

News Update April 2010



There has been a considerable amount of negative Internet commentary Regarding Founder of Commando Krav maga Moni Aizik by a lot of unhappy campers voicing their opinions over the internet on many of these so called forums.

My opinion on Forums .

'The trouble with forums or threads on the internet is that they can quickly degenerate into 'mindless talk-fests' or 'slanging matches' without people who enter these discussions knowing all the facts or 'rules' when I say 'rules' I mean governance over the quality of the conversations and the points raised , the other issue is that the internet has 'no rules' and can be used by any 'nerd' right or wrong.

So what I have elected to do is not speak on these public forums any more , and if I have to simply make a statement and print it upon our web sites , this way people (the Public) can view one version or the other and choose what version they believe is speaking the truth over time' what has the 'credibility' or doesn't have the 'credibility'

*Forums on general subjects can be very much like committee discussions , never actually really achieving anything or going anywhere of 'real value' especially when you have a 'viral type ' internet nerd , who has nothing better then 'create 'cyber havoc' or as I call them '**internet terrorists'***

this is why we do not have forums on any of our web sites, unless they are of a 'technical nature' they become , I believe , a waste of cyber space and time.

Let me state for the Record my personal attitude on these CKM discussions .

(1)

Commando Krav Maga in my opinion is a **very good system** and I am personally more then happy with the system and **in fact since I brought Moni Aizik to Australia in November 2007** and was made national Director for CKM , I haven't looked back and have Integrated the CKM system(as Healy's Integrated Combat Solutions) with Healy's freestyle Tae Kwon Do and Boxing system .

(2)

Having Met Moni Aizik personally ,(something I notice cyber nerds often do not , that is meet somebody personally, but form opinions on cyber data ? or cyber BS ? without proper screening) I never had any doubt about his focus or ability or for that matter his track record, as I have listed on

www.ckmsouthpacific.com
from the Physical point of view .

(3)

Regarding the Business side of the equation

This is potentially the 'root cause' of some of the negative commentary on the internet , however, that is a matter of 'private discussions' with Moni personally between the Promoters or National Directors and the business arrangements , and as I have said in all my newsletters and commentary's this is a 'private business matter' and should not be discussed on the Internet .

Unless you are a 'share holder' in a business transaction and 'your money is on the table'

**YOU are not entitled to an 'opinion' and it is 'none of your business'
If you DID have a financial share of the business transaction (on the Directors level) then yes it is your business and no body elses.**

Its like when this 'Domestic Violence Cyber Nerd' Wills McLay had all the 'Opinions' about CKM, Moni Aisik, and myself , I noted that he DID NOT PARTICIPATE IN ANY WAY IN THE FUNDING of Moni's trip or promotions to Australia , but wanted to 'be 'National Director' then constructed a web site and forum without any CKM instructors approval or permission , web (the CKM Instructors had to distance ourselves from this Idiot, and you will notice the Statement I did in May 2008 has made its way to the top of Google page) as I discovered the only way you can fight these cyber nerds/terrorists is to launch a counter offensive in cyber space to contain the 'virus' and you will notice I eventually placed all this 'cyber crap' into a quarantine section at the bottom of the www.ckmsouthpacific.com page

Further exposing of the 'real Character of Wills McLay below.

(4)

Regarding Wills McLay the disgruntled Canadian import that caused so much trouble in Australia and uploaded a duplicate web site 'exposing' all the so called lies, etc.

What was Wills McLay real motivation ?

- (a)He wanted to be CKM National Director and didn't get the Job and then started a 'wannabee' smear-campaign
- (b)Wills McLay then got disqualified from CKM

(c) Wills McLay then started to bag Graham Healy ?

