

www.budointernational.com

# BUDO

INTERNATIONAL

THE WAY OF THE WARRIOR

**iii HELIO GRACIE  
FIRST TIME IN  
EUROPE!!!**

**Vitor Belfort:**  
**Exclusive  
Interview**

**ALFREDO TUCCI:**  
**"The Samurai inside you"**

**TAI-CHI:**  
**"Er Lu" The second form in  
Chen style**

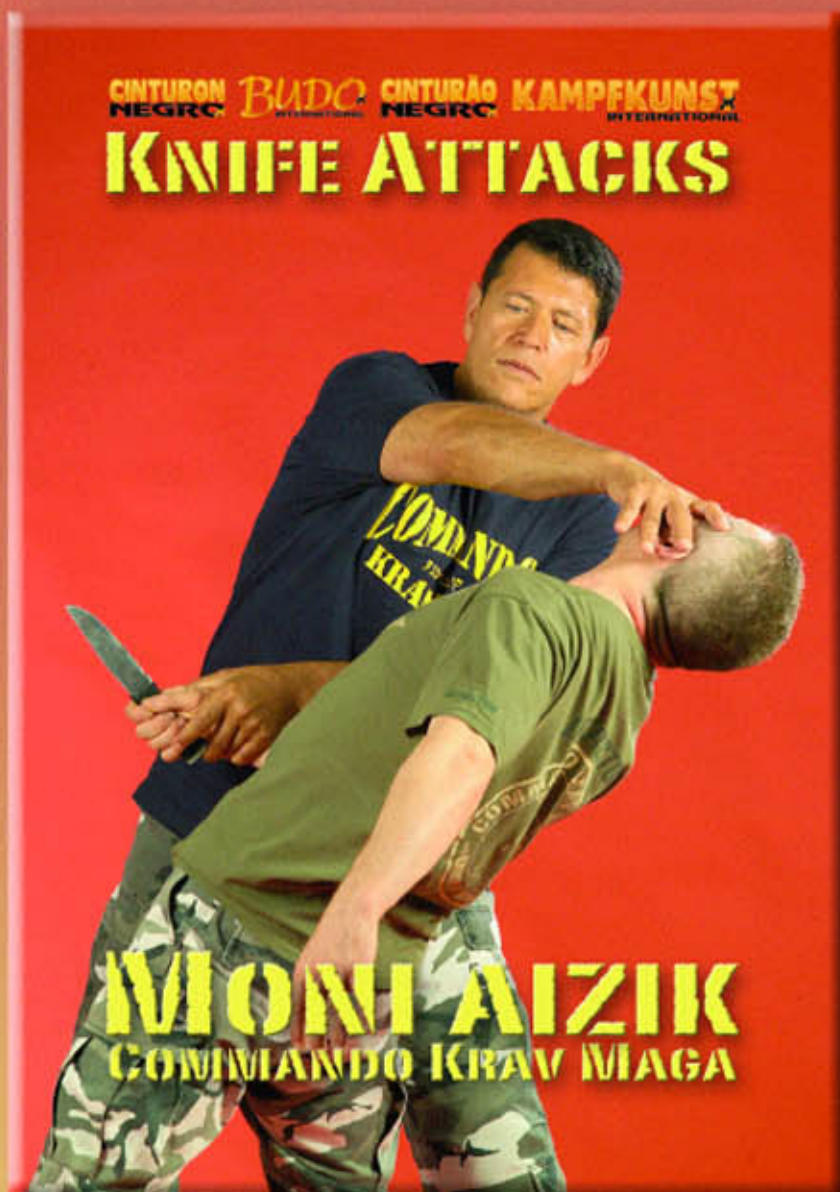
**COMANDO KRAV MAGA  
SURVIVING A KNIFE ATTACK!**

**Ni-To Ichi  
Musashi's Double Katana**



# COMMANDO KRAV MAGA KNIFE ATTACKS

# MONI AIZIK



When facing knife attacks, if for some reason you cannot escape, you will have to fight. In this DVD, Moni Aizik, founder of Commando Krav Maga - the reality- based system having grown more quickly nowadays and which already exists in around twenty countries- teaches how to do it, using makeshift weapons or empty hands. We will observe the most serious mistakes made when trying to disarm the adversary, as for example facing the most common lethal attacks, threat situations, what to do when we get cut, training exercises to improve our strategies and the golden rules of Commando Krav Maga system.

REF.: • AIZIK3

PRICE: \$39,95  
PLUS S&H



WATCH A SAMPLE

Orders:



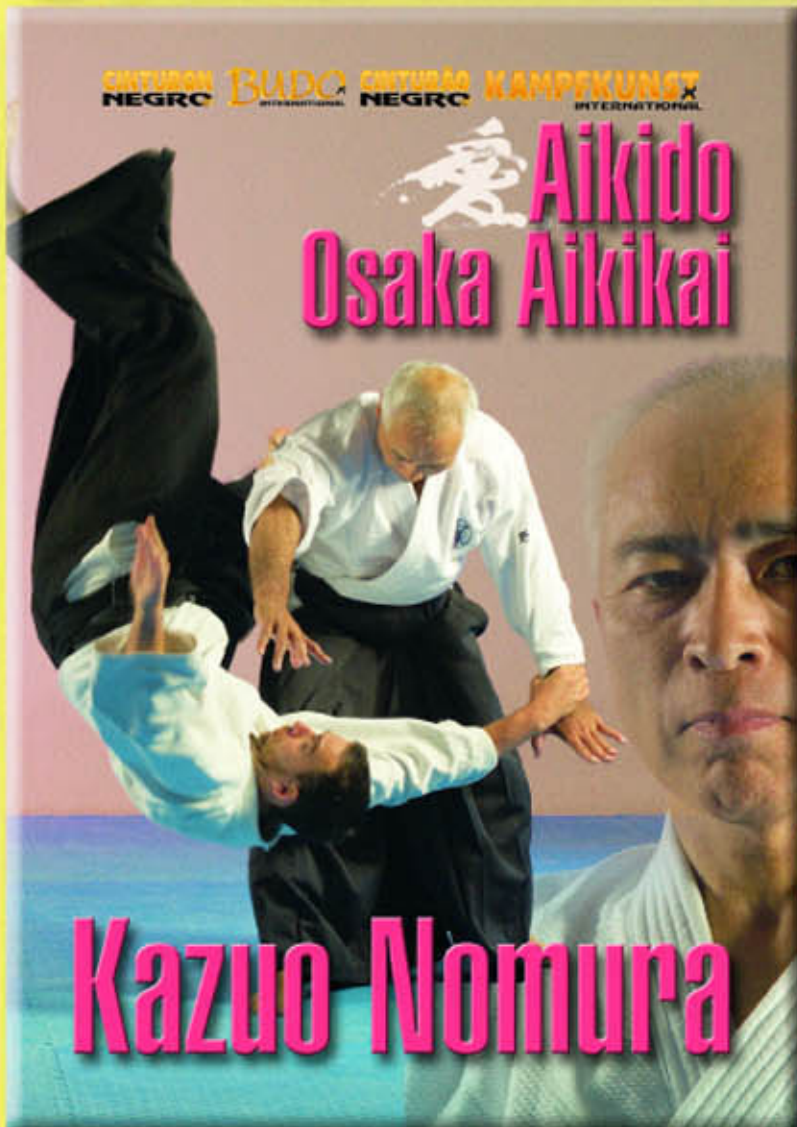
e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)



English  
Italiano  
Español  
Français  
Deutsch



# Aikido Osaka Aikikai Kazuo Nomura



The Ki moves the body, both are one, that is the principle of Aikido and Budo. In his first work, Nomura Shihan, main instructor of Osaka Aikikai, presents an easy and systematic way of practicing, which will allow us to feel and grow the Ki in our Aikido. Each section in this DVD shows different techniques to make us understand it easily. However, the main concepts remain the same. We will start by practicing Kokyu-Ho, the power of breathing, and we will go on with Tenkan, Tenkan with Sabaki, Shomen Uchi, Yokomen Uchi, Tsuki, Shomen Uchi Nido Uchi, Yokomen Uchi Nido Uchi, Tsuki Nido Uchi. It is an excellent opportunity to improve your potential and motivate your practice.

REF.: • NOMURA1



English  
Italiano  
Español  
Français  
Deutsch

**PRICE: \$39,95  
PLUS S&H**



WATCH A SAMPLE

**Orders:**

***e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)***





# EDITORIAL

## ***THE SAMURAI INSIDE YOU***

**A**ll men are born and die. There is no possible choice. However, between both points, and of course according to our way of facing the end, the differences between human beings are huge.

I have written that freedom is a narrow corridor, and I still maintain it; but, in that corridor, the most trivial differences can create enormous distances between human beings.

Our time on Earth is fleeting, trivial if we look at it from outside. As individuals, we are just a drop in the Ocean of change. However, there have been drops that have set the difference in the history of the human tribe. Behind these figures there is always a distinct strength which makes them different from their contemporaries, a big void coexisting with a huge desire, a way of being and acting that made them different.

All of us share the same essence, that Ocean which unites us beyond individualities. However, to be in contact with that source, each individual must accomplish the challenges and exploits of conscience which have been established by his fate, with power, bravery, strength and infinite determination. Each of us can do it within our means, but we must bring out the Samurai inside us.

The first step, sine qua non, lies on the Temple of the Delphic Oracle: "Gnoscete ipsum", know thyself. In the enormous effort to understand our nature, we must discover what we have in common and what is unique. First in our internal circle, integrating the family peculiarity which has made us exist. All of us are the non-chance result of a specific heritage living in us in a certain way. Each generation is an opportunity of perfecting, a new combination of at least two parts, two lineages, two heritages. The worst and the best of them are hidden in our potential, lying in wait for appearing in every moment of our lives. The first step in the way to individualization is accepting this heritage and acting accordingly. When we reject our antecessors or our ancestors, we are rejecting ourselves. If we don't agree with any part of it, at least we must learn to accept it as it is,

without judging or facing it, since each step in the process has to go beyond the previous one, and this step can't be done without identifying oneself with his antecessors. Therefore, the respect for the elderly is more than an educational ritual; it is the first step towards the respect to oneself; besides, as Groucho Marx said, Age is not a particularly interesting subject. Anyone can get old. All you have to do is live long enough. Once the individual is grown and educated, it is time for the journey to start. Don't think it will be a long journey as the journey to Ithaca. On the contrary, it will be short and it will go quickly. The energy of every person flags sooner or later and that is why it is urgent to keep it always in mind. Living with the indifference of an immortal and the intensity of a dying man, that is the non-written principle of a Samurai, who is able to stamp every moment with his strength and virtue.

Bringing out the Samurai is leaving our misfortunes aside. It means forgetting excuses, "ifs" or "buts", it means cutting our index every time we try to blame the other for whatever. Bringing out the Samurai inside us is being responsible and aware of our acts, and allowing your superior Ego to be the only judge. You mustn't feel guilty of anything; such feeling is just another way of considering you important. Nobody does anything to anybody. None of us have the power of good and evil, we are not so important or powerful. Our power only lies on this small space, in the narrow corridor of our attitude, where we can choose in every moment if we are the miserable or the Samurai inside us.

Virtue, as everything else, is practiced by training. Bringing out the Samurai needs practice, intention and determination, but it is possible. The more we train, the more possibilities we have. In order to be ready we have to foster the automatic mechanism which allows us to bring out the Samurai instead of the miserable. Then, we will always have time to think, to change the direction. But, by training our inside warrior in a conscious way, it will be easier for us to act in a correct way when facing an emergency situation. We don't have to pretend or to reach the perfect position to get away of the

situation, but to practice a calm attitude, the sword tempered in the fire of pressures, with knocks of cold water, hammered with aware, persistent, pertinent efforts.

Whatever our task, our work or our contribution to the group is, nobody is better or worse in a personal approach. The essence is how this task brings out the best of us. The better is as a valid option as the worst and it doesn't require less effort since, in the end, fluency and harmony produced by it provide a necessary good: personal energy.

It is worth being respectful, positive and concentrated, not because somebody has told us to, but because we have chosen it. Let's leave the limits for the fools.

For a Samurai, freedom is another challenge, rather than a wish.

It is a challenge for his ignorance, his level of conscience, his awareness. What is he missing? Where does his fear, his limited vision of the world, prevent him from arriving? Training in these fields is a distinctive art, called living by others. For them, for the others, living is what happens until you die, while you are eating and reproducing. That is what happens to them while they are coveting success, money or glory. A warrior covets his power and his conscience to learn how to make the most of every moment, and then how to leave it go. Once again, I quote Groucho: "I take days one by one... and I don't give them back".

Bringing out the Samurai inside us is a noble task, but it is also a convenient decision. When what is small can be big and what is big can be small, the horizon of freedom becomes more personal and thus bigger. Facing the routine as something special, who could not do it? Stealing some seconds of conscience to time, isn't it a way of living longer? Going beyond mechanization of routines and choosing new aims, isn't it a way of exercising freedom?

In this new book, where I have brought together the texts and thoughts which open the magazine Black Belt every month, I have tried to attract your attention, to boost your mind, with the best of intentions: to awake sleeping





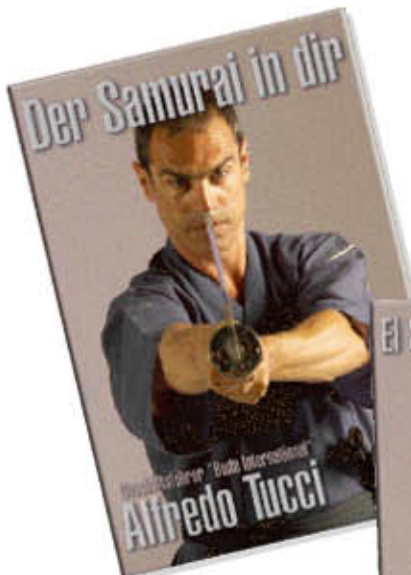
Alfredo Tucci is Managing Director of:  
**BUDO INTERNATIONAL PUBLISHING CO.**  
e-mail: [budo@budointernational.com](mailto:budo@budointernational.com)



consciences, settled minds,  
comfortable and convenient  
positions.

I don't mean to provide guidelines,  
solutions or to get followers. I do it  
because in my heart way I have no  
other choice to bring out the  
Samurai inside me. If one out of  
one thousand opens his eyes and  
enters the challenge of choosing  
the Samurai inside him, please tell  
me!

Believe me, it will be a pleasure





## COMMANDO KRAV MAGA



A knife works if you can get it. On the urban battlefield the edged weapon reigns supreme. The reasons for this are varied and perhaps obvious: availability, cost, user friendliness, reliability, ease of concealment, ambiguity of use and many others.

p. 54

## HÉLIO GRACIE



He is without doubt a unique figure in the world of Martial Arts. He observes us -near a century- with his tender and firm look. A genius, politically incorrect, father of a big family and patriarch of a bigger one, the Jiu Jitsu family, Helio is still the character and the referent of the revolution in modern Jiu Jitsu. The Great Master came to Europe for the first time (believe it or not!) to attend the opening of the center

p. 16

Gracie in Barcelona, run by his son Robin Gracie.

An "Open heart" interview. Eleven years ago (1996), a 17-year-old young boy was presented by Carlson Gracie as the future phenomenon of Vale-Tudo. "For me, he is like my son, as the name Gracie has a lot of strength here, I call him Vitor Belfort Gracie", said the master...

## AAMM



p. 50

# Zusammenfassung Sommaire Sumario

"BUDO INTERNATIONAL"

is a publication of:

BUDO INTERNATIONAL PUBLISHING CO./

Central Office:

c/ Andrés Mellado, 42

28015. Madrid. (Spain)

Tel. (34) 91 897 83 40

Fax. (34) 91 899 33 19

**BUDO INTERNATIONAL IN THE WORLD:** Budo International is an international group that brings together the best companies in the whole world connected with martial arts. It is the only business in the world in the area of traditional combat arts that edits magazines specialized of this type in seven languages. These publications are in thirty eight nations on three continents. Some of the countries where Budo International Magazine can be acquired are: USA, Australia, United Kingdom, Germany, Austria, Argentina, Spain, France, Italy, Luxemburg, Portugal, Switzerland, Belgium, Holland, Croatia, Brazil, Chile, Uruguay, Mexico, Peru, Bolivia, Morocco, Venezuela, Canada, Senegal, The Ivory Coast, etc... **DISCLAIMER:** Budo International Publishing Co. and Budo International America, S.A. as publisher is an advertising platform and does not endorse or make representation, warranty or guarantee concerning the safety or effectiveness of either the products and services advertised in this magazine or the martial arts or other techniques discussed or illustrated in this magazine. The publisher expressly disclaims any and all liability relating to the manufacture, sale or use of such products and services and the application of the techniques discussed or illustrated in this magazine. The purchase or use of some of the products, services or techniques advertised or discussed in this magazine may be illegal in some areas of the United Kingdom, United States or other countries. Therefore, you should check federal, state, and local laws prior to your purchase or use of these products, services or techniques. The publisher makes no representation or warranty concerning the legality of the purchase or use of these products, services, or techniques in the United Kingdom, United States or elsewhere. Because of the nature of some of the products, services, or techniques advertised or discussed in this magazine, you should consult a physician before using these products or services or applying these techniques.



The essential part in the Art of War is eternal, that is why since immemorial time the experts have searched the common principle underlying in its dynamics in order to draw any conclusions that would enable them to anticipate, bringing order and meaning to the chaos that comes in every battle.

Ueshiba established these principles applying keys that finally became techniques, but behind them there was the essential, that is, the eternal

### NI-TO ICHI



p. 06

### TAI CHI CHEN

Under the supervision of his Master, Diego Caceres, an excellent student and representative of Chen, has written an excellent text that we publish now, discovering the secrets of the history and technical characteristics of this form and of the same Chen style.

Again, talent and mastery go together towards the purest form of the authentic Tai Chi.



p. 58



# Summary

# Sumario

# Sommario

**President:** Estanislao Cortés. **General Director & Art Director:** Alfredo Tucci. **Head of Production:** Marga López-Beltrán García. e-mail: magazine@budointernational.com. **Head of Video Productions:** Javier Estévez. **Administrator:** José Luis Martínez. **Head of distributions:** Fernando Castillejo Sacristán. **Translator:** Brigitte de le Court, Cristian Nani, Thomas Schmidt. **Columnists:** Don Wilson, Yoshimitsu Yamada, Cass Magda, Roland Burger, Antonio Espinós, Jim Wagner, Coronel Sanchis, Marco de Cesaris, Lilla Distéfano, Maurizio Maltese, Bob Dubljanin, Marc Denny, Salvador Herraiz, Shi de Yang, Sri Dinesh, Carlos Zerpa, Omar Martínez, Manu, Patrick Levét, Mike Anderson, Boulahfa Mimoun, Victor Gutiérrez, Franco Vacirca, Bill Newman, José Mª Pujadas, Paolo Cangelosi, Emilio Alpanseque, Huang Aguilar, Sueyoshi Akeshi, Marcelo Pires, Angel García, Juan Díaz. **Photographers:** Carlos Contreras. **Printing:** SERGRAPH. Amado Nervo, 11 - Local 4 - Madrid.





Arts from Japan

*Empty hands: 1 technique: Application of Shionage in Tachi Waza.*

*2 technique: Application of Shionage in Yunte. We absorb the blow of Uke, we enter cutting their stomach to culminate the technique cutting their neck.*

*3 technique: Application of Shonage with two sables. We absorb with the sable that we seize with the right hand, in upward address, at the same time that we enter cutting their abdomen with the sable that we seize with the left hand, to culminate Shionage with the sable of the right hand cutting their neck*



合気道  
居合道  
武士道

Sensei Jose Luis Isidro

"Ni-To Ichi"





The essential part in the Art of War is eternal, that is why since immemorial time the experts have searched the common principle underlying in its dynamics in order to draw any conclusions that would enable them to anticipate, bringing order and meaning to the chaos that comes in every battle.

Ueshiba established these principles applying keys that finally became techniques, but behind them there was the essential, that is, the eternal. Thus Aikido's principles are universally valid, but not all the students know to understand the inherent greatness in the approaches of this Art, considering it as a succession of techniques.

Sensei Isidro shows it to us once again by teaching the noble art of the two swords, a

technical innovation which came into Japanese Budo through one of its greatest legends, Miyamoto Musashi. This great work, presented now on DVD, teaches the student not only the technique of two swords, but it also encourages him to understand that behind every technique there is always a tactic and behind this, it underlies, unequivocally, a strategic principle that derives from a philosophical understanding. A book on the subject is being prepared and we hope to offer it next year, so as to do in depth in an interesting, but so little studied subject. As shown in the opening kanjis, this is a work in Aikido, laido, even Kenjutsu, but ultimately it is pure Bushido what this is about.









## Nito

The Kenjutsu is an ancient Japanese martial art, one of the so-called traditional. There are several schools, called Ryu in Japanese, whose goal is to educate in combat in an effective way with Katana and Wakizashi, whose variants in wood for training are Bokken and Kodachi. The practice can be developed in many different ways, depending on the Ryu which is being practiced.

The styles of Kenjutsu that we know today, started to appear the Muromachi period or era, between the fifteenth and sixteenth century. Among the most prominent schools of that era, we can include:

- Tenshin Shoden Katori Shinto Ryu
- Kashima Shinto Ryu
- Kasumi Shinto Ryu
- Chujo Ryu
- Nen Ryū
- Shinkage Ryu

The greatest expansion of Kenjutsu took place during the Edo period (sixteenth to nineteenth centuries), recording more than 500 styles. At the end of that period some styles began to use Hindi, bamboo sword, as well as the armor for body protection, to provide a higher security for the practice of the discipline. This modern way of practicing the art of traditional Japanese sword brought the birth of Kendo.

However there were new Kenjutsu schools or styles in the Edo period and the most prominent ones were those listed below and others that certainly, for ignorance, we leave on the shelf:

Niten Ichi Ryu, founded by the legendary Samurai, Miyamoto Musashi.

Shinkage Ryu, founded by Yagyu Muneyoshi.

Itto Ryu, Founded by Ito Ittosai Kagehisa.

Suio Ryu, founded by Mima Yochizae-mon.

After the Meiji restoration, sword possession was forbidden, hence, several styles eventually disappeared, what was repeated after Japan's defeat in World War II. However, there are several schools which has survived so far.

The training of Kenjutsu varies depending on the style to practice. Most schools base its practice in the kata (with pre-established movements). In some Ryu, the practice of Katas is complemented by training based on combat or multiple Randori, using armor protection in some, to preserve practitioners from unwanted injuries.

In kata-based training, a wooden sword, similar to the Katana, is normally used, called bokken or bokuto. Each Kenjutsu style often imposes specific dimensions in length, width and curve for its bokuto. Others prefer the suburi Bokken, heavier and bigger, in order to improve skills with such a heavy weapon.

The Kenjutsu is a more spiritual and mental discipline, rather than physical, and to

practice it is necessary and imperative to find a balance between body and mind, assimilating the steel as a part of the body and feeling contact with the spirit, physical strength is pushed into the background. The teaching of this discipline, as well as the Kyudo, have a wide physical, religious and spiritual, mainly basing its strength on the influence of Shintoism, Confucianism and Zen.

Many Kenjutsu schools managed to survive after the collapse of the Samurai class, arriving to our day, of course, by diverging and evolving in a wide variety of styles and schools, as progress is unavoidable and necessary, and new Ryu have emerged as new forms of expression. Through the saber we can be able to describe in space the precise and accurate technique in the present moment, as if it were a pen, drawing in the space, in the vacuum which fills everything, the feeling of the steel representing the life and death, as the essential ritual of the warrior.

## The Warrior

Much has been said about the mythical Miyamoto Musashi, some people say that he used nothing but a Wakizashi and a Katana, that is, short and long saber. Others say that this is not correct, since he fought in most of his battles with wooden swords, that is, Bokken, because his style was so refined that he did not need a cutting edge to defeat his opponents. That was true in a certain stage of his life.

Others deny that Musashi created the style two-saber style, Nito-Ichi, perhaps because the most orthodox ones in Japanese tradition refuse to accept that a Samurai could learn or simply be inspired by the development of his art and school and, in some Western swordmen who fought using skills that had nothing to envy to the Japanese art. It is told that after seeing a European duel in the area of Nagasaki, he realized the need to develop a fighting strategy with the two sabers at the same time, a fact that seems to be truer than most of the stories which refuse it. We can't forget that at that time the Europeans duels used a long and a short sword, as Musashi would develop later, and that by then, the influence of Europeans was of great importance in the country of the rising sun. Musashi would develop the Nito-Ichi, the two-saber school. For the work we will develop now we collected very old techniques and others less so. Techniques that have nothing to do with the style of Miyamoto Musashi, which we only call so to refer to the work of the two sabers at the same time as art of advantage.

We can call this art Koryu, Japanese word that can be translated literally as old school or old tradition. It is used to denote those martial arts that arose prior to the Meiji restoration, political event that spee-

ded up the process of modernization of Japan. While the martial arts that emerged after this event are called Gendai, which can be illustrated through Aikido, Iaido, Karate, Kendo, Judo or Kyudo, to name a few, since they are evaluated as sports or arts targeted for personal development, unlike the arts classified as Koryu, which relate to the teachings of a strictly military culture focused on the art of war.

## The Bokken

The Bokken, traditionally the basic weapon of choice for the study and practice of Japanese fencing, regardless of the style or the school, an essential tool for the hard work involved in the study of Dojo, which must be practiced during many years to achieve an average level.

In ancient times, during the Muromachi period, the use of Bokken, also called Bokuto, became very popular because the Samurai began to use the art of duel in peacetime. From that way of combat the specialities of the various schools or Ryu appeared up to the present day.

As in the Dojos of the different Ryu they began to teach the art of fencing to their students, it became imperative to replace the original steel sword by the simile of wood (the Bokken). The Katana is a great work of art in itself, inert and noble, which becomes alive when it is held by the Budo-ka. His edge is fragile and sharp as a razor. His back was forged to absorb the force of the cut or Kiri, thrust or block. But this could be nicked or break when touching with his antagonist held by the opponent, since an inexperienced handling would be harmful for such a jewel.

Throughout the ages, the different Ryu became specialized in the art of Kenjutsu, as in the Iaido, virtually all of them used the Bokken to train and avoid severe injuries. While the students using the Bokken became masters of handling such a noble weapon, they obviously became extremely dangerous with their instrument of training, the Bokken.

There are different Japanese chronicles which talk about warriors who, for one reason or another, used the Bokken against enemies who were holding steel-edged sabers and who, despite this, were defeated. The most famous Samurai in Japan's history who deserves praise for such feats, was undoubtedly the legendary Miyamoto Musashi.

## Brief biography of Musashi

His real name was Shinmen Musashi No Kami Fujiwara No Genshin. Strictly speaking, no one knows with absolute certainty his birthplace, some historians say that he was born in the town called Miyamoto, of the former province of Mimasaka, in 1584.





## Report

\_Musashi\_ is the name of an area in the southwest of Tokyo, and the denomination \_No Kami\_ means noble person in the area, while \_Fujiwara\_ is the name of one of the first noble families of Japan, more than a thousand years ago. The same Musashi says of himself: \_I am a samurai from the province of Harima\_.

Hirada Shokan, his grandfather, was a server of Shinmen Iga No Kami Sudeshige, the lord of the castle Takeyama. It is thought that Hirada Shokan was a favorite of his master, who finally married his daughter.

