# **Master Lee Shadow Bear**

# PREDATOR KUNG-FU OLD KUNG-FU SAN SOO

### **HISTORY**

The in depth history and lineage of Jimmy H Woo is all over the internet so I will not repeat all of it here. I suggest that you look up the website of Master Raul Reis at:

# www.sansoodiamondbar.com/history

Master Raul Reis is, in my opinion the best of the remaining 1<sup>st</sup> Generation Masters, both as a fighter and a man.

The history of Tsoi Li Ho Fut Hung-Ga began about 1500 years ago in the Kwan Yin monastery in the village of Pon Hong, in Guangdong Province of Southern China. The history of Predator Kung-Fu began when, at the age of 30, Leoung Kick, the Great, Great, Great Grandfather of Chin Siu Dek, left the Kwan Yin monastery and took with him his Five Families Fist martial arts training. This is the beginning of the Chin Family Art of Tsoi Li Ho Fut Hung-Ga.

In 1918 Chin Siu Dek, later taking the name Jimmy H. Woo, moved to Guangdong Province. At the age of 5 years his family began teaching him "little fighting tricks". At the age of 7 years Chin Siu Dek began his formal training in the Chin Family Art of Tsoi Li Ho Fut Hung-Ga, from his Great Uncle Chin Siu Hung.

At the age of 21, in 1935 Chin Siu Dek left Mainland China on a steamship to the Americas, under the passport name of Kun Haw Woo. It was at this point that Tsoi Li Ho Fut Hung-Ga came to the United States. Some accounts have Kun Haw Woo entering the United States through Mexico. Jimmy H. Woo's first of four marriages was to a woman of Mexican descent. Some accounts have Jimmy entering the United States through the Port of Los Angeles, Ca.

Jimmy was an enforcer and "settler of disputes" in Guangdon Province in Mainland China. Why did Jimmy leave China under an assumed passport name, 10 years before the Japanese overran Guangdong Province? There have been many assumptions and stories over the years about this. When Jimmy was a young man he was a fighter. In Mainland China, disputes were often fought to the death. When Jimmy came to Chinatown in Los Angeles, he was still a fighter.

More than 20 years after Jimmy's death there continue to be disputes about what he did and where he was.

As far as Predator Kung-Fu is concerned, it makes no difference to us why Jimmy left Mainland China, or, how and where he entered the United States. Jimmy was Jimmy, and the questions of what he did or did not do were, at this writing, almost 80 years ago.

Jimmy H. Woo is Kung-Fu San Soo. Tsoi Li Ho Fut Hung-ga existed approximately 1500 years before Jimmy created San Soo. Jimmy taught to his American students, a piece of his family art as San Soo. Jimmy H. Woo is gone and is not coming back. The reality of the situation is that in the continuing story of Kung-Fu San Soo, Jimmy H. Woo is another bead in the story belt of all of us. Jimmy H. Woo was a colorful and larger than life character in the continuing story of Kung-Fu San Soo.

In December 1962, Kun Haw Woo opened his Kung-Fu school at the Midway Shopping Center in El Monte, Ca. Because most people at the time did not know what Kung-Fu was, the school was called Kung-Fu San Soo Karate. For his students, it was at this time that Kun Haw Woo changed his name to Jimmy H. Woo.

Jimmy did not teach his complete family art to his American students. Jimmy did not agree with the Animal Kung-Fu styles, and did not teach the spirituality, internal, healing or Dim Mak aspects of Tsoi Li Ho Fut Hung. Jimmy used the name San Soo to reinforce the combat style of his art.

Frank Woolsey was 13 years old when he started training with Jimmy. By all accounts of the 1<sup>st</sup> Generation students, The Old Guys, Frank Woolsey was one of the best students that Jimmy ever had. Jimmy promoted Frank to Black Belt when he was in high school.

In 1963-1964, Frank Woolsey opened his Kung-Fu San Soo School in Downey, Ca. The business card from this time claimed Frank as a member of the Jimmy H. Woo Association. Jimmy and Frank sat down together and developed a standardized system of San Soo training to use in the schools. This is where the Base 45 in the New San Soo faction, and, the Ah Soos in the Old San Soo faction originated.

