

June 1, 2022

## R.A.M.A. News



Martial Arts, Wellness &amp; Entertainment Newsletter

## In this issue:

Celebrations

UTSDA

Martial Arts, Events

Cooking with Joycelyne

Books, Films

Martial Arts Schools

## Covid-19 Immunity

Although it was reported by Los Angeles Times that there's a new surge of coronavirus cases rising in California, there are less hospitalizations and deaths. According to the LA County Public Health Director B. Ferrer, with the trajectory of the moment, there would be stress on the healthcare system within a few weeks. Some families are now faced

with more challenges regarding their finances, and vacation plans.

For more information, check out <http://coronavirus.lacity.org>

## Actor James Hong Received His Star on Hollywood Walk of Fame

The Asian-American community celebrated the actor James Hong last May 10, 2022 when he received the 2,723rd star on the Hollywood Walk of Fame on Hollywood Boulevard.

Hong, with his 93 years, had a total of 469 TV appearances, 149 feature films, 32 short films and 22 video games. The emcee Lupita Conejo was joined by actress Jamie Lee Curtis and actor Daniel Kim, who sponsored his star.

*"Memorials are for celebrating lives and being grateful for the good memories with them. It is also a reminder to live your dreams. Don't let your song die with your body. Sing it out loud and share it with the world."* - Lady L. Reed



# HAPPY FATHERS' DAY

# R.A.M.A. NEWSLETTER



## LETTER FROM THE EDITOR

Dear readers and supporters,

“Difficult roads often lead to beautiful destinations.” - Zig Ziglar

Many of us have been through difficulties these last two years, and when it seems like it's going to be over, there seems to be no ending in sight. Like continuously working on your ranks, getting a black belt shouldn't be the only goal. Martial arts is a way of life and therefore, training should be an ongoing thing no matter what.

Thanks to the contributors of articles and photographs for this newsletter! It makes it easier for me to put them together and share within our community for free.

May you stay strong, healthy and blessed for the rest of 2022.

Yours truly,

Lady L. Reed



### R.A.M.A. News

[Official Newsletter of Reed's Active Martial Arts & Wellness Club LLC

June Issue 2022

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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](mailto:ladylallainreed@gmail.com) to learn more about advertising opportunities.

**We humans are to have joy everlasting,  
 and we are also held responsible for our  
 creations. —John-Roger**



# R.A.M.A. NEWSLETTER



## Universal Tang Soo Do Alliance 2-Days Seminar

Last April 29-20, 2022, Grandmaster Darryl Khalid facilitated the classes that was hosted by Grandmaster Robert Price in California City. Members of UTSDA from California attended, and shared some good time together.



Standardization of One-Step-Sparring were discussed and demonstrated on the Friday night. The seminar next day was started with warm-up and stretching exercises by Master Lady Reed, followed by Grandmaster Phillip Turner teaching a little Hapkido, and an hour of grappling lead by Master Christopher Wolf. Then Grandmaster Darryl Khalid taught everyone the new Three-Step-Sparring after he promoted Kyosa Mate to his 2nd degree, Master Skee Goedhart to his 4th degree, Master Chris Wolf to his 6th degree, and Master Selina Palmer to her 6th degree.

The last part of the seminar was lead by Grandmaster David L. Reed and Master Selina Palmer.

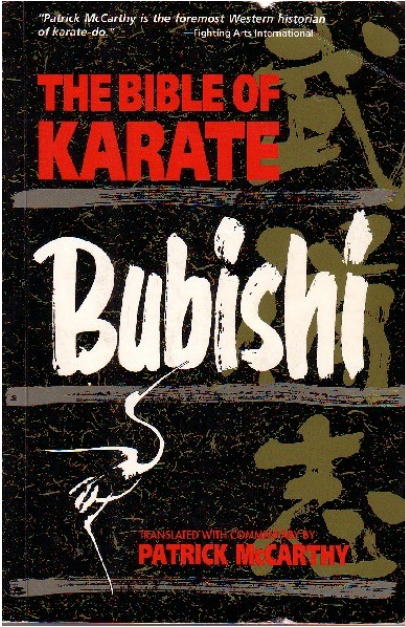




## R.A.M.A. NEWSLETTER



## Okinawa's Ancient Book of



It was the coldest winter ever. Many animals died because of the cold. The porcupines, realizing the situation, decided to group together. They were covered and protected, but the quills of each wounded the closest companion. After a while, they decided to distance themselves, and they began to die, alone and frozen. They had to make a choice: either accept the quills of their companions or disappear from the Earth. Wisely, they decided to go back to being together. They learned to live with the little wounds that were caused by their close relationships because the most important part was the heat that came from the others.

