

USKK Bushido International Society Newsletter



March 31, 2013 * Volume VIII * Issue Q1

IN THE NEWS

United States Karate Alliance HOF Profile: Mr. Bruce Heilman

Mr. Heilman is an internationally recognized Martial Arts Instructor and Author who has been involved in the arts since 1961. He has studied Okinawan Karate, Jui-Jitsu, Japanese Karate and Okinawan Kobudo (weapons). He currently holds the ranks of: 10th Degree Black Belt in Karate, 10th Degree Black Belt in Kobudo, and a 3rd Degree Black Belt in Jiu-Jitsu. He holds a Hanshi (Master Teachers License) in Karate and Kobudo, and a Renshi (Teachers License) in Jiu-Jitsu. Hanshi Heilman is the Founder and President of the INTERNATIONAL KARATE KOBUDO FEDERATION.

In addition, he also serves as Vice President of the World Union of Martial Arts Federations, USA & Europe; as

President of the Okinawa Kenpo Karate Kobudo Union; USA; and as the past United States Karate Alliance's Chairman of the Kobudo Board. Hanshi Heilman is a highly respected Seminar Instructor.



Mr. Bruce Heilman

NAME:

C. BRUCE HEILMAN

RANK:

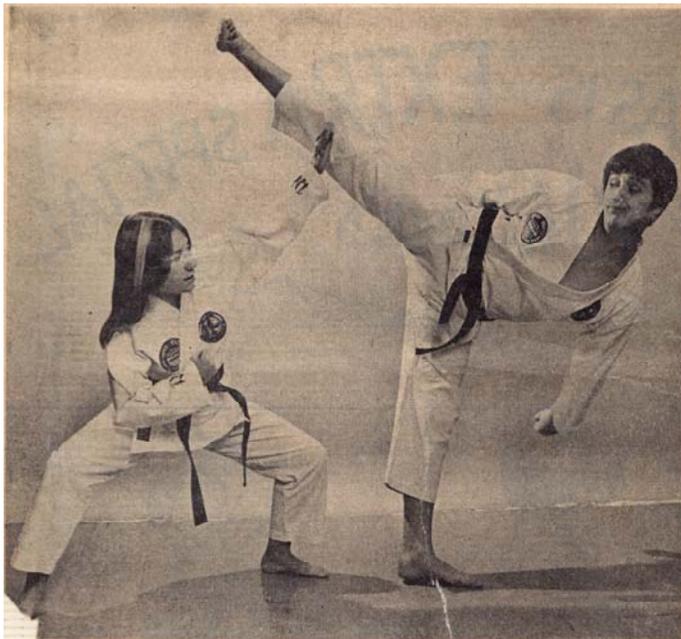
- 1) 10th Dan Karate
- 2) 10th Dan Kobudo,
- 3) 3rd Dan Jiu-Jitsu

LICENSES:

- 1) HANSHI Karate & Kobudo
- 2) RENSHI Jiu-Jitsu

STYLE:

Okinawa Kenpo Karate-Kobudo Koryu Kan



Mrs. Ann-Marie & Mr. Bruce Heilman - 1971

DOJO:

**Heilman Karate Academy, Inc.
102 Cleveland Avenue
Reading, Pennsylvania. 19605**

POSITION:

**President and Chief Instructor, HKA,
Inc.**



Mr. Bruce and Mrs. Ann Marie Heilman - 1974

AFFILIATIONS:

- 1) International Karate Kobudo Federation, USA.
- 2) Okinawa Kenpo Karate Kobudo Union, USA.
- 3) International Martial Arts Federation, Japan.
- 4) World Union of Martial Arts Federations, Japan.
- 5) United States Karate Alliance, USA.
- 6) Yudansha Kobjitsu Karate-Do Federation, Canada.
- 7) International Shorin-Ryu Karate Kobudo Federation, USA.
- 8) International Ryukyu Karate Research Society, Australia.
- 9) International Seidokan Motobuy-ryu Renmei, USA.

TITLES:

- 1) Founder & President, IKKF, USA (1991-on).
- 2) Vice President, WUMOF, USA, Canada, Europe (1993-on).
- 3) Member Executive Board, OKKKF, Okinawa, Japan (1994-1996).
- 4) Director International Relations, OKKKF, Okinawa, Japan, (1989-1993).
- 5) U. S. Representative, OKKKF, Okinawa, Japan, (1984-1989).