It was soon after this that Jimmy H. Woo and Frank Woolsey had a severe falling out. Frank would never again associate himself with Jimmy H. Woo or his schools.

It was during this time, that a student at the El Monte school was injured by another student in class during a training session. The injured student quit the school and filed a law suit holding Jimmy responsible for his injuries. The ex-student lost the lawsuit but the cost to Jimmy of defending himself was in the tens of thousands of dollars.

After the law suit, Jimmy changed how San Soo was taught. Jimmy eliminated the large, powerful windmills and fast, hard pace of the workouts, to small, quick, less powerful cross-blocks and slowed down the pace of the workouts.

Jimmy H. Woo changed San Soo.

This was the beginning of New San Soo and Old San Soo.

Jimmy H. Woo and the Jimmy H. Woo Association began teaching the watered down, softer New San Soo. Frank Woolsey kept teaching the harder Old San Soo that was originally taught by Jimmy before the law suit.

Since that time, Frank Woolsey has been, by lesser men than himself, spoken of with disrespect and derision. Frank Woolsey is a good man and has earned his place in San Soo history. Frank will be remembered in San Soo long after those who publicly disrespect him have disappeared.

Al Rubin trained with Frank Woolsey in Downey until he was a Black Belt, then went to train with Jimmy in El Monte. Al Rubin began his training with Jimmy as a Brown Belt.

In August 1972, Al Rubin opened his Kung-Fu San Soo School on Magnolia Ave in Riverside, Ca. Al Rubin taught classes at the Riverside school until his unexpected and sudden death from leukemia in the spring of 1987.

A lot of guys strong in San Soo came out of Al Rubin's Riverside school in the 1970's; Gordy Barret, Pepsi Garcia, Tim Francis, Larry Beebe, Dave Hopkins, Dave Simmons, Kurt Bellman, Greg Jones and Craig Deleo, to name just a few.

Jimmy H. Woo's fourth marriage was to one of his students, who would later become Master Bernice Chin Woo. Not long after this time, as related by 1<sup>st</sup> Generation Students, Jimmy was convinced that teaching to cripple, maim and kill in a fight was "not Christian."

The New Kung-Fu San Soo style was, more slowly this time, changing again.

Jimmy H. Woo died unexpectedly in his sleep in 1991.

Since the death of Al Rubin, the Master and Black Belt students of Al have more and more distanced themselves from the infighting and politics of Jimmy's Grandson, Master JP King, the 1<sup>st</sup> Generation Masters, and, the International Kung-Fu San Soo Association and assorted New San Soo splinter organizations. There is now in Southern California Kung-Fu San Soo a very definite division of L.A. – Orange Counties San Soo, and, Inland Empire San Soo. The Al Rubin Students faction of San Soo continue to hold on more to the Frank Woolsey Style of San Soo. The schools that have their roots in Al Rubin's Riverside school tend to workout with more contact, speed and Old San Soo power than the L.A – Orange County sect of San Soo.

A sad commentary is that most students, and a lot of 3<sup>rd</sup> & 4<sup>th</sup> generation San Soo Black Belts and Masters, are not even aware that the San Soo that they are studying, and teaching, is not the San Soo that was originally taught on the first day of class in the El Monte school.

In November 1978, Lee Shadow Bear started training with Master Al Rubin at the Riverside Kung-Fu San Soo School. Lee was at the time in the United States Marine Corps and would travel from Camp Pendleton, Ca. to Riverside to attend classes. While stationed overseas Al Rubin would send lessons to Lee through the mail. When Lee Shadow Bear left the Marine Corps and entered the Army, Al continued sending lessons until just before his death.

In 1980, Lee Shadow Bear began studying Dim Mak.

In 1992, Lee Shadow Bear returned to the Riverside school and continued training with Master Kurt Bellman. From 1994 to 2004, Lee Shadow Bear continued to train with:

Al Rubin-Trained Master Kurt Bellman in Riverside, Ca.

Jimmy H. Woo-Trained, Master Rod Conahan at the Kung-Fu San Soo Karate School in Ft Collins, Co.,

Al Rubin and Dave Hopkins-Trained Master Brynn Stevens in Broomfield, Co.

Scott Leitch-Trained 3<sup>rd</sup> Degree Black Belt Tim Clark in Thornton, Co.

