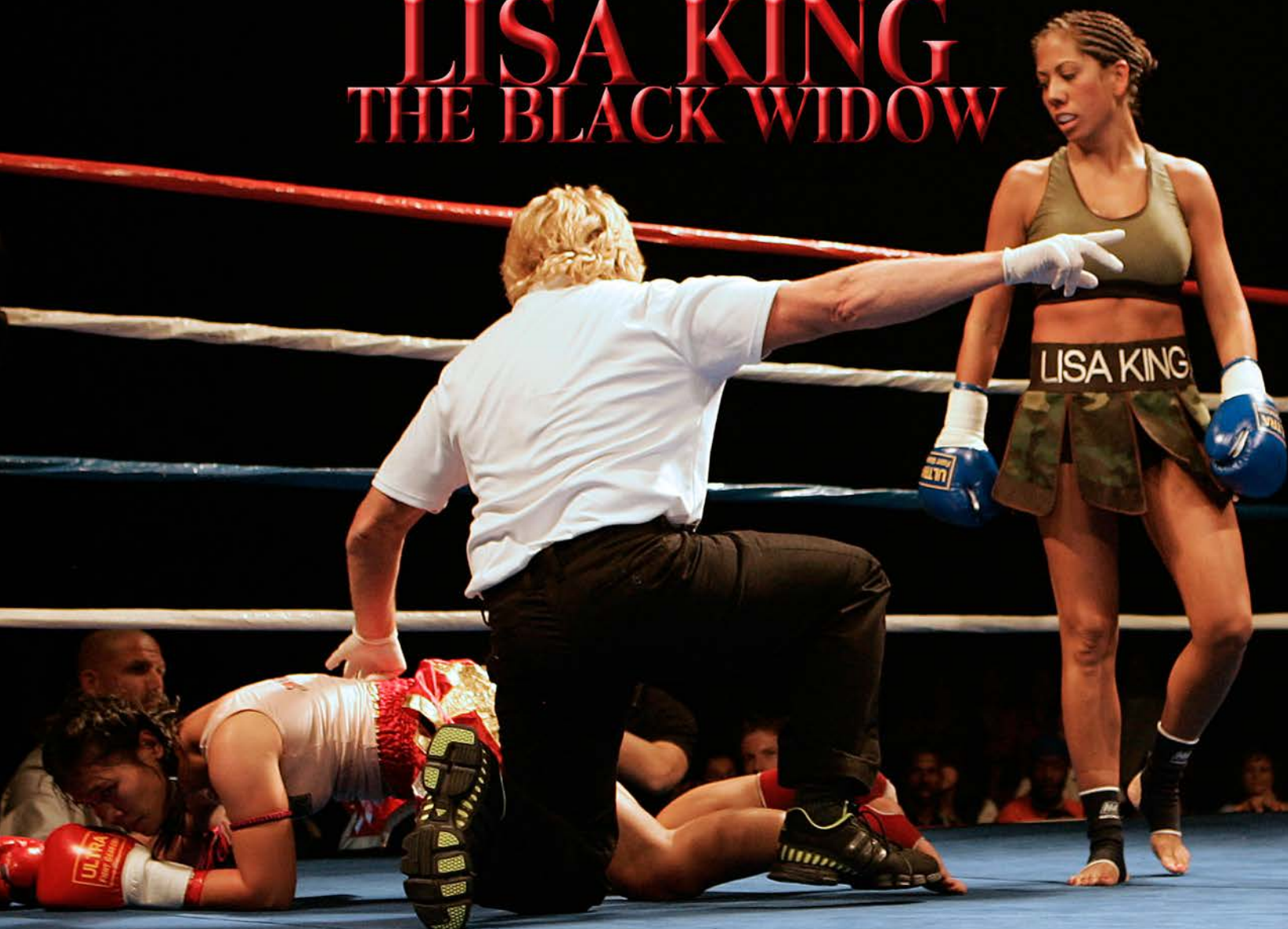


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JANUARY 2012
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Recognizing Excellence in Martial Arts

LISA KING THE BLACK WIDOW



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Champion known as "The Black Widow"



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LETTER FROM THE CEO



What a great year 2011 has been! The Masters Hall Of Fame continued to grow and our alumni are rapidly recognized as the elite in the world of martial arts.

Welcome to 2012 and the year starts with our radio show “Kickin It Old School With Dan and Ed”. This gives us another avenue to recognize the true martial artists of the world.

The nomination process has begun for selecting inductees into The Masters Hall of Fame. Contact one of our ambassadors if you have someone you’d like to nominate. This year’s event will take place in Costa Mesa at the Orange County Hilton on August 11, 2012. The guest speaker is Bob White, a legend in Kenpo Karate.

Once again, God bless you all for doing what you do. Let’s continue to make the world a better place.

OUSH!

