

## **Interview with Professor Grand Master Shen** **Miss Mehtap Salih S.C.D Black Belt holder interviewed G.M.Shen.**

Grand Master Shen is the first Turkish man in history as a founder of his own martial techniques. As Founder and President of Shen Chi Do (S.C.D), he has acquired skills and techniques that, if seen, would not be believed.

Grand Master Shen studied five different Martial Arts between 1965 and 1979. This is a man that slices cucumbers on necks and stomachs, and kicks apples off knives, blindfolded. What next ...

**MET: WHEN DID YOU BEGIN TO TRAIN MARTIAL ARTS?**

**GMS:** It all began with gymnastics as a member of the Cyprus National Gymnastics Team. I decided to take martial arts as a next best step and began to train in 1965.

**MET: WHERE DID YOU STUDY AND HOW MANY STYLES DID YOU STUDY?**

**GMS:** I trained mainly in London, but I also had the opportunity to train in South Korea and studied 5 different styles.

**MET: HOW OFTEN WOULD YOU TRAIN?**

**GMS:** Traditionally, every day of the year.

**MET: WHAT WAS THE METHOD OF TEACHING IN KOREA?**

**GMS:** This was much later in 1981, I trained with one of the top National Korean Demonstration chief master instructors 8<sup>th</sup> Dan, training hours wear 6am till 10 pm 7 days a week of disciplined training.

**MET: HOW LONG DID IT TAKE YOU TO BECOME A GRAND MASTER?**

**GMS:** It took me fourteen years **solid** training to reach master level.

**MET: CAN YOU EXPLAIN WHAT THE S.C.D. SYMBOL REPRESENTS?**

**GMS:** It is a 'HAWK' striking, as one would strike to the opponent. 'SHEN CHI DO' means "SHENS AWAKENING POWER".

**MET: DOES S.C.D TEACH ANY WEAPON TECHNIQUES?**

**GMS:** Yes, the umbrella, short an long stick, the fan, nun-chucker, the knife, the Samurai sword plus many more of which are only taught to black belts and above.

**MET: HOW MANY YEARS DID IT TAKE YOU TO BECOME A MASTER OF THE SAMURAI SWORD?**

**GMS:** Twenty-five years from 1973 and I am still learning.

**MET: WHAT WAS THE MOST DIFFICULT PART OF LEARNING?**

**GMS:** To cut clean!

**MET: DID YOU DESIGN IT FOR ANYONE IN PARTICULAR AND WHAT WERE YOUR INTENTIONS WHEN YOU WERE PUTTING S.C.D TOGETHER?**

**GMS:** The design is firstly to suit me against the shorter and taller individual. As the years have gone by I wanted to be able to provide the western society with more then they would require. I have modified it in order to suit shorter and taller people and women who are more vulnerable.

**MET: WHAT IS THE IRON PALM TECHNIQUE AND HOW LONG DID IT TAKE FOR YOU TO ACHIEVE?**

**GMS:** The Iron Palm is exactly what it suggest, “Iron Palm”. It is not something that just anyone can have, it takes years of dedication to learn and master this technique. One in every ten thousand will sacrifice their time in order to learn the Iron Palm. I have demonstrated this technique at seminars and demonstrations around the county, using the ‘Coconut and Milk bottle’.

**MET: HOW BIG IS S.C.D?**

**GMS:** Shen Chi Do is one of the biggest arts in London, and it is growing as we speak.

**MET: HAS S.C.D HAD ANY FIGHTING CHAMPIONSHIP?**

**GMS:** Yes. Currently we have five top S.C.D. black belts holding British titles in various styles of tournaments.

**MET: HOW DO YOU SEE S.C.D IN THE FUTURE?**

**GMS:** Alongside the top ten, in the county.

**MET: WHO INFLUENCED YOU THE MOST WHILST TRAINING IN MARTIAL ARTS?**

**GMS:** No one influenced me, but as a child I always wanted to become one of the heroes that existed in comics so I decided to take something up that in reality could be possible.

**MET: WHAT IS THE MOST SPECTACULAR TECHNIQUE YOU HAVE EVER EXECUED?**

**GMS:** (Laughs) they are all beyond, which one shall I say? I think on one occasion I executed a wheel kick on an apple that was stuck to a knife, whilst blindfolded. This had nothing to do with power but all to do with technique.

**MET: HOW HAS YOUR TRAINING CHANGED OVER THE YEARS?**

**GMS:** I never seem to have enough training; over 35 years of hard training and knowledge I become, the walking Shen Chi Do.

**MET: WHAT OTHER STYLES DO YOU FIND APPEALING?**

**GMS:** As far as I have seen whilst travelling around the world, then have all been very similar.

What is important how good is your teacher and how good of a learner are you.

**MET: WHAT DO YOU THINK OF MARTIAL ARTS IN FILMS?**

**GMS:** I simply cannot enjoy it.

**MET: WHY?**

**GMS:** Two reasons, those with the camera tricks, and I see too many mistakes in their performance.

**MET: TO FINISH OFF THIS ONE IN A LIFE INTERVIEW, WHAT PHILOSOPHIES DID YOU LEARN WHILST YOUR MANY YEARS OF TRAINING?**

**GMS:** Philosophy of human nature.

**MET: THANK YOU VERY MUCH FOR YOUR TIME, DO YOU HAVE ANYTHING ELSE YOU WOULD LIKE TO SAY BEFORE WE FINISH?**

**GMS:** ‘In life no matter what you do, you must have a target an aim towards it, if that is the target you want to achieve you must accept all the consequences that come with it and head for it without giving up’.

Note: Today Professor Grand Master Shen still teaches beginners to red belts, black belts and master instructors and performs latest techniques which have not yet been seen in the Martial Arts World.

Private lessons are given by G.M.S advance booking only (Lessons are given strictly private and confidential)

G.M.S: and S.C.D Association wishes to thank MET