(d) Graham Healy then gets a report that Wills McLay on 13th July 2009

attended the Brisbane law Courts to have a Domestic Violence order placed upon him ???
Why didn't this little cyber nerd publish that on his web site and expose himself
so we can see who we are really dealing with here ,
(Refer <http://www.isdaselfdefence.com/sept09/NewsLetter%2023rdSep%202009.pdf>)

Refer My news letter on 23rd September

why is it that people come to me with these reports at a later date rather then figure out what these types are like in the first place ? **all he wanted was a 'fair go' Remember !**
and all he was into is 'assaulting women'

**DOMESTIC VIOLENCE MR McLAY = NO CREDIBILITY /ZERO!
FINALLY YOUR EXPOSED !**

This reminds me

of the breakaway group from the ISDA when I founded it back in 2000 , the '**key trouble maker**' eventually **assaulted a woman**(attacked her and put a choke hold on her) its interesting as this character did the same thing to my son (a surprise choke from behind with complete drop to the floor...now that move can break somebody's neck - that day this 'smart ar**' didn't know how close he came to a Healy's left right combo = Hospital...but I controled myself on that occasion) but interesting to find that he has done the same move on

an innocent female as described above ...pathetic really ...martial artists ? I don't think so ! need a good flogging in my considered opinion to sort out that mis directed ego I recon.....

Story continued ... and through fraud extracted upwards of \$50,000 from the innocent female victim, and this character was my greatest critic , funny about that , when the **good guys verses the bad guys** , the bad guys always create a 'smoke screen' of lies and deception and try to blame the good guys .

Then in the same scenario , I had a former associate of mine , form a 'breakaway' organisation from the ISDA and steal the \$2,000 aud or so in the account and **'take the money' after resigning** ,(I said steal because thats what it was stealing money that was not yours) I of course wasn't worried about the money but the principal of the matter , I placed a challenge for this 'transgressor' to pay this amount to a charity of his choice , **then**

I'll call it square ...to date this has not been done:

And by the way this was the person that his students called me continuously , in the early stages (2004) , wanting me to 'recognise' 'their Instructor' as a 5th dan or 6th Dan ? Man of Integrity ? I don't think so,undermining little back-stabber at the end of the day.
= zero credibility

Recently , I read in the latest Australian Martial arts magazine about another 'Ego Maniac' who claims to be doing Tae kwon Do ,became a 6th Dan ? and had to go to the USA to learn to 'do a Side kick' correctly ? he recons this was a lesson of humility ??? (this character is well known through out Australian circles for his arrogance and 'super Ego')

Any yet this character and many like him write about humility and have absolutely zero understanding of being humble , its like a 'double life' being 'untrue to yourself' ?? the direct opposite of what martial arts is suppose to be all about.

Generally I find the Guys that have 'real experience' do not display a 'Big Ego' they simply realize if some body has something to offer or its just all 'huff and puff' or HOT AIR .

A Person of SUBSTANCE and INTEGRITY does not have to 'yell and scream' about themselves, Substance and integrity comes from within the Persons inner self (Spirit) and that's a true Martial Artist/warrior at the end of the day.

These days

my method of recognition requires a Legal 'memo of Understanding'

and some sort of 'binding agreement' to ISDA before I empower those people with 'limited or no vision' and 'complete small mindedness' because when you do that the 'power goes to their head' and feeds their 'Ego' to a point of no return.

These days I ask 3 simple Questions

(1)

Let me see what you can do ?

(2)

What is your background and let me see the proof (references)

(3)

what can YOU contribute to ISDA and Healy's and martial arts in General

the other key 'supplementary tests' I use is this :

(4)

The wait and see for 12 months test

(anyone can BS short term)

(5)

How is this person with Money ?

(VERY IMPORTANT)

If we go out to a Chinese Restaurant who pays the bill ?
If we organise an 'event' who is always 'short in the pocket' but 'with the 'hand out all the time' ***as simple as this test sounds it is a 'critical one'***

I remember when Master Wong saw me in China Town one day and gave me \$400 cash out of his back pocket as a part payment for a DEBT created by the above 'women basher/choker' in about 2002 ISDA workshop ...without question (Master Wong is that kind of guy , helps you out first , puts his money where his mouth is) and years later 2005 when all of ISDA forgot about the Cash donation that Master Wong handed out of his 'back pocket' in 2002 and Graham Healy wrote out a cheque to reimburse Master Wong ...who screamed the loudest and said **'why is Peter Wong getting this money ' !!!** yep you guessed it the Judas(the women choker specialist) and his associate screamed loudest these two turned out to be the troublemakers at the end of the day .

