

THE FUSION OF MARTIAL ARTS AND HIP HOP

FU-YAH™

m a g a z i n e

WITH WILLIE "THE BAM" JOHNSON



STRONGER
THAN DRUGS

PARENTAL
ADVISORY

FIT FACTOR

Generation Next with

TERRANCE

from BET's 106 n' Park

DIVAS *IN* **CHARGE**



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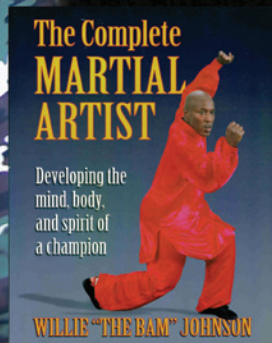
FROM UNDERGROUND TO MAINSTREAM - IT'S EVERYTHING!

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Willie "The Bam" Johnson - Black Belt - shares the secrets to his success in his new book *The Complete Martial Artist*. He was also Black Belt magazine's 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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Title of Contents

LETTER FROM THE EDITOR

An Emotional Sense of Acceptance, Freedom and Equality for all.

Not since the civil rights movement in 1950 has the power of change been so prominent by Americans on all levels. Since November 4th, 2008 the great days of change continue to come to light and show human beings of all races, ages and sexes that we are capable of anything. The tears, joy, pride, vision and the manifestation of years of struggle, years of oppression, racism, sexism; all will one day be a distant memory that future generations will only know by reading history books.



This People's Champ – President Obama; touched America's youth in one of the most impacting ways ever. He talks to our youth and not at them, by using the internet, Facebook, Myspace and street terms; these future generations of leaders look at him with the attitude that now they can become anything without any limitations.



Just like President Obama, we at FuYah Magazine hope to inspire our youth and all future generations to be all that they want to be and squash any limitations that they may once have had. Let those limitations be gone and let them stand and know that they will be in a position of power one day by living a good upstanding honest life, just like our 44th President Mr. Obama.

C.E.O Editor-in-chief

“The BAM”





STRONGER THAN DRUGS



REMEMBER THE SAYING- A **SAVIOR** IS JUST A **SINNER**
WHO FELL DOWN AND GOT UP

“Rampage” Quintin Jackson/ DMX...Two great influences, two strong men, two men of struggle and triumph! Of late, these two men have been in the spotlight of some pretty bad publicity, some true and some probably fabricated to make for one juicy story. What they don’t write about we will. Did they mention that they are human beings, that fell but could get back up? Did they mention- When you’re down, take action- take one step at a time- stay focused- Always reach for the sky and pray like you mean it!

We have the blessing and opportunity to speak with Mr. Rampage on a few occasions up close and personal for a one on one interview. Each time his message was consistent and embossed with powerful advice for our youth. A man of his stature is sure to get bombarded with interviews world wide, however each time he remembers the Fu-Yah Magazine street team of teenagers and their mission to uplift and save our youth.

The other gentleman mentioned here; Mr. DMX- one of the greatest rappers of all time with one of the most distinct voices in the game. Also victim of some bad publicity lately; however he too deserves recognition of not his flaws but of his gift and blessing to touch people through his lyrics. Even those who are not a fan of rap music should just listen to his song- I’m slippin, fallin- can’t get up. One of the most powerful group of lyrics set to music, it will move you and make you

soul search and take a personal inventory.

You may be asking: Why would I take time to praise two men who have done wrong and are supposed to be an example for our youth? Well the answer to that question is not complex. Take a moment, step back and think about our sins and how we have fallen. No ones is SIN FREE! We are just fortunate that our sins, faults, stumbles and falls are behind closed doors. These gentlemen are in the spotlight, in the eye of the world daily and unfortunately their sins, faults, stumbles and falls are exploited.

Many great men have fallen in their lifetime, yet today most of them are some of the most powerful and influential people of our time. Who are we to judge those who have fallen? Maybe if we took the time to remind them that it’s not having everything go right, it’s facing whatever goes wrong. Or if we said, it’s not being with out fear; it’s having determination to go on in spite of it. Then if we simply told them to love what you do, do the best you can and always remember how much you are loved.

To out two soilders Mr. “Rampage” Quintin Jackson and Mr. DMX, Keep fighting this war called Life and Never Give In!

