

FLUID ADAPTION MARTIAL ARTS PRESENTS

# **THE WARRIORS PATH**

**FIGHTER – WARRIOR – HEALER – HELPER – SAGE**



## **2<sup>nd</sup> Annual All Style BLACK BELT GRADING DAY**

Grading Booklet



**fluidadaption**

emergent martial arts



Survive – Succeed – Heal – Thrive – Inspire



# Be Inspired!



# Thank you!

Events like this year's inaugural Fluid Adaption Camp and today's Black Belt Grading do not occur without the hard work and commitment of a dedicated crew. It is on this basis we extend a big thanks to the following people who have supported Fluid Adaption over the year....

## The **Fluid** **Adaption** Tribe!

**Brandon Baruta**  
**John Baruta**  
**Kathy Baruta**  
**Mitchell Baruta**  
**Paul Basford**  
**Levi Bayliss-O'Dowd**  
**Rod Catterall**  
**Suzanna Daley**  
**Daryl Davis**  
**Rick Gawel**  
**Billy Gibbings-Johns**  
**Sam Hopper**  
**Chad Horvath**  
**Susan Horvath**  
**Karl Jenkins**

**Greg Kent**  
**Raff Lanciana**  
**Paul Lica**  
**Zac Marshall**  
**Kylie Martian**  
**Rachel O'Dowd**  
**Andrew Ramacciotti**  
**Werrega Saide**  
**Adrian Scaffidi**  
**Vince Scaffidi**  
**Gerry Simeone**  
**David Simeone**  
**Adam Tibbitts**  
**Paul Weatherly**

***Training for Strength  
Together***

*(Apologies to anyone who has been left out)*

**To the knightly warrior's of Zen Do Kai, past and present,**

We honour your valour and thank you for leading the way.



### **Fluid Adaption 2<sup>nd</sup> Annual Black Belt Grading Day**

Like the Tiger and the Dragon in skill opposed,  
Yet when united as one on the warrior path,  
An unstoppable force.



# GRADING DAY SCHEDULE

Today's proceedings are overseen by our grading Chanter...

**Kyoshi Daryl Davis**  
6<sup>th</sup> Degree Black Belt

## Schedule of Proceedings

- 11:00 AM** - Doors Open. Students to change and on the floor, personal warm up
- 11:30 AM** - Welcome, Bow In, Group Photo
- 11:45 AM** 1<sup>st</sup> Degree Grading - Chad Horvath
- 12:15 PM** 3<sup>rd</sup> Degree Grading - Sam Hopper
- 1:00 PM** 5<sup>th</sup> Degree Grading - John Baruta
- 1:30 PM** Combined 1<sup>st</sup> & 2<sup>nd</sup> Degree Grading  
- 1<sup>st</sup> 10 rds, *Rick Gawel*  
- Probationary 2<sup>nd</sup> 15 rds, *Paul Lica & Vince Scaffidi*  
- Full 2<sup>nd</sup> 20 rds, *Kylie Martin*
- 2:45 PM** - Bow out, get changed.
- 3:00 PM** - Finish

# 2015 BLACK BELT GRADING DAY

Welcome to Fluid Adaption's 2015 Black Belt Grading Day. If you are reading this on the grading day I thank you for attending and for your support. I hope you enjoy the grading and find additional inspiration for your own martial arts journey.

Last year we had only one grading, Sam Hopper's successful attempt at the 30 x 2 minute rounds of Nidan (2<sup>nd</sup> Degree grading). This year we have students attempting 1<sup>st</sup> Degree, 2<sup>nd</sup> Degree, 3<sup>rd</sup> Degree, and 5<sup>th</sup> Degree Black Belts. This is the first time at having students attempting 1<sup>st</sup> Degree and the higher grades of 3<sup>rd</sup> and 5<sup>th</sup> degree, all based on new grading requirements we have been developing for release next year. Like all things we do for the first time, we will reflect on the learning from today with the goal of improving the grading requirements for next.

