

BUDO

INTERNATIONAL

THE WAY OF THE WARRIOR

**Why
do we practice
Martial Arts?**

"RIO HEROES":

**Vale-Tudo
returns to
its origins**

SENGAKUJI TEMPLE:

**The last home
of the 47 Samurai**

**WHO WAS RESPONSIBLE FOR THE
DEATH OF RYAN GRACIE?**

Facing the cold steel

**What would you do if you
were attacked with a knife?**

CAPTAIN JACQUES LEVINET
Operational Tonfa

Muay Thai
Jump techniques

Kokkar Major Omar Martinez Sesto

HANDGUN DEFENSIVE TACTICS



The Group KOKKAR has analysed thoroughly the cases in the last ten years in which police officers have been killed by firearms or edged weapons, in order to determine the real circumstances under which these agents lost their life. This first volume of the CQB program (CLOSE QUARTER BATTLE) of tactics handgun training covers execution parameters such as surviving confrontations with guns, knife attacks and procedures with low luminosity. This program has been designed to provide the officers the tactical principles and essential operational skills to survive and neutralize in a decisive way the most violent and aggressive criminals.

REF.: • OMAR5



English
Italiano
Español
Français
Deutsch



PRICE: \$39,95
PLUS S&H

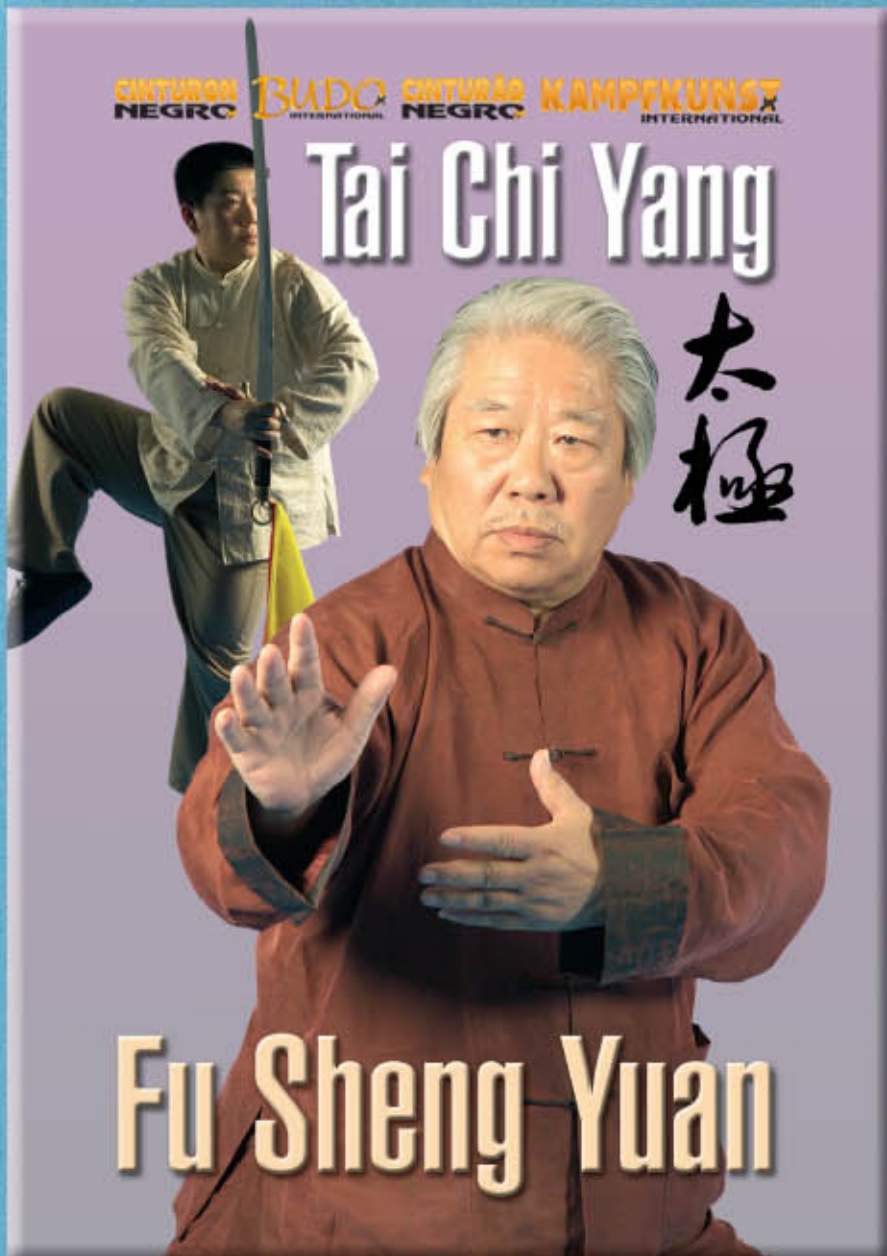
WATCH A PREVIEW

Orders:

e-mail: budoshop@budointernational.com
www.budointernational.com



Tai Chi Yang Fu Sheng Yuan



For the first time two generations of the Fu family are together to perform various sections of the original form of 85 movements Yang Taiji Quan. The essence and the principles are the same, but the expression is different for the viewer. Fu Sheng Yuan (78 years old), with circular movements, rather

太極

short, stands out for his brilliant energy changes, difficult to notice for the inexperienced viewer. Qing Fu Quan (36 years old) takes pleasure in the movement, long, powerful and elegant. His body expression clearly shows the changes and martiality, with brilliant power and harmony. The DVD is completed with dual training of classic work of Tui Shou, some applications of the 13 movements, and the final part of the saber way, also performed by both of them. It is a document for collectors.



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



REF.: • FUSHE3



WATCH A PREVIEW

Orders:

e-mail: budoshop@budointernational.com



www.budointernational.com

English
Italiano
Español
Français
Deutsch



EDITORIAL

THE MARTIAL SPIRIT IN EUROPE

I don't know if you, dear reader, have had the chance to watch the series "Rome", which is already in its second season in Europe. I had the pleasure to meet one of the fight choreographers during the shooting of the last video of our collaborator Graziano Galvani, that great expert of European Martial Arts, who has among the members of his group "Nova Scrimia" some outstanding characters passionate of the European Martial Arts.

The series is a great macro production, which brings us closer not only to the history but also to the intra history of Rome in Caesar times and his successors: daring Marco Antonio, great Octavian Augustus, etcetera. The historic events are shown through two main characters, a soldier and a centurion of the Thirteenth legion, both of them plebeians. The script is good, so are the actors, the staging is excellent, as well as the lighting, the photography and the incredible costumes, most of it made and dyed by hand with the traditional techniques of that time. All this realism, this respect for history, is taken to exceptional levels, as the careful reproduction of the ways of fighting of the legionnaires; grabbing the back of the others in formation, so that when one of them, in the heat of the battle, lost the perspective, was wounded or started to be tired, automatically a partner pulled him inside, to replace him, to "cover his back", and he was pulled to the middle of the formation, where he could rest or be helped. The meaning of that handle the legionnaires had on their costumes has finally been understood. European Martial Arts were already at that time the key to our power.

It is good to remember where we come from! It is undoubtedly essential to know where we go. In this bureaucratic, hesitant Europe, hostage of its own fears and troubles, of its lack of identity, any effort to remember our common ground is not much. So many efforts have been made to integrate, help and open hands, that eventually nothing has been defined therein. No tangible and truthful concept to identify us and, with all due respect for differences, something that was a common identity, some principles emanating from our true

foundations, of our past as a great nation, cradle of the West.

Since history exists, every nation has been defined according to its enemies, but as now it turns out that we don't have any enemy because we are all good, Europe is foundering without knowing who is itself. Political correctness has taken over the teaching of history, which looks like a comic of good and evil, according to the interests of the power at that moment. The distorted history is judged with the ways, customs and morals of our days, what nonsense!

The Roman Empire was certainly the Europe's first unifying experience; it included unruly Britannia where Caesar himself suffered. Nowadays in Europe we speak several languages, most of which have been directly inherited from Latin or are intensely "corrupted" by it. The world view of the Romans is the one that has endured in the West and has predominated among us. As a heritage from Greek culture, Rome raised its legacy to its greatest exponent, watering everything with his pragmatism and strength, a strong vision, focused on the importance of trade and culture. For this to establish, the military and legal order was necessary and Rome knew how to grant it to its territories.

The harsh living conditions during times of imperial Rome are unthinkable for Europeans today, as we would probably not endure one week in that context. The legionnaires had to be prepared for long walks on difficult paths and fight after it, and all this eating a meal based on olive oil, bread and fermented cabbage. They had to carry heavy bales, the short sword, the spear or pilum, their shields and armors, a heavy impedimenta, and this often under the cold, rain or extreme heat. However, invoking the god Mars, the Roman legions entered triumphal in half of Europe, from Hispania to Macedonia and North Africa, including Gaul and Germania, bringing with them a modern and innovative vision of the state.

Even today one can walk through the ancient Roman forum and surrendering to the vigor and strength of that civilization, destined to become the model to be followed by the most successful part of mankind, the one that

has acted as a vanguard, as an irrefutable reference for other peoples and cultures. But this is not politically correct either, even if it is self-evident, because the ethnocentric vision is frowned upon... Silliness, blames and softness have polluted everything, with the "everything is valid, everybody is equal, long live the miscegenation!" which are pervading the only thinking nowadays. The Romans were not saints; they were tough, greedy, bold, brave and ambitious people. Their achievements were not the result of their kindness, but of their strength and drive, of their sense of trade, their pragmatism and versatility, well ahead of the other peoples of that time. The Roman model established the foundations of the modern state, and their law is still studied as the foundation of every current legal system.

Rome helped integration in its way, but in the way conquerors do, firmly imposing a system. Great Alexander didn't do so and his empire lasted the same as his journey. Rome was able to mix cultures but through the trade, by bringing peoples, beliefs and visions together. Religion was never the basis of its system; every religion was tolerated, and some of them were mixed within a syncretism of substance, ready to take everything that could work and get the maximum benefit of it. The Olympus was a custom-made suit for men, and yet the eternal wisdom that still lingers in our collective unconscious was hiding in it. Caesar himself drew up common laws maintained and applied with the sword, bureaucracy and rough legions. Rome loved the new, the exotic, but maintained its strong sense of identity. When this faded in the flow of time, Rome, as all great empires, died rotten from the inside out. The coup de grâce was made by barbarians, but none of this would have been possible if the dislocation and exhaustion of Rome itself hadn't allowed it.

The empire, amalgamated after its decline in the Holy Roman Empire, joined by a new macro structure, their common faith, Christianity, continued the idea of an empire in a Europe always embroiled in infighting. However, the spirit and the model of Rome, emerging after the Middle Ages in "Renaissance", are still the light and guide of modernity.



Ah, God! What worthy vassal, had he worthy lord!"

**My Cid his lance employed and grasped his sword.
So many Moors he slew, no count they took,**

(From El Cantar de Mio Cid -Song of My Cid-)

If we speak so much about Martial Arts of the East, is because the history took its time there. In fact, the disappearance of warrior classes was the result of the encounter with the West and it wasn't different the use of gunpowder and muskets. The Japanese Samurai class reached its climax during the Peaceful periods of Shogunato, and as in every end of a cycle, the best flower bore itself, before wilting, the fruit of an entire Era, where the Samurai and their sophisticated vision of the Martial world were no longer a part of it. But all this takes place in the late eighteenth century and early nineteenth century. In Europe, the Middle Ages and their division into castes, had ceased to exist long ago; the arts and crafts of that time were then guilds integrated into a production system more versatile than the static social structures of Japan or China. The closeness in time of the Samurai practices has enabled them to endure until today, transformed, of course, but much closer to its origin than any European martial form. From that glorious time in Europe there are still very few sources that allow us to understand our great military and warrior heritage. The work we publish every month on the Italian Masters, their lives and works, with Graciano Galvani, are a valuable effort, a treasure which allows us to glimpse the very high technical levels and the amazing skill of those men, heirs to the remnants of the martial techniques of the old Rome.

But, in every warrior path, as Galvani always points out, it is not a minor matter to understand the nectar oozing from his practices, as this elegant and unique philosophy that emerges from any activity which is able to deal with life and death. As a precedent for these Italian masters of the Quattrocento, there are many examples of this vision, of this martial and warrior spirit we find in the knight-errantry, "El Cantar de Mio Cid" (The Song of My Cid) or "La Chanson de Roland" (The song of Roland), where they show those genuine "Ronin" of the West in transition between Rome and the Renaissance, of a Europe that sought its identity and only began to find it in its fight against a common enemy: in the southern borders, against the Moorish in Spain, and to the East,

against the Turkmen hordes. Europe was united against the Islam, it was Christianity which acted as concrete and it was itself the cause of its contradictions and struggles from the Schism.

