

THE FUSION OF MARTIAL ARTS AND HIP HOP

FU-YAHTM

m a g a z i n e

**PREMIER
ISSUE**

**STRONGER
THAN DRUGS**

A STORY ABOUT ANYONE, NOBODY
& EVERYBODY

**STYLZ &
TRENDZ**

BLENDS THE TRENDS OF TIME

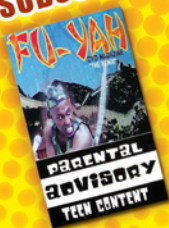
**DIVAS IN
CHARGE**

THE WOMEN OF MARTIAL ARTS

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THE GANGSTER RAP KING

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SUMMER ISSUE

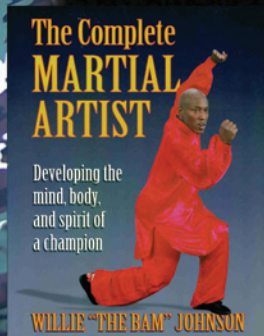
FROM UNDERGROUND TO MAINSTREAM - IT'S EVERYTHING!

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Willie "The Bam" Johnson - Black Belt - shares the secrets to his success in his new book *The Complete Martial Artist*.

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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THE GANGSTER RAP KIN G

Ice T, the old school hard core gangster rap man. But did you know that he is a Martial Artist as well? Martial Arts is really important to him, he learned the way of the Samurai. Which lead to him learning how to

develop Martial Arts skills from a mental and physical standpoint. Martial Arts has led Ice T to learn how to protect himself when he became deep into the Martial Arts. You will probably not be in a fight because your brain becomes so mellow and you know what you can and can't do and how to restrain yourself - this is called Discipline. The Martial Arts also helps people gain a lot of confidence, a lot of cats are dealing with this negative; is trying to prove to themselves that they are strong. Back in the day Ice T would say "Fighting starts when you run out of pimpin". "Me or anybody should be able to negotiate and come up with an understanding and some way around this", Ice T has said about being in a fight. The Martial Arts has not only been a big impact in his studies but as well as in his son's life. His son, Lil Ice, was a Black belt in Tae Kwon Do when he was 10 years old, "It mellowed his whole life out, he is very confident about himself and isn't worried about anyone", Ice T said about the Martial Arts effect on his son.

"I advise all children to get a chance to be involved in the martial arts", Ice T mentioned about the kids.

"I am a true believer in the arts, spiritually, mentally, and physically. Because nothing but good comes out of it", ICE T.