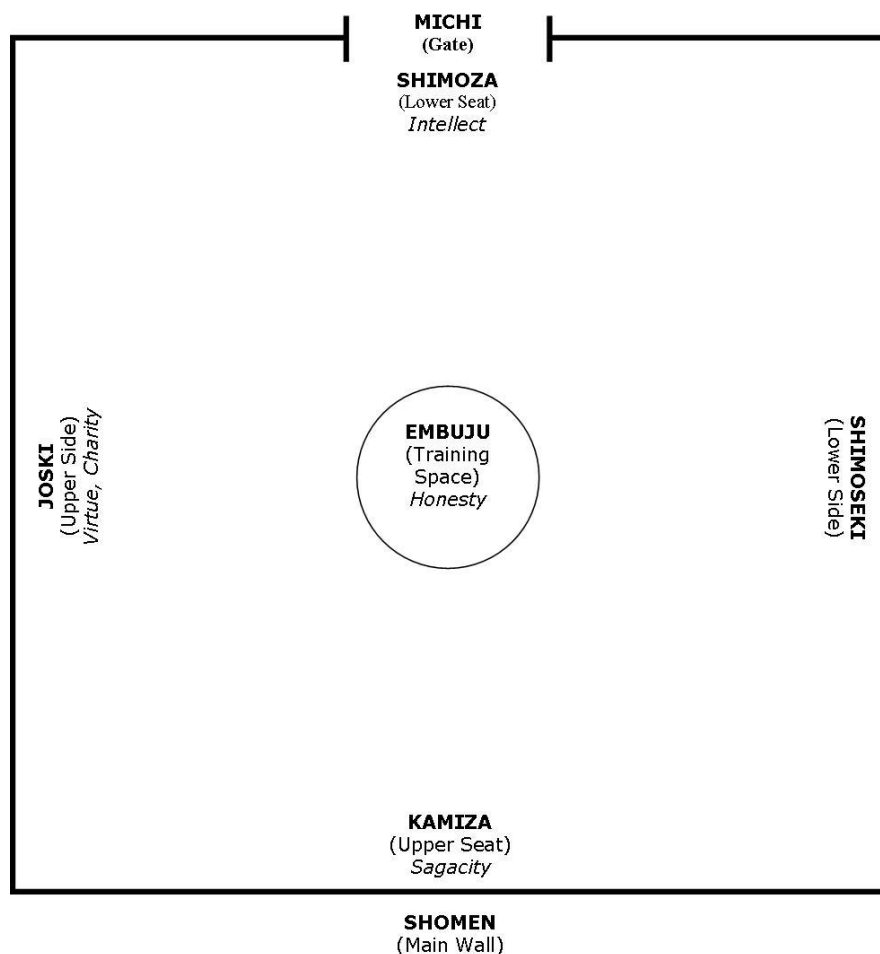
A total 3 individuals were nominated to attempt both Nidan and also Godan this year, and as we neared the grading day only in for both gradings there is only one person still standing... the absolutely determined... Kylie Martin for Nidan, and the dynamic John Baruta for Godan.

Both Andrew Ramacciotti and Karl Jenkins were preparing for the Godan grading (5<sup>th</sup> Degree Black Belt), however both have had to withdraw along the way due to injury. Paul Lica and Vince Scaffidi both withdrew towards the finish line for line up at the Nidan grading, mostly due to work and personal commitments preventing them from properly preparing. Still both fellows are lining up today to affirm their status of Nidanho (2<sup>nd</sup> Degree Probationary) with the goal of completing the grading next year. We look forward to both Paul and Vince lining up for Nidan in 2016.

# FLUID ADAPTION HEIHO

Heiho refers to the application of strategy and tactics in combat and life. The Dojo or training hall is viewed as a micro of the macro of life, a battleground in which the struggles of life and death during combat are played out. The organisation of a traditional Dojo provides general structure for how we organise as a training group.

## The Traditional Dojo



Michi - refers to the gate through which all things pass, the threshold between life and death. All who enter the dojo must enter through the fiery Michi and in doing so enter the battleground of life and death. Entering a Dojo therefore is a serious business and not to be taken lightly, it is a place of strict etiquette where everyone must be alert to attack at any moment.

