



PYONG AHN MONTHLY

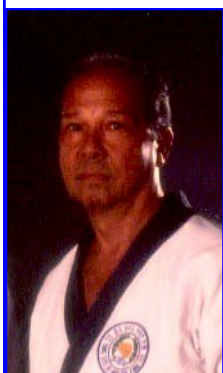


Striving to improve Moo Do, through Soo Bahk Do-June 2015

This month, we are honoring our senior Region 9 member and Charter Member of the Federation, Vic Martinov Sa Nom Nim. It is with a VERY heavy heart that we pass on the news that he has passed away. He had a great influence on our Art and on many of us personally, he will be greatly missed. He was the finest example of what a true 'Moo Do In' should strive to be. His overwhelming drive to promote a central theme of our Art, our connectedness, is more appreciated than even he may know.

We have included his article 'The Killer Workout', which was written about his Friday night workouts and was in Black Belt Magazine. It is replicated here in its entirety and we also are lucky enough to have many of our respected SBN, who had special relationships with Martinov SBN, giving us some insight into his character, and also shed some light on his history within our Art. We start with Tommy Reyes Sr. SBN and his comments below.

So, in the words of Martinov SBN, 'we have a lot of work to do', so let's jump right in.



Tommy Reyes SBN

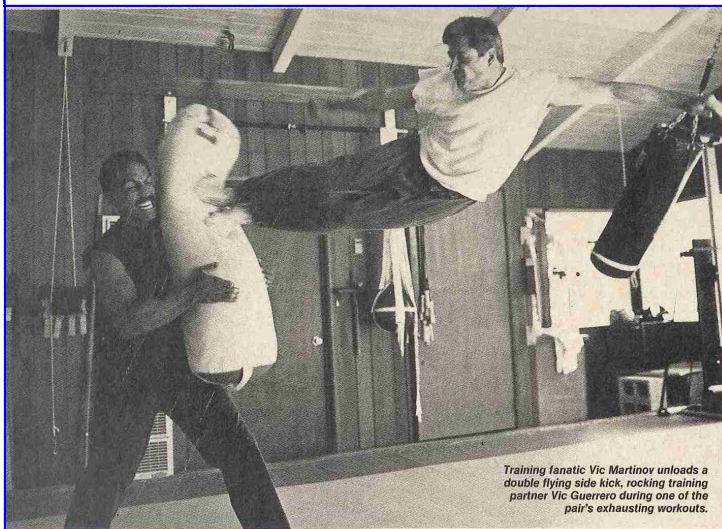
Visualize, Fred Messersmith SBN's, South Bay Moo Duk Kwan Dojang in Carson Ca. It is Friday night and the time is approx. 8:30 PM. The mirrors are steamed and all fogged up. The atmospheric conditions are unbearably hot, humid and the sweat pouring out from the Dan students as they struggle to survive the strenuous activity of another grueling conditioning workout performance of Soo Bahk Do. Get the picture? You are now in the midst of Master Vic Martinov's 'Killer workout'.

After completion of the routine workout (Basics, Hyungs, Ho Sin Sol, advanced kicking, etc.) I would like to cite one example of conditioning he put us through. Students are down on all 'fours'. Martinov SBN initiates the workout function by simultaneously using both feet, jumping over each student. As he finishes jumping over the last student, he turns around and repeats the process and returns to the original position. We are all hoping that he is finished and the next student will proceed until we all complete the exercise. But wait, there he goes again and does another complete cycle. Why are we all concerned? Because all of us must complete the same task. Young or old, male or female, no exceptions. Master Martinov always led by example.

It reminds me of Ko Dan Ja 1989, when a student asked H.C. Hwang SBN, how does one become a good teacher. Master Hwang replied, "to be a good teacher, one must also be a good practitioner." This saying, surely applies to our beloved and most respected instructor, Martinov SBN.

I am now 87 years old and in fairly good physical shape and attribute my condition to those "Killer Workouts". When I now do a push-up or pull-up, I can still hear Master Martinov, "C'Mon Tommy, one more time".

—Tommy Reyes Sr. SBN, Gardena Soo Bahk Do



Training fanatic Vic Martinov unloads a double flying side kick, rocking training partner Vic Guerrero during one of the pair's exhausting workouts.