Hanshi Daniel Hect

CEO, MASTERS HALL of FAME

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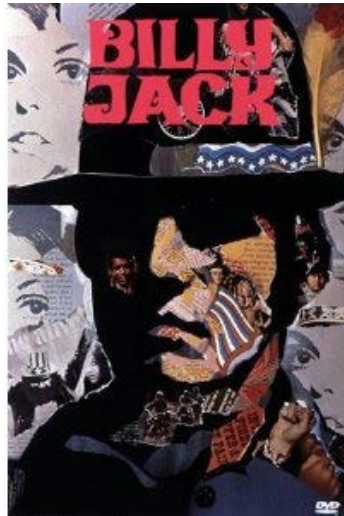


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MASTERS HALL OF FAME MOVIE PICK

BILLY JACK



Who can forget that famous line, “I’m going to take this foot and put it on the left side of your face and there’s not a damn thing you can do about it”! Billy Jack is a film that spoke out against racism, particularly the Indian culture. Tom Laughlin did an excellent job as a half Indian half Caucasian man who fights for the right principles. Though this film is over 40 years old, it’s still refreshing to watch. Master Bong So Han doubled during Laughlin’s fight scenes and introduced Hap Ki Do to American audiences. This is an oldie classic and a goodie!



THE BLACK DRAGON FIGHTING SOCIETY

The Black Dragon Fighting Society...the name itself stirs controversy in the martial arts world. It has roots in the destruction of Buddhist temples in Shaolin thousands of years ago; however, today the Black Dragon Fighting Society is not a secret society. It is not a martial arts style, but it is an international fraternal organization that has been established in South Africa.

During the turn of the 20th Century, the kokuryūkai held secret no-holds-barred martial arts competitions (popularized by the film “Bloodsport” as the “Kumite”.) The term “Black Dragon Fighting Society” (BDFS) became a name of honor bestowed upon those linked to the competitions.

In 1969, John Keehan (aka Count Dante) formed the American version of the Black Dragon Fighting Society when he split from the United

States Karate Association citing racial inequality for minority competitors.

The International Fighting Arts Association Official Black Dragon Fighting Society as it is known today, derived from the anti-apartheid human rights movement in South Africa.

Today, it is a fraternal order that is composed of the “best of the best” of the Martial Arts today. The IFAA Official Black Dragon Fighting Society members are Frank Dux, Vic Moore, Jeff Langton, Stoffel Van Vuuren, Ron Pierce, Ashida Kim, Ernie Reynolds, Ji Han Jae, Irving Sotos, and Lawrence Day.

On the weekend of October 11th – 13th, The IFAA and the Black Dragon Fighting Society in conjunction with the Museum of Sport Karate will pay homage to some of the great martial arts pioneers and elders of the 1950’s-1980’s at an event called “The Gathering”. The Gathering will take place at the Southwest Hilton in Houston, Texas. Along with seminars and special guest speakers, the Black Dragon Fighting Society will officially induct martial arts greats J. Pat Burleson, Troy Dorsey, Linda Denley, Tony Lopez, Bruce Brutschy, Jerry Piddington, Danny McCall, Zulfi Ahmed, Moses Williams, Darryl Stewart, Erle Montague (posthumously) and Richard Dixon (posthumously).



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LISA KING

The Black Widow



Lisa King is a fighting champion with a heart made of gold! She is a commentator, a model, a spokesperson, a protective agent and also a wife and mother of two. Who would believe that a woman with model looks could be one of the most dangerous women in the world? Lisa took time out of her busy schedule to talk with us.

MHOF: How did you start training in the martial arts? What systems do you study.

LK: I started training in Muay Thai over 16 years ago. When I was younger I became a fan of martial arts; just like the rest of the world I fell in love with the thought of having a Mr. Miyagi in my life. I continually asked my parents to sign me up for any form of martial arts; however my mother was of the old school mentality that martial arts was for boys; she had a dream of raising me to be as “girly” as one can be. She immersed me in pageants, cheerleading and such. When I became of age I sought out almost every martial arts gym in Las Vegas and fell in love with Muay Thai. I was so excited at the thought of being able to train in martial arts I actually signed a 3 year contract that day. In my mind I was going to love it one way or another. To date, I’ve dabbled in other systems but my true love is Muay Thai through and through.

MHOF: What made you want to fight professionally?

LK: When it came to fighting, it’s safe to say I never wanted to fight. My trainers; Master Toddy and Master Chan can be extremely persuasive. Back in the day, we didn’t have a plethora of female Muay Thai fighters; and the two of them apparently recognized a fighter quality in me. They continued to ask me for over a year to fight and finally we made a pact; I’d get in the ring once; and if I didn’t like it – I’d never be asked again. My fight was action packed and the crowd was at their feet. Our fight got voted fight of the night and I’m happy to report I won that fight. At that moment, I fell in love with the crowd, the experience and I never looked back.