Shimoza - is the lower seat. It is where a beginner having made a decision to enter the gate starts their journey on the martial arts path. The lower seat therefore highlights that the lowest in rank are seated

closer to the entrance, facing the Shomen or main wall of the Dojo. It is at the shimoza that trainees begin to learn **reishiki** (manners) that allow them to conduct themselves with dignity in the dojo, to practice safety in a hazardous environment, and to develop consideration for others. The all-important factor of reishiki must originate at the dojo's door--and ideally continue beyond it when training is finished.

Kamiza - refers to the upper seat and is the home of the Dojo Spirit. The Kamiza represents the goal of training towards which all aspire and is also the place reserved for Senior Sensei.

Shomen – This is the main wall of the Dojo towards which all students bow when entering and leaving the Dojo. The Shoman represents the end of the path. Often on the Shomen is hung a picture of the a style's Mon and pictures of Sensei who have gone before

Josuki/Shimoseki – *Josuki* is the side of the Dojo towards which the higher ranks sit, while Shimoseki is the side towards which the lower ranks sit. This is reversed according to which way students are facing (towards Michi or towards Shoman).

### Heiho of the Fluid Adaption's Warrior's Path

Fluid Adaption outlines a path for all practitioners centred around the purpose, values and vision of Fluid Adaption

- Purpose:
- **Adaptive Context** Fluid Adaption is an emergent approach to life intended for the rapid development and consolidation of adaptive skills and knowledge relevant to Australian conditions.
  - **Personal Growth** Fluid Adaption is a method of learning which engages the body and mind in a flow of changing relationships to further a Practitioner's ability in all aspects of life.
  - **Overall Quality of Life** It is about *valuing* people and *nurturing positive relationships*; learning to *survive, heal* and *recover* from the trauma of violence; *succeed* in study, work, sport, relationships and other spheres of social engagement, and encouraging all to *thrive* by embracing the flow and constant change of everyday life.

Values: *Courage, Mateship, Compassion, Fortitude, Fairness, Honesty*

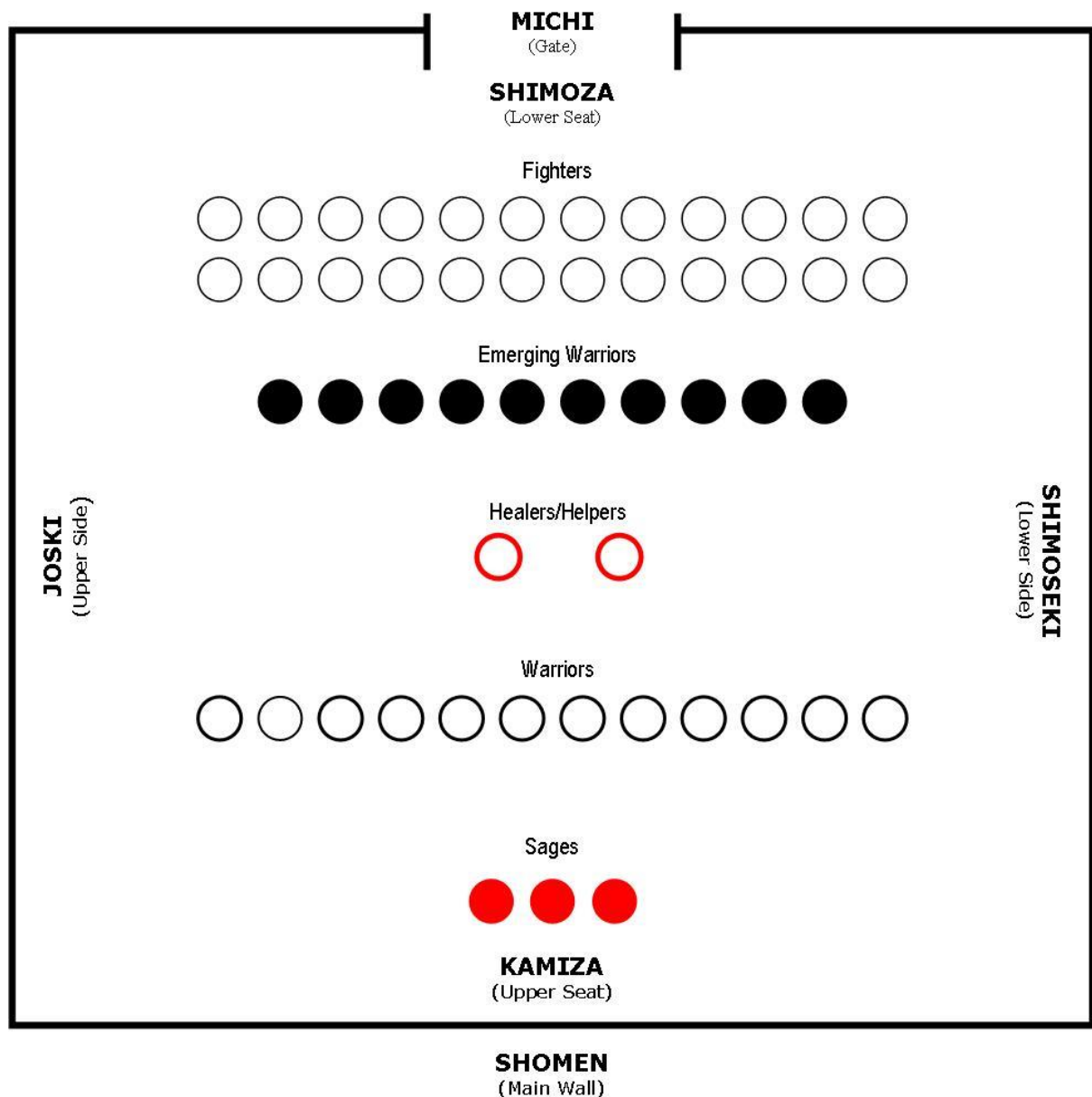
Vision: Strong People, United Together, Awakening Self