Master Wong got the Cheque posted by Graham Healy at the end of the day .
This is why I am still an associate and friend of Master Wong's

ITS ALL ABOUT INTEGRITY OVER TIME AT THE END OF THE DAY !

"Pure Gold does not fear the test of FIRE!"

refer



<http://www.isdaselfdefence.com/about.htm>

(my detailed account of these events)

The only trouble is the **Good guys win the long term battles**, this is one of the main reasons that I have many people/clients calling me for help and assistance over the years when they fall victim to these type of people.

**EVERYTHING WILL BREAK BEFORE A MAN WITH INTEGRITY
AND IS WHY I HAVE CREATED An Legal ADVOCACY as a part of Healy's Business Network.**

and I have tried to keep my Integrity in all my relationships with people , I guess this is why I have been still going strong for over 30 years , keeping it simple and straight forward, is my rule of thumb, and correct the mistakes and repair relationships 'whenever possible',

and distance myself from those with 'no Integrity'.

Martial Arts Recognition

As A Freestyle System in the true sense of the Word ,because of my background, and time-line history , many people come to Healy's now for 'recognition'

The platform that we have created through the 'test of Fire 'in the ISDA www.isdaselfdefence.com means that our associates or affiliates must have a 'standard' to become an associate/affiliate .

(1)
Have nationally recognised Sports Coaching and or Fitness cert 4 certifications

(2)
Legally Insured

(3)
First Aid
(4)

Blue Card for Children
(5)

Be an Instructor of Integrity and Quality and able to 'deliver REAL RESULTS' without the BS associated with so many martial arts systems (many of which operate illegally or well and truly 'below the radar' not paying Tax to ATO , illegally importing Instructors from 'Asia' on 'visitors visa's paying them 'cash under the table' and generally 'ripping off students and Instructors accordingly , operating much like a Cult or 'secret society' and yet have the cheek and arrogance to present themselves as a 'legitimate' organisations in Australia ?

the question is **WHO RECOGNISES THEM OFFICIALLY ?**

and the answer is **NOBODY** , certainly none from a Government/Education/Sport official level.

So where does that place the

ISDA international Self-defence Association ?

well we are

SETTING THE STANDARD

because nobody else is ,or are too frightened to ask the hard questions !

Basically , as President and Founder of the ISDA I have come to realize that if we

'don't set the standard' then 'nobody else will' .

So our Instructors be they associates of ISDA, or Instructors for Healy's freestyle Tae kwon Do and Boxing Academy or Healy's Personal Training **will be Qualified** (Above criteria points 1 to 5)

and ISDA and Healy's will do the RECOGNITION based of this criteria!

Much the same as Fitness Australia does for Fitness Leaders , ISDA will do for Associated Self-defence. Martial Arts Instructors .

This will include Dan Grading Recognition or RPL to those associates and Instructors that meet our criteria (Points 1 to 5) , so Irrespective of your Self-defence skills (what ever they are) our ISDA/Healy's associates and Instructors will have all the Government recognised certifications to underpin any of the Self-defence recognition as the

'standard set by ISDA'

ISDA will SET THE STANDARDS and the Rest will Follow .

In saying that I say that not in any way being arrogant , but , what I notice if we have Instructors/associates that are prepared to do 'the right thing' legally and ethically and follow the principals of 'duty of care' and 'risk management' of students and clients in a genuine way that in my experience, these type of Instructors are a a far higher quality then the rest of the

'pack' and will naturally stand out as Leaders of Integrity and Quality by virtue of what they are naturally, and have evolved to be personally.