Western Martial Arts were mostly lost as techniques, for the disuse after the advent of firearms. Any villain at any distance could beat a man trained hard, whether he was noble and strong or not, just by lighting a fuse. However, the magic of the warrior being transcends by far the technical and practical aspects of the militias. In fact, after World War II and with the occupation of Japan, Martial Arts were reborn from the ashes of war, began their relentless way of seduction among young American soldiers. Japan, Korea and China at last gave us back some practices that, beyond their technical content, penetrated the souls of some young people caught in the mystery, power and strength that make up every Martial path. The disciplinary Arts have their deep root in the soul of men. Beyond the initiation ceremonies of adolescence, of the social task of a warrior, as a policeman or military, the Martial path connects with a man's internal need, anthropological and biological, where his eternal power comes from.

Since Greece and its exploits, remembered even nowadays at the Olympics, the West has given the world a vision of such a universal value, which has come to "pollute" the entire globe. Although nowadays it is not more than a memory hidden in the dawn of our history, the work of its Martial Arts was the hand that made possible such a success; it is our duty to remember it again today as Western Martial Artists we are, without complexes, because also on the fighting ways of the legionnaires, in the formation of the Spartans, the perfect example of a warrior, there is the spirit of the Martial Arts.

At a time when Europe is delivered to its doubts, when its identity remains questioned, where the ghosts of a horrific past are looming in the Balkans, it is good to remember who we are, because the people who ignore their history are doomed to repeat it.



Alfredo Tucci is Managing Director of
BUDO INTERNATIONAL PUBLISHING CO.
e-mail: budo@budointernational.com

KNIFE DEFENSE



Vincent Lyn is not just an actor renowned all over the world, heir of an old dynasty of Chinese Martial Art of his own family, called the Lyn Gar, but he is also, as he has showed in his last works and videos, a great Master and expert in Martial Arts and self-defense.

p. 14

RYAN GRACIE



The strange death of Ryan Gracie was highly covered by Brazilian media. All TV news, all newspapers and two pages on the biggest Brazilian week magazine have spoken about this matter. The preliminary Medical Legal exams point that Ryan could have been victim of hypoxia

p. 34

MMA



A Brazilian Fight Club brings back the original Vale-Tudo (no time, no gloves) and it causes controversy in the world of MMA.

This is Rio Heroes, definitely, you've never seen anything like it in your life.

p. 28

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.

OPERATIONAL TONFA



p. 54

Since it was used as a tool by peasants in Okinawa until it was introduced as a defense in most law enforcement public and private organisations, Tonfa has won a well deserved reputation for effective partner, versatile, robust, reliable and manageable.

MUAY THAI



p. 06

A real expert warrior in Muay must be able to face, without fear, any kind of adversary -one or several opponents. Is there any system better than a ferocious attack in the air to shock and beat with just one blow the most powerful enema or to quickly break the siege of several attackers?

GUSTAVO A. REQUE



p. 50

When we lose the ability to contemplate our thoughts, to observe our emotions and feel the physical reactions, we live, it is true, but in a latent state; we live dead in life. It is walking through life without living it.

SENGAKUJI: 47 SAMURAI



p. 60

The history of the 47 samurai, their leader Kuranosuke Oishi and its patient revenge after the unjust death of its Mr. Takuminokami Asano, are reason for admiration in Japan and the world. In this article, Salvador Herraiz summarizes the epic to us while we took a walk of its hand by the temple Sengaku Ji, place where the revenge was forged, where it was carried out leaves from the outcome and where the rest of all the protagonists rest since then.



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 Sacristan. 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 Levet, Mike Anderson, Boulahfa Mimoum, Víctor Gutiérrez, Franco Vacirca, Bill Newman, José M^a 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.



Muay Thai

Text: Marco de Cesaris
photos: © www.budointernational.com

Jump techniques

Arjan Marco de Cesaris



A true warrior expert in Muay has to know how to face fearless any kind of adversary - one or more opponents. Is there a better system than a ferocious attack in the air, to surprise and defeat with a single blow the most powerful enemy, or to quickly break the siege of several attackers? In Muay Boran almost every body part is used to strike in the jump: head, shoulders, fists, forearms, elbows, hips, knees, shin, feet. In fact, the targets may be all sensitive areas of the adversary, from the head to the legs. Therefore, often various natural weapons are combined and used together (for example a knee and an elbow) to make it even more difficult to stop offensive actions. Just those who have suffered an unexpected and violent assault with a blow in the air from an "impossible" distance (very far or very near) can really





understand the danger of these amazingly effective techniques.

In this video (an exclusive in the world) we will show the readers of Budo 56 flying techniques, among the most effective ones of the Thai martial art, performed by Muay Boran 2007 World champion, Arjarn Marco De Cesaris.





The mysterious flying techniques of Muay Boran

The Muay is a fight discipline known in the world for some principles and techniques that made it one of the most respected Martial Arts. Knee blows, elbow blows and round kicks with the tibias are nowadays true brands in the practice of Thai fight. But another big family of techniques has characterized for centuries the traditional Thai Boxing, Muay Boran, helping Siamese warriors to survive in many challenges to death; the fearsome techniques we are talking about are commonly referred to by the term "flying attacks". A true warrior expert in Muay has to know how to face fearless any kind of adversary - one or more opponents. Is there a better system than a ferocious attack in the air, to surprise and defeat with a single blow the most powerful enemy, or to quickly break the siege of several attackers? There are many Asian disciplines (in the West there is French Savate), which use more or less extensively the flying techniques, but limiting their use almost exclusively to leg blows. However, In Muay Boran almost every body part is used to strike in the jump: head, shoulders, fists, forearms, elbows, hips, knees, shin, feet. In fact, the targets may be all sensitive areas of the adversary, from the head to the legs. Therefore, often various natural weapons are combined and used together (for example a knee and an elbow) to make it even more difficult to stop offensive actions. Just those who have suffered an unexpected and violent assault with a blow in the air from an "impossible" distance (very far or very near) can really understand the danger of these amazingly effective techniques.

There are many criticisms that are made to the indiscriminate use of flying attacks in combat: vulnerability of the person who is hitting during the flight, precarious balance when going down back to the ground, predictable techniques, difficulty of a quick performance of the blow (compared with the same technique performed on the floor). Actually, these criticisms are mainly about kicking and jumping and they may be right, but if we extend the same technical horizons to other blows (punches, knees and elbows) and we develop some appropriate strategies to use these attacks, the problems highlighted can be easily overcome.

Nevertheless, a complete fighter will have to use a perfectly balanced armory, combining the heavy artillery of the flying techniques with a powerful background of grips, levers, projections and blows at the short distance. This is the objective

pursued by two of the most lethal traditional styles, Hanuman, the mythical white monkey, son of the wind, and the one with typically Indians roots, of the ascetic Luesee.

Theory and technique of a jumping attack

In general, a jumping attack can be used performing the jump upward or forward, depending on the distance of the adversary and the type of technique which is used. When performing a flying attack, you can strike while taking off the ground (as in the knee blow "kao dode"), at the "flight" stage (as in the elbow blow "gradot sok dtad") or in the downward stage (as in the kick "tae dtawad"). The main element to change an amazing and choreographic movement into an effective attack, difficult to counter, is the distance at which it is performed: an excessive momentum, which is useful for the performance of that movement during an exhibition or in practice in a stylized way, in fact makes the jumping attack too predictable. In most cases, the "real" flying techniques must be performed at the same distance as a kick - or even closer. Like this you will be able to use the full power of those violent attacks in a real effective way.

The second key element to move from the choreographic stage to actual practice is the study of real combat situations, to be able to use different jumping movements: the legend which tells that the jumping blows performed with or without a support (like a long stick) in order to increase the reach of the jump were used by knights to dismount, even if it has been proved, belongs to a bygone era and to situations hardly achievable today.

Therefore, it is essential to adapt the attacks to current and realistic situations, bringing them from self-defense contexts (civilian or military) to sports (on the mat, the ring or the cage).

A jumping attack

1. It is used to increase the power of the blow using the whole body mass, especially if the opponent is heavier and stronger than the performer. The body is used as a projectile against the target, both at the head and at the torso or legs. Besides the most obvious cases of kicking and knee blows in the flight, it is worth mentioning that the punches also increase significantly their impact if they are performed during the jump, as the



"Bare Knucklers" knew well, the British boxers with empty hands, who often added a jump with destructive effects to their attacks at a long distance.

2. It is used to increase the height of the blow. In the case of an adversary who is taller, a jumping attack will always allow to be over the target, getting also to hit the head of a very tall aggressor. However, especially in the version of a static jump, it is essential to get a highly explosive power in the lower limbs and a body weight as close as possible to the weight category.

3. It is used to increase the range (distance) of the blow, particularly in the version of jump in length. Against an opponent with a powerful direct, a jumping attack performed with good timing allows to overcome the barrier of any blow; in that way you can move, with just one action, from a position out of the line of action of the adversary's kicking directly to hit the desired target.

4. You can better take advantage of the force of gravity, if the blow is performed at the downward stage. A downward elbow blow, as the "Sok Sahb", if it is performed in the jump modality, gets to release the full weight of the body when the performer is back on the ground, concentrating a terrible impact on the tip of the elbow. The effects are deadly.

5. It is used to reduce the friction to the minimum in round blows. Without putting the foot or feet on the ground, these aren't stopped during the twist by any contact with the ground (however the hips have to work with much power in the explosive twist).

6. It can lead to a significant imbalance to the beaten opponent. When the whole body mass of the performer is thrown in the flight to the adversary, the body hits as a whole projectile, loaded with kinetic energy, and it is difficult for the adversary to keep in balance in a right position. If the attack doesn't get the KO from the beginning, the performer will be in a very favorable condition to continue the offen-

2

Muay Thai



3



"In general, a jumping attack can be used performing the jump upward or forward, depending on the distance of the adversary and the type of technique which is used"

 www.muaythai.it

Muay Thai





Report

sive with other actions.

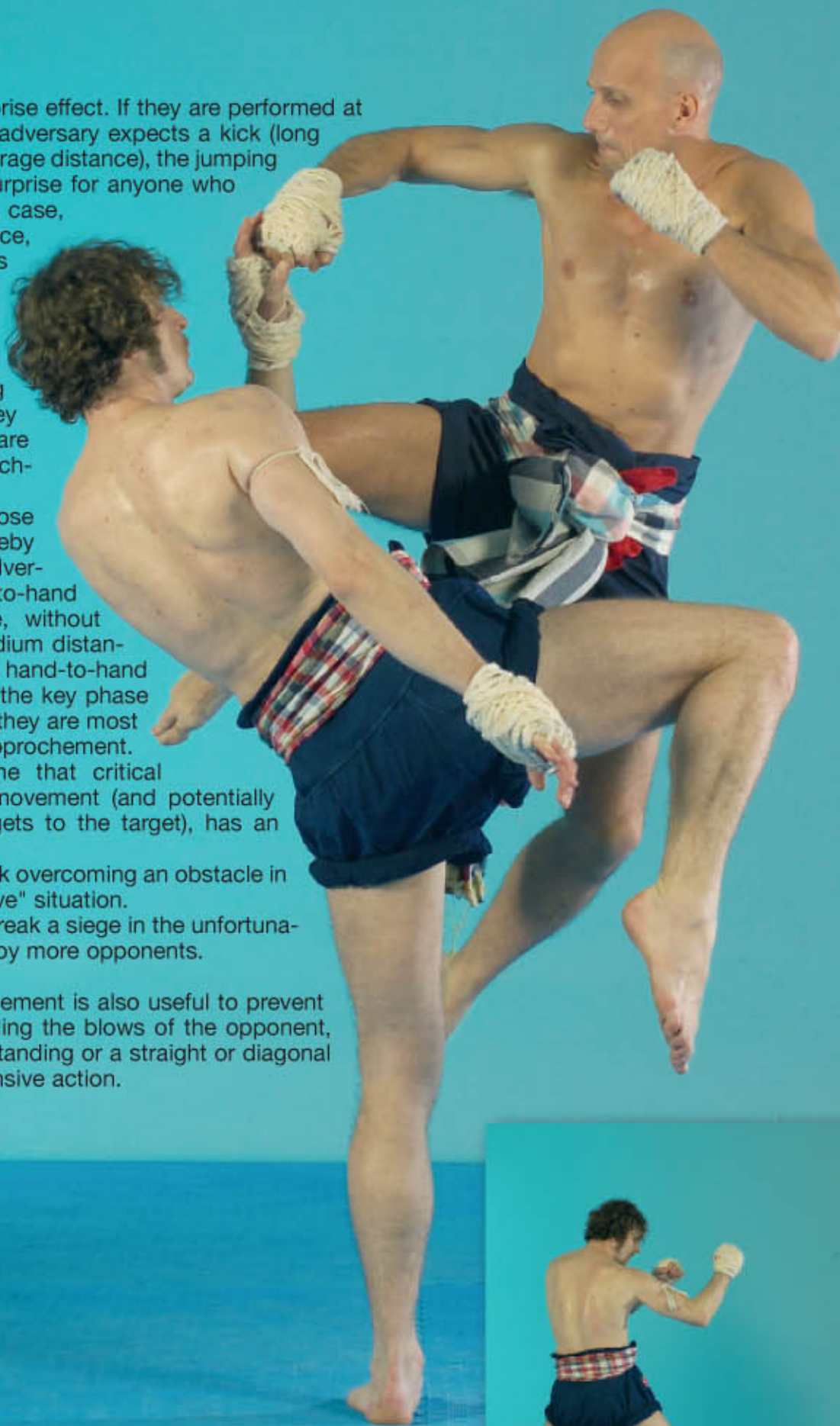
7. It offers a great surprise effect. If they are performed at a distance at which the adversary expects a kick (long distance) or a punch (average distance), the jumping blows can be a lethal surprise for anyone who receives them. In this case, doing an adequate defence, especially if the attack is combined (that is if you use more weapons at the same time) becomes very difficult. For that reason, flying attacks, especially if they are preceded by a feint, are often called "mutable" techniques.

