

January 1, 2021

R.A.M.A. News



Martial Arts, Wellness & Entertainment Newsletter

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PANDEMIC

We all said goodbye to 2020, but the pandemic is still going on. We all just have had enough of the lockdown and news about it on all media. Businesses are still suffering and a lot closed already. Some are surviving by going online.

There isn't much to say and do at the moment other than stay safe and healthy. Follow the physical distancing, wear mask and sanitize hands. Read infos on covid-19.ca.gov

NUMISMATIST



Being a collector of valuable coins, you need to have the knowledge of what coin, from what mint, its date, its rarity and the condition of it has to be for anyone to consider its real value. It's a small investment as of now, but who knows in the near future?

Passing
Experiences
Allows
Completing
Existence

© Lady L. Reed

*Happiness is yours to choose
As you go through life's challenges
Position yourself in the light
Positively embracing each day
You are divine and a bundle of joy*

*No matter what society propose
Express yourself with integrity
Wealth lies in your perception*

*Yearly checking re-solutions
Expand your loving expressions
Accept the Blessings as they come
Regardless of your race, live right!*

© Lady Lallaine Reed 2014

Photo: LL Reed 2014

R.A.M.A. NEWSLETTER



LETTER FROM THE EDITOR

Dear readers and supporters,

“Without succumbing to despair, we should light up our hearts with the lamp of hope.” - Amma

We all started 2021 with hope that this year would finally solve the pandemic around the world. R.A.M.A. News eNewsletter is reaching out to all of our martial arts friends and families as a beacon and show inspiration and motivation to keep on keeping on in life. Using martial arts as a way of life, it is also our source of entertainment and health/wellness. Most of our contributors here are sharing their hearts to inspire you as you go through this challenging unprecedented lifetime.

Wishing you all blessings of love, peace, happiness, hope and prosperity in your learning and growth this year.

Yours truly,

Lady L. Reed



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R.A.M.A. News is emailed bimonthly by the Reed's Active Martial Arts & Wellness Club LLC.

We welcome contributions but reserve editorial rights. Ideas and opinions are strictly those of the writers and does not necessarily reflect those of the Reed's Active Martial Arts & Wellness Club LLC.
Contact ladylallainreed@gmail.com to learn more about advertising opportunities.

It's important to recognize that everyone has that spiritual quality and is probably doing the best they can with the information they have to work with, taking into consideration their own personal trials.

John-Roger, DSS



News From Across The Pond



By way of a brief introduction; the Saenghwal Hohup Kwan Tang Soo Do Federation (SHK) is a UK based friend of the Universal Tang Soo Do Alliance (UTSDA) and I, as its senior Instructor, am proud to be able to call myself a mentee of DoJuNim Khalid. SHK means 'breath of life school'.

We offer season's greetings to all UTA Members and we hope that this communication finds you all safe, well and happy.

Our organisation opened its first class on the fifth of October 1992, albeit under a different name. Since then many students have come and gone but our roots and our drive have remained constant and focused upon the delivery of traditional Tang Soo Do that starts and finishes with good manners. That is done in the firm belief that it will enhance human relations for the better.

and determined work are an inspiration to us all. Our new Masters each bring a unique skill set to the Federation; Master Chovancova brings over ten years of top level European Sport Karate experience to the delivery of our sparring instruction in addition to her lengthy Tang Soo Do training while Master O'Mahoney focuses and enhances our physical activities with her extensive Sports Science background gained at Loughborough University. The day was made even more special by the certification of Cho, E and Sam Dan black-belt awards. Our best wishes go out to the candidates who were unable to be with us on the day due to the current health climate.



You don't need to be reminded that 2020 has been a very unusual year for us all. That said it is nice to be able to round off this otherwise tumultuous year with a little good news;

(DoJuNim at Warwick Castle, England in 2017.)

R.A.M.A. NEWSLETTER



DoJuNim's clinic June 2017 in Rugby, England.



L to R; Master O'Mahoney, Master Dove and Master Chovancova.