When Musashi was seven years old, his father, Munisai, died or abandoned the child, about a year after his mother, Omasa, died. Ben No Suke, as Musashi was known during his childhood, was in the care of a maternal uncle, a Buddhist priest. So we

find Musashi, an orphan son of a samurai during the unification campaigns of Shogun Hideyoshi, in an unhappy and violent land. He was a boisterous young, of strong will and physically tall for his age. It is not known whether his inclination toward Kendo was at the behest of his uncle, or if his aggressive nature led him to it: \_From my first youth my heart leaned toward the Path of the Warrior\_, but it is recorded that in the first battle where he killed a man, he was only thirteen years old. We can't forget that we are talking about the sixteenth century, which was a bloody period in Japan and the West. Still, at 13 one is very young to kill someone, especially in a duel. The opponent was Arima Kibe, a famous samurai in the area, from the school Shinto Ryu of Kenjutsu, expert with the sword and the spear, who had been strolling in the village defying everyone and had placed a notice

which read: \_Whoever wants to challenge me will be accepted\_.

When Musashi read it he added below: \_I'll challenge you tomorrow\_ and wrote his name. That afternoon came a note from Kibe accepting the challenge and indicating the place for the duel. The next morning Musashi left for the site of the duel with a wooden sword in his hand, the boy knocked the man down when he unsheathed his sword, and beat him in the head when he tried to get up. Kibe died vomiting blood. Originally, Kenjutsu schools were based around the Shinto temples. The oldest were in the region called Kanto, near Tokyo, where the important Kashima and Katori temples were.

The next recorded duel happened when he was sixteen; he defeated a samurai named Tadashima Akiyama, in the province







**Empty hands: 1 technique:** Application of Uchi Kaiten Omote Shionage in Tachi Guaza.  
**2 technique:** Application of Uchi Kaiten Omote Shionage with the Katana. We enter with upward court to cut their dolls and passing over their body makes turn, culminating the Shionage the same as in Tachi Guaza.  
**3 technique:** Execution of Uchi Kaiten Omote Shionage with two sables. We enter at the same time with upward court with the right sable that we seize in Yunte, that we cut their

abdomen  
 with the left sable  
 that we seize in Sakate, to  
 finish in Shionage, cutting their  
 neck with the sable that we seize in the left  
 hand in Sakate.

4



5



5







of Tajima. Around this time he left his house and began to travel in search of experience, finding all kinds of duels and competitions where he proved to be the winner: *“I traveled province after province, struggling with warriors of all types and training, but none could beat me in more than sixty duels where I participated.”* And finally he settled, at the age of fifty, having reached the end of his quest for knowledge.

There were many ronin (samurai without a master) traveling around the country on similar expeditions, some alone, as Musashi, others enjoying the sponsorship of a school or feudal sector, as the famous samurai Tsukahara Bokuden, creator of the school Mutekatsu Ryu, who had traveled with an entourage of more than a hundred men in the previous century. Such pilgrimage trips in search of experience and refinement were called Musha Shugyo.

During this period of his life, Musashi practically lived away from society, devoted, with a fierce individualist mentality, to the exclusive pursuit of enlightenment in the way of the sword. He just had a relation with everything regarding to refine his skill, he lived as a vagabond, traveling through Japan and sleeping in the open, enduring the cold winds of winter; he didn't brush his hair, never had a wife (although there are some references that he had a girlfriend called Otsu), nor was he devoted to any profession. It is said that he never entered into a bath for fear of being surprised disarmed, and that his appearance was rough and wild.

In the Battle of Sekigahara (1600) between the armies of Tokugawa Ieyasu and Ishida Mitsunari for the succession to the throne as Shogun of Japan, Musashi, who was 19, joined the ranks of the Ishida army to fight against Tokugawa. He survived three days of horrific fighting, during which seventy thousand people died, and also to the subsequent hunting and killing of the beaten army.

## The legend

When he was twenty-one he traveled to Kyoto. This will be the scene of revenge against the prestigious Yoshioka family. The Yoshioka had been the instructors of Ashikaga Clan for generations. Munisai, Musashi's father, had been invited to Kyoto years earlier by the Shogun Ashikaga Yoshiaka. Munisai was a gifted fencer and an expert with the *jyutte*. The story says that Munisai fought against three members of Yoshioka Clan, winning two of the duels, and perhaps this had something to do with the behaviour of Musashi towards the family.

Yoshioka, head of the family, was the first

to fight against Musashi, in a wasteland outside the city. It is not known why Seijiro accepted this challenge, since he belonged to a samurai family of high social class and Musashi was an unknown samurai of 21, of a lower class, who didn't provide him any merit.

When it was the time agreed for the meeting, Musashi didn't turn up, they sent servers to look for it and found him two hours later at an inn, sleeping. He sent apologies saying that he would go quickly, but it took two hours more to arrive. When we finally arrived at the duel, Seijiro was angry and impatient, armed with a real sword, and Musashi with a wooden sword. Musashi faced Seijiro with a fierce attack and beat him savagely, knocking him down and leaving him unconscious. The servers took him to his house, where he cut his samurai ponytail, ashamed.

After this feat, Musashi decided to stay in the capital, and his continuous presence disturbed even more to the Yoshiokas. The second brother, Denshichiro, challenged Musashi to a duel, in an attempt to restore the family honor. Musashi, premeditatedly, was late again for the appointment, and when he finally turned up, Denshichiro was deconcentrated and angry enough. A second after he started to fight he broke his skull with his wooden sword. Denshichiro was dead. The clan issued another challenge, this time from Hanshichiro, the youngest son of Seijiro. Hanshichiro was a child, had not yet reached his teens. This means that in reality it was a ruse, even if the challenge had been launched on his behalf, Musashi should face up to all his samurai guard.

The duel would take place under a big pine tree next to a paddy; this pine was called Ichijoji Sagari Matsu, *“the pine coming down from Ichijoji.”* Ichijoji was a temple founded by the monk Tendai monk in 981, which no longer exists, and which also names the area. In the old times the pine was a landmark for travelers because the boundaries of the provinces of Shiga, Shiratori or Imaji came together in it, at the east of the mountains of Kyoto. A piece of that tree is preserved in the nearby temple of Hachidai. The pine that is still there nowadays is the fourth generation of the original one. For all these reasons, this duel is historically known as the Duel of Ichijoji. This time, Musashi arrived at the meeting place before the appointed time and he waited hidden for the arrival of his enemy. The boy arrived formally dressed with his armor of war and surrounded by his entourage of well-armed servants, determined to kill Musashi. Musashi waited, hidden in the shadows. They were planning what they would do when he would appeared, as surely he would be late again; in that very moment, he suddenly appeared among them and attacked the boy. Then, using

both swords, he opened a path through them, escaping from the trap, followed by a hail of arrows.

After this remarkable episode he wandered in Japan, becoming a legend in his own time. Mentions of his name and stories of his feats can be found in records, diaries and monuments from Tokyo to Kyushu. At the age of twenty-nine he had faced over sixty duels, and won all. The earliest collection of these events appears in the Niten Ki, or *“Chronicles of the Two Skies”*, a record compiled by his students, a generation after his death.

The same year in which the events with the Clan Yoshioka took place, in 1605, he visited the Zen temple called Kofuku, in the south of the capital, in Nara. Here he had a duel with Hozoin Kakuzenbo Inei (1521-1607), priest of the Nichiren sect and skillful warrior. The priest was an expert with the spear (creator of the spear school of Hozoin Ryu, still working), but Musashi defeated him twice with his short wooden sword. He stayed at the temple for some time, to study fighting techniques and enjoy the lectures about Zen with the priests.

Nowadays, the monks of Hozoin continue with the traditional practice of the ways of fighting with spear. It is interesting to say that in ancient times the word *“Osho”*, which now means priest, meant *“master of the spear”*. Hozoin Inei was a pupil of Kamiizumi Nobutsuna, master of Kendo and sintoist. The spears used by these priests were cross-shaped, and their real name is Jumonji Yari.

When he went through the province of Iga he faced Shishido Baiken, an expert in handling Kusarigama (a sort of sickle in whose handle a long chain is inserted, ending in a small metal ball). Using his strategy, Musashi led the development of the combat to a small grove and when Shishido wanted to use his chain, it tangled up, Musashi pulled out a dagger and plunged it into his chest. The partners of Shishido attacked Musashi but he made them flee in four directions.

Once, Musashi was in Akashi, province of Harima, cutting wood to make a bow, when a samurai called Muso Gonnosuke Katsuyoshi came to challenge him. He was an expert samurai in schools of Kenjutsu Tenshin Shoden Katori Shinto Ryu and Jikishinkage Ryu. He was so skillful that he had never been defeated before, until he met Musashi. Gonnosuke was armed with an Odachi (long saber) and in the flaps of his Haori (sort of big coat over the kimono), it was written: *“Heiho Tenka Ichi”* (the best martial artist on the earth). He was surrounded by six followers and he began to boast saying that anybody was like him. He said: *“Years ago, in my travels, I have seen your father's techniques, Munisai, but I haven't*





seen yours \_ Musashi, which began to get angry, replied: \_ If you have seen my father's techniques, mine are not different

Boasting in front of his students, Gonnosuke went further saying: \_ My techniques can't be shown to anyone \_ Musashi answered him: \_ No matter how you attack me, I will stop you, that's my technique, do what you want and as you want \_ Taking a wooden sword over 1.20 meters long, Gonnosuke started without any formality a ferocious attack, but Musashi walked directly toward him and beat him lightly between the eyes with the stick, as if it were a sword Gonnosuke left hurriedly.

In one of his travels he arrived to the province of Izumo, he visited the lord of the region, called Matsudaira and here requested permission to fight with his strongest Kendo expert. There were many good strategists in Izumo. He got permission to fight against a man who used an hexagonal wooden Bo nearly two and a half meters long. Since it was

a \_friendly\_ challenge, it wouldn't be to death; it took place in the mansion's gardens. Musashi, using two wooden swords, immediately cornered the samurai against a porch and disarmed him, hitting him on both arms. To the servants' surprise, Mr. Matsudaira asked Musashi to fight against him. When Matsudaira began to adopt a guard position, Musashi hit him heavily on his sword, breaking it in two pieces before he had ended. The lord admitted his defeat and Musashi stayed for some time as his master.

The most famous duel of Musashi took place in 1612, when he was in the city of Ogura, a former province of Buzen, Kyushu. His opponent was Sasaki Kojiro, a young man of about forty, who had developed a strong technical fencing known as Tsubame-gaeshi, inspired by the movement of the flying swallow's tail and creator of the style Ganryu Ryu, what had become his pseudonym, as all referred to him as Ganryu. Such was his fame that this duel remained in history as \_the mourning on the island of Ganryu\_, although in reality the island had another name. Sasaki worked as an instructor of Kenjutsu for the lord of the province, Hosokawa Tadaoki. Musashi asked Hosokawa permission to fight with Sasaki in the office of one of his officers, called Nagaoka Sato Okinaga, who had been a student of Musashi's father. The permission for the duel was granted and should be carried out at eight o'clock the next morning, April 14, 1612. The place would be the small island of Funa Shima, a few miles distant from Ogura (near of what is known nowadays as Shimonoseki). That night Musashi left his accommodation and moved to the house of

an old friend called Kobayashi Taro Zae-mon. This inspired the rumor that he had escaped, scared by the Sasaki's technique. The next day at eight, Musashi continued sleeping because he had drank a lot, and had to be awakened by one of the officers assembled in the island. He got up, drank and washed with water they had brought him, taking his time to have breakfast and went directly to the shore. While Sato rowed to

The true Art of the Sword can not be understood from the narrow limits of the mere handling of the sword \_.

When the ship arrived at the duel, Sasaki and the officials who were waiting couldn't believe it, they were shocked to see the strange appearance of Musashi, with his slovenly hair tied with a towel, the kimono sleeves tied with strips of paper, jumping from the boat with a long wooden row in his hands and rushing through the waves toward the beach, to meet his enemy.

Annoyed by the view, Sasaki pulled his long sword out, a thin blade made by Nagamitsu of Bizen, and threw the scabbard. Seeing this Musashi told him: \_ You have already lost, you have done so because you won't need it anymore\_ (meaning that, throwing his scabbard out meant he accepted his own death), which angered Sasaki even more and made him to launch the first attack. Musashi jumped up and back, probably using a technique known as Kendo like Nuki Waza, and dodging him by little hit him with the row on the head.

When Sasaki fell dead, his sword had cut the towel in the



the island he decided to relax preparing a string of paper he would use as Tasuki (cord or strip of cloth used to tie the wide sleeves of the kimono and prevent them from obstructing or making the movements difficult), then made a wooden sword with the other row.

According to his own writings, he came to understand the art of strategy at the age of fifty years, in 1634. That year he and his adoptive child Iori, an orphan he had found in the province of Dewa in his travels, set-





## Report

tled in Ogura. Never again did he leave the island of Kyushu. The house of Hosokawa had given him the command of a neuralgic site in the province of Higo, Kumamoto Castle, and the new lord of Buzen was Ogasawara. Iori found a job with Ogasawara Tada-zane; as captain of his army he fought against Christians in the uprising of Shimabara of 1638, Musashi was fifty-four. The lords of the southern provinces had always been opposed to the Tokugawa and had been the instigators of scheming with foreign powers and Japanese Christians.

Musashi was a member of the general staff of the army of Ogasawara in Shimabara, where the Christians were massacred. After that, Tokugawa closed the ports in Japan to foreign communications, and would remain so for more than two hundred years.

Musashi wrote \_ Once you understand the Way of strategy there will not be one thing you can not understand \_ and \_ You will see the path in all things \_ . In fact, he became master of arts and skills. He created masterpieces of painting with ink, probably more valued by Japanese than ink paintings by anyone else. His works include cormorants, herons, the sionist G o d Hotei,

dragons, birds, flowers, the bird in a dead tree, Daruma (Bodhidharma), and others.

He was an expert calligrapher, which can be seen in his work \_ Senki \_ (Spirit of War). There is a small wooden sculpture of the Buddhist deity Fudo Myoo in a private collection. A sculpture of Kwannon, recently lost. He made metal works and founded a school for manufacturers of \_ Tsuba \_ (sword guards), where he signed \_ Niten \_ after his name (referring to his school Ni Ten Ichi Ryu). It is said that he wrote poems and songs, but none of these has reached our days. It was also said that he was commissioned by the Shogun Tokugawa Iemitsu to paint the sunrise over the Edo Castle.

Musashi is known by Japanese as \_ Ken-sei \_ , that is, \_ Divine Fencer \_ or \_ Saint of the Sword \_.

Go Rhine No Sho (Book of the five rings, referring to Earth, Water, Fire, Wind and Void, the five elements of the universe of Buddhism), which heads each bibliography of Kendo is the only among martial arts books that talks not only about military strategy or individual combat with sword but about any situation where it is necessary to use the tactic. Japanese businessmen use the \_ Book of the Five Rings \_ as a manual of corporate governance, developing sales campaigns as if they were military operations.

If it works or not simply depends on how well the principles of the Strategy have been understood. \_ At the age of thirty I thought about my past. I understood that all my victories were not exclusively the result of my skills in combat; that perhaps they were only due to my natural ability, or because the wishes of heaven were favourable to me, or that the strategies of other schools were worse than mine. After this conclusion I studied to find the Princi-

ples and only when I was fifty I came to understand the Way of the Warrior.

Since then I have lived without following any school in particular and with the grace of the warrior I practiced many different arts and skills: everything that any teacher could teach me \_.

The book is not a thesis on strategy; in his words \_ it is a guide for men who







want to learn the strategy \_\_. He wrote about the various aspects of Kendo so that everyone can study according to his level. A beginner can learn from the beginner level, as well as an expert can capture subtleties at an expert level. The more we read, the more we find in its pages. It's his last legacy, the key to the path traveled by him. When at thirty he had become an expert fighter, he didn't established himself and founded a school, full of success, but he devoted himself to the study.

In his final days, he disregarded the life of comfort with Hosokawa and lived two years completely alone in a cave in the mountains, immersed in contemplation.

Musashi's life is concerned, I think, with the search of a goal, to set an aim and pursue it beyond setbacks and difficulties. To have convictions and defend them. To gain experience during our learning in life, capitalizing and enhancing the good without forgetting the mistakes, not to make them again.

The mistakes don't exist for a warrior, as long as he is aware of it, since they change into an open door to knowledge.

\_\_ The stories are just events told and written for the convenience of the authors, full of lies and truths. That is how the history we are taught is described \_\_.

### ***Kenjutsu or Kumi-Tachi?***

When we listen to certain Aikido teachers or masters, or even we read many of the works written on the handling of Tachi or Bokken by experts in Aikido, we see that, very often, it is attributed to him on many occasions a handling or use that has little or nothing to do with Aikido and Kumi-Tachi we develop in this beautiful discipline. In most of the writings on this subject, it is usually explained that they are techniques extracted from various Ryu of Kenjutsu, implying that in Aikido there is a big void in this area. What was never learned, will never been explained, taught or transmitted.

Aikido has its own identity in this subject and it doesn't have to rely on other Ryu or schools to fill the void created by the technical lack in that area.

The handling of Tachi or Bokken in Aikido is as simple as doing Aikido with the Bokken. When we work with the saber we understand it as a simple extension of our arms, varying only our Ma-Ai, since the rest of concepts remain unchanged. In other words, we perform with the saber all the aikido techniques that we train in our daily classes in Tachi Waza, as in Suwari Waza, etc.

The technical armory in Kumi-Tachi that

we possess as aikidokas is astonishing, only in Irimi-nage we have twenty different basic variants in Sakate and twenty-two basic variants in Junte.

Those techniques from our armory that we use in our Aiki-ken training, Tachi Dori, etc., will be worked in Kumi Tachi.

The sense that we give to the sword is the same we give to our hands in the training with empty hands. The primary objective is to cut, thus changing a defense into an attack and also an attack into a defense, both are melted in a single concept. This is called Tai No Sen.

Tai No Sen is the moment when the defense and attack happen at the same time. In that way, it is totally impossible for Uke to Dodge it, that is, when defense and attack become one, something very common in Aikido. Ai, union, unification and thus, the violence created by the saber of Uke comes back to the original source, as a fierce wave that hit the coast and returns to its origin out of inertia. Yin and Yan, positive and negative, violence and clemency.

We must take into account the Kiri (Cut) which in turn is transformed into Uchi Waza (Art of hitting with the Saber or any other weapon). When we work with empty hands, the technique is always preceded by a cut, which is performed with the side of our hand, as if it were a saber. This cut is aimed at the joints, wrists or forearms. This will be the goal of our Kiri. Uchidachi attacks and Ukedachi defends himself by cutting his forearms while receiving his attack. Uchidachi is the one who attacks and Ukedachi is the one who defends.

In that way, Uchidachi has the choice of giving in or ritually sacrifice himself to death since the Kiri precedes the final technique that could be any technique from the inherited arsenal of O-Sensei, but always letally performed by our saber, unlike the Ryu of Kenjutsu, we will make our Ma-Ai shorter. Remember that Ai means union. Therefore, our defense is transformed into attack, that ferocious aggressive energy returns to his creative source, disarming Uchidachi and leading him to the final chaos.

As in Tachi-Waza we work against two Uke, in Kumi-Tachi we work with two weapons in our hands, that is, Ni To: \_\_ fight technique with two swords \_\_, Bokken in our right hand and Kodachi or short saber in our left hand. We will learn to take both sabers out at once, both in Junte and in Sakate. We will also develop all the techniques of Aikido with both weapons at the same time, which isn't an easy work, but it is very pleasing and colorful, through which we will develop a wonderful balance in our body.

But Kodachi or short saber has its own use as a unique weapon, similar to the han-

dling of Tambo, with one hand and only with one difference, the Kodachi keeps that sense of Kiri or cut, whereas the Tambo modifies that sense by beating those joints for disarmament. But like the Tachi, the techniques are unalterably the same that were left by Our Founder.

By working in Kumi-Tachi, the student assimilates with greater understanding and effectiveness the several concepts of Kokyu, Ma-Ai, De-Ai, Tai-Sabaki and Te-Sabaki. In conclusion, Kimusubi, the goal of any Aikidoka, the goal of any Budoka.

\_\_ If one thinks that he still must learn, he increases his grace; if he thinks he is a wise, he becomes a fool \_\_.

Logau

### ***Unsheathing technique (Nukisuke)***

Whatever the technique used to perform Nukisuke with our Katana or with both weapons at once, performing Nito technique, we will have to have the following norm, since if we don't accomplish the proper technique, it will be merely a theatre act. When unsheathing, we must never exceed with our hands the height of the top of our Hara, because otherwise we will be completely uncovered and at the mercy of our adversary, without forgetting that the the longer the distance the longer the reaction time and the execution in the technique.

Nukisuke technique is performed by opening our hip and chest, and not making our arms longer. Practicing to unsheathe with a Jo from our belt or Obi will be a perfect exercise to get a good technique with great speed in Nukisuke.

The saber must be understood as a pen with which we have to draw in the space delicate continuous strokes, without breaks, changing the technique into a single movement, as if it were a signature; a beginning and an end, changing defense and attack into the same concept (Taino-Sen). If our initial technique is based on defense, we will be victims of our ineffectiveness; if our defense is an attack, we will have the victory.

\_\_ Everything that begins has an end. So reads the implacable mandato of the Natural Law. This is a real inconvenient truth, but also an insurmountable premise! \_\_

***Alfredo Tucci***





# Helio Gracie

## Father of modern Jiu Jitsu

Text: Olivier Rousset

Photos: Budo International & Olivier Rousset

**He is without doubt a unique figure in the world of Martial Arts. He observes us - near a century- with his tender and firm look. A genius, politically incorrect, father of a big family and patriarch of a bigger one, the Jiu Jitsu family, Helio is still the character and the referent of the revolution in modern Jiu Jitsu. The Great Master came to Europe for the first time (believe it or not!) to attend the opening of**

**the center Gracie in Barcelona, run by his son Robin Gracie.**

**The author of this text, Olivier Rousset, is an enthusiast of Martial Arts and, of course, of Gracie Jiu Jitsu, and it was thanks to him that Robin established in Barcelona, some years ago. Olivier allows us to know the man, the Martial artist and the character with respect, love and curiosity, in this excellent article.**

### *The Meeting With A Legend*

Today is not a normal Saturday. The man who was the origin of a real revolution bare hands in Martial Arts in the twentieth century, Helio Gracie, has come for the first time to Europe, after near a century of life (he is 95), and we have an appointment with him!

The Brazilian great master has travelled to Spain for the opening of the new "big academy" of his son Robin in Barcelona, to give a two-day seminar. He is now having a rest with his large family in the great house owned by Royce (another of his sons) in the seaside, Calafell (70 km. South from Barcelona). Robin has invited me, together with a common friend, Taras, one of the best students in the Academy, to meet his father, to thank us for our help creating the old and the new academy Gracie in Barcelona.

We leave Barcelona following Robin's

car, where his wife Jovana and his two daughters, 8 and 6, Kloe and Klair, are also travelling. When we reach Calafell, the whole family is in the local tennis club swimming-pool, sunbathing. We approach them, greeting Robin's mother, Vera, firstly, and then Royce, whom we have met in his last seminar in Barcelona. I seize the opportunity to congratulate him for winning his revenge against Sakuraba two weeks before. Finally, Helio comes closer to us, he is wearing very fashionable sun glasses and, despite of his being very white-skinned, he is more tanned than a Brazilian coffee bean. He shakes hands with us, delighting us with a big smile showing his twenty-year-old white teeth. Before sitting to talk, Helio kindly invites us to take some pictures with him. We also take some pictures with his wife and with Robin. I was surprised by how tenderly he holds his wife's hand to take pictures with her. ¡He is like a 20-year-

old lover!

After ordering for some water, we sit at a table to chat. Robin starts telling his father how we have been helpful to him and to the academy. Helio kindly thanks us and we answer that it was us who were grateful for everything we had learnt from them in the fighting art. Referring to Robin, Helio comments that having come across people ready to help him was not a coincidence, since he is fully convinced that people who really deserve it always find help everywhere. Expressing our agreement with him, I add that the opposite case is also true, quoting the Spanish saying: "A todo cerdo le llega su San Martín" (Everyone gets their just deserts sooner or later). After Robin has made some explanations about the meaning of "San Martín", Helio laughs at the saying. He clearly doesn't like villains!

Afterwards, Helio tells us about the ideal of life he has always put in practice





# In Europe for the first time

Report



since he reached adulthood: "Never do anything bad, neither to oneself nor to the others, nor to the environment".

I personally think that Helios' feelings are like his fighting techniques: surprisingly effective, due to their simplicity. Helios's words, which can be expressed in a line and which are understandable by everybody, could replace all philosophic and religious books, often so complicated.

Helio goes on saying that during the last 75 years he hasn't done anything, or drank or eaten anything unhealthy (we don't really know the reason, but as he is telling it we are strangely persuaded that he has done it). We ask him some explanations about the Gracie diet and he tells us that it was his older brother, Carlos, who studied dietetics, who created the Gracie diet, tested by him (Helio), who could test quickly its advantages in energy, welfare and health. Since then, he hasn't stopped doing it even once. Helio clarifies the most important rules of the Gracie diet: leave a gap of 4 hours between meals. No meat, no poultry, no milk; a lot of fruits and vegetables, some cereals and legumes, not more than one kind of cereal or legume in each meal (no mixing), some eggs, some cheese, fish. Helio specifies that he wouldn't eat fish if he had to fish it himself. His total respect for nature prevents him from doing it. Robin had already told me that in his property in Petrópolis, near Rio de Janeiro his father has a lake with fish which come to eat from his hand. Finally, Helio recommends periodically a total fasting day, without eating or drinking, to clean the body, and he concludes by saying "You are what you eat". I answer that almost everybody knows it but almost nobody has the willpower to do it as it should be done (including me, of course).

Changing the topic, Taras asks Helio if he has ever fought in the street. Helio answers categorically that he has "never" done it, despite the many occasions he has had, since his physical of "frango" (chicken) encouraged some people to try to fight with him (if you know Brazil, you won't be surprised!). However, Helio says that every time this happened to him, just the way of dealing with the opponent, his self-confident attitude (of course!), the pitch and his speaking forcefully, made the enemy switch on the alarm (the fear). It couldn't be possible that such a skinny man was so self-confident! Something had to be hidden for sure, something really bad. I tell Helio that everybody fears the unknown and Helio answers insisting that it was psychological pressure, because there was nothing in his physical aspect which could impress the other one.

I tell Helio that, except for his eagle look, many could be frightened! (Helio had taken his glasses off to take pictures with us). Helio laughs and concludes: Who starts to speak with me doesn't fight...

Taras, zapping again, asks Helio if he has personally met Conde Koma. Helio explains that it was Carlos, his older brother, who met him, since he took lessons with the famous Japanese, but Helio precises that what Koma taught was Judo, rather than Jiu Jitsu. Besides, the techniques demanded a lot of strenght and



**Left column: Helio with his son Robin, in different moving moments during the opening.**

**Right column: Helio during the seminar he taught. His technical discoveries are still surprising, those little tricks which so often make the difference in Jiu Jitsu.**







# Helio Gracie

they didn't work with someone who wasn't very strong. He had to spend hours and hours in the mat, trying and changing every move, to find a formula to totally replace the strength factor with the technique. A good example is the technique shown by Helio in the seminar given a week before in the new Academy in Barcelona. It is one of the most basic techniques, learnt in the first Jiu Jitsu lessons, the American lock from the mounted position. Helio "gives" his arm, already set in "L", to an advanced student, challenging him to perform the lock. What happened then shocked everybody. Helio stayed completely still on the mat, without doing anything at all to defend himself, at least apparently, and the student tried to put his arm under Helio's arm, to perform the lock. The participants laughed. Later, Helio explained that what he did to defend himself was something so simple that any of the people who were there, advanced students, some national and European champions or even Robin had thought of.

Pressing the arm against the mat instead of making pressure over it or against the opponent's arm, as everybody does, under the risk of leaving enough room for the opponent to perform the lock and finish. That is Helio Gracie's Jiu Jitsu: the simpler, the more effective!