THE KILLER WORKOUT

Are You Tough Enough to Try it?
by Jim Coleman

—Black Belt Magazine article—

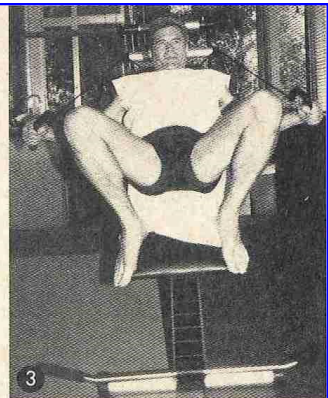
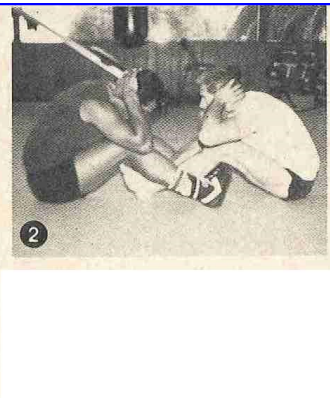
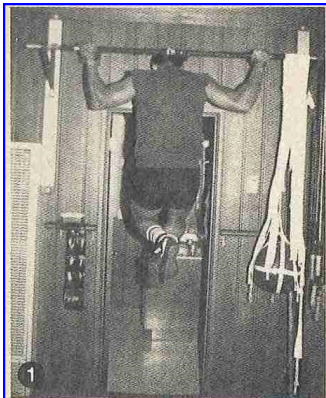
It has become fashionable in the 1980s for owners of martial arts schools to place large signs in their windows, advertising "the toughest workout in the valley" or "the hardest training in the city" or simply "tough workouts". Such claims are an attempt to appeal to one's *machismo*. They are a challenge of sorts, a way of asking: Are you man enough (or woman) enough to handle the training?"

Continued on page 2



Martinov Sa Bom Nim

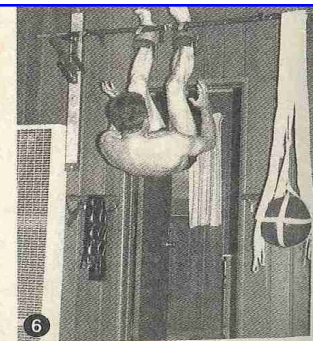
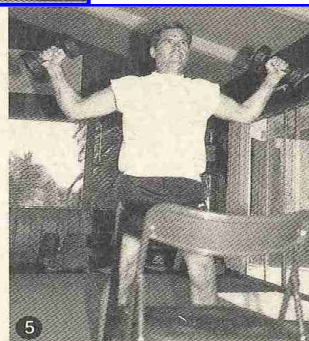
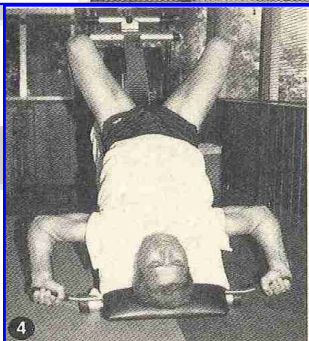




Martinov's fitness workouts include 125 pull-ups (1), 100 interlocking sit-ups (2), 30 butterflies (3) and 30 inverted push-ups (4) on a sliding incline board, a dumbbell session (5) for the arms and shoulders and, if he has anything left, crunches on the gravity bar (6).

No doubt these schools do offer a rigorous workout to students, but because they are in the business of making money, they must not make the training so difficult that it scares students off. Hence, even these so-called 'tough' workouts are likely tempered somewhat.

For unadulterated, hard training in its purest form, however, one need look no further than the "Eagle's Nest," the training



headquarters of *Tang Soo Do* and *Aikido* black belt Vic Martinov. Located high in the Rolling Hills Estates region of Southern California, in Martinov's backyard, the Eagle's Nest has been the site of arduous, sweat-saturated workouts nearly every day over the last four years. The program, designed by Martinov, encompasses everything from martial arts training, calisthenics, running and weights, to meditation, breathing and ki (internal energy) exercises. It is perhaps the most comprehensive- and torturous-training regimen in the country. Martinov, who's muscled and toned body belongs on a man much younger than his 50 years, is committed to the program to the point of fanaticism. Some of his friends, in fact, recently gave him a book on torture methods for his birthday. "I guess they thought I would relish a book on pain and punishment," Martinov says.

They were probably right.

Martinov trains nearly every day; Sunday are a light day, while the other six consist of a two-hour (minimum) workout. His primary partner in pain is 37-year-old Tang Soo Do black belt Vic Guerrero, who Martinov has trained with for 20 years. When Guerrero is unavailable, Martinov goes it alone or scours up some poor sap who doesn't know any better.

"I've invited a lot of people, but not many that come" Martinov notes. "And if they do come...they usually don't come back."

So just exactly is this program that strikes fear into the hearts and bodies of otherwise brave, sturdy men?

Originally Martinov simply trained in *Tang Soo Do* and *Aikido*, but he added in ample amounts of fitness exercises because he feels martial arts alone doesn't give one adequate physical conditioning. It is his belief that the single-most important thing in life is physical, mental and spiritual self-improvement. And to improve physical, he claims, one must push himself to the limit. With this in mind he set up his current training regimen.

Continued on Page 4

My reflection on Martinov' SBN's Friday night workout was, to sum it up in a few words - physically and mentally challenging but gratifying too. One thing I learned right from the start -if SBN used you to demo a technique be prepared, his reverse punch felt like it penetrated though your abdomen.

