

WILLIE "THE BAM" JOHNSON'S

FU-YAH™

LEGACY MAGAZINE



MARCO "DA ANSWER" JOHNSON

ANY QUESTIONS?

INTERVIEWS WITH
MELVIN WILLIAMS,
DAYMOND JOHN,
MICHAEL JAI WHITE,
RUSSELL SIMMONS
AND MUCH MORE!

THE NEW STYLE OF
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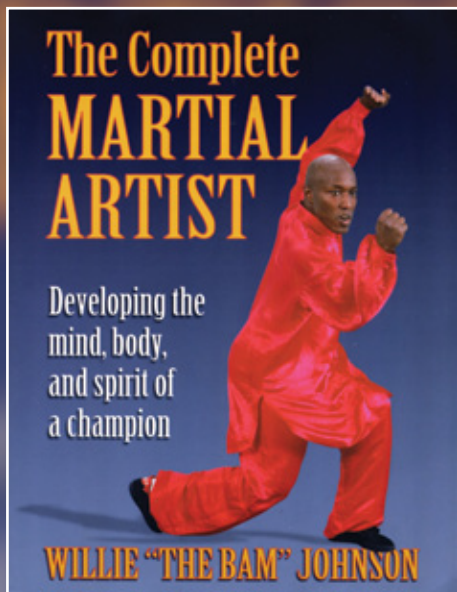


THE ESSENCE OF A COMPLETE LIFESTYLE

PUT THE POWER OF

"THE BAM"

IN YOUR HANDS



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.

Inside this inspiring book, Johnson presents his unified, holistic approach to personal excellence – known as Wushudo Universal Martial Arts – which focuses on furthering the physical, mental and spiritual development of anyone in any martial arts form. Also included are the insights, drills and strategies for practice and competition that Johnson has become famous for using and teaching to others.

So no matter what your martial arts style, this book will show you how you too can develop all the essential components needed to become **The Complete Martial Artist**.

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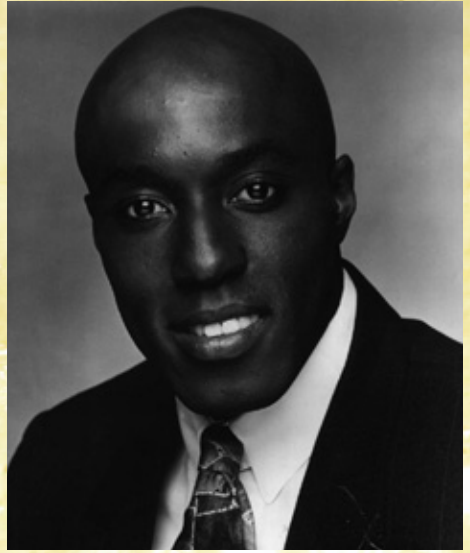
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LETTER FROM THE EDITOR



I've written many articles, scripts, books etc in my time, I have overseen many projects but none as dear to my heart as this Fu Yah Magazine. Everywhere I go, people always recognize me for doing for our youth. I really hold that as one of my greatest compliments from others, because not too long ago I was one of those young people that so many counted out. My reason for venturing on this journey with Fu Yah Magazine, was so I could allow the voices of youth and their positive role models and mentors be heard in hopes to continue to direct as many young people in the right direction as possible.

I see the raw talent, genuine hearts, and pure soul in the eyes of so many young people that others call problems to society. The problem is that we as adults begin to judge, condemn and give way too early. Who are we to judge? Didn't we cause mischief when we were young? Didn't our elders say we were trouble; however they were right there to guide us and show us a way out. We point the finger but don't show them a way out; then begin to blame them as its all their fault.

One reason I honestly can say I went down the wrong path was because others called me "THE PROBLEM," so why not live it out. If some could see the beauty that was inside of me then why not everyone, I could not wrap my mind around it... therefore I became lost.

I did however find my own sense of peace among the great people I admired like Master Dennis Brown, Tayari Casel, Joe Lewis, Bill Wallace, Nasty Anderson, Linda Dentley and many other great people who not only talked the talk but walked the walk and even more importantly, treasured me and I that I was.

The next time you are faced with a troubled young person, do all you can for them and to guide them before you condemn them!

C.E.O Editor-in-Chief
"THE BAM"

A full-page background image of Marco Johnson performing a backflip. He is wearing white shorts and a black headband, with his arms and legs in mid-air. The background shows a brick building and a street with a white car.