8. It is very useful to close the distance quickly, thereby stopping an elusive adversary or starting a hand-to-hand from the long distance, without passing through the medium distance. The expert fighters in hand-to-hand combats are aware that the key phase in their strategy - where they are most vulnerable - is the rapprochement. Being able to overcome that critical moment with a single movement (and potentially definitive if the attack gets to the target), has an invaluable tactical value.

9. It may serve to attack overcoming an obstacle in the case of a "not sportive" situation.

10. It can be used to break a siege in the unfortunate scenario of an attack by more opponents.

NOTE. A jumping movement is also useful to prevent an attack instantly avoiding the blows of the opponent, with an elevation while standing or a straight or diagonal movement from the offensive action.



www.muaythai.it

Muay Thai



o Benefits for training:

In addition to the many advantages from the technical point of view, learning and practicing regularly flying techniques during the training, has benefits in the increase of explosive power, improves cardiovascular endurance, increases the dynamic (in jump and flight stages) and static balance (in the critical stage of landing), increases coordination and fluidity of movement in 360°.

o Specific athletic training:

Specific training is needed to enhance the athletic skills of the practitioner who wants to deepen in flying techniques. The drills have to improve the jump, the spin in the air and the performance of the technique in all three stages of jumping, flying and landing (to improve the return to guard, to learn to perform another attack or to immediately do an evasive movement). Besides, it is important to learn to use the momentum of the arms as a further propelling force at the initial stage of attack, similarly to the performance of normal kicks and knee blows. In fact, a good arm work gets to increase the height and length of the jump (up to 21%), as it has been widely shown in Olympic athletic activities, in high and long jump.

The techniques

The flying techniques of Muay Boran are divided into the following categories: movement techni-

ques, individual attack techniques (punch, kick, elbow, knee, head), combined techniques (punch-punch, punch-kick, punch-knee, elbow-knee, kick-knee).

The learning of the methodology of movement must precede the start of practice in reality, of the flying blows. In that way, the practitioner will have to get used to the jumping movement, called "Gradot", in its various modes of performance. At first it will have to focus his movement exclusively forwards, backwards and diagonally, while keeping the same on guard position; once this first stage has been overcome, he will move on to practice more complex movements, as the jump with change of guard, the jump with full turn at 360°, and then compound movements such as "Seub" (slipped step) and jump, "seua yang" (step with side changing in the guard) and jump, etc...

Once these "Gradot" movements have been learned in their various forms, he will move on to the training of the various types of attack, using natural weapons in simple form, that is, a single attack for a weapon (punch, kick, elbow, knee, head). At this stage it is essential to learn how to properly combine the jump and the movement of the body in the performance of the different blows; the jump upwards or forwards, the rotation of hips, the more or less

marked relaxation of the limb which is striking, etc... have to be studied in detail and properly improved, before moving to the next stage.

The next stage will have to focus on the application of the different movements in "simple" situations of fighting, both with a partner and with the instructor, who will have to bring the student closer to the "impact training" using the paos, the focus gloves or the heavy bag. Now, the use of tools is essential to provide important information about the loss of balance in the jumping or landing stage, the proper alignment of the different parts of the body at the time of striking, the normal backward imbalance as a reflex of the impact on the target.

Final stage: the application of techniques using several combined weapons, so that when they are performed with perfect timing, they will make nearly unstoppable the flying attack. Also at this stage, the three steps of practice in the void, performance in couple and training on the impact with the right tools, will have to be done with dedication by the student. In the case of a wrong learning, they will be very difficult to correct in the future.





Equality

On the field of death, it matters not your race or creed. Ah that counts is how well you played the game of life. Philosophers in America, from the amateur to the Ph.D., have pondered the equality of men and to support their hypotheses, they have pointed to the Bill of Rights, the Constitution of the United States and Lincoln's famous Gettysburg Address.

As a young man, the problem of equality had troubled me. In the 1930's, some friends of mine were denied service in a San Francisco restaurant because of their race. In no uncertain fashion, they were made painfully aware of the fangs of racial discrimination. They were angry. They had never received this sort of treatment in Honolulu where they were born. One of them echoed

the thoughts of ah: "If it was the Elks' Club, I could at least understand," he said, "but to be kicked out of a public restaurant."

One day after training with the spear, T mentioned equality to my sensei, Yoshida Kotaro. In particular, T mentioned the incident in San Francisco, a city where such attitudes were not supposed to prevail.

"After birth," my sensei said, "there are two points in life where men are equal. The day you enter a dojo, you are the same as everyone else; you start at the bottom, and the day you are on the field of death, when death embraces you, there is no distinction - you are all the same."

"But what about the law?" I replied, "The Bill of Rights, the Constitution?"

"The law is only as good as the conscience of men," my teacher continued.

"Look at the heart, not the law. It is in the heart, and as a martial artist you should realize that the hearts of men have not kept up with the law."

He then told me the story about Hozoin Gakuzenbo Inye and a young boy. Hozoin Inye, one of the greatest spear masters Japan ever produced, was finally able to beat Yagyu Muneyoshi in a match. Yagyu Muneyoshi had always managed to beat Inye in previous matches, but now the superiority of Inye was above question.

Unfortunately, Inye was so impressed with himself that he became insufferably swell-headed. One day, a young boy about 17 years of age dropped in at the Hozoin temple and said, "I have come here to learn the spear. I have heard that Gakuzenbo Inye, himself, is giving the

lessons and, as he is the best, I want to study under him."

The boy was accepted. Inye treated the boy like something less than human and did everything he could to discourage him. The boy did not say a word but kept on asking for a match. Inye complied. In three days, the boy scored a point once in three matches. In ten days, he held his own with Inye and in a month, Inye did not want to enter the dojo; he was becoming afraid of the boy.

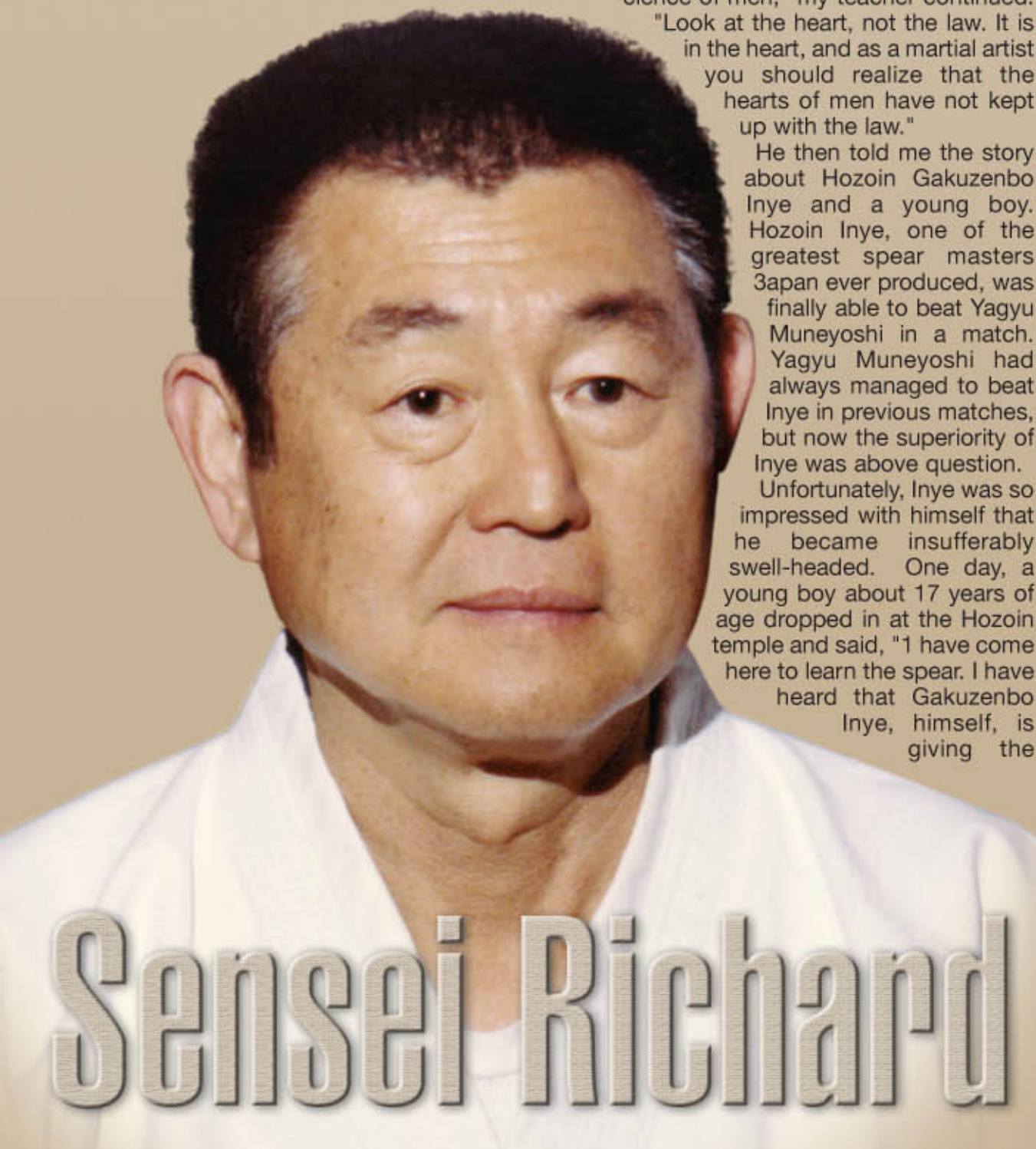
One day the boy approached Inye and said, "I do not think too much of you. You are overrated. I do not see how you beat Yagyu Muneyoshi. I want a real match with you, a shinken-shobu. I shall appear in your garden in five days. Be ready to face death," and he left. By now, Inye had all the cockiness knocked out of him. His head had returned to normal size. He could wear his hat, but he was worried.

"Why didn't I care for the boy?" he wondered. "I should have treated him better."

Troubled, the night before the match Inye went to his garden with spear in hand, stood at the edge of the pond and gazed at the water. The image of the boy's face stared back at him from the water. Suddenly, a cloud passed overhead, momentarily blacking out the area, and when the cloud had passed by, Inye saw the reflection of his spear in the water with a cross at the point. Excited, he hastily went to the temple blacksmith and ordered what is known today as the kama-yari - the famous Hozoin spear.

The night of the match came and Inye waited in his garden for the young boy, but the boy did not show up. Instead, one of the monks came forward with a note.

"The boy left this for you," the monk said. Inye opened the note. The boy had written: "Treat all men as humans, with decency and respect. We are not equal in ability or creativity, but we are all human beings. It is what is in the heart that counts. Tonight I am sure you understand. This is my lesson to you. When you realized you were facing death, you became aware of the common denominator where all men are equal. In life, equality lies in the hearts of men."