## Interrelated Developmental Stages of the Fluid Adaption Heiho

<u>PHYSICAL</u> (Strong People)		<u>PSYCHOLOGICAL</u> (United Together)		<u>SPRITUAL</u> (Awakening Self)
<b>Fighter</b> Survive White belt to 2 <sup>nd</sup> Degree Black	<b>Warrior</b> Succeed 2 <sup>nd</sup> Degree Black to 5 <sup>th</sup> Degree Black	<b>Healer</b> Heal 5 <sup>th</sup> Degree Black to 7 <sup>th</sup> Degree Black	<b>Helper</b> Thrive 7 <sup>th</sup> Degree Black to 9 <sup>th</sup> Degree Black	<b>Sage</b> Inspire 9 <sup>th</sup> Degree Black to White Belt

## Fluid Adaption Heiho integrated into organsiation of the traditional Dojo



# BOWING RITUALS

All Fluid Adaption classes or training sessions begin with a sequence of opening and closing ritual bowing. During formal training, such as for grading, the following ritual bows are followed:

## Opening & Closing Bowing Ritual

1. **Seiza** (kneeling position)
2. **Mokuso** (begin meditation)
3. **Mokuso Yame** (end meditation)
4. **Shomen Ni Rei** (bow to those who have gone before)
5. **Bushido Ni Rei** (Bow to the warrior path on which we tread)
6. **Ishoa Ni Rei** (Bow to the sprit that unites us as one)
7. **Sensei Ni Rei** (Bow to the teachers who guide us on the path)
8. **Otagni Ni Rei** (Bow to those that help us on the path)

In Fluid Adaption students of different ranks bow differently, with higher ranks bowing lower than lower ranks, as was the practice in the Wildcat Division of Zen Do Kai. This symbolise growing humility as one progresses in the practice. The bows are as follows when sitting in Seiza:

- *Fists clenched on thigh* – White Belt to Blue Belt Green Bar
- *Hands open on thigh* – Green belt to Green Belt Double Brown Bars
- *Left hand open on the floor, Right hand clenched behind the back, eyes slightly open* – Brown Belt to Brown Belt Double Black Bars
- *Both hand on the floor* – all black belts

# INTRODUCTION TO THE CANDIDATES ATTEMPTING GRADING

## Chad Horvath

*... Attempting 1<sup>st</sup> Degree Black Belt*

My first taste of Karate was with Zen Do Kai in 1974. I got to know some of the guys and liked what I saw. I worked hard at the Honbu and attained my Blue Belt with pride, unfortunately I had a bad motorcycle accident and stopped that passion very quickly.