Saturday 12th December 2020 saw the certification of two new Masters within the SHK. Congratulations to Master Chovancova and Master

O'Mahoney. Your many years of hard and determined work are an inspiration to us all. Our new Masters each bring a unique skill set to the Federation; Master Chovancova brings over ten years of top level European Sport Karate experience to the delivery of our sparring instruction in addition to her lengthy Tang Soo Do training while Master O'Mahoney focuses and enhances our physical activities with her extensive Sports Science background gained at Loughborough University. The day was made even more special by the certification of Cho, E and Sam Dan black-belt awards. Our best wishes go out to the candidates who were unable to be with us on the day due to the current health climate.

Universal Tang Soo Do Alliance friends; please know that our doors are always open to visitors to the UK who may wish to train with us. As always the only caveat is 'with your Instructor's permission please'.

Yours in Tang Soo Do
John Dove

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What makes Tang Soo Do different?



My first experience of Tang Soo Do Moo Duk Kwan came in about 1970-71 when a friend of mine in school was training under Chuck Norris and also a style called Ren Bu Kai under Ron Marchini. I was being bullied at school and he stepped in and knocked the bully out with one punch. I asked him, "How did you do that?". "It's called Tang Soo Do", he said. I wanted to take a class so he started teaching me private lessons while was taking Judo classes at the local YMCA.

"What the difference between Japanese Ren Bu Kai, Shotokan and a Korean Karate style Tang Soo Do?", I asked him. He said, "It is basically the same except Tang Soo Do uses more kicks." This statement started me on a lifelong journey that has taken me 50 years of martial arts training with more than 16 different instructors in different martial arts styles.

The first thing I noticed was, Tang Soo Do uses midnight Blue instead of Black belt. Most of the other Korean and Okinawan and Japanese Karate style uses Black Belt Rank. Tang Soo Do / Soo Bahk Do uses Midnight Blue. Its origin comes from Grand Master Hwang Kee who used it to show Dan holders in the Soo Bahk Do Moo Duk Kwan in Tang Soo Do. Black is viewed as a color that does not become darker, and thus signifies an end (death), whereas midnight blue represents more positive concepts, such as the element of Water. The color Midnight Blue is also a symbol of peace and hope in Martial Arts, A student that achieves Midnight Blue belt is known as a "Dan" for his or her knowledge of the art,



however, some Tang Soo Do federations now use both Black and Midnight Blue for Dan holder.

The ranking of belts in Tang Soo Do is like other styles of karate. In general, to achieve 1st

Dan or 1st degree blackbelt is about 3 to 5 years and to make master level 4th dan is about 12 years, 5th Dan is 17 years and 8th Dan is 38 years 4th Degree and up receives a red stripe down the center of the belt. Some Tang Soo Do federations give 2 red stripes after 7th Dan.

The other area of difference lies on how Tang Soo Do use of the hip in offensive and defensive rotation. They pull rather than push when stepping. Most other Japanese Karate styles are more linear and direct and does not add in the hip rotation as much as Tang Soo Do. To find out more information on Tang Soo Do hip rotation go to

www.tangsoodoworld.com?reference/use_ofHip_in_tang_soo_do.htm

and for training classes you can contact me or Master Lady L Reed.

-GM David L. Reed

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EL SCOOP



If you know Grandmaster Eric Lee, then you know that he is the kind of martial artist who has lots of ideas and visions of harmony, fun and entertainment. He is al-

ways working on something and will not be a couch potato in this lifetime. He respect everybody in what they believe in and thus keeps on doing what he loves. You can watch his live videos traveling with his girlfriend Cindy and favorite dog Bella on Facebook.