Inspired by the souvenir of this technique and many others like it, I tell Helio that, apart from having created extraordinarily efficient techniques against stronger opponents, from my point of view, the best feature about his Jiu Jitsu is the absolutely simple techniques, that can be learnt very quickly and are so effective in real fight. As an example, we tell Helio that both Taras and myself, like many other colleagues, can beat after a few lessons several Judo or Japanese Jiu Jitsu black belts in free fight (Grappling without rules). Maybe we don't have to deal with the best ones but, anyway, this experience, done by beginners, doesn't have an equivalent in the world; no other type of combat allows you, after some hours of learning, to win an opponent with a similar style who has been practicing for years. Personally, I think that the strongest quality of Helio's Jiu Jitsu, the effectiveness in its simplicity, is also its biggest weakness in fights without rules, "everything is acceptable", since it is easy for anybody to learn enough to neutralize part of the Jiu Jitsu game. That is why, in the "bare hand" fighting technique history, Helio's Gracie Jiu Jitsu has made a hit. Since Helio, his sons and his large family (or should we say "clan", being a

Scottish grandson?) has shown and taught their techniques all over the world, there is nobody who intends to be a complete fighter or to fight in "everything is acceptable" fights, who can do without learning Helio's Jiu Jitsu (even if, as with every masterpiece, many copies appear, being the best the ones that have just changed the name without touching the work itself!).

I tell Helio my conviction that for the reasons indicated above he has earned immortality and he will enter in history modestly, Helio answers: "Not me, but I believe that my Jiu Jitsu will do". I respectfully reply that he is the father of modern Jiu Jitsu and his name will stay in the history of combat arts, as the name of Jigoro Kano remained as the father of Judo. At this moment a blond little boy passes next to our table and I am surprised as Helio diverts his attention to try to attract the child's attention with a "hello!" and a smile.

At this point in our conversation, Robin asks his father if he accepts to answer a few questions for an interview for the magazine "Black Belt". Helio kindly replies affirmatively, despite the fact that it has been at least one hour since we are alternating with Taras hounding him.

**Olivier, for Black Belt: Do you think that Robin has fulfilled its mission of spreading the Jiu-Jitsu?**

Helio Gracie (Robin translated): I think Robin is an excellent representative of Jiu Jitsu, his new academy is very good and offers a great opportunity to learn for the people of Barcelona and its region.

**C.N.: What do you think about the evolution of "Vale Tudo" from the beginning?**

H.G.: I do not agree with the rules that have been invented: time limit, gloves, to make the fighters stand up when they have been for long on the floor. All are disadvantageous for the Jiu Jitsu fighters. The "Vale Tudo" doesn't have to have rules, like a "briga de rua" (street fight). Or anything goes or it is not "Vale Tudo".

**C.N.: What do you think about the evolution of society with problems such as crime, drugs, etc.?**

H.G.: This is the laws' fault, they are too soft, if there is no proper punishment and criminals or drug traffickers are in the streets in a twinkling of an eye, crime and drug trafficking are the results. We need laws which are commensurate with the offenses committed.

To illustrate the inadequacy of the

laws, Helio said as an example that if he kills someone and six months later he is released, he will kill many more! Taras objects that he doubts about it, with someone who earlier confessed that he was unable to kill a fish!

**C.N.: What about terrorism?**

H.G.: These people have a wrong mentality. Unfortunately, there is no other choice but to eliminate them, locking them up or killing them.

**C.N.: What do you think about the marriage between homosexuals?**

Helio looks at me, puzzled. I feel embarrassed for a moment. He must be asking himself if I am pulling his leg! Robin must take part quickly to explain to his father that in Spain weddings are held between two persons of the same sex.

It seems that we altogether have succeeded to frighten the life out of Helio Gracie!!! When he assimilates "the information", Helio quickly replies:

H.G.: Firstly I would close the City Hall and then I would send the mayor who has celebrated the marriage to jail and I would put each of the homosexuals in a different prison.

**Taras, Black Belt: At the end of your life do you feel happy when you look back?**

H.G.: I am very happy. First for myself because I have never done anything wrong, but also because of the projection that the Jiu-Jitsu gives to all its practitioners: a great self-confidence, calm and serenity. In short, a balance that prevents them from getting into trouble.

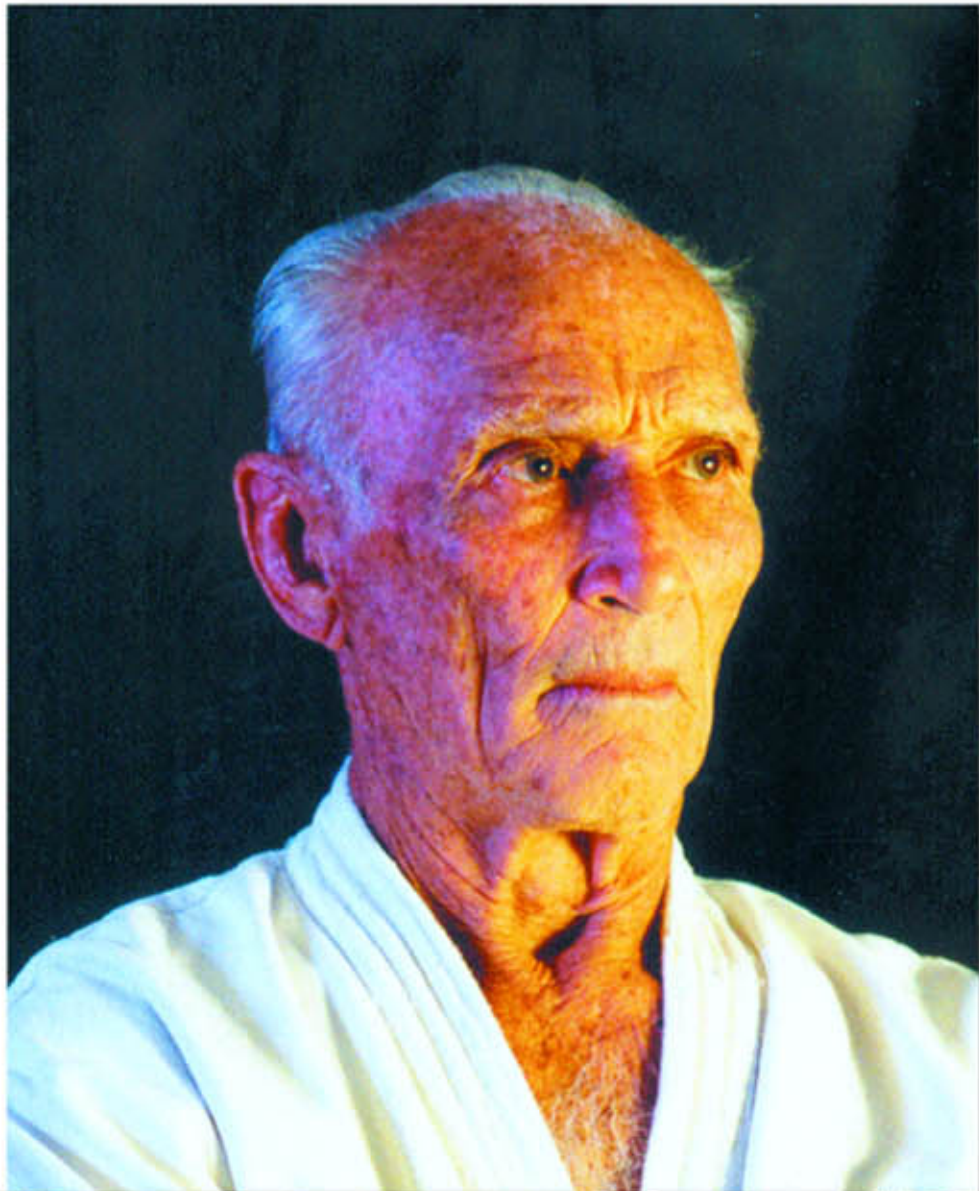
**C.N.: Who has made the rules of the sportive Jiu-Jitsu?**

H.G.: The federations have done them to earn money. My Jiu Jitsu has no rules. It's a Jiu-Jitsu made for terminations, not for positions!

At this time Royce approaches politely asking if we will be long to finish the interview (the whole family wants to go to have an ice-cream in Calafell). We reply that we have just ended. Robin asks his father one minute to sign on our belts: a purple one for Taras and a black one for me (Robin's own belt). Robin explains Helio that I am still brown, but it will be for when I will achieve the black one. Helio accepts very kindly, making two more people happy.

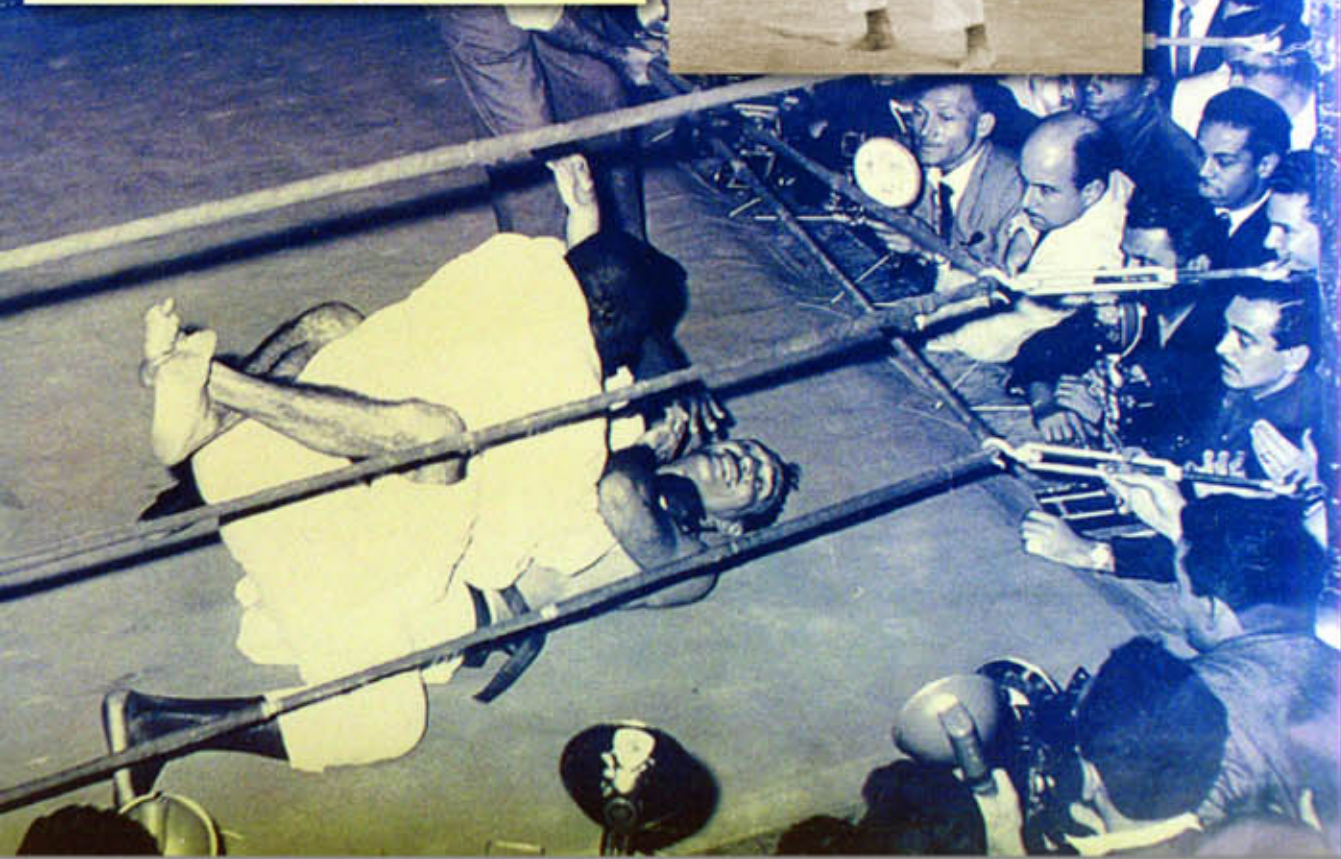
We are very thankful and we say goodbye to Helio and his family. We offer Helio some European gastronomic products: (Taras' gifts are Russian and Ukrainian and mine, Spanish, French





and Italian). We wish "good health" to our great master and, given his exceptional physical and mental youth, we firmly hope to have it still with us many more years.

On the way to Barcelona and the following days, I can't stop thinking very often about our meeting with Helio. Gradually, I take a greater awareness of the unique personality that we have had the opportunity to meet, "an extreme man" who has used his almost inhumane qualities -discipline, determination, courage and moral rigor- to serve extremely human values: "NEVER DO ANYTHING BAD, NEITHER TO ONESELF NOR TO THE OTHERS OR TO THE ENVIROMENT", what reveals his entire humanity, his way of being with the others, when those values are not threatened. Then I recall the story of the disciple who asks his master: "Master, what is the goal of a man? The old master meditates the question and answers: "TO BE A MAN". With his example, HELIO GRACIE teaches us the way to achieve it.





# MUAY THAI

## THE KING OF ALL ARTS



**RS-0085** • Master Sken is one of the most famous exponents of Muay Thai in the world, he is the chief instructor of the Sitnang International Muay Thai Association. His over 30 years of experience are shown to you in this video/DVD including warming up, stretching, endurance, balance, distancing, clinching, stances and so much more, are all in this one tape. There is a special bonus section on how to use the bags, pads, speed ball, focus gloves, gloves and headgear.



**RS-0086** • This is the second in the series by the legendary Master Sken who teaches his art of Muay Thai. In this video/DVD he teaches the eight weapons of hands, elbows, knees, and feet. He first teaches the attacks and then he teaches the defensive techniques that go with them. The highly detailed demonstrations are clear and concise and the professional presentation in both slow and regular speeds make this tape/DVD an absolute must for those who study Thailand's national sport and art.



**M-0004** • This video will teach you all the basic and advanced techniques of Muay Thai Kick boxing. You will see three wild and exciting matches that demonstrate the brutality of Muay Thai in its most savage and violent way but with all the decorum and spirit that Muay Thai has become famous for. You will also see an exciting demonstration of Muay Thai, and finally you will be taken behind the scenes to a real Muay Thai Kick boxing camp on a military base in Bangkok to see how these Martial Artists tone their bodies through different exercises and training drills.



**M-0093** • A terrific new DVD from Thailand is one of the best we have ever seen on the art of Kings. This DVD will show you the 9 weapons of Muay Thai plus all the history and as well the swords of Muay Thai an art form slowly being lost. One hour in length this DVD is a wonderful contribution to the art form of Muay Thai. You will learn the Respect Teacher Ceremony plus lots more including the Tiger, horse and lion steps. The master talks about the offensive and defensive strategies plus lots more.



**M-0094** • Part #2 of this series called the nine weapons of Muay Thai and is an excellent DVD. In this DVD you will learn the relationship between the nine weapons as well as how to exactly and precisely perform all the kicks and hand techniques of Muay Thai including the Crocodile kick. You will also learn how to perform the various forms or sets of Muay Thai as well all the ancient training techniques used to make Muay Thai fighters into not just ring fighters but warriors as well.



**\$29.95**  
USD  
EACH

**\$5 Shipping**  
**Per DVD**  
**Anywhere In**  
**The World!**

**RS-0059** • Saekson Janjira won over 200 fights lost 4 in Muay Thai. Learn all the mechanics for the basic including punches, shifting and elbows plus lots more. After watching this tape you will totally understand why these are the absolute best tapes ever produced on Muay Thai Kickboxing. Saekson Janjira is a man of respect and yet one of the arts most unprecedented fighters. He is a legend in Bangkok and now you can have him as your own personal trainer. He speaks in clear english so that all can understand and discover the secrets of Muay Thai Kickboxing that have never been released to the rest of the world.



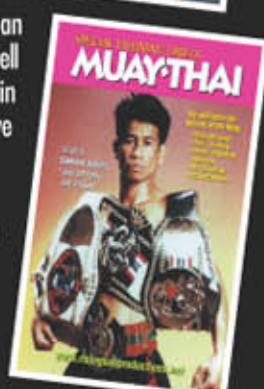
**RS-0060** • Saekson is the best of the best. We say this without reservation and those of you who watch this will see why. Absolutely terrific. In this tape Saekson teaches you up close and personal more of the basics of Muay Thai including how to do those awesome kicks of Muay Thai, and as well the knee techniques, and all kinds of blocking methods against punches and kicks. He also shows several great little drills on kicks that will help you attain perfect kicks that when they hit its like a bomb going off.



**RS-0061** • This DVD has more on blocking plus tons of drills that can be used in any martial art. You will learn the right way to use traditional pads as well as innovative and new pad drills that he has created himself. He also shows how and why to use paper for kicking and punching. This tape is an absolute must for trainers and fighters as well as those who want to learn how they really train in Bangkok in those Muay Thai camps we have all heard about.



**RS-0071** • Featuring Master Saekson Janjira. You will be so happy when you get this one and you will learn so much from Saekson who is a master of masters.



**This offer is only available for orders placed on-line or by phone.**

**www.risingsunproductions.net**  
**001-818-891-1133**

**Rising Sun**  
productions  
HOLLYWOOD, CA





REF.: • DVD/AKIS8



## NEW FOR THIS MONTH!!!

In this excellent DVD, Master Isidro approaches the Nito-Ichi, the school of two swords, collecting some very old techniques and combining Aikido, laido, even Kenjutsu, in other words, pure Bushido. The aim is to instruct for combat, using effectively the Katana and the Wakizashi, whose variants in wood for training are the Bokken and Kodachi. The DVD starts with the performance of kata Ni-To Ichi, and then it shows the technique arsenal in Kumi-Tachi and the basic technique Ni-To Kihon. It finishes with Katas with Kama, Nunchaku, Sai, Katana, and Jo.

**PRICE: \$39,95 PLUS S&H**

REF.: • DVD/AIZIK3



Angesichts von Messerangriffen, wenn  
When facing knife attacks, if for some reason you cannot escape, you will have to fight. In this DVD, Moni Aizik, founder of Commando Krav Maga - the reality-based system having grown more quickly nowadays and which already exists in around twenty countries- teaches how to do it, using makeshift weapons or empty hands. We will observe the most serious mistakes made when trying to disarm the adversary, as for example facing the most common lethal attacks, threat situations, what to do when we get cut, training exercises to improve our strategies and the golden rules of Commando Krav Maga system.



REF.: • DVD/YU2

DMaster Chen Sheng-Yu analyzes in this DVD the 64-movement Er-Lu Pao-Chui form, also known as \_cannon\_ form, the most technical, practical and efficient exercise of martial application in Chen Style. Pao-Chiu is only taught when the student has a very advanced 1st Yi-Lu form. It is performed with small circles in a quick and explosive way. It is easy to learn but difficult to perform, however, once the necessary precision is acquired, it can quickly increase the martial strenght of the student and help us explore the paths of Nei-Jing (internal energy).

### Orders:

e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)







## Finding The Right Student: Why Kapap Academy is Only Open To The Right Students

The first article we wrote for Budo magazine was about finding the right teacher and tracking the "WAY". As described in that article, training with the wrong teacher is not called training at all; it is better to wait 15 years to train with the right teacher than studying with the wrong one now. I learned this from a great swordsmanship teacher, Kubo Akira sensei, and a great BJJ teacher, Professor John Machado, proved the same principle to me.

That being said, decades of teaching allow me to ask the other important question to you: **What is the right student?**

Today we are facing "fast food" martial arts schools. Kids the age of 7 hold black belts. There are so many "experts" on the market who have only 2 years of training. The martial arts market is teeming with people making money off of people receiving their black belts quickly. There seems to be more business-oriented people than true martial arts teachers and students. It also seems that students don't want to (or don't know HOW to) act as students anymore. A large part of the problem is there are not many real teachers out there who know how to mold students into being students first. Many in teaching roles today simply view "students" as customers with the "teachers" "rubber stamping" certificates in exchange for cash. So many of them are willing to sell you the new "package", or "kit from A to Z - buy today and be a Black Belt tomorrow". We see "experts" in virtually any field you can name, and some are made up. The "grand master" says take this class today and run your own program tomorrow...

It's shocking how many people we have met in the last 5 years, who have taken a course "yesterday", which was their first time training with firearms or self-defense, and now we see them popping up with DVDs and full marketing systems for Israeli shooting, ground fighting systems, and whatever they can think of.

They seem to be marketing guys who want to make money off of unsuspecting students who don't have the knowledge or

background to ask about the legitimacy of what is presented. It's DANGEROUS. These "students" who then become "teachers" seem to be of the nature that they don't want to think and find the answers themselves, but are ready to buy the package kit with cool t-shirts, coffee cups, DVD experts, certificates, and car stickers so everyone can see how "amazing" they are and they can get more unsuspecting "customers/students".

Believe it or not we fully appreciate the logic behind the idea that the student needs the teacher and the teacher needs the student. Without the two meeting, it is hard to get a school running and for it to become a place to study, as it should be. The reality is teachers do need to pay rent and feed their families, and the students need to be able to go to a place to obtain knowledge. Unfortunately, sometimes truly great teachers have to limit the number of students because they are unable to manage a school due to a lack of management skills. Likewise, we see a "grand master" in the market with mostly yellow-belt students running very successful chains of "McDojo's" even though he has virtually no martial arts skills...but he does have decent business skills. Is the student really learning anything of value though or is it just a workout? In our opinion there is a need for legitimately good teachers with business sense enough to succeed in the market.

5 years ago I was shown a DVD made by some Israeli martial arts "experts". The DVD contained the following (paraphrasing): **"This is not traditional martial arts...this is no-nonsense martial arts"**. When I saw this, I wondered, **"who are those people who can make such claims, and how good are they really to think that traditional martial arts are nonsense"**. This is what opened my door to the civilian market for first time.

I did some exploring and was shocked because, of those "experts" and "instructors" from those systems and organizations that I encountered, none of them even knew how to correctly throw, choke, kick, punch or many other basic martial arts moves. They kept talking about "keeping it simple" but none could get out from any hold or perform basic self-defense. Yet, they were marketing to students that they "KNOW" all

about how to "drink tea with full cup", all the while "tapping on their ego" (as we say).

**If they fall from their Ego its like falling from a high building.**

They are "grand masters" only because of business associations. In a good martial arts school they would never cross the level of yellow belt. Such missed knowledge could only lead to the kind of saying on that DVD...and also to me watching as the "grand master" showed gun disarming with many mistakes, making sure to point the gun at all times to his stomach so his fat abs will stop the shot...

Kapap Academy, as described in a previous article, decided to perform the Gideon Test with our students. We have been providing Kapap Level 1 Instructor Certification courses and carefully examining what the students do once they get their course certificates. How do they act, what do they tell people, what do they choose to do with the knowledge, what do they represent to the public? After 5 years of teaching, we have only a handful of official instructors we consider to have passed the Gideon Test and who have received their official teaching license and certificate from us. There are many who show their Level 1 Certificates (which only means they have completed the course), claiming they can teach Kapap, but they have failed the Gideon Test because they have not taken the steps to become officially licensed Kapap Instructors. They are not plugged into our system and do not have access to our full knowledge. We are not in the "McDojo" business, and we want the reader to know that when they learn from a Licensed Kapap Instructor, it is someone we have personally approved to share our knowledge of Kapap with - people whom we believe we can trust to truly teach true students. These are people we also consider our true students and who can then impart our knowledge to their students. They will continue to learn and advance as our students (and thereby advance their own students) as long as they are willing and able to. They are not people who are solely motivated by money, and they have skill. If you see anyone marke-

**Dress Code: Again with gun disarming and gun retention start with the dress code ! as seen this holster has a botton that if its not get pushed it will not get you the gun and that how you start your gun retentin ! Dress code its the basic in martial arts that why new student is white belt he adupt the dress code ! when he can tie the belt and it will not fall off he is black belt...**







ting ANY level of Kapap instruction who cannot ALSO show you a teaching certificate, and who ALSO does not appear on our web site as confirmed by us as certified instructor, then he or she is NOT a licensed Kapap Instructor and you should be wary.

So you know, part of the Gideon test was essentially to meditate on the Sounds of Silence...

Four monks decided to meditate silently without speaking for two weeks. By nightfall on the first day, the candle began to flicker and then went out.

The first monk said, "Oh, no! The candle is out."

The second monk said, "Aren't we not suppose to talk?"

The third monk said, "Why must you two break the silence?"

The fourth monk laughed and said, "Ha! I'm the only one who didn't speak."

Believe it or not, we have seen in this market a grand master that passed a way years ago who is somehow still signing Israeli martial arts certificates. We want you to know we are alive and here to answer if our students are qualified or not, so please ask us, and don't believe everything you see out there. It's easy to hide behind a dead teacher and claim you were his best student; it is hard to do that with us because we are alive to hold our students accountable. Many love legends about dead teachers and don't want to deal with living teachers.

So, what is the right kind of student? It could be the one that really wants to study with you, but in this market, does the student really want to study under you or just want to buy his certificate (the faster the better)? You must ask yourself this question.

We generally teach our students and instructors to be open minded about many martial arts systems. Sometimes, however, I tell my students "no, you can't study some systems because what we do correctly is incorrectly taught in other systems, so how can you teach in one class the correct move, and then teach in another class a different system that has the wrong move?" It can be done if the systems do not counter one another, but otherwise it is completely illogical.

### ***This reminds me of a Zen story about Chasing Two Rabbits...***

A martial arts student approached his teacher with a question.

"I'd like to improve my knowledge of the martial arts. In addition to learning from you, I'd like to study with another teacher in order to learn another style. What do you think of this idea?"

"The hunter who chases two rabbits," answered the master, "catches neither one."

We have been asked many times how long it takes to become a Kapap black belt. In some schools all students seem so good it takes only a one-year and a Chase credit card. In other school you can pay only with time, sweat, tears, blood, and hard work. Which one would you chose to teach in or learn from? Some go happily to the bank with the money from their sucker students. Others teach with a budo philosophy, which is how in Kapap, we choose



to teach.

Sometimes, the student asks how long for black belt, and we say it takes 10 years. If he keeps asking, "what if I train real hard and do not sleep?" - the answer will be, 20 years.

Every teacher will choose the students he wishes to teach. That also means the old saying "stupid teacher needs stupid students" proves true. But some think it is smart because it serves all purposes - the student wants the belt and the teacher gets the income. Unfortunately, the reality is the teacher gets rich and the student is rich with a belt but poor in useful knowledge.

If you don't accept your teacher as teacher, but rather you think about him as store that supplies certificates and belts to you, then you are the wrong student for Kapap... There are many rich "teachers" that will be more than happy to get you to be their best student, best bodyguard, best champion, best "expert level instructor", etc, as you pay your way to the top. The reality is bad students eventually later become bad teachers. That's the main problem we see in the market today. There are too many teachers who should still be students of good teachers.

Sometimes I dream that all will get back to the old way, but then I wake up and ask "do I dare to dream that?". So I will end with a nice story about dreaming...

The great Taoist master Chuang Tzu once dreamt that he was a butterfly fluttering here and there. In the dream he had no awareness of his individuality as a person. He was only a butterfly. Suddenly, he awoke and found himself laying there, a person once again.

But then he thought to himself,

"Was I before a man who dreamt about being a butterfly, or am I now a butterfly who dreams about being a man?" Please visit [www.kapapacademy.com](http://www.kapapacademy.com) to purchase our new DVDs set which demonstrates common mistakes in the Israeli Martial arts.