Sensei Richard Kim



REF.: • DVD/CESARIS10



A skilled, good warrior in Muay must be able to cope and face any kind of adversary or group of them. And the best system for it is a ferocious flying attack to impress and win with a single blow to the most powerful enemy, or to quickly break the siege of several attackers. In Muay Boran, combining and mixing several natural weapons, our offensive actions will be very difficult to block. Only those who have suffered a sudden and violent assault with a flying blow performed from an "impossible" distance will know the danger of these techniques.

This DVD, a real scoop in the world, presents 56 flying techniques among the most effective ones of Thai martial art, performed by the 2007 World Champion of Muay Boran, Arjarn Marco De Cesaris.

NEW FOR THIS MONTH!!!

PRICE: \$39,95 PLUS S&H



REF.: • DVD/LEVI5

Originally from Okinawa and first used as a tool by peasants and then as a weapon against Japanese invaders, the Tonfa has been adopted by most public and private security forces throughout the world. With the backing of his triple experience as a Police Captain, Great Master of Martial Arts and international expert in law enforcement, Jacques Levinet has developed a revolutionary method to obtain all the potential of this non-lethal weapon. Thus the Operational Tonfa, TO, was born, an unprecedented method with huge qualities for an intermediate use, and complementary with the punch weapon and the shackles, which has raised a growing interest all over the world. ueres Interesse hervorruft.

REF.: • DVD/LYN5



Of all violent crimes committed, the knife is used 35% of the time. What would you do if faced with a knife at your throat? What is taught in most martial arts schools today regarding knife techniques is obsolete. They're giving their students a false sense of security. In this video, Sifu Vincent Lyn, excellent Master and self-defense expert, shows close quarter knife disarms in a precise and realistically crime based use. Whatever your martial arts style or having never studied you can add the techniques here to your arsenal. Remember a knife is the deadliest weapon, it never runs out of bullets.

Orders:

e-mail: budoshop@budointernational.com



www.budointernational.com



Knife defense Sifu

Facing Cold Steel
What would you do if you
were confronted at knife point?



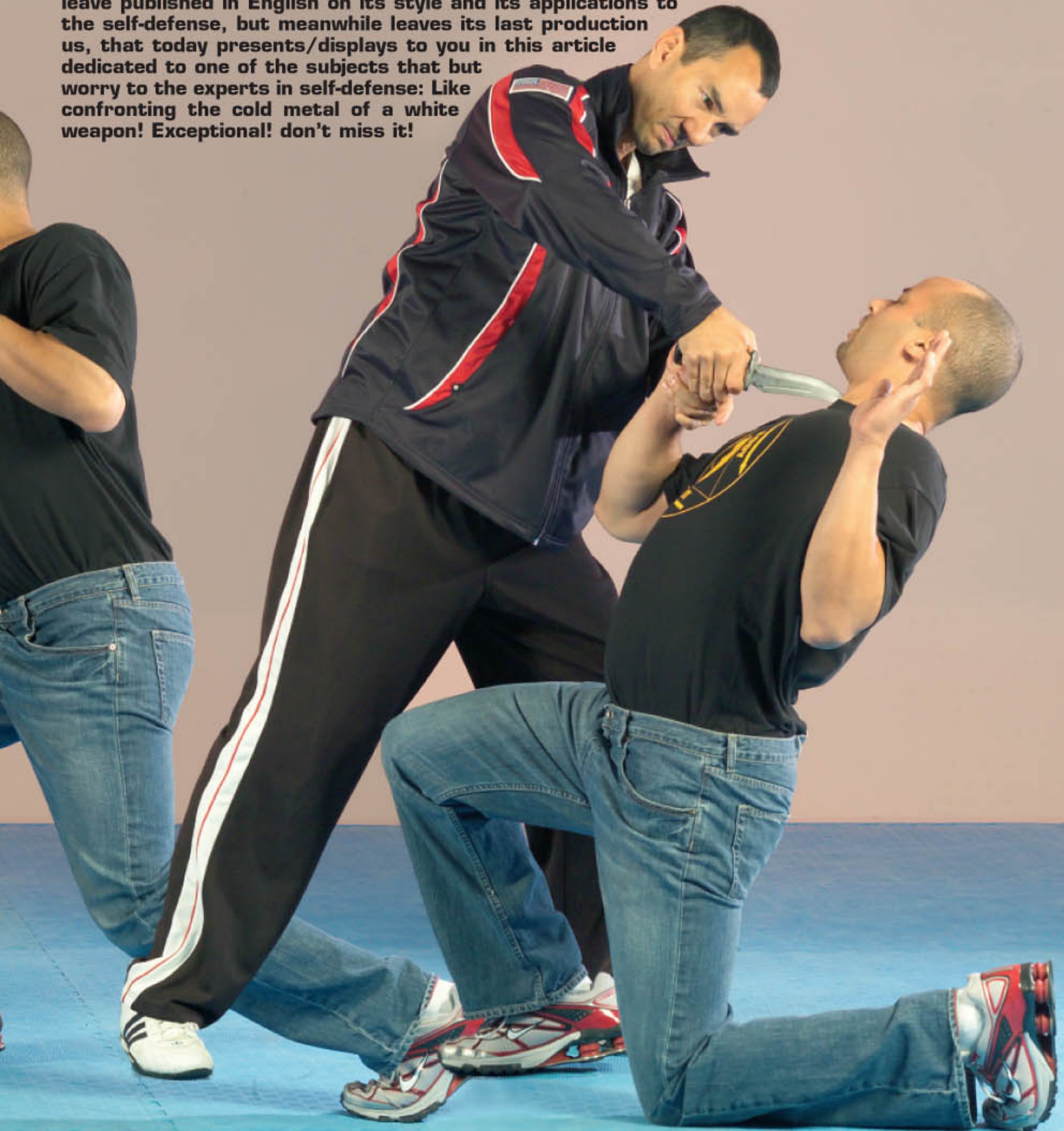
Text: Sifu Vincent Lyn
Photos: © www.budointernational.com



Vincent Lyn



Not only he is an actor with international, inheriting reputation of an ancient dynasty of the Martial called Art Chinese of its own family the Ling Gar; Vincent Lyn, as it comes demonstrated in his últimos works and instruccionales videos, is a magnificent expert Teacher and in Martial Arts and self-defense. Sifu Lyn is preparing a book that will leave published in English on its style and its applications to the self-defense, but meanwhile leaves its last production us, that today presents/displays to you in this article dedicated to one of the subjects that but worry to the experts in self-defense: Like confronting the cold metal of a white weapon! Exceptional! don't miss it!





Knife



At close quarters the knife is the most deadly weapon. FBI statistics show that 35% of all violent crimes committed are with knives. Violent crime constitutes aggravated assault, robbery, forcible rape and murder. In the USA violent crime has been on the upswing 2/5% each year since 2004 and doesn't seem to be slowing down. In NYC alone there were approximately 55,000 violent crimes committed in 2005 and that's the ones that were reported. Remember crimes like forcible rape are never reported because of the embarrassment associated with it and having to deal with being put on the stand if and when it goes to trial. Violent crime has become such a part of our culture that when a heinous crime is reported and strewn across our TV sets we are no longer fazed by it anymore.

Those who commit robbery, rape and assault their fellowman often favor the use of the knife to impose their will on a helpless

victim. The knife has several distinct advantages for this. It's silent, it's deadly and it leaves no telltale barrel marks or bullet slug by which it can be traced. In self-defense, many Americans have taken to wearing fold up knives as a means of protecting themselves. Be on the lookout for a small leather pouch with a snap top attached to the belt, or a metal clip that attaches to the inside of pants pockets, and if you haven't caught on to what's happening in the street, you'll be surprised to see how many men are wearing this unobtrusive weapon.

While knives are indeed weapons, they pose a problem in terms of weapon control laws. In our society, the knife is still considered a tool, and there are many justifiable reasons for carrying one, especially among blue-collar workers. Much has been made of the rapid increase in handgun sales especially since post 9-11, but little mention is made of the fact that knife makers have

never enjoyed a better business.

What should you do if you come face to face with a knife-wielding assailant? For the average citizen, the answer is simple: Run as fast as you can if the circumstances permit a hasty exit. Even if your attacker has never used a knife before in a life-threatening situation, the untrained have no business going up against cold steel. They'll just end up on the short end of things. The only time I'd advise you to make a stand is when you are armed with a gun. Of course if that fact is apparent, your would-be attacker probably won't even make a move to challenge you with his blade. As the saying goes "never bring a knife to a gun fight".

Now we've covered the niceties of the situation and expressed my opinion. We

defense

Self Defense



**“If you're
squeamish, you
might want to skip
the rest of this
chapter, as it's
likely to seem
repulsive and
vicious to those
with faint hearts”**





Sifu Vincent Lyn

also recognize that many people do carry knives for self-protection, and that others may feel that a knife merits their consideration. We also accept the fact that the occasion may arise when only a knife is available for self-defense, and that it may be necessary to fight ruthlessly to save your own life. In such situations, it's only fair that you have some idea of what you're up against. If you're squeamish, you might want to skip the rest of this chapter, as it's likely to seem repulsive and vicious to those with faint hearts.

The double-edged straight blade design is best for a self-defense knife. The straight blade permits thrusting motions between the ribs or into the eye, ear or throat of an assailant. The double edge permits you to move the knife in a slashing motion to either direction with equal effect. Blade lengths vary and should be chosen according to intended use and ease of concealment. That's right: to be effective, you must keep a would-be attacker from realizing that you are armed. A three inch blade is useful for

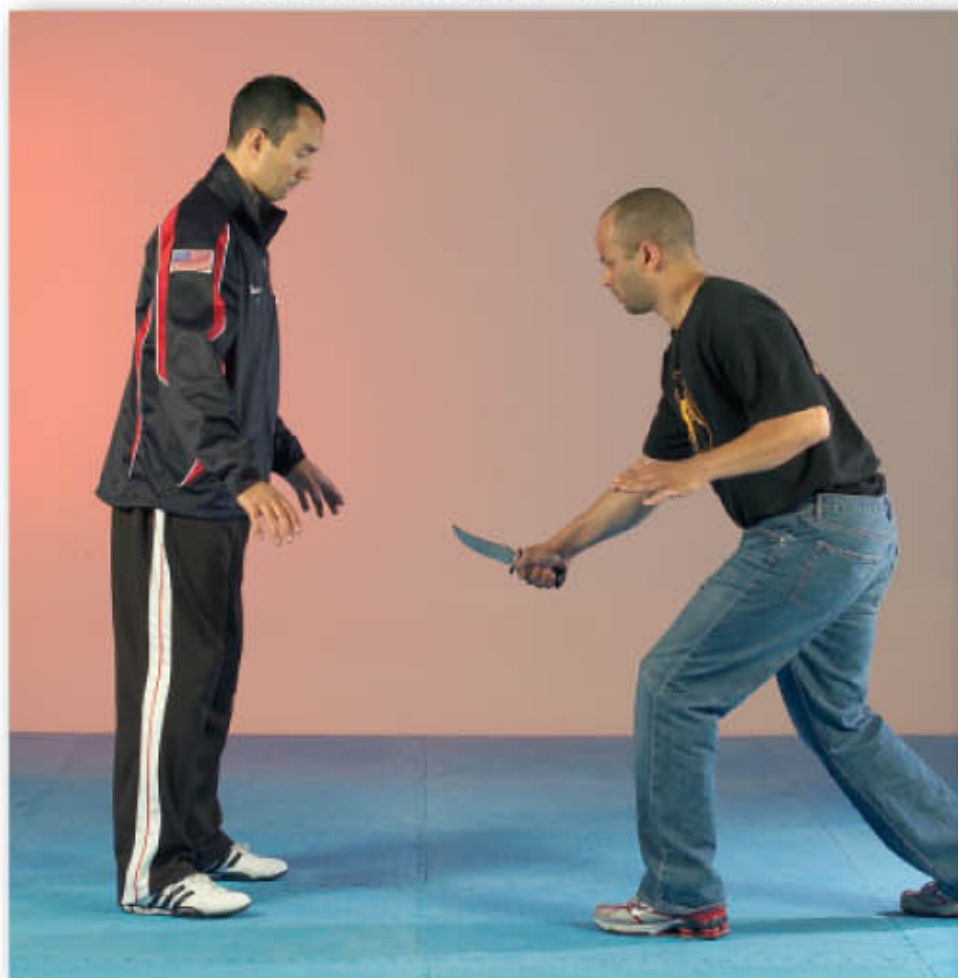
Time is of the essence when you're facing a life-threatening situation involving a knife. This means that the knife you choose must be quick and easy to bring into play, and that your potential attacker must be unaware that you are armed. If he realizes that you are his equal in terms of the weapon you possess, he'll bypass the intimidation phase of a knife attack (such assailants seem to enjoy this phase) and go for broke immediately. You have to take such assailants seriously - only a fool threatens another with a knife if he has no intention of using it.

