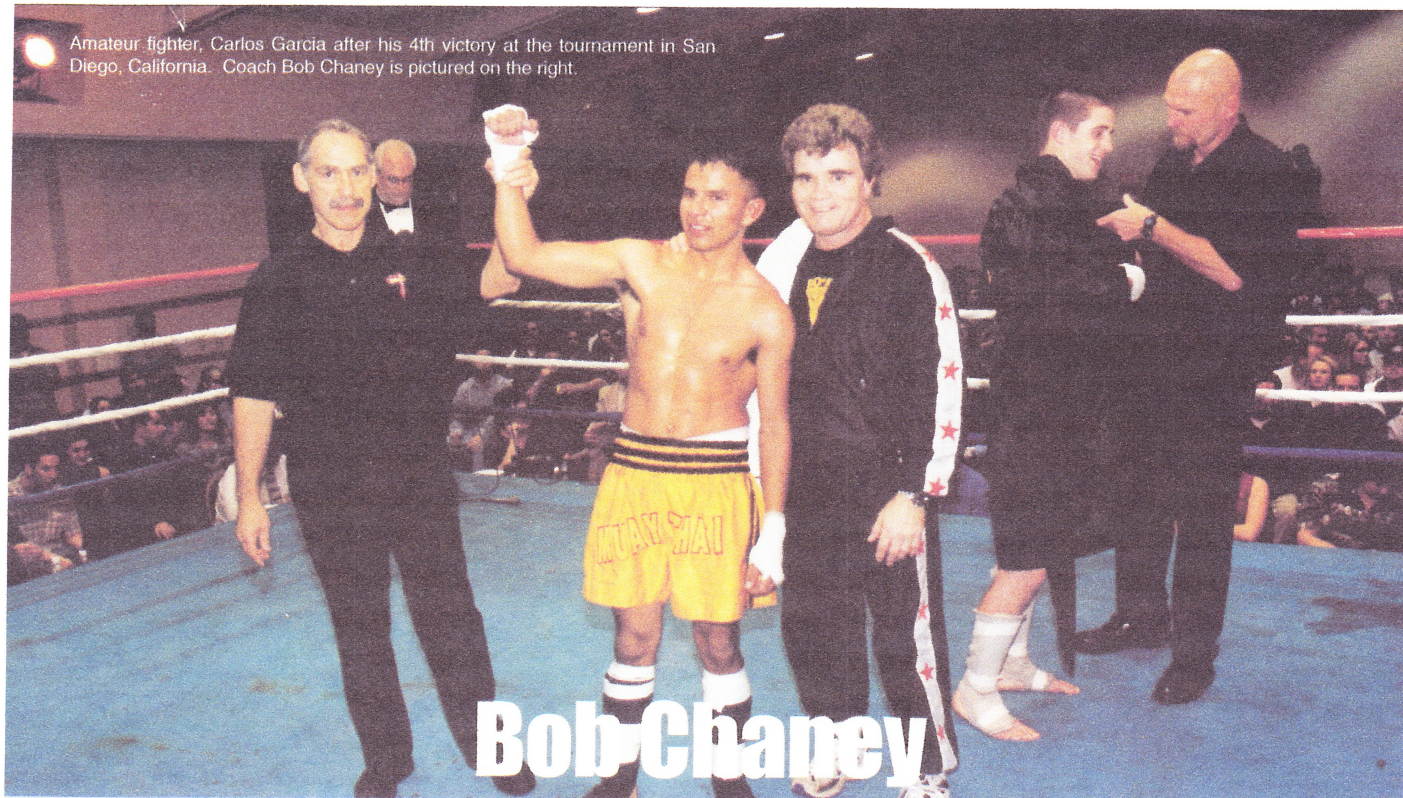


Amateur fighter, Carlos Garcia after his 4th victory at the tournament in San Diego, California. Coach Bob Chaney is pictured on the right.



Bob Chaney

# U.S. MUAYTHAI Promoter

*Bob Chaney has become an icon in the martial arts world. In the mid 1970's he competed nationally and internationally both in Karate and Tae Kwon Do and acted as player coach for the United States Karate team with the "World Union of Karate Organizations" (WUKO). Though his first introduction to the martial arts came through amateur boxing in the early 1960's, he evolved into and began Tae Kwon Do training in 1964.*

**A**fter a long and illustrious competitive career he found himself in the late 1970's feeling unfulfilled. Something was lacking in the traditional aspects of martial arts; he was searching for something but wasn't quite sure what that something was.