- 6) U. S. Karate Association Style Head, Okinawan Kempo, (1975-1990).
- 7) U. S. Karate Alliance Style Head, Okinawa Kenpo Karate-Kobudo, (Appointed 1990).
- 8) U. S. Karate Alliance Kobudo Board Chairman, (Appointed 1990).
- 9) Vice President, YKKF, Canada (Appointed 1991).
- 10) Board Member, ISKKF, USA (Appointed 1995).
- 11) Technical Advisor, Kick & Punch Magazine, India (Appointed 1994).
- 12) Contributing Author, Bugeisha Magazine, (1997 - on).
- 13) Technical Advisor, International Ryukyu Karate Research Society (1997 on).
- 14) President, OKKKU, USA (1999 on).
- 15) Advisor, Dentokan, USA (2000 on).



Mr. Odo & Mr. Heilman

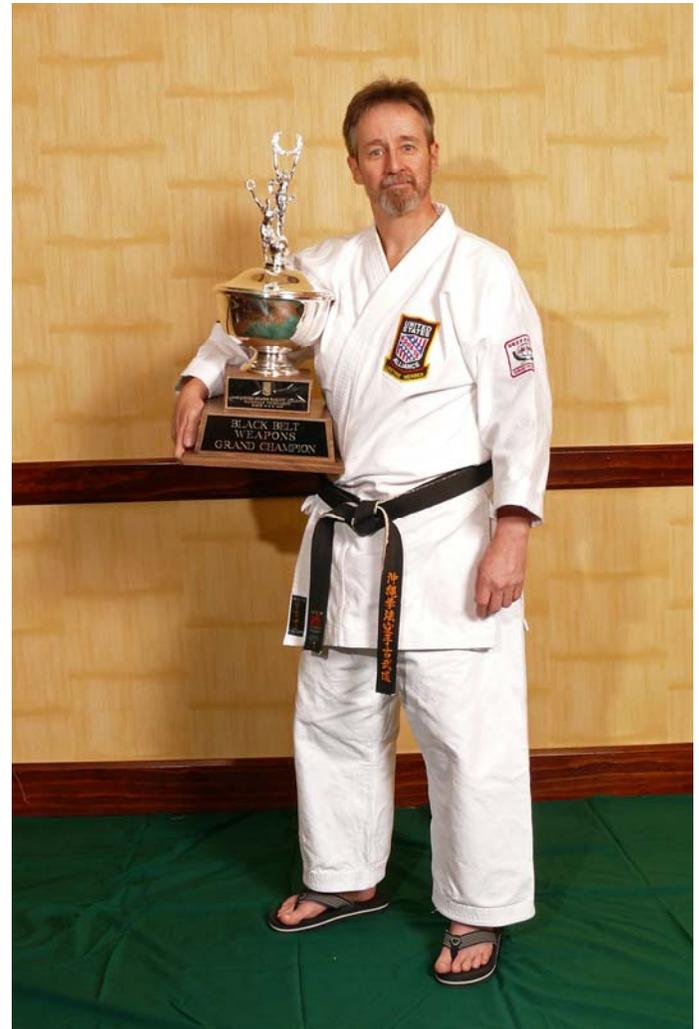
EDUCATION:

- 1) B.A. Urban & Regional Planning, Indiana University of Pennsylvania, 1971.
- 2) Graduate Studies in Regional Planning, Pennsylvania State University, 1972-1976.

OCCUPATION:

- 1) President / Chief Instructor, Heilman Karate Academy, Inc.

- 2) President, International Karate Kobudo Federation, USA.
- 3) Director of Land Planning, Systems Design Engineering, Inc. (Engineers, Planners, construction Managers)



SPECIAL RECOGNITIONS:

- 1) 1975 Inclusion in Who's Who in the Martial Arts, by Bob Wall.
- 2) 1985 Awarded "Certificate of Congratulations and Commendations", City of Reading, Reading, Pa.
- 3) 1985 Inclusion in Who's Who in American Martial Arts, 2nd Edition, by Jan Wellendorf.
- 4) 1986 Included in Karate-Do: History and Philosophy, by Takao Nakaya.
- 5) 1987 Included in Who's Who in American Martial Arts, 3rd Edition, by Dale Brooks.