MARCO "DA ANSWER" JOHNSON ANY QUESTIONS?

One day, Marco Johnson caught himself asking, "Why are you the answer?"

He couldn't answer the question, but he knew his dad changed his life in order for him to be able to be saved from the deadly streets of Baltimore, MD. His father "THE BAM" changed his life and in doing so realized that he had to go back and save his son. This allowed Marco to become a NASKA 5-time World Champion and the MVP recipient as well as one of today's complete martial arts athletes. A professional in all ranges of fighting, weapons, empty hand kata, self-defense, acrobatics, teaching and so much more.

Many people either love him or hate him but he doesn't care, because when his father showed him a new life and he's has been hungry for success ever since. Being hungry, poor, abandoned by his mother and counted out by many has motivated him to just work harder on preparing for a big break. He has been taught by his dad how to turn his pass struggles into stepping stones to greatness, often referred to as one of the world's greatest martial arts athletes, who is destined for the big screen.

Love him or hate him, he doesn't care because, "We all make mistakes and I never claimed to be perfect but I do claim to continue to strive for perfection," says Marco. He has not always followed his father's way or words and has tried to branch out on his own, doing his own thing. He found himself trusting the wrong people who said they had his best interest at heart, but all they really did was divide him from his family.

Through all his journey's, he has learned that he kept falling back into the graces of his martial arts, his family and their martial arts school. Marco stated he owed it to GOD, his kids, and his family to achieve things bigger and better than ever before; this time he strives to listen to the words of wise people and guard against those selling the "\$5 DREAM!"

By conquering his own inner demons, he will provide the greatest display of being a complete martial artist that solidifies him as "THE ANSWER"... As explained by Marco; I don't have an ego, I have a hungry desire to survive and thrive – maybe I misunderstood! All I know is I will be the greatest martial arts entertainer! Ya Boy DaAnswer- I'm Out!

INMATE I.D.

SEE ALL, KNOW ALL

RUSSELL DAVIS



I entitled this article "See All, Know All" because it is important in life to know and understand everything around you. Now I don't believe this only be a prison or a jailhouse philosophy. You see understanding everything around us will let us know ourselves better in return. We know where we stand in society (any society), we can learn warning signs of trouble and how to outthink the situation. We can see opportunity coming and take advantage before anyone else, the best way we see how. Now I learned this from being a stick up boy; first you have to watch your target find weak areas and attack when you see your best fit opportunity. Even then after the robbery, you have to be on point because when you rob, someone else is always trying to get at you.

When I got locked up, the old heads told me to stay on point and observe everything. In here you have to "See All, Know All" because it's your health and life at risk and someone

might try and get at you for whatever reason. Sometimes it's just good to know who to avoid, let's say there's a person out at yard beefin' with 20 people and something is about to jump off. If you go talking to that person or even just walk by and shake his hand now you're caught up in a beef you knew nothing about. Just as we avoid these situations in jail, we can avoid these situations on the street. Sometimes we don't even realize when opportunity is beefin' with us and what I mean by that is sometimes opportunity is coming at us but then we shake the wrong hand and we're at odds with opportunity. If we just paid attention, sometimes it just pays to sit back quietly and listen and pay attention. If we as people could learn to do that for all the wrong reasons then I know we can do it for all the right reasons.



Introducing Diva Conceptz:

Women's Fitness,
Rape Prevention and Recovery



When Martial Arts World Champion, actor, author, stuntman, urban street combat expert and founder of The Stronger Than Drugs Foundation, Willie "The Bam" Johnson's wife, Kimber chose to put her life's experiences into programs that would give women a life-changing fighting edge, she truly put herself into it.

The startling fact is that there were **over 248,300 reported victims** of rape, attempted rape or sexual assault in the US alone in 2007 and (according to the Department of Justice) this number does not include victims 12 years or under. Martial Artist Kimber Johnson, herself a former victim of rape, despite her previous martial arts training, wants to see that number drastically go down.

A former victim of rape while in college, Kimber's own personal tragic experience provides the foundation and motivation for what she teaches as practical, natural and effective self-defense for women. And she doesn't stop there, Kimber takes a holistic approach and puts those same life's experience into helping others develop a greater sense of preparedness to both avoid and recover from assault and to strengthen themselves both physically and mentally.