As we mention whom is the "Right student" the one that ready to pay or the one that ready to study? the one the ready to pay and cant study or the one that ready to study but cant pay or the one that can study and pay too or you have better combinations? I don't lie to my students that's why i don't allow them to lie me and the right student is the honest student you can teach techniques but not build heart. The training start with the "DRESS CODE" as the student start as student white belt and not already buy his black belt been student mean ready to take more study no matter how much you know that's why clean Gi and even if you are black belt take your Ego and be ready to study as white belt. the dress code lead to better understanding in martial art as many time as before

you run to study or teach knife fighting can you dress the knife right? before you touch fire arms do you know SAFETY? Before you train self defense do you understand it do you understand that running is the best self defense? do you understand that if the guy has a gun and he ask your money your best defense is to give the money and not be macho ego and try to become hero? you start self defense Only as your life are on risk! dress code you dress the knife so once you pull it out its can cut with economic of motion and if the guy that you aim with the knife try to stop you he will get the cut part and if he pull the knife a way from you and you try to retain it you will be in the area that cant cut so the dress code is very important once you studding martial art and be a good student!

# Major Avi Nardia





Report



Text: Iain Kelly

photos: © www.budointernational.com

# MIKUNI AIZUKI COMMANDO KRAV MAGA





# THE SILENT KILLER: SURVIVING THE EDGED WEAPON



## *The Sharpened Flint Stones*

It's extremely likely that one of the first things early man did after sharpening that very first flint, stick or rock was to use it to stab one of his fellow hairy human beings. It's what we do isn't it, always have done and always will. After the rock the sharpened edge is one of the oldest ways of inflicting physical damage. Probably invented for another purpose, we were, and remain still, quick to use technology to swing a fight in our direction.

So why is this millennia old technology still so popular? After all, modern international warfare has utilised a technological progression of bows, guns, cannons, bombs, missiles, drones and satellites to provide maximum distance from the enemy whilst still inflicting damage, a much more abstract and less personal way to kill for sure. On the ground the order to "fix bayonets" has to this day rattled the nerve of the foot soldier and most would prefer to pull a trigger or button than push forward the cold steel.

Well that's ok if you have the funding or the field but back on the street the sharpened edge is, quite simply, the weapon of choice. Official statistics, though often unreliable when appertaining to reported crime, tell a terrible tale when it comes to edged weapon attacks, victims, injuries and fatalities. Here are some facts and figures worth considering:

- o In the UK, edged weapons are the most common murder weapon (7 in 20)
- o In Victoria, Canada, there has been an increase of 35% in calls to the Police concerning an edged weapon.
- o The majority of "street people" worldwide carry edged weapons be it legal or illegal.
- o FBI stats show that 30% of stabbings are fatal, compared with 10% of shootings.
- o Since 1980 knife carrying in North America has increased by 92%.
- o Even short blades can penetrate the abdomen; 3cm allows penetration of the ribs and 4cm the heart.
- o Due to the small surface area of a knife, the amount of force per unit area is TONS per square inch.

## *Knife work if you can get it.*

On the urban battlefield the edged weapon reigns supreme. The reasons for this are varied and perhaps obvious: availability, cost, user friendliness, reliability, ease of concealment, ambiguity of use and many others.

First up, availability. Hands up who can't get their hands on a knife? Exactly. And, incidentally, that is why knife amnesties, such as the one carried out recently in the UK, are meaningless lip service. Great, a few machetes and Boar War swords photographed by the media and then crushed, I guess we can all sleep easy now right? Ok so now you've got one. Do you need to train to use it? No. Move your arm about in close

proximity to someone and you are going to cause a world of hurt. Does a knife ever jam, or run out of ammo? Nope, just keeps on cuttin'. Difficult to secrete about the person? Not unless you are naked! Very easy to hide, after all it may be a credit card with a sharpened edge. And if you get stopped by the Police? Well ok questions may be asked but these sharp suckers have so many purposes in life that it's pretty damn hard to prove ill intent. Given all these factors you can see the sense in it, well maybe not the sense, but certainly the attraction. So who's carrying them? Well, quite a substantial number of citizens actually. In the UK last year it is believed that over 300,000 pupils attended school carrying an edged weapon. Wherever you live you are probably not far from someone carrying a concealed blade. So, have a quick glance around, then read on....

Knives have always been popular with the young and have always played a part in youth culture. Even Jimmy Dean had to face a blade. As rebellious as smoking, and with the same cool cache, young men have pulled knives on each other for ever, probably not always to kill, but when playing with fire, burns cannot be completely ruled out. Within youth culture a different set of values, placing more credence on violence, condones the possession and use of the blade. In the UK the ritual of carrying a "Shank" and indeed of "Shanking" a rival is seen as a passage of rights and crucial to a higher place in the pecking order.

Regardless of your gang affiliations the reasons why you may face a blade are as varied as the hands holding them. What matters much more, at the time of confrontation, is not why this is happening, but how to survive it. Will you walk away from this or will you be injured, scarred, maimed or killed (knives rarely bruise or chafe)?

Well, unless you've looked into it beforehand you are on course to make several grave errors which may well lead to some blood letting (yours). But as with everything you must be careful where you look for answers, in this business there are plenty of sheep in wolves clothing, people selling cures that will kill you. Despite the many people who teach and train in this field of expertise there are very few people who take a realistic and pragmatic approach to knife defence. You will shortly read about Moni Aizik, one of the few who does. But first look at this research regarding other existing edged weapon defence programmes:

- o Most assume that the defender knows that the attacker possess a knife.
- o Most techniques are too complicated to recall under stress.
- o Most ignore the attackers other limbs that will be used if not neutralized.
- o Most techniques are designed for use against static attacks (they never are).
- o Most are only efficient in the dojo or controlled environment.

One benefit of the grotesque and macabre

popular obsession with CCTV surveillance footage is to learn from someone else's misfortune. The recent footage of a young man successfully blocking repeated overhead knife attacks only to be stabbed in the back by the attacker's accomplice is shocking but useful. He had a damn good go at defending himself but he committed a cardinal sin. He deferred the attack and stayed put, and for that he paid the ultimate price. And remember that most folk never even see the knife that bites them. A huge percentage of victims are unaware that they have been cut until soon afterwards. They don't expect it, they don't see it, they freeze, and they quite simply do not know what to do. That's because they have never met Moni Aizik, founder and chief instructor of the worlds fastest growing reality based fighting system: Commando Krav Maga. If they had, then they'd stand a chance, a fighting chance.

## *Commando Krav Maga*

CKM is a devastating reality based self defence system. Since this highly evolved, tuned and honed system hit the civilian market people have flocked to it in their thousands. Previously reserved for elite military Special Forces and law enforcement agencies this devastating methodology is now available to all. So what does CKM have to offer, you may well be asking? In brief, a hugely progressive system based on intuitive and uncomplicated gross motor movements all easily recalled under extreme stress. Put less simply Commando Krav Maga represents decades of training, study and field work. From biomechanical research to the battlefields of the Middle East to thousands of hours of drilling. All went into the pot to make CKM. And the man with his hand on the spoon? Moni Aizik.

## *A Man on a Mission*

As time goes on Moni Aizik needs less and less introduction. This probably suits him fine as he doesn't care for introductions or fanfares. What he does care about is Commando Krav Maga, passionately. He is currently spreading the system which he first developed in 1973 for the Israeli Special Forces across the globe. With instructors in seventeen countries to date, and more lined up, CKM is truly a global force. Leading by example and from the front, Moni lives and breathes CKM. Commando Krav Maga is not simply a series of moves. It is a philosophy, an approach, a reaction. It fortifies the mind and body against all hurdles. Moni has fused a lifetime of achievement on and off the mat, competition and military experience, to create a system suitable for all regardless of size, strength or ability. Already a national Judo champion many times over prior to entering the army, it was when tasked to revamp the military close quarter combat system that Moni was







able to mould his competitive training, and front line combat experience in the Golan Heights whilst serving with the Sayaret, into the genesis of Commando Krav Maga. Nearly thirty five years later he continues to modify and improve his system. Here is a man clearly worth listening to. So let's see what he has to say about our knife problem:

All Commando Krav Maga responses exhibit the same front end: Avoid and escape. If at all possible conflict is circumvented every time. In CKM, if time permits and if running is not an option, the words "I don't want to fight" coupled with a passive stance are the openers (anyone who takes their ego with them into a self defence situation is seriously narrowing their chances of survival). Yet whilst seeking peace, preparation for war is underway. Next is a brief fling with negativity: expect the worse. Assume this guy has a knife. Assume he is trained and expect the unexpected. Take nothing for granted. Then ditch the neg head and set your sights on survival, at any cost. Before tackling the weapon up close, however, it is always best to quickly assume "lion tamer" mode and pick up a chair, broom or other makeshift device. You've got to keep this guy away from you, get it? Up close and personal is our last choice.

## Going Commando

The "Commando" in CKM is not a licence to forgo underclothing, it is a fighting principle paramount to the system. In and out. Minimal engagement, maximum damage and immediate retreat. Always mobile and never ever static the defender should seek to disengage and escape at the earliest opportunity. There is a single objective here: to survive. CKM knife defences start with deflections and move onto controlling the weapon and immobilising the attacker. So far so familiar? This capsule range of economical and explosive techniques, however, bypasses the many glaring faults present in most systems. In CKM the delivery method, or arm, is controlled, distance is sought and

re established, strikes are secondary but effective and only if it is thought necessary will the opponent be taken to the ground, disarmed and pacified. In CKM the ground is avoided at all costs. Nothing but danger exists there: another concealed knife, some less concealed fellow attackers, at best a compromised escape position. Remember: flight first, or fight then flight, but always, always flight.

Direction is integral to all CKM techniques and as you launch large explosive counters you will seek to alter your position to the attacker's rear. Backing away from a knife is simply deferring the inevitable. Most stab victims receive the fatal blow during the last few throws of a multiple attack. Static = deadly and leaving the kill zone is always top of the list for survival, removing one's self from the line of fire is not exclusively for gun defence. Deflecting or controlling the arm can be followed by strikes to the eyes, groin or throat. If escape is hindered then the weapon must be secured and acquired.

Other issues, such as the "slippery when wet" factor, if blood has entered the equation, can make certain moves tricky, and even pre-emptive awareness of sounds such as the unleashing of a blade from a Velcro, zipped or popper fastening are all acknowledged and anticipated. Of course getting cut must be accepted as part and parcel of defending against the edged weapon. It is a core psychological element which must be embraced, no matter how efficient the techniques you deploy. The idea is for any cuts received to be of limited effectiveness. Immediate and resolute action is required and if there has to be a few broken eggs, then better to decide yourself which eggs are sacrificed.

One of the significant things which helps CKM stand apart from the crowd, and which builds skill and confidence in the techniques, is constant and rigorous testing. Students of this system can expect continual stress testing as part of their training. In varied environments and under a variety of circumstances preparation for the

street is nurtured alongside ability and fitness. A truly "reality" based system; CKM seeks to push the practitioner that bit further. This routine stress testing can include low, or no light, inside or outside environments, the presence of smoke, noise and debris and virtually any other factor which may be present in a real situation. Baby oil on the training knife can simulate blood and the subsequent difficulties involved in disarmament. Prior to attack, defenders will be exhausted by rigorous and dizzying cardio drills to best reproduce the debilitating effects of adrenalin. Basically no stone is left unturned in preparing the student for the street.

Of course knife defence is merely a part of this total system which will, if pursued with commitment, prepare you for all street threats. Be it knives, guns, bats or bottles, punches, kicks, headlocks or holds, CKM gives you the tools to react. It teaches defending against grapplers or strikers and how to survive on the ground (just because you choose to avoid going there doesn't mean that the other fella will!). All attacks from all angles in every conceivable scenario and combination are dealt with. On the street, you don't get to choose so it pays to consider all possibilities when training. CKM favours large, easy to remember moves, which utilise gross motor skills for easier recall under stress and each technique is carefully distilled to provide maximum profitability. As the system is based on simple to learn intuitive movements, it is incredibly accessible and is suitable for all regardless of age, strength or ability. Coupled with the aforementioned emphasis on stress testing, it clearly it pays to know CKM.

Not that you will ever fully "know" Commando Krav Maga. True to Moni's nature the system will continue to evolve and develop. The tenets of CKM are carved in stone but the techniques are not and as long as it retains this flexible and progressive attitude Commando Krav Maga will continue to lead from the front.





## Boot Camp Training

CKM training is as real as it gets. There are no traditional uniforms or patterns. Instead, practitioners drill at real time speed utilizing combat proven tactics to survive each situation. In CKM, the goal is to prepare someone as much as possible for the street. This emphasis has been magnified at the CKM Boot Camps, which are offered worldwide.

CKM Boot Camps are extremely intensive and demanding. The Boot Camp is a great vehicle for anyone who wants to become a certified CKM instructor or for someone who wants a more in-depth look at street survival. CKM Boot Camps require participants to have strong mental and physical conditioning. As the camp is about survival, the mental toughness aspect is in some ways more important than just being in great shape. Even people who regularly attend the gym and think they're in great shape had trouble with the grueling demands of the camp. The most successful candidates were the people who had a strong "mind over matter" mentality with a no-quit attitude.

The CKM Boot Camp is very different from most martial arts courses or seminars. Instead of spending hours on theory and limited practice time, the Camp is all about drilling. As well, training facilities aren't necessarily limited to a dojo. Instead, it can include the park, a playground or a parking lot. Because attacks can happen anywhere, CKM practitioners practice in the most realistic surroundings.

Depending on the level that the participant has registered for, the Camp typically starts up with a quick warm-up in the early

morning. Once the warm-up is over, participants are introduced to certain chapters of CKM. For example, the first chapter may be Gun Disarming for Level 1 participants.

Before introducing a technique, the concept is explained so that students understand the psychology behind attackers and what their best chance is to survive the situation. After the concept has been explained, a disarming technique is introduced and practiced. Participants not only practice with the left and right sides of the body, but also change partners constantly since attackers come in all shapes and sizes.

The speed and intensity of the attacks during practice increase throughout the day. As well, different chapters are introduced from knife attacks, to ground survival, to chokes and strikes. Not only are participants required to remember the chapters, but the practice ses-

sions take a physical toll on the body.

After practicing for a full day, which may be 8 hours or more, participants end the day with pressure test drills. These drills are mentally and physically punishing because of the intensity. The first part of the drill is to bring the defender to near exhaustion. Participants are put through highly intensive cardio exercises prior to surprise attack drills. By the time the CKM practitioner is exhausted, he or she is faced with 3 attackers coming at them in any direction.

Attacks are focused on the chapters learned throughout the day. Surprise attack drills last for about 7 minutes. After the drill, the participants are put through another round of intense cardio before someone else is chosen as the defender. This lasts until everyone has had their turn to practice CKM's survival tactics. This is probably the most demanding part of the day and lasts for about 1-1/2 hours. After a grueling day of training, participants must get ready for the next day. With each day, the Boot Camp gets more demanding both mentally and physically.

## Pressure Test

The most unique drill in CKM is the pressure test. The

pressure test puts the CKM practitioner under high levels of stress during surprise attacks. To simulate the level of adrenaline, CKM practitioners elevate their heart rate through intense cardio exercises prior to the drill. As well, the practitioner may be slapped or punched prior to surprise attacks to bring up their aggression level.

Attackers are to be non-cooperative and perform attacks at full speed. To elevate the level of realism, surprise attacks may be conducted outdoors. As well, simulated

# MIKELI AIZIK COMMANDEO KRAV MAGA





weapons such as hard rubber knives and guns are used. Knives may be dipped in red paint to simulate blood from getting cut. Baby oil may be added to simulate sweat. During ground attacks, if the defender doesn't get up within 5 seconds, multiple attackers enter the scenario with padded objects and start beating the defender (simulating chairs or sticks).

The purpose of the surprise attack is to create the most realistic training environment without having to get into an actual fight. However, practitioners do have to be somewhat cautious as many of the devastating CKM street tactics are not meant for competition. The combat techniques are meant to debilitate your attacker as quickly and effectively as possible.

Many of the participants come from different backgrounds. Some have extensive martial arts experience and some have very little. Participants vary in age, size, conditioning and career. However, they all have a common interest - to be as best prepared as possible for unexpected situations on the street. After the Boot Camp training, many have a higher level of confidence in being able to survive a brutal street attack. Here are the views of some participants from prior CKM Boot Camps:

#### **Anthony Pacenski**

Age: 28

Location: Levittown, PA, USA

Affiliation: The Revolution Academy of Martial Arts and Fitness

Professional Background: Martial Arts Instructor, School Teacher and Bartender

Martial Arts Background:

- o Started training in Brazilian Jiu Jitsu at the age of 16
- o Moved to California after high school and attended BJJ Instructors' Certification Program under Royce Gracie
- o Competed in BJJ tournaments in California, Hawaii and Brazil
- o Had his own BJJ school as a Brown belt and taught for 2 years
- o Eventually earned his BJJ Black belt under Rodrigo Medeiros
- o Has also taught BJJ self-defense techniques to military and law enforcement agencies throughout the United States

Q&A:

1. When did you first hear about CKM? AP: I first came across CKM in an advertisement in Grappling magazine. After that, I went to the web site to learn more about the system.

2. What attracted you to register for the

CKM Boot Camp? AP: Even with my extensive training in martial arts, there were still too many holes that needed to be filled. I was looking for a system that could test the self-defense techniques in more realistic situations. As well, Moni was extremely personable and highly accredited with his background.

3. What did you think of the training? AP: The course was excellent. It had a lot of content. Although I was in great shape because of my background, I was surprised at the intensity level. I was sore all over after 2 days.

4. What value did you get out of the Camp? AP: The intensity and combat conditioning exceeded my expectations. I also enjoyed CKM's evolutionary techniques and Moni's approach on reality-based self-defense.

5. Would you recommend this Camp to others? AP: I recommend this system for everyone. The system delivers instant results that can be tested immediately.

#### **Skip Chase**

Age: 55

Location: Mt. Vernon, WA, USA

Affiliation: Mt. Baker Commando Krav Maga

Professional Background: Owner of CrossFit Fitness Facility

Martial Arts Background:

- o Was a member of the U.S. Army 1st Special Forces group from 1970-75 based in Okinawa, Japan
- o Studied Isshin-ryu for 3 years in Japan
- o After being discharged in 1975, moved back to Washington state and continued studying Isshin-ryu under George Shin
- o Earned his second degree Black belt in Isshin-ryu
- o Is also a huge advocate for sports and physical fitness
- o Held the world record for the most number of sit-ups in 1 hour as well as the most number of sit-ups in 24 hours in the Guinness Book of World Records

Q&A:

1. When did you first hear about CKM? SC: I first started researching Krav Maga and came across CKM in my research.

2. What attracted you to register for the CKM Boot Camp? SC: I was fascinated by Moni's history. Moni seemed to be the real deal with no fluff and no marketing, he was a true warrior. As well, I purchased the DVDs and what really stood out were the choke scenes. It really hit home. My first thought was, "What would my wife do?" It was very

dramatic.

3. What did you think of the training? SC: This was the most intense training I've had since the military. It was very challenging to reach the Instructor's level and I was black and blue all over. In order to get through the course, you must have a survival mentality and you must be able to overcome obstacles.

4. What value did you get out of the Camp? SC: I was empowered with a new level of confidence. I felt I was able to deal with different scenarios right away. I also liked the teaching methodology. I gained a lot from learning with Moni. As well, I had a great response from members of my fitness facility. I had 24 people sign up right away.

5. Would you recommend this Camp to others? SC: Yes. Anyone can do this but you have to be mentally strong. There is a definite need in the marketplace.

#### **Dr. Steven Fuller**

Age: 56

Location: Annapolis, MD, USA

Affiliation: Private lessons from home

Professional Background: Clinical critical Care Specialist

Martial Arts Background:

- o Was always interested in martial arts but didn't pursue until 2005
- o Started martial arts in 2005 through attending MMA classes
- o Discovered that he was really interested in the self-defense aspect
- o Wanted something that was practical and quick to learn but didn't take years to be effective - Time was important
- o Wanted something evolutionary that he could continue with over a period of time

Q&A:

1. When did you first hear about CKM? SF: I had actually heard about Krav Maga and started doing some research on the internet. During my research, I came across CKM.

2. What attracted you to register for the CKM Boot Camp? SF: I was attracted by Moni's background. I liked the fact that the origins of CKM came from a system that was tried, tested and proven. The system is not static and continuously evolves and improves. As well, it's based on real world testing and not just a lot of fluff. I also liked the simplicity and effectiveness of the techniques. The web site is also very attractive.

3. What did you think of the training? SF: The training was very intense and demanding. I loved it because of the realism. The philosophy was also very attractive. The



6



7



8



### Commando Krav Maga knife defence

- During any confrontation, always expect a knife or other weapon.
- Flee the scene at the earliest opportunity.
- Distance is your friend, increase it if possible.
- Static kills, mobility is the key, **MOVE!**
- Choose your direction carefully, retreat = defeat, seek to get behind the attacker and off the line of attack.
- Avoid the ground if at all possible.
- Use Commando mentality, if forced to engage then disengage immediately afterwards.
- Expect to get cut.
- Make your reaction immediate and devastating.
- Always train for the street and not for the gym.

For more information regarding Commando Krav Maga boot camps and other training, including classes in your area, check into [www.com-mandokravmaga.com](http://www.com-mandokravmaga.com)

Iain Kelly is a level 3 CKM instructor training and teaching in Sheffield, UK.



# COMMANDO KRAV MAGA

[www.commandokravmaga.com](http://www.commandokravmaga.com)





## Report

system doesn't just focus on a series of isolated movements. Instead, the psychological elements were equally important. CKM training really develops your mental awareness and prepares you for the dangers of a street fight. The training really helps you develop a warrior mentality.

4. What value did you get out of the Camp? SF: I was surprised that I was able to get through the course and be competitive with people half my age. After finishing, I had a new found self-confidence. The system also has a real world application with immediate results. That's why I want to come back to future courses.

5. Would you recommend this Camp to others? SF: I recommend this system for anyone, regardless of age or background. As long as you're open-minded and be willing to take the mental and physical conditioning, you don't necessarily have to have a strong martial arts background.

### Elizabeth Greenman

Age: 38

Location: New York City, NY, USA

Affiliation: SPARNYC Professional Background: Was a Professor in Design & Technology for the Performing Arts and is now a full-time CKM instructor

Martial Arts Background:

- o Has taken martial arts for over 20 years and studied Isshin-ryu, Shorin-ryu, Muay Thai and BJJ

- o Has also dab-

bled in TKD and JKD

- o Being under 5 feet tall, she wanted to know what would and wouldn't work in the streets

- o Started exploring other systems and became very interested in reality-based fighting due to practicality

- o Trained and taught Krav Maga from 1998 to 2005

- o Also trained in Jim Wagner's reality-based system reaching Level 3

Q&A:

1. When did you first hear about CKM? EG: I was looking for a system that could deliver immediate results. KM was the best system at that time, but I still had a lot of questions so I was continuously looking at other systems while I was teaching KM. I came across CKM in magazine ads but didn't take an active role until a friend of mine decided to join so I joined with him.

2. What attracted you to register for the CKM Boot Camp? EG: I

registered because my friend decided to join. Before the course, I wasn't sure how different it would be from other reality systems. I was also worried about the physical demands and tried to go there in shape. I went in with an open mind.

3. What did you think of the training? EG: It was very inspirational. I was inspired to get into better shape because it's necessary for survival. I also loved the concepts and philosophy of the

system. Although I could handle the training physically, the mental demands were more challenging. You really had to devote yourself to training.

4. What value did you get out of the Camp? EG: I felt much better after the course. Because I teach self-defense, I felt that I had better info for my students. I am more focused and am very happy teaching 6 days a week.

5. Would you recommend this Camp to others? EG: Yes.

### Anthony Hughes

Age: 39

Location: Kent, U.K.

Affiliation: Kent School of Commando Krav Maga

Professional Background: Firefighter

Martial Arts Background:

- o Started Judo at age 10

- o At age 15, took Shotokan Karate for over 5 years reaching his Black belt before taking a break from martial arts

- o After a 6 year hiatus, wanted to come back to martial arts and was looking for something more reality-based

- o Joined Kempo Jiu-Jitsu and trained for over 8 years reaching his Black belt

- o Although he enjoyed Kempo Jiu Jitsu, he still felt that there was something missing and started researching other systems

- o Started training in Krav Maga after coming across a local class while continuing his Kempo Jiu Jitsu training

Q&A:

1. When did you first hear about CKM? AH: I was training Krav Maga at the time and my KM instructor started talking about CKM. My KM instructor took the Instructor's course and created a lot of excitement with all his students after the program.

2. What attracted you to register for the CKM Boot Camp? AH: After hearing about CKM, I started doing some research on Moni and purchased the DVDs. This helped with my decision. In past martial arts, I've always trained with compliant partners and it still left me with a lot of "what ifs". It seemed like CKM was the missing element that I was looking for.

3. What did you think of the training? AH: I started preparing physically for the course prior to starting. The course turned out to be more intense than what I was expecting - it was a shock to the system. Not only was it physically demanding, it was also mentally draining. The stress drills were very exhausting and disorientating as you had to focus mentally. During these drills, you needed mental toughness even more than physical conditioning. In other seminars that I've attended, there's lots of talking and theory followed up with practice techniques. In the Boot Camp, you're pushed to the limits under pressure - it's very realistic.

4. What value did you get out of the Camp? AH: It's the complete package. The training methods are unique such as the pressure test







and the techniques are simple and universal. The combat fitness portion of the training was also very unique as you are taken to the point of exhaustion before executing defense drills. No other system that I've come across does this. I am now teaching others.

5. Would you recommend this Camp to others? AH: Absolutely and I would recommend that you take a class to get a feel for the system. Buy the DVD set as a training tool and get your conditioning up to par. It's not necessary to have an extensive martial arts background.

dry as toast until you become one of them. With the proliferation of edged weapons on the street this is not as unlikely as you may wish to believe. Facing the threat: you have little control over. Reacting in a positive and effective way to it: you can learn. So go and learn now, preferably with Moni or one of his army of CKM instructors.

### ***The Future of Commando Krav Maga***

People from all walks of life are looking for a practical, street savvy system that is relatively quick to learn. That is why CKM is the fastest growing reality-based system in the world. Already in 18 countries, CKM is projected to reach 20 countries by the end of 2007.

If you want to be one of the pioneers of CKM for the civilian sector, you can log on to [www.commandokravmaga.com](http://www.commandokravmaga.com) and find a training facility nearest you. As well, information on the Instructor's Certification Course/Boot Camp is listed on the web site.

### ***Putting the boot in***

Plenty of people are signing up for this educational and illuminating experience. Along with the instructor course, a popular choice to learn Commando Krav Maga now comes in the form of the "Boot Camp". This intensive and demanding course offers a tremendous amount of learning and training over a period of five days and embodies the attendee with a huge sense of achievement. Advanced teaching methods ensure that a phenomenal amount of information is ingested. This coupled with the accessibility of the system enables swift progress to those inclined to commit themselves. What you will gain in return is not only the prestigious and coveted certificate but also a galvanised mindset supported by increased awareness and a cache of simple and effective techniques. Attendees at the courses enrol for many different reasons, the primary two being either to teach, or simply for self improvement. Whatever the individual reason, all find something within the challenge, and all value the experience of having accepted that challenge.

Many prospective CKM instructors and practitioners bring with them to the course a wealth of knowledge on and off the mat. Some bring competitive accolades whilst others, like level 2 instructor Robert Loesener, currently teaching in Guatemala, bring hard won street experience. Often it is such an experience which prompts questions and a search that will eventually lead to the CKM Boot Camp. Before training in CKM, and qualifying as an instructor, Robert suffered a vicious knife attack resulting in extensive surgery to reconstruct the nerves in his fingers and significant cuts to his hands and arm. Clearly Robert was left with a quest to better his understanding of knife defence, a goal he ultimately achieved via his exploration of Commando Krav Maga. Luckily Robert had a chance to improve his odds, many do not.

