Written by Dave Walsh Wednesday, 09 February 2011 02:47 - Last Updated Monday, 14 February 2011 06:29



When **Steven Seagal** first was shown with **Anderson Silva** at **UFC 117**, we all kind of chuckled and said, "hey that is pretty cool." When he walked out with Anderson at **UFC 126**

, it was kind of funny again, but at this point it began to appear odd. Steven Seagal is an Akido instructor and former martial arts action star who now has his own dubious television series about him being a "lawman."

I grew up on Martial Arts and action films, as I feel like most men my age did. Guys like Steven Seagal and **Jean-Claude Van Damme** were the reason to get involved in martial arts; to be as bad ass as they were. Of course, years pass, and as they do, the stark reality set upon me that JCVD had serious substance problems and that Steven Seagal was a terrible fraud. Both men fell off the radar a bit, but Seagal's career seemed to hold strong (still sparse, but it didn't fall off completely) while Van Damme's seemed to all-but disappear. Seagal had long been the butt of the joke when it comes to Hollywood circles, but still got work due to his popularity and how ridiculous of a persona he carried around with him.

Enter the modern day, where JCVD is re-building his career his way and even looks to re-enter the world of fighting, while Steven Seagal is on a reality television series and apparently trying to weasel his way into the fighting world as well. This past weekend, Anderson Silva defeated Vitor Belfort with a front high kick, a staple in just about every form of martial art that involves

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kicking. So, much to my surprise, Anderson Silva claimed that Steven Seagal taught him the kick. It was funny, worth a chuckle. Then, much to my disdain, this interview with Ariel Helwani came out.

Seagal claims to have taught Anderson Silva one of the most basic kicking techniques, a first week kick in Tae Kwan Do, which incidentally, was Anderson Silva's first martial art that he took when he was fourteen. Now, as anyone who has studied striking will note, there are minute differences between techniques in different forms of martial arts, but generally speaking, one form of kick does not differ too greatly from another. This is a very basic technique that Anderson Silva used almost out of context in a MMA fight, and caught everyone by surprise. For Steven Seagal to claim there is some sort of mystical "death" technique, or that he knew some secret to making the kick work better is, well, par for the course with his history.

In that interview, he discusses with Helwani how MMA is both good and bad for traditional martial arts; first it makes the public more aware, and second, it shows behind the curtain into a "secret world" that you weren't meant to see. I think my eyes nearly rolled back in my head. If anything, Mixed Martial Arts has shown the general public that there is a man behind the curtain, that there is no Oz. There are men like Seagal everywhere, who have conned people into believing that with intense, personal training from masters such as himself, you can learn some crazy secret that will help you transcend reality.

The gall he had to claim he taught Anderson Silva a technique that your average six year old can do (of course not with the force or application) was pure Seagal grandstanding. Seagal showed cracks in his story when Helwani asked him how he met Anderson Silva, he was caught on the spot and said that he didn't remember, then you could almost see the gears turning in his head as Helwani is preparing another question and he corrects himself and claims that Anderson Silva sent him a "memo" that he wanted to learn Steven's secret death techniques.

Anderson Silva and his training partners are not fools, nor are they children, if you believe for one second that this happened, you probably need to review some of the history of Steven Seagal. Seagal has lied about nearly everything in the book, from his place of birth, to adultery, to how many wives he has had, to education, work history, the list goes on and on. There have been an endless stream of interviews, op-eds and exposes on him since he became popular, with Spy Magazine discussing how his "CIA background" is a complete sham, and how he actually had mafia ties and attempted to hire hit men to take care of members of the media who "wronged him." If you search Google for "Steven Seagal Fraud" you get endless results. Check this out for some documented history

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Just because certain people claim to have more knowledge does not mean that they are correct. Understand that basic kinetics dictates that every technique in martial arts is done a certain way, and has been over years, because it is effective. If there was a way to enhance that technique, it would be canonical. Steven Seagal is an aging, overweight actor and stunt man who has nothing real to teach to accomplished martial artists. My question for you is are you buying or selling, and my question for Seagal and Anderson's camp is how much is Seagal paying you? Seriously, he has to be paying them something, right? Because if I were an accomplished martial artist and world champion, I know the last thing I'd need is an over-the-hill actor to tell me how I should fight, especially when said actor has no history fighting himself, unless I was doing so as a big joke or he was paying me to be his friend.