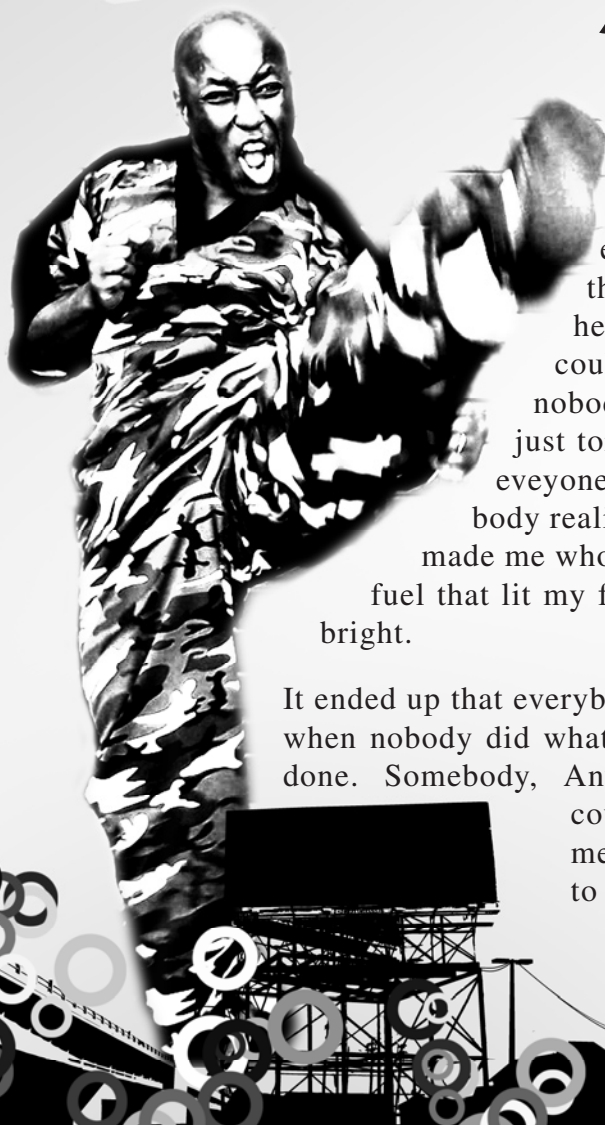
LET'S BE

STRONGER THAN DRUGS

This is a story about everybody, somebody, anybody and nobody.

There was a time when everybody was sure that somebody would help me. And anybody could have stepped up, but nobody did so somebody just tore me down. And then everyone just joined in. Nobody realized that their beatings made me who I am today, it was the fuel that lit my fire and made me burn bright.

It ended up that everybody blamed somebody when nobody did what anybody could have done. Somebody, Anybody or Everybody could have just treated me like they all wanted to be treated.



GENERATION NEXT

BRIDGING THE GAP BETWEEN MARTIAL ARTS INSTRUCTOR AND STUDENT

A couple of weeks ago I decided to do a little research on the martial arts instruction in my city. What I come to find is that there is a gap. This gap is between the martial arts instructor and the teens and preteens of today. If there is nothing in the class for the student to relate to, they move on. They might attend one or two classes, but then if the teen's attention cannot be kept they go off to find other things to do, or in other words, to get into. So where does that leave the martial arts class? It just turns into a martial Day-Care, as I call it, where you have either kids so young they are just happy to play with another child, or you got kids who are forced to go to martial arts class so mom or dad can have a break.

I stay in Dayton, Ohio. I have had love for and trained in the martial arts since I can remember. I plan on bringing the "Martial Mix Program" to the city of Dayton because this program is greatly needed. With this program I would be able to show a whole new level of Martial Artist to the greater

Dayton community, and give them more hope in their youth and young adults. My knowledge of the martial arts and hip-hop goes well beyond the United States of America. With "Martial Mix" we will have kids, teens, and young adults of all backgrounds coming together to perform and learn this new format of martial art. No longer will students look like they are sleepwalking or unhappy. In the training hall, or Dojo, Martial Arts was meant to grow and evolve. With the program I will let every student bring in their own flavor to the arts and let them express themselves to the fullest whether it is with martial arts, hip-hop, or a combination of both. We will be bringing it from the Temple to the Street. We shall do this by the exposing teens and preteens to the positive aspects and blueprints that have been laid out for them to get the tools and resources to succeed in today's competitive world. This is how I should bridge the gap, old school shaolin mind set and values, but evolved for today's world. This is what the martial mix movement is bringing to the youth of today.

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DIVAS IN CHARGE

Many women will or have been sexually assaulted or abused unexpectedly. This is a result common to most women. According to Federal Bureau of Investigation statistics a women is raped every six minutes and about every four women will be exposed to some type of sexual intercourse. Rape is a form of death love to those who experience it, it tears your inner most core and makes the victim feel worthless.

After years of Martial Arts training, Kimber Johnson found herself being attacked at the age of 23 and trying to fight her attacker back but with no great outcome. Johnson grew up in the inner city, she always faced adversity but this time was different. She could not control the situation. She was beaten and raped severely. She hid the fact for years until she met the creator of Women's Street Combat gave her the push she needed to get her confidence back that she had lost being a victim of such an attack. Women's Street Combat has prepared her with

the defense and the physical fitness and has taught her that she should share her experience with the world; to help another one who has been faced with a similiar or same experience.

Being raped makes a big change in a person's life. It changes the way you feel. You feel hopelessness, shame, fear, anger, depression, and self confusion. But Kimber Johnson has now moved a step above that emotion and is now teaching very hard core classes for women to prevent them from being raped, abused, assaulted, etc by someone they know or in the street. Kimber Johnson is now a loving mom and wife who helps her husband Willie "The Bam" Johnson run a Martial Arts school. She is now telling her story to other women through her program, "Women's Street Combat".