### Knowledge

Recently, I was a guest at a farewell gathering here in Okinawa and enjoyed the opportunity to be amidst several of the most senior authorities of the twin arts of Karate & Kobudo. During my discussion with one of the gentleman I was surprised that he'd never heard of the Bubishi before... naturally, I did my best to describe it and [later] gift him a copy.

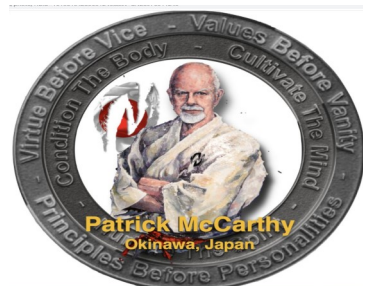
I am presenting a photo exploration into as much of my, "behind-the-scenes" research [i.e. the where, what & who] my lengthy study brought me into contact with... for the benefit of other serious and dedicated researchers interested in learning from my steps.

The 'master text', again the original content pails to the commentary by the author. The life based experience makes this so unique. ~ Cezar Borkowski

Hands down the BEST English language book on our beloved art EVER! I recommend it to one and all, and not just because I wrote a foreword! ~ Joe Swift Dojo Tokyo Mushinkan

They were able to survive. The best relationship is not the one that brings together perfect people, but the one that forms when individuals learn to live with the imperfections and admire the good qualities of others.

The moral of the story ... LEARN TO LOVE THE PRICKS IN YOUR LIFE!





## R.A.M.A. NEWSLETTER



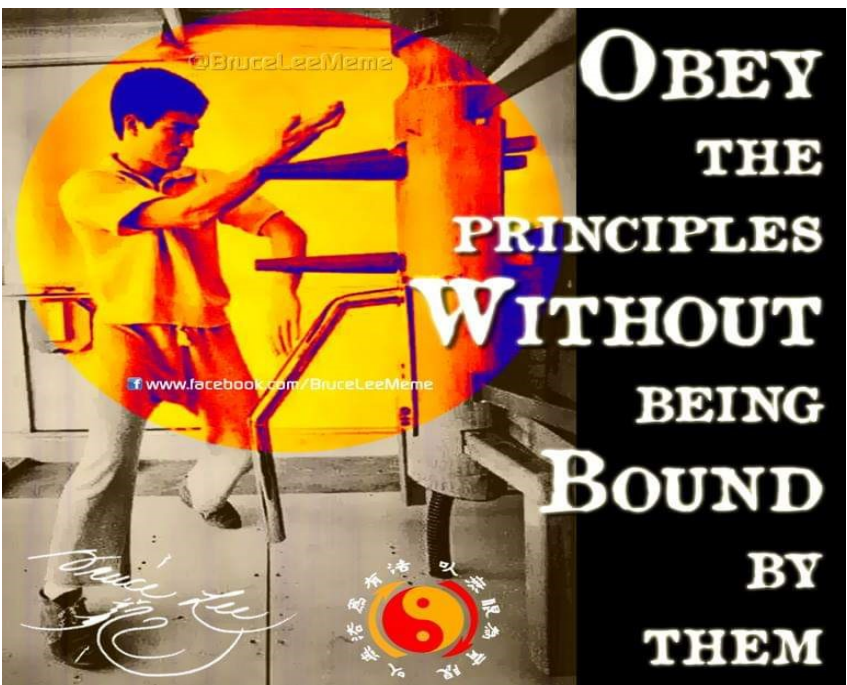
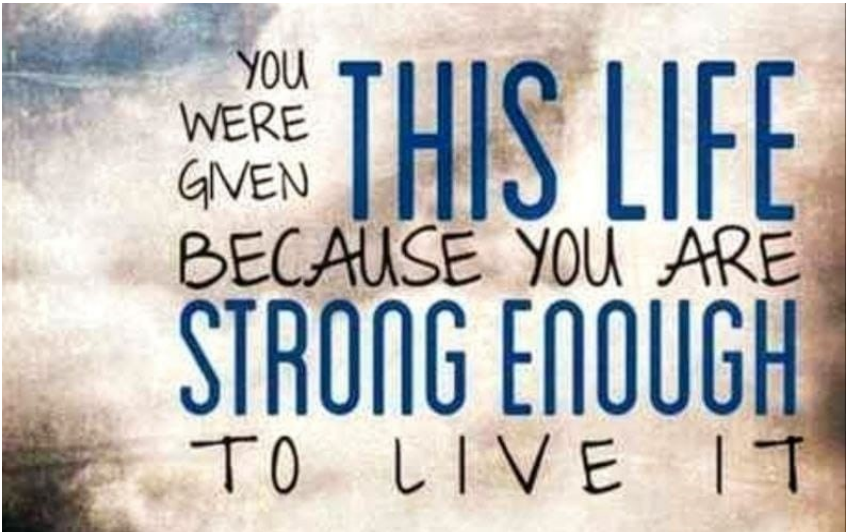
### On Combating Negativity