It appeared the attendance was proportional to the intensity, if the class got too large then the intensity increased and it became the survival of the committed.

I have great memories and grateful to be part of his training

—Larry Drehs SBN, Gardena Soo Bahk Do



Larry Drehs SBN





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Striving to improve Moo Do, through Soo Bahk Do-June 2015

Sa Bom Nim Victor Martinov was twenty four years old and I was nineteen years old when we first met at my Aikido studio in Lomita California. He was powerfully built with tremendous strength in his arms and shoulders. His gripping power was equally strong due to the fact that he was a gymnast and into physical fitness. His endurance was also phenomenal, he never seemed to tire.

I was a green belt in Aikido when I was paired-up for the first time with Sa Bom Nim. I soon realized why our instructor put us together, it was because he had been hurting and torturing the other students and now it was my turn to be on the hurting end of his power. My only saving grace was that my wrists were strong due to the fact that I had worked out with many students for over two years. Needless to say, while training with Sa Bom Nim my wrists became extremely strong. Master "M's" philosophy regarding Aikido is that you have to hurt your partner or opponent in order to prove the effectiveness of the art, and he thoroughly tested his philosophy on me.

The great awakening came to Master "M" when he failed his first white belt test in Aikido. He of course was disappointed, but then our instructor Virgil Crank demonstrated how the test should be done with power. This totally changed his view of Aikido and he pursued it with a vengeance.

Our training became intense, we twisted and cranked each other's wrists, elbows and shoulder joints, we slammed each other into the hard cold mats, over and over again. We trained during class and outside of class, we trained on weekends, holidays, we trained all hours of the day, sometimes starting at 5:00am in the mornings. We had a lot of work to do!!

Although I was his senior when he started Aikido, he soon caught up to me and then surpassed me. He was now my mentor, showing me how to execute and perform difficult Aikido techniques. We progressed up the ranks and tested for our black belts together. During the years that we trained together we became very close. I have always marveled at his wisdom and knowledge that seemed far beyond his years. Everything that Sa Bom Nim attempts in life is always planned and strategized in minute detail, he is always looking ahead to the next step.

It was during the time when we were still green belts in Aikido, that Master "M" said to me, "Mits we now have to cross train. There is a young guy teaching karate in Torrance, his name is Chuck Norris, and he looks pretty good. I am going to train with him and I want you to come along." Well I hesitated because my heart was with Aikido, I was also young and naïve and believed at that time that Aikido had all the answers, but he was able to convince me that Tang Soo Do (Soo Bahk Do) was our next step. So we took the next step together and started our second journey into the world of martial arts.

Perhaps Master "M's" early years in the martial arts are not as well-known as his journey into the martial arts of Soo Bahk Do. Due to his energy, dedication and love for Soo Bahk Do; Sa Bom Nim Martinov has rocketed to the top of the Soo Bahk Do organization and is respected and loved by the founder and his son, Kwan Jang Nim, and especially by the members of our Soo Bahk Do family.

Now remember.....WE HAVE A LOT OF WORK TO DO!!

—Love always, Mits Yamashita, Sanbukan Dojo, Yamashita Aikido Organization,
member of the International Yoshinkan Aikido Federation



Sensei Mits Yamashita

The opportunities that Sa Bom Nim Martinov put in front of me over the past 36 years..... words cannot convey..... it must be experienced. He is my Hero.

However, I want to tell you all this as best my heart can..... Sa Bom Nim Martinov gave me the opportunity to discover my own worthiness..... by praising my efforts, never accepting anything less and always being there for me!

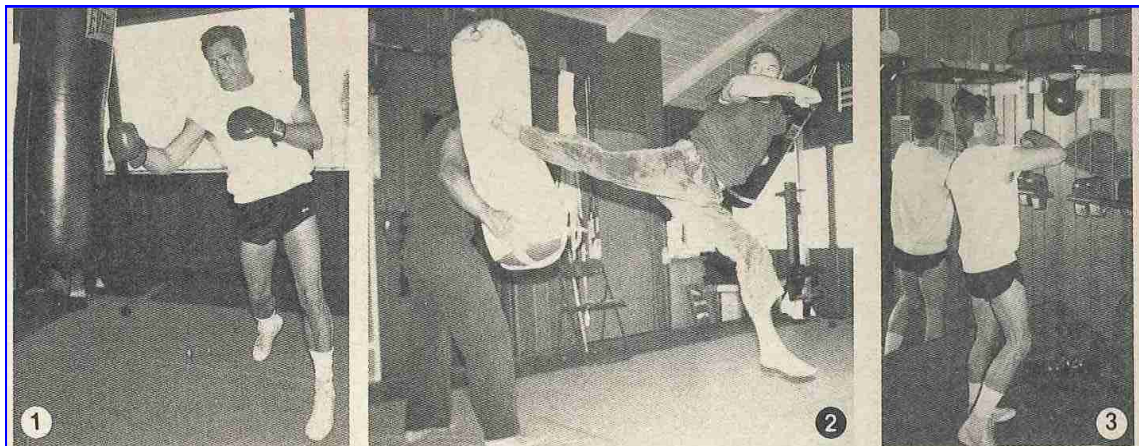
I will let others tell you of his infamous "Friday Night Workouts", but as for his iron clad integrity, his perfect example of 'Moo Do In' and his eternal loyalty to Moo Duk Kwan, he is, again, my Hero.

