolin Kung Fu at five years old. My focus was self-defense. I grew up in inner city Chicago, not in a great neighborhood, so that's why I started martial arts. I fell in love with competitive martial arts. I started point fighting and hitting tournament after tournament. I became in the number one female fighter in North America for NASKA and transitioned to Olympic style; which then took me to the Olympic games in Seoul in 1988. That blossomed into me becoming a school owner, but I find myself making that full circle back to why I started martial arts to begin with and that was self-defense. Although I love sports, I love point tournaments, I love Olympic style tournaments, and something like Point MMA may give our kids a step up on being prepared for a self-defense situation, much

better than a traditional point tournament or even an Olympic style tournament. So Point MMA is appealing to me because it does give them (students) some real world transfer on how to protect themselves on the street, but still gives them a competitive outlet.

### **Fu-Yah:**

If you had a positive quote for a kid whose struggling and wants to use martial arts as a stepping-stone to something greater and he can't see it. What would you say to him or her?

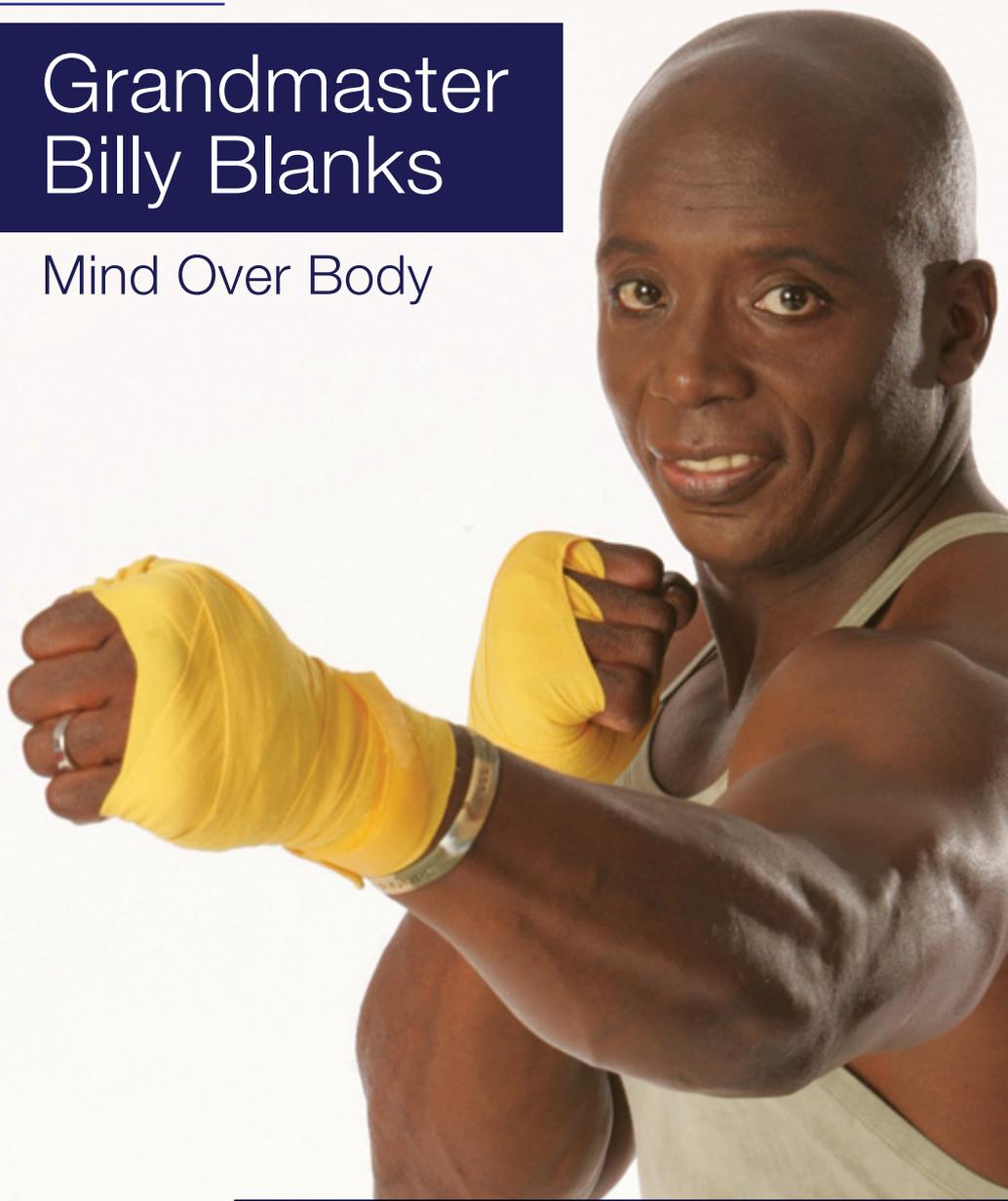
### **Limas:**

Well for me, my whole life has been martial arts. I started when I was five, so I don't know. I don't remember much life without it. I just know all the opportunities it's given me. Martial arts in particular, but sports in general, just the opportunities it's given me, it's just there. It's there for you to take, if you are willing to take it.

INTERVIEW WITH

# Grandmaster Billy Blanks

Mind Over Body



**Martial Arts** gave me a chance to see with my own eyes that I could be successful. I didn't need the master to tell me. I saw with my own eyes that I could be successful.

# Willie “The BAM” Johnson interviews Grandmaster Billy Blanks.

## **BAM:**

We're here with Grandmaster Billy Blanks who inspired me so much as a child. While he was competing in the tournament circuit he inspired me when I was going through the struggle and the same time inspiring the world. Everybody knows him as the king of the fitness craze Tae-Bo, but he's one of the most humble Martial artists I ever met in my life and one of the most technical Martial artists around in the Sports Karate era. I know people see what you're doing on TV and see how changed the way we see fitness. You're such an inspiration for other people. What is the cause and meaning behind what you do?