I again started a martial art with weapons, a French system, taught by a local practitioner named Barry, who included a lot of stick and knife from Hapkido. I trained with Barry for 2 ½ years from 2010 to 2013.

In 2013 I met Mitch Bayliss and was introduced to Fluid Adaption. I saw a huge possibility for a guy of my age and progressed with Fluid Adaption to the level I am now. I am still learning and changing, I believe my journey will continue.



### **Chad's 1<sup>st</sup> Degree Essay "My Journey"**

My first intro to Bob (Jones) as many years ago, he very much impressed me, with all his beingness, spiritual and physical abilities, the friendship grew, all the guys walked tall and proud, my passion was ignited, I trained at the hombu for hours at a time, I grew stronger and eventually became part of the family. This is for Sam, Bob as you all know, never stayed still, things kept cropping up and he ventured into film. We made a movie pilot but unfortunately was never picked up, short and sweet, it was a lot of fun.

At this moment I am in a very, very good place. The strengths I have gained are gained from all of you. The happy moments are beautiful, even getting choked by Mitch is a lesson in itself. I have changed for the betterment of my family and everyone I am connected with. My strengths come from this group that I am involved with; the spiritual side comes from reflections deep inside and the lessons from life itself.

The ability to pick yourself up and move forward one step at a time, experiencing new ideas, new places, that strength I believe is important. Adjust that another step and so on. Keep moving has been ingrained and has become part of me for the last two years. I believe I have achieved that. Mitch as my teacher, mentor, and friend I bow to you, all you guys, Andrew, Johnny, Karl, Sam, Daryl, Paul, Vinnie, Kylie, Rick, Greg too. Respect from me to you. (Rachel you're at the top of the list.

Thank you all.

## Rick Gawel

*... Attempting 1<sup>st</sup> Degree Black Belt*

### **Rick's 1<sup>st</sup> Degree Essay "Meaning of martial arts"**

My journey into the world of martial arts started back in 1988. Introduced by a mate to the 'sport', back then I saw it as a great opportunity to develop myself for a variety of reasons: self-defense, physical health and fitness, entertainment, as well as mental and spiritual development. And perhaps because I also loved the movie Bloodsport and those Van Damme spinning kicks!

Participating and training 3-4 days a week was not uncommon, and I'd remember travelling home on occasions almost nauseas from the gruelling sessions. Those were the memories that stand out, realising I'd worked myself to the point of exhaustion and had nothing left in the tank. And in some small way I likened it to achieving my own path to the way of the warrior.

After five or so years of Zen Do Kai, as well as dabbling in kickboxing and boxing, my passion began to wane. And so I dropped out of it altogether, albeit with a strong understanding and knowledge that it was not so much a sport, but more an extension of my 'own personality'.

Fast forward 25 years and my philosophy has slightly changed, but the basic principles are still applicable. Now it's about helping that same mate who introduced me to martial arts achieve his goals, and giving back the



support and faith shown in me all those years ago. Which has in fact rekindled my passion to go it again.

It's also about supporting others, and helping them develop whilst also learning myself. Whereas years ago it was very introspective and all about my own personal development, a greater awareness of others and their personal goals is something I'm acutely aware of.

Maturity changes you, so the goals I wanted when younger are not the same. Now 'martial arts' it's about the camaraderie and in helping others, almost a sense of community about it; which I've really got to appreciate over the last 12 months.

And to coin an often heard phrase, it's not about the destination, but the journey!

## Kylie Martin

*... Attempting 2<sup>nd</sup> Degree Black Belt*

As a young child I always wanted to do Martial Arts but being one of nine kids it was never affordable.

