

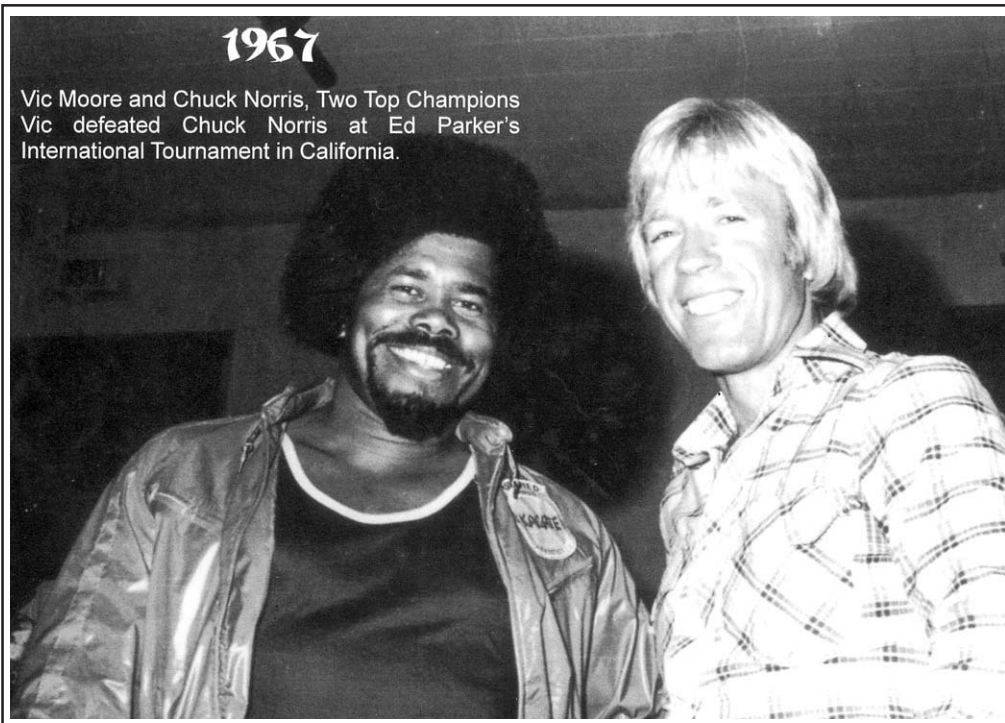


# Community News

## Vic Moore Martial Arts Legend as near as Robeson County

By Jae McKare - Editor

If you're not entrenched in the world of martial arts, many of you might not recognize the name Vic Moore. However, talk to any martial arts enthusiasts, and they immediately become excited about the legacy of martial arts great Vic Moore. Victor Moore's legend started when he got his first taste of martial arts at 7 yrs. of age. Even at this young age, he also wanted to be strong. What did he do? Moore, a Cincinnati, Ohio native, would lift heavy buckets filled with coal, one dumbbell, and other things of weight that he found around his home. If you're familiar with bodybuilding, you know the name of the physical fitness guru Charles Atlas. Moore read about Atlas and followed many of his fitness doctrines. He started combining the two—strength and agility to perfect his martial arts skills. Moore's interest also spread to jujitsu. Unbelievably, when he was nine, Vic Moore was already proficient with the basics of jujitsu and judo. At 12 yrs old, he was taught karate by Ronald Williams also of Cincinnati; Williams was known as "The Grave Digger." Grave digging was actually his profession. As a result of training with Ronald Williams for 5 years, Moore earned a black belt in the Kempo style of karate. With a black belt in Kempo by the time he was 18 yrs old in 1961, Moore turned his energy and focus to judo; the school in Cincinnati was run by Ray Hughes. Later, he discovered Gyu Ryu-karate from Harvey Eubanks. Vic was determined to be great, and as he continued to train in various styles of martial arts, his skills improved dramatically. He also added boxing to his arsenal. Moore fought in 12 bouts as an amateur and was victorious in all of them. At Central State University, Vic was introduced to Professor Barry Yasuto.



Vic earned his black belt under Yasuto in Shotokan karate. He attempted to join a prestigious Japanese martial arts organization. However, Moore could not join the Japanese Karate Association because he was an American. Many thought even at that time, it was his ethnicity! Moore would later leave Central State. Once Vic Moore returned to Cincinnati, he opened his first karate school on Beakman Street, and traveled around with his best students and entered tournaments. Some were even in Canada. Making a name for himself winning tournaments, Moore moved throughout the Midwest and East coast, and eventually met the father of American karate, Robert A. Trias. Trias possessed great skills and ability. Under Trias' mentorship, Moore earned a second degree black belt. Vic continued to train with Master Trias; he perfected the Kempo and Goju-Ryu styles of Karate. Vic traveled many times to the USKA headquarters in Phoenix, Arizona where he earned rank up through his Masters level. Though Master Trias taught many styles, his focus was Shuri-Ryu. While in the USKA, Vic also spent time with Dr. Maung Gyi. He was mentored in kick boxing. Dr. Gyi also taught Moore Bondo karate, stick fighting, and all the various weapons. In 1973, Moore and martial arts colleague Joe Lewis introduced kick boxing to America on the Merv Griffin TV show. They