—Fred Messersmith, South Bay Moo Duk Kwan



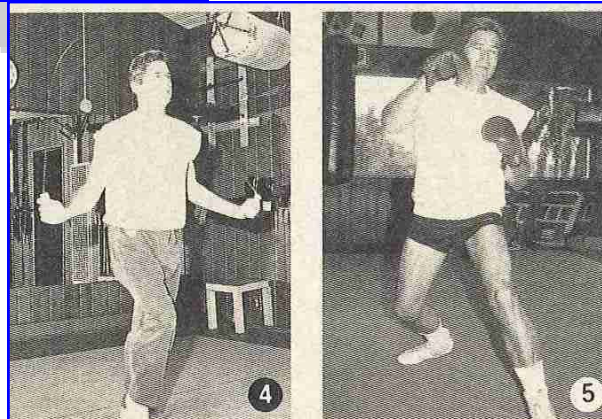
Fred Messersmith SBN





Once a week, Martinov conducts bag work. He drills on hand techniques (1) and kicks (2) on the heavy bag, and goes three rounds on the speed bag (3) as well. Jump rope (4) and shadow sparring (5) are also part of the workout.

Twice a week, Martinov and Guerrero will work solely on fitness exercises. They'll do 125 pull-ups, 250 push-ups, and a variety of sit-ups and leg raises-50 crunches, 100 interlocking sit-ups, 100 leg raises, 100 knee-ups, and another 50 crunches. They then move to the 'rack', a sliding incline board utilizing the practitioner's body weight. On the rack Martinov and Guerrero perform 50 deep knee bends, 110 toe raises, 30 handstand push-ups, 30 butterflies, and 30 curls. Supplemental exercises in the same workout include 50 dips, three sets each with heavy and light dumbbells to develop the arms and shoulders, five three minute rounds of jump rope, and then, if they have anything left, they put on the gravity boots and perform crunches to strengthen the abdominal muscles.



Martinov is most proud of his improvements in the area of pull-ups. He and his training partners originally started with five sets of five pull-ups, but have advanced to five sets of 25. When they finally reached the 100 pull-up plateau, they formed the "Century Club," and now proudly display that title above the front door of the Eagle's Nest.

"One set of 16 pull-ups in the old days was a lot," Martinov remarks. "It was inconceivable to me that I'd be doing five sets of 25. But we're there and we're not stopping there."

Twice a week Martinov also conducts martial arts training, a combination of Tang Soo Do, Aikido and boxing. After a short warm up session, Martinov and his partner practice footwork and ki-developing drills while wearing ankle weights. They then work on a variety of hand technique combinations using focus gloves. A lengthy partner-stretching session follows, then it's on to power kicking. A partner holds different kicking shields for Martinov while he runs through his repertoire, then they switch roles. As a final exercise, one partner holds the focus mitts while the other practices punching and kicking combinations for approximately half an hour. Then the partners switch.

Once a week Martinov and Guerrero try to get together and conduct bag work. They each five three-minute rounds on the heavy bag, drilling on both kicks and punches, then switch to the speed bag, working three rounds on hand techniques. Between rounds on the speed bag, they integrate two rounds of leg-swinging exercises. Five rounds of jump rope follow, topped off by five rounds of shadow sparring.

Three days a week are generally devoted to running. On one day, Martinov will do two-and-a-half miles of hill running, and on another, he will run four miles on a flat track. A third day is taken up by wind sprints. Each running session is preceded by stretching and a 440-yard warm-up run, and is concluded, for warm-down purposes, with the same.

Continued on Page 8

**"It is with a heavy heart that I tell you my beloved friend Victor Martinov passed
02 June 2015. Rest in Peace Sa Bom Nim..... I love you."**

Fred Messersmith





PYONG AHN MONTHLY



Striving to improve Moo Do, through Soo Bahk Do-June 2015

Martinov SBN started his Soo Bahk Do Moo Duk Kwan 53 years ago in 1962 with Chuck Norris. One year earlier he started his martial arts training in Aikido with Vergil Cranks.

When I first met Martinov SBN, around 36 years ago, I was involved seriously in another activity. In getting to know him I found out that he was involved in martial arts, Tang Soo Do Moo Duk Kwan at that time, and in getting to know him realized that there was something "truly special" about him. Having always been desirous of being involved in martial arts, I talked with him over a three year period, actually picked his brain, to determine what I needed to know about getting involved in martial arts.