For more info on realistic street combat DVD's and women's rape prevention DVD's contact Paladin Press <http://www.paladin-press.com>



FLIPPIN THE SCRIPT

FLIPPIN THE SCRIPT / ENTREPRENEURSHIP

As I reflect on my life, I could say I was born into failure and continued to fail as I got older in both my personal and professional life. However, I also witnessed that my parents were making the best of what they had while turning their mistakes into stepping-stones. This had an impact on my life tremendously, so much that when I hear a great success story of a leading business person, I learn to respect them more and get motivation from how they overcame their mistakes. You see we need failure and we will fail continuously throughout life and until we learn to accept failures and to be prepared for them, we will forever be stuck.

Many of you might feel as though I am talking negative and you may want to stop reading. My point however, is those that choose to read on will learn how to achieve incredible things in spite of

the tremendous difficulties life brings our way. Believe me that they will always come with all the successes I have felt and believe me, we're about to receive. I spent much time preparing my staff for the hard times. I mean from the tournament politics, parental issues on site, physical encounters, employee personal problems, and recently, a severe dog bite to my daughter and the loss of one of my peaceful companions, only to mention a few. I am still truly grateful as there have been many blessings but I still stay prepared for the mistakes that will occur. After 90 days of consistent growth I know we will be here to stay. You see learning how to survive in the rough and tough world is not taught in schools or in seminars but it should be. Honestly people need to be taught to look within to see the strength, to see beyond the failure and keep achieving because it impacts every aspect of our lives. If we are not making mistakes then that means we are not taking enough risk. There is no achievement without failure.

"A HEART PUMPING, MUSCLE
CHALLENGING,
CALORIE BURNING
WORKOUT"

FIT FACTOR

FIGHTING OBESITY

If it is not fun it won't be done, if it's not rhythmic it will not become a habit, if it's not entertaining it won't make changes.