As you do with any other self-defense weapon, you should check with your local police to determine what (if any) local or state laws are involved and then balance that information against your need to carry a knife for self-defense. In most states the possession of a double edged knife is against the law and will get you arrested. It is considered a tactical weapon that has only one purpose. In the Tri-State of Connecticut, New York and New Jersey a folding knife is allowed to be carried on your

opponent into 1-inch squares. Justice can be just as perverse when you defend yourself with a knife as when you do it with a gun. Suppose you are jumped late at night by someone intent on bashing in your head to get your wallet. If you can pull your knife and defend yourself successfully, don't call the authorities. If you do, you may find yourself on the wrong end of a lawsuit (there are also lawyers who'll take his case) and wind up serving time as well as paying his hospital bills - all as result of defending yourself.

If you keep a knife at home for self-defense against a housebreaker, cement one strip of Velcro material to the handle and the other above the front doorjamb. You might also want one above the back doorjamb. Make sure it's out of the reach of small children in the house. Another knife should be kept in the bedroom, within easy reach. In your car, the best place for a knife is under the front seat. Depending upon your situation, you might find other locations where the availability of a knife should be considered.

The fact that you have a knife handy and within easy reach is of little value unless you know how to use it after you've brought it into play. How you hold a knife is important



slashing the wrist, throat, leg or face, but for thrusting motions to the groin, lung or kidney areas, the longer blades are necessary to reach the vital organs.

There are three major types of knives available: the boot knife, the belt buckle variety and the folding knife which is the most widely carried. The one downfall about folding knives is that they are slower to get into action, a factor that can make the difference in who survives the encounter. So like anything getting one into play requires both practice and sufficient warning of your attacker's intent.

less. But that does not mean you can carry a fixed blade of the same length. For example in the United Kingdom it is illegal to carry any knife on your person no matter what the circumstances. So it is extremely important you check your local statutes. While I'm not advocating you break any law or laws, I realize that if you are killed in an encounter, you're dead forever.

On the other hand if you survive an attack, you can hire a lawyer to handle the legal aspects - as long as you didn't cut your

in its use, as well as the psychological impact it makes on your attacker. If you use the proper grip and give the appearance of being an expert in its use, you may actually avoid a nasty situation. He's not as likely to engage someone who might best him in a fight to the finish. For this reason, an air of confidence (no matter how hard it is to muster) can go a long way toward ending the confrontation without further ado. Again, I'm not advocating that you try to bluff your way out of a bad situation - if you draw a knife,



"The person who is cut and starts to bleed may faint, draw back, or even lose his confidence and break off the encounter"

3



4



5





Report

you'd better be prepared to use it in anyway necessary to protect yourself. There's no such thing as putting it away with a weak grin and mumbling that you were kidding.

Two common grips allow you considerable leeway in using a knife. One is the foil grip in which the thumb is positioned along the side of the handle. The other is the saber grip. In this instance, your thumb should be behind the guard to protect it from any slashing motions your opponent might make. A third is the hatchet or ice pick grip, with which most women instinctively hold a knife. It's great for up or down thrusts, but leaves you wide open for an attack.

How you stand will determine how effective you are, as well as telling your attacker a good deal about your skill, or lack of it. If you face him with a full frontal stance, you're limited in the number and type of offensive/defensive movements you can make. You also present him with a nice big target for slashing, and an opportunity to throw you off-balance easily.

The skilled knife fighter will place one foot forward with the other one behind, allowing his opponent access to only one side of the body. The forward foot can then be used as a pivot point, allowing you to swivel or move forward/backward as necessary. If you are right handed as most people are you will have the right foot back.

This is called

the Apache stance which has been adopted by the US Marine Corps, the Israel Defense Force and most Elite fighting units throughout the world.

At this point, let's stop and assess the situation. For whatever reason, you are now in a life-threatening encounter. You're there because there was no way to avoid it. Your opponent is armed with a knife and so are you. I've given you tips on holding your weapon and facing your attacker.

When it comes to knife fighting there is no such thing as a fair fight. Use every dirty trick that comes to mind. Do your best to unbalance, unsettle and otherwise distract your opponent. Let out a vicious scream. Drop into a crouching position; pick up dirt,

sand or stones; and throw them into his face, following up immediately with a quick body slash. Reach into your pocket with your free hand and throw coins at him. Grab a heavy stick if one is available and use it to deflect his thrust or to strike his wrist. The quicker you can disable him, the better. In short, turn into a vicious snarling animal before he does. The psychological effect on you will bring on the needed surge of adrenalin;

in this case, it's likely to throw him momentarily off guard.

Here's how most experts would assess your situation. Your assailant undoubtedly picked you as a helpless victim. Suddenly you've reversed his picture of you. The majority of knife-wielding attackers will break off the encounter at this point. The ones who do not are sadistic, stupid or on drugs. This type will probably press the attack for the fun of it because he doesn't know any better. If he does, it's important that you draw first blood - and quickly.

Whenever a person is cut, it produces a peculiar form of psychological shock, especially if the cut starts to bleed profusely. This is why you should use a slashing motion and move quickly to make the attacker bleed. The person who is cut and starts to bleed may faint, draw back, or even lose his confidence and break off the encounter. If your attacker is not sufficiently upset to take off and reconsider his actions, you can be sure that you're in for real fight. At this point, you will probably have to either maim him or kill him to end the encounter.

As you can see from the situation I've put you into, using a knife for self-defense purposes can bring you to the point where you will have to shuck all vestiges of what I call civilized behavior and fight for your life. This is something that not every individual can do that easily. And it's another good reason why I suggest you bypass the knife as a defensive weapon - unless you are certain that you can cope with a savage encounter without hesitation. He who hesitates in a knife fight is almost certain to end up the loser - and I don't think anyone should take foolhardy chances if he or she is not capable of dealing with them.

In spite of this, if you do decide to carry a knife with you for self-defense, I have one last word for you.

Hindsight is clearer than foresight, but you should think ahead and stay away from areas where a knife attack is likely to occur. If you see a situation building to the point where such an encounter is likely remember that discretion is often the better part of valor and get out of the area as fast as you can. Even though you are armed, you should do everything in your power to avoid getting entangled in a nasty situation.





"68" CHOKE

How can we say that a fighting technique is effective? Just by showing it in a real fight. Since 1988, the S.H.O.O.T. Self Defense System tests its techniques in international competitions in different fighting systems, only focusing on MMA since 1999, in order to be as close as possible to reality.

This is the only honest way we know to ensure that our techniques are effective. For years, my main goal has been to get the most efficient techniques of Mixed Martial Arts to be open, not just something reserved for a few super-athletes. The average citizen is the one who most needs this knowledge, in order to perfectly defend himself, improving his quality of life and, consequently, the quality of life of everybody around him. This is S.H.O.O.T.'s philosophy and, therefore, my own philosophy.

The technique that I am going to present on this occasion, the "68 choke", has given me one of the greatest professional satisfactions of my life, when Daniel Tabera (Team Shoot I + D) became the first Spanish fighter who won in Japan, the MMA centre in the world.

Years ago, this technique was successfully used by another competitor of S.H.O.O.T. (Antonio Navarro), who won with it the Ultimate Combat 5, in England... in the first minute of the first assault! But the real "litmus test" was in August 2006, when the MARS GP was held in Tokyo, an International MMA Tournament with 8 fighters, where some excellent professional wrestlers took part, as Brazilian Leonardo Lucio "Chocolate", French Brian Rafiq (Brazilian Top Team France) or

the favourite Japanese, Ryuhei Sato. This was

"How can we say that a technique is effective? Just by showing it in real fight?"

the first occasion where a Spanish fighter was invited to take part in an event of this level in Japan and there were many expectations about what would happen. Finally, our compatriot Daniel Tabera got the victory after defeating all his opponents.

In his first fight, against Korean Myeon Ho Bae, after three tough rounds, Daniel Tabera had an armlock bending down ("Kimura"). The skilful Korean escaped, which made Tabera, being crossed over his opponent, move to the line position ("north-south"). At that time, I stood up and put my arms up in the corner, being sure about his victory, while the public couldn't understand very well what was happening, because it was not a "typical" ending. Once he was well positioned and since the Korean couldn't see any serious danger in that position, Tabera quickly put his hands under the neck of the adversary, closed them and pressed. The signal of giving up was immediate and the referee separated the Spanish fighter, proclaiming him winner.

During the interview for TV after the fight, we had to explain it to the shocked Japanese people, who didn't stop asking what technique the Spanish fighter had used to end his opponent.

In those moments I remembered, satisfied, when years ago I improved this choke and I found, as always, many sceptics in front of me...

TECHNICAL EXPLANATION: How to perform "68 choke"

Suppose that we have got to the Crossed Position. If our opponent is well able to defend himself from our blows and our submission techniques, the options would be to improve our positioning, seeking to reach the mounting position, which would give us greater opportunities to win the fight.

If we find ourselves in that situation, it is because our opponent has good knowledge of ground fighting and thus he will do his best to avoid the mounting position.

In this case, one of the solutions involves moving just toward the opposite side, toward the head of our opponent, seeking the position called "68" ("North-South") in S.H.O.O.T., since this movement is much more difficult to defend for our adversary and it is here where the choke takes place, usually shocking the opponent, since it is not a "typical" ending within the armory of techniques of MMA and hence, its defense is not planned or trained by most fighters.

To end our adversary, one of our arms must be around his head, while the other is placed under the opponent's shoulder and we put our hands together between his neck and his shoulder, pushing our body down to the ground at one side of his head. At this point making pressure as a "guillotine" would be enough, the adversary's body facing up. Anyway, it is better to be patient (because our adversary is dominated in this position) and properly place our arms on his neck, so that an excessive power won't be necessary and you can meet the basic principles of any choke.



Alejandro Iglesias

www.franquiciashoot.com



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.



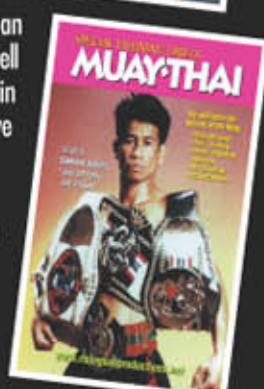
RS-0060 • Saekson is the best of the best. We say this without reservation and those of you who watch this will see why. Absolutely terrific. In this tape Saekson teaches you up close and personal more of the basics of Muay Thai including how to do those awesome kicks of Muay Thai, and as well the knee 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/KANA2



In this first DVD of a new series of 8 volumes which includes all Shotokan Karate, Kanazawa, disciple of the founder Funakoshi and head of an organization, SKIF, with more than 2.4 million students, shows in detail how to perform all the hand and blocking techniques. We will learn the smallest nuances of each technique, from simple Nukite to the hidden complexity of Shuto-Uke. A complete course that allows both beginners and instructors to understand why Shotokan is the art of science of Japanese karate.

NOT AVAILABLE IN USA/CANADA!!!

NEW FOR THIS MONTH!!!

PRICE: \$39,95 PLUS S&H

Explosive

DVD

ENGLISH
FRANÇAIS
ESPAGNOL
ITALIANO
DEUTSCH
PAL

Salvatore



REF.: • DVD/SALVA6

The O.P.F. System includes, among other elements, techniques, principles and concepts from Dumog, the Philippine version of Grappling, which, combined with JKD, offers a complete and effective combat system, targeted at law enforcement, and also adapted for civilian use. In this new DVD, focused on the "civilian" version of Dumog, we study the techniques that allow to stop the strength of the opponent, acting with fists, elbows, head, etc. on vital anatomical points in the nervous system. Once again, Oliva deepens in the concepts and applications of JKD, developing new ways that allow us to acquire technical knowledge, extremely effective and lethal for the opponent.

REF.: • DVD/SANDA1



The Sanda or Sanshou, the essence of fighting in Kung Fu, is becoming popular and is attracting the attention of practitioners of fighting sports all over the world, because of a regulation which is midway between Vale-Tudo and Kick Boxing or Muay Thai, adding projections and grips. It has a sport element missing in Vale-Tudo, a greater technical sophistication, a great spectacularity and, as a result, it has the potential to become the most complete formula of sportive combat created so far.