www.Facebook.com/grandmasterericlee

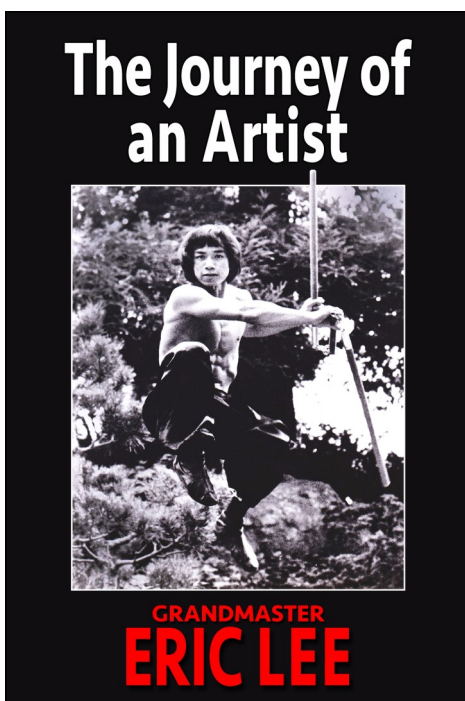


Grandmaster Eric Lee also has a selection of pendants that you can buy together with his leather jacket. For more information, email ericwing-chowlee@yahoo.com

He recorded at least 20 cover songs at and you can enjoy it on **GM Eric Lee Channel**

<https://www.youtube.com/channel/UCB2BRg96HiFz4QCGtOHIEqg>

(Video Logo was created by Danny Lopez, Singer: Eric Lee, Music Recording: Bartek Gliniak, Video Compilation and uploads: Lady L. Reed)



Grandmaster Eric Lee's book is finally out as an ebook and paperback on Amazon.com and www.ericlee.com

It is full of interesting stories about himself and his encounters through out his life as a martial artist and actor.

If you want a signed copy, simply email him and send \$20 to paypal.me/ericlee

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Cooking with Joycelyne

HAPPY NEW YEAR

As we enter a New Year, one of the best resolution is to power the immune system with fresh produce.

Flavor enhancements such as garlic, onions and mushrooms are antioxidants. Fresh is best but dried, canned and powdered forms are also available. Herbs can be fresh, dried and ground.

Every vegetable offers different nutritive value. Use the clean scraps to make vegetable stock by adding water, bring to boil and simmer for 20 minutes. Use to make rice, sauces or when cooking vegetables.

SOUPER MEAL

For a heart warming soup, saute root vegetables in olive oil. (Choose from potatoes, onions, turnips, leeks, carrots, parsnips, rutabaga, beets, sweet potatoes.) Add medium firm veggies (squash, broccoli, eggplant, green beans, asparagus, cauliflower, brussels sprouts.) After simmering till softened, add soft vegetables such as tomatoes, celery, mushrooms, garlic, spinach, bok choy, corn, peas, cabbage. Add herbs to taste.

If desired, add cooked meat, noodles, chicken, vegetable or beef broth. For extra protein, swirl in beaten eggs while the soup is boiling to make an egg drop thread. Top with fresh parsley, green onions, cilantro, or chives and a dollop of yogurt or sour cream.

For variety, add siracha, red chili pepper flakes, a squeeze of lemon or lime juice.

Other flavors such as Worcestershire sauce, soy sauce, oyster sauce, wine, teriyaki, and even honey can add depth.

It's fun to create your own dish and make it unique and keep each meal exciting. A great start for the New Year!

Happy Eating!

Joycelyne

Watch "Cooking In with Joycelyne" on YouTube and SUBSCRIBE!

Contact me if you have any questions or requests at joycelynefp@gmail.com

Please LIKE and SUBSCRIBE. Hope you enjoy the show!

Let me know any dishes you would like featured on the show at joycelynefp@gmail.com I will answer any questions as well.

Cooking In with Joycelyne is also available on Amazon Prime.