When the time came to get involved, he directed me to my instructor, Messersmith SBN, where I have remained a student.

Over the years my respect has only grown and fostered a true understanding of what it means to be "The Consummate Martial Artist". What is more important is the friendship that I am truly privileged to have developed and continue to appreciate. That "truly special" characteristic has only been reinforced over the years.

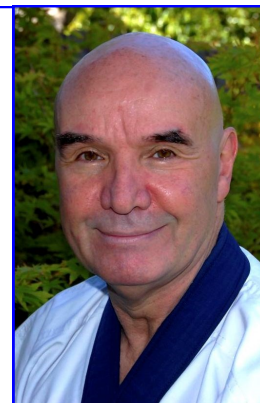
When I started my training I can remember hearing about the "Famous Friday Night Workout" and looked forward to the opportunity to join the fun. When I finally was able to achieve that goal, I couldn't get enough and wished that everyday was Friday. When asked, Martinov SBN isn't quite sure what continued to motivate him for 17 years to conduct that "Famous" class, (I must add that they were free, except for the sweat shared) except he states: "That he needed to face us who would show up to keep him training", and besides "We have a lot of work to do". During those 17 years he only missed less than a handful of those classes. That is true dedication.

Those that took the time to share regularly those Friday nights couldn't help but become better practitioners. More so he wanted to share his talents and experience with those who wanted to invest in themselves in the time to learn what he had to offer. Training time with Martinov SBN was exactly that...training time, very little talking, no questions and T.O.M., "Time on Mat".

Those that truly understand what is important about training cannot help but be impacted by time spent training with Martinov SBN; those that don't, even if they train with him, truly miss what is important and what he has to share, and that is sad and in my opinion their loss.

Martinov SBN's dedication to Soo Bahk Do Moo Duk Kwan and his training is unquestionable and his desire to share with those that are dedicated in kind is the fuel that makes his training fire burn.

—Ian McDuffie SBN, South Bay Moo Duk Kwan



Ian McDuffie SBN

In my training time at South Bay Moo Duk Kwan, on occasion Martinov Sa Bom Nim taught and always impressed me, because it was rare to have the opportunity to train with someone with such skill, yet who is able to break down material into just the essentials. Any and all techniques were based on his five principles (Direction; Movement; Penetration; Power; and Awareness), so there was no memorizing or intellectualizing, there was just training, and it felt natural and it felt right.

—George Hoffmeister SBN, Glendora Soo Bahk Do



George Hoffmeister SBN

I have vivid memories of Friday Night Killer Workouts with Master Martinov, dating back over thirty six years--long before I even started attending them. I would hear the stories from my dad, and later my brother, of just how demanding they were and how tough it was to make it through to the end. When my time came to 'participate,' my nerves and anxiety surfaced about stepping onto the mat with all the senior Dan members in the area. The stories I had heard were just that--stories; the workouts were even tougher than I had anticipated!

I remember one of my first workouts; I was barely hanging on to keep up with the class (let alone keeping up with my dad and brother). Sa Bom Nim finished the class with a little 'cool' down of thirty spinning inside/outside kicks with each leg. I was determined to stay with the count; I lost balance and slammed into the wall beside me. But it wasn't until I stumbled back to my feet when I glanced over my shoulder to see that I wasn't the only one struggling. However, Master Martinov, not just calling out the commands, but actually doing all the kicks himself, continued cranking them out with perfect execution -- Dynamic Equilibrium.

To this day, outside of my dad and family, there is no one that has influenced me more positively than Sa Bom Nim Martinov. Thank you Sa Bom Nim.

—Michael Reyes SBN, Gardena Soo Bahk Do



Mike Reyes SBN





George Dolby SBN

In 1966/67 I'm not sure, I was working in a men's shop while I was attending El Camino College. A kid just out of the Air Force opened a Karate school in the vacant store next door. He taught 'Tang Soo Do'.

After a period of time he invited me to come and watch a karate tournament he was putting on at El Camino. I was interested, so I went. I went inside and climbed up in the middle of the bleachers and sat down. I got there in time to watch the sparring and was instantly caught up in it.

As I watched the different combinations of punches and kicks, I said to myself "I want to do this". After 40 minutes or so they called the red belts up to begin their competition. I soon noticed they were much smoother and faster than the other colored belts I had seen previously. Whenever I watch a competition that I'm not familiar with I always pick a side or a person that impresses me for some reason or another.

Up comes a black haired red belt that just looked the part of the perfect karate hero, so I picked him to root for. He had a strong low stance and moved like a Jaguar. In a flash he spun backwards and kicked his opponent in the stomach and dropped him like a sack of potatoes. So I say to myself, boy is this guy good! And so it went the black haired guy kept mowing down his opponents with super fast punches and kicks but especially with that spin to the back with a kick move.