6) 1988 Included in Who's Who in the Martial Arts Elite, 1st Edition, by Michael DePasquale, Jr.

7) 1995 Inducted into the United States Karate Alliance's HALL OF FAME

8) 1996 Awarded INSTRUCTOR OF THE YEAR for 1996 by Pennsylvania Karate Rating Association.

9) 1999 Inducted into Pennsylvania Karate HALL OF FAME

10) 2000 Proclaimed "Distinguished Visitor" by Mayor of Cidra, Puerto Rico.



TOURNAMENT RECORD:

Mr. Heilman competed extensively in the 1970-73 period, placing in Kata, Weapons and Fighting. In 1970, he was ranked in the "National Top Ten" in Kata by the USKA. During the mid-90's, he returned to limited competition winning numerous weapons and kata events Nationally and being named Pennsylvania Masters Kata Champion and #2 in Weapons Kata for 1994 by the Pa. Karate Rating Association. Some more recent wins for National or World Championships for Mr. Heilman are listed below.

- World Champion - 2nd Masters Kata, 1994 USKA World Championships
- World Champion - 1st Black Belt Weapons Kata, 1994 USKA World Championships
- World Champion - 1st Masters Weapons, 1998 USKA World Championships
- World Champion - 4th Masters Kata, 1998 USKA World Championships
- National Champion - 1st Black Belt Weapons, 1998 PKC Grand Nationals
- National Champion - Grand Champion Kata, 1998 PKC Grand Nationals
- National Champion - 4th Masters Kata, 1998 USKA Grand Nationals
- National Points Champion - 4th Weapons Kata, USKA 1998-99 Point Year
- World Champion - 3rd Masters Kata, 1999 USKA World Championships
- World Champion - 1st Masters Weapons, 1999 USKA World Championships
- World Champion - Grand Champion Weapons, 1999 USKA World Championships
- National Champion - 1st Masters Weapons, 2000 USKA Grand Nationals
- National Champion - Grand Champion Weapons, 2000 USKA Grand Nationals

- **National Champion - 1st Masters Weapons, 2001 USKA Grand Nationals**
- **National Champion - Grand Champion Weapons, 2001 USKA Grand Nationals**
- **National Champion - Grand Champion Weapons, 2007 USKA Grand Nationals**
- **National Champion - 1st Masters Weapons, 2010 USKA Grand Nationals**
- **National Champion - Grand Champion Weapons, 2010 USKA Grand Nationals**

Although tournament competition is not emphasized at the HKA, the students have won numerous Regional, National and International Championships since 1970. Further, two of the HKA Instructors have been named OKKKF Competitor of the Year for 4 years, and OKKKF Coach of the Year.



[L-R] Mrs. Heilman, Mr. Odo & Mr. Heilman

PUBLICATIONS:

- 1) **Beginning Student Handbook, HKA, Inc., 1982.**
- 2) **Okinawan Kempo Karate Student Handbook, HKA, Inc., 1982.**
- 3) **Okinawan Kobudo Handbook, HKA, Inc., 1983.**
"Would The Real Style Please Stand Up?", **Inside Karate, November 1986.**
- 4) **"Bo Attacks - Strikes, Thrusts & Pokes", Inside Karate, December 1986.**
- 5) **OKKKF Dojo Handbook, U.S. Headquarters OKKKF, 1986.**
- 6) **HKA Staff Manual, HKA, Inc., 1986.**
- 7) **"Bo Disarms - Advanced Level Bo Bunkai", Inside Karate, January 1987.**
- 8) **"The Correct Use of the Okinawan Sai", Inside Karate, April, 1987.**
- 9) **"What Ever Happened to the Black Belt?", SMASH, July-August, 1987.**
- 10) **"Okinawan Kobudo: History, Weapons & Organizations", Inside Karate, August, 1987.**
- 11) **"Three Against One, Could You Handle It?", Inside Karate, September, 1987.**
- 12) **"The Essence of Kata", SMASH, September-October, 1987.**
- 13) **"The Correct Use of the Okinawan Tunfa", Inside Karate, December 1987.**
- 14) **"Nunchacku: Basic & Advanced Techniques", Inside Karate, February 1988.**
- 15) **"The Lesser Known Weapons of Okinawa", Inside Karate, June 1988.**
- 16) **"Traditional Sparring Concepts", Inside Karate, June 1988.**
- 17) **"The Evolution of Traditional Karate Styles", SMASH, November-December, 1988.**
- 18) **"The Ranking Game: Who Can Promote You and What is it Worth?", Black Belt, May, 1991.**
- 19) **"Bo Training: Part III - Blocking Techniques", Inside Karate, March 1989.**
- 20) **"Martial Arts Organizations: A Positive or Negative Influence?", Inside Karate, (accepted 1987).**
- 21) **"The A, B, C's of Groundfighting", Inside Karate, (accepted 1987).**