## **Blanks:**

One of the most important things that helped me become rooted in Martial arts was that I had a learning disorder. I didn't know what it was until I was 35 years old. I had dyslexia. Having dyslexia and being shy at the same time gave me a hard time at school. I have 10 brothers and 5 sisters. I wanted to be able learn and be as good as my brothers in basketball. I was the only boy who wasn't good in sports. I wasn't coordinated. 1. Because I was shy 2. I had a learning disorder so it was hard for me to follow directions. So what I did was get involved in a Martial arts program. It opened my eyes. It gave me a chance to see with my own eyes that I could be successful. I didn't need the master to tell me. I saw with my own eyes that I could be successful. And I truly believe that if a child gets to see how much authority and power they have inside of themselves, they'll start changing their lives. That's what happened to me. Who would have thought that I would create a word that's in the dictionary right now, because when I was in school I couldn't even read. If you told me to get up and read something from a book 20 years

ago I'd tell you no. I'm 57 years old. You're talking about 20 years ago. No I'd never do that because I lacked confidence. So I started studying and started to really work my Martial arts and letting Martial Arts teach me to how to be a better person. Then all of a sudden things changed. The most important thing is that I love God. Having Jesus Christ in my life helped me out too.

## **BAM:**

So in training you went through things on the dojo floor. You went through sparring where you probably got knocked around. What was it that made you keep coming back? So many people today just quit and you didn't.

## **Blanks:**

It wasn't about the punching and kicking, but what made me come back to Martial Arts is the theory of mind over body. Really taking your mind to control your body. Once I started learning it's not about beating up somebody, it's not about getting in street fights. It's more about what Billy Blanks can do. Can I do this? Can I get the ghetto out of Billy Blanks and put him in real life and make him successful. Not just in fighting, but in every part of my life. That's what made me want to work.

## **BAM:**

That's the key. We have kids who want to be hood. They want to have swag and represent the gansta lifestyle. What would you say to a child who thinks they need to join a gang? They want to be hard and go to jail. What would you say to a kid make them believe they can do what you done?

## **Blanks:**

If you look at yourself and look at me and you ask yourself what's the difference between you and me and there is no difference. The only difference is how we use our will and how we use our mind. When you look at the top rappers you see them as gangsters, but you need to look at them as businessmen.