So the fight for 1st place begins and my guy has to fight this really tall blond haired guy. It was a really good fight, the blond guy was really good, also, but my guy ended up winning. The tournament wasn't put on by Rick (the person that invited me) it was a Four Season Tournament, put on by Chuck Norris and Mike Stone. The winner of the tournament was Sa Bom Nim Martinov, who became my instructor in 1968 at Jack La Lane's Health Club. I recognized him the first night he came to teach and told him the story.

How awesome is that to have your hero become your instructor and your lifelong friend.

--'The 'Killer Workout'

I had the privilege to photograph the entire "'Killer Workout" sequence for Black Belt magazine. I will relate this story to the best of my memory.

First, Mater Martinov was the only one who could really complete the 'Killer Workout' it was an unbelievable array of exercises that would call on maximum amount of Weh Gung, Neh Gung, and Shim Gung. The main purpose of the workout was, I believe, to not only improve physical strength and health in general but to strategically concentrate on areas that were neglected by most.

He developed a schedule that was to me, ahead of its time. Certain days were to increase 'burst' explosive movement, certain days were for 'sprints'-40yd dashes and 100yd dashes. Next came sets of 440's and them mile runs. Also included was running with each step a leap of as much distance as possible.

In his dojang, extreme stretching, difficult abdominal routines, squat jumps, squat front kicks, power punching on the heavy bag, multiple hand strikes on hand held targets, then power kicks on the heavy bag. Then the fun began---flying kicks on the heavy bag, then flying double kicks on the bag (such as flying side spinning back, all in the air) and then flying double sidekicks, with both feet striking the bag at the same time with your body parallel to the ground. Next came chin-ups, which are possibly the hardest exercise for anyone to do, which led Sa Bom Nim to stress them in his workout. Next came jumping chairs, another exercise that was almost impossible for most.

Here's the amazing thing, Sa Bom Nim could hit the top of the heavy bag with both feet together like a diver. The bag had to be about 6'3" or 4" off the floor. He could do chin ups where he pulled himself up in one swift motion up to his naval. He could stand with both feet together and jump over any number of chairs in a line, clearing the height of the chair and the width of the seat with one bounding motion, like a Gazelle. No one else could come close to that!

Thank you again Sa Bom Nim.



