

UCLA MARTIAL ARTS LOGO

EVOLUTION



The new UCLA Recreation Martial Arts Program logo began as a way to identify the extensive martial arts programs with True Bruin Spirit. Surrounding the Yin Yang Symbol are the 5 True Bruin Values separated by the points of a star, pentagram or triangles depending on your point of view. The number 5 and the triangle are both closely related to Martial Arts.

The logo's design started with me thinking about what defines the UCLA Martial Arts Program. My notes and drawings start with listing all the different types of programs i.e. instructional classes, sport clubs, youth programs, workshops, etc....I then moved onto the different styles of martial arts we offer in these programs. Then I looked a little deeper into exactly what defines our program, and from watching classes I wrote down 65 different terms that I saw manifest while our students were training, i.e. leadership, discipline, collaboration, work, expertise, etc....From these I spent quite a bit of time trying to decide how to choose a smaller number to represent the program. After some time I realized that we already had 5 of these terms set out for us, The True Bruin Values.

I remember the values using an acronym, which has also been the main way of teaching them to the Bruin Ninjas
"RAISE the bar"

Respect
Accountability
Integrity
Service
Excellence

After adding the True Bruin values to my sketches, I thought about other martial arts philosophies that are based around similar principles and with some research found that most of the arts we offer have philosophies based around the number 5. I say most, many came to mind immediately and are very similar, not all were so easy to find, but as I am a little bit of a perfectionist there is a description of something for every art we offer, some are more closely related than others to the True Bruin Values.

Boxing (The Arthurian Knight Values)

Modern boxing originated in England, the rules used today are commonly known as the 'Marquess of Queensbury Rules' published in 1867. There are five virtues of King Arthurian Knighthood that emerged primarily from the 14th century poem '*Sir Gawain and the Green Knight*'. This poem describes the five points of the star on Gawain's shield as representing;

1. Noble generosity
2. Fellowship
3. Purity
4. Courtesy
5. Compassion

Brazilian Jiu Jitsu (Machado Brothers)

The UCLA Brazilian Jiu-Jitsu program is a member of the Jean Jacques Machado family. There are 5 Machado brothers who are World renowned in the art of Brazilian Jiu-Jitsu;

1. **Carlos Machado** - 8th Degree Red & Black Belt. Oldest of the five brothers.
2. **Roger Machado** - 7th Degree Red & Black Belt. Second oldest among the brothers.
3. **Rigan Machado** - 7th Degree Red & Black Belt. Third oldest of the five brothers. From the age of 14 through 21, Rigan won the Brazilian National Championships every year and in every belt division. His record stands at 365 wins and 2 losses.
4. **Jean Jacques Machado** - 7th Degree Red & Black Belt. Fourth oldest of the five brothers. He was the Rio De Janeiro Jiu-Jitsu State Championships Cruiser Weight Champion and Brazilian Jiu-Jitsu National Championships Cruiser Weight Champion from 1982 to 1992.
5. **John Machado** - 5th Degree Black Belt. Youngest of the five brothers. From 1993-1994 he was the Pan American Games Sambo champion.

Capoeira (Legends)

These 5 Capoeira legends have inspired Capoeira fighters internationally with their amazing stories and skills. They have stories of unmatched power and ability, making them part of Capoeira's history.

1. **Besouro Manganga**: This Capoeira fighter was known for his anti-authoritarian stance, with an ability to "fly" away from the scene when needed. His Capoeira skills helped protect him from the police, giving him fluid movement and ability to maneuver out of danger. Recently, a film was made about Besouro, as he still remains a Capoeira legend in Brazil.
2. **Mestre Pastinha**: He studied Capoeira since he was ten in order to defend himself from other boys. When he was merely 21 years old, he opened his own academy. Working to bring Capoeira to Brazil's forefront, he helped secure Capoeira's presence in the first festival of black art in Senegal.
3. **Zumbi**: Leader of the largest slave community, Quilombo dos Palmares that defended itself against repeated government attacks. Capoeira was used for self-defense against the government. Zumbi himself was known for his heroism and strong Capoeira skills, making him one of the most memorable Capoeira legends.
4. **Mestre Joao Grande**: A student of Mestre Pastinha, this capoeira fighter is known for spreading Capoeira in Brazil and the United States. His efforts were significant and have been recognized internationally. His impressive skills have made him a Capoeira legend.
5. **Mestre Bimba**: Helping to change Capoeira's status as an illegal activity, Mestre Bimba is also known for creating the Regional style of Capoeira and added movements from the African Bataque fighting style. His innovation and strong technique has made this legend an integral part of Capoeira's history.

Filipino Martial Arts (Philosophical triangles)

1. Attributes of the Creator (*Love, Compassion & Humility*)
2. Code of Ethics (*Respect, Discipline & Honor*)
3. Triangle of Idealism (*Kataastaasan/ highest of the High, Galang/ most respected & Kali/ The Ancient Art*)
4. Triangle of Service & Duty (*Duty, Loyalty & Courage*)
5. Triangle of Progression (*Kaalam/ Wisdom, Kalaki/ Skill & Kina Adman/ Knowledge*)

Hapkido (Alternative Directions of Response)

Within the United States Hapkido Federation the 5 Alternative Directions of Response refers to these 5 motions

1. Up & down
2. Inside
3. Outside
4. Through
5. In-front

These directions serve as the foundation for learning, teaching, and performing joint manipulation techniques which are a staple in the Korean Martial Art of Hapkido. The teaching of these motions also represents a core philosophy in Hapkido, the water principle. Although taught mainly for the joint manipulation techniques, the idea of not meeting an opposing force with equal force, but changing direction and continuing to flow is often taught within Hapkido as a life lesson and a way to adapt to many of life's confrontations.