My journey into the world of Martial Arts began in 2010 due to the necessity to protect my four young children after the sudden death of their father, so my journey began in Sunbury under Kyoshi Darren Quigley. Immediately i was excepted as part of a Zen Do Kai family little did i know it would teach me patience, resilience, trust, and most of all not to be the aggressor but to be able to defend myself with reasonable force.



As I completed each level it has always given me the strength, courage, knowledge and perseverance to continue through each level with confidence.

This is when I truly began to understand that Zen Do Kai is the best of everything in progression. Everyone is my teacher some I seek some i



subconsciously attract often I learn simply by observing others some may be completely unaware that I'm learning from them, yet I bow deeply in gratitude.

When I was presented with my Isha cross I felt honoured as all my hard work, dedication and perseverance had paid off  
I always thought that once I got my black belt I would be satisfied with that but my thirst to continue beyond this point was incredible as I realized my true journey had just began. It is here where one now has to stand and deliver and truly begin to evolve and take charge of one's destiny and so this incredible climb to the top of this mountain has now begun with excitement and anticipation.

I achieved my 1st degree Sempai in Zen Do Kai in 2015 and am currently training for Nidan in 2016.

In early 2014 I took up Arnis Eskrima Kali Weaponry and was just recently March 2015 awarded my Blue certificate.

I was invited to attend Fluid Adaption class in Castlemaine in November 2014 and have been hooked ever since and was honoured to be put up for Nidan at the end of the year

## **Kylie's 2<sup>nd</sup> Degree Essay "My Journey to Nidan"**

My journey to Nidan grading in fluid adaption came as a surprise, you maybe be asking why as I did.

I had just accomplished my 1<sup>st</sup> degree in Zen Do Kai in 2014 my thirst to try and experiment with different styles was enormous my ultimate journey into martial arts was just beginning and the excitement of what laid ahead for me was captivating me at a really fast pace. I had already taken up eskrima kali weaponry and achieved my blue belt in early 2015 and also began dabbling in Krav Maga at every chance I could manage to get to the seminars and camps.

I was invited by a dear friend of mine whom I trained in Zen Do Kai with to come along and try this new style he had just started participating in I listened to him with baited breath explain what he had been doing my ears pricked up I was fascinated with yet another style we talked every week for a couple of weeks me asking what he had done the week before in fluid adaption and he asking about weaponry we would demonstrate our styles to each other before long I knew I had to come and try Fluid Adaption for myself, so one Sunday morning I made the drive up to Castlemaine.

First we began by wriggling and jiggling and I thought to myself what have I got myself into but as the session progressed it all made sense, a lot of sense incorporating breathing into movement, allowing your body to

feel yet go with redirect and except blows changing one's mind set not to be so rigid yet still being able to defend yourself. I went away thinking i need to come back and explore this discipline and see how it works, before long I was hooked at what I was learning I was absorbing and using it in my other styles i was in my element.

The biggest surprise was when i was asked if I would like to go for my Nidan grading i thought to myself what a honour and I excepted the challenge. Then nerves set in was i really ready for it, but like I do with everything else in my life i threw myself into training absorbing as much information and strategies i could find asking questions seeking guidance generally just throwing myself into everything i could and so now my journey into Nidan grading will come to fruition in October 2015

I do believe with the help of my instructors and my determination i believe i am ready to progress to the next step in my martial arts journey and achieve my Nidan grading in fluid adaption

## Sam Hopper

*... Attempting 3<sup>rd</sup> Degree Black Belt*



### Third dan essay by Sam Hopper

1. This essay is written as part of my grading requirements for third dan in Fluid Adaption martial arts. I have chosen to write about the strategies that I have learned to use Fluid Adaption principles to

defend against multiple attackers and my reflections on my experience in martial arts that have emerged through the process.