We fall down.... A savior is a sinner who just got up!

GENERATION NEXT

BRIDGING THE GAP BETWEEN
TEENS AND ADULTS



FU FUT KIDZ WWW.THEBAMS.COM

As a martial arts kid, you should always think about safety when you are practicing, it is an important part of martial arts. You should also think about safety when you are walking to school, in school, or just “hanging out”. Remember, you don’t always have to fight. Sometimes when you are in trouble, the best thing to do is to shout, and run and tell someone about what happened. However, if you do have to fight to get away from a bad situation, try these:

1. Kick to the knee cap.
2. Poke into the eyes.
3. Strike to the groin.
4. Stomp on the foot.

www.themartialfusion.com

Marcos safety tips for kids

1. Don’t accept rides from anyone without your parent’s okay.
2. Know your telephone number and the telephone number of a close relative or friend.
3. Don’t take money, toys, candy, or other gifts from anyone unless your parents say it’s okay.
4. Say : These are not my parents” loudly when touched by someone in areas you don’t like. Then run and tell your parents.
5. Don’t talk to people you don’t know.
6. Don’t answer the door when you are home alone.
7. When you get lost in a store, find a clerk

A photograph of Terrance, a young man with a goatee, wearing a black baseball cap and a black t-shirt with a red graphic. He is holding a large, dark sword vertically in front of him. The background is a solid red color.

Terrance from BET's 106 n' Park

For all you teens who have a dream or a passion to be someone great we have a powerful message for you from a young man who went for his dreams and never stopped.

and ask for help. Do not walk out of the store.

8. Always tell your parents who you are playing with and where you will be playing.

9. Walk to and from school with friends and go straight to where you are going--no stopping long the way.

10. Don't keep secrets from your parents--even when it may be something you are afraid to tell them.

11. When you are home by yourself and answering the telephone, never say that you are home alone. Say "my mom can't come to the phone right now she'll be call you back." Write down their name and telephone number.

12. Don't go in areas where drug-selling may be taking place.

13. Don't hang with friends that use and sell drugs and/or own guns.

14. Don't pick up drugs, alcohol, or guns for any reason.

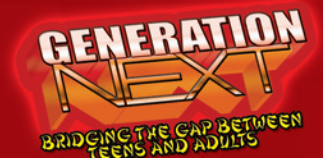
15. If you have any questions, always go to your parents--they are your very best friends and want to help you grow up making choices that are good for you.

On the hit music show, BET'S 106 n' Park, their new host Terrance had a dream to be on the show. His formula was different than the other people who auditioned with him--it was that he didn't take no for an answer. He auditioned about 3 or 4 times and didn't take no for an answer. As he stated, "A lot of people, once they get cut they give up and go back to their day job". For Mr. Terrance he never stopped and God blessed him to be in a real fortunate position.

Being on the show requires a lot of knowledge. He said that you need to research, to know what is going on, on Facebook, Myspace, Youtube, etc. so that when you're on the show you know what you're talking about. You have to have knowledge in all areas. "I try to absorb what I see on CNN, to source magazines", says Mr. Terrance.

You may be like Mr. Terrance, who was turned down so many times, but like he said--don't stop. For those still striving for your goals, here is a positive message from Mr. Terrance for you. "Don't stop, even if you get NO for an answer, don't sleep and work hard and keep going after it. That's really the formula--don't stop and work hard."

There you have it, from someone just like you. Just remember don't stop and keep pushing toward your goals.



DIVAS IN CHARGE

I gave birth to my first child at the age of 18. Struggling as a single parent raising a male child. I faced many obstacles. Even though I had the support of my family, I did not develop the proper parenting skills or obtain the necessary resources to raise my son and prepare him for the world ahead. The relationships I engaged in after he was born were less than positive and without the proper guidance I subjected myself and son to years of emotional, mental and eventually physical abuse.

Shortly after the demise of my husband, my son became a victim of the streets. As a result of his actions, he is serving a 35 year sentence to the Maryland Department of Corrections. Depressed and feeling like my world was falling apart. I decided to take a step back and re-examine my life. I wondered what I could have done differently in raising my son. Could I have been a better parent?