This first DVD shows the main features of Sanda Ming Ch'uan, how it is worked, some of the most used techniques in competitions and the keys to enter the wonderful world of Sanda combat.

Orders:

e-mail: budoshop@budointernational.com

www.budointernational.com





What JEET KUNE DO are you doing?

Ever since the tragic and untimely death of Bruce Lee there has been a controversy about just what Jeet Kune Do is. If you ask 10 different Bruce Lee students you are likely to get 10 different

answers. This causes a lot of confusion about just what Jeet Kune Do really is. Because there are so many versions of JKD out there it's easy to become confused. To really understand JKD we need to have an understanding of its evolution.

Before Bruce Lee's untimely death few people knew much about Jeet Kune Do. It was always taught to a select few. After Bruce passed away there was never any intention to commercialize JKD. There was no thought to having seminars on JKD or of writing books on the subject. But it wasn't long after Lee's death that we noticed a lot of Jeet Kune Do schools springing up around the world. Bruce Lee was now famous and unscrupulous people were taking advantage of his fame for commercial purposes. The one thing these spurious schools had in common was that what they taught had more to do with the techniques that Bruce did in the movies than real JKD. While there are elements of JKD in

ce's movies, what is shown is a far cry from what Bruce taught. One of the main reasons for starting to give JKD seminars was to educate the public as to what authentic Jeet Kune Do really was. While this ended the misunderstanding between movie JKD and real JKD, some confusion still remained. This is because some of the people giving seminars called what was being taught Jeet Kune Do, or Jeet Kune Do concepts, while others preferred to call it Jun Fan Gung Fu.

Because of this, many questions about JKD remain. These are many and varied. For example: What is Jeet Kune Do? Was it merely Bruce Lee's expression of himself in combat? Is it a style? Is it a system? Is it a process? Is it a product? Can it be taught? And is it merely an amalgamation of other martial arts techniques?

When I was studying with Dan Inosanto in the early 1970's, there was no confusion. Bruce Lee was in Hong Kong making his first movie. At that time there were only 12 students who met twice a week in Sifu Inosanto's backyard. What we learned in that backyard school was called Jeet Kune Do. The name of the school was the Jun Fan Gung Fu Institute. Jun Fan was part of Bruce's Chinese name. The name really meant "Bruce Lee's School". At that time it was one of the few places in the world where you could learn Jeet Kune Do. Because of this we felt that it was a special art and should not be taught to just anybody who walked in the door. We were told that if knowledge was power then we should pass it out discriminately. There were certain things that we were told not to share with anybody else.

Most instructors of JKD seem to feel that they are teaching the "real" Jeet Kune Do. After working with or observing all of the people who are recognized as JKD teachers, it's clear to me that no one instructor has the entire art that Bruce created. All anyone has is a piece of the puzzle. Some have a larger piece than others, but no one has it all. This is because Bruce taught different things to different people at different times and different places. We can divide the JKD that is taught into 2 different, basic types. These are commonly called Jeet Kune Do Concepts and Original Jeet Kune Do.

Jeet Kune Do Concepts started with Dan Inosanto. He made a promise to Bruce Lee not to teach JKD to the general public. After Bruce left for Hong Kong to do "The Big Boss" movie the school in Chinatown was closed, and Dan Inosanto took a select group and started a small JKD group in his backyard. After Bruce passed away Dan started getting invitations to teach at summer camps. Since Dan did not want anyone at the camps to get a certificate that said Jeet Kune Do on it, he insisted that all the students who attended have the name Jun Fan Gung Fu on their certificates of participation. This was because



Jeet Kune Do

Tim Tackett



Dan felt that you couldn't really learn JKD at a week-long camp and didn't want anyone leaving the camp thinking that they could teach JKD. Even though Dan Inosanto didn't want his hosts to advertise that he would be teaching Jeet Kune Do, they insisted on using Jeet Kune Do in their advertising. Dan wanted Jun Fan Gung Fu used, but since few people knew what that was they kept using Jeet Kune Do. Dan then started saying that he wasn't really teaching Jeet Kune Do but rather Jeet Kune Do Concepts. He defined that as using JKD principles in his teaching, but what these principles were never really defined.

Most of the JKD concept people seem to view Jeet Kune Do not as a system or style. They view it as more of a philosophical approach where each practitioner develops a personal expression of Lee's art. They regard JKD as merely a starting point to their own personal expression of fighting. They use a quote of Bruce Lee that states that everyone should, "Research their own experience, absorb what is useful, reject what is useless, and add what is their own." Concepts proponents encourage martial artists to look at as many martial arts as possible and chose from those arts what works for them. Using the concepts approach a student may learn when attacked to enter with a move from kali, follow up with a silat move and finish up with a move from Jiu Jitsu. The proponents of what is called original JKD feel that JKD concepts proponents have confused the general public as to just what aspects of JKD they are using. They feel that JKD is more than just "doing your own thing". To the original proponent JKD has a definite structure that must be taught and used to be "real" JKD, but even then there is confusion as Bruce Lee taught different things to different people at different times. You can divide Bruce's art into four basic eras.

One of the major reasons for forming what was called The Bruce Lee Educational Foundation was to promote unity and comradeship between the four phases of the evolution of Bruce Lee's martial art. Unfortunately this may not always be the case. The reason may be a misunderstanding of what Bruce Lee was attempting to do with his personal evolution. Bruce was interested in constant experimentation, but it was not just experimentation for its own sake. Bruce's intense study of other martial arts, and the passionate analysis of various modern training methods were for one purpose and one purpose only, and that was to make himself a better martial artist. With this end in mind Bruce Lee used his schools as a sort of living laboratory. For example, a technique could be tested in the crucible of full contact sparring. Then an analysis could be made as to its efficiency.

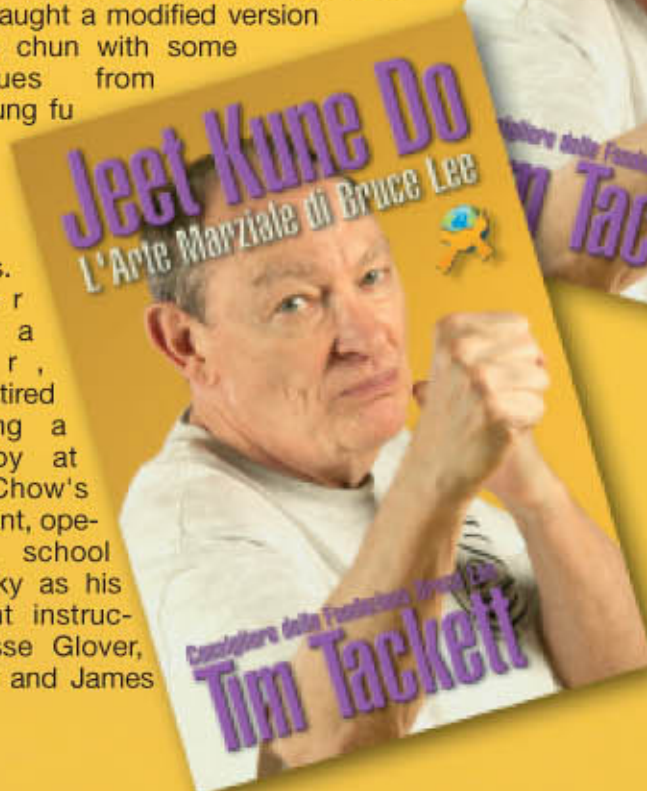
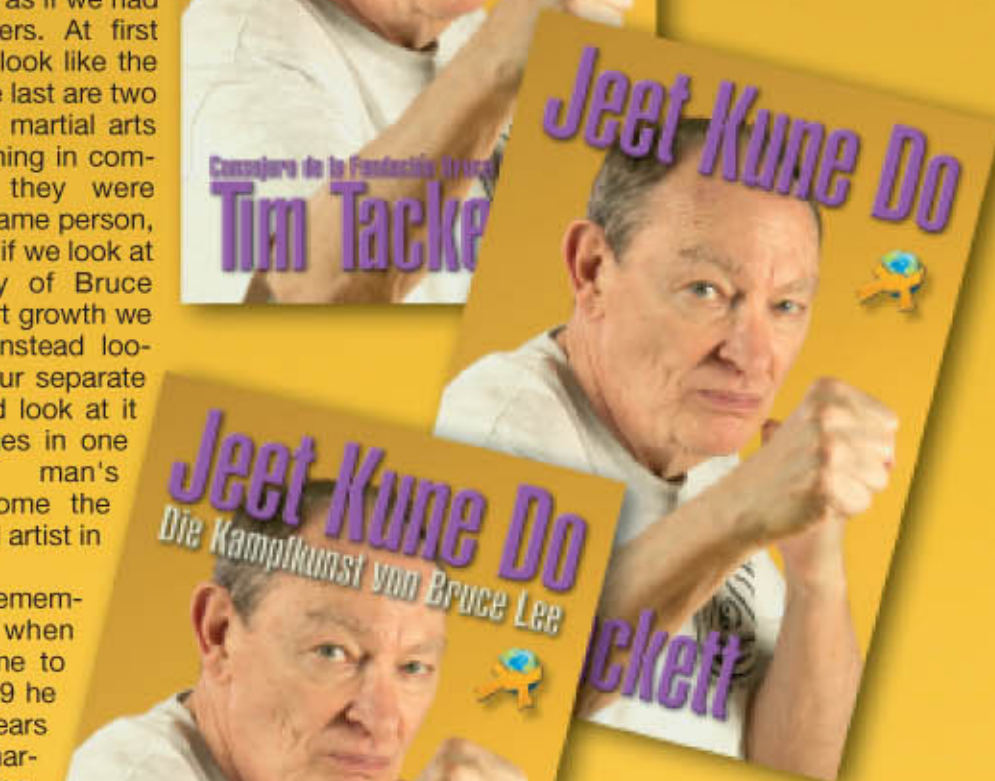
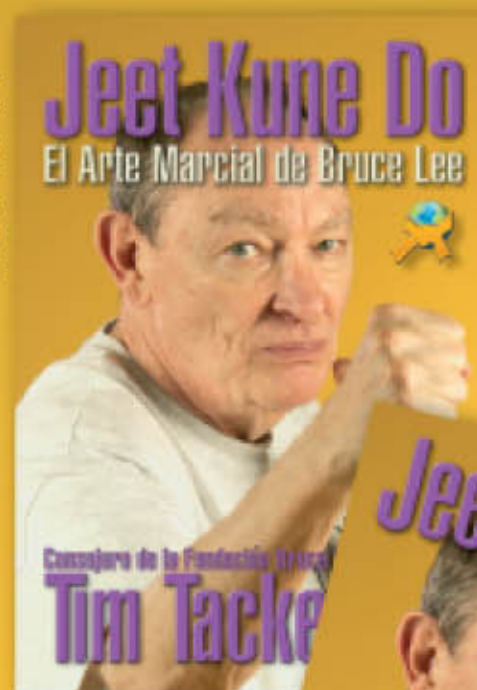
The various instructors who came together to form what was called the Nucleus decided to call Bruce's art Jun Fan Jeet Kune Do. This would define Bruce's art as to only what he taught during his lifetime. Many of Bruce's students learned for him before he created Jeet Kune Do. Some call their art Jun Fan. Some call it Wing Chun Do. While others call what they do Core JKD. So we can see that even among "original" practitioners there is confusion.

The yearly JFJDK seminar gave participants a chance to experience all four eras of Bruce's martial art. As James Demile said, during an interview about the late and great Ed Hart who was Bruce's second student, he was glad that people got to see all four stages of Bruce's development as it was important to see how A became B, and B became C, and finally C became D. If you were at the Seattle seminar it was obvious that there are vast differences in the way the four eras

approach Bruce Lee's martial art. I think that James Demile said it best during his portion of the third seminar in Seattle Washington. Referring to the differences he observed between that of first era, which he was an important part of, and the forth (Chinatown) era, he said that it was as if we had different teachers. At first glance it does look like the first era and the last are two totally different martial arts with the only thing in common is that they were taught by the same person, Bruce Lee. But if we look at a brief history of Bruce Lee's martial art growth we can see that instead looking at it as four separate arts, we should look at it as merely stages in one extraordinary man's desire to become the greatest martial artist in the world.

It must be remembered that when Bruce Lee came to the U.S. in 1959 he was only 18 years old. His main martial art was Wing Chun, which he had studied since the age of 13. His first student was Jesse Glover who went to Edison High School in Seattle with him. Through Jesse Bruce started training his second student, Ed Hart. Later he started teaching James Demile and then Taky Kimura. At that time Bruce Lee mainly taught a modified version of wing chun with some techniques from other gung fu

systems. After about a year, Bruce, tired of being a bus boy at Ruby Chow's restaurant, opened a school with Taky as his assistant instructor. Jesse Glover, Ed Hart and James





Jeet Kune Do

Demile, not wanting to start all over, dropped out.