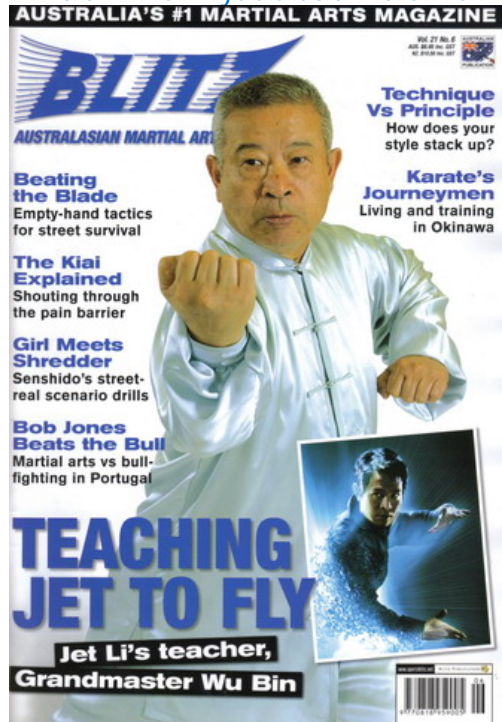
This is the kind of Instructors/Associates that ISDA is attracting

QUALITY PEOPLE with a good TRACK RECORD.

This a 'wheelbarrow' I have been pushing for a long time and in fact have been backed up in my Crusade by well known barrister William Lye , who used to write the 'legal column' in the

Blitz magazine 'Lye's law' please refer to this particular addition where William Lye encapsulated the 'whole concept' that I have advertised ,and broadcast over the internet for years now .

refer William Lye's article in the Blitz



refer the link below to ISDA site for pdf file

<http://www.isdaselfdefence.com/media.htm>

As President and Founder of ISDA I would rather have a smaller group of associates/Instructors of high Moral and ethical character , rather than the 'corruption' of 'bad attitudes' and 'unethical behaviour' of the so called 'larger groups'.

Accordingly , ISDA will always remain as a very 'personalised' 'inner circle' organisation of TRUE martial arts /Self-defence Instructors of the Highest standards, from a 'government recognised official qualifications point of view , and from a self-defence 'practical application on the ground 'real world' point of view .

As it was always suppose to be , the Martial Art was suppose to produce a man or Women of Integrity , who could 'deliver the goods' physically, Ethically and morally , and example for your students to look up to .

A man or women of 'honour'.

Instead today we have Commercial Arts rather than Martial Arts , Martial Sports rather than Martial Arts , the Focus has been taken away from 'REAL EFFECTIVENESS' to 'Aerobic dancing' in many cases, rather than practical 'intensity' required for 'Realistic self-defence' . However, all is not lost there is a increasing trend towards REALISTIC self-defence systems that have REAL application in today's environment , but like the unlike the Terminator one

must have a moral conscience when dealing with 'life and death' situations .

This Is why , even though Healy's teach 'Reality Self-defence' in Commando Krav maga and Healy's freestyle Tae Kwon Do & Boxing Academy we have a collective keen awareness of the responsibilities of 'duty of care' and 'risk management' and therefore run our training 'very carefully with 'minimal risk to clients but maximum effectiveness'.

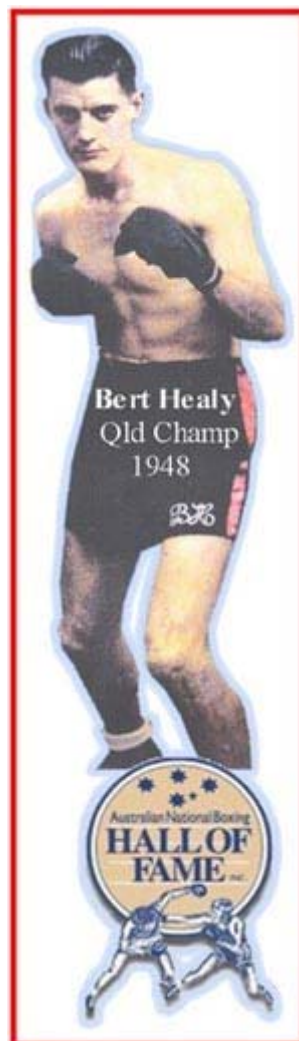
My father Bert Healy (Old featherweight Boxing Champ 1948) was also the head trainer at the National Fitness Club for over 10 years in Boxing and Gymnastics and he was always very careful with his training methods and one of his favourite sayings and advise to me was (In Boxing) "**never let anybody use you as a punching bag**"

Meaning not only 'look after' your students but also look after yourself and 'protect yourself' from the ego maniacs and the 'characters' that want to try to make a 'name for themselves' at your 'expense' .