In 1993, "Predator Training: The Inner Beast of San Soo" by Al Rubin-Trained, Master Greg Jones, was published.

In January 2003, Lee Shadow Bear received his promotion to Master by Master Kurt Bellman in Riverside, Ca.

In 2004 a program of misinformation and slander against Lee Shadow Bear was begun on the internet, after individuals from outside San Soo were brought into the infighting and power struggles of the International Kung-Fu San Soo Association by a 1 year New San Soo Yellow Belt from Brandeiss San Soo.

In 2005, Lee Shadow Bear turned away from the politics and infighting of the International Kung-Fu San Soo Association.

From 2002 to 2013, Lee Shadow Bear taught Predator Kung-Fu San Soo in Mombasa, Kenya; Djibouti City, Republic of Djibouti; Camp Arifjan, Kuwait; Camp Anaconda, Balad, Iraq; Al-Asad, Iraq; Al-Quaem, Iraq; Chaweng, Koh Samui, Thailand; Lamai, Koh Samui, Thailand; San Jose del Cabo, Baja Sur, Mexico.

In 2011 Lee Shadow Bear won a lawsuit filed against him by a Georgia internet entity, alleging Stolen Valor. Lee Shadow Bear won a Slander and First Amendment Rights violations countersuit against the Georgia internet entity.

In 2013 Lee Shadow Bear cancelled his Security Contractor status and began teaching Predator Kung-Fu San Soo in Austin, San Marcos and San Antonio, Tx.

All Lessons taught in Predator Kung-Fu San Soo are taught from the original, handwritten notebooks of Master Lee Shadow Bear. All Predator Kung-Fu San Soo students maintain handwritten notebooks of their training.

# Lineage of Jimmy H. Woo as taught by Master Al Rubin in 1978.

Chin Moon Dan Great Great Grandfather of Jimmy H Woo

Chin Siu Hung Great Uncle of Jimmy H Woo

Chin Siu Dek Jimmy H Woo

# **FIVE FAMILIES OF KUNG-FU SAN SOO**

Tsoi-Ga Art of Striking

Li-Ga Art of Power and Balance through Movement

Ho-Ga Art of Lethal Accuracy of Striking

**Pressure Points** 

**Pass Points** 

Fut-Ga Psychology of Fighting

Hung-Ga Art of Physical Dynamics of Fighting

# **KUNG-FU SAN SOO**

A person trained and skilled in Unarmed Combat.

# RESPONSIBILITY

It is the Responsibility of Every Man to possess the ability to wage war in defense of his Family and his Community. It is your Responsibility to defend your Raza.

As a Martial Artist it is your Responsibility to fight for the guy who cannot fight for himself.

It is your Responsibility to be Security for the people and businesses in your Community.

It is your Responsibility to go to the County Food Distribution Center and pick up food for those who need that food and cannot get there to pick it up for themselves.

It is your Responsibility to check on the elderly shut-ins in your Community and make sure that they have a hot meal, to make sure that they know that We are looking out for them.

At School it is your Responsibility to take care of and watch out for each other. We do not have a problem with Brotherhood Kids being bullied. If someone at school has a problem with one Brotherhood Kid, then someone at school has a problem with All of the Brotherhood Kids.

# PREDATOR KUNG-FU SAN SOO

Predator Kung-Fu San Soo was founded by Soldiers, Marines, French Foreign Legionnaires, Security Contractors and Mercenaries. Predator Kung-Fu San Soo is a Brotherhood.

By Predator Kung-Fu San Soo Brotherhood members and outside organizations, you will be trained in Primary Marksmanship Instruction and receive your Texas Concealed Carry Weapons permit application and background investigation forms. You will qualify as both an NRA Rifle Expert and NRA Pistol Expert. You will be trained in the skills of Rappelling, Sport Parachuting and PADI SCUBA Diving.

You will receive training in Red Cross 1<sup>st</sup> Aid, Combat Life Saving and certification as a PADI Rescue Diver.

The Training and Experience of One of Us, becomes the Training and Experience of All of Us. As a member of our Brotherhood, you are no longer You. You become Us. We are I.

Every Lesson taught to you will be taught to you from that Instructor's handwritten notebook.