They put that gangster to the side because a gangster cannot go into a business room and do whatever he needs to do to be a better person in life. So you have to say; you know what? I want to rap about what's going on in my life, then do that, but also remember be the best you can be. Take what you learned from the streets and let it make you into a better person because you can do that. You don't have to take less. I tell people this: I don't have to be ghetto, but I can if I want to. I want to be able to take what I learned in the streets and bring it into a life where I can help my kids and make sure my kids have a better life. Make sure I have a better life to be able to take care of my mom and dad. I lost my mom and dad before I got to where I am. It was only because I was foolish. I thought being tough, being in a gang, doing all that stuff was better than taking my discipline and making myself become a better person and I didn't get that chance. You guys out there if I have a chance to help your parents and become a better person in life don't quit. Don't give up. Fight the good fight. You can do it. Everybody on TV they're human beings. They're men and women the only difference is that they take their mind and will, they challenge themselves and become whoever they want to be in life. Just take your mind and will and put in control of life and see what happens.

### **BAM:**

In closing, everybody, Fu-Yah Magazine with the Great Master Billy Blanks. I want to thank him because when I was locked up and I wanted to destroy my life there was one story I heard. On the circuit, seeing you cartwheel kick people and I was that kid just being honored just to be around you. To know that I went through the hell and people told me how you would train and push them. You said you would train like a maniac so that in the tournament you wouldn't have any problems. I never told you that is what inspired me. It was before Tae-Bo. It was the martial artist and I'm so honored because like you said I get a second chance to be

here. I swear to God from the bottom of my heart I love you so much.

### **Blanks:**

Same here, man. I saw you on TV. Just a couple of seconds ago. I see inspire your son to be a better martial artist. Not just to become a better martial artist but become a better martial artist in life. You tell these guys whoever is listening at the end of the day what he's telling you to do become the martial of yourself. Don't let the police take your life. Don't let junk take you away from your dreams and goals in life. Do what he's telling you because look at what he's doing now. Maybe that one word I said might have changed him. Look he's becoming the best person he can be. So listen don't serve the worst, serve the best & you have the best inside of you. Take it and put it to good use.



INTERVIEW WITH

# Anthony “Showtime” Pettis

A Background  
To Build Off Of



Anthony Pettis is an American mixed martial artist who competes in the lightweight division of the Ultimate Fighting Championship, where he is the current UFC Lightweight Champion. He is #8 in official UFC pound-for-pound rankings.

**Fu-Yah:**

We have the greatest, the wonderful Mr. Anthony Pettis. He's just won the UFC [Championship]. He's a great role model. If you've followed his track record he's come up in the martial arts with extreme Taekwondo and ATA. When we're saying MMA didn't include the traditional element, in reality, it includes everything. And, he [Mr. Pettis] is a prime example of the complete martial artist. Talk to em, 'son! Give them a little intro.

**Anthony "Showtime" Pettis:**

I think my style and the way my upbringing was in traditional martial arts, it gives you this background you can build off of. You get these guys that come in here that think it's all about being tough, and think it's about, 'How many hits I can take.' My coach has the best quote ever. He says, "Your toughness is your savings account. Your skill is your checking account." You don't touch that savings account. The Point MMA system is a brilliant idea. I think all the gyms should embrace this. These kids don't need to get beat up at 5, 6 or 7 years old. Their careers won't last long. And, if you give them a system they can compete in. They still understand the mindset of the training in and behind mixed martial arts. And when it's time for them to actually get hit, and it makes sense to get hit and how not to get hit by now using points I think that's key. That's why my style is different.

I love my fights. I think I've gotten hit, maybe two to three times that were legit and it was from point sparring. For me it was like a game of tag. I hit you and you can't hit me back. I'd take that same element into mixed martial arts and that's why I think my success is where it's at.

**Fu-Yah:**

When you won the championship, which was so wonderful just with you're flow. And I know they counted you out, but you just went with the natural flow. You didn't think about it. That's what the traditional element

does. It puts you in that pressure, and then the pressure goes but it seems like you hit it and you're like, "Damn! I didn't even realize I did that!" But that's what your body does in that pressure.