—George Dolby SBN, Lakewood
Soo Bahk Do

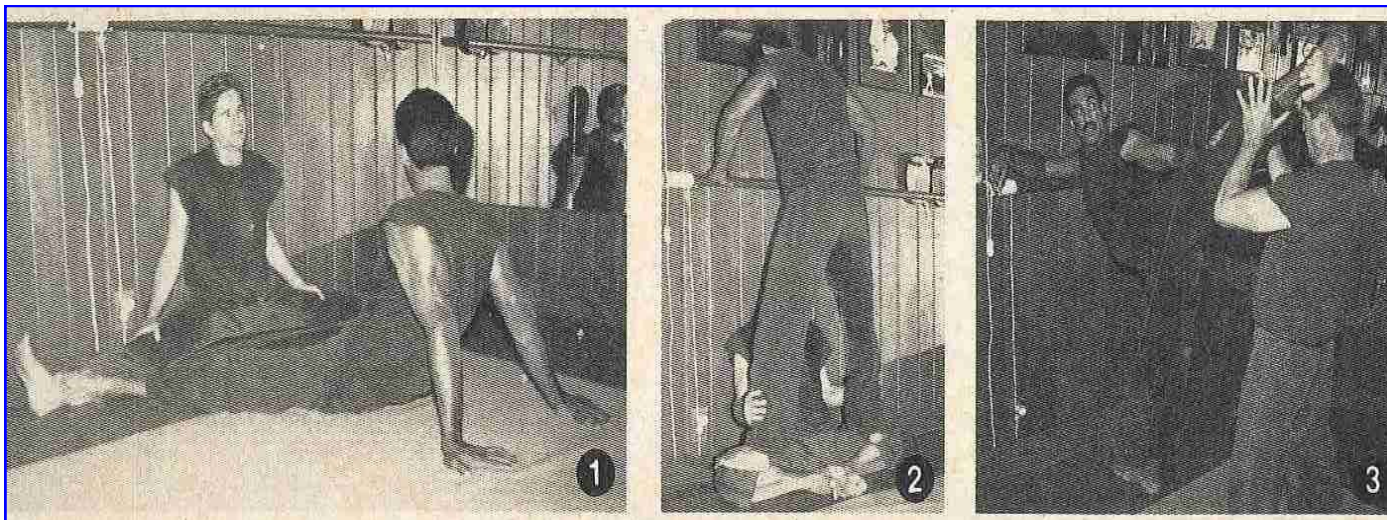




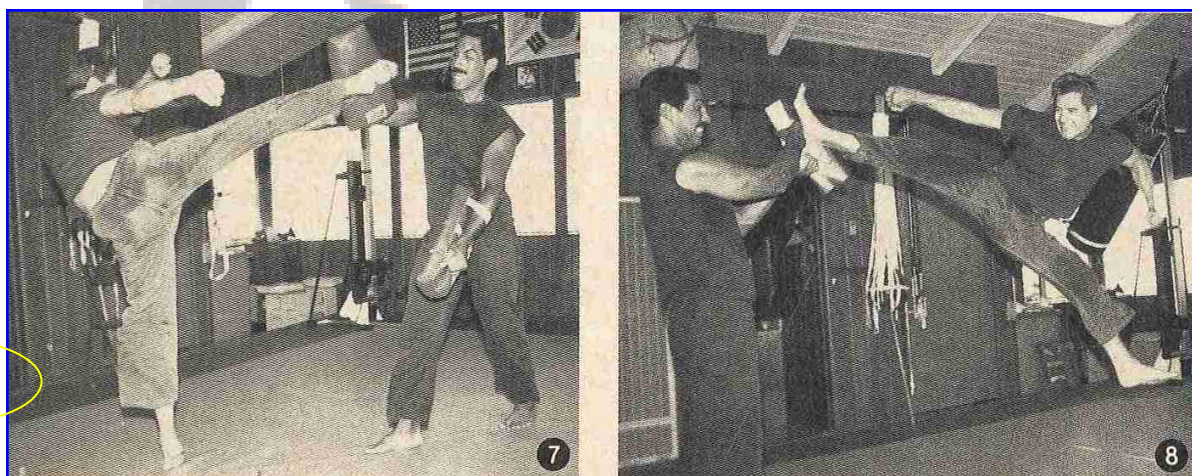
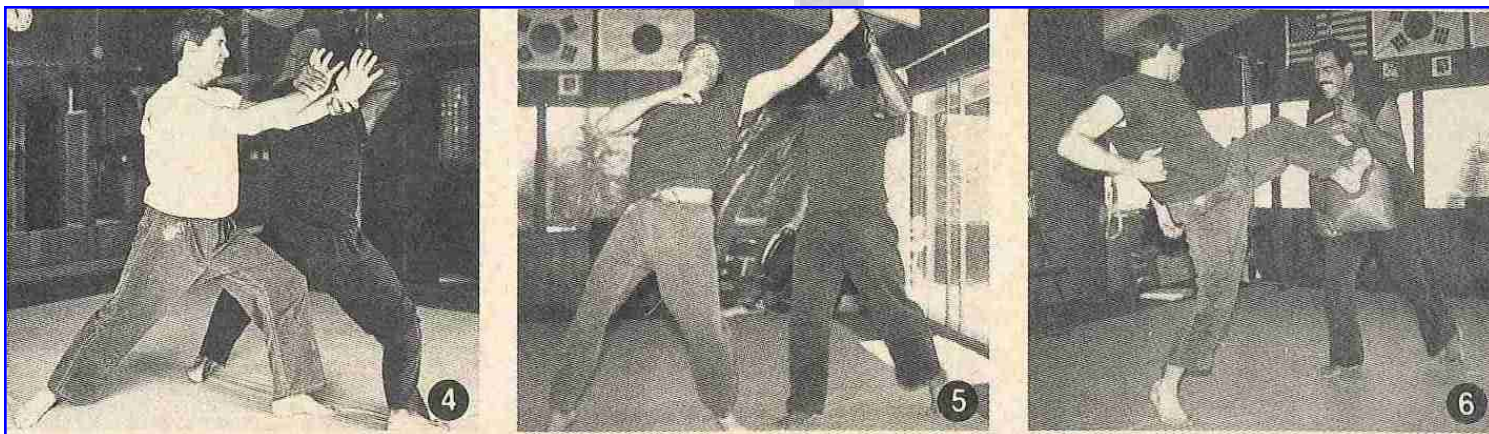
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Striving to improve Moo Do, through Soo Bahk Do-June 2015



Martial arts training is not neglected in Martinov's program. Twice a week, he and his partner Vic Guerrero get together for a lengthy stretching session (1-3), ki-strengthening exercises (4), hand combination practice with the focus mitts (5), and power kicking (6-8) against a variety of targets.



A heartfelt and sincere thank you to everybody who has loved the Martinov family through this deeply trying journey. As expected, dad fought harder than any human being could have. And through all of his pain and suffering, he still managed to have joy and a positive attitude throughout. I posted on Facebook yesterday that when I heard of his death, I wanted to call and tell him about it, because he was always the first person I turned to for advice and in times of trials. His last words to me as I held his face in my hands, and he held mine in his, was, "we sure have had a long journey together", and indeed we have. As with you, I will miss him terribly. Dad, you are my hero!