Kung-Fu San Soo is taught as a self-defense art. Predator Kung-Fu San Soo is not a self-defense art, or, a go 10 rounds in a cage art.

Predator Kung-Fu San Soo is a survive in combat around the world, armed and unarmed security of your Family and Community art.

At almost all schools, to get your Black Belt in Kung-Fu San Soo you pay your fee every month and go to a class or two most weeks for three years.

To earn your Black Belt in Predator Kung-Fu San Soo, after successfully completing a minimum three month Predator Indoctrination Training course, you will attend a minimum of two classes per week for five years, and have successfully completed the required Belt Rank testing for the ranks of;

White Belt Minimum 1 year.

Yellow Belt Minimum 1 year.

Orange Belt Minimum 1 year.

Green Belt Minimum 1 year.

Brown belt Minimum 1 year.

To earn your Predator Tab, you will successfully complete training in all required Combat Skills.

Combat Skills are taught on weekends.

Predator Kung-Fu San Soo is not about you. Predator Kung-Fu San Soo is about the Brotherhood. It is your responsibility to continue living for those Brothers who have come before you. It is your responsibility to train those Brothers who are yet to come.

To be one of us, you will train harder and with more contact than any other school in Kung-Fu San Soo. You will be required to maintain a handwritten notebook of every Lesson, Drill and Form that you receive. You will be required to have a greater understanding of San Soo Techniques than the students of any other school. Your notebook will be submitted and inspected before being eligible to test for your next Belt Rank. You are the only San Soo School training in Dim Mak. You will study the Dim Mak application of every San Soo Technique that you receive. You will be required to understand both the Fighting and Healing aspects of Dim Mak.

Not everyone who applies will be accepted for training. Every applicant will complete a 90 day Predator Indoctrination Training program.

The purpose of Predator Indoctrination Training is:

- 1. It takes three months to teach you to Move and Strike with a degree of proficiency to be able to successfully train, and not be overwhelmed by your initial White Belt classes. It is our experience that most new students quit in the first 2-4 weeks of training because they are frustrated by not being able to keep up with the class.
- 2. You are given three months to look at us and decide for yourself if you are going to become a part of something that is bigger than yourself. We look at you and decide whether or not you will become one of us. We will evaluate you on Loyalty, Character and Heart.

The biggest problem in the world of Kung-Fu San Soo is a lack of Loyalty. That is not a problem that we have in Predator Kung-Fu San Soo. Every student who begins training as a White Belt has successfully completed the same Predator Indoctrination Training, has attained the same degree of proficiency and understanding of our fighting principles, has assembled the required uniform and training equipment and has displayed Loyalty to and a desire to earn their way into the Predator Brotherhood.

- 3. We train in BDUs (Battle Dress Uniform), or, Fatigues if you are a Marine. BDU's are less expensive, more durable, readily available and more realistic than a martial arts uniform. When you quit training you still have your cammies for kicking back in, instead of a martial arts uniform that you will never wear again.
- 4. The equipment that is required for your first day of White Belt Class is:
  - a. 1 pair of BDUs, any style.
  - b. 1 pair compression shorts and groin protection.
  - c. 1 Mouth Guard.
  - d. 1 pair of MMA Gloves.
  - e. 1 Martial Arts Chest Protector.
  - f. 1 Martial Arts Head Gear.
  - g. "The Encyclopedia Of Dim-Mak: The Main Meridians" by Erle Montaigue and Wally Simpson. Available at Amazon.com.
  - h. 1 Bugout Bag to carry your workout gear.
  - 1 Handwritten notebook with your Predator Indoctrination Training, containing the Hand Form, 45 Ah Soos and all Drills.
- 5. To build strength and flexibility and become proficient in the execution of the Hand Form.
- 6. To learn and become comfortable with, and fluidly execute with accuracy and power, the 45 Ah-Soos.

Upon successful completion of Predator Indoctrination Training and promotion to White Belt, you will be assigned your number. Your number will be worn on your Belt and remain your identifier within the Brotherhood from that day forward. Your name and your number will be recorded and your place in the History of Predator Kung-Fu San Soo will be undisputed.

We are Predator. Everyone else is not.

LIVE FREE .... FIGHT HARD .... DIE WELL