So if you too are unfortunate enough to face an edged weapon in the future maybe you will be fortunate enough to have prepared yourself accordingly with Commando Krav Maga. Remember that any statistics are



# MONI AIZIK COMMANDO KRAV MAGA

[www.commandokravmaga.com](http://www.commandokravmaga.com)



# Kyusho Fitsu Evan Pantazi

- **Bladed Weapons** • **Ataques de cuchillo**
- **Messerattacke** • **Attacchi con coltello**
- **Attaques de couteau**



English  
Italiano  
Español  
Français  
Deutsch



**PRICE: \$39,95  
PLUS S&H**

**REF.: • DVD/KYUSHO9**

In this 9<sup>th</sup> edition, Master Pantazi focuses on using Kyusho points against knife attacks through two main methods of defense that we can train: 1. Arm destruction, indicated for those who prefer working from a more defensive approach, where the main objectives are the nerves of the arm to cause dysfunction. 2. Attacks towards the source of aggression, avoiding the arm and the weapon. In this method we show ourselves totally offensive, and we instantly attack head points to get an immediate physical dysfunction. A simple, efficient, and devastating approach to self-defense, whatever martial style you practice.



**WATCH A PREVIEW**

**Orders to:**

**e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)**



Le Samouraï qui est en vous



Der Samurai in dir

El Samurai que llevas dentro

Il Samurai che hai dentro

**NEW BOOK!**

**"A book for those that look for in the Martial Arts something but there of a simple self-defense formula"**

**Marc Crafty Dog Denny. Dog Brothers.**

**"A brilliant agitator of minds that it challenges the tenacious stupidity of that settled down"**

**U.S. Marinates Colonel Sanchis**

**"An inspiring, deep and personal reflection on the warrior of today in day"**

**Graziano Galvani. Nova Scrimia.**

**"A superb book that shows us the Martial Arts as road of knowledge"**

**Francisco Mansur. 9th dan Brazilian Jiu Jitsu.**



WATCH A PREVIEW

**Orders:**

**e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)**



**[www.budointernational.com](http://www.budointernational.com)**



**BUDO**  
INTERNATIONAL





## KAPAP: PRINCIPLE OF RELATIVE POSITIONING

In the last KAPAP article we described the principle of Relative Positioning as a combat necessity. (We have at times also referred to it as "Gyro".) To know your Relative Position, how to you locate yourself relative to your enemy's position and status during combat, is an essential KAPAP principle to master. It applies whether you are fighting alone or as a team.

KAPAP Academy has the good fortune of working with Professor John Machado and his concepts of positioning. When you study the art of BJJ with the Machado brothers, they first teach you "positions" before they teach you how to end a fight. It is very important to learn this way. If you don't first get into a good position it's very hard to end the fight. From a good position you move in the most efficient and effective way from one technique to another. As you adjust position relative to the enemy you feel for the appropriate end; if it isn't a choke, it's an arm bar or something as effective.

Relative Positioning is unique to KAPAP and John Machado BJJ Academies. We've been involved with John for several years. John and the Machado family have been part of a program to enhance defensive tactics training for law enforcement in the USA. We've collaborated to bring together new ideas based on our mutual expertise and experience. Using the principle of Relative Positioning, we've improved arrest and control tactics. We demonstrate them in our new DVD set, with an example here as follows.

As two police officers approach a suspect, one officer is the "contact man".

He reports to the station, talks with and instructs the suspect's movements, takes identification, handcuffs and searches, reads his rights and so forth.

The other officer is the "cover man". His ONLY job is to cover the "contact man".

He ensures the "contact man" is safe and cannot be attacked by anyone outside the first circle of defense or the suspect. The "cover man" covers the suspect with his gun if needed, and he stands a safe distance away.

Using his Relative Position to provide cover for the "contact man", he can neutralize the situation if something gets out of hand, freeing the "contact man" to perform his duty with improved safety.

The "cover man" consistently adjusts his Relative Position so that he has a clear shot at the suspect and will not shoot the "contact man".

As you can see, KAPAP uses Relative Positioning in all areas, including what is known as "defensive tactics" - tactics used by law enforcement. Due to liability and legal issues, law enforcement must follow rules governing the amount of force used, so it's important to train to use the correct level of

force. Military or civilian CQB is NOT the same as law enforcement in that different rules apply. Relative Positioning helps in all cases to best choose the "finish" that is most appropriate for your situation and thus apply the appropriate force.

[Caution: we've seen military people market as "official instructors" for law enforcement "defensive tactics" training without understanding the basics of what "defensive tactics" means to law enforcement.]

In CQB, it's common to apply one method or technique and find it doesn't work. As your KAPAP studies advance, you'll begin to see how the opponent can counter you and how you can counter his counter. In KAPAP, we use the big game of the "Moon and the Sun"; where you are the "Earth" detecting and adjusting to the movements of the bodies around you. Relative Positioning exercises help you learn how to apply the appropriate systems; to think faster and counter better. As you become more experienced you predict what can happen before it happens, and you adapt. Your

reflexes improve. Relative Positioning, the "Moon and the Sun" practice, helps you learn to move with your opponent and apply the next appropriate technique or finish. You seek automatic responsiveness...without thought...because in CQB you don't have time to think, only time to use your reflexes.

As you advance with KAPAP Relative Positioning training, you can add more complexity by increasing the number of opponents you face.

You can study how to approach them, changing your position relative to their position.

You can also study the use of a shield... by using one of them as your shield, if that is what makes the most sense. You can study the use of covers, and so forth. The most difficult situations are when you are one-on-one, or when you face multiple attackers by yourself. We demonstrate these and other Relative Positioning concepts in our new DVD set.

Once your KAPAP Relative Positioning is good, your fighting will become such that you can dominate the enemy all of the time!



Written by Avi Nardia, Albert Timen, Uri Kaffe, Scott Serol and Brian Hepp,  
Kapap Academy staff [www.kapapacademy.com](http://www.kapapacademy.com) and Dana Stamos [www.usadojo.com](http://www.usadojo.com)





**"Using the principle of Relative Positioning, we've improved arrest and control tactics. We demonstrate them in our new DVD set, with an example here as follows"**

**Major Avi Nardía**



# Metric Arm Strikes & Blocks System

- Sistema Métrico de golpes y bloqueos con los brazos
  - Das metrische Arm Schlag- & Block System
- Sistema Metrico di colpi e blocchi con le braccia
- Système métrique de coups et blocages avec les bras

# Jim Wagner



English  
Italiano  
Español  
Français  
Deutsch

PRICE: \$39,95  
PLUS S&H

REF.: • DVD/SARG10

With this new work divided in two deliveries, Jim Wagner supported by a 2 decades experience in the military and police fields, he will help you to simplify your training and to learn only those blows and blockades that really work in a combat. In this first volume, you will discover that there are only 10 primary directions to attack an opponent with the hands, and only 10 possible directions in which your adversary could attack you with his fists or elbows.

These are the primary angles on which the world wide military and police systems are based, because once the time comes, the techniques must be simple and effective.



WATCH A SAMPLE

Orders to:

**e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)**  
**[www.budointernational.com](http://www.budointernational.com)**



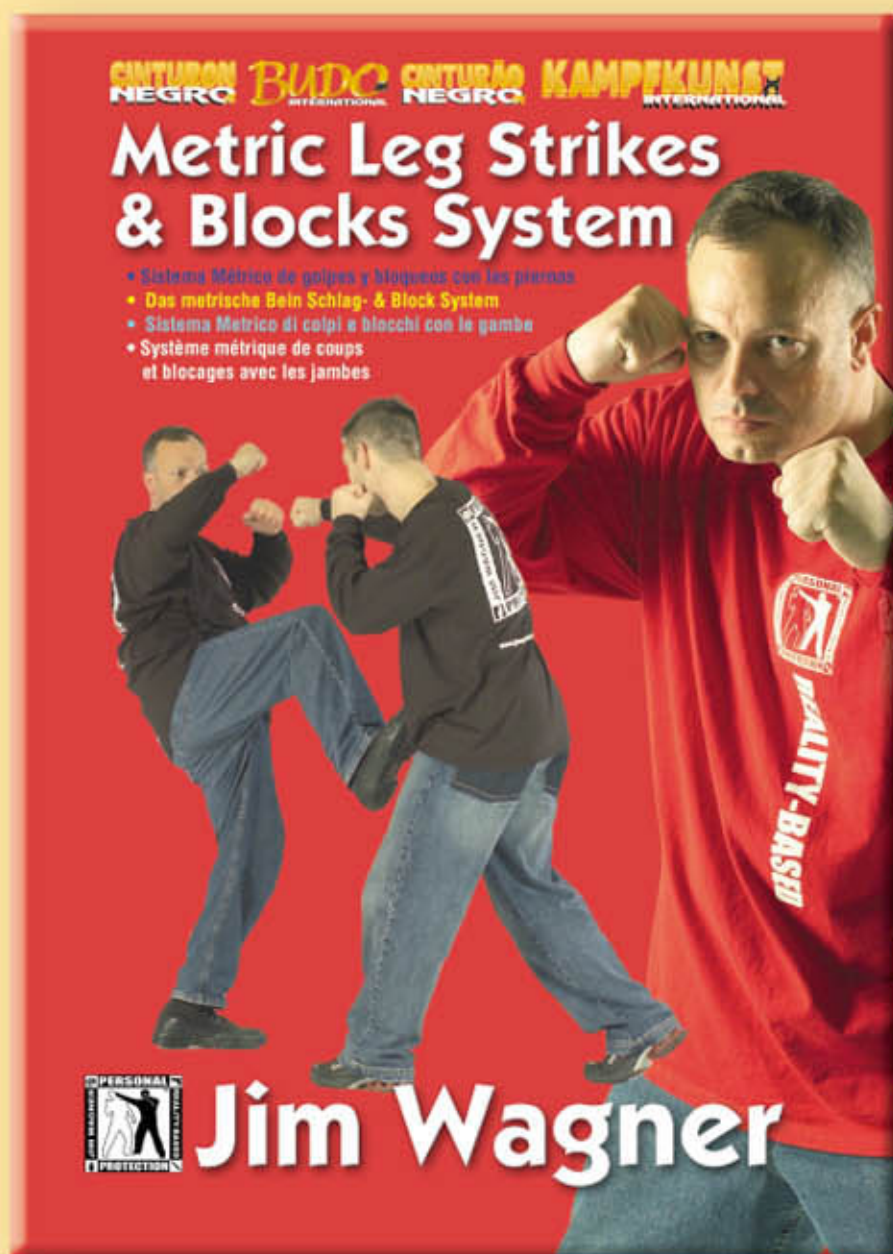
# Metric Leg Strikes & Blocks System

- Sistema Métrico de golpes y bloqueos con las piernas
  - Das metrische Bein Schlag- & Block System
  - Sistema Metrico di colpi e blocchi con le gambe
- Système métrique de coups et blocages avec les jambes

# Jim Wagner



English  
Italiano  
Español  
Français  
Deutsch



**PRICE: \$39,95  
PLUS S&H**

REF.: • DVD/SARG11

If you have ever participated in a real combat, you will know that a certain times, the great performances are not looked for and at the most one is able to kick a couple of times before reaching the fists and knock-out distances.

In this second delivery of Jim Wagner's "metric system" we will focus on blows and blockades with legs. As with arms, we will see that there are only 10 primary directions to attack with kicks and pokes and we will know three techniques to block them. Street reality does not require dominating hundred techniques but simple formulae to help us survive. This it the way Jim Wagner's system is, based on the reality,



WATCH A SAMPLE

**Orders to:**

***e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)***





# American Cadet Alliance

## MILITARY JUKAIKIDO

One more year, the JKKD, represented by his founder, Soke Santiago Sanchis, has taken part in the Annual Training of the American Cadet Alliance, hold this year in Fort Atterbury (Joint Maneuver Training Center).

It has been three weeks of emotions and new experiences for cadets, graduated and adults, led by the Company Commander MAJ J. H. Gorman IN, USACC and by the Company Executive Officer CPT J.D. Campbell IN, USACC, C/1SG J.J. Urban, O.C. R.W. Berndt and the Cpl. I.r. Williamson USMC.

With almost two hundred participants, everything could be seen: walks, races, confident courses, rappel, climbing, rifle shooting, m16 and other weapons, bearings, night walks, etiquette lessons, ranks, military discipline, courtesy and many other acts where very useful lessons for life were taught. And, of course, besides physical training and personal defense, led by Colonel Sanchis, assisted by his two JKKDMC black belt, Gorman and Campbelle, cadets and adults learnt several techniques in cadet phase.

Military JKKD is divided in three sections, completely different from one another in technique, but no so different in base and military and spiritual content. First phase: teaching to cadets, without any damaging technique, only self-defense. Second phase: fight teaching and training for soldiers, using high level techniques; and third phase, fight teaching and training for special forces, where a more effective approach is adopted, which can be learnt and practiced only by them.

It must be highlighted the hard and organized work by the team composed by LTC(P) J.M.Land, CSM R.J. Schnabel IN., CH(LTC) J.D.Ellis IL National Chaplan, led by Commander COL (P) C.R. TORNOW USACC. Colonel Tornow, who has been

**“Unlike in Europe, the tradition of military academies survives in USA through very prestigious organizations, such as American Cadet Alliance”**

designated to be promoted to General next April, has been devoted for over 25 years to train cadets from Marine, Navy and Army corps, who has become advanced soldiers later; moreover, in his new academy in Pennsylvania, he will give

police lessons to cadets in the US Army. Colonel Tornow is a person with a strong character, honor and integrity, who has instructed and helped many of the prestigious soldiers nowadays.

In the Final Graduation act, in the graduation room in Camp Atterbury, they were present Commander (Military Base Chief) Colonel Barry L. Richmond, former Indiana State Governor D. Whit, Major General Ronald H. Markarian, representing the ACA Colonel Charles R. Tornow, Colonel Santiago G. Sanchis and other members of Aca and military base.

Honor graduated of ACA C/Cpl Alec Kohler and C/LCpl Lames Chirash were specially awarded, whereas the rest of cadets got their diplomas.

A huge ceremony took place, helped by Colonel Richmond and the base staff, and both relatives and friends and the general public acclaimed every act in the graduation ceremony.

One more year, one more victory. Coronel Tornow team has made an excellent work, wishing to see you again in other bi-monthly drills and next summer.

*Under these lines: Colonel Sanchis, General Markarian, Gubernator Whit, Colonel Tornow, Coronel Richmond.*

*Left: New ACA Gymnasium. Below: Young cadets waiting their turn to do tower descent. In the center, below: Corporal Williamson, Colonel Sanchis and Captai Campell.*







In this second book I have decided to confront relative advanced topics to the traditional technical study that I have not been able to explain in a systematic way in my previous texts or videos until today, which I recommend you to learn the principles and the basic techniques. Some topics tried here are exposed for the first time and I am for sure they will be very interesting for the instructors and those fond of the Muay Boran.

Marco De Cesaris



WATCH A PREVIEW

One of the biggest experts and World Champion 2007 of Muay Boran  
**Arjan Marco De Cesaris**

Brings you the secrets of the combat and the tradition Thai drinking  
directly of their Sources

**Don't miss his second book, an unique treasure in Europe!!!**

**Orders:**

**e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)**



**[www.budointernational.com](http://www.budointernational.com)**



# ED PARKER'S KENPO Richard "Huk" Planas



REF.: • DVD/PLANA1

ard  
" Planas

CINTURON  
NEGRO  
BUDO  
INTERNATIONAL  
CINTURÃO  
NEGRO  
KAMPFKUNST  
INTERNATIONAL

ED PARKER'S  
KENPO



English  
Italiano  
Español  
Français  
Deutsch

PRICE: \$39,95  
PLUS S&H

The Great Master Richard Planas "Huk", -Belt Black 10<sup>th</sup> grade and one of the world wide top exponents of Kenpo Karate- starts with this first volume, a series of videotapes, full of teachings and key aspects to evolve in this system.

As Ed Parker used to say: "The one who knows how, he will always be a student; but the one who knows why, he will transform himself into an instructor". For Planas, Kenpo it is a set of rules and principles of movements that, you should study and understand with this premise in mind. The Great Master will analyze the most common mistakes and problems that practitioners come up against to, when attempting to understand or to carry out certain techniques. A magnificent videotape from this authentic and living Kenpo legend!

Orders to:

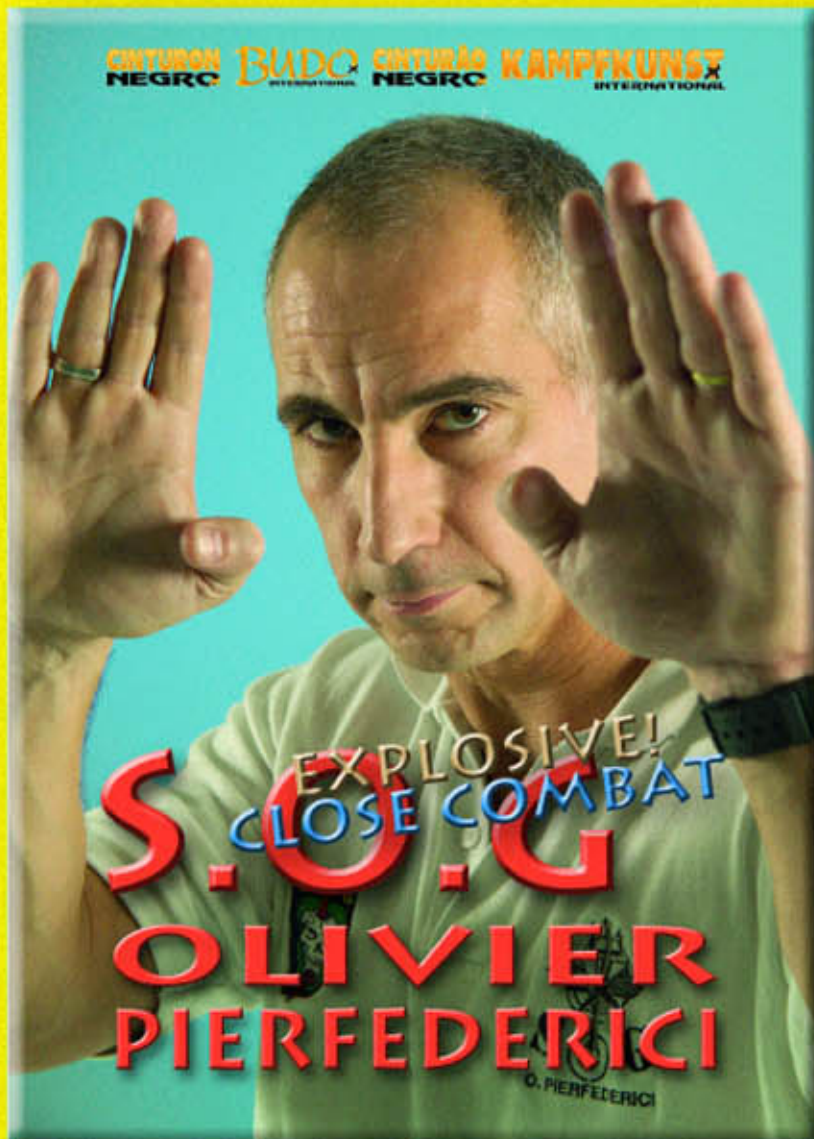


WATCH A SAMPLE

***e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)***  
***[www.budointernational.com](http://www.budointernational.com)***



# S.O.G. EXPLOSIVE! CLOSE COMBAT OLIVIER PIERFEDERICI



REF.: • DVD/SOG4



English  
Italiano  
Español  
Français  
Deutsch

PRICE: \$39,95  
PLUS S&H

In this fourth work, Olivier Pierfederici presents us the most explosive SOG techniques that combine effectiveness, explosiveness and simplicity. Led by him, we will learn distances, how to stop the adversary by kicking, defenses in front of the most regular street attacks such as fists, kicks, strangulations and grabbings, defenses against knife, stick and gun, third people's defense, in front of several attackers, and the 15 basic techniques of the Personal Defense S.O.G. Civilian Course The DVD concludes with a sample of the I.C.O.S.S system (International Confederation of Self Defense System) in charge of its founder, Alain Formaggio and Jean Michel Lerho, SOG technical director for Europe.



WATCH A SAMPLE

Orders:

***e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)***





# Muay Boran World championship



**Marco de Cesaris is back: setting differences by wining the Gold Medal in Thailand, during the first forms competition taking place this year. Next to him, the Italian team and their Spanish partners (pupils of Master Lek), who made clear that in matters regarding Muay Thai, Europe is a bit more important each day. De Cesaris, a regular contributor in these pages, not only he has made Muay Boran known in Western world but he has become a reference in this matters, in Thailand itself.**

**Undoubtedly, this is due - and it is fair to recognize it - to the tireless work, of this passionate paladin of Thai tradition in the West, who is no other but Arjan De Cesaris; from the magazine, our most sincere congratulations.**

## **The Italian IMBA team: second world country in Muay Boran**

In the course of Muay Boran World Championship, held in Bangkok under the protection of the newly born World Muay Boran Federation (WMBF), the Italian IMBA team conquered the second position behind Thailand, dominating the categories raging from 15 to 20 years.

In the Absolute ones "over 20 years of age", the Italian classifications speak for themselves:

β Marco De Cesaris (Rome) – Gold Medal in the individual forms Look Mai.

β Giorgio Cornacchia (Rome) - Silver Medal Mae Mai.

β Dino Turco (Taranto) - Bronze Medal Mae Mai.

β Luigi Queirolo and Matteo Clini (Pesaro) – Bronze Medal in couples in Mae Mai.

In Muay Thai WMF, the IMBA instructor Magpie Vallone conquered the Silver Medal in the 60kg category, having been defeated in the final -after a much challenged verdict- by the Russian representative.

The other IMBA athlete, Giacomo Gherardi, already Italian Muay Kard Chiek champion, after having won two combats by KO

(against Philippines and Japan), was defeated for a narrow margin (three votes against two) by the Byelorussian World Champion.

The winning athletes and the other courageous participants (Massimo Antonelli, Brizio Gregorio, Sergio Donato, and Antonio Scognamiglio) deserve all congratulations from the whole team of the Academy.

As always, the true soul of the demonstration was Grand Master Woody. Master Woody inspiring in first person, of the whole world Muay Boran movement, together with his devoted student's help Marco De Cesaris.

Master Woody, Honorary IMBA President, was elected unanimously President of the World Federation (WMBF) and in turn he chose Vice Arjan De Cesaris as his Vice president, with delegation for coordination of activities in Europe. Also GM Phaosawath was elected Vice President with delegation for activities in Thailand; As Secretary, the English Master Kevin Lloyd. As Technical Director, Great Master Sane was elected. Master Sane is the finder of ancient martial forms. We will tell you about those in our next articles.



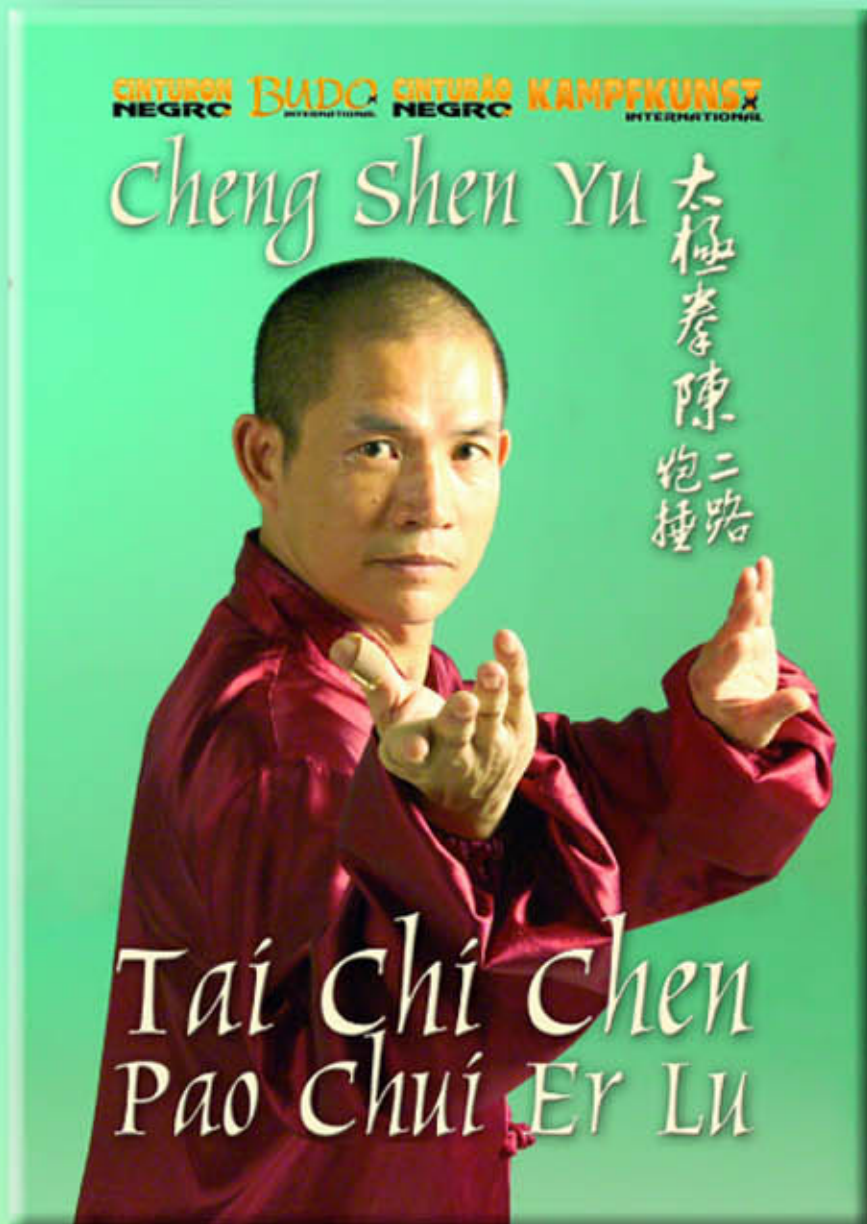




# Tai Chi Chen Pao Chui Er Lu

# Cheng Shen Yu

太極拳陳  
炮二路



Master Chen Sheng-Yu analyzes in this DVD the 64-movement Er-Lu Pao-Chui form, also known as \_cannon\_ form, the most technical, practical and efficient exercise of martial application in Chen Style. Pao-Chiu is only taught when the student has a very advanced 1st Yi-Lu form. It is performed with small circles in a quick and explosive way. It is easy to learn but difficult to perform, however, once the necessary precision is acquired, it can quickly increase the martial strenght of the student and help us explore the paths of Nei-Jing (internal energy).



**PRICE: \$39,95  
PLUS S&H**

REF.: • YU2



WATCH A SAMPLE

**Orders:**



**e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)**

**English  
Italiano  
Español  
Français  
Deutsch**





REF.: • DVD/MANSUR6



With this masterpiece the "Jiu Jitsu Bible" Great Master Mansur has wanted to try a new formula: combination of text and audiovisuals. After the publication of volume 1 printed in paper, Mansur insisted in making a DVD for the second volume, as there are supplementary aspects in each formula and some details would be better presented in one way or the other. A work consistently demanded by the Master's fans and in which we will learn immobilizations from 1st to 5th and their defences, guard stances, guard pass and diverse techniques with special emphasis on those aspects that others do not mention.



REF.: • DVD/PAYNE2

Gary Payne at the head of RSDA and one of the most brilliant characters of the British Martial Panorama show us in his second DVD, the way to develop simple and useful skills to improve our self defense. We study the striking techniques and its combinations, the advanced exercises, ground defense, the correct mental attitude with examples of diverse types of attack, the potentially dangerous areas, self-defense techniques against suffocations, attacks from behind, ambushes, the tactic communication and body language, the under stress body response under and the golden rules for personal safety. An excellent work to go "one step ahead" in the real street self-defense.