As I raise my younger son, there are many parental skills I perform differently as an older parent, than when I was an 18 year old rebellious teenager. I want to teach teen parents the correct choices to make in their lives and the lives of their children. With the proper guidance, education and support, my vision is to have M.E.L.L. provide teen par-

ents with the opportunity to become positive role models and provide a better future for their children.

I will be fully involved in the development of our teen parents not only through M.E.L.L. but through other activities in the community which includes; Mentor to a former teenage mother; Speaking to at risk youths at Dwight Eisenhower Middle School; Participation in an on line prison ministry sending Christmas cards to inmates; A member of the National Coalition Against Domestic Violence and a participant of their Women of Color Caucus; Walking for premature babies with the March of Dimes; and with the help of my family, adopted a family from the House of Ruth Domestic Violence Shelter for Christmas 2007.

I believe that I can make a difference in lives of teen parents, all I have to do is provide them with Mentorship, Encouragement, Lift up their self esteem while providing them with all of the Love my heart can give.

The work of this organization is dedicated to my son Mell.

Keeping our feet on the ground, and our hearts toward the sky.....

www.mentorteenparents.org





any artists run their labels to discover new talent. Record companies were handling out label deals from left to right. But many of them don't do well.

Major labels commonly award 2 types of deals. In a sale venture, the major acts as a partner who pays for expenses, often taking care of marketing, promotion and sales, while the artist takes care of creative responsibilities which includes signing and developing act with profits that split 50/50. Many record companies favor production deals but are less risky. The major owns the assets of the imprint, pays the expenses and gives the artist a royalty percentage. A while ago the music industry reported its biggest lost and now are under pressure to cut cost.

Rap's first artist-run label was Grand Royal that was founded by the Beastie Boys in 1993. Due to enormous debt and little assets they were forced to close in August of 2001. Vice president and general manager of Shady Records said that they would not get the label deal now because the economy is so different from when they first formed Shady Records.

Well-defined roles are critical to a labels growth. It is a great thing as long as the creative people stay creative as well as the artist having somebody they can trust to do their business. Puffy's Bad Boy Entertainment is the greatest success story to this. This label allows artist to explore their entrepreneurial potential and dream of one day owning a full-fledged empire. Which is why rapper Pharrell Williams stated, "It's not possible for hip-hop artist to eat their fruit from a tree that came from a seed that they once planted." This is a great thing.

FIT FACTOR

Home Training: for individual expression

As a youth, World Champion Willie “THE BAM” Johnson’s parents could not afford martial arts classes. To compensate for that, he found spaces and made equipment in his house. He wanted to learn the martial arts so badly, that he went to any lengths.

Now, 28 years later, he is the owner of The Bams Kung Fu Family Academy. He is often told by his students that they have no place to work out. “The Bam” knows from first hand experience that it is the training outside of the martial arts that truly brings about individual expression. Even if a student can not attend class regularly, they should find a way to work out at home, even in small spaces.

First of all, in order to be successful with a home training workout, you must have self-motivation.

Home training objectives:

The main objective here is to find individual expression. Because of individual differences, each person must set his or her own goals. To be able to bring about individual expression, you must have a strong foundation. The foundation comes from your background along with things that you comprehend right away. Remember how Bruce Lee got started. If it was not for his strong foundation in the beginning, he would not have been able to build on it to create a successful ending.

Obviously, it is exciting to have a well-equipped home gym, but if you do not have one, do not let it stop you. WMAC Masters star “The BAM” was able to win 7 world championship titles without one.

Another key factor in his development was organizing his workout around his other daily responsibilities. You should also write down a workout schedule that has a set beginning and ending time to prevent burnout or boredom.

Warm up and aerobic cross training.

Warm ups are important in any workout because they allow the blood to start circulating and give you a chance to get out all of the kinks. It can start simply. All you have to do is put on your favorite song, begin to run in place, or do footwork to the beat of the music. Do this for the whole song or for half of the song. You can then get into a light stretching routine that loosens up the body, followed by an aerobic cross training routine. Jumping rope, running, shadow boxing, walking, kata, and sparring are among the finest of aerobic conditioning exercises. A good aerobic and cardio class are also good workouts. The best motivational tool for these workouts is to listen to your favorite song, since home training is difficult. When the time comes, you can switch your routine by going swimming, playing basketball, tennis, baseball, or any other sport.