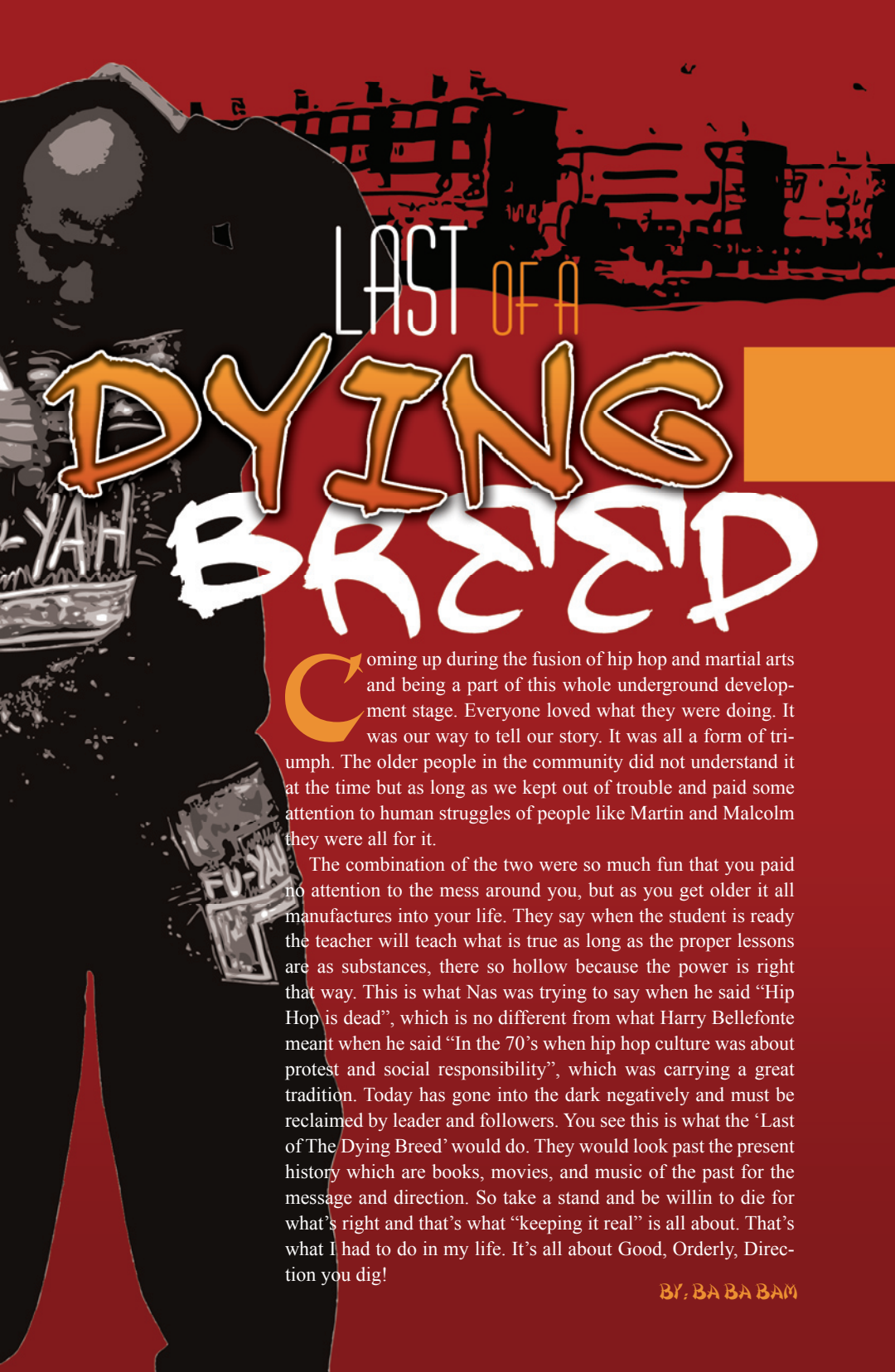
The childhood obesity rate in the U.S is alarming. But not only kids but adults also have an obesity problem. Examinations shows 16 percent of kids are over weight. The number of overweight kids has tripled over the decade. Overweight adolescents have a 70 percent chance of being overweight or obese as an adult. The reason for the obesity problem for kids is inactivity. Kids don't get much exercise because some elementary schools are eliminating physical education and some middle schools don't do much activities but want you to change into your gym clothes. Unhealthy eating patterns, and spend too much time on sedentary activities like computer games, videos, and TV. For adults it's lack of exercise in their daily lives.

Change is reflected in the quality of life of an overweight child. The overweight child, in particular, will not do well in activities that involve running and jumping. Encouraging overweight children to become more physically active can be difficult. Most people are born wanting to avoid embarrassment. Some kids would fail P.E rather than dealing with embarrassment of their weight or inability to do the sports. Solutions lie within fitness professionals and facilities. Active lifestyle among children is begins with offering school fitness programs at your faculty. The most important things to remember is that by offering programs for children, you are installing a love of fitness that can last a lifetime, like back in the day.

TURN OFF THE TV. KIDS AREN'T USING ENERGY. PUT AWAY THE GAME CONSOLE. WHY LET THEM PLAY VIRTUAL SPORTS FOR HOURS WHEN THEY CAN GO OUTSIDE AND PLAY REAL SPORTS. FEED THEM PROPERLY. TEACH THEM NOT TO ALWAYS EAT WHAT THEY WANT, LEAD THEM BY EXAMPLE. SHOW THEM THAT THEY SHOULD BE HEALTHY BY BEING HEALTHY TOO!!! WHEN ARE THE FITNESS INDUSTRIES GOING TO EMPHASIZE THIS PROBLEM?

ARE THE HOLLYWOOD STARS THE REAL ROLE MODELS???