Martial Artist Andrea Harkins recently wrote a blog on how to combat negativity. As martial artists, we are equipped with skills and disciplines to combat almost anything we are served in life. Our mindset includes the pillars of integrity wherein we can only be positive in life.

Here are her three suggestions for you:

- 1) Be a ray of hope.
- 2) Be grateful.
- 3) Free yourself from guilt.

You can read it all at the [Martialartswoman.com](http://Martialartswoman.com)



# R.A.M.A. NEWSLETTER



## Anti-Asian Hate Giveaways



On May 19, 2022, the Martial Arts History Museum teamed up with Eric The Trainer and gave away 1000 Finger Stun Devices to Asian-American community. It was covered by multiple media such as Lydia Pantazes of Spectrum News, Jay Nunez of Asian Hollywood News, ABS-CBN News, Fox News, KSN News and R.A.M.A. News.



Directions on how to use the Stun Device was facilitated by Michelle Manu, a martial arts Instructor. She showed the audience how to scare away any attackers and where to use the device. She also informed about the legality of owning such a device for self-defense.



It is legal for Californians to have one, unless one is convicted of felony/assault or addiction of narcotic drugs..

Among the supporters that attended the event were Mr.



Jess Talamantes, Burbank Mayor, Taebo Creator/martial artist Billy Blanks, Celebrity Trainer/martial artist Eric The Trainer, Actor/martial artist Joe Montagne, actor/martial artist James Lew,

actor/martial artist Benny The Jet, actor/martial artist Vince Cere, stunt director Art Camacho, actor Maurice Compte, actor Ryan Carnes, musician/producer Eric Madsen, writer/producer Steve DuBerry, Sumo Dan, Qigong Masters Chris and Parisha Shelton, Grandmaster David L. Reed, martial artist/actor/author Lady L. Reed, Grandmaster Bobby Kato Drake, Kitty Pleasant, actress Joycelyne Lew, actor/martial artist Roger Lowe. Photography covered by Mario Prado, Getty Images, Sgt. Frank Paras Jr. and Dan Kennedy.



# R.A.M.A. NEWSLETTER



MOTHER & DAUGHTER BOTH OF THEM RECEIVED NO. 1 TOP HONOR IN 2022: OUTSTANDING PERFORMANCE AWARDS

Written by Baretta Balolong Jr. and Kiko Velasquez Jr.



Bro. Jun, Bro. Frank, Sister Luz and Sister Elia Langit and her daughter Sister Rodelia Nuque

Sister Elia Langit (known as Nanay Elia Langit) and her daughter Sister Rodelia Nuque (Known as best friend of Luz Ebdane Millado Paras). This two lovingly ladies who are dedicated members of the Kingdom Light Colony of Glendale strike gold when both of them received "Outstanding Performance Awards" competed in California. Before the establishment of the Kingdom of Jesus Christ (KJC) religious group, its founder Apollo Quiboloy was said to have gone on an exile to Tama-yong for five years and later at Sitio Kitbog at the foot of Mount Matutum in South Cotabato. Quiboloy says that it was revelations from God through his dreams which led him to the foundation of the KJC. In fact, Quiboloy is a former member of the United Pentecostal Church of the Philippines, a Oneness Pentecostal denomination. Apollo Quiboloy's father, José, was already a Protestant (a member of the Christian and Missionary Alliance) but converted to Oneness Pentecostalism with four sons, who all became preachers and leaders in the United Pentecostal Church of the Philippines (UPCP), the largest Filipino Oneness Pentecostal Church, which is affiliated to the U.S.-based United Pentecostal Church International. On September 1, 1985, and started his own denomination. Pastor Apollo's church started on September 1, 1985 and Quiboloy's prayer house was situated along Villamor Street in Agdao, Davao City. As of October 2016, the KJC congregation reportedly claims to have 4 million tithed followers in the Philippines, and 2 million followers outside the country. As of January 2022, The KJC now have 7 millions member all over the world. Kingdom of Jesus Christ is the biggest church and the biggest and largest member all over the world. KING-DOME is now the biggest in the world.