I remember my old mate (Neil Pattell) the former light middle weight pro boxing champ of Australia refer http://boxrec.com/list_bouts.php?human_id=51805&cat=boxer

and he was doing some 'training' in north Queensland (at age 55) and some 'character' challenged his boxing ability (asked him to spar a few rounds) I asked Neil "how long did he last?" Niel said "O' about 30 seconds' this Character had never been hit so hard ! you see the former boxers never loose their 'hitting power' its just the endurance that drops , not so much the Power as they get older...so 'look out for those old Fighters' is the lesson to be

learned 😊



Jason White recognised as 5th dan through ISDA and Graham Healy .

I have had people ask me for recognition ? and as you read the criteria that I have (in the earlier sections of this newsletter) I am proud to announce that Jason White has been recognised as a **5th dan** and founder of his own Style 'Shiro Ryu Kan Martial Arts'

by Graham Healy as president of the ISDA .

Also , I have officially appointed Jason White as an **'adviser at large' to the ISDA.** Jason White is a true 'Master' of Freestyle and has what it takes to 'evolve' and 'be your own man' mastering elements of Tae Kwon Do , Karate and Kick-boxing to produce his own system .

Indeed it is rare to find somebody who can 'walk the walk' and Jason is one of those individuals that 'is his own man' and has 'been through the test of Fire' with the martial arts politics and BS in general and still has a 'humble attitude' and 'plenty of ability' . In fact this is the type of person/Instructor ISDA embraces in the true spirit of 'Bruce Lee' in 'absorbing what is useful and disregarding the rest' attitude

Kick-Boxing & Commando Krav Maga Workshop
Jason White 12Qld plus 5 Aust Titles
20 years Experience Sat 20 March
Sun 21 March
Commando Krav Maga
Graham Healy 7th dan
30 years Experience
TKD/BOX/CKM

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COMMANDO
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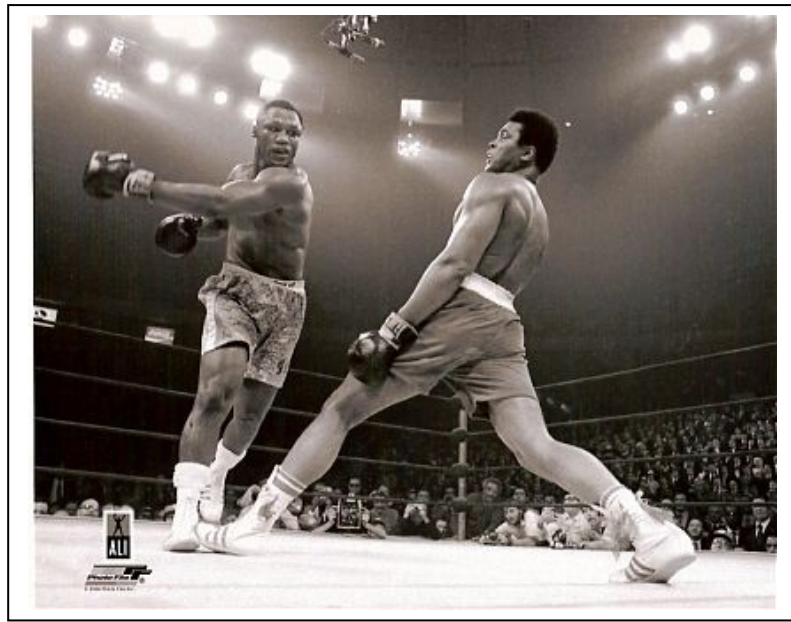
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Joe Bugner and Smoking Joe Frazier two of the greatest Heavyweight boxers of all time

between them both collectively fighting Muhammad Ali 5 times (2 times Joe Bugner and 3 times Smoking Joe)

Joe Frazier here in the historic knock out /down of Ali



Joe Bugner V's Ali here in their two epic battles

it is worth noting that Joe Bugner went the full distance with Ali on both occasions and only lost on 'points' although the First Fight between the two , in my book Joe Bugner won the bout on points.