**NEW FOR  
THIS MONTH!!!**

REF.: • DVD/MOU1



Master Cangelosi pioneer of this tradition in Europe has studied the Southern Lion's Dance under different schools in China and he has carried out exhibitions in different cities such as Hong Kong, Macau and Canton. In this work along with his team of specialized instructors he presents us this old and magic performance. Guided by him we will know the fundamental movements, alternatively with and without the dressing room elements, to be able to appreciate the technical details, the tools and the music, advanced level techniques that increase the dance spectacular character, the ways of training and the techniques, to copy successfully the lion's gestures and emotions.

**PRICE: \$39,95  
PLUS S&H**

**Orders:**

**e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)**





# Evan Pantazi

**This is the last column of the series with the title "Get to the point"! Master Evan Pantazi has come carrying out in the last years in our magazine.**

**When we begin to speak of Kyusho in these pages nobody he/she believed in it. Few years later the organization of Pantazi has grown vastly and its teachings have arrived in 7 languages to the whole orb. This besides for the publication in several languages of our magazine would not have been possible if it didn't exist a serious organization and a rigorous teaching after this adventure. Pantazi is not the first one neither the only one in this matter, but without a doubt it is the one that bigger success has harvested for its seriousness in the focus, its good sense and knowledge in its application.**

**Pantazi doesn't abandon us. Starting from now their work will be devoted to other aspects, especially to the one dedicated to the health, without leaving aside a series on the kyusho applied as tool for the forces of security. Very soon he/she will see the light also a very interesting work as much in video as in DVD on the vital points applied to the increment of the sexual pleasure, everything it always through this editorial that is yours.**

**Alfredo Tucci**

## **Commercial Pause**

It has been over 4 years that this Kyusho related article has been appearing in Budo Magazine and all of its affiliate magazines in over 68 Countries and 7 languages. It has been a rewarding experience to bring the world a deeper understanding of this incredible body of knowledge. But not at the expense of intelligence and common sense. I applaud Budo for taking this highly controversial topic on to expose the truth and myths that this art carries with it. And as the future holds even more controversial and cutting edge topics that bring this body of information to light, we say thank you for your daring and commitment to your readers.

However in this 4th year we will pause to illuminate what has occurred evolved and is in the works for the future. We are in an exciting time as the more and more each day the world sees the absolute benefits of this knowledge.

## **Growth**

In the 4 years Kyusho International has expanded with well over 100 locations in over 30 countries worldwide. Working a subtle approach to involve and empower many Martial Artists as well as lay people worldwide, has been a satisfying and exciting process. Working the Kyusho International system of instruction that is not style specific has had great benefit for all involved. As Martial Artists from all styles are learning and working Kyusho into their own training regimes, the cross training benefits are within the whole organization. At each function we train in all the styles present with Kyusho as the common glue, this allows all involved a far more comprehensive education.

Not only in the area of Kyusho, but by training with other practitioners of various arts the instructors and members alike always come away with fresh ideas to bring back to their students and clubs. This fosters a constant source of information, motivation and interest so as to increase retention and even additional growth for their clubs. We constantly work as a team supporting each other and developing a worldwide network of all styles, helping each other grow even more. The days of cross training and networking are upon us in the arts as we are firmly and officially rooted in the information age as opposed to the old industrial age.

As for this information age; the Internet becomes an ever-increasing force in the arts and Kyusho International is in a leading position in this expansion and is the leader in any pressure point style. [www.kyusho.com](http://www.kyusho.com) has broken the 1,000,000 hit per month barrier and we can foresee a quicker rise to the two million hit mark per month, all because of our readers' support and commitment. With the free exchange of information among all styles in this incredible Art of Kyusho, we openly and freely converse, share and work with each other to increase our knowledge, skills and international networking. The networking alone has grown so large that we have spawned a sister site called [www.kyushospace.com](http://www.kyushospace.com) specifically for networking around the world. This also is a free site much like

"Myspace.com" only for martial artists and more toward the Kyusho enthusiast where you can advertise your school, style, events, write blogs, see videos, message and be a part of the ever expanding community.

## **Support**

The line of Budo Internationals' "Kyusho Jitsu" DVD's has so far 9 levels in the Martial Arts aspect, but will be releasing several more on more specific topics from Kyusho in Law Enforcement to Women's Self Defense, to Kids Programs and so many others. With Budo Internationals untiring support we see Kyusho reaching every part of the globe and in many various fields of endeavor. Kyusho will one day be the largest Martial Art common component in the world and not in the too distant future. You the reader are a part of this historical period of growth and expansion.

As more and more Instructors and lay people around the world learn and incorporate Kyusho into their personal repertoire, the more support networks are improved and refined. What was once a very small and secretive body of information is now expanding exponentially. The reasons are numerous, but mainly it is the support of all the members, instructors and network that comprises Kyusho International. Everyone involved is willing and excited to work with any and all, to help them integrate this incredible body of knowledge into their life. And that is what we are working with here... something that will affect many parts of a persons life not just their Martial Art.

In turn we support the international Community and Humanitarian causes. By donating to Children's Cancer funds and other charities we are not only about supporting the individual, but also the future generations. The first 4 months of this year alone we have donated thousands of dollars to various causes, we also have invested in and donated a heart monitor for the medical research project we have been undergoing for the past 3 years. This support for the communities good is at the core of the Kyusho International mission to help as many people as we can reach.

The Medical Study has brought about several revelations and worthwhile information that will again help mankind, let alone the Martial Arts in general. With the ongoing study we will not only be looking at how and why Kyusho works and what it affects, but also how it will benefit in areas of good health and longevity. So you see your support has not been just to a Magazine, a Martial Arts organization or a particular Individual, but to the world's population, including yourself.

## **Health**

The Kyusho remedies we have imbedded in our Curriculum have saved many thousands of people from annoying problems with their health and well-being. Today as the mania of prescription drugs and chemical substances to mask a problem grows, we are giving people answers and remedies for multitudes of minor health





problems. Kyusho International is proud to be able to offer the individual information that will not only benefit their well-being, but that of their family and friends as well. As we work we are constantly growing in our scope and efficiency we have successfully helped people with so many issues from simple Headaches to Turrets to Sciatica to, well the list is huge and an entire article could be written on this aspect alone. But instead of taking this information and charging people by the case we are teaching and empowering all how to help their loved ones and friends for themselves.

We are also working with the phenomenon called Chi, Ki, Prana with amazing success for people, which in turn leads to better health. Getting past the legend and really researching what it is and more importantly what it isn't, so that more and more people can benefit. The Kyusho International program teaches and works each individual through subtle but powerful methods to release stress and promote better energetic flow, transfer and more efficient body functions.

We are currently also working to improve and invigorate couples intimacy skills, seemingly way off track for a Martial Art, but right in keeping with the study of Kyusho. Remembering that Kyusho means "Vital Points", the vital point for Kyusho International is to again show that this body of knowledge is far beyond hurting a person, it is all enveloping in all aspects of life. Working with the human condition through its inherent weaknesses and turning them into personal strengths for each individual being the ultimate goal.

### Law Enforcement

Kyusho International is  
a l s o

dedicated to the Law Enforcement and all Emergency personnel around the world as we work with them to deliver the safest and most efficient way to deal with the control and safety on their job. We instruct non violent, non damaging ways in which single Officers or Emergency personnel can deal with larger stronger and many times drug induced individuals. Kyusho is rapidly becoming the tool of choice with many such agencies and even working into the emergency rooms across the globe. More and more special agencies see the simplicity, control and safe applications as a hedge against the growing restrictions they have in dealing with out of control and even dangerous individuals.

### Future

You will see many innovations and benefits in the future, as that is our commitment to you and why we are gaining momentum each day. We are in a new era and need to radically change our perspectives as information flows freely around the globe. More benefits for the individual will come from the present and future growth, as that is the way life is supposed to be.

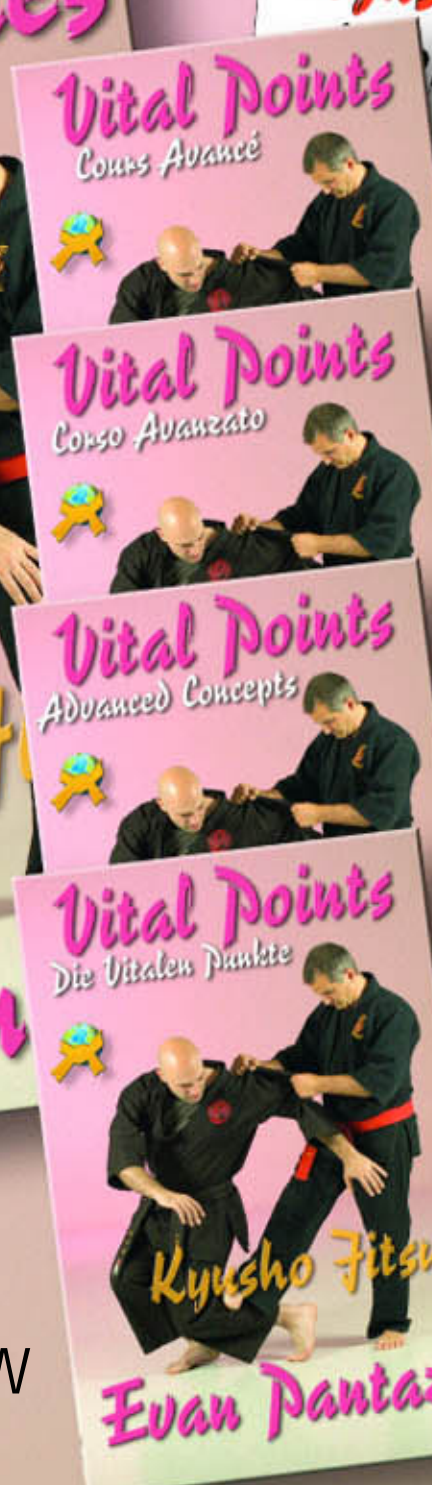
We also promise to always work with integrity and character in all we do to insure you the best education and safety. We also are in constant refinement and improvement so that you will always be at the leading edge of Kyusho and all its potentials.

We are committed to you and thank you for all your support, enthusiasm and success!





# New book!!!



Puntos Vitales  
**Kyusho Fitsu**



WATCH A PREVIEW

This book gathers texts on varied relative questions to the use of the vital points, from conceptual questions, until remote very specific as its application in combination with technical for example of luxation. It also includes unpublished pictures and an entire practical

section of combinations and application of points in specific situations of combat and self-defense. To learn these combinations of points whose effectiveness has been proven, it also allows the student to begin in the one on the way to the own search in the ways of applying the Kyusho, because it is known that a combination of points can be carried out with technical martial of him but diverse without distinction of styles. However the angle of attack of the points and the form of pressing on them are something common, for it the examples perfectly shown in series of pictures they will be from invaluable help to the lovers of the matter.

Many of these combinations finish in KO or at least in collapse. The attainment or not of the KO however depends on many factors and it is not the smaller than them the ability and practice of which applies the techniques. The points play nervous, veined centers, energy Gordian knots, and it is not difficult that besides pain they can generate the part syncope or of the group of the organism. The reader should learn and to prove for if same; there is not I walk better in the life, but now for he/she has a magnificent educational arsenal, with a fabulous series of the author's videos, and also, with this, three books already printed.

**Orders:**

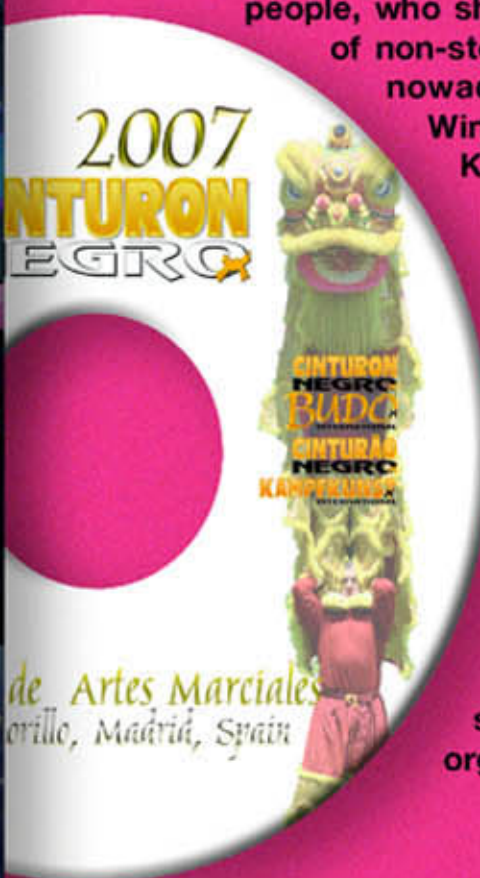
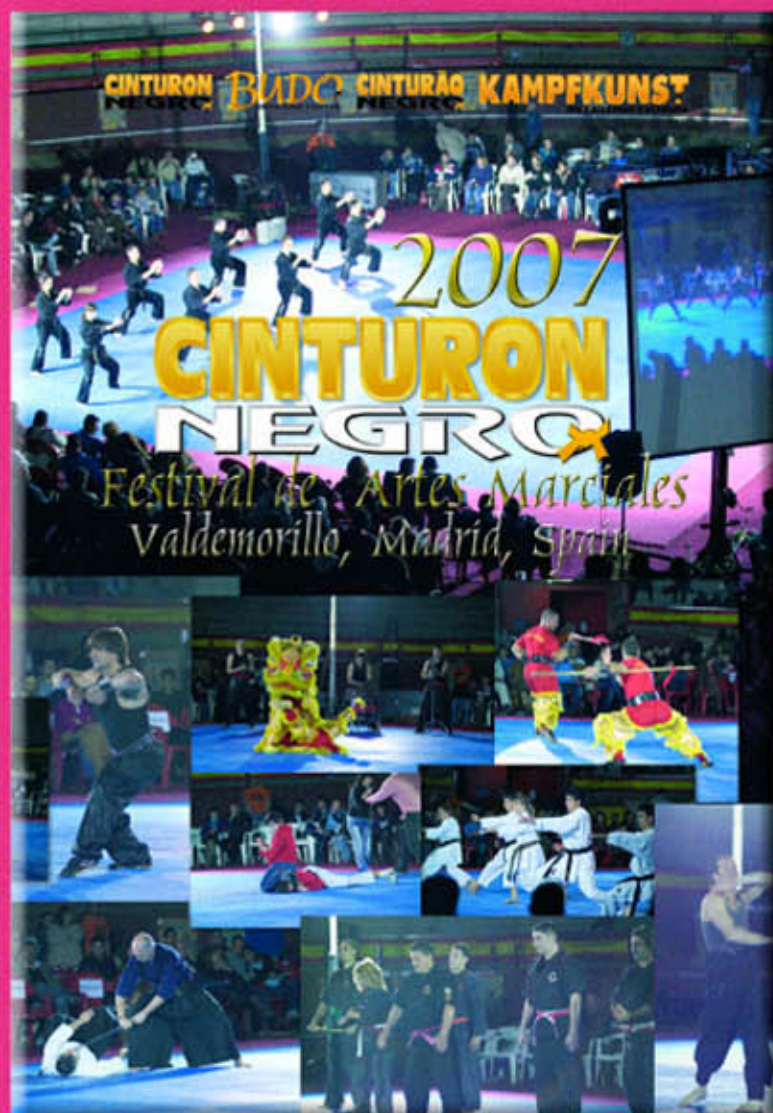


e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)



# 2007 CINTURON NEGRO

*Festival de Artes Marciales  
Valdemorillo, Madrid, Spain*



For the third edition of the Martial Arts Festival Cinturón Negro 2007, Valdemorillo (Madrid) welcomed near 400 people, who showed for more than three hours of non-stop show the best of Martial Arts nowadays: Taekwondo, Karate, Judo, Wing Tsun and Eskrima, Nunchaku, Kajukenbo, American Kenpo, Kokkar Kenpo, JuJutsu Do Combat and Jukaikido, break and acrobatics show, Krav Maga, Aikido, Viet Vo Dao, Choi Li Fut, Tai Chi, Mugen Ryu, Jeet Kune Do and Hapkido. This year, the guest of honour was Sifu Paolo Cangelosi, who traveled from Italy, along with his best team, to perform several Kung Fu exhibitions.

It was once again a show which sets a very high level both for organizers and contestants.

REF.: • FESTI3



WATCH A PREVIEW

PRICE: \$39,95  
PLUS S&H

English  
Italiano  
Español  
Français  
Deutsch

Orders:  
*e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)*





**“Rickson received me at home, he let me to sleep on the mat, in his garage, he trained with me. That impressed me a lot. Carlson’s people rebelled against me and called me a traitor”**

**“At that time I was Carlson’s fighting cock. Wallid phoned him, they had an argument and Carlson said: Vitor will thrash you”**

Text & Photos: **Marcelo Alonso**

# Vitor Belfort

## OPEN HEART CONFESSIONS

Eleven years ago (1996), a 17-year-old young boy was presented by Carlson Gracie as the future phenomenon of Vale-Tudo. \_For me, he is like my son, as the name Gracie has a lot of strength here, I call him Vitor Belfort Gracie \_, said the master, using the interview to challenge the greatest fighters of that time, to try him: \_ It can be Hugo, Marco Ruas, Shamrock - \_ said the master. Months after that interview, Belfort would confirm to the world the promises made by Carlson, becoming the youngest UFC champion at the age of just 19. Then, the phenomenon began a career of

ups and downs, marked by extraordinary victories but also by unexpected defeats. Thanks to his charisma, he also became the only Brazilian fighter recognized in the most important Brazilian media and he even started a relationship with his present wife, the model Joana Prado, in the reality show House of Artists (a program of a very important Brazilian television network, SBT). Two months before having his second child, Vitor has welcomed us at his home and he has recalled details of his career, never revealed before.



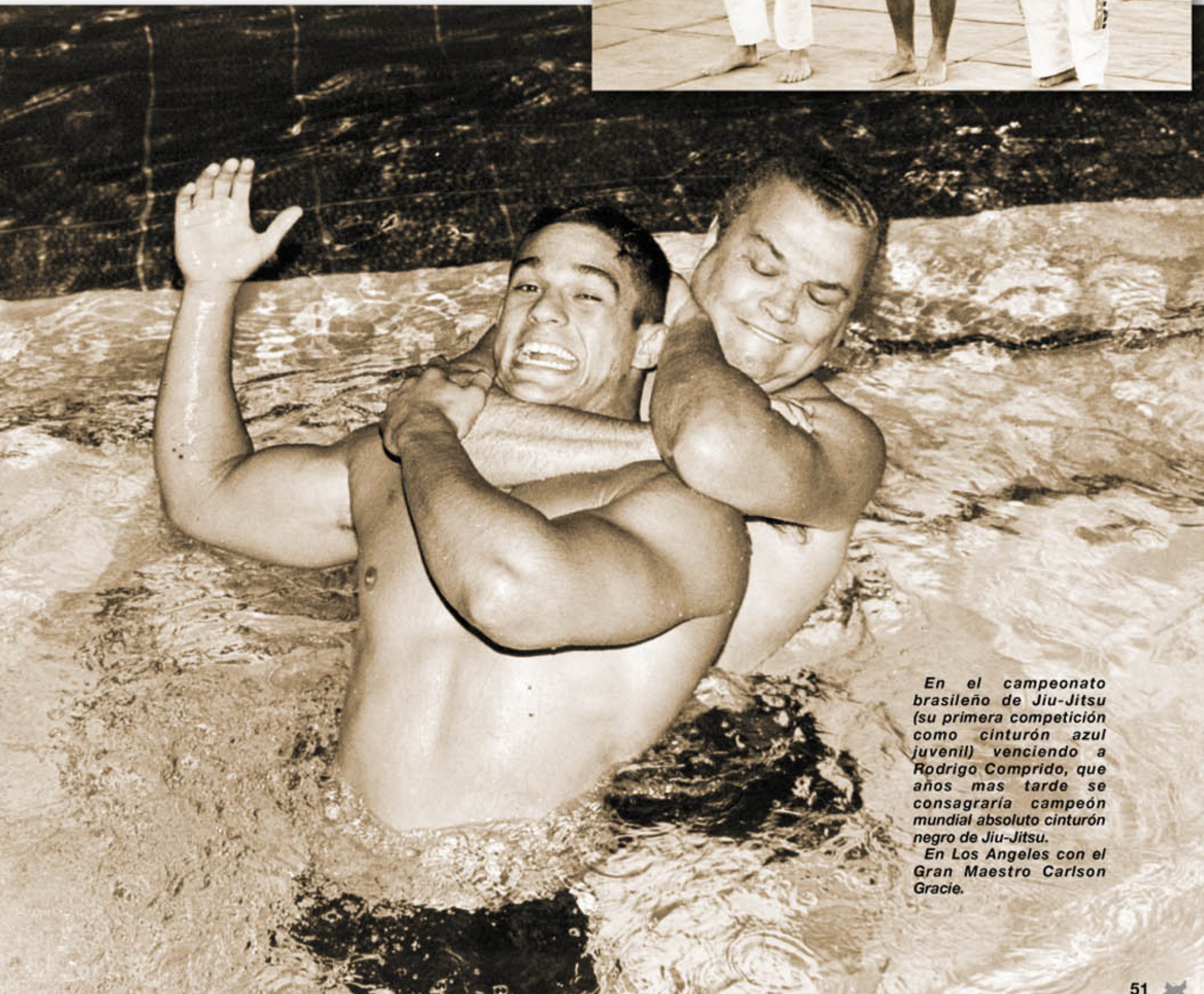


**Black Belt: How did your relationship with the fight start?**

**Vitor Belfort:** I started doing judo at the Club Flamengo. Then, when I was 8, I fell in love with boxing. Once, after a fight, I can't remember if it was Mike Tyson or Maguila, my father had offered me a pair of gloves and I broke his tooth while I was playing. At the age of 12 I bought a boxing bag, I put it in my bedroom and I told my mother that I would be a world champion. When I was 15, Amaury took me to \_Nobre Arte\_ academy and while I was practicing with Gaucho, I gave him such a straight left punch that he fell to the ground. After the training session, Gaucho came to tell me that my hand was good and that I had a brilliant future in boxing.

**C.N.: How did you start in Jiu-Jitsu?**

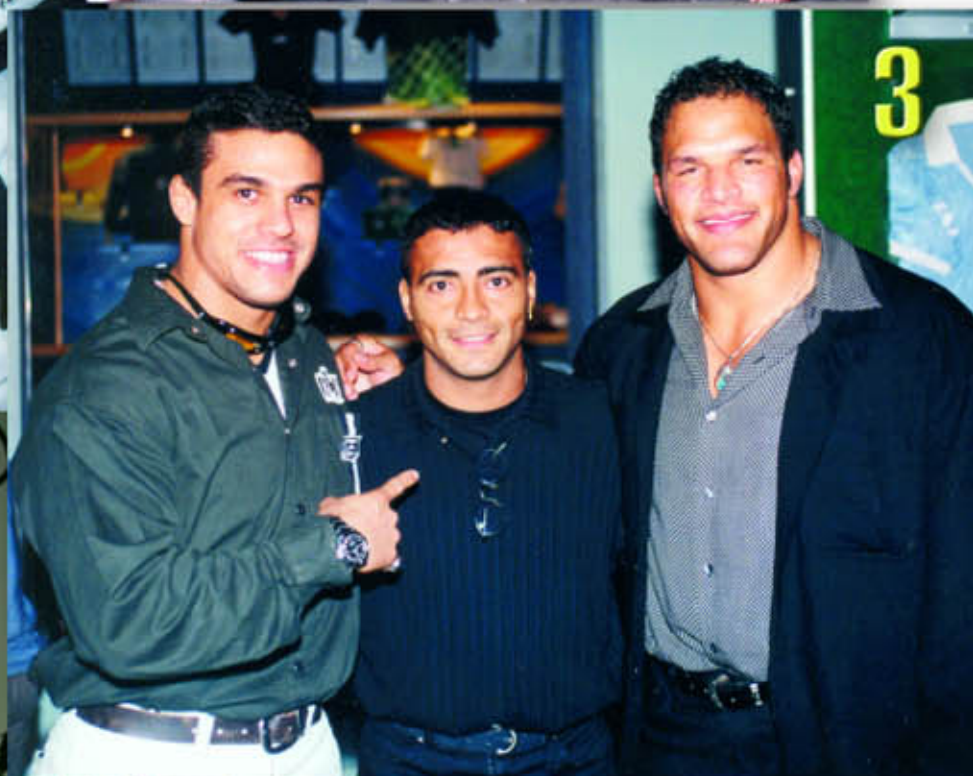
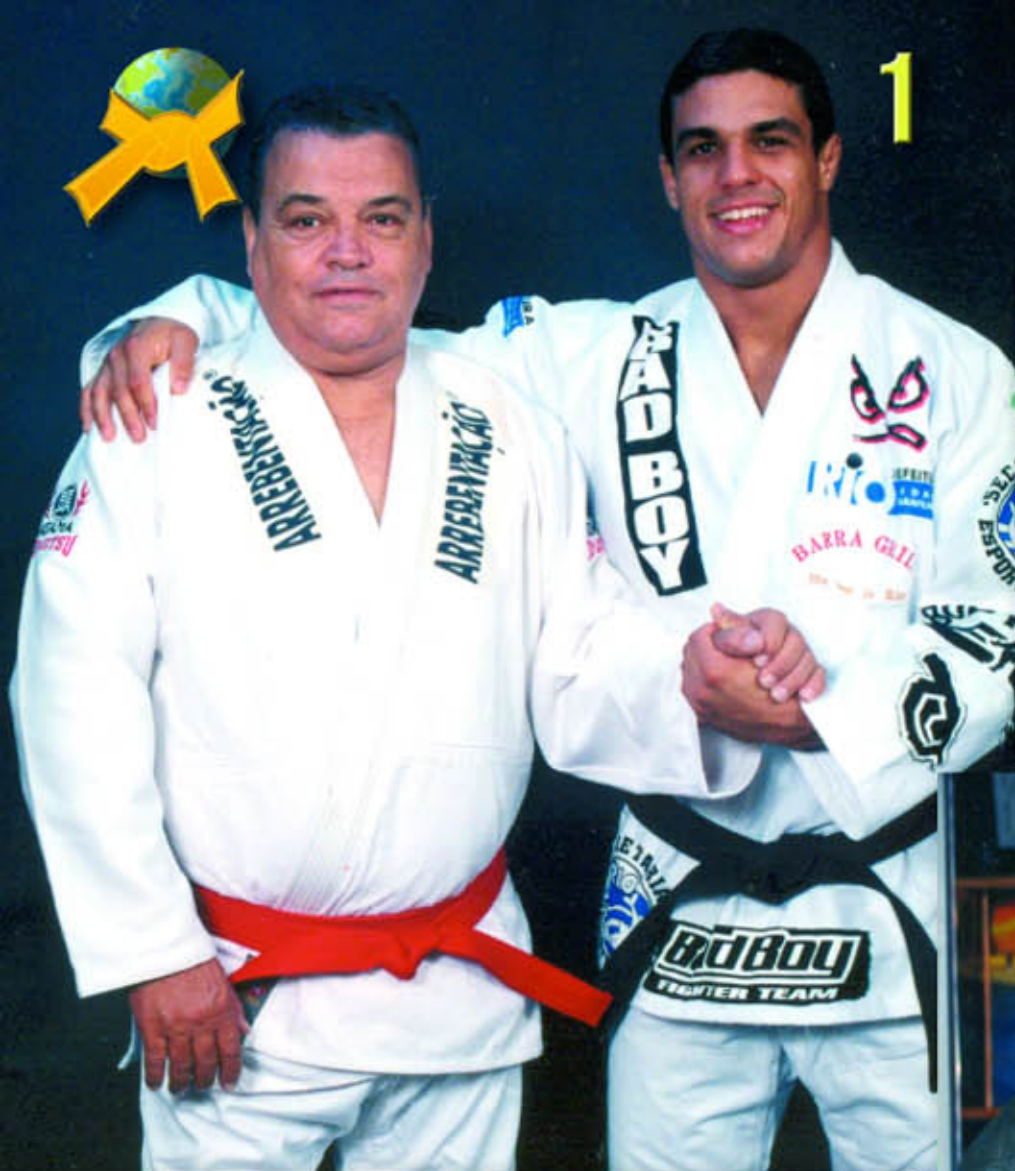
**V.B.:** My mother had a boyfriend who enrolled me in Romero Jacaré school to train. I remember that Traven was blue belt. I started to do badly at school and my father forced me to stop Jiu-Jitsu. Afterwards I started again with Isaías, who gave Jiu-Jitsu lessons in the building where my grandmother lived, but I started to do badly at school again, and my father stopped me a second time. My father always punished me with what I liked most. Then, when I was 14 or 15, I started to train



*En el campeonato brasileño de Jiu-Jitsu (su primera competición como cinturón azul juvenil) venciendo a Rodrigo Comprido, que años más tarde se consagró campeón mundial absoluto cinturón negro de Jiu-Jitsu.*

*En Los Angeles con el Gran Maestro Carlson Gracie.*





again with Rodrigo Medeiros and Toco ( \_ Nova Geração \_ ). I started to make a big progress in training and they took me to Carlson, where I started to train among the beasts. I was a young boy and suffered a lot, but I loved to train with the best ones. When I got the blue belt, I became the young child who faced the adults, who sometimes beat a graduate and trained hard with black belts. Now I say to the youngsters: \_ you have to train with beasts \_ . I see a lot of people for Jiu-Jitsu, but they don't care about Vale-Tudo and they take too long to start practicing it. Nowadays they are around twenty when they start. Demian Maia has just done it; he is 25 or 26 and he has just begun to do boxing, I think it is too late.