Happy Eating! www.joycelyne.com

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MERRY CHRISTMAS AND CONGRATULATIONS TO NEW HUNTINGTON BEACH PRO TEAM FORMER UFC LIGHT HEAVYWEIGHT CHAMPION TITO ORTIZ , CON- GRESSWOMENS YOUNG KIM, MICHELLE STEEL & AS- SEMBLYWOMAN JANET NGUYEN



First of all, I would like too greet every-one Marry Christmas and I would like to congratulate two new members of the political arena who have been elected for the new position in politics world. (1) Former UFC Mixed Martial Arts Light Heavyweight Champion, Mixed Martial Arts New BELLATOR Mixed Martial Arts contender and new Republican Party Huntington Beach Pro Team TITO ORTIZ. He is a new member who received the most votes in the field of 15 candidates. He is elected new Councilman and became immediately Mayor Pro Team. He stated during his interview on ABC7, " That I am not a politician at all. I am American that was born and raised here in Huntington Beach and I am going to fight for my community.", "This is my life. They've given so much to me in my career of mixed martial arts of 23 years. Now it is time to give back for them". (2) Republican new Congresswoman YOUNG KIM is a South Korean-born American politician and the first Korean American woman elected to congress along with fellow Republican MICHELLE STEEL and first Vietnamese Senator JANET NGUYEN; (3) New elected Republican Congresswoman Michelle Eunjoo Park Steel is a South Korean-born American politician who is the U.S. Representative-elect for California's 48th congressional district

and lastly (4) Republican Assemblywoman JANET NGUYEN was elected to represent the 34th Senate District in 2014. Former Senator is a small business owner and former Orange County Supervisor. New Assemblywoman Janet Nguyen is known for first Vietnamese-American elected to the State Senate, was the first woman Orange County Supervisor to represent the first District, the first Asian American and first Vietnamese-American to serve on the Board of Supervisors, as well as the youngest Supervisor elected in Orange County history. Senator Janet Nguyen was the highest ranking Vietnamese American elected official in California and the highest ranking Vietnamese-American woman elected official in the United States. She previously served on the Garden Grove City Council where she was the first woman Councilmember elected in nearly 35 years and the youngest member ever elected. I would like to



greet all Martial Arts Merry Christmas and Happy New Year especially ALL Grandmasters SHUNY BEE, ERIC LEE, JIM THOMAS, FREDERICK PETERSON, DAVID L. REED and Reverend-Master LADY LALLAINE REED & FAMILY.

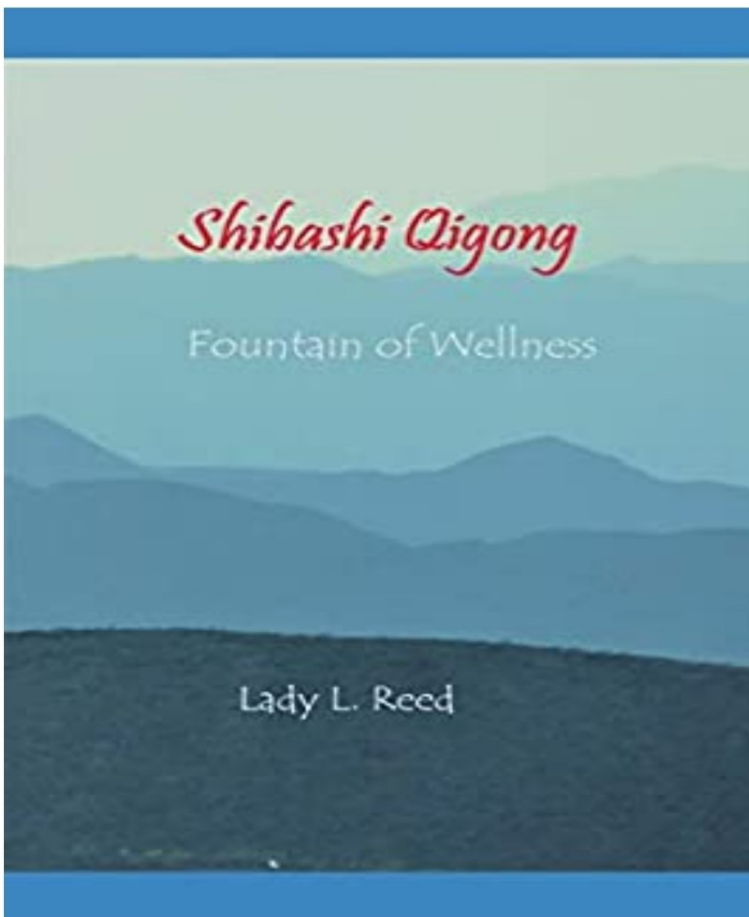
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***NOW AVAILABLE ON AMAZON.COM
and [Reedsactivemartialarts.com/store!!!](https://Reedsactivemartialarts.com/store)***