## The Real Prayer Movement, Inc.

### Daily Prayer Calls

M-F: 12:30 pm & 9:30 pm (pst)

Wed: 5 pm & Sun: 11 am (pst)

Zoom.us Mtg ID: 795 3471 7147

PW: 9rDMde Call in: (669) 900-6833

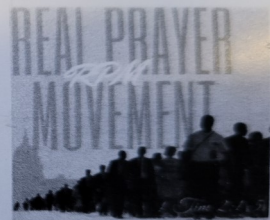
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Facebook: Prayer Movement

IG: @therealprayermovement

website: [realprayermovement.org](http://realprayermovement.org)

email: [therealprayermovement@gmail.com](mailto:therealprayermovement@gmail.com)







## FRESH FRUIT TRIFLE

Summer is on the way and nothing beats a ripe juicy peach or a crisp apple. Eating the whole fruit is much healthier than just the juice. The benefits from the antioxidants, fiber and phytonutrients cannot be easily duplicated from supplements.

Here is a dessert to enjoy fruit in its entirety. It works well with any juicy type of fruit.

### STONE FRUITS

(peaches, nectarines, apricots, mangoes, cherries, plums)

### BERRIES

(strawberries, blueberries, blackberries, mulberries, raspberries)

### OTHER IDEAS

(kiwis, oranges, bananas which may need additional liquid, pears)

Cut the fruit if necessary into half inch pieces and sweeten with raw sugar if desired. Add a sprinkle of cinnamon which is an antioxidant as well!

The sugar will help macerate some fruit to liquify or you can stir in some fruit juice.

Tear up some cake or cookies and soak in the fruit juices.

### BASE IDEAS

(vanilla wafers, shortbread, sponge cake, angel food cake which by the way is pure protein as it is made from egg whites!, ladyfingers, pound cake)

Layer the base with whipped cream or sour cream mixed with brown sugar. Alternate the base, fruit mixture, and cream.

Serve immediately.

This is a refreshing, light and quick dessert that requires no cooking and takes minutes to make. For more food and fun, watch and subscribe to "Cooking in with Joycelyne" on YouTube!

Happy Eating!

Joycelyne

Email any questions to [Joycelynefp@gmail.com](mailto:Joycelynefp@gmail.com)

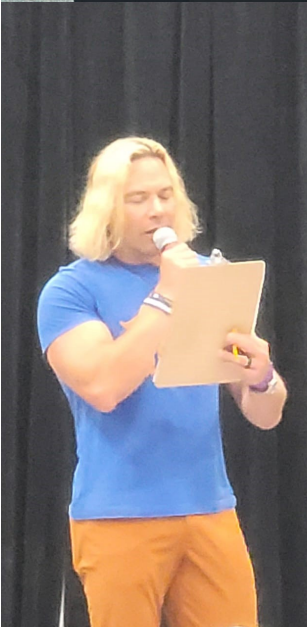
Do you know that tea, wine, berries, green leafy vegetables, cherries, soybeans, chocolates, and citrus are high on flavonoids? -LR



## SOCIAL MEDIA NEWS



Chef Andre Rush published his book called Call Me Chef, Dammit. It's about his experience as growing up, serving in the military and being the White House Chef for years. This inspirational man also created his own line of prepared Meals to be delivered to you. Visit [chowmeals.com](http://chowmeals.com)