MHOF: How did I get my nickname?

LK: (Smile) Here’s my long/short story... Early on, one can say relationships and dating was not my forte. Ironically my dating life earned me the name the Black Widow amongst my colleagues & friends. In the midst of my trainers asking me to consider fighting; I took my son to see the movie “Cat Woman”. When I dropped him off at pre-school the next day; his teacher asked about his weekend. I overheard the two of them discussing the movie and my son very proudly informed his teacher “did you know my mom’s a super hero too”? Needless to say, I had a permanent smile the rest of the day. It was at that point I decided if I was going to fight; I was going to do it in a super hero style and I needed to decide on A) an outfit and B) a name. The only name I had was eerily similar to what I do. Black widow Spiders have 8 limbs and ironically Muay Thai is the science of 8 limbs. The spiders are brownish in color, so am I. They are unassuming, and let’s face it so am I. With that said, THAT is how the Black Widow was born. Creating the super hero fight outfit was the easy part!

MHOF: Who was your toughest opponent?

LK: My toughest opponent was the only opponent who I’ve had a “draw” with; Ariana Ramirez. The fight card was supposed to be USA-vs-Japan and two weeks before the fight, the Japanese team pulled out. Ariana and I were both left without an opponent (which is beyond frustrating after training for 10 weeks). We were originally supposed to fight on the US team and the match maker had to do some quick matches to make the card work. He gave





us both 2 options; to fight each other or not fight at all. Of course we chose to fight. I had had never trained with Ariana, but I used to train with her husband; who used to instruct under Master Toddy. He was quite familiar with my fight style. He gave Ariana the game plan to use her height; she's 5'8ish and I'm 5'5. She had me in a clinch and dropped her weight almost the entire fight. It was a brilliant plan on her part as I'm known for my high kicks. Kicks are quite difficult when you have another human being adhered to you. The fight in my opinion was not my best showing; however the best part of that fight was what took place while we were waiting for a decision. We were both extremely exhausted and while we waited for the longest decision ever; we gave each other the typical kudos. Somehow, somehow we started up a conversation in the congratulatory hug stance. I admitted I had researched her, she apparently researched me and she told me how our birthdays were one day apart, etc., etc. We decided win, lose or draw we'd be celebrating together after the card. When the ring announcer asked us "how we were feeling after the fight"? We expressed to the crowd win, lose, or draw we were celebrating together afterward and they were welcome to join us. Our fight that night was the only fight that made write ups in the sports section, and she's now my nearest and dearest friend. It's pretty hard to not respect and love someone who shares the same passions that you do. This sport is amazing in so many ways...

MHOF: Take me through a day of training with you when you prepare to step into the ring.

LK: First off; I haven't fought in a couple of years since I was involved in a pretty serious

high speed car accident. I was forced by my physicians to take a year off from training but I am happy to report I am back training every day again.

Generally preparing for a fight I am extremely regimented with every aspect of my routine. My calorie intake was monitored daily starting 12 weeks out, and I worked with a phenomenal nutritionist who kept me on track. Training consisted of 3 hours per day, 6 days a week, this would include; 1 hour of pad work; and 2 hours of heavy sparring. In addition to ensure my cardio was up to par I would run three miles each day.



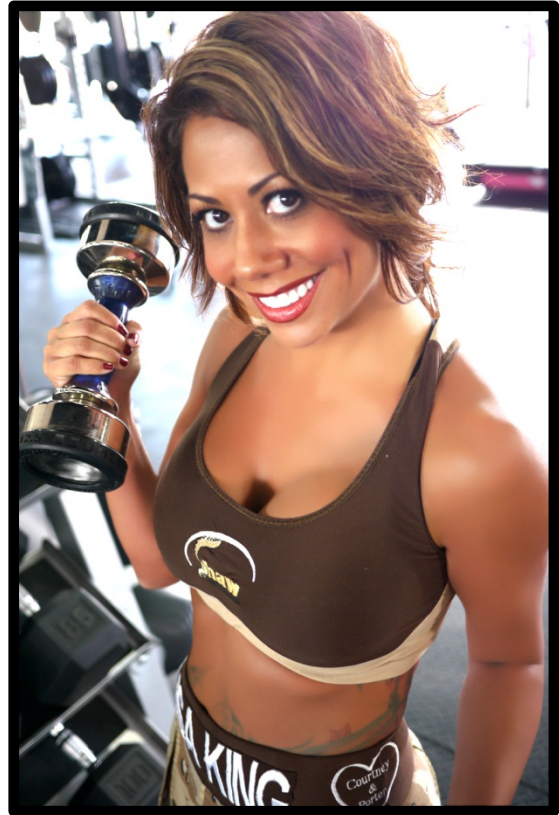
MHOF: What are your thoughts on women's MMA divisions? Do you have any insight on Chris Cyborg testing positive for steroids?