***The NEWest Book of its own kind is also
out as an ebook and paperback on Ama-
zon.com and [Reedsactivemartialarts.com/
store](https://Reedsactivemartialarts.com/store)***



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THE BOOK: *My Stroke of Insight* by Dr. Jill Bolte

The book tells the fascinating story of a Harvard-trained brain scientist's experience with a massive stroke and her 8-year journey to full recovery. Jill regards her stroke as a blessing and a revelation.

START DATE: Monday, January 11, 6PM - 7PM PST online.

Join virtually from anywhere in the world via Zoom video conference calls. Meeting details will be provided to registered participants.

TUITION: \$3.97 / month OR \$39.97 / year. By registering now, you lock in this low rate FOREVER. So, even if the tuition increases in the future, you will never pay more.



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Every Tuesday night 8-10 pm Friends Circle Night

Got talent? Share and be recognized! Friends Circle Night!

The "Friend Circle Night" is designed to help the attendees to:

- ** build a CLOSE friends circle and build a team for your projects
- ** Share/show your talent and be recognized
- ** Get connected with Film Industry professionals
- ** Get your projects evaluated for FREE
- ** Search/book the artists for your next projects
- ** Sign up to perform/attend our Talent show event

Our "Show Talent – Talent Show" is

- ** A networking opportunity for performers and attendees to connect with entertainment industry professionals;
 - ** An educational stage to have your art, performances and talents evaluated;
 - ** An environment for artists to collaborate, learn, create, and perfect their craft;
 - ** A talent search market for directors and producers to discover characters and roles for upcoming projects.
- <http://showtalenttalentshow.com> , Team@ShowTalent-TalentShow.com , Text only: 1-562-438-4411

This is for our monthly talent show on every 2nd Sat., 1-4pm.



Peaceunleashed.com is selling a video format of the whole set of Shibashi Qigong, taught by Master Lady L. Reed.



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“YOU ARE ALREADY A SPIRITUAL PERSON,
JUST BY THE NATURE OF YOUR EXISTENCE.”

– JOHN-ROGER

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INSIGHT IGNITE

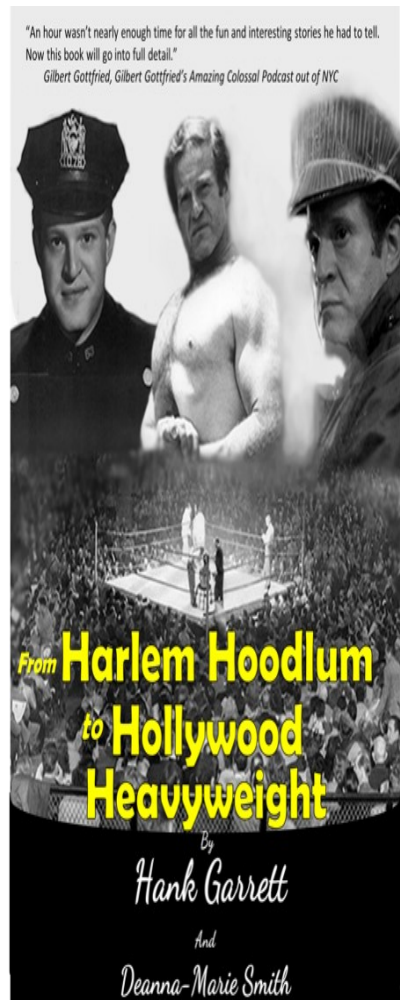
Online via Zoom

JANUARY 16 | 9 AM - 1 PM PT

JANUARY 23 | 9 AM - 2 PM PT

- Discover what's in your heart
- Let the power of your heart propel your life
- Take charge of your inner environment
- Manifest your deepest intention
- Relax, recharge, and refuel