Jeet Kune Do (Ung Moon & Ways of Attack)

The Ung Moon, meaning "five gates," is a pre-arranged form created by Bruce Lee made to defend against the five angles of attack. JKD bases its concepts on 5 ways of attack and 5 ranges of combat;

Five Gates;

1. High left
2. High right
3. Low left
4. Low right
5. Center.

5 Ways of attack in JKD;

1. SDA –Single Direct Attack
2. ABC – Attack by Combination
3. HIA – Hand Immobilization Attack
4. ABD – Attack by Drawing
5. PIA – Progressive Indirect Attack

Kendo (Requirements to score a point)

In competitive Kendo to score a point you must have all five of these following requirements;

1. Strike the target area (men/head, kote/forearm, do/abdomen, or tsuki/throat)
2. With the blade portion of the sword
3. With a sufficient cutting force
4. With proper posture
5. With "kisei" or spirit and "zanshin" or follow through of spirit

Krav Maga (Behavioral Code)

Krav Maga was developed in the 1930's by Imi Lichtenfeld; he emphasized good citizenship and a strong sense of morality. The following pillars of Imi's system help summarize his teachings;

1. **Good citizenship.** Treat your fellow-citizens with respect and obey the law. Imi sought to instill "a sense of self-worth."
2. **Train properly to avoid injury.** Do not injure your partner or yourself by training haphazardly or over aggressively.
3. **Act humbly.** Do not show-off your skills or provoke others to test your mettle. Act courteously toward others. As Imi said, "The most necessary thing, is to educate you— and that is the hardest thing—to be humble. You must be so humble that you don't want to show him that you're better than him. That is one of the most necessary things for pupils. If a pupil tells me, 'I fought him and beat him,' it's no good."
4. **Avoid confrontation.** Avoid or deescalate a potential violent situation whenever possible. When asked about a hypothetical confrontation that could be avoided, Imi responded, "Know what I told you – to be humble. I don't want to get beaten. I don't want to beat him. My purpose in learning Krav Maga is not to get hurt. If you beat him, you want to show him you can beat him. If you turn away, you have enough confidence."
5. **Do not use unnecessary force.** Respond to a threat or attack with only the necessary amount of force to neutralize the attack. Imi underscored, "That is most necessary and difficult thing in Krav Maga – that I must be so good that I don't must kill."

Kung Fu (Animal Styles)

Shaolin Kung Fu is made up of five distinct styles, each represented by an animal.

1. Dragon
2. Tiger
3. Snake
4. Crane
5. Leopard

The dragon represents *internal strength*; Tiger, *courage and power*; Snake, *fluidity and calmness*; Crane, *graceful movement and defense*; Leopard, *patience and preparedness*.

Muay Thai (Precepts)

The official sport of Thailand has five precepts of conduct strongly rooted in Buddhism. The five precepts are;

1. No killing
2. No stealing
3. No sexual misconduct
4. No lying
5. No use of intoxicants or drugs

Ninjutsu (Five Mountains)

1. Physical – breathing, balance, form. The perfection of mechanics and physics
2. Sensual – seeing through real eyes – reading the environment through heightened senses.
3. Mental – attention to detail.
4. Emotional – composure under pressure.
5. Spiritual – balance ones desires with ones values.

Working in the first four mountains means you are always working on the fifth thus giving you a heightened sense of integrity, duty, loyalty, courage and resourcefulness.

1. **Integrity:** *to live as you believe*
2. **Duty:** *your duty to community. You strive for impeccability*
3. **Loyalty:** *to the principle, persons and community you freely choose to uphold*
4. **Courage:** *to be decisive and accept responsibility for your actions*
5. **Resourcefulness:** *Utilize all the equipment you have been given to fulfill your worthy objectives. "To find victory from where you are"*

Shotokan Karate (Dojo Kun)

In Shotokan Karate, the dojo kun, or training hall rules, encourage each person to;

1. To strive for the completion of character
2. To be faithful
3. To endeavor or foster the spirit of effort
4. To respect others
5. To refrain from violent behavior

Savate (Competitive Silver Glove Levels)

Those who practice Savate competitively can attain 5 levels of Silver Glove, Silver is the highest rank attainable in Savate;

1. Silver Glove I
2. Silver Glove II
3. Silver Glove III
4. Silver Glove IV
5. Silver Glove V

Taekwondo (Tenets)

The five tenets of Taekwondo are;

1. Courtesy
2. Integrity
3. Perseverance
4. Self-control
5. Indomitable spirit

Tai Chi (Elements)

The Five Elements, or phases, of Chinese Tai Chi are also found in Chinese medicine, astrology, Feng Shui, and music. The five elements are traditionally wood, fire, metal, water, and earth, each of which support another element and are consumed by another in turn.

1. Wood
2. Fire
3. Metal
4. Water
5. Earth

Wrestling (Olympic Rings)

Wrestling has been contested at the Summer Olympic Games since the sport was introduced in the ancient Olympic Games in 708 BC. The symbol of the Olympic Games is composed of five interlocking rings, colored blue, yellow, black, green, and red on a white field. This was originally designed in 1912 by Baron Pierre de Coubertin, the founder of the modern Olympic Games. Upon its initial introduction, de Coubertin stated the following in the August, 1912 edition of *Revue Olympique*:

“These five rings represent the five parts of the world which now are won over to Olympism and willing to accept healthy competition”