Equipment. There are many types of equipment that can be purchased today at any equipment supplier for individual or partner use. The best devices for home training are Century Wave Masters and a mobile wooden dummy. If you so not want to add any extra expenses, you can use what you have available. You could hang a piece of paper from the ceiling for striking, or work your kicks over a chair.

Weightlifting. Today, most martial artists have made weightlifting an important part of their workout. This can be implemented with a cheap set of barbells. You can get good muscle development by doing pushups, dips between two chairs, and squats while watching television. Weight training can add a lot to your personal growth.

Partner Drills. A lot of “The Bam’s” original training started on the ghetto streets, which he experienced with a few friends. Today, you can work safely with a partner at home on effective techniques. This is a great way to get motivated when you are getting bored. All you need is a positive attitude and a will-

ingness to give positive feedback. Then you can use equipment like focus mitts, Thai pads, kicking shields, sparring equipment, and mats. By working with someone, you can double the benefits. Since you can’t work with this equipment alone, make sure that when you have a partner, using equipment should be 90% of your workout. In sparring you should work all the ranges of combat and level of contact after you and your partner come to an agreement on the workout level.

A Brighter Future. I hope you realize the importance of martial arts school training and home training. You will have a bright future if you make home training a part of your daily schedule; there are new equipment and drills out there, it’s up to you to use them. So keep an open mind by reading, attending seminars, and inviting people you feel comfortable with into a workout.

Remember, if you want to go beyond all set patterns, styles, or systems, you must work out on your own. So start now and take it seriously.

LAST OF A DYING BREED

ROBERT EVERHART, KYOSHI, SHIHAN, HACHIDAN, KANTS SHO



Master Robert Everhart, a one of a kind Martial Artist. Robert Everhart died on July 27, 2008

martial artist will forever live in us all and his smile and great words of encouragement will be remembered always.

He is a rare individual indeed. He represented that old school hard core Martial Artist that presented an open eye. He was vice-president of the World Organization that has set new standards for International competition. His Tri area yearly Karate Tournament will go down as one of the east coast greatest ultimate events. He was a great role model for all people a humble yet loving man that stood above ranks, titles and labels. The spirit of such a

A Legend, A Man, A Martial Artist!

CHOPZOCKIE

THE SWAGGER OF THE OLD, THE NOW, THE FUTURE

Y o, from old school Shaw Brother Kung Fu films to “Dolemite” of the blaxploitation era. Who would ever believe that it led to the exciting, highly rated show “W.M.A.C Masters”? A show that to this day still has a host of fans. When you can get the underground world to approve of your mainstream success, that is the boom. My character BAM was a blending of the whole martial fusion element. It exemplified all of me from the costume, the street name, the street acrobatics, and the natural martial skills. To top it off, to be featured in an episode side by side with my real life son, it couldn’t get any better!

Plus I had the thrill and honor of being able to star alongside my hero Bruce Lee’s daughter Shannon Lee. To this day I say to everybody of WMAC Masters, “Thank you for your support.”

So let no one, I mean no one, define your dreams and reality. Believe, Believe, Believe! That is what I did in Baltimore City jail in 1989. I made a commitment to be stronger than drugs and the rest became the reality of this article. A reality that influenced others like my children; some of my students such as Ryan Pinkston, who starred in Spy Kids 2, MTV Punked and the Urban Classic Soul Plane. As I continue to push and venture this journey I have recently been fortunate to work with Byron Minns the Star of the Urban Classic South Central and meeting the blaxploitation legend; Fred Williamson. Like our new President said, “Yes We Can”. We can be anything we set our sights on.





THE AFTER PARTY



When you take a look at the popularity of martial arts mixed with the club scene element, the exploitation of female sexuality, violence, etc; it saddens the heart of many of our forefathers and ancestors. Those who came before the new wave or fads of martial arts programs or sports shows; those who took centuries to build and carry forth the traditions that make martial arts different from other sport genres. The self confidence, the camaraderie, the respect and let's not forget the "discipline".

Remember back when martial arts champions and athletes in general were our heros. now most are no different than the average street thug or hustler that we all condemn.

During the time on the sports martial arts circuit, I never attended any of the parties, nor did I allow any of my students to attend either. I want them through it all to remember the traditions and values of martial arts. Rather than the negative gimmicks or the "in the moment" hot TV shows, etc.