WWW.INSIGHTSEMINARS.ORG/CALENDAR

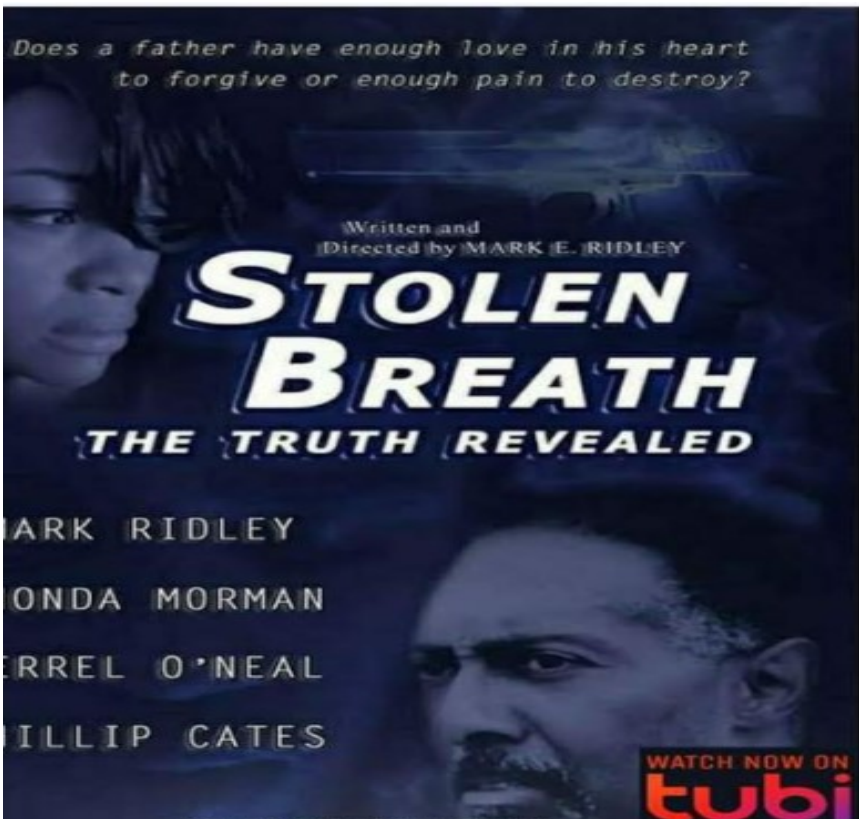


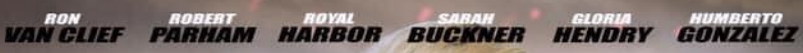
Available on Amazon!!!

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SOCIAL MEDIA NEWS

The Martial Arts History Museum is proud to provide a series of "Official Biographies" of many of our pioneers, champions, founders and significant achievers. These DVDs provide an historical insight of those who have paved the way. We hope you have enjoyed them and more are yet to come. Plus, it's a cool thing to get autographed! Our **store is OPEN NOW!!!** **Come** and drop by! [#martialarts](https://martialartsmuseum.com/museumstore/) [#mma](https://martialartsmuseum.com/museumstore/) [#biography](https://martialartsmuseum.com/museumstore/) <https://martialartsmuseum.com/museumstore/>





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MARTIAL ARTS SCHOOLS WE SUPPORT



Iron Shirt Qigong Class
with

Grandmaster Darryl Khalid

Starts on Jan. 5, 2021,
10am-11am

1st Week for free!!!

*10% Off the \$65 if you sign
up.*

Zoom link will be send after payment to paypal.me/tangsu

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