In 1962 Bruce started teaching James Lee and Alan Jo. In 1963 he moved his family to Oakland, leaving the Seattle school in Taky Kimura's capable hands. In Oakland Bruce started a process of shedding some of his old techniques and adding some new elements to his personal martial art. He added a major emphasis on physical conditioning. Bruce also added Western boxing footwork to add mobility to his art, and Western boxing punching to add variety and angles to his punching reparatory. At this time Jun Fan Gung Fu, which is what Bruce Lee called his art, consisted of Wing Chun trapping and straight punches with four corner simultaneous blocking and hitting, a mixture of Northern and Southern Chinese kicking

techniques with angle punching and footwork from boxing.

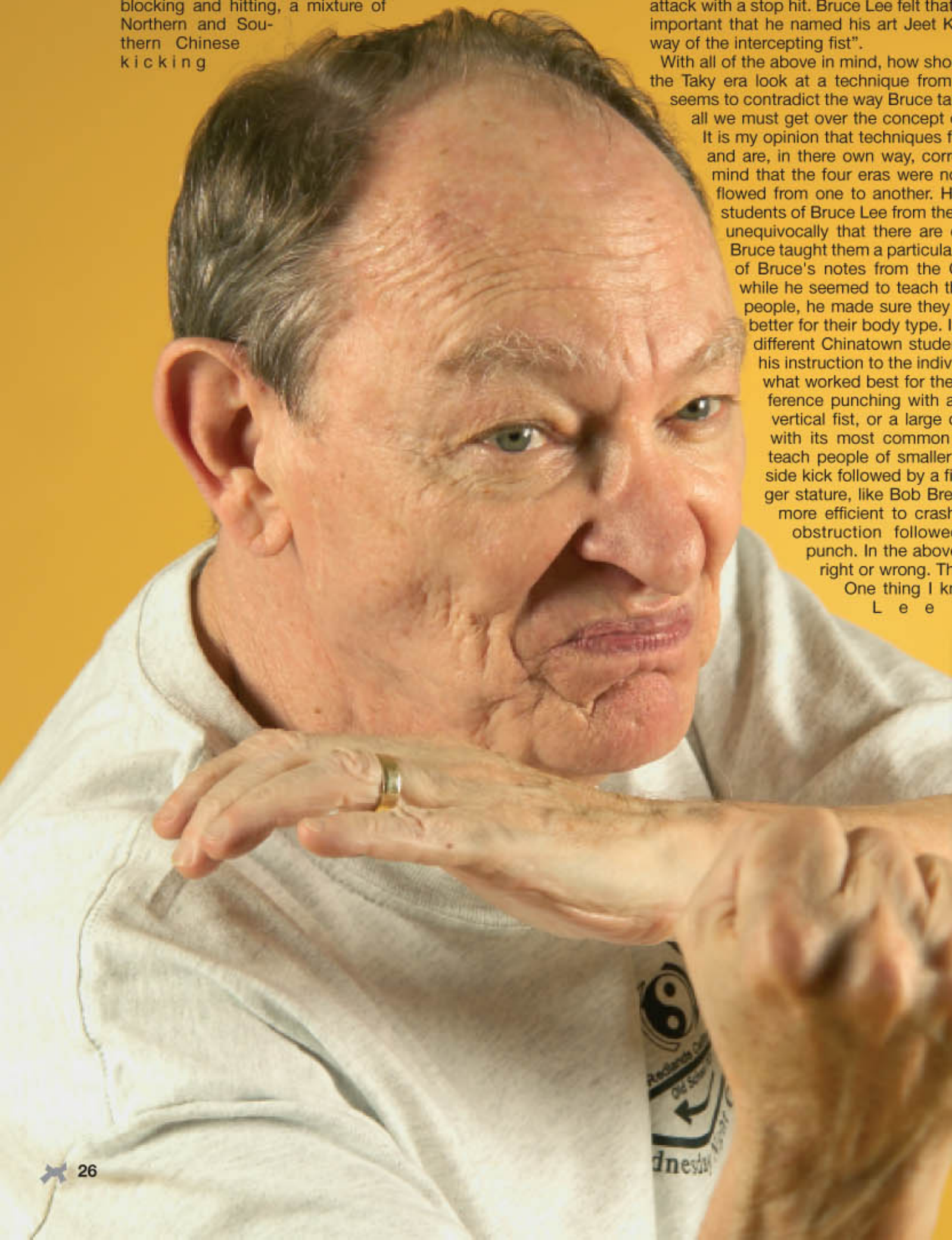
In 1964 Bruce made his move to Los Angeles to co-star in the Green Hornet television show, and left James Lee in charge of the Oakland school. While in Los Angeles, Bruce made many trips to both Oakland and Seattle to work with James and Taky.

In 1967 Bruce opened the Chinatown school with Dan Inosanto as the head instructor. At this time Bruce started adding fencing theory to his martial art. His front hand finger jab was used in a similar way to a Western fencing foil. He adapted fencing attacks into the five ways of attack. But most important of all he took the most efficient defensive technique, which is to intercept your opponent's attack with a stop hit. Bruce Lee felt that being able to stop hit is so important that he named his art Jeet Kune Do which means "the way of the intercepting fist".

With all of the above in mind, how should someone from let's say the Taky era look at a technique from the Chinatown era which seems to contradict the way Bruce taught them to do it? First of all we must get over the concept of what is right and wrong.

It is my opinion that techniques from all the eras have value and are, in their own way, correct. We must also keep in mind that the four eras were not totally separate as they flowed from one to another. Having studied with various students of Bruce Lee from the Chinatown era, I can state unequivocally that there are even variances in the way Bruce taught them a particular technique. A careful study of Bruce's notes from the Chinatown era shows that while he seemed to teach the same things to different people, he made sure they worked on what would be better for their body type. It is clear from working with different Chinatown students that Bruce Lee tailored his instruction to the individual so that they would do what worked best for them. This can be a small difference punching with a diagonal fist instead of a vertical fist, or a large difference as the stop kick with its most common follow-up. He seemed to teach people of smaller stature to do a shin-knee side kick followed by a finger jab. For people of larger stature, like Bob Bremer, for whom it would be more efficient to crash the line, he taught a leg obstruction followed by snapping diagonal punch. In the above case neither technique is right or wrong. They're just different.

One thing I know for sure is that Bruce
L e e



Jeet Kune Do

Tim Tackett



essential for turning you in the great martial artist you became?" Although we cannot know the answer, I feel

that students from all the phases of Bruce Lee's life should get together in the spirit of mutual cooperation and love for the legacy that Bruce Lee left us and try to the best of our ability to answer these questions. I know that we would all become better martial artists and teachers if we could do this. Unless we do this no one will really "know" what Jeet Kune Do is, and ten years from now if we ask ten different JKD teachers, "Just what JKD are you doing?" we will get ten different answers.

After all we can't really know what JKD would look like if Bruce Lee were still around to look into the most efficient ways to use the human body for combat. Probably a student of Bruce's would look at what we were doing in 1973 and say that it looks as if we had different teachers. What we need to do is look at the core curriculum and use it as a guide into our own investigation into the most efficient way to use the human body for combat. I feel that by sticking to Bruce Lee's principles of combat while at the same time learning and developing our own JKD we will honor Bruce's memory in a way that he would approve of.

At the present time The Bruce Lee Foundation has replaced the Bruce Lee Education Foundation with the same mission as the old group. For information on the BLF go to their website at:

www.bruceleefoundation.com

was not looking for an inferior way to do something. The idea that a technique from the Chinatown era is inferior to a technique from an earlier era would be opposite of all we know about Bruce Lee. After all he was audacious enough to write in a magazine article an invitation to anyone reading it to drop by the Chinatown school and full contact spar. Bob Bremer told me that more than one person showed up to spar, watched the training for a while, then changed their mind and left.

One example of a change between Bruce Lee's first era and the Chinatown school is the straight blast. Bruce told Bob Bremer that there are really two straight blasts. He told Bob to use the wing chun shoulder square blast when your opponent is right in your face to get him off of you and stun him. This gives you the proper distance for the one-inch penetration-snapping punch. Once you get the proper distance you finish your opponent off with a straight blast that uses the weight of your body by throwing your shoulders into the punches as well as your entire body. This is what Bruce Lee would call a non-crispy attack which can also use boxing hook punches as well as straight line punches. But this should only be used after your opponent is injured and

would be unable to counter attack effectively. An example of this can be seen in a video taken in Bruce Lee's backyard where he is punching the heavy bag with heavy hooks. He, of course would never have attacked someone with this method unless it was safe to do so. If you want to see this type of straight blast in action look at Jack Dempsey attacking Jess Willard in their title fight. I know Bruce Lee watched it.

I feel that all of Bruce Lee's students should make an effort to learn as much as possible, or at least experience, the techniques and drills of all the phases of Bruce Lee's martial arts. We should try to understand why Bruce threw away what he did; why he changed certain things and why he added certain things. We need to know, for example, if his not focusing on the wooden dummy in Chinatown was because he had already got the value out of it, or if he found training method that he felt was more productive. We can't know only guess.

If by some miracle Bruce Lee could come back for a short visit, I would ask him, "Sifu, of all the techniques you learned, of all the drills you did, and of all the exercises you went through, which ones were the most important? Which ones do you feel were a total waste of time? And which ones were





Página left: In order to win the belt of champion of "Rio Heroes", Pedro Manuel justified his nickname, "stone hand".
 2. Beautiful girls.
 3. Egido tries to end Flavio Álvaro with an arm lock.
 Page right: L1 and 2. The cage in a studio in the suburb of Sao Paulo.
 3. Carlos Henrique.
 4. After winning three harsh fights in the same night, Manuel got his second belt of champion.

"A Brazilian Fight Club brings back the original Vale-Tudo (no time, no gloves) and it causes controversy in the world of MMA"



RIO HEROES: VALE-TUDO RETURNS TO ITS ORIGINS

You Ready? You ready? Beatings...! That is how referee Jorge Pereira starts the fights in "Rio Heroes". Outside the Octagon, built in a studio in Osasco, a suburb of San Paulo, Brazil, a lively audience of about 100 special guests, shout and scream as soon as the fighters - who don't use gloves - start fighting. To keep the action in the fight, the referee has an unconventional attitude, supporting at every time the fighter who is in the advantageous position: Hit him! With your head! With your elbow!

"Thousands of fans pay to see this kind of fight on the Internet. Here I'm not just the

referee, I'm a showman. This is one of the differences of Rio Heroes" says Jorge. The exact meaning of his words can be understood as soon as the current champion under 87kg, Pedro Manuel, attacks Rafael Motta's face (his first opponent in the tournament) with a series of eight head blows, doing a deep cut on his eyebrow, taking him down and hitting him with a series of punches. After stopping the fight, Jorge Pereira (the referee) greets Manuel screaming and celebrating, as if he were his training partner.

This is Rio Heroes, definitely, you've never seen anything like this in your life.



Vale-Tudo

For those who haven't seen the movie *Fight Club*, starring Brad Pitt, we will say that the history shows a club where anyone can come and fight for money, as in cockfighting. The film inspired Brazilian Jiu-Jitsu black belt Jorge Pereira, who has lived in Miami for eight years, and he decided to join a U.S. businessman and create Rio Heroes. "Master Carlson and Master Hélio fought many times on football pitches; that was the real Vale-Tudo". Pereira often says that the evolution of Vale Tudo as a sport changed the concept of fighting: "Vale-Tudo was born in Brazil as a fight where fighters were warriors and entered the ring to give the best of themselves. The excess of rules changed Vale-Tudo into something unreal, a Hollywood show. Rio Heroes is rescuing the origins of real-Vale Tudo", says Rickson Gracie's black belt, who has fought during his career against some of the best fighters in MMA in his eleven official fights in that specialty, figures like Ebenezer Fontes Braga, Pelé Landi and Matt Hughes.

For his experience in fighting against Matt Hughes, Pereira justifies fighting with bare hands in this event. "It has been scientifically proven that fights without gloves are less harmful for the athlete. Simply because the main function of the glove is to protect the fighter's hands, but it is more aggressive for the brain and the face. I have taken part in more than 100 street fights in my career and I have never felt as I have felt after the fight against Matt Hughes. I remember I lost consciousness three times in the week following that fight, so I think that the fight without gloves is safer for athletes. Another thing that minimizes the violence is that there are no rounds; in our fights there is no time limit that allows the athlete to recover before the next round. Not here! As we don't want to get our hands broken, the maximum duration of a fight in the last twelve editions has been 39 minutes" explains Pereira.