"Bob grew up street-fighting and developed a love and thirst for contact, Karate and Tae Kwon Do, even at the level of international and world class competition didn't satisfy that craving. I fell in love with the martial art, because it allowed me to fight every day of my life, with out the concerns of going to jail ore getting killed, and I knew that's exactly where I was headed"

Bob flirted with boxing again but loved and missed the kicking aspects the martial arts provided that boxing didn't. In the early 1980's he discovered MUAYTHAI. At first he was skeptical of the effectiveness of the low kicks that were the trademark of the sport.



"was finally afforded an opportunity to spar with a friend who was, at that time, the current (WKA) 'World Middle Weight Kick Boxing Champion.' I was waiting to step inside of his right leg kick to catch him with a straight right hand, but when the opportunity came I started to step in but was a little late and instead was caught with his right leg shin kick across my left thigh. It dropped me right on the spot and I couldn't stand up. I was born again as they say I was a believer in the MUAYTHAI low kick from that moment on."



Boxing ring to train fighters.

Bob is a major promoter of MUAYTHAI in the United States. Bob Chaney, John Beck and Dennis Warner, president and founder, of In Sync Productions hold monthly-televised MUAYTHAI events primarily in San Diego California.

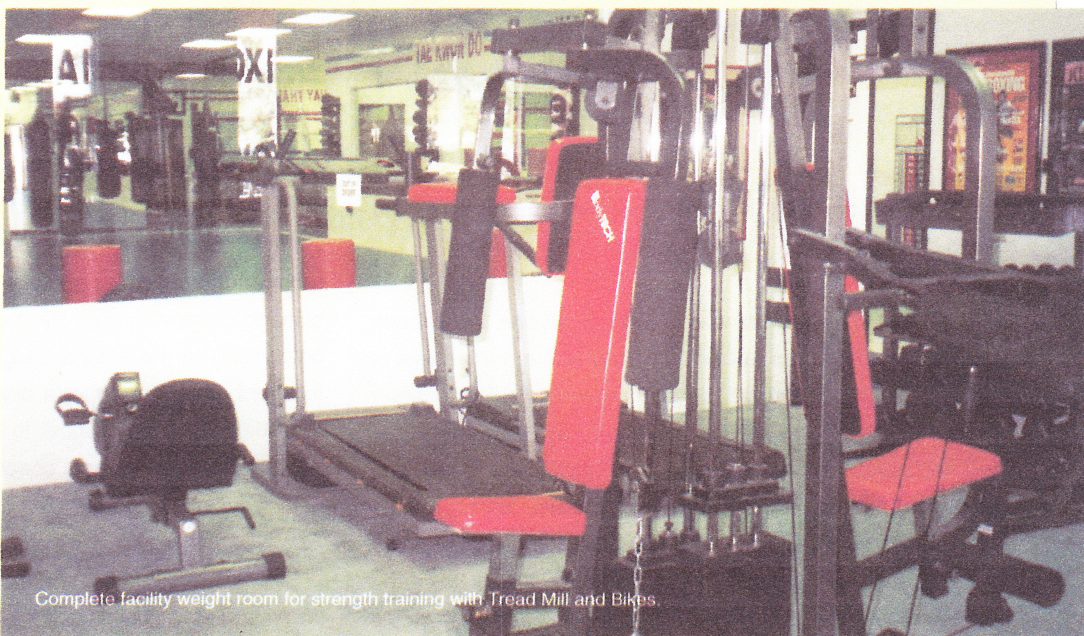
Sasiprapa MUAYTHAI Gym located in Bangkok. Thawat Suras will act as chief trainer at the Upland, California MUAYTHAI facility.

"The events are being sold out on a regular basis and we are looking forward to expanding into Northern California as well as Las Vegas, Nevada early next year."

Bob has one of the most modern state of the art MUAYTHAI facilities in the United States. The 6,000 square foot facility is located in Upland, California thirty-eight miles Southeast of Los Angeles, California. The Facility hosts two classrooms with over four thousand square feet of work out space. A sixteen-foot boxing ring and a fifteen hundred-foot weight lifting room. The facility is jammed full of the most modern training equipment on the market.