- 22) "A Lesson is Self-Defense: Wrist Grab & Hand Shake Escapes", Inside Karate, (accepted 1987).
- 23) "The Deadly Okinawan Kama", Inside Karate, (accepted 1987).
- 24) "The Dynamics of Kata", Inside Karate, (accepted 1988).
- 25) "Okinawa Kenpo Karate-Kobudo: The Evolution of a System", BUDO, Spring 1995.
- 26) "A Basic Introduction to Dojo Reishiki", World of Martial Arts, Nov./Dec. 1996.
- 27) "The Care and Feeding of Your Weapons", Bugeisha, 1st Qtr. 1997.
- 28) "The Student Makes The Kata", World of Martial Arts, March/April 1997. "Saper Scegliere", Samurai (Italy), August 1996.
- 29) "The Dynamics of Kata", Samurai, Spring 1997.
- 30) "Weapons Sparring: A Lesson in Reality", Bugeisha, 2nd Qtr. 1997.
- 31) "Basic Contact Drills", Samurai Magazine (Italy), Summer 1998.
- 32) "There Are No Stances In Kobudo", Samurai Magazines, Fall 1998.
- 33) "Tekkos: Okinawa Kobudo's Brass Knuckles", Samurai Magazine (Italy), Spring 1999.
- 34) "Basic Contact Exercises", El Budoka (Spain), Summer 1999.
- 34) "There Are No Stances In Kobudo", Bugeisha, Spring 1998.
- "Tekkos: Okinawa Kobudo's Brass Knuckles", Bugeisha, (accepted 1997).
- 35) "The Legacy of Shigeru Nakamura", Bugeisha, (accepted 1998).
- 36) The Traditional Way: Okinawa Kenpo Karate-Kobudo Shudokan, Vol. I - Karate, (book in preparation).
- 37) The Traditional Way: Okinawa Kenpo Karate-Kobudo Shudokan, Vol. II -Kobudo, (book in preparation).
- 38) The Traditional Way: Okinawa Kenpo Karate-Kobudo Shudokan, Vol. III -Fighting Concepts, (book in preparation).

- 39) **The Traditional Way: Okinawa Kenpo Karate-kobudo Shudokan, Vol.IV - Personal Self-Defense, (book in preparation).**



[L-R] Mrs. Heilman & Mrs. Caliguri

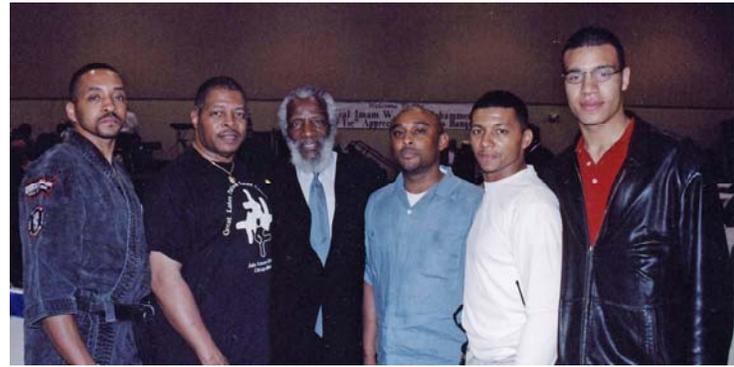
SEMINAR INSTRUCTION:

Hanshi Heilman has for the last decade taught numerous Seminars throughout the United States and Internationally (Canada, England & Italy) covering topics such as Okinawan Kobudo, Okinawan Karate, Groundfighting, Sparring concepts, Jiu-Jitsu, and Martial Arts History and Philosophy

FEDERAL REGISTRATION OF SERVICE MARK:

In accordance with Federal Law (Federal Trademark Act of 1946), a United States SERVICE MARK for the term "OKINAWA

KENPO" (Federal Registration #1,321,298) was granted to Mr. Teruyuki Higa and as of August 25, 1986 is Co-Owned by C. Bruce Heilman. Specific Service Marks owned by Mr. Heilman include: "Okinawa Kenpo Karate-Kobudo", "Okinawa Kenpo Karate-Kobudo Shudokan", "Okinawa Kenpo Kobudo", and "Okinawa Kenpo Karate-Kobudo Federation". Mr. Heilman also owns the Service Marks for "International Karate Kobudo Federation" and the "Okinawa Kenpo Karate Kobudo Union".



[L-R] Mr. Reggie Venson, Mr. John Venson, Unknown, Mr. Derian Winder, Mr. Dwight Venson & Mr. John Lewis III

Picture Perfect



[L-R] Mr. Kittell, Mr. Dumura, Mr. Holtzman, Mr. Venson, Mr. Foley, Mr. Juan Galvan & Mr. Adrian Galvan



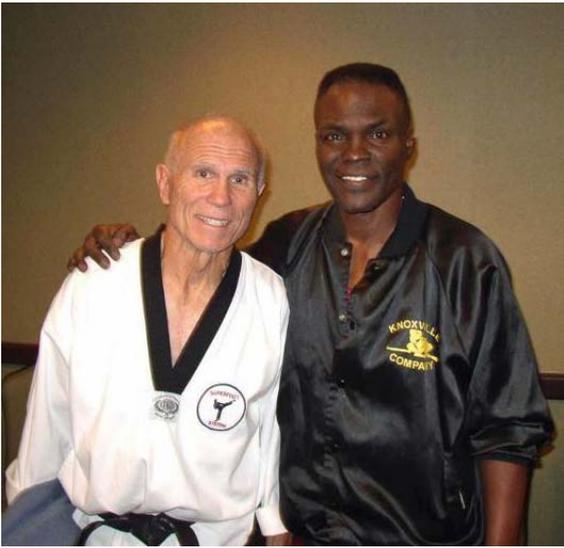
[L-R] Mr. Bullock & Mr. Dobbs



[L-R] Mr. Scott, Mr. Scheer, Mr. Duffy & Mr. McLain - Photo courtesy Mr. James Duffy



[L-R] Mr. Trias (D), Mr. Parrish (D) & Mr. Koeppel



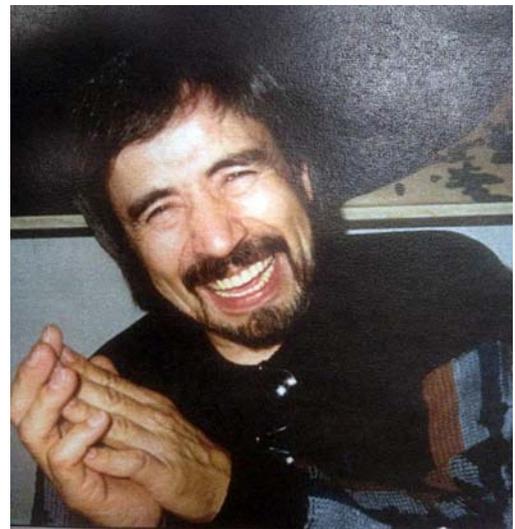
[L-R] Mr. Wallace & Mr. Cook



[L-R] Mr. Shelton (D) & Mr. McMullin - Peoria, IL



[L-R] Mr. Beaumont & Mr. Murphy



Mr. Hawkes (D)



[L-R] Mr. Bethea & Mr. Fairbanks



[L-R] Mr. Starks & Mr. Jones

"A warrior seeks to act rather than talk." - Carlos Castaneda



[L-R] Mr. Phil Koepfel & Mr. Ron Rollins (D) – Picture courtesy Mr. James Duffy

Martially Yours,

**H Eugene Talbott
President, Bushido International Society**