## **Strategies to defend against multiple attackers**

2. One of the core principles of Fluid Adaption is to constantly change strategies to suit the situation as it evolves. My foundation arts are sport-based martial arts – boxing, kickboxing, judo. Preparing for this grading has required me to re-assess the strategies that have worked in a sports context and adjust my attitude and approach to a physical exchange in a different environment. These are the six main lessons I have learned so far.
3. The first lesson I learned in defending against multiple attackers is to stop sparring. Shaping up against an opponent and feeling them out with a few jabs and front kicks doesn't work because there isn't time. The first change in attitude was towards one or two effective strikes, three at most.
4. The second lesson was that judo-style throws, BJJ-style ground fighting and a thai-boxing clinch don't work. Grabbing hold of an opponent is dangerous because s/he might grab me back and there is another person waiting to hit me. Fighting on the ground is hopelessly dangerous. Have a look at the first and last exchanges on this video and imagine the damage that could be done by a second or third attacker - <https://www.youtube.com/watch?v=ZgFNVg-bL0>. The second change in attitude, then, was to avoid grabs and continually create space between my attackers and me.
5. The third lesson came from watching a video of a taxi driver defending against three or four attackers (and a few other videos as well). He was clearly a boxer and used boxing ring-craft to bring his opponents into a line so that he only needed to fight one at a time.



The third change in attitude was to use movement and the space I had made to create a series of one-on-one exchanges.

6. The fourth lesson came from watching Karl. If I have to grab an opponent, use them as both a shield and a weapon. Put the injured opponent between me and another attacker. Push or throw a person into other attackers so that they create an obstacle and help me control the space. The fourth change in attitude, then, was to reintroduce a small number of grappling techniques to help control the space around me.
7. The fifth lesson came from playing with my daughters. I saw something when all three of them chased me in a confined space. When they came towards me three-abreast, I could move backwards in a concave arc (ie from 9 o'clock to three o'clock, or vice versa). This would draw them into a straight line. I tried it on Mitch, Chad and Greg and found the same thing, especially if I timed it right. By letting them start to move in for the kill before starting to move, the two most distant opponents tended to trip over each other while I could deal with the closest person. The fifth change in attitude, then, was to make a concave arc my primary evasive movement.
8. The sixth lesson was the use of open deflections and rebounding shots. Every strike leaves you open to a counter attack. In sparring, we address this by using sharp attacks that are withdrawn as quickly as they are thrown. Shaping up in a sparring stance after striking one attacker takes time and allows the next opponent to take away my valuable, hard-earned space. If I can incorporate a strike, an evasion and a strike against the next opponent into the same movement, I have greater control of the space and more chance to keep out of range of the next attacker. Fluid deflection movements and rebounding strikes help to achieve this.

9. Every time I practice, my strategies evolve. I am sure that they will be different on grading day and I will learn from that exchange, too. I will talk about them at the end of the grading!

### **Reflections on martial arts**

10. My reflections on the last year of training in Fluid Adaption have caused me to reflect on two main things:
- (a) our group is made up mostly of veteran martial artists. This changes the way we train. I think it is important not to let this hold us back. I train towards my own goals. I don't train towards the goals that the memory of my 25-year-old self tries to set for me; and
  - (b) for some people, martial arts are about a spiritual journey. For other people it plays a complicated role relating to history, leadership and their place in the world. For me, it's simple. LIFE IS GOOD WHEN WE'RE FIGHTING! Let's do it more often.

## **John Baruta**

*... Attempting 5<sup>th</sup> Degree Black Belt*

### **John's 5<sup>th</sup> Degree Essay "Then - Now - Future"**

I started martial arts in the beginning of 1983, to me at that time it was all about kicking and punching and being a good fighter. As time went past and I became a good fighter I realised I didn't have to fight anymore, and I could walk away from a fight knowing that I didn't have to prove anything anymore. A good fighter doesn't start a fight.

It wasn't until years later that I realised that martial arts was a lot more than fighting, martial arts is about everyday things, challenging yourself, and setting goals for yourself though life. If you want something bad enough you will find a way to get it, whether it is your next belt or something you just want.

We are all different, and we all don't want the same things, this doesn't make it right or wrong, so whatever you do or someone else does we should respect each other and the ideas. There are no stupid people in the world, everyone is good at something, what you can't do someone else can do easily.

Shihan John Baruta  
October 2015