**C.N.:** Do you agree if a fighter of Jiu-Jitsu changes to MMA when

**he is still blue belt?**

**V.B.:** Of course. My two-year-old son is doing boxing. The mentality has to change. I tell them that they have to surpass me. If I was world champion at 19, they have to be it at 18. The trend nowadays is surpassing. I like to see people who surpass themselves, which beat a record. I like it; it is good to see that young people stand out.

**C.N.:** You were still in junior category when you got respect from Carlson

**V.B.:** Yes, I was. I remember that there was a Vale-Tudo and I wanted to train, but Vale-Tudo trainings were only for the oldest. I did boxing and I also trained a lot. This was my main feature, while everyone was against it, I was already training and I did boxing. I suffered a lot of misunderstanding for doing boxing and fitness. I remember that several students of Carlson's academy would hide to train. I started very soon. Today, if I had to divide Brazilian Vale-Tudo's history in ages, there would be obviously the Gracie, then Marco Ruas, with more kicks and punches and then I think there would be mine. After me, I would say that Minotauro came, with boxing, kicks and a very good ground fight.

**C.N.:** How was the transition from a strong young boy to become the favorite Carlson's fighting cock?

**C.N.:** How was the transition from a strong young boy to become the favorite Carlson's fighting cock?

**V.B.:** I remember once that Carlson showed to the whole academy a video about the fight of Royce in the Ultimate Fight. I was very young, I was only 15, but that motivated me a lot. Carlson was an excellent person, let everyone have his dream, so for example Wallid did not have a great talent but he always encouraged Wallid's dream and he



changed him into a champion. At Carlson's academy, those who didn't have any talent finally achieved it. Wallid made history, even in Vale-Tudo. I think it is very important to have a master with whom you can identify yourself, but today the field has professionalized, it is a business. At that time it was honor, it was Jiu-Jitsu, they talked about the Gracie family abroad, there was a rivalry and I wanted to show the world the name of Carlson Gracie. Having the opportunity to defend his name motivated me a lot.

**C.N.: How was your first acid test?**

**V.B.:** I had just won the Brazilian Championship, in weight and in the absolute category, with the blue belt (junior) and I went to Hawaii on holidays with my sister, my mother and my mother's boyfriend. I went to train at Relson's academy. One day some people from Pancrase came, they were famous. But Relson only had Jiu-Jitsu students, and then he suggested that I fought against them. There was no time limit and no kimono; the first one was a Japanese who began to bleed and asked to stop. He was Pancrase's champion and I didn't know it. Then I appeared, even in a photo, in a Japanese magazine; this was the first news about me in a magazine.

**C.N.: Was it then when you went to train with Rickson? Is true the story about you being accepted several times?**

**V.B.:** I was young, I was only 15 or 16 and I had just been Brazilian champion in blue belt. To be honest, he helped me. He was an idol of mine who had made history, then my dream was to be able to meet him and train with that myth, that legend. He received me at home, very kindly, I slept on the mat, in his garage, he trained me with kimono, then without the kimono. It was different, he is a master! He was training with me, teaching me, I was not at the level of Rickson, but he was a master training with a child. It was not a competitive training. Rickson has much to teach to anyone. This was crucial for me, because not everyone had that opportunity.

**C.N.: At that time the rivalry was huge. Were there problems with Carlson after these visits to Relson and Rickson?**

**V.B.:** Many. I remember when I came back, they said about me: \_Vitor is a traitor\_. They got angry and that is how all that controversy came. After that I returned to the United States and met La Penda, who told me to go to Los Angeles with Carlson. I remember that when I got back I told Carlson that I would make his name were recognized in America. I believe that La Penda was a broad-minded man, a visionary. Even today he stands out in the cinema. He made mistakes and he succeeded; I am very grateful, because it was thanks to him that everything took place. La Penda was the key for me to go out there. He wanted to bring together Carlson and Marco and I gave him my support. I was an admirer of Marco Ruas since I was a child. A few days ago, speaking with him I told him: \_Marco, I was thirteen, I saw you running along the seaside in Leme beach and I wanted to be like you\_. Marco Ruas was a very important icon for me. He had wanted to fight against the Gracies. I remember that Relson didn't want to fight with him and he sent Pinduka, who was one of Carlson's strongest fighters and Mark didn't know anything about ground. Even like that, in that fight he faced Pinduka and if it had been today, in that advantageous situation he would have won.



1. With Master Carlson.
2. few months before their premiere in the UFC, with Carlson Gracie's troop.
3. enjoying the night of River of Janeiro with their friends Mark Kerr and Romário.
4. I find with their idol of the Boxeo Mike Tyson.
5. in their premiere in the Voucher-Tudo, a fulminating knock out on the giant John Hess in Hawaii. Knocking Wanderlei Silva in the you Finish yourself Brazil, in 1998. Vitor always sounded with re presenting Brazil in the Boxing, in the Olympiads, but he preferred to give priority to the MMA.







**C.N.: Talking again about Carlson. How was it living with him?**

**V.B.:** He was a father for me. In fact, he was a father but also a child. I washed his clothes and cooked for him. After separating from La Penda we had no money. In the morning, as soon as we woke up, we would do a bridge to steal light from the neighbor. The light was unpaid and it had been cut off, the rent was also unpaid... We ate the Myoplex we were given. One day, Carlson told me that one more week and he would come back home, but I convinced him to stay a bit more. He couldn't speak English and at that time I couldn't speak very well. I told him: \_ I promise that I will only return to Brazil as a champion and I want you to trust me \_ . Carlson was so crazy that he trusted me.

**C.N.: And what happened?**

**V.B.:** The same day I went to train in an academy where I could do it for free. I didn't have any planned fight, I had nothing, but I started to train madly. I was working when a beautiful woman approached and invited me to do some pictures, but I said to her: \_ I am not a model, I am a fighter \_ . Then she told me that she had a friend who was a film producer, who worked with the Gracies. The producer was John Peters, who was planning to make a film with Rickson, but Rickson finally didn't do it. This woman gave me her phone number and arranged a meeting with Peters. I went with Carlson. Peters looked into our eyes and said: \_ you are hired, we'll do it \_ . And that is how everything started. In an overnight I was living in Beverly Hills, had a wonderful driver who took me on a Porche. Carlson went to live in a small flat with Rodrigo Medeiros and I stayed in the guest house. I remember that Peters had three girlfriends at the time. Two of them were Pamela Anderson and Zeta Jones, who at the time were not famous yet. I had domestics, washing machine, I had everything.

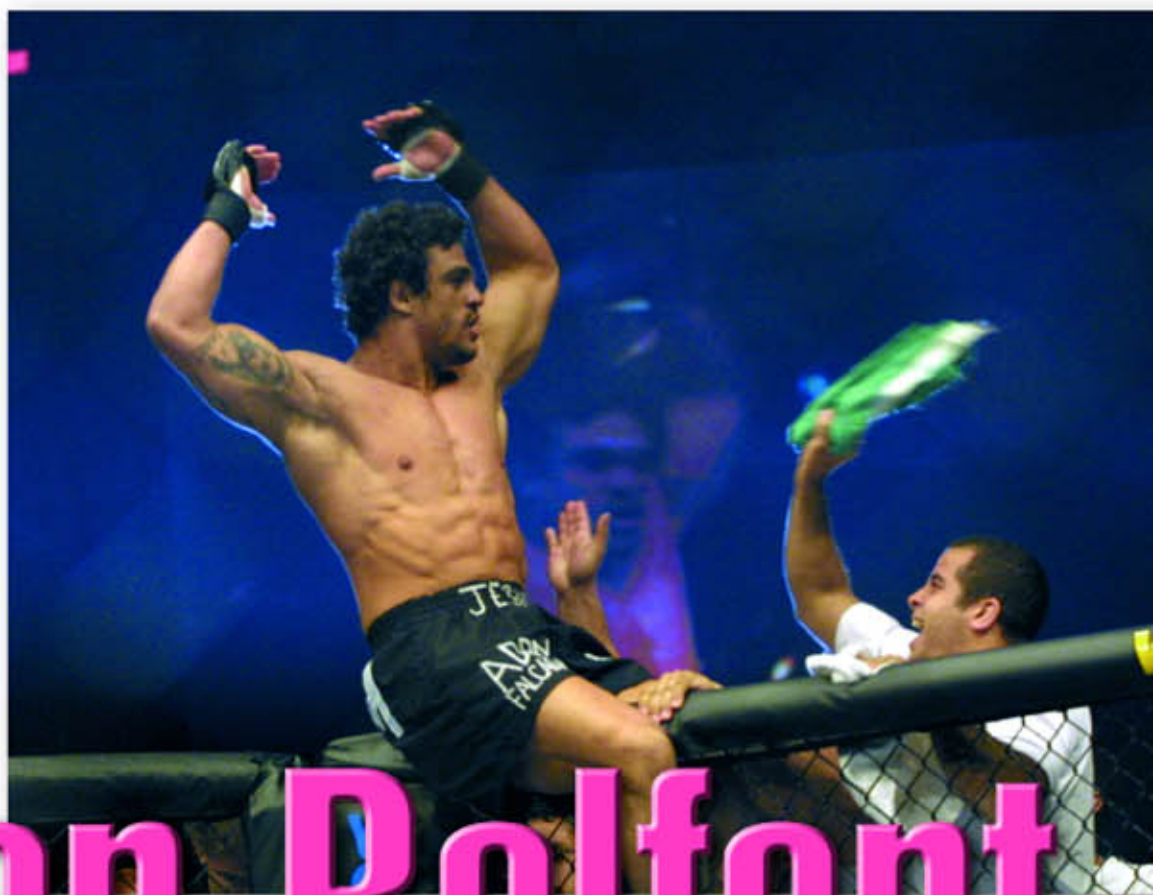
**C.N.: And how did you reach the UFC?**

**V.B.:** There was a time in my career where Peters said he did not want to work with Carlson anymore, because he was not a professional, and he didn't want him any longer. He said: \_ you will be able to train with who you want, I'll pay \_ . I explained that Carlson was like a father to me and Peters replied: \_ Then you decide if you stay with me or with Carlson \_ . I decided to stay with Carlson and Peters could not believe it, he went mad, he could not believe it. I had to leave John Peter's house, but I owe a great debt to him. For me he was a perfect guy.

**C.N.: Did you make your debut at 18?**

**V.B.:** I tried to fight in the Xtreme where Zé Mario fought, but it was not possible because only those over 18 could do it,

then Super Brawl in Hawaii was announced and I went to fight there. I remember that I signed the contract in these terms: \_ If I win I get paid, if I don't I won't get paid \_ . It was then that Carlson wanted to add Gracie's name to my name, and the controversy arose. My father phoned me and said: \_ I think this name issue is very important, you are Vitor Belfort. The Gracies have done their part, you have to do yours. You are going to make history \_ . This was very important and I thank my father and my mother for it, because I wanted to please my teacher, who was Carlson. They spoke with Carlson and he understood that it was important for me to have my identity. I remember being in the locker room, waiting to be weighed and there it was the whole Lakers team. That



# Vitor Belfort







impressed me a lot. I remember that Shakile O'Neil had just signed with the Lakers. Magic Johnson looked at me and asked if it was me who was going to fight with him. I replied affirmatively and he said: hhh, you are going to lose! \_ Shakile O'Neil, who must have known something and saw that it was written Carlson Gracie on my T-shirt, pulled out his watch, a gold Rolex and wanted to bet with Magic. \_ I bet my watch. I go on the child \_.

**C.N.: He was much heavier and he also tried to manipulate the fight...**

**V.B.:** I was already dressed when the referee came and said: \_ O \_ Neill has said that he will only fight with you if everything is allowed. Kick on the testicles, fingers in the eyes \_ . I remember as if it were today, I put my hands on my genitals and said: \_ Carlson, I want to have children! \_ . He told me to shut up and asked Ulna to translate: \_ Tell that guy to enter the ring armed with a knife \_ . I looked at Carlson and thought: \_ this guy is crazy! \_ . Carlson looked at me in that special way of him and said: \_ you are going to kill that guy in two minutes. Shut up! \_ . That was what happened, but the worst thing was that the referee let me hit him too much. He wanted to leave, the stadium was full, I think that the referee didn't like that. The people from Ultimate were there and they invited me to the next combat, but I suffered a knee injury and I could only go for the following Ultimate.

**C.N.: How was the dispute between Carlson and Marco? I remember that even in Japanese magazines Carlson said that he would get you to destroy them...**

**V.B.:** At that time I was Carlson's fighting cock. Whatever happened, he used to say that he would get me to destroy whoever. He told Eugenio Tadeu, Marco Ruas\_ and Marco replied: \_ Well, tell Vitor to be ready\_, but later, they became friends and Carlson went even to train Marcos.

**C.N.: On your first UFC you did two fights in one**

**night. What happened?**

**V.B.:** It's funny. I see the video today and there are some guys jumping on my back. I don't need to say names, but everyone was celebrating with me. Today there is the idea of a team but it's difficult to see something like that. I always said everything I thought and so did Carlson. My relationship with Carlson was like father and son and I can say that from that moment I was more man because I assumed my ideas. I left Carlson, came back with him and then I left him again. Then, all those that had criticized me betrayed Carlson. I think I always talked a lot, but today I am otherwise, I keep it for me. But a man without a word is not a man. A man has to believe in his convictions, despite the possibility of being wrong, but the man has to be a man to assume his mistakes. I assume all the mistakes I have made. I have been mistaken very often during my career and I regret several things. Pride is something that leads men to ruin.

**C.N.: What do you regret?**

**V.B.:** Having said certain things. Being honest doesn't

*Belfort debuted in the UFC knocking the student of Shamrock, Tra Telligman.*

*When it conquered Randy Couture and it won the belt of the UFC, beside their wife Joana Prado. Under, with their son Davi and their wife, Who has been a great sex symbol in Brasil.*







# Vitor Belfort

always mean telling the truth. I remember one day somebody phoned to my house because an interview had been published where Hélio Gracie said that I was a good-for-nothing and not a champion, and that their children were real champions. I was 19 and I felt it like a stab. For a Gracie it was very easy to be a champion. They were born in a family where there were black belts everywhere, with the support of all the important people in that field.

Since I was someone who had had to fight for that dream, I felt very offended and so did Carlson, and he told me to challenge Hélio's children. I then said to him: \_ Look, if Hélio Gracie wants that, I fight with any of his children \_. But I was talking about people who didn't even know what his father had said. I regret that. I think they were resentful with me, even after apologizing to Rickson and Royler. It was my immaturity that led me to make some fights mine, when they were Carlson's, because of his way of being. I said everything in the first thought because I was very sincere, but sometimes I hurt some people. That was one thing. There were other people of Carlson whom I faced, other's fights that I did mine when I was young and at the end the most damaged one was me. I think that in life

we must learn to shut up and to bite our tongue.

**C.N.: If you could go back, would you act in a different way in that fight with Sakuraba?**

**V.B.:** Sure. I had a half-open fracture, I lost 9kg from one day to another. I had to weigh 91kg, and I weighed 99. I was dehydrated, it was as if I were not there, since the beginning of the fight, but finally it happened. Today I would say, coming back to a corner: \_ Carlson, my hand hurts a lot and I can't hit \_, but at that time the practice of not surrendering still existed.

**C.N.: How was your first defeat against Randy Couture?**

**V.B.:** It was an impact. That day I had an unstoppable diarrhea. I remember that when they called me to fight, I had to run straight to the bathroom, but it was just water. I was nervous, I felt the adrenaline, but I was not convinced that I was going to knock him out, I was not convinced that he didn't have anything special to beat me. I hadn't trained, by then I had more than one girlfriend -thanks to sudden celebrity-. I wasn't prepared, I didn't have a solid base.

My world collapsed. I had to start my search by myself. Because until there I was a team, Vitor was the phenomenon, Vitor was the cock, and many people envied me, some people wanted to see how I failed. Everyone wanted to be in the central place, but there was only room for one. This happened a lot in our team and I think it was there where Carlson was wrong. He made us dispute with each other and it caused discord. Today there are several champions, but then, it was difficult to stand out. Today it is very easy, there are a thousand events. I see it in the Black House, there they have everything.

**C.N.: What's the difference between the first defeat with Randy Couture, and the last one with Handerson Dan?**

**V.B.:** In life everyone has his priorities. I have a priority in my life which is my life with God, then my family, with my son and my wife and then it comes my life with my work. There are two ways of living: one based on the principles and one on the preferences. The secret of my success is not my victory but my way of living with the others. In my last fights, even the fight against Dan Handerson, I lacked emotional stability. Whenever I have come into a fight not





to lose, I have lost against myself. I have not lost against Dan Handerson, I have lost against myself; he didn't come and did better than me. In the fight with Chuck Liddell, from my point of view, I won, and I won against Tito Ortiz.

It was a fight where I could have done a better performance, but I didn't train. In the fight against Overeem I had just left the Brazilian Top Team and they behave very badly. In the second fight with Randy Couture I suffered a mental exhaustion one day before my fight. Then I started to live my sister's problem. I should have spent some time solving my sister's problem. I learned a lot when having to live with my problems. The real champion is the one who overcomes several defeats. Not always the best wins, especially in Vale-Tudo, which is a sport with a useless glove where anything can happen. There is no favorite one.

**C.N.: Why did the loss against Dan Handerson happen?**

**V.B.:** We were close friends, I came not to lose and he came to win.

**C.N.: What makes you think that from now on it will be different?**

**V.B.:** Because I learned. When you realize that you have learned, you learn a little more. Today I consider myself an apprentice, I am always learning. I think it will be different, because now, when Vitor comes to win, wins. I can even lose, but when I come not to lose, I don't lose.

**C.N.: How do you know you come to win?**

**V.B.:** It's in my eyes. When I come into the ring, who knows me knows this.

**C.N.: But who accompanied you behind the scenes in the fight with Wanderlei, he said that you didn't have such a look**

**V.B.:** I was suffering from a terrible migraine and I spent very bad days before the fight. Just touching my head and I had a severe pain. But I came to win, no doubt.

**C.N.: Do you have met after it?**

**V.B.:** Wanderlei never spoke a word to me. We have never spoken to each other. For me, the true champion is the one who accepts defeat. The image I have of Wanderlei is not the same as you can have, or the one an admirer may have. And as I know I mustn't talk about other people, I prefer not to talk. But I have an excellent relationship with other people in the Chute Boxe, like Ninja, Shogun and Rudimar, who treat me really well.

**C.N.: How do you see this crisis in the BTT?**

**V.B.:** The BTT is Carlson's line. Murilo, Zé Mario, Libório, and me, we have all been trained by Carlson. In the Chute Boxe they have been trained there. The Gracie Barra is composed of Ruas' fighters, in the same way as BTT is formed of Carlson's. I considered BTT as a group of people who have seen an opportunity to do business, who have joined and have done so. That is business management. If you do not want to invest, the tendency is

that one day that business will finish. I think that the eye covered more than the belly.

**C.N.: Are you currently a part of the Black House?**

**V.B.:** I don't know how to make you understand. I am Vitor Belfort. I am part of a team that is the Black House, which began just after I left the BTT. I remember that when I went to fight in the Pride, I approached Murilo and Bebeo and I told them that I wanted to continue in the Brazilian Top Team, but that I didn't want them as my managers. They told me that if I wanted to continue my manager would have to be them, then I left. They began to avoid me, just to prevent me from training. It was then when I said I wanted to stay with Joinha. Initially, Joinha didn't want and then the idea of forming a team appeared.

**C.N.:** We even joke with Joinha, saying that he was becoming MMA's Don King

**V.B.:** Joinha deserves it. The reality nowadays is that Black House is already a team. It is very important that Minotaur and Anderson understand that their success is the success of all those around them. It makes me extremely happy to be able to help Minotaur. I want him to succeed, I want Anderson to succeed. I really want it, I want success for all of them and I see them as people I can count on. If they call me and say: \_ Vitor, I need you\_, I will be there to help. Today I realize that my success depends on a whole team, from the one who cleans the academy to the coaches' work: Distak (Boxing), Daniel (Muay Thai), Babu (ground) and Carlão, who is always available and with whom we have a strong affinity.

**C.N.: How did you meet Joana Prado?**

**V.B.:** I met her at an event. There was going to be a fashion show and we were invited to do a presentation. At that time she was a very famous top model, but when I met her behind the scenes, I realized that she was a normal and simple young girl. I took her phone number and she told me to call her if I ever went to San Paulo. Soon I tried to find an excuse to go. I spoke with her and we went out for dinner, half hidden. We went to a discreet place and then she left me at the hotel. I always joke with her saying that it was her who caught me (laughter) because it was her who gave me the first kiss. We became friends, I knew her character, her way of dealing with life and I was impressed. One day I told her: \_ Joana, it will be shocking if you and I start a relationship. You can have the man you want, travel in helicopters and Ferraris with those millionaires, are you going to go out with this blockhead, broken ear?\_. She answered: \_ what I want is you. I stay with you\_. I said: \_ then, beauty, everything I have I offer it to you\_. I started to know her way of being as a woman. I loved her as a courageous woman. The fame came to her life, but she didn't look for it. It happened. The quick celebrity she got, I think that no other woman had it in Brazil. She was a sex symbol, so that even women became mad to imitate her, and it was as if she weren't aware.

**C.N.: Then you split up and you came together again in the House of Artists...**

**V.B.:** Not exactly. I was invited to come into the House of Artists. I told Joanna and she told me not even to think about having an affair with anyone in the house. We loved each other despite the distance. Then she called me and told me that she had also been invited. But I had a fight and she had already signed the contract. Then Tito Ortiz, who had to fight against me, was hurt. I had lost the opportunity to take part in the program. I called the manager of the channel and told him to tell Silvio Santos, the director of the channel, that I wanted to take part. He replied that everyone had already signed the contract, but to let me participate, Silvio found one more woman, and we went into the house. I remember that when I was inside, he asked me what my dream was. I told him that my dream was to spread the fight. Later they transmitted live my fight against Liddell, which was a record of audience at that time. I think it was great for the fight.

**C.N.: Do you want your child to be a fighter?**

**V.B.:** He is going to be Davi Prado Belfort, the result of a true love. He will have his own identity. I will agree with everything he chooses. I am only going to demand education and respect. I normally say: up to ten years, I want to be a good father; up to 20, a good master and until death a good friend. I am preparing my son to have good basis, the basis that I did not have. My parents gave me the best, I am sure, but I came from a separated couple. I hope to give also my best to my daughter Victoria Prado Belfort, which will be born soon.

**C.N.: Who are the best in the world today, in each category?**

**V.B.:** Up to 70Kg, Gesías. Up to 77Kg, Matt Hughes, up to 83Kg, Anderson. Up to 93Kg, is a category in which there are so many gifted people that I think the best is the one who has the belt, that is, Dan Handerson and Quinton Jackson. I can't forget Fedor and Minotaur.

**C.N.: After this victory over Ivan Serati, you will have to fight the Cage Rage belt with James Zikic. What do you think about him?**

**V.B.:** I have seen short sequences of the fight where he defeated Cyborg. He is a tough guy. I am very happy with the Cage Rage. I have signed the contract for this fight and also a defense of the belt.

**C.N.: And then, do you think about going to the UFC?**

**V.B.:** That is the idea, I even would like to have a fight with Quinton Jackson. Juanito, his boxing coach, made an unfortunate comment, he said that I fight for money. That is nonsense, because nobody works not to make money. But if he thinks that my cause is only money, I propose to have a fight with Quinton. He can put his belt at stake, since he doesn't fight for money, and we will do a fight with a reward for the winner. The loser won't get anything, just a snack, light refreshments.





Tai-Chi

太極拳  
陳

二路  
炮捶

Tai Chi Chen  
Er Lu

His first book about the Chen form has been a great success, like his previous videos. That is why today we bring back to these pages the work of the Great Master Cheng Shen Yu, dedicated this time to the unknown second form of the Chen "Er Lu" style, a video that will be highly appreciated by experts in this domain and that every Tai Chi student should have.

Under the supervision of his Master, Diego Caceres, an excellent student and representative of Chen, has written an excellent text that we publish now, discovering the secrets of the history and technical characteristics of this form and of the same Chen style.

Again, talent and mastery go together towards the purest form of the authentic Tai Chi.





## History Of The Chen Style Of Tai-Chi Chuan

It is said to be the oldest style, and it is considered as the beginning of Tai-Chi Chuan. Its origins come from China, in the village of Chenjiagou, Province of Henan, to be precise. The ancient Chinese writings about Wushu say that Tai-Chi Chuan is one of the old martial paths, very advantageous for mankind.

According to historical records, it seems that Chen Bu arrived to the village of Chenjiagou in the late fourteenth century and that he is the origin of the Chen family, but actually they didn't start to be well known until the 9th generation, with Chen Wang-Ting (1368-1644), who is considered the creator of the Chen Style. He was an army officer around the end of the Ming Dynasty.

The Tai-Chi Chen was the result of a compilation of different martial arts. The Tai-Chi Chuan is a Martial Art that contains all the techniques of other martial arts: fist blows, kicks, defenses, projections, luxations, immobilizations, acupuncture (vital points). The names of the movements refer to the work of men in the field, to music and also to nature and animals. In the 14th generation, Chen Changxing put together the 7 forms and reduced them to 2, which are the ones practiced nowadays.

Chen style is dynamic and is characterized by the combination of slow and gentle movements with fast and explosive ones, pace changes within the typical continuity of Tai-Chi Chuan. It uses kick techniques, fist blows, defenses, jumps, heel kicks, projections, luxations, immobilizations, etc.

The most remarkable feature of this style would be the *Chanse-Ching* or *spiral energy of wrapping silk*, to make the qi deploy in spiral from the feet (where the movement is created) to the hands, going throughout the body.

