

Martial Arts Bio for Phillip Allen Humphries, OSMA Staff Writer/Publicist

I began martial arts training back in the 1970s when I was in high school; that was Goju-Ryu Karate at Glenn Keeney's dojo in Anderson, Indiana where the former PKA world heavyweight champion—Ross Scott—trained. I fought in a tournament or two while at that school, earning 2nd place in one of them (kumite).

Later, I switched to Chung Do Kwan Taekwondo, and for quite a number of years was a “martial arts tourist”, dabbling in a number of disciplines, to include Tang Soo Do, Aikido, Ninjutsu, Chinese Goju, and more recently Tai Chi and Taifung Kenpo.

My first black belt, earned in 1996, was in Seieikan Karate out of the USKS dojo in Richmond, Indiana. The Seieikan taught at that school was eclectic American sport karate. I competed in some point tournaments during that time, placing first in kumite at one of them. USKS Seieikan karate was a blend of Okinawan and Japanese karate, incorporated traditional kata practice, and was heavily focused on point tournament and semi-contact sport aspects. For the most part, Seieikan was orthodox, classical karate, but USKS was a freestyle school that fully embraced Bruce Lee's eclectic theory, so we added stuff from other systems and modified techniques when we felt it to be beneficial. My Seieikan black belt is American Karate Association (AKA) certified.

Later I would leave the Seieikan school and informally affiliate with two other police officers—I was a policeman at the time—to practice freestyle martial art. One of the guys I practiced with—still a police officer—held a 3rd degree black belt in Goju-Ryu Karate out of Larry Davenport's dojo in Indiana, and was a 3rd Dan under Steven Seagal Sensei of Aikido and action movie fame.

My other Dan rank is in Gary Dill's SDS Bushido Kempo. Bushido Kempo is an American, combat-oriented mixed martial discipline derived predominantly from Karate, Chinese Kenpo (Chuan fa), Japanese Jujitsu, and Aiki techniques. It incorporates traditional weapons training, as well. SDS Bushido Kempo is a “living” art that incorporates new techniques and continually evolves. Bruce Lee's concept of “taking what is useful” is alive and well within Bushido Kempo. Bushido Kempo is 100% focused on street self defense and, as such, has no competitive aspect. The system's originator, Soke Gary Dill, was recently showcased in *Black Belt Magazine*.

I currently practice Chinese Kenpo and I am a new student of Pedro Sauer's BJJ and Maurice Allan's Judo/Sombo. I studied BJJ previously at OSMA under Tony Passos. I am pleased to be back at One Spirit Martial Arts, which I feel is the premier MMA gym in the Washington area, and to once again be affiliated with my friend, Dave Anderson.