

# Karate Review

THE MARTIAL ARTS PUBLICATION

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Wu-Shu Athletes :



## Are they total Martial Artist?

Story & Photo by Lisa Crum

Today, at sport karate and even full contact events the gossip is that Wu Shu athletes do not participate in sparring competition. This is not true. What is true however, is that Wu Shu athletes concentrate their efforts more on forms than on sparring.

This is because forms practice helps develop concentration, stamina, strength, eye focus, power, tremendous speed and perfect body control. All of these plus a lot of concentrated efforts on basics will help one develop into an excellent fighter. It would be foolish to assume that professional Wu Shu athletes are unaware of the application of their movements.

Willie "Bam" Johnson, a Wu Shu instructor and a national competitor, has given full contact a try and did very well. He will also try his hands at point fighting in '84. A long time student of Mfundi Dennis Brown, Sifu Bam stated, "I'm not saying that all Wu Shu athletes are good fighters, but Mfundi

Brown has developed many good fighters such as Wallace Powell, Jeffery Thurman, and Mfundi Ervin."

Forms and sparring are disciplines that should be united to help one become a better martial artist. Forms are an artistic exercise, a dance, a recording of techniques. Sparring is the right time to consider trying these techniques learned in forms. However, some fighters with great potential have gone nowhere because they've trained on techniques unsuited for their ability. As a competitor you must discover your strong and weak points, and develop your own fighting style from that. The science of fighting is the ability to out think your opponent. The objective is to hit your opponent without getting hit.

Actually, fighting will help your forms and forms will help your fighting and both of them will help you to develop into a total martial artist. Remember, the martial artist of today must practice every aspect of the martial arts.