



The Newsletter of
**The International Association of
 Gay and Lesbian Martial Artists**

Autumn 2004

IAGLMA Update works in Europe

Overview 2003-04

Greetings from the Board of Directors of the International Association of Gay and Lesbian Martial Artists (IAGLMA). We have been very busy in the past year working all over the world to help develop our mission of opportunity and inclusion for all interested GLBT Martial Artists.

In July of 2003 members traveled to Pink Power in Munich Germany. Produced by Bushido Munich, the event included instructors and participants from all over Europe. IAGLMA was invited to share our rules and expertise.

Members of our Board also traveled to Paris this past May to work with the French Martial Arts Group Niji Kan. We participated in a multi sport event sponsored by Gay and Lesbian Sports Federation at the Tournament of Paris that included two days of martial arts and self defense workshops. This gave IAGLMA a chance to outreach to a variety of European martial artists and introduce our organization and rules to these participants. IAGLMA was invited to assist with Euro Games in Munich 2004 Martial Arts Tournament. We provided rules, judges, training and assistance to the tournament. The results of the tournament at Euro Games are posted on their website: http://www.eurogames.info/2004/sports/martialarts_results_e.html

IAGLMA will continue working with the international martial arts community in 2005 at its Get Ready for Gay Games Tournament in London. We are also planning a North American event in the San Francisco area in May 2005. At each of these events IAGLMA will provide judges training and certification, tournament rules and trained judges to assist local groups produce practice tournaments. IAGLMA remains very involved in the Gay Games movement. Our all styles rules govern the Gay Games martial arts tournament. In order to include those who do not compete and self defense teachers and students, the Gay Games martial arts events will have a seminars after the competition. We encourage everyone planning to attend the Gay Games to

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Board of directors and General Membership Meeting

The IAGLMA Board of Directors met in July 2004 in Munich. This special meeting was held to organize and review the role of IAGLMA at the upcoming Eurogames Martial Arts Event.

IAGLMA General Membership Meeting

Darl Schaaff and Teresa Galetti, copresidents of IAGLMA provided an overview of the scope and purpose of the meeting. An overview of the previous year was presented. Included were reports on the Pink Power event held in Munich in the summer of 2003. Discussion followed about the partnership with Bushido Munich e.V. This strong relationship continued through the planning and active involvement at Euro Games.

IAGLMA's role in and support of the Federation of Gay Games and the Gay Games was discussed. An overview of the upcoming Gay Games in Chicago in 2006 was presented.

IAGLMA presented its slate of director candidates for the upcoming Board elections. IAGLMA Black Belt member Sandy Mackay instructor of Ishigaki Jujitsu agreed to host the IAGLMA Get Ready for Gay Games VII Chicago event in London in 2005.

The Bigger They Are...

By Jeff McKissack

Many of us have heard the phrase growing up that "The bigger they are, the harder they fall." However, if you have ever been faced with a larger-than-life opponent on the mat or in real life you have probably revised this old adage to say, "The bigger they are, the harder they HIT!" Unfortunately "size does matter" and to recognize this fact early on will assist you in finding other means of conflict resolution other than fighting as well as a more realistic approach if you must engage this opponent physically. However, is there yet another approach we should consider?

Speed, agility and resourcefulness are all tools that can help give you an advantage over a stronger opponent, but there is yet another approach. Years ago when I really began taking my martial arts training more seriously, I complimented this training with something many martial artists overlook—weight training. I am not suggesting that you become Ahhhhhhhh-nold, but I am saying that by simply becoming stronger and larger yourself, you definitely give yourself both a psychological as well as physical advantage in confrontational as well as conflict situations knowing the bigger "you" are the harder "you" will hit.

Aikido, Jujitsu and other grappling arts teach many ways of manipulating brute force, but to think you can nullify brute force is simply unrealistic. Mass has meaning. I do not consider myself a body-builder by any means, but over the years people have commented when they learned of my martial arts training, "Looking at you, I wouldn't want to pick a fight regardless of the martial arts training." Thinking back to when I weighed in at 165lbs that seems a rather incredible statement, even though now I am quite a bit larger. The time I have placed into the gym now serves as a deterrent to some who might otherwise see me as a vulnerable target, again regardless of my martial arts training.

My point is simply that there are many benefits to weight training often overlooked by the martial artist.