All children are influenced by the Hollywood stars, but many Hollywood stars are too skinny or unhealthy. Are their role models affecting children's diets? Many children at a young age are becoming concerned with their weight and shape. This causes them to go on a strict diet, have eating disorders and different poor behaviors. At the same time the obesity rate is going up. Children get these ideas from what others do on TV, in magazines, books, etc. They feel if the stars are doing it then it's right. But going this far can lead to weaker relationships with friends and family, and unhealthy results; anorexia, bulimia, and binge eating. So as a parent ask yourself this, are your children eating much, is your child losing weight, did they ever mention that he/she was too fat, do they talk about calories and fat in food, does your family have a past history of people with eating disorders, and has your child started vomiting regularly? If you ask yourself these questions they will be the answer to if your child is too concerned with their weight. Teenagers have a reputation for having bad eating habits, from eating too much to eating nothing at all. That is why you should be focused on what your loved one eats and support them so they can grow up and stay healthy!



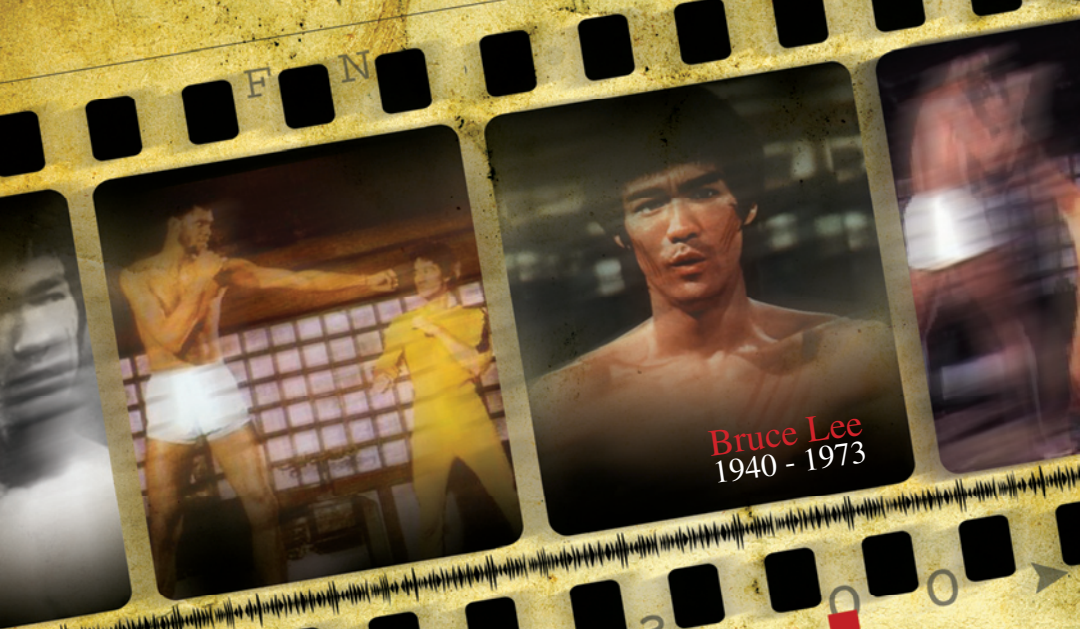
LAST OF A

DYING BREED

Coming up during the fusion of hip hop and martial arts and being a part of this whole underground development stage. Everyone loved what they were doing. It was our way to tell our story. It was all a form of triumph. The older people in the community did not understand it at the time but as long as we kept out of trouble and paid some attention to human struggles of people like Martin and Malcolm they were all for it.

The combination of the two were so much fun that you paid no attention to the mess around you, but as you get older it all manufactures into your life. They say when the student is ready the teacher will teach what is true as long as the proper lessons are as substances, there so hollow because the power is right that way. This is what Nas was trying to say when he said "Hip Hop is dead", which is no different from what Harry Bellefonte meant when he said "In the 70's when hip hop culture was about protest and social responsibility", which was carrying a great tradition. Today has gone into the dark negatively and must be reclaimed by leader and followers. You see this is what the 'Last of The Dying Breed' would do. They would look past the present history which are books, movies, and music of the past for the message and direction. So take a stand and be willin to die for what's right and that's what "keeping it real" is all about. That's what I had to do in my life. It's all about Good, Orderly, Direction you dig!