They actually did an article in a fighting magazine called Train Hard, Party Hard! You've got to be kidding me! Come on now – what message does this send to our youth! I guess they forgot that kids actually look up to some of these fighters. This is no better than the guy on the corner saying come on kid try this- you can do that martial arts stuff tomorrow. Does tomorrow even come? It's hard to say with a role-model like that. So what makes these guys in a magazine any different?



POLITICS IN SPORT KARATE



Martial arts is one of the world's most popular sports, yet there's almost no media coverage of it in the U.S., except for the UFC (and the UFC is a company run like the companies that do pro wrestling—as martial artists do we really want pro wrestling to be our goal?). Why? It could be because there's no organization in charge—instead there are lots of organizations. That's a bad situation, but it's made worse by the way the organizations treat each other and martial artists.

Some organizations completely ban competitors from competing in events run by any other organization. Talk about dissing someone—what could show more hating than to tell people they can't teach you anything and that all they'll do is corrupt you and yours? To claim total superiority is wrong, goes against the fundamentals of martial arts philosophy, and makes me want to go upside their head.

Even organizations that let you compete won't give you a fair shake if you're not a regular, though they'll happily take your money. If you compete you're at a disadvantage to the regulars and if you judge you'll get abused if you don't see things the way they normally go. Organizations don't like change, typically because the people in charge are doing well under the status quo.

People find they can't change the situation so they create their own organization and the situation gets worse. There are so many world champions it's ridiculous! Some "world championships" are won at small local tournaments with few competitors.

Why have events and organizations if you're not promoting martial arts? If you're just doing it for the money you're showing the politics. Remember "poly" is Latin for many and tics are blood sucking insects.

Inmate I.D.#

This is a shout out to inmate #6111989. Some time ago there was an article called “Mean what you say, and say what you mean”. In jail it was called selling tickets or selling dreams. Basically its when you say you’ll do something or have done something that is not true. You see trust and reliability depend on a person’s words and actions. Relationships are made and broken based on this, not only with others but yourself. I knew this to be true because on June 11th of 1989 in the Baltimore city jail I wrote “the year of 1989 was not mine, I was blind that is why I was lost. I developed bad habits that almost killed me. By not obeying mans laws I was put behind bars. To be strong I learned not to do wrong again and only do right. I promised myself on June 11th of 1989 that I will never lose my freedom again.”

So there we go inmate #6111989 and any one out there, look internally or externally; my life today tells you that you can break the cycle. When you change your life you never know who you will help change and inspire. Just recently Willie “The BAM” Johnson was honored to the highest by learning that he inspired the legendary Rap- per Biggie Smalls. In the new hit movie Notorious, the BAMS magazine cover was on the wall of the prison cell where Biggie began to be inspired by others who came before him and had overcome adversity. You never know that by changing wrong to right, who you can help DREAM and what they just might become.



IT'S A NEW STYLE



Fashion, as Websters dictionary describes it as a popular style of dress, representing an expression of an individual movement and culture. An external movement used to empower and compliment the individual's internal strengths and do the same for all who wears it. This is the true meaning behind the Martial Fusion, taking the best of the best to bring forth the unique essence of the Martial Fusion Movement from the underground to the mainstream and the internal to the external. From an eight

year old kid during the 70's in the Baltimore city projects who hand sewed his Karate uniforms to making the best out of his mother's welfare check to today; settling for nothing less than what he truly represents, which is a unique brand. So if you are in search of personal execution by using things to compliment your God given strengths, then our line is for you. The style that can not be imitated or duplicated but exhilarated through our united efforts to empower the world through one individual at a time.

Check out all the Fu Yah/Fusion Designs at www.theboldlook.com

PARENTAL ADVISORY

Xave you every felt self-doubt or have you ever just felt like you wanted to give up not because of peer pressure or because you weren't "cool" but because your parents are always ratting on you or pointing you out so you feel like an idiot.

If so then this article is for you even if you have never felt that way it could have happened to you before and you just didn't think about it.