In Rio Heroes there are four categories: under 68kg, under 77kg, under 87kg and over 87kg.

Like a Fight Club

The event begins one day before the first fight, with the weighing and choice of athletes. The organization calls 20 athletes of the same category and 12 are chosen to fight the next day. Eight for the tournament and four reserves.

The fights take place in an open studio covered with tatamis and surrounded by walls of bars that form a sort of rectangular cage. Inside, the athletes fight in duels with bare hands and without a time limit. Head blows, stamps and elbow blows are permitted. The only rule is what Jorge Pereira calls "rule of honour": "They can't attack the eyes or genitals and can't bite". The great success of the event has led Jorge and his American partner to rent a bigger space. Next year it will take place in bigger premises, where they will be able to welcome a larger number of guests.



Page left:
Pedro Manuel
throwing his first
adversary with head
blows.

The doctor
appears to examine
the cut of a fighter.

Page right:
Jorge Pereira with
the ex champion,
Flavio Alvaro.
Manuel's public
went wild when he
beat his three
opponents.



When asked about the consequences that could have Rio Heroes in the process of evolution of MMA as a sport in Brazil, the director of the event says that this is not an MMA event and he classifies it as street fighting. "We aren't a part of the MMA world of nowadays. People who come to fight here, come with the same objective with which I went out to fight: killing or dying! There are people who hear about this event for the first time, and reject it, but they change their mind when they see it. Here we have medical support and we pay athletes like nobody else in Brazil. The champion of our first tournament received U.S.\$1.800, the runner-up \$51.000. In the second tournament, prizes doubled and the champion received \$3.800. We pay well, we employ many people and this is the main problem between Rio Heroes and the world of Brazilian MMA", says Pereira.

Belfort criticizes Rio Heroes

Pereira's event has been widely criticized by the Brazilian community of MMA, when in an open TV program everybody could see the violence of Rio Heroes. The program, with an audience of more than three million people, showed a fight where a woman called India, fighter Jorge Macaco's pupil, mounted and ended with an arm-lock a male representative of Tae Kwon Do, in the second edition of the event. At that time, Jorge organized the fights in the academy. The programme had a very bad impact in Brazil. In one of the fights, a fighter was thrown through a window, was cut with a broken glass and Jorge (the referee) didn't stop the combat. For this program, the whole MMA community was unanimous in criticizing Jorge. In the same program, Vitor Belfort, the most famous MMA fighter in Brazil, spoke with the journalist and said: "Now that the MMA in Brazil is beginning to be recognized by the media as a sport, this repressed character comes in and makes this shit. I believe this is a case for Brazilian police, this kind of events should be forbidden", said Belfort on TV.



Macaco. "In Brazil we have many fighters and few events where they can work. I can't prevent someone like Flávio Álvaro, who has many family problems, from fighting for a prize of u\$s3.800, where he is the favourite fighter", says Macaco.

Pedro Manuel dos Santos, the man who won the belt against Álvaro, is undergoing the same situation. With 24 MMA fights in his career, 20 of them victories, Manuel has already won more than u\$s11.000 in the three editions of Rio Heroes where he has participated. Manuel, Alexandre

Later, Jorge replied on the Internet. "I'm not a repressed character, and the evidence is that I have defended the name of my master Rickson in many Jiu-Jitsu and MMA competitions, and I have never ashamed him, as Vítor did with master Carlson" said Jorge.

The president of the Paulista Federation of MMA, Alessandro Renner, said that legal measures are being taken in order to stop this program. "We see this completely repugnant. It is a step backwards in sport and a physical risk to the integrity of the athletes. We mustn't forget that Vale-Tudo was one of the most popular sports in the 50s in Brazil. We had Carlson and Hélio on the front page of many newspapers, but after João Alberto Barreto (Hélio's black belt) broke his adversary's arm in a Vale-Tudo program on TV, all media were against Vale-Tudo. Now that we've got to be

respected again by the Brazilian media, we can't accept that an event like this brings problems to this sport".

Creating Jobs

On the other hand, Rio Heroes pays the athletes much better than other MMA Brazilian events and this attracts many high-level fighters, like Pedro Manuel (who has defeated many great fighters in under 83kg) and Flávio Álvaro (Macaco Gold Team/Chute Boxe), who has been considered the new revelation in the Brazilian under 77kg. "After that program on TV, the promoters of MMA events haven't invited me to fight. I live in a slum and I must help my whole family. Rio Heroes is a great opportunity to earn money. I can't say no", says Álvaro, supported by his master Jorge Patino

Pequeno's pupil, has fought nine times in the event and has won in eight occasions, including twice against middleweight champions (under 87kg). He beat six opponents and won the second place in the open tournament (no weight class) where he defeated two over 100kg opponents. "Rio Heroes has totally changed my life. From now on, with the money I am paid in Rio Heroes I will be able to stop working as a waiter and devote myself to train. Maybe my great dream can be real in 2008", said Manuel who, after winning his second belt, has been invited to fight in the Canadian event Elite XC.

Web broadcasting

Rio Heroes is a biweekly production since March 2007, broadcasted on the Internet for the American company Tough Sports (toughsportslive.com). Besides Vale-Tudo fights, there is also an on-line broadcasting of cockfighting and a program with sexual connotations, where women wear heavy caliber weapons (girls and guns). In the coming months the company wants to broadcast bullfights from Spain and Muay Thai fights from Thailand.

Jorge Pereira

With Jiu-Jitsu's community against him, Jorge Pereira says that he won't stop saving what he calls real Vale-Tudo. In the interview that you will read below, Jorge told Black Belt how everything started...





Budo International: When were you proposed to do this event?

Jorge Pereira: I was in Australia giving a seminar at the academy of my pupil Paulo Guimarães and a friend of him, who is a former decorated "mariner", a decorated "sniper" and a great businessman in the United States, and he came to this idea of creating an entertainment website, to bring together typical sports from several parts of the world, such as cockfighting, typical from Puerto Rico, and Vale-Tudo fights, original from Brazil. As my pupil knew that I was Rickson's black belt and had fought in many Vale-Tudo, he told him that I was the right person to help him. So it all started. We tried to bring back the roots of it at the times of Hélio and Carlson Gracie.

B.I.: How did he come to that idea?

J.P.: The truth is that the idea came with three youngsters, who won more than one million dollars in a short space of time in the United States, until they were arrested. They filmed street fights among boys who had been paid 200 dollars, and then they uploaded what they had filmed in "youtube". They were arrested because in the United States it is forbidden. The original idea comes from there.

B.I.: Where do you want to arrive with Rio Heroes?

J.P.: They are criticizing us without knowing what they are talking about. The athletes are made blood tests, there are doctors at the events and we pay higher quantities than most Brazilian events, which is why we are so disturbing... We are growing very fast and yet we're going to be much bigger.

B.B.: Don't you think that the current situation the sport is going through in Brazil can lead all media to be against MMA?

J.P.: I am a part of the history of Vale-Tudo. Really, what I am doing is rescuing the true essence of Vale-Tudo. But I don't want to fight with anyone, I am willing to make some concessions so that Rio Heroes will be better accepted.

B.I.: Can the police forbid the event?

J.P.: Everything I do here is under Brazilian law. I am a Jiu-Jitsu teacher, I have rented a studio and there I can promote whatever I want. There is no betting and I am not charging entry. Next year we are moving to bigger premises, where we will be able to welcome more guests. I am just asking a vote of confidence from Vale-Tudo community.

B.I.: How many subscribers do you have?

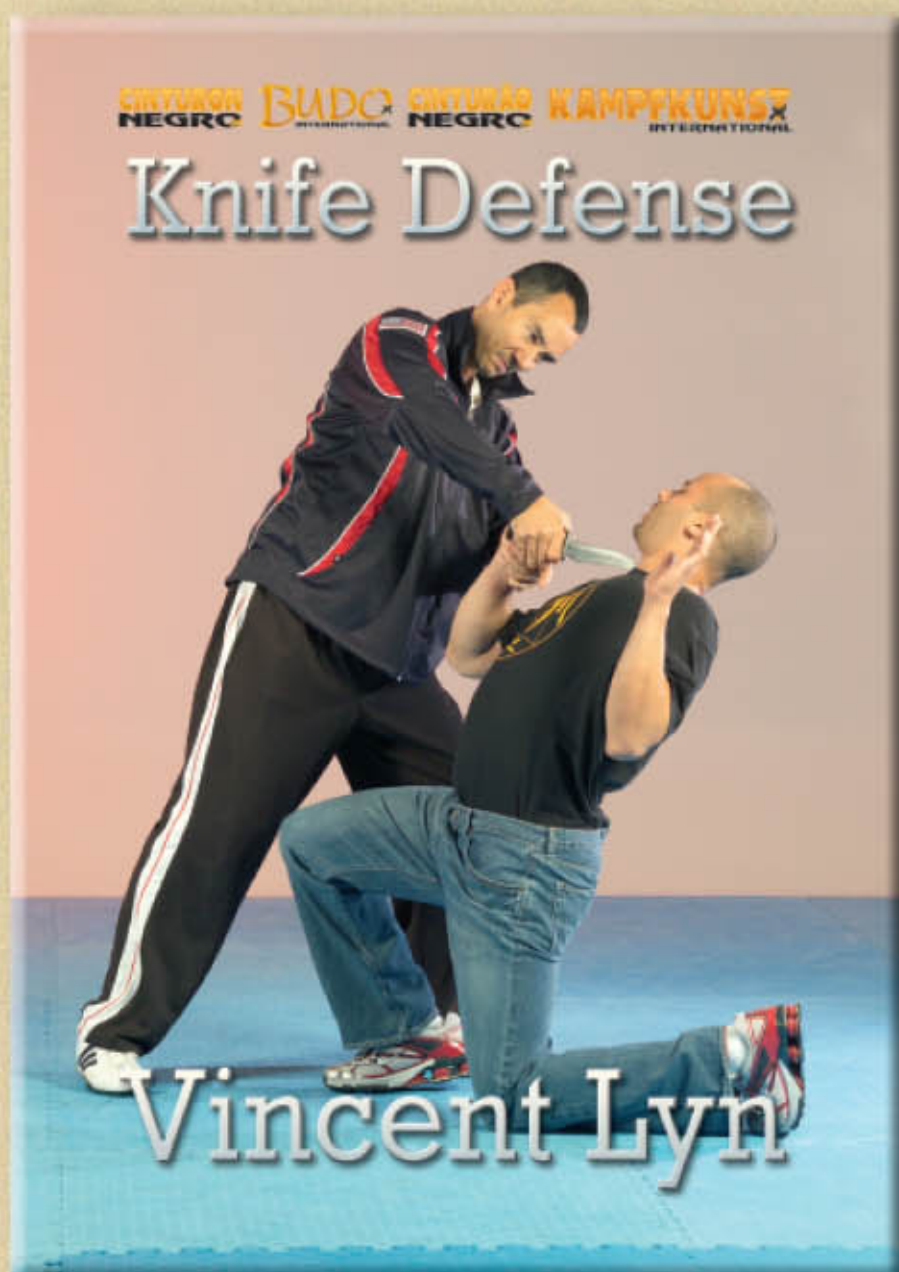
J.P.: In the first program we had 40 people; signing up costs ten U.S. dollars. For the next event we expect fifty thousand people at least, because I uploaded in "youtube" the fight of Mão de Pedra against Flávio Alvaro and 324,000 people watched it in four days. It is a part of our strategy to make the promotion, uploading videos on "youtube", "yahoo", "google", "dailyomotion". The promotion of the event is so massive that even if people don't like it, it must be admitted that Rio Heroes is the most controversial Vale-Tudo event in 2007. We want to reach three million people and I hope to give the world what UFC is bringing.

B.I.: What the UFC is bringing all over the world, is the MMA we have created?

J.P.: No, it isn't. I have to make a critique, the MMA can't be seen as a mixture of styles, the MMA is losing many of its roots, the real passion for martial arts, because many fighters are changing their team, completely changing their roots and I am sad about it, because the MMA can't be a business, but an extension of the true samurai, which corresponds to a martial art.



Knife Defense Vincent Lyn



Of all violent crimes committed, the knife is used 35% of the time. What would you do if faced with a knife at your throat? What is taught in most martial arts schools today regarding knife techniques