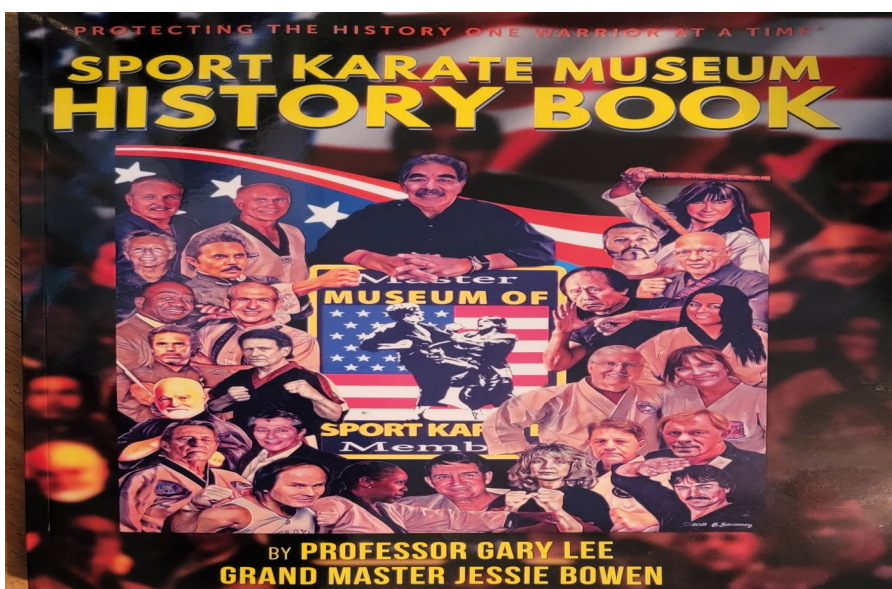
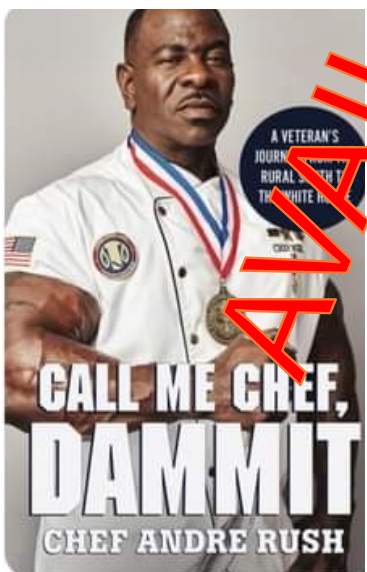
One of the coolest event that every martial artist, body builders and fitness fanatics is the FitExpo.

R.A.M.A. & Wellness Club LLC was fortunate to have been invited by Eric The Trainer to experience it last May 21, 2022. He hosted a couple of challenges and gave away some cash prizes.

Billy Blanks was among his friends who facilitated Taebo classes there.



# R.A.M.A. NEWSLETTER



AVAILABLE ONLINE



## R.A.M.A. NEWSLETTER



**MARTIAL ARTS HISTORY MUSEUM  
PRESENTS**

**16th Annual  
DRAGONFEST™  
THE WORLD'S GREATEST MARTIAL ARTS EXPO**

**AUGUST 6, 2022    11 am to 6 pm**

Join us for this **Charity Event** as the Martial Arts History Museum hosts the 16th Annual Dragonfest Convention. Enjoy a full-day meeting movie stars and martial arts celebrities. The event also features 80+ vendors, Asian cultural performances, martial arts weapons, jewelry, crafts, instructional dvds, t-shirts, caps, and more!

**PLUS!** Take part in six free hands-on martial arts seminars, play some "live-action" video games, get your picture with Star Wars Storm Troopers, R2D2, and some blood-thirsty Pirates and even a special magic show featuring Joel Ward!!!!

**Glendale Civic Auditorium**  
1401 N. Verdugo Road  
Glendale, CA 91208  
**Kids 17 & Under: FREE**

**CASH ONLY EVENT!!!!**  
Tickets Now Available Online  
at [Dragonfest.com](http://Dragonfest.com)

## Everyone Kept Asking for us to Launch a GoFundMe

They kept telling us to do a gofundme for the museum, so, here it is. For this campaign, we are asking the public's support to help us reach that ultimate goal, \$5 million.

### The Journey of an Artist



**ERIC LEE**

### Eric Lee Book Signing June 4

The "King of Kata,"  
Eric Lee will be having  
his book signing on  
June 4, 2022 at 5 pm.  
Free event plus food!!!

# R.A.M.A. NEWSLETTER



## 1st ANNIVERSARY OF MEXICAN-AMERICAN FILM & TELEVISION (FESTIVAL & AWARDS)

Written by Baretta Balolong Jr. and Kiko Velasquez Jr.