The most practiced forms in Chen style are: *I lu* and *Er Lu* or *cannon form*, where *Fajin* is used in most of the movements. In addition to bare hand forms, weapon forms are also practiced: *Saber*, *Sword*, *Long Stick*, *Lance*, etc.

The Chen style is characterized by spirals and circles (*Chan si jin* *Chanse-Ching*) coming from the principle called *wrapping*

the silk cocoon\_ and from contrast between the movements of Yin and Yang. The pace is continuous and fluid, occurring more or less energy discharges depending on the form that is practiced, *I Lu* or *Er Lu*. The style is broad, opening and closing positions, with low and very entrenched positions.

### The Village Of Chenjiagou.

It is believed that it was in this village where the Chen Style of Tai-Chi Chuan appeared. Since antiquity it was transmitted from father to son within the Chen family. The art evolved and got richer from family to family until the present day.

The Chen work that was traditionally practiced in the village of Chenjiagou had some special features, in accordance with the prescriptions of Chen Wantin, (9 th generation of Chen family). According to this master, the work in Tai-Chi Chuan of Chen style includes the following aspects:

**Chin Lin Chulan:** move with agility and grace, like an animal.

**Son-Yuan:** relaxed and circular

**Son Hueu:** relaxed and full, feeling of strength and weight

**Tinmi Chan Min:** linked and continuous.

**Kan-Shou:** like iron and water

**Xian-Su:** combined

**Lu-Xuan:** screwing

**Iun-Tun:** practice

**Xin-Zu:** movement

These are essential aspects to perform martial applications.

### Relevant Masters In The Chen Style

a) **Chen Wan-Tin:** 9 th generation of the Chen family. It is considered as the initial generation of Chen Tai-Chi Chuan.

b) **Chen Chan-Xin:** 14 th generation. It was him who taught Yang Lu-Chan, creator of the Yang style of Tai-Chi Chuan, who became famous for his technique and was called *The Unbeatable* (Yuan-wudi).

c) **Chen Fake:** 17 th generation. He was very important because thanks to him the Chen style spread. In 1928 he moved to

Beijing where he had many students. He was known as *Tai-Chi I-Zing*, or *The first man in Tai-Chi*.

d) **Hong Junsheng:** 18 th generation.

After his illness in Beijing, his father took him to practice with Chen Fake for a period of 15 years. As a result, his health improved and he acquired a very high martial skill. He returned to Shandong and a few years later he came back to Beijing with Chen Fake. Together they reviewed all the techniques of the form with their martial applications, reviewing the whole system. Later he returned again to Shandong and continued teaching his students movements with their applications, changing the original form with smaller movements, more adapted to the applications.

In 1985, master Chen Shengyu began to train with Hong Junsheng and Liao Chente, during 12 years until he transmitted the whole system to him.

### The Teachings Of Hong Junsheng

Master Hong spoke to his students of the ancient story of the Chen Style in Chenjiagou and he explained to them the changes made by him when he was with Chen Fake. He adapted the form so that the movements were more real from the perspective of martial application.

According to the traditional teaching of the Chen Family, old *chipenkon* work made the difference between opening Ying and closing Yang. The circle was composed of half Ying and half Yang. Master Hong gave a new sense to this theory: the body moves on its axis and at the same time, arms and fingers rotate simultaneously in a Kai-He. In the circular work done by Master Hong, in the first part of the circle the middle finger remains and the little finger turns upward (Kai), while the thumb turns inward (He). The other half of the circle is the opposite: the little finger inwards (He) and the thumb outwards (Kai).

The movement would not be a round circle but it would be egg-shaped, with a larger end and a smaller central part, always taking the outside as the center. When the hand goes up it doesn't go higher than the eye and when it goes down, it is not below

Text: Diego Caceres

Photos: [www.budointernational.com](http://www.budointernational.com)

Cheng Shen Yu  
Pao Chui Er Lu  
The second form of Tai Chi Chuan Chen





the navel. The palm turns 45° to the opposite shoulder and the circle that is formed points to 45°. In the picture of that oval shape, we mark the four corners: up, down, right and left. The center of the hand (palm) always points to these four corners. With this movement you can intercept an attack from any direction. Also, within the same movement we integrate defense and attack.

When we do the circle outwards, the position of the egg is inverted, that is, the outside part is smaller and the central part is bigger.

When the hand goes outwards, the sequence is hand- elbow- shoulder. When it goes inwards, the sequence is shoulder- elbow- hand. It is as if you were swimming but using air instead of water.

The new students had to be between half a year to 3 years practicing this work of *\_chipenkon\_*. When Master Hong had checked if they dominated it, he began to teach them the form. He thought that the control of *\_chipenkon\_* represented 50% of the control of Tai-Chi Chuan in all its aspects (tao-lu, tui-shou, martial applications).

## LAOJIA YI-LU: 1st old form.

When Hong Junsheng started to teach the Tao-Lu (form), he explained that in old times Chen Fake taught the form in 83 movements. However, he had 81 movements because he did not take into account either the first one (hands along the body) or the last one (closed lowering the arms). He explained the 81 movements from the point of view of I-Chin (Wu Chin (5) and Pakua (8)).

Looking at the first Chin Kan Tao Tui technique, it has 8 movements: 1st Chi (sky) and 8th Kuen (earth).  $1 + 8 = 9 \times 9 = 81$ .

Each movement had many applications.

Yi-Lu is based on the circle, softness, relaxation, slow work and right combination of techniques. He put more emphasis on Peng, Lu, Ji and An and less on Chae, Lie, Chun, and Kao. More softness and less Fajin so that the movements are soft, getting it to flow without interruptions in the energy.

## PAO-CHUI ER-LU: 2nd Form.

The Er-Lu form, also known as *\_cannon\_*

form, is the most technical, practical and efficient exercise of martial application in Chen Style. It is worked with small circles in a quick and explosive way (Fajin).

From the point of view of I-Chin, Hong Junsheng had  $8 \times 8 = 64$  movements. It is less focused on the work of Peng, Lu, Chi and An and more on Chae, Lie, Chun, and Kao.

Many of the movements are in Yi-Lu and others are new.

Pao-Chui isn't taught until the student has really worked Yi-Lu. Only then will he be ready to learn it. If it is not worked in a proper way, we can make the mistake of turning it into a mere muscle and external work, losing all the benefits of improvement of Tai-Chi. However, if you work with the necessary precision, it can help us to explore the paths of Nei-Jing (internal energy).

Through the proper use of spiral energy (wrapping the silk), the softness can be concentrated at a very high level, so that it focuses on a particular point. In the moment of fast emission, the softness becomes harshness and this is followed again by softness, thereby completing the cycle. The student exchanges and coordinates both forces in a soft and natural way, so that in practice the form should be relaxed and balanced, regardless of whether the movements are performed quickly or slowly. When the explosive movements are performed, we should not be panting or containing breathing. Pao Chui is easy to learn but difficult to perform: easy because many movements have already been learned in Yi-Lu and also the form is shorter; however, the fact of needing a high-speed, Fajin and many movements with jumps and stamps, implies a very demanding performance which quickly increases the martial strength of the student.

The movements are soft and loose. Pao-Chui needs to be like that because Fajin is performed and is generated when the body is relaxed. If it isn't, the Fajin is not expressed easily and it looks like blows in external martial arts.

A very common mistake when performing Er-Lu is putting too much emphasis on strength. Following the principle of Yin and Yang, Tai-Chi Chuan combines softness with hardness. Not just any body part can perform Fajin, but the force can change internally, combining attack with defense and vice versa. The key to issue the power effectively is to keep body and mind relaxed and use the waist. During the performance of explosive movements of Pao-Chui, the ultimate

goal is to take 100% advantage of the strength of the body. To achieve this, we need to generate energy from the feet through the legs to the waist, through the spiral movement. The Jing or internal energy must begin on both feet. The resistance from the ground allows energy to flow through the body in parts, to form a complete integrated system. Without such rebound of energy from the ground, it would be difficult to achieve the power of the body as a whole.

The explosive nature of Pao-Chui is in the movements with frequent jumps and stamps. It is essential that the practitioner keeps at the same time the feeling of hardness and softness. Like that, when the hand and leg advance in a movement, the center of gravity must remain sunken. If it is not, the movement would be doubtful and useless. We must understand the reason why we are doing a jump or a stamp, so that the movement is focused and the strength of the whole body is coordinated.

All along the form, the external appearance is slow but not loose, light but not doubtful, quick but not dispersed.

Some of the typical movements of Er-Lu: Chun, Pon, Tiao, Lu, Ten, Kuen Sa, Chan.

Chun: angles; Pun: rebounds; Tiao: jumps; lu: jump moving far away; Ten: throw up; Kuen: tie, roll the other with your arms, etc.; Sa: lightning; Chan: beatings.

## Types Of Fajin

The types of Fajin are: Tan, Tao, Chen, Cha.

**Tan Jin:** turn from the ground and beat far away. It is used to beat, for example with the fist.

**Tao Jin:** shaking like a bear. It is used to beat when the other is near but without embracing him.

**Chen Jin:** tremble. You start making an internal movement which comes outwards and is transmitted to the adversary very close to us. In order to do this Fajin, it is necessary to have a very high level and is not good for the body.

**Cha Jin:** bomb, explode. It is as if a hermetically sealed container were heated = it explodes. As in Chen, it requires a very high level and it is not good for health.

## Differences Between Yi-Lu And Er-Lu Movements

Although both forms use round arc

# Pao Chui Er Lu





太極拳  
陳  
二  
路





movements based on Chanseching (rolling the silk), Pao-Chui movements are slightly more upright. Even though the shape is round and spiral, the circle is smaller and the speed increases.

It is very important to work the Yi-Lu form as training to learn to move smoothly and achieve the subsequent benefits for health. When the level of learning required to begin with the practice of Er-Lu is achieved, it is advisable to start the practice to achieve a good technical level of Chen Tai-Chi Chuan. Once you have correctly added the Fajin work with an appropriate combination of softness and hardness, we will have incorporated that feeling which can be applied to any time of work of Tai-Chi Chuan, regardless of the form we are practicing. When a very high technical level is acquired, constant practice of Fajin will no longer be necessary.

As we have said before, Er-Lu Pao-Chui has 64 movements, many of whom are the same as in Yi-Lu.

Those who are not equal or are performed in different ways are:

- 5 Pan Lan Chui.
- 8 Lin Huan Pao.
- 10 IO Chuan Hen Kao
- 11 Chin Lan Chu Lu
- 12 Fon Shao Min Hua
- 16 Chian Shen Chui
- 17 Chan Shou
- 18 Fua Fei Wu Shou
- 20 Fei Pu Yo Lancho
- 21 Ta Hong Chuan
- 23 Shi Hou Chuan
- 26 Tao Chi Lu
- 29 Ku Sin Pin
- 31 Shou Cho Shu
- 32 Pichi Achi
- 35 Wu Fu
- 36 Mumi Hong
- 37 Tan Yunshou
- 40 Chou Shun
- 41 Xia Suan Ton Chui
- 45 Xao Tan Tui
- 51 Tao Cha Hua

### 53 Pin Xu Ta Tuang 61 Puti Pao

Around 25 movements are different or are performed differently, remaining the same. The duration of Pao-Chui is between 5 to 6 minutes.

In Yi-Lu three types of Yun-Shou (clouds) are performed: top, bottom and middle. In Er-Lu, there are no movements with that name (clouds), but some similar ones are performed, with other names: Tajo Huan, Saiajo Chuan, lotan Jun Sho, Cho Tan Jin Sho.

In Yi-Lu, Lio Fong SU Bi will correspond to Ta Men Pao of Er-Lu. The difference is the size and speed of the movement. In the first, the movement is slow and big and in the second, it is smaller and faster, closer to the actual application.

### **Luxuan Chansechio (Foot).**

Master Hong Junsheng taught to Chen Shengyu this spiral footwork, in the same way as the Chanseching ends with the hands. In 2003 he had an accident and a very heavy burden fall on his leg, which forced him to stay a while without working this technique.

In 2005 he recorded his first DVD, but he did not speak or performed this work in it. In 2006 he published his first book, and although here he showed some pictures of Chipen-Kong Chansechio he didn't explain anything about it. In 2007, fully recovered from his accident, he began to teach this work to his students.

With his foot he performs Ti (toes), Ten (heel), Chui (external part of the sole), Pi (side), Shao (sweep), Tu (sole), Tao (your leg inside his) and Chen (your leg outside his).

Apart from Tao and Chen, six applications would be performed.

To make these applications, we must first raise the knee. Then you can make the 6 applications within the circle inward or

outward, combining them.

We can thus work with both arms / hands and one leg / foot independently. Three limbs that move led by the heart. Each limb could face or come into contact with one person, defending or attacking.

The 6 applications are made up, down, right and left, forming a circle.

We can work them at three levels: hip level, knee level or at ground level, without touching (the foot would be a bit high). The circle, as with the hand, would be inward and outward.

It has to be taken into account that the elbow joint is bent at the front, while the knee is bent behind. The fingers are longer and the toes are shorter. When the hand turns it keeps the central finger high facing upwards as a central axis. This is not considered for the footwork.

When the circle is performed outward and the foot is high, the sole and the sole central point move outward, the little finger up and the thumb down, and with the side of the foot in 45°. The foot goes down and the little finger goes down and inward, the center of the sole to 45° and the thumb goes up. The foot is doing a spiral and continues lifting the toes upward. The foot is like the hand, it is always half yin and half yang.

In LUXUAN CHANSECHIO, the movement is performed in a circle outwards or inwards, the same as we do with Mabu but with the Dulipu position (a lifted knee). The same happens if the movement is performed to the right or to the left. The movement is combined with waist and hip. With the right leg when waist and hip turn to the right, the circle is outwards and when it turns to the left, the circle is the other way round. If the foot goes out, the knee follows and then the hip. If the foot goes in, the movement starts at the hip, followed by the knee and finally the foot.

The circle made with the hand is of 45°, and yet the one which is made with the foot is of 180°.





#### ABOUT MASTER CHEN SHENGYU

Chen Sheng-Yu was born on November 23rd, 1958 in Zhejiang (Ruinan), a village of Chan-Chiao, in Chengao. Both in Ruinan and in Chan-Chiao there have always been many martial arts.

From an early age he practiced Wushu. His first master of Nan Shaolin was Lin-Youlon, known as 'The Iron Monk'. He also practiced Yang Tai-Chi Chuan style, Shinyi-Pakua, Chan-Chuan and Nan-Chuan.

In 1983 he traveled to Xian to meet Master Yang-Longyi and he practiced 2 years with him.

In 1985, he met Hong Jungshen in the city of Jinan (in Shandon). In that city, he practiced in two parks: in the morning in Pao Tu Chuan Park (where Master Liao-Chente gave the lessons and Chen Sheng-Yu practiced with him) and in the evening in Ta Menfu Park (where he practiced directly with Master Hong). Master Hong also taught in different schools in Jinan.

He trained with Master Hong Jungshen for 12 years, the Master transmitted to him the entire system and taught him a special Chan She-Chin leg work, just for him. In 1996, he returned to his hometown and opened a school for Tai-Chi Wu-Shu.

In 2001, he left China to go to France and from there, two years later, he moved to Spain, where he was received by master Fan Xing-Ming and was offered to teach. He also began to teach at the School of Juan Carlos Serrato, and at the School of Martial Arts and Tai-Chi Chuan Coyrema. After all this, he obtained a work permit to stay in Spain to work.

Diego Cáceres:  
phone.: (34) 699 063

855  
e-mail: olgabp@ya.com

#### The Learning Process In Tai-Chi Chuan Chen Style

The start of training for a student is not the same as in other Martial Arts. He has to understand relaxation, softness and the sense of the circle inwards and outwards. Master Chen Shengyu spoke of three steps:

1st step: chipenkon hua chuan, or basic work of doing circles. Then we will go on learning the Tao-Lu Yi-Lu or 1st form. We would learn movement by movement till it is complete. Then it comes the Er-Lu, which is the 2nd form. Then there is Yi-Lu, with large movements to learn more clearly movements, softness and slowness. Er-Lu, where movements are smaller and faster. Once the movements have been understood they become smaller for applications to be effective. Once the two Tao-Lus have been learnt, we learn the application of each movement of the forms.

2nd step: Tui-shou. In this work, check whether you can perform the applications you have learned. If you can't, your Tao-Lu has no basis. If you can easily perform the applications, your second step is achieved.

3rd step: we would work Shan Shou or free work. The opponent would attack us freely with Tai-Chi or another Martial Art and we would respond to that attack.







# **How to Shield Your School From Economic Downturn and Dramatically Increase Your Revenues**

Text: NAPMA President, Rob Colasanti

**W**hen running a martial arts school, you do not want to depend solely on the revenue you earn from your entry-level core program, i.e. 75 students paying \$99 per month to learn karate. Instead, you want to create multiple streams of revenue and an ascension model for your students.

When you create multiple income streams, your school will be much stronger and more stable. You'll be in a far better position to weather bad economic conditions, turn downs in the market, seasonal fluctuations or the sudden onset of competitors. If your only source of revenue comes from teaching a particular style of martial arts for a flat rate, then you'll really feel the pinch if that program suddenly declines, for whatever reason.

With more than 1,500 active member schools in the NAPMA organization, I'm constantly hearing the latest buzz. To this end, I'd like to now share with you eight common ways that NAPMA members throughout the world tell me they're developing multiple streams of revenue and thereby keeping their schools strong in these difficult economic times we're experiencing.

## **Revenue Stream 1: Core Service Tuition**

The initial investments and monthly tuition dollars you receive from your entry level core program represents the base level of continuity income that you create by getting new students involved with your school. Ultimately, the smallest percentage of your students and membership tuition should come from your entry-level program. You don't want to put all of your eggs in one basket like some schools do. Please read on to learn why.

## **Revenue Stream 2: Upgrade Program Tuition**

In the martial arts business, the real revenue potential is in the upgrade programs. You've already incurred the marketing expense and done the work to get students into your school. So ascending them into more expensive continuity programs doesn't cost you anything more. But it does increase your average student value dramatically and that, of course, increases your profitability.

At the same time, upgrade programs also provide many additional benefits to your students. So it's a win-win. That's why I strongly encourage you to implement a variety of upgrade programs such as Black Belt Club, Masters Club and Leadership Training. These are the most typical examples.

By the way, upgrade programs such as the

aforementioned are a constant topic of discussion in NAPMA's Inner Circle and Peak Performers "mastermind" groups. Most of the thriving schools in the nation have implemented upgrade programs (in one form or another) and it is unquestionably how today's high performing schools are generating the majority of their membership revenues and creating long term stability in their businesses.

## **Revenue Stream 3: Product Sales**

If your school doesn't already have a pro shop, then I highly recommend you implement one right away. In addition, I suggest you use "built-in products sales" to fuel its growth. This is a very effective method, in which students must purchase various products, as they progress through the ranks. These products are essentially "built-into" the training. Therefore, you can actually count on the sale of these products and know when to expect them, for as long as the student continues his or her training. For more information about "built in" product sales, contact NAPMA at 1-800-973-6734 and request my comprehensive audio interview on this subject with NAPMA members Eric and Pat Hensley.

## **Revenue Stream 4: Special Events**

If your school is not hosting at least one special event a month, then you're overlooking another healthy income stream. Consider summer camps, buddy days, lock-ins, "smokers," birthday parties, movie nights, special guest seminars, interschool tournaments and other similar events that will attract more attention to your school and increase revenues.

You have to determine which of these events best fits your customs, traditions, personality and situation. The key is to do them consistently and market them correctly. When done properly, special events are also fantastic lead generators.

## **Revenue Stream 5: Private Lessons**

Many NAPMA Maximum Impact members earn a substantial amount of additional income teaching privates. Some are teaching high dollar private lessons to clients who pay thousands of dollars per year to train with the main instructor or his key staff members. Much of success in this area has to do with marketing, creating very high perceived-value and solid sales systems. However, the point is that this is a no-brainer, additional income stream that you may want to pursue.

## **Revenue Stream 6: Multiple Schools, Satellite Locations and Franchise Opportunities**

These days, more and more school owners operate several schools or they run satellite programs in gyms, health clubs, YMCAs, churches, recreational facilities, academic schools, junior colleges, etc. Done correctly (and legally), these additional locations can add another pillar of revenue to the "mother ship."

Also, becoming a Regional Developer for a franchise organization, such as Mile High Karate, can create one of the most robust additional income streams available in the industry today. For more information, please visit [www.milehighfranchise.com](http://www.milehighfranchise.com)

## **Revenue Stream 7: After School Martial Arts**

Transporting kids to your school for several hours a day for an after-school martial arts program is actually a business within your business. This is not for everyone. However, since after school students typically pay two to three times the tuition of a regular student and many parents depend on some form of after school care, it has been a highly profitable venture for many school owners throughout America.

Revenue Stream 8: Additional Programs and Services

Adding additional programs is one of the most common ways to create another stream of revenue in a school. I know of some Maximum Impact members, such as Germany's Oliver Drexler, who doubled their incomes simply by incorporating NAPMA's Little Ninjas preschool program. Other examples of alternate profit centers include Tai Chi, martial arts fitness classes, massage therapy, weight training, NAPMA's EZ Defense program, MMA classes, etc.

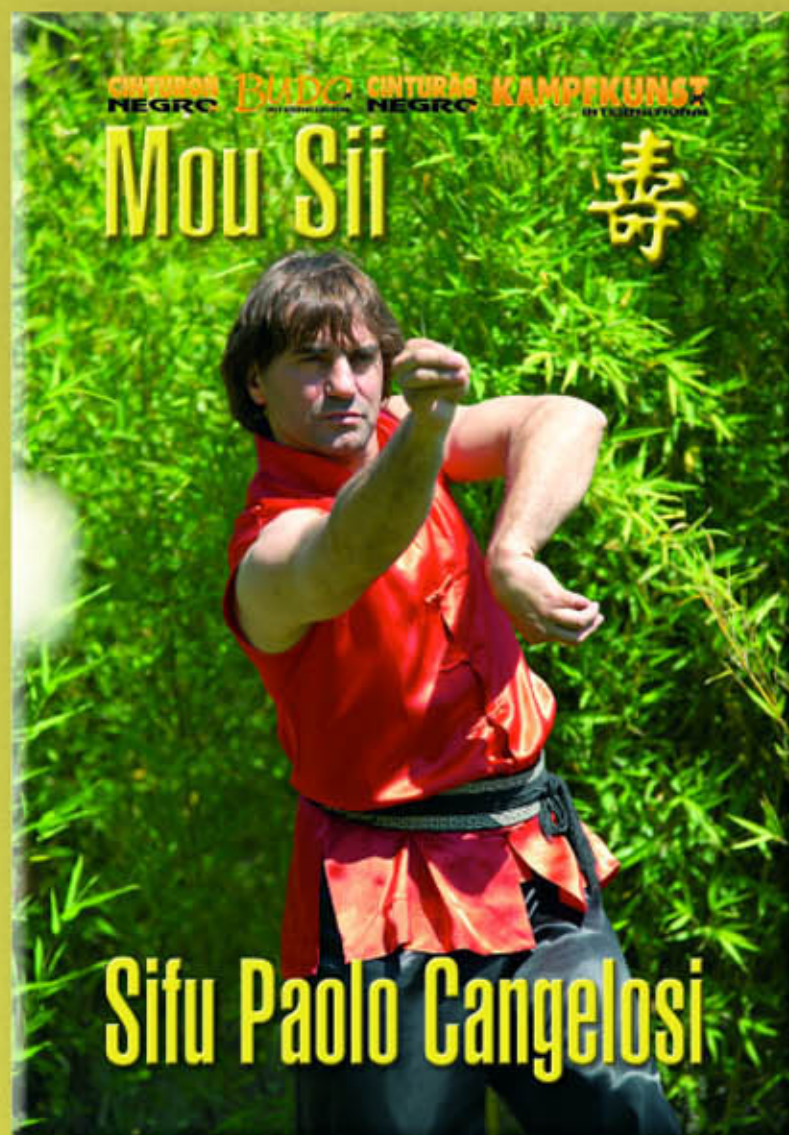
As you can see, creating multiple sources of income can dramatically increase your revenues and profitability, while helping to insulate your school from a variety of adverse conditions that are beyond your control. Think of it in this way: you don't spar using just one weapon. Why would you run your school that way?

**Rob Colasanti is the president of NAPMA and Martial Arts Professional Magazine, a veteran martial artist of more than 20 years, the author of How to Build the Martial Arts School of Your Dreams, an ACMA certified instructor and a popular speaker on the subject of martial arts school operations. For more information about NAPMA, please visit [www.NapmaFreeOffer.com](http://www.NapmaFreeOffer.com).**



# Mou Sii

- "The Lion Dance"
- La Danza del León
- Löwentanz
- Danza del Leone
- Danse du Lion

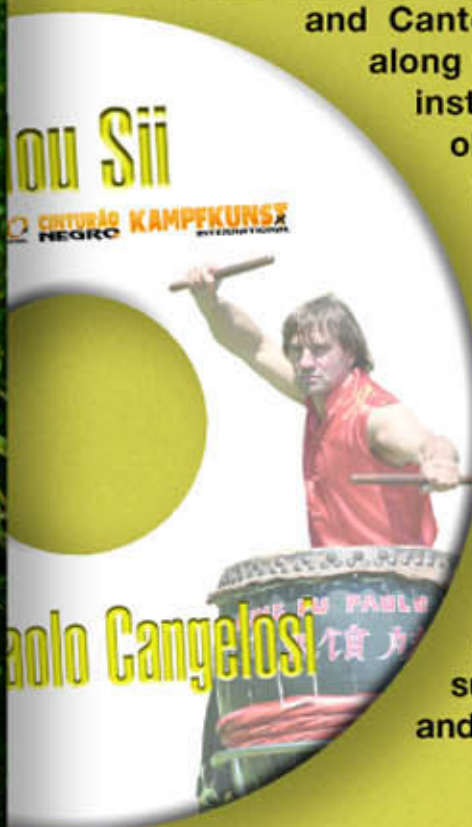


# Sifu Paolo Cangelosi



Master Cangelosi pioneer of this tradition in Europe has studied the Southern Lion's Dance under different schools in China and he has carried out exhibitions in different cities such as Hong Kong, Macau and Canton. In this work

along with his team of specialized instructors he presents us this old and magic performance. Guided by him we will know the fundamental movements, alternatively with and without the dressing room elements, to be able to appreciate the technical details, the tools and the music, advanced level techniques that increase the dance spectacular character, the ways of training and the techniques, to copy successfully the lion's gestures and emotions.



REF.: • DVD/MOU1

**PRICE: \$39,95  
PLUS S&H**



WATCH A SAMPLE



**Orders:**

***e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
[www.budointernational.com](http://www.budointernational.com)***



# "Ni-To Ichi"

**Sensei Jose Luis Isidro**

合氣

In this excellent DVD, Master Isidro approaches the Nito-Ichi, the school of two swords, collecting some very old techniques and combining Aikido, Iaido, even Kenjutsu, in other words, pure Bushido. The aim is to instruct for combat, using effectively the Katana and

the Wakizashi, whose variants in wood for training are the Bokken and Kodachi. The DVD starts with the performance of kata Ni-To Ichi, and then it shows the technique arsenal in Kumi-Tachi and the basic technique Ni-To Kihon. It finishes with Katas with Kama, Nunchaku, Sai, Katana, and Jo.

"Ni-To Ichi"

KAMPEKUNST



se Luis Isidro




**WATCH A PREVIEW**

REF.: • AKIS8

**PRICE: \$39,95  
PLUS S&H**



English  
Italiano  
Español  
Français  
Deutsch

**Orders:**  
e-mail: [budoshop@budointernational.com](mailto:budoshop@budointernational.com)  
 [www.budointernational.com](http://www.budointernational.com)