This is no act, combining hind-sight and personal experience, Kimber's voice resonates with emotion, compassion and sincerity and often trembles as she recounts her powerful story (of the actual assault) in her seminars and on her no-holds-barred Women's Street Combat video and reveals techniques women should use to avoid and survive attack if ever cornered by one attacker or even several in similar situation. In a single hour, she teaches both what will and won't work in a series or realistic techniques

and scenarios formulated to overcome this type of frightening encounter.

From using the contents of their purse and even the purse itself as an improvised weapon, Ms. Johnson also addresses coping with verbal assault, which usually escalates to physical attack and how to maintain control in potentially aggressive situations. Diva Combat training teaches participants how to "go to the ground" (often a predator's coveted best position of power) on their own terms rather than become petrified with fright if pushed or dragged by an attacker.

Along with realistic self defense taught through her College Safe and Women's Street Combat seminars, Kimber also teaches Diva Fit, an easy to learn and implement fitness system that gives women an edge. "You can fight effectively and you certainly can't run away if you're not in the best shape possible," says Kimber, "Just dedicating a few minutes a day to some simple and specific exercises can help you look and feel better and even save your life. It's about developing an attitude of self improvement and I love to see so many women of all ages and shapes and sizes coming together to participate, have fun enjoy music and do something life changing."

With it's special rape prevention training, mentoring and recovery program for counselors, colleges and community centers, Kimber Johnson's Diva Conceptz has already impacted and empowered hundreds of women of all ages who are determined to never look back or fall prey to a victim mentality again.

**Kimber Johnson
with Laila Ali**



MUCH RESPECT DUE:

THE BOW

In the martial arts the bow is one of the most important techniques you will ever learn. The bow represents your style and system. The bow represents the integrity of your instructor, the lineage of your school and most importantly respect.

Since there are many different styles of martial arts and many interpretations of how the bow should be done for each particular style; the one thing that no one can argue is the meaning of respect that comes with it.

What comes to mind when you bow? Humility, respect, appreciation and mindfulness just to name a few things and how amazing that one simple technique is so excepted and appreciated (regardless of its motion) in any style or system. Even the toughest of men/women respect the bow!

Just think when in the ring, it represents the greatest sign of respect one opponent can show to one another win or lose, it is also the greatest form of communication between one martial artist to the next regardless of rank. Unfortunately in the sport today or even in the dojo it is done with no meaning or emotional content. It saddens me as a martial artist



when I see this as a sign of no humanity, no respect, no appreciation and no mind fullness.

Bruce Lee once said, "Those who are unaware that they are walking in darkness will never see the light", and today this is the state of the martial arts." This article can bring us all into the light by simply becoming sincerely committed to bowing each time you enter and leave the dojo, and the mat, greeting your opponent, seniors and teachers. This problem starts at the top with the senior and can be changed simply by having the seniors in your school or organization begin to demonstrate and expect that everyone "respects the bow".

So let's reconnect to the martial arts habit of peace, humility, respect, appreciation, patience, love, mindfulness, wisdom and happiness by simply "respecting the bow!"



GET OFF ME! YOU'RE NOT MY PARENT!

Studies show that our youth (children, teens, and young adults) have trouble retaining information from a book but if you put it in a song they are more likely to pick it up. It is the rhythmic flow that catches their attention even as a newborn.

This is the way I teach children self-defense; especially when they are not big enough to physically defend themselves against a predator. I find that if the child learns things easily and they are repeated to them they will become a habit and natural reaction for them. Thus is the reason I believe self-defense for kids should be as practical as possible.

For example: I teach the kids to yell get off me you're not my parent. Studies show that when people yell for help only a few people will look their way or even respond. When a child yells get off me you're not my parent; people now hear a child in danger and can distinguish between the sound of a person or a child crying out for help.

I also use this method of teaching children for fitness when we are teaching them to fight

obesity; whether it's about them eating right or pushing themselves harder. The children learn healthier food habits and think healthy food cool, in this manner, much faster. Children apply this at home, which has parents raving about it because there is no longer a struggle at the dinner table.

The newest thing that we have implemented in this manner is MMA age appropriate drills which prepares the children for an attack against a bully. For example in MMA class the children learn about ground defense and most times the bully gets excited when he gets his target on the ground and is sitting on top of them putting them in fear. Children now gain a sense of knowledge in knowing first hand the feeling of being under someone on the ground; again this is all done in a rhythmic song manner that makes Bully Defense not scary but fun.

Bottom line – if you want a child to pick up a skill or trait put it in a song and don't be afraid to get silly with your made up songs in your kids classes. After all, remember, you were 5.