**“THE POINT MMA SYSTEM IS A BRILLIANT IDEA. I THINK ALL THE GYMS SHOULD EMBRACE THIS.”**

**Anthony "Showtime" Pettis:**

I've been training since I was 5. I'm 26 now and for 21 years it's been natural. That's what it has to be for these kids now, growing up. Everything has to be natural. You don't have to force it on them. This is why the point system is a brilliant idea because kids are not going to get hurt. You don't have to worry about them getting beat up. You're learning while you're competing. It's amazing. Taekwondo point sparring was my base. My mom wouldn't let me box in tournaments because she didn't want me mess my face up. And, at the time, I didn't understand that. But, now I respect her for stopping me. And shows in my sparring today. I barely get hit; I know I can take a hit. I know that it's there, but why take a beating if I don't need to? I use that point system base to my striking. I change a little bit of the technique, kick a little harder and kick a little differently, but traditional martial arts really helps my style. I could talk about this all day. I'm such a believer in this system. I own my own gyms; I'd teach this to my kids. It's huge for me. Point MMA is something that should be implemented in all the gyms and tournaments. It's going to be huge. Mixed martial arts is the number one thing going on in the martial arts community right now. Everybody wants to be a fighter and if you

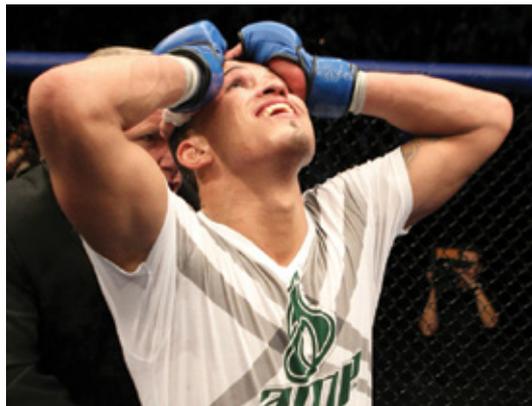
put that point system behind it, it gives families and young children a chance to do it. You'd don't have to be the best athlete to do it, but it's a fun and easy way to learn mixed martial arts.

### **Fu-Yah:**

Last thing in closing: A little kid is troubled right now. He's going home, his mother's gone, the hood is trying to take him under and he's saying, "Want to kill myself, because I have nothing going on." What are we going to say to him or her right now in order to change their life around?

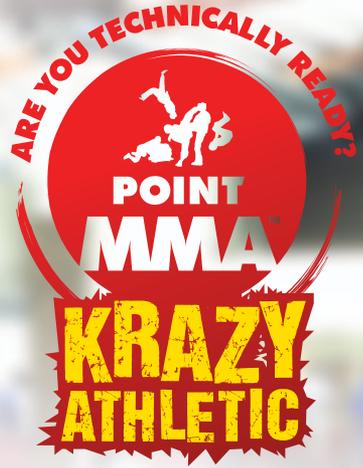
### **Anthony "Showtime" Pettis:**

I was that little kid. I lost my pops at 16 years old. He was killed in a house robbery, and all we had was martial arts. I really credit me being around Taekwondo. I had all the options ahead to take the easy route out like hanging out with my friends and do the things people were pushing on me. When you lose your dad it gives you an excuse to give up on life. But my mom was very strong and I think, as kids, you have to find a role model. You have to find someone you want to be like, and that's it. They way they represent themselves dictates what you should feed off of. Whether it's martial arts, fixing cars or working at a sub shop it doesn't matter. Put everything you have into it. Attitude determines altitude. Whether it's school, homework or chores, if you're attitude is not good your effort will be bad. Attitude determines effort. Effort determines altitude. Take it to the sky.





Hi, I'm  
**Sargent Colton Smith**,  
the Ultimate Fighter 16 Champion as  
well as active duty staff Sargent Airborne  
Ranger. I want to give a message to the  
children right now, I want to let you know,  
forget about what the hype is forget about  
what's cool these days. What you need to  
worry about is yourself and your dream,  
what God put in your soul to be successful.  
If you want to be a fighter then follow that  
dream. You don't have to do the outside  
stuff. You need to be a good person and a  
good citizen. I'm a Christian, I believe God  
will definitely put it on the map for you and  
he will go to bat for you. Just work hard.  
Hard work pays off. One last message;  
Hard work beat talent went talent decides  
not to work hard. Remember that.



