



Power consists of four main elements: knowledge, wealth, violence and unity.

Together, we possess more than enough knowledge collectively to do great things; the wealth and unity will come with the proper utilization of the knowledge we all have. If violence can be avoided, that would be great; but if our enemies want to box, then we will have to defend ourselves.

**Today, you teach karate and self-defense, and you've been an advocate of self-defense awareness. How important is self-defense in the lives of people of color?**

Self-defense has been extremely important in the life of this particular person of color. My journey in the martial arts began due in large part to being regularly attacked because of how I look, how I speak, how I used to dress, how I was a klutz and had asthma, the fact that my dad was not around, and my mother was white. To this day, there are people who hate on me for some of the same reasons.

What I teach is more rooted in the real living struggles of the oppressed, rather than any ideological posturing. Historically, traditional Okinawan karate was refined in the struggle of peasants against Japanese invaders and the sell out king who disarmed them in the 1600s. Later, Japanese- adapted karate was used by some elements of the population against G.I.s during the U.S. occupation of Japan after World War II.

In this country you have the legacy of the Deacons for Defense, the BPP as well as the Brown Berets, Puerto Rican Independence Movement, AIM, etc and the Black Liberation Army. Most of them, probably all of them, taught some form of unarmed self-defense to anyone willing to learn. And then there's the reality of domestic violence; this is something Franz Fanon actually touched on indirectly when he wrote about how the oppressed will attack each other if they are unable to attack their enemies.

This goes on amongst men and women daily in this country, regardless of sexual preference. People of color are the targets and victims of violence more often than white people are; often at the hands of other persons of color; people who look like us and speak our language(s). Sad, but true.

The reactionaries are light years ahead of the forces of progress on this subject. There is an entire industry devoted to teaching middle class white America, both civilians and cops, how to fight back against terrorists, car-jackers, thugs, serial rapists, etc.