introduced kick boxing in the United States and some of the first professional kickboxers in the United States. Jim Harrison and Vic Moore fought in the first kickboxing tournament in the United States; Harrison defeated Moore in what many have said was one of the most exciting fights in martial art history. Never backing down from anyone, Vic Moore defeated every national champion who competed during the 60's and the 70's. Mike Foster, Chuck Norris, Fred Wren, Glenn Keeney, James Hawkes, and Jim Kelly all strong competitors and examples of the great caliber Moore defeated. Moore also points out defeating them or vice-versa, never took away the credibility of a champion. "We are all champions!" Moore is one of the first ten original members of the Trias International Society. Remarkably, Moore has trained in martial arts for more than 50 years. He is also a four-time world karate champion. Vic Moore holds a 10th Degree **Black Belt in Karate** and is one of the late Robert Trias' Chief instructors of the Shuri-ryu Karate system.

**Vic Moore meets another future martial arts legend, Bruce Lee** "I met Bruce Lee at the 1967 Long Beach International tournament. I was selected by Master Robert Trias to work with Bruce on a floor demonstration. Bruce was a good martial artist." Moore assisted Bruce Lee. "We were demonstrating speed punches. Most in the crowd that day would consider it a draw," Moore said. "I would say Bruce was in the same league as all of the other karate champions of that time." Today, Vic Moore teaches in North Carolina and trains with instructors all over the country. Vickie and Vonnie—Vic's daughters—have won tournaments under the guidance of their dad. Moore's youngest son, Vanceston,

is also into martial arts.

**A few of Moore's accomplishments:** 1966 Defeating the all Hawaiian champion in Richmond Virginia; 1968 Defeating Joe Lewis at the World's Fair Karate Championships; (August 1968 San Antonio Official Karate Mag. Feb 1970 Page 24); 1969 Defeating Mike Stone in Pasadena California for the light, heavy-weight championship at the world teams championship. (Black Belt Magazine Sept 1990 Page 20); 1970 Defeated the legendary Bill "Superfoot" Wallace in for the USKA first professional world championship. Vic placed in every tournament he competed in from 1965 to 1975 until he retired. **From student to Sensei** Many of Moore's students are instructors, and continue to follow the Moore philosophies. In the 70s, while an instructor in Fayetteville, Moore added a chimpanzee to the mix—"Trudy." Trudy had a keen sense of self-defense, and was also a great crowd pleaser. Moore felt if could train a chimpanzee, he could certainly train anyone. **Fayetteville businessman visits Vic Moore** After an earlier meeting, Fayetteville area businessman Johnny Robinson was invited to spend an afternoon with Grandmaster Moore in Lumberton. He left feeling fascinated. "To spend an afternoon with this man who is a great champion in martial arts, I was blown away. If you didn't know him, you would never suspect Grandmaster Moore was accomplished in martial arts. He fought some of the greats in their prime and defeated them. It was like sitting down with an old friend that's how personable his conversation was." For more details on Vic Moore, visit: [www.Victormoore.org](http://www.Victormoore.org)



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We're always hopeful we can avoid weather's wrath. But a damaging storm can hit any time, sometimes with little warning. At PWC, we're always ready. Our emergency plan of operations can be implemented on a moment's notice, in response to any emergency situation – from hurricanes to thunderstorms to winter's ice and snow. As part of this plan, our crews stand ready to swing into action just as soon as it's safe. And they'll work 24/7 to restore services.

We encourage you, too, to be prepared – just in case – for the problems a storm may cause. Here are some valuable reminders:

- If someone in your household relies on electrically powered life support, be sure you have an emergency plan.
- Keep emergency supplies on hand (be sure you know right where they are, so you can find them in the dark), if you're storing water, make sure you use clean containers.
- Never touch a downed power line or get out of your car if a line falls on it.
- Use generators in dry, well ventilated areas and follow safety guidelines to avoid injuries.

- Know where the main turn-offs are for your electric fuse box, water service main and natural gas main. Turn them off if you have to evacuate your home.

See inside "Eye on the Storm" for more tips on storm readiness and safety, and visit our website. To report a power outage or an emergency, such as a downed tree limb on electrical lines or water main breaks, call 1-877-OUR-PWC1.



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**Stop. Think. Put Safety First.**