The Birthday bash was attended by myself and father Bert Healy (former Queensland State Champ 1948) ant the Gold Coast and having met Joe Bugner and Smoking Joe Frazier Personally ,I can report that both are real gentlemen and have given Boxing a very good

name and are both leading examples of what 'SPORTING HEROES' are all about. While at this event we caught up with Athol McQueen who fought Joe Frazier in the 1966 Olympics and 'knocked Joe Down' but as Athol is quick to tell you that

'Joe then got back up' 🤔 and the rest is boxing history .
Athol McQueen

is also one of Australia's boxing legends

and a member of the Boxing hall of Fame and a great 'Fun Bloke' 😊



Athol McQueen pictured here in his 1966 Australian Olympic Jacket

Grandmaster Yun (Graham Healy's former Tae Kwon Do/Yun Jung Do Master)

I have now some really cool software that allows me to translate the old VHS video's to dvd and upload to Utube .

I have some of the original footage of Grand Master in the ITF Tae Kwon Do days teaching patterns , and (even though the quality is a little bit pore) you can at long last see what Master Yun was all about , and how to execute the ITF patterns or tulls Master Yun's was (and remember he was the chairman of ITF technique world wide)

The Difference ???

EVERY SINGLE MOVEMENT WAS MAXIMUM POWER AND SPEED , BOARD SMASHING Blocks and Punches , kicks etc .

many TKD practitioners do not understand the true methodology of these 1st generation Masters where every move was a 'destruction' or power hit , patterns today especially in TKD look like dance routeens and the misconception of speed is a 'fast 'dancing' routeen from start to finish .

This is **TOTALLY INCORRECT** and misconceived , in fact the SPEED and POWER of the movement is in each '**INDIVIDUAL MOVEMENT'** (example left , right punch followed by side-kick , each move is a fast power move 'explosive power' the object of the training is 'stop an attacker' in one or two moves (but be prepared for 20 or 30 full powered moves 'just in case')

in 'boxing terms' we are looking at 'King hits'.

In todays focus on 'reality based training' Ho Hum !! around 'full circle we go' this was the original focus of TKD 'crushing power strike' to stop an attacker with one or two kicks or punches .

The method and delivery of these techniques are completely different to 'sport mentality' in that the intensity level is a 10 out 10 and the destruction focus is 10 out of 10 . The Focus is not on 'points , rules, or trophy's' but self-preservation, and isn't that what self-defence is all about ? at the end of the day ?

I saw Master Yun practice 'focused side kicks' on a fellow Instructor (Master Yun just touched him, two or three or four times) where he touched the Instructor (abdominal /chest area) afterwards there was a series of bruises shaped like a heal !

This is a TRUE MASTER of TKD even a 'touch is deadly' and that folks was Master Yun
Check him out on U tube and the new page I have dedicated to my history on
www.healyshealthandfitness.com



Master Yun executing his famous Side Kick
<http://www.youtube.com/watch?v=KzqirY2205s>

Basically , the whole self-defence scene (in my opinion has gone full circle) it started as a Reality based 'Martial Art' then the 'Sport side took over' where there is value in the combat sports that are close to real , like Boxing/Kick boxing, they do have rules, mouth guards, and protective gear , Reality does not , so the mind set of Reality self-defence is simply this

FINISH THE CONFLICT AS QUICK AS POSSIBLE

(or Do a runner to fight another day ! 😊)

or as my Grandfather (Former Pro Boxing Coach) would say "makes sure the 'first one' is your best one!"

This is the mind set and focus of 'True Martial Arts' maximum power & speed in minimum time , with maximum effect.

training like this is, as I say , a completely different mind set ,but, in the same breath the 'skills and drills' of true Combat sports like boxing and Kickboxing certainly condition the martial artist very well , as a solid base for the 'maximum impact-maximum effect' reality self-defence .