Science has proven again and again that such training is not only good for the heart, but the skeletal system as well. It is the literal "body armor" that each of us can possess that can reduce our risk of injury when hit or thrown. It can also allow us to continue our training in later years, again with less risk of injury.

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Euro Games 2004 Wrap Up

IAGLMA would like to thank all the winners from Euro Games Martial Arts events. We recognize that medals are a way of recognizing the hard work of martial artists and are the result of this hard work and level of skill attained.

IAGLMA would also like to acknowledge, honor and thank all the winners of the event—the volunteer organizing teams of:

Munich Euro Games Organizers **Munich Euro Games Martial Arts organizers**

In addition to these committed workers we thank IAGLMA board, black belt members, color belt members, all volunteers who assisted running and making the event the success that it was and last but not least the competitors who demonstrated the power and beauty of the martial arts and their dedication to it. Finally, we also want to recognize the partners, friends and spectators who cheered and encouraged.

The camaraderie and sportsmanship displayed during the two days was integral in making the event a success on all levels. Good competition, friendship and contributing to the GLBT sport movement.

The Bigger they are...Continued from pg.2

Go ahead, pick up your kama, your nunchaku, your bo or jo staff, but don't be so hesitant to pick up some dumbbells or other weights while you are at it. The benefits are long-term and will give you more confidence in confrontational situations when someone looks at you, thinking twice before they engage. Remember, the bigger "you" are the harder "you" will hit.

Jeff McKissack
Club NIN of Dallas, Texas
IAGLMA Board Member

**Congratulations
Andy Maguire For Promoting to
the level of 4th Dan in Tae Kwon Do**

Mark Your Calendars

Upcoming IAGLMA -sponsored events:
IAGLMA will hold its *Get Ready for Gay Games VII Chicago tournament in London, UK.* This event will be hosted by Ishigaki Jujitsu and will be held in conjunction with Pink Power martial arts seminars. Dates 30-31 July 2005.

Contacts: Sandy Mackay, smackay@ukonline.co.uk
Teresa Galetti, rules@iaglma.org
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**IAGLMA/ Triangle TKD and Friends Workshop
in San Francisco**

Memorial Day Weekend 2005
Contacts: Andy Maguire, tkdusa@aol.com
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Please look for more information on the IAGLMA/ Triangle TKD and friends Workshop and the London 2005 IAGLMA Get Ready for Gay Games VII Chicago Tournament and Pink Power seminars in the next IAGLMA NewsLetter.

Get Ready for IAGLMA and Gay Games VII

Do you want to sponsor an IAGLMA Judges Certification/ Participants' Learning Workshop for martial artists in your area? For more information, please contact Teresa Galetti by telephone/fax at (+1)-610-940-1434 or by e-mail at PeoBumJong@aol.com

Qigong with Grandmaster Shou-Yu Liang

Recently I participated day long Qigong seminar lead by Grandmaster Shou-Yu Liang where I learned some fundamental Qigong movements. Qi meaning energy and Gong meaning work, Qigong is a Chinese method of cultivating internal power. These methods have been in practice for thousands of years.

Grandmaster Liang was pleasantly casual and very knowledgeable. He gave an overview of his extensive background in Qigong and Chinese Martial Arts. The primary focus of the seminar was for health and healing. He stressed that Qigong can increase vitality, longevity, relieve stress, help recover from injury and has many martial arts applications. Grandmaster Liang stated Qigong practice has benefits for everyone and that it takes about 4 months of daily practice to learn to generate chi. Through-out the day we went through several sets of exercises of breathing and movement. Many of these exercises were for a particular body organ such as the lungs, liver, kidney, heart and spleen. We used visualization, sounds and body movements with our breathing and focused energy through different body points. One interesting part was the time window for each of the organs and their exercises. There are also sounds you make with your mouth on some of the exercises that are specific to a particular organ exercise, such as "twee" for the kidney, "sssss" for the lungs and "cooo" for the heart. Some of the exercises we did used visualization of a bright light passing through the body organs, pushing out impurities and breathing though different body points.

I found them to be useful and have continued them in my practice since the seminar. If you are considering augmenting your martial arts training with and internal healing art, Qigong is an excellent choice.

—John Heine

Federation of Gay Games



IAGLMA is a
Director
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International Lesbian
and Gay Association.