Hollywood, CA. May 14-15, 2022, 1st Anniversary The Mexican-American Film and Television Festival & Awards. Mission is to provide Mexican-American/Chicano Filmmakers, who represent 40 millions Americans of Mexican descent, a venue to showcase, promote and celebrate their beautiful arts and talent. A place for the Mexican-American/Chicano filmmaking community to network, honor and respect each other, support and promote each other.



"WALKOUT", Hollywood producer by Moctezuma Esparza and Publisher-Publicist Actor Frank Paras Jr.



Los Angeles Newsweek Editor in chief, Asian Panorama Magazine News Editor in Chief and RAMA Reporter Frank Paras Jr. and Hollywood movie "LUMINARIAS", Hollywood producer Sal Lopez.



A place for Hollywood to see our best filmmaker, as well as talented newcomers and learn how we Mexican-Americans want our unique culture and people to be represented as an important part of the American fabric instead of the old stereotypical image. Attendees are Director-Producer-Actor Joe Castro Jr., Actress Sonia Balcazar, Child Actress Blanca Ordaz, Director Cuesta Yesca; Director-Writer Moses Medina, DGA member Director Danny Saucedo; Producer-Director-Actor Joe Castro Jr., Actor Arturo A. Arevalo, Real Estate president Luis Sosa, Actress Bernice Valle, Filipino-Mexican-Native American Actor Frank Paras Jr. and many more.

May 14, 2022, Festival program are (1) Feature film "LOLO", Directed by Justin Huen; (2) Short Film "LECCIONES DE MI MADRE", Directed by Aurora Jimenez; (3) Feature film "VECINOS: LOVE THY NEIGHBOR", Directed by A. J. Alex Avila; (4) Short film "THE TURNAROUND", Directed by Jamhal Holland; (5) Short film "THE CALL US SEDI-CIOSOS", Directed by Iz Gutierrez; (6) Short film "PARENT ALIENATION", Directed by Bud Herbert; (7) Short film "BACA THE KID!", Directed Antonio Marquez; (8) TV Show, "THE KING OF DOWNEY", Directed by Johnny Murillo; (9) Short film "IN TOW", Directed by Sharon Arteaga and (10) Hollywood feature film "LUMINARIAS", Directed by Jose Luiz Valenzuela and produced by Sal Lopez.



L-R, MACEF BOD-Commissioner-Actor Mike Gomez, MACEF-Mayor Pro Tem Producer-Director-Actor Jerry Velasco, Actress Dayana Ortelli, Filipino-Mexican-Native American Actor Frank Paras Jr. and Hollywood movie "LUMINARIAS", Director Jose L. Valenzuela.

May 15, 2022, Festival program are (1) Feature film "LOVE AND BASEBALL", Directed by Steve Acevedo; (2) Short film "OUTSIDE YOUR DOOR", Directed by Karina Noelle Castillo; (3) Short film

"BORDERS", Directed by Frank Velasquez; (4) Short film "TAPS", Directed by Andrew Gutierrez; (5) Short film "PAZ", Directed by Andrew Gutierrez; (6) Short film "IN BROAD DAYLIGHT", Directed by Alex F. Munoz; (7) TV Show "GHETTObUSTERS", Directed by Juan D. Herrera and (8) Hollywood film "WALKOUT", Directed by Edward James Olson and produced by Moctezuma Esparza.



# R.A.M.A. NEWSLETTER



PRODUCER-DIRECTOR-ACTOR BENNY TJANDRA CELEBRATE HIS BIRTHDAY FOR ACCOMPLISHING MAKING 21 HOLLYWOOD MOVIES

Written by Baretta Balolong Jr. and Kiko Velasquez Jr.



Louis de Stefano, Fight of Fury 2, The Magical-Christmas Tree, Wise Guy Christmas, Love Crime Actor Frank Paras Jr., Actor Leonard Zhang, Actor Victor Fuentes, Actor David Prak, Producer-Director-Actor