"My goal is to bring the class and professionalism to MUAYTHAI that it so richly deserves. I will only open facilities that create a positive image for the sport that has finally fulfilled me. I owe it to such a great sport."

Bob has recently brought over to the United States former retired Thai Fighter and trainer Thawat Suras from the



Complete facility weight room for strength training with Tread Mill and Bikes.

## The Eyes Have It

There are many technological, psychological, scientific, and even spiritual conditions to understand in order for one to master the art of MUAYTHAI. Far too many to cover in one article, however I have found that at least in my opinion one of the most important and perhaps the least taught and misunderstood by instructors is the importance of eye contact.

I've been doing seminars for over twenty-five years and I have asked participants the following question at nearly every seminar. To date, no one has answered the question correctly, including and on several occasions attending optometrists.





Modern training equipment plus 10 heavy bags for fighters to training.

"The question I ask is what does the human eye see in motion?"

The most frequent answer is after everyone looks back and forth several times "a blur." However the human eye is totally blind during even the slightest movement. The location where the optic nerve meets the retina creates a perpetual blind spot. Our eyes move three to five times per second, and we only remember the objects we've just seen. It works like a camera and requires refocusing after every movement. The image is retained by memory; the memory fills in the gaps between movements. So we're not conscious of the miniscule blind time. Our peripheral visions overlap each new image and we're not mindful of the adjustments. Since the eye takes time to focus, causing our vision to be blurred and depth perception to be distorted or totally lost.

If you focus on one word in center of this page you will see it clearly. The words on either side will start to diminish in clarity and the more distant words on the fringe are not recognizable until you move your eyes and refocus on a new word. But then you will lose your focus on the original word.

The first animation cartoons were created by a series of still but progressive renderings which when fanned or leafed

rapidly would duplicate a very visual lifelike action sequence. With all the modern day technological advances, motion pictures are still when slowed down just a succession of still photographs.

Motion picture cameras focus on the subject and the background is always slightly blurred creating the same condition where the optic nerve meets the retina. They are essentially duplicating human sight.

If when executing sparring techniques you lose eye contact with the target for even a fraction of a second by closing, blinking or moving your eyes off the intended target you will be striking at the stored image. However during that blind moment either you or your opponent are generally in motion and the target is no longer in the original place. That's why baseball, golf and tennis coaches preach to their students to keep your eyes on the ball.

For example : If the distance to your opponent is 39 inches when you start your attack, because of your forward progress ñ not even taking into consideration your opponents movement, you will no longer be 39 inches from the target. Your memory however will still retain 39 inches of depth perception. But you will now be closer to, or further from, the target. There for you will automatically focus your attack based on a target 39 inches away. Problems being, you will be anything but 39 inches from the target.

If you focus and maintain constant eye contact on or near your intended target your eyes will instantaneously correct and adjust to any changes in distance. However, and in particular, if your eyes have continual movement it will simulate strobe light conditions.



Stand six or eight feet from a friend and focus on their face. Without taking your eyes off your friend's face move your head up and down or back and forth. Your peripheral vision will create the illusion of a moving background. However we know for a fact it's not really moving, just appears that way.

I require my students to focus their eyes straight ahead at all times without blinking or making unnecessary eye movements during their basics, pad work, or sparring drills. Without explanation or justification my teaching might seem to border-line on excessive or perhaps even cruel and demeaning behavior. However thorough explanation and continual reinforce-



One of three class rooms in Bob Chaney's with 5,000 sq. foot facility in upland, California.

Next focus your eyes on some point in the background then move your head back and forth again. This time it will appear that your friend's head is moving. But just as before it's only an illusion created by your peripheral vision. Your friend's head is not really moving. Compound the illusion of both the intended target and the background motions and you can understand the problem.

Our natural instincts are to blink our eyes or turn our head when exchanging blows with an adversary or opponent. It requires tremendous discipline to maintain our focus but it is imperative that we train and discipline our students to acquire this important skill.

ment produce awareness of the consequences and gives priority to the importance of controlled techniques during sparring. Knowledge of the importance of eye contact inspires respect for the techniques.

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