

The Telegram



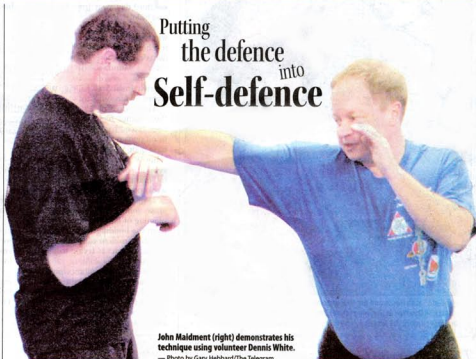
M*A*S*H director
dead at 81 — Page B4

Canadian named
American MVP — Page C1

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St. John's,



John Maidment (right) demonstrates his technique using volunteer Dennis White.
— Photo by Gary Hebbard/The Telegram

Putting the defence into Self-defence

From bullied kid to martial arts training expert

FIGHTING FACTS

- ▶ The Inosanto Academy of Martial Arts lists 295 active instructors.
- ▶ Countries with registered instructors: Australia, Canada, Belgium, England, Finland, France, Germany, Italy, Luxembourg, Romania, Scotland, Spain, Sweden, Switzerland and the U.S.
- ▶ In Filipino martial arts, skills in both empty hand and weapons are developed using similar, if not the same, training methods to teach both.
- ▶ Jeet kune do, which means "way of the intercepting fist," was developed by film star Bruce Lee from kung fu, boxing and fencing.
- ▶ Maphilindo Silat is an amalgamation of fighting styles from the countries of Malaysia, the Philippines and Indonesia.

Source: The Telegram

By TARA MULLOWNY

THE TELEGRAM

By day, John Maidment is a registered nurse working in the emergency room at a hospital near Los Angeles, Calif.

By night, he's a martial arts instructor with some serious butt-whuppin' capabilities.

Maidment, from Mount Pearl, says he began studying martial arts at the age of 16, after getting picked on at school.

He opened his own martial arts school in Ontario after moving there to work in 1986, and went to California 11 years later.

These days, he's an internationally acclaimed martial arts instructor at the world-famous Inosanto Academy of Martial Arts in L.A., with a direct connection to the late Bruce Lee.

Maidment was trained by Dan Inosanto — a Filipino-American martial arts instructor known as one of Lee's most valued students and friends, who counts Lee's late son Brandon as one of his own former pupils.

With a background in judo, aikido and karate, Maidment teaches Fil-

ipino martial arts, Jun Fan Gun Fu, Maphilindo Silat, Boxe francaise-Savante and numerous law enforcement defensive tactics systems.

While most of his Toronto students were male, in California most are female, he says, and include police officers and models.

Back in St. John's

This week, Maidment is back in St. John's to appear as a guest instructor at the local Diversified Combat Systems school. Last weekend, he gave a two-day seminar in the concept of Jeet Kune Do — developed by Lee — Filipino martial arts and Maphilindo silat, a hybrid of martial arts from Malaysia, the Philippines, Indonesia and other southeast Asian countries.

Muscle and nerve strikes, sweeps and throws make up this art, and weapons like knives and sticks are integral.

As eight students — one female, the rest male; all with some martial arts training — sit and watch Maidment raply, he explains to them that what he is about to teach them is meant to be used in self-defence only.

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Technique is important ... Continued from page A1

"This is not to be used just because someone has pissed you off," Maidment says, adding the techniques are justifiable in court in the case of life-or-death situations.

After some warm-up drills, each student is given a wooden stick and a plastic or wooden knife and divided into pairs, and Maidment instructs them on various techniques to defend themselves from attackers. They then practise among themselves, taking turns at being the attacker.

Although in an attack people might not have access to weapons like staffs, Maidment says it's the technique that's important.

After all, an inward strike with a stick is an inward strike with a screwdriver as well.

"A staff could be a broom or a hockey stick — something you have on hand if someone breaks into your house," he explains. "They would still be manipulated in the same way."

Because of that, just about anything could be used as a weapon, he says, including a purse, a pen or a credit card. In the history of Filipino and Japanese martial arts, everything from sand to cloth sarongs was used in self-defence.

"Anything that can be used as an obstacle, so you have time to get out of there, will work," he says. "It doesn't necessarily have to penetrate — if

This is not to be used just because someone has pissed you off.

John Maidment, martial arts instructor and RN

it causes the attacker to blink, wince, gag, or his eyes to water, it works. Adjustments are made based on the unique qualities of the area, so you can learn to use anything in your surroundings as a weapon if need be.

It's clear from the look on Maidment's students' faces and the way they hang on his every word that they are impressed with his skills and eager to add to their own, whether it's mental agility or awareness of edged weapons.

Most of the students will work on the techniques they've learned in the diversified combat systems class — held at Memorial University Mondays and Thursdays under the direction of Sifu Dennis White — until Maidment returns to St. John's for another seminar next year.

Until then, Maidment will continue teaching and nursing in California.

When asked if he's had to use his martial arts

skills at work, Maidment says yes.

"Once, when I was working in Ontario, a guy who had tried to kill his pregnant girlfriend by throwing her out of a moving taxi came to try and finish the job in the ER," he says. "He came in, threatening to rape one of the nurses and kill me." Maidment was able to subdue the man until the police arrived.

Another time, Maidment was able to disarm a man who was wearing knives who had been brought to the emergency room by police after a drug overdose.

"The police didn't find any weapons on him, and the fire department had found one. I was always taught if you find one knife on an attacker, look for more."

If he could make a living working full time teaching martial arts, he would, he says.

"The U.S. is saturated with martial-arts instructors. The main thing for me is teaching civilians self-defence and exposing them to martial arts, mainly females," he says. "Unfortunately, they're usually the victims of serious crimes. Men tend to put themselves in the situations, while women are often unsuspecting."