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# Busy Bee



## **Fu-Yah:**

Welcome to Fu Yah Magazine. You already know you're with ya kid. Your boy Da Answer. We're here with a legend right now. Can you introduce yourself?

## **Busy Bee:**

I'm the backbone of the microphone. Hip Hop's first solo artist MC. Chief Rocker Busy Bee and I'm in Miami right now. We tossin' it up, but before we get anything twisted. Hip Hop is a culture. It's about peace, love, unity and having fun. Rap is something we do. Hip Hop is something we live. From the Boo-Yah to the Fu-Yah. I'm in the building.

## **Fu-Yah:**

So I got one question for you; it's a very important question. Right now the state of Hip Hop, like you said it's a culture. Most people get it misconstrued and they think its rap. Can you elaborate and tell us the things you created in the lab when you were writing.

## **Busy Bee:**

Well actually I really said it in the intro. You know rap is something we do now. Hip Hop is something we live. So we're in a culture of peace, love, unity and fun. At the end of the day I don't care what you're doing. That's what you like to accomplish. Some peace, love, unity, that's with your family if so, and have fun when you're doing it. That's all it is. In the culture of Hip Hop and into the culture of martial arts it's a mind thing as well. Keep your body right. Keep everything tight. Keep your mind sharp because that's in the culture too. We have entrepreneurs now in our culture. Females please this is very important too. Keep the faith in our culture. Don't get it twisted with

BET, VH1 and MTV. Y'all aren't h\*es, y'all aren't b\*tches, excuse me, but y'all are queens and young ladies. We have nurses in our culture of Hip Hop. We have doctors in our culture of Hip Hop. We have lawyers in our culture of Hip Hop. We have Kung Fu experts in our of Hip Hop. So I mean it's a culture now. You understand what I'm saying so, do what you do and you can be and do whatever you want to be, if you want to be it bad enough.

## **Fu-Yah:**

How powerful has music transcended to empower people? Why is music so important to the survival of us?

## **Busy Bee:**

Well there is a certain amount of music for everybody and there is a different culture for everybody, but I'll say again Hip Hop didn't invent anything, but we reinvented everything and to the stage it's going now. Don't get it twisted I am hip-hop and I have always existed and through these new physical forms and these new presences in time. I am still the Chief Rocker Busy Bee and thank y'all for your goddamn time.

## **BAM:**

Give us one thing. A kid is struggling right now sir. He's ready to quit.

## **Busy Bee:**

Keep your head up. Stay around positive people. Don't quit because and anything can happen. You stay strong, with what you want to be and do and you can be it. Sometimes it takes to be by yourself. You might have haters, non-believers. You keep believing in you. You can do what you want to do. Be what you want to be. If that's what you want to do. I'm out. Busy Bee.

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# **WILLIE "THE BAM" JOHNSON**

**EMPOWERMENT LIFE COACHING**

*"Bam, see you at the top my man!" -  
Daymond John, Founder of the Fubu  
brand and Star of Shark Tank.*

*"I know first hand, the Bam's a man  
all about heart and passion. I know  
first hand because we meet often."  
- John Cokinos, President of Education  
Funding Company*

*"His new step energy  
create electricity  
in the air and his  
message hits where  
it hurts." - Inside  
Karate Magazine*



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  - BECOME A COUPLE MARTIAL ARTIST
- PROGRESS IN
- STREET COMBAT
  - DIVA EMPOWERMENT
  - STREET MMA
  - KUNG-FU HIP-HOP

WILLIE "THE BAM" JOHNSON'S

# SPORTS KARATE

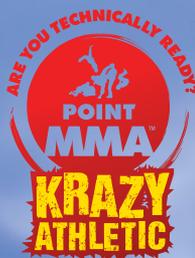
## LEGACY MAGAZINE

### WE TALK

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