A few words from Chris Martinov

The sprint training is a progressive workout of four separate programs. Once a week for a month, Martinov will do 12 100-yard dashes, 12 60 yard dashes, and 12 40-yard dashes. He takes a 90 second break between every four 100s and every four 60', and allows himself a 60 second breather between every four 40-yard dashes. Once a week for the next month, he will do eight 220-yard dashes, alternately running the 220 and then walking one. The third month, Martinov progresses to five 330-yard dashes once a week, running one and then walking the 110 yards back to the starting point before running the next one. The final month, Martinov does four 440s once a week, alternately running one and walking one. The program then starts back at the beginning with 12 100 yard dashes, 12 60s, and 12 40s. Again, each session is preceded and concludes with stretching and a 440-yard run.

Martinov incorporates stretching and breathing exercises into each day's training, while meditation is conducted three times a week, and forms practice once a week. Each workout is followed by a sauna, a cold plunge in the pool, a Jacuzzi and then a shower.

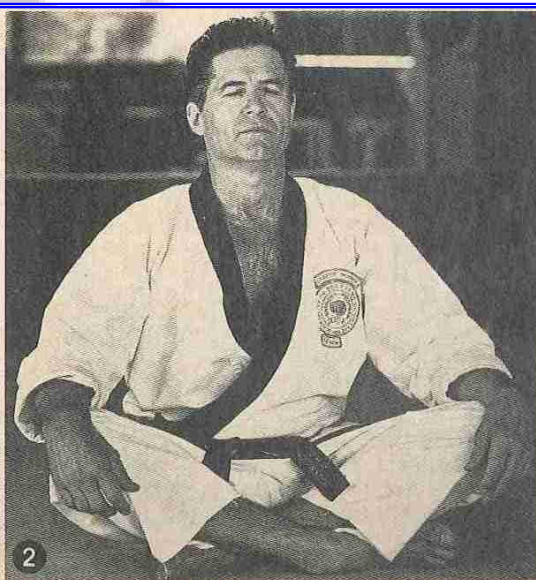
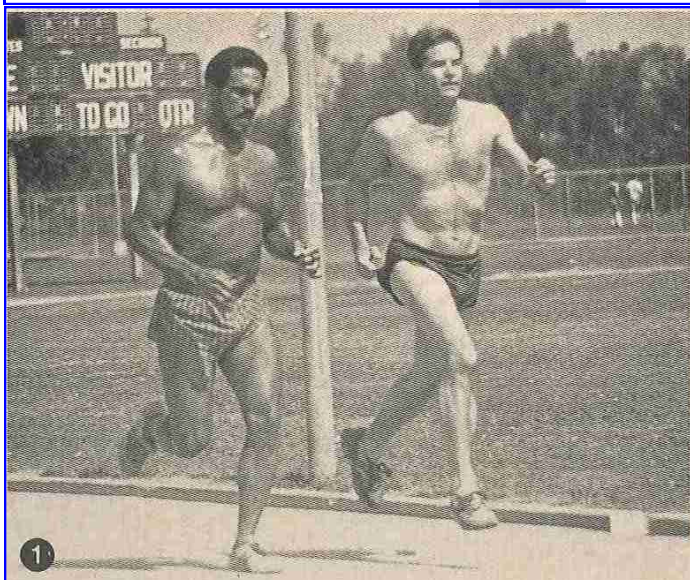
Martinov, who recently quit his position on the board of directors of Hwang Kee's Tang Soo Do Moo Duk Kwan Federation to concentrate on training, gets a feeling of satisfaction after completing each grueling workout, "It's one more out of the way," he says. "I feel satisfied that I put my time in and the work was done. I don't know how many times I wake up and want to do it; it's hard work. But it's necessary and it has to be done. The secret is just being there. You don't have to be pleased with your performance, you just have to perform."

The Eagle's Nest is probably one of the best-equipped home gymnasiums in the country. Martinov trains on a special ethifoam mat that absorbs shock, and he has placed a video camera in one corner of the room to film forms practice and various other sessions. There are three heavy bags, two speed bags, an interval clock, a variety of free weights, the sliding incline board, a breaking area complete with a large stack of pine boards, a makiwara (punching board), a high bar for pull-ups, just about every martial weapon imaginable, kicking shields and other hand-held targets, boxing gloves, jump ropes, a refrigerator, a sauna, a pool and Jacuzzi, and a stereo system. If you're going to train like a maniac, this is the place to do it. "It's just like a holiday here," Guerrero says sarcastically.

Holidays and vacations are something Martinov dreads.

"If I go on vacation," he says, "it's a killer. I know I have to come back here and face the pull-up bar. It's tough to miss too many sessions because they are so rigorous.

"I told Guerrero that if he ever thinks I'm dead and they're burying me, then he find out that I'm not dead, to let them bury me anyway. Because I don't want to come back after the lay off."



A rigorous running program (1) is also part of Martinov and Guerrero's "killer" workout, as is meditation (2), which is worked into the regimen three times a week.