INTERVIEW WITH MELVIN WILLIAMS FROM HBO'S THE WIRE

WILLIE "THE BAM" JOHNSON SITS DOWN
ONE-ON-ONE WITH THE AMERICAN GANGSTER
HIMSELF... MELVIN WILLIAMS!

The Bam: First let me say what an honor to be sitting here with you today. The man the police called upon to stop the riots when Martin Luther King was killed. Oh boy what an honor to share your knowledge. I want to get right into it if you don't mind... What can we do for the kids? As we're seeing them get caught up (Blacks and Hispanics) in the glamour of the violence we end up paying bigger prices than every other race. I am not trying to make a racial statement but in reality I guess that is what it is. What can we do for the youth to not let them get caught up in those sorts of things?

Melvin Williams: You cannot make the mind of another person. At the same time that you teach this individual you can only teach him the discipline, the respect and all that goes with this sacred art that he/she is being blessed to learn. Usually that kind of respect transfers listening with respect to his/her elders and not going out and being an advantage taker. You will teach him as Arnold Mitchell will and as I had that when you strike at someone when you use anything above 7 lbs of pressure you're going to break something. If you hit him at his nose bone you're going to drive it into his brain. When you reach into his eye socket and lock your thumbs and pull his eye out. You never are going to have problems with him again he is going to be somebody in the community who realizes his power and his availability to defend himself. He is not going to go out and be one. Every now and then he will go out and get a rogue that goes and shows off. But most of the things that you learn as a martial artist, you will learn that when you get within certain perimeters of a guy's being, and there's no defense for it. Nobody on the

planet can stop when bending over when you hit him in his groin. Once he falls over you reach and stick both fingers in his eye socket it doesn't matter if he is a giant or not he is going to subdue you. So nobody wants to be that kind of aggressive person. In self defense it's a whole other story.

The Bam: How does that bring us back to peace, love and respect? We are trying to find Harmony among our youth to communicate from within us about finding that self respect, that self love and that self-worth and when we have that we can do remarkable things. What can we do to bring that back?

Melvin Williams: Continue to teach the young people by one significant thing. This generation is smarter than we ever were and bigger than we ever were. And they are more conscious and they've got better hind sight than we ever had. When you give some young person advice you usually had to have credibility for him to hear that. Then the most significant thing is, you have to BE the message that you send. They watch you, and through their actions, they show whether they received it or not. If you continue to allow a child to be in the presence of a roach, he is going to crawl. If you allow him to be in the presence of people that have discipline he doesn't have a choice. When he stands out, when he tries to defy that, the general mode of people is that they are going to isolate him and make him be a rogue. All we can do is what we are doing now. Promote and continue to do as much as we can of the right thing. You will reach some and you're going to miss some but you don't give up!

L.L. COOL J

THE SINGLE "MAMA SAID KNOCK YOU OUT"

FROM THE ALBUM "MAMA SAID KNOCK YOU OUT"

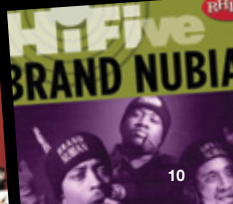


Musical Motivation

The ultimate emotional workout is the one that involves custom-made sounds mixed together, over lapping your favorite tracks with words of encouragement. We all know the profound effect music has on human performance alone. Music can take you to another planet. We listen to music with everything in mind from your everyday life at home, to working out, to hanging out. Regardless of the genre whether its Country, Blues, Jazz, Rap, R&B; the music taps into the soul of any person from any walk of life. This is the beauty of MUSIC, so magical and so emotional.

Having a powerful mix of music can seriously take you to a higher level. On the day that

[Continued Next Page]



[Continued]

you don't feel like working out, when the daily hum drum of life has your back against the wall; put on some music and hit the treadmill, punch the heavy bag, or even just dance it out; you will never regret it. The human mind responds to musical stimulus, and this just sets the stage for regular habit forming devotion to your goals, plans and visions.

Let's say you develop a 5 or 10 year plan and you record it over some music then workout to it daily; not only will the music stimulate and motivate you, so will your own voice. Hearing your goals, dreams and visions out loud is simply magical. It will also prepare you for the daily battle of life and reinforce that you are getting closer and closer to your goals.

Never underestimate or judge what is on the guy you see going crazy in the gym – because his mix is magical.

Playlists that blend with your goals and dreams, go ahead try them – I Dare You!!!