Regarding the Philosophy that is projected by many of the martial arts , (If only they could in their human efforts actually enact the philosophy and translate it to their relationships long-term -but unfortunately , many are consumed by the human Ego, and the misconceived idea that 'they are invincible' or legends in their own minds'.

I believe 'at the end of the day' you should have a 'clear Moral Conscience' about everything you do in self-defence and remember the universal law that you will reap what you sow (good or bad) and if you stick to that principal you should become a 'decent person' and at the end of the day that is what we are trying to achieve with out training along with the physical benefits are we not ?

and finally

UTUBE videos

please refer to my uploaded UTUBE videos

historical footage of Grand Master Yun

(2)

TV adds that we all did in 1991 as founding Instructors of Yun Jung Do
(3)

Original footage of Graham Healy demonstration patterns, Board breaks, power
kicks on focus shields ,Korean Cultural Night as 'special guests' of GM Yun
(4)

Original footage of Graham Healy and Allan Healy demonstrating at Win TV
Studios
in 2004 ISDA seminar

(5)

Original Television Interviews with Graham Healy and the Today show , and Grand
Master Yun interview as we launched Yun Jund Do in Townsville 1991.
all these Utube video's will be 'imbedded' on a special historical page on our web
site www.healyshealthandfitness.com
so that the public can see the credibility and historical relevance and the 'roots'

of Healy's freestyle Tae Kwon Do and Boxing Academy in real Video
evidence/footage.

My VISION for 2010

*'we have I believe developed far beyond the above historical footage , Master Yun in all due
respect tried to develop his own system after 25 years in the ITF as he was chairman of
technique for the ITF he knew all the 'shortcomings' in the ITF system.*

*Basically far too much emphasis was placed on 'Patterns' in ITF rather than 'practical
outcomes' in real Self Defence ie the 'skills and drills' .*

*I knew that then in my many hours of personal discussions with GM Yun (in the old days)
one thing though I will say , GM Yun was the best I had seen , and absolutely 'deadly'
unfortunately he was an absolute perfectionist and went for the 'over kill' in that area ,
although as I look back over the last 20 years , what GM Yun taught me 'stayed with me' to
this day , this is why I know how to do a proper side-kicks, back-kicks etc (taught personally
by the best one to one)*

ITS ALL IN THE DETAIL

*as One student said to me 'Its all in the detail' and YES it is its in the REFINEMENT of every
technique be it Boxing, Tae Kwon Do ,Kick Boxing , or Commando Krav maga , its all in the
detail , I will say that I am technically a better martial artists now then I have ever been
before (at 55 years of age)*

MY VISION FOR HEALY's freestyle TKD & Boxing Academy and Healy's Commando Krav maga Asian Pacafic

basically , we are not looking at 'BIG Numbers' at Head Quarters , all I am aiming for is

TOP QUALITY of a small Group of ELITE Instructors

That can

**Box like Muhammid Ali*

**Tae Kwon Do Kick like GM YUN*

**Kick Box like Stan the Man*

Do Commando krav maga like Moni Aizik

and ultimately combine all these skills together to become

like Bruce Lee 😊

Is that too much to ask ???

*If I can produce a 'complete Elite martial artist' then one of these can teach 10,000 others
This is MY VISION and I believe to the Credit of my mentors in Boxing, TKD, YJD, CKM, KBox
Finally in the Words of my Grandfather Bert Healy Senior when I asked him what is the best
Punch in the book ?*

"THE FIRST ONE "

was his answer 😊

Till Next newsletter .



Keep training and keep Focused
and stay away from 'negative influences and stay 'true to yourself' 😊
Regards

Graham Healy

www.healyshealthandfitness.com

www.isdaselfdefence.com

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*Ps regarding my eariler comments in this text re the negative influences from some
'characters' that have tried to 'take' rather than 'contribute' over the years , I am simply
revealing the facts as they evolved over time , and how ,Personal Integrity was my point here
and how these 'negative characters' that strongly critised me personally have all 'become
'unstuck' over time and all have 'fallen on their own swords'*

in simple terms 'what goes around comes around' 😊 GH