LK: I'm a fan of all aspects of fighting and especially women's MMA. Women train just as hard as men and I've always found female fights to be extremely action packed. Being that there are less opportunities for women on the cards; women have to make their fights memorable in order to be considered for the next card.

There's no debating Cris Cyborg is a phenomenal athlete. She certainly isn't the first athlete to test positive for steroids and I'm confident will not be the last. The way I see it is; she's been given a year to take a break and refine her ever amazing skills. There's been talk of her dropping to another weight class, and this gives her plenty of time to come up with a game plan. I'm sure she will be back, and most likely with a vengeance.

MHOF: What are your thoughts on martial arts as it stands today?

LK: The growth of fighting has definitely put martial arts on the map like never before. It is allowing more martial artists the earning potential to do what they love; whether it is fighting, opening schools, teaching seminars, etc. The only down side is that it appears everyone wants to be a fighter and many don't want to put in the leg work. It is up to us to educate these aspiring individuals on the importance of proper training and continuing to maintain the martial mind-set.



MHOF: What is in the future for the "Black Widow"?

LK: On any given day you can find me speaking, training or making the world a safer place. For example, I was recently invited to be the emcee for an event hosted by the World Boxing Council & Project Shero. I have also signed on to commentate for several fight organizations including "Impact MMA" whereas in addition to commentating I will be providing pre and post-fight interviews in the ring and/or cage. I am also pleased to be working with a police owned training facility; Excel Defense Studios and Excel Training Solutions. I will serve as their lead Muay Thai and Self Defense Instructor as well as assist with courses designed for first responders. I have recently begun using my business background and educating martial arts school owners on how to successfully market and grow their business. And when I have a

moment of down time, you can find me working as an executive protection agent for individuals or assignments that need maximum discretion.

For more information and/or updates you can visit Lisa "The Black Widow" King at:
Theblackwidow.us



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KICKIN' IT OLD SCHOOL

With Dan and Ed



There's a new radio show on the air. It's called "Kickin' it Old School with Dan and Ed". It airs on station KCAA 1050 AM radio every Sunday at 4:00 PM (PST). Daniel Hect, CEO of the Masters Hall of Fame, and Eddie Morales, Publisher of Martial Force Magazine, pair together to bring one of the most dynamic team of hosts in talk radio. Guests have included former kickboxing Champion Robert Parham, Steven "The Fight Doctor" Quadros, Sheriff Stan Smith and Jerry Bell (formerly of the Dazz Band and New Birth). This radio show has quickly caught the attention of martial artists all over the world.

Personalities have called in to ask the guests and the hosts' questions: Grandmaster Eric O'Neal, Marcus Bossett (of the UFC), Professor Gary Lee (CEO of the Museum of Sport Karate) and Taimak (The Last Dragon). The history and the inside stories of the guests are amazing! Listen to the show if you want the real stories of martial arts! Call in toll free at 1-888-909-1050.



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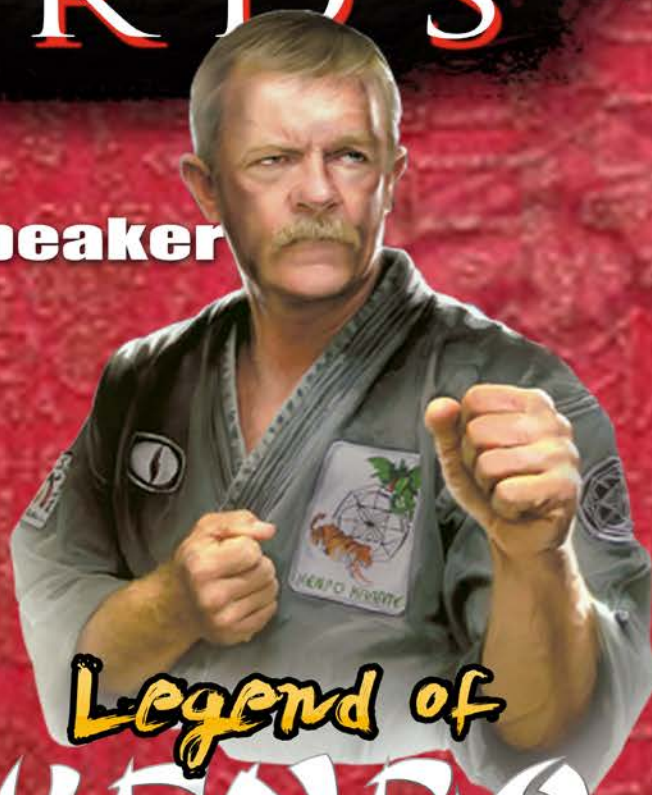


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