BY: B A B A B A M



Bruce Lee
1940 - 1973

Old School THEATER

Bruce Lee's movie "The Game of Death" was going to be a masterpiece, an artistic display of what is known today as Mixed Martial Arts. It was Bruce Lee's goal to show the principles and attributes of flexibility and fluidity. Lee's character in the film was not certified in a particular style or school, he was an individual that had transcended all styles, using no way as the way and having no limitations. He is able to express himself without any restrictions. This was the reason behind the Hip-Hop success in the early years and in the Martial Mix.

If Bruce Lee was alive today he would really relate to hip-hop because in the martial arts he was considered a rebel and real hip-hop is considered rebel music. Our tribute to Bruce Lee was through Willie "The Bam" Johnson's Martial Arts School's movie "The Deadly Game Of Death". (order you copy now). Bruce Lee has contributed to many things in the hip-hop and martial arts world. He is an ongoing hero to all. Old School theater is all about how much a martial arts movie has affected someone's life through the concept of the movie or through the characters in the movie. It's old school ya'll!!!

THE AFTER PARTY

Many people today believe that racism, alcohol, and drugs do not circulate around in our children's schools today. This is far from the truth. Especially in High Schools, teens are put into an environment that revolves around peer pressure and making either the right or wrong decisions. If you ever go to a school today you might see many of the children of the same races sitting together and it looks like nothing is wrong. Though it is not the same case for many others.

You may see big divisions of the White, African-American, Latino, Asian and other races grouped together. Their biggest influence on how they act and how they choose their friends and what groups they would be attracted to is based upon their environment. Along with racism, drugs and alcohol are also a major problem. Kids and teens always want to have people they can trust and friends that will back them up no matter the situation, but some adolescents have trouble finding those friends. When you are singled out because you have a different skin color or different beliefs, you will find ways to fit in, be it smoking, drinking, or illegal drugs that other kids think are cool, but you just do it so they don't shun you. If you are a teen or child reading this that thinks that you can't make a difference in the world, well you are wrong; everyone has their one special talent and things they are good at. Do not fall victim to drinking and drugs because you want to be cool. It looks even worse to the real friends that you could have if they see you doing these things. If you are stronger than the influence then you will find a way to beat the system, and find your own path in life that doesn't lead you to bad decisions, but the ones that will bring you respect for yourself and a way out of your troubles.

POLITRICKS

You know as a poor artists all you want to do is express yourself with whatever vehicle you are gifted with. To tell a story that empowers change. When you finally get a following and finally empowerment becomes possible and fame is at your doorstep, you are suddenly confronted with politricks. This is about 90% of the game, you may sometimes have to play the part to get the result you want for yourself or your product. So you either stay out of the game all together or learn to play the game without losing your soul. **So step your game up, be a player or get played.**

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Inmate I.D.# 63719

ello, my name is inmate ID #63719 and I am an innocent man from the suburbs and a black belt martial artist, because I associated with the wrong people and bad past choices, I am now in jail with a bail of half a million dollars.

From this I have lost everything near and dear to my heart, my house, contact with my family, and most importantly my god given freedom; all to do with back stabbing homies our there that will ruin your life or kill you when you try and leave the game and lead a good honest life.

Inmate ID# 63719 is one of Willie "The BAM" Johnson's best students and like an adopted son to him and as long as the creator allows this section of the magazine will be known as Inmate ID# 63719, dedicated to his journey in hopes to prevent, change and save other young men's lives.

Willie "The BAM" Johnson's story of struggle is no secret to millions all over the world; he now uses his struggle to help others and this sections will allow Inmate ID #63719 to turn his life around, become a STRONG young man and help others and empower them to take a minute to think about their choices before they too suffer devastating consequences. Willie "The BAM" Johnson knows what this journey is like first hand ; the only thing worse then jail is death and hopefully by allowing others to contact Inmate #63719 this will give life back to not only Inmate #63719 but to another child of GOD.

Remember when others have beat you down over and over again to your knees, then you are in the perfect position....to PRAY!

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