

# May 2009

# Bill ‘*Superfoot*’ Wallace

## Seminar Report

By Andy Taylor

**Focus Martial Arts** invited a sporting hero, a film star, a best-selling author and one-time associate of Elvis Presley. All these celebrities were combined within a single extraordinary sporting legend, the American Bill “*Superfoot*” Wallace.

Wallace has on his shelf so many championship cups for Judo, Karate and kickboxing it’s literally groaning under the weight of his achievements. With 23 consecutive professional championship trophies under his (black) belt he retired undefeated, and now devotes



himself to training the next generation of champion kick-boxers through his best-selling books and world tours.

He is known for his “hook kick” which was recently clocked at over 60mph, a manoeuvre so fast the full course of its journey is visible only when the tape is slowed down. It has been displayed in dozens of feature films starring the likes of Jackie Chan, Mickey Rourke and John Belushi.

He has Elvis Presley to thank for much of his success; after what appeared to be a career-ending injury, the singer summoned his private plane to fly in an acupuncturist to treat him at Graceland – and save his sporting career.

Bill Wallace retired as the undefeated Professional Karate Association (PKA) Middleweight Champion after defeating Bill Biggs in a 12-round bout in June 1980. The victory, Wallace’s 23rd straight, signalled the end to an illustrious 15-year career in tournament and full contact fighting.

Being over a decade since Bill ‘Superfoot’ Wallace last held a seminar in the UK, there was a great deal of excitement for

*“Just wanted to thank you and your team for making myself and my guys feel very welcome yesterday. It had been a childhood dream of mine to meet Bill so I was honoured to be kicked in the head by him all day yesterday!”*

*"We enjoyed the seminar immensely. It is truly awe inspiring to meet such a legend with such amazing technical knowledge and skill, not to mention speed whilst well in to his 60's, truly amazing! Bill's user friendly style of teaching is so much fun whilst being simplistic and effective. Only last night I put a couple of things in to sparring with phenomenal success!"*



over 80 participants of the open seminar held on Sunday 17<sup>th</sup> May 2009 in Kingston-Upon-Thames. One participant flew from France in the middle of filming to attend, having to fly back as soon as the seminar was over, and we had a former Romanian Karate and Kick Boxing champion drive down from Cardiff.

The day was split into a seminar for children aged 6 to 13, and then adults from 14 upwards.

In the morning Bill worked with the children. Their beaming smiles and enthusiasm to practice the techniques shown, demonstrated how well Bill's style communicated to all ages.



In the afternoon Bill worked with the 'adults'. Participants ranged from white belts to 6<sup>th</sup> Dan black belts. The seminar covered stretching, hand and feet combinations and sparring techniques, and even at the age of 63 his speed, agility & delivery had us all open mouthed. He was truly amazing. Those that assisted Bill whilst demonstrating concepts and techniques had looks of disbelief & surprise written all over their face when despite being aware of the technique that was coming, found Bill's foot tapping the side of their heads.

The content of the seminar was presented in his usual comical fashion which made the day both educational and good fun for all those who attended.

*"We all thoroughly enjoyed the seminar and would very much like to be a part of any more you have."*

*"It was a welcome breath of fresh air to see firsthand the respectful and friendly approach from Focus Taekwondo which sadly still divides many Martial Artists to this day."*

In both sessions students commented on what a fantastic time they had. In fact they asked 'When are you coming again'? Following are a few extracts from the numerous emails we received expressing peoples thanks for such a wonderful event.



A DVD of the open seminar will be available through Focus Tae Kwon-Do shortly. Please keep an eye on the Focus Tae Kwon-Do web site ([www.focustkd.com](http://www.focustkd.com)) for the price and ordering information.

## Intensive Workshop

Prior to the open seminar, Bill Wallace spend three intensive days with many of the Focus Tae Kwon-Do instructors and black belts to teach his 'Superfoot System' to them. The three day workshop included:

- Bill Wallace's stretching methodology
- The Superfoot System kicking techniques
- Hand techniques
- Sparring techniques
- Psychological aspects of sparring

### The Superfoot Syllabus

It was an intensive 3 days, with a great deal of information taught by Bill Wallace. Bill spent time with each participant refining his/her technique and explaining the theory behind each concept. At the end of the three intensive days each participant was graded in the Superfoot System.

With the many synergies between traditional ITF sparring has with the Superfoot System, offering the Superfoot system as a Freestyle Taekwondo system will be perfect for those people who are looking for martial arts without the patterns and terminology, but who want to take advantage of Taekwondo's dynamic kicking with a proven, simple and effective system pioneered by Bill 'Superfoot' Wallace.



Should Freestyle students then wish to explore ITF Tae Kwon-Do there is an easy cross-over into traditional ITF Tae Kwon-Do.

Focus Martial Arts are now proud to announce the first Superfoot System instructors in the UK, and in conjunction with Superfoot UK will be shortly opening schools to teach the Superfoot System. The first Superfoot accredited school is due to open shortly in **Kingston-Upon-Thames**.



The time spend with Bill was both educational and enjoyable, and it's very refreshing to meet someone so accomplished who is friendly and down to earth.

For any enquires regarding the upcoming DVD, future UK 'Superfoot' seminars, current 'Superfoot' accredited schools, or becoming a 'Superfoot' school, please contact Focus Tae Kwon-Do via email ([superfoot@focustkd.com](mailto:superfoot@focustkd.com))