Producer-Director-Actor Benny Tjandra celebrate his birthday for making 21 Hollywood movies. In 2022, He is work alcoholic. Here is some of his work (1) "Hide-Hide Show" Producer; (2) "Avenging Emanuelle" (producer) (pre-production); (3) 2022 "Another Way to Die" (producer) (filming); (4) "American Western" (producer) (post-production); (5) 2022 "Prey of Wrath" (producer) (post-production); (6) 2022 "Dark Deeds" (co-executive producer) (post-production); (7) 2022 "All About Araya" (producer); (8) 2022 "Love Crime" (executive producer); (9) 2021 "The Magical Christmas Tree" (producer); (10) 2021 "A Wise Guy Christmas" (producer); (11) 2021 "Amityville Cop" (producer); (12) 2021 "American Mobster: Retribution" (executive producer); (13) 2021 "Kill Plan" (producer); (14) 2020 "Choke" (associate producer); (15) 2019 "Carry Tiger To Mountain" (Short) (producer); (16) 2019 "Nation's Fire" (associate producer); (17) 2018 "Bloodline: Lovesick 2" (producer); (18) 2017 "The Protege' Project: Chapter 1" (Short) (producer); (19) Noted Indonesian filmmaker and producer Benny Tjandra of New GenerAsian Films collaborated on this much anticipated crime thriller that is loosely based on a true story. The Rack Pack) and more for a story centered on a group of mercenaries, initially hired as contract killers, who find themselves targets of four powerful crime organizations and families. Guns go ablaze in this action packed tour-de-force, which presents an otherwise appealing little jewel for action movie aficionados. 2017 Syndicate Smasher (producer); (20) 2016 Supernal Darkness/Protege Project (producer); (21) 2014 Blonde Squad (executive producer) /



Producer-Director-Actor Chris Spinelli, Actor Louis de Stefano, Ligia Marin, Actor David Prak, Producer-Director-Actor Nino Cimino, Actress Dawn Church, Los Angeles Newsweek Editor in Chief, Asian Panorama Magazine News Editor in Chief and RAMA Reporter Frank Paras Jr. Talon Tears, Birthday celebrant Producer-Director-Actor Benny Tjandra, Eljie Inoue, Stanley Wong and Erwin Flores.

(producer).



# R.A.M.A. NEWSLETTER



Continue your Insight Journey...

## INSIGHT II: COMMITTING TO THE POWER OF YOUR HEART

Insight II is all about opening your heart and stepping up to your true awesomeness and authenticity.



JUNE  
8 - 12



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to achieve their best performance  
and return to their best self.

**Richard Del Connor**

PREVENT SHOULDER INJURY! / SHOULDERS! FROM THE "IRON ADDICT" // PAGE 24

AMERICA'S NEXT GREAT TRAINER

**ANGST**

**EDUCATION & MOTIVATION**

"WHAT'S IN A COACH?"  
TIPS FOR COACHES AND  
CLIENTS  
PAGE 24

TO "B" OR NOT TO "B"  
YOUR B VITAMINS AT GLANCE  
PAGE 38

LIVE YOUR LIFE WITH PASSION  
PAGE 61

ISHOF AT THE ARNOLD  
SPORTS FESTIVAL  
DR. ROBERT GOLDMAN  
PAGE 8

# R.A.M.A. NEWSLETTER



## Sijo Carl Totton's Day at the Martial Arts History Museum

We celebrated Sijo Carl Totton's Day at the Martial Arts History Museum, Burbank last May 14, 2022. It was a wonderful evening honoring him.

Among his students that spoke was Steven Lambert, Hashim Thomas, and Sifu Rob Moses. His family and friends came too to show respect and support. Roger Lowe, Herbert Jefferson Jr. Nick Palma, Dr. Gerry Pallay, Grandmaster David L. Reed, Master Lady L. Reed, Kyosa Randy and Dee Helsey, David Kono, and Robert Deahl were among the people who showed up and celebrated him.



Don't believe what you see.  
(The Blind see more.)  
Don't believe what you hear.  
(Words are instruments of confusion.)  
Don't believe what you say.  
(Words are never enough.)  
Just believe what you feel.  
(Tune in.)  
Yes, your instinct.  
(Your inner self.)  
And when you know  
the reason why you feel so,  
(Only you can know, can never share.)  
You have wisdom which is your insight.  
(The truth is within.)