The reason for this is there is a cultural gap between teens and their parent's generation which means it is hard to connect between one another. I am not saying parents should baby their kids but speak to them in a positive way to tell them you did something wrong; you need to change and I know you can do it. When parents say, "I am sick of this and you're never going to be great!" That goes right into their minds and

tells them, "oh since I won't be great what is the point of trying." What I am trying to say is empower your teens don't degrade them. Build them up because degrading them only makes them feel like nothing and feel that they don't need to change since you already told them they have no hope in anything.



BAMSHATERATION

HATERATION IS YEAR-ROUND DISEASE



What exactly is this art form that is practiced so often in today's world, and yet no one wants to recognize? Hateration was derived from the thoughts and actions of people who cannot accept that someone else's ideas have beaten their own. It is the undercover feelings of your competition that may never be heard, though always well known. Hateration is a large issue within our society today that is causing a massive amount of issues that are also affecting our children's lives.

When someone is classified as a Hater, then they are lustful and show resentment toward someone or something that might just have that little edge over themselves. So they tell others that their idea is better than the next person's. Even though deep down they know that their idea isn't as good, they also know that if they can convince others that it is, then they will sell more or gain something from it. This can lead to many problems within a teen's life. The average teen is unforgiving and is always trying to rise in popularity. They don't care what they do or say, as long as their fame increases from it. And if someone's popularity grows, it is everyone else's objective to take them out however necessary, even if it means doing actions not originally within human nature.

This is how Hateration begins. Popularity leads to competition, which will lead to bringing others down by dissing them behind their backs, which enhances tension within teens for the top spot. Soon groups form in lunchrooms, libraries and after school clubs between people with common beliefs and likes. They start to try and get their peers to believe that their society is better than the others, so they talk bad about them to try and gain popularity. Sooner or later the opposing group finds out that they were being talked about, the story is re-arranged to create huge tensions within

the groups, and before anyone can stop it, a GANG WAR breaks out and twenty students are wounded by crossfire in a gunfight.

This is happening everywhere in High schools within the U.S. and the world today. So at the end of the day when the paramedics pronounce twelve of the twenty students dead, and the others never able to live life as they had before, one question remains. Who or what is to blame? Is it the kid's fault for just being at the wrong place at the wrong time? Is it the select Rappers and Superstars who promote gang violence, drugs and alcohol? Or is it the companies fault that finance the cigar in every hand in a music video and pay for advertisements so that hip hop can look negative while they reap the benefits. The answer is simple and is spelled like this, H-A-T-E-R-A-T-I-O-N.

If it had not been for the Hateration of positive influences on our teenagers, the world could have had twelve more chances at a scientist who could have created a cure for cancer, a government official that thinks up a new retirement plan, or a strong leader dedicated to achieving world peace. Blame the Haters who hate for personal gain even though they are hating against someone that could save their own generation. But are we not all to blame, for not acting on all of our promises to save Generation X?

Hateration. Only one of the many influences that plague our society today. How? How could one action cause such an explosion of controversy? The answer is that it is not just one action, it is many that accumulate and nothing is done to stop the insanity of it all. Hateration is the lock on the door of change and FUSION, and we have to open it to receive these benefits. We all have keys, but strangely many of us decide not to use them.

The background of the page features a faded, high-contrast image of a martial arts performance. In the center, a person is captured in a dynamic pose, possibly a high kick or a throw, with their arms and legs extended. The overall tone is light and ethereal. Overlaid on this background is the title 'THE INNER VOICES' in a large, bold, serif font. The word 'THE' is in a light gray color, while 'INNER' and 'VOICES' are in a dark red color. Above 'THE INNER' is the subtitle 'MIXERS AND TRIKERS' in a smaller, spaced-out, dark red font. The word 'VOICES' is particularly large and has a textured, almost distressed appearance.

MIXERS AND TRIKERS THE INNER VOICES

Performing a Martial Arts kata to the rhythm of your breath and expression of your emotions is the ultimate expression. It's beyond being trained to mimic another person's style or expression and that is what 90% of the people are doing in the world of martial arts today. Martial Fusion is here to liberate the next generation beyond any levels of stagnation and show them how to dig deep.

Bruce Lee said all truth lies outside of all set patterns and we should add systems, concepts, and opportunities. Russell Simmons said "Do You" and that you should feel it and allow it to flow fluidly into a customized maze of personal truth.

It can be flips, no flips, grappling, no grappling, what ever just be committed to the fluid expression of your soul and you will never again get lost in the translation.