- 1) Momma Said Knock You Out (LL Cool J)
- 2) We Will Rock You (Queen)
- 3) Jesus Walks (Kanye West)
- 4) I'm Not Afraid (Eminem)
- 5) Lord Give Me A Sign (DMX)
- 6) I'm A Hustler (Mr. Legion)
- 7) Rated R (Redman)
- 8) Punks Jump Up (Brand Nubian)
- 9) 100 Mills And Runaway (N.W.A)



INTERVIEW WITH **RUSSELL SIMMONS**

**ENTREPRENEUR AND
FORMER CEO OF DEF JAM**

Russell Simmons: I need discipline, physical discipline that has to do with spirituality. It is very important for our people in the hood, especially, but not only in the hood but for all our people for our communities. They seem like they are eating the wrong food, and they are drinking bad poisons which is really problem.

The Bam: The beauty in what you're doing and when you think of the martial arts mind, body and spirit. I think it is a great marriage to empower our people.

CHOPZOCKY OLD SCHOOL KUNG FU

INTERVIEW WITH MICHEAL JAI WHITE

ACTOR, MARTIAL ARTIST AND STAR/CO-CREATOR OF BLACK DYNAMITE
ON CARTOON NETWORK'S ADULT SWIM.

The Bam: Coming up in the 70's and coming from a Kung Fu movie, walking through New York and feeling the vibe of the streets, I know you made the Nunchuckus and all that stuff. What was that culture like? Even being a part of a dojo because people think there were no dojo's in the inner cities. There were no good instructors in the inner cities. What was that culture like for you?

Michael Jai White: One thing that I explained to a lot of people is that the martial arts came by way of the inner city. It came from the Orient, came to this country by way of the G.I.'s. from soldiers who were in Korea, Okinawa, Japan, who learned the art and brought it back here. Then they taught it not in the suburbs but in the ghettos. You couldn't teach true martial arts anywhere else. It wasn't a business back in the day, like it is now. And we grew up seeing ghetto martial arts warriors. You couldn't have a business in the suburbs and teach martial arts the way it was taught back then. You had to go to the projects and every great instructor was the pioneers, like the Peter Urban's of that day and that's why he taught people who were straight-up ghetto. It appealed to the real fighter. The real Donald Tribe was developed for Donald Tribe's people who had to fight against oppression. That wasn't taught to rich folks.

The Bam: After sparring class you had to get a bruise, a busted lip or a fractured rib or you didn't learn anything. That injury helped you come back. You might not get hurt there again but you might get hurt somewhere else. The thing it was building, was character. It

made us be stronger men that we are today. Do you agree?

Michael Jai White: Absolutely. We understand the business of it and the evolution of it. You had to train your knuckles, or when you were hit by people with trained knuckles and in order to achieve a black belt you had to have some serious intense fortitude. It wasn't a cakewalk, you had some teeth knocked out and that was just part of the course. At the time you did not have anything to compare it to. I remember that wearing pads was so foreign. We would be like, what is that? I conditioned my knuckles for a reason. So when you have people taping up or covering up in pads that whole element changed. It was like fighting a war with B-B guns. The fight and the whole spirit changed then almost anybody could get a black belt. You didn't have to run into that that wall of "Why am I doing this" or have to overcome or walk through that fire and forge yourself beyond what we really knew. But that was such a gift to us.



From left to right: Tokey Hill, Bill Wallace, Montez Dennis, Michael Jai White, Willie "The Bam" Johnson



NEW STYLE

THE BAM SPEAKS WITH FUBU FOUNDER AND AUTHOR DAYMOND JOHN

The Bam: If we had a kid struggling right now, not feeling a huge sense of hope or opportunity to go forward, what would you say to them, knowing so many kids look up to you and want to be like you?

Daymond John: First I would tell a kid to do what he loves. Now I always say that... but what do you really love- think about it? Before I walked in and saw that Carl and I was making clothes, I didn't realize I would make clothes. If you like video games you know there are programmers who make that and get paid millions of dollars. If you like sports and you're an athlete but can't play it, every single athlete has at least 10-15 people with him in the background, not his entourage but who work for the NBA, ESPN magazine, trainers but work everything else that basically is the reason why he or she exists. So don't always look at those 1 or 2 people and don't think you can't do it. If you like driving cars you could be a technical engineer. So you have to understand that anything you love to do, somebody else is doing it or will do it.

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OF FAMER AND MARTIAL ARTS RENAISSANCE MAN

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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