*Takio Fujizama*



# R.A.M.A. NEWSLETTER



**USA MARTIAL ARTS  
HALL OF FAME  
June 11th, '2022'**

USA Martial Arts Hall of Fame Official Hall of Honor

USA Martial Arts Hall of Fame Official Hall of Honor

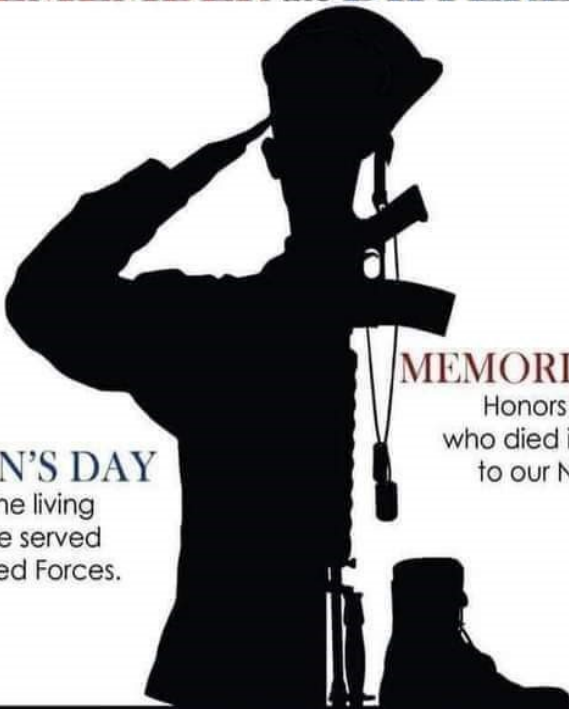
Howard Johnson  
BY WYNDHAM

**Fullerton Howard Johnson  
California 222 W. Houston Ave.  
714-992-1700**

***Let all that you do be done in Love.***

***- Corinthians 16:14***

## REMEMBER the DIFFERENCE



### VETERAN'S DAY

Honors the living who once served in the Armed Forces.

### MEMORIAL DAY

Honors those who died in service to our Nation.

### ARMED FORCES DAY

Honors those currently serving in the Armed Forces.



# R.A.M.A. NEWSLETTER



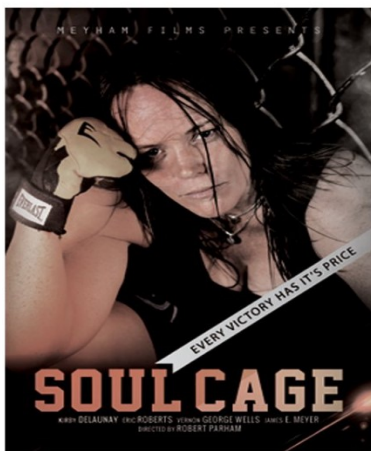
<https://facebook.com/groups/194987437768976>

# R.A.M.A. NEWSLETTER



The Next in the Eat & Greet Luncheon Series  
 George & Tom Welcome  
 Actor/Comedian Hank Garrett  
 Saturday, June 25, 2022 - 3PM  
 Morton's The Steakhouse, Burbank

Click Here For Tickets and Information  
<https://ticketstripe.com/purchasehanktixhere>



July 30th 2022  
6:30 PM & 8:45 PM

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# R.A.M.A. NEWSLETTER



## CALIFORNIA YOUTH KARATE NATIONALS PASADENA ROSE BOWL

# 2022 STATE CHAMPIONS

NORCO TRADITIONAL TAEKWON-DO SCHOOL  
LUKAS ACAVEDO      MATTEO MENDOZA      ARIEL BRUNO

### THANK YOU TO OUR SPONSORS AND SUPPORTERS!

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ALL AMERICAN KARATE – LITTLE TIGERS TANG SOO DO – APACHE KNIFE COMBAT – UNITED STATES SUMO FEDERATION  
SIFU NICK PALMA – SIFU ROBERT DEAHL – KYOSANIM BREANNA HELSLEY – KYOSANIM JANE LARKIN-MEISER  
KUMU MICHELLE MANU – KINGS KUNG FU & TAI CHI – YOUNG BROTHERS TAEKWON-DO INTERNATIONAL



**“There is no urgency in Spirit; it will be here tomorrow and tomorrow and tomorrow. It is always here and eternally now. In reality there is no urgency. The urgency you experience is yours as an individual, a personality.” - John-Roger**



**MORE**  
**BRAD MITCHELL'S**  
NEWLY RELEASED ON SPOTIFY, APPLE MUSIC, AMAZON, YOUTUBE, ETC.!!!

**THAN LIFE**

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Spotify      MUSIC      YouTube



# R.A.M.A. NEWSLETTER



## MARTIAL ARTS SCHOOLS WE SUPPORT



**WEI KUEN DO**  
THE WAY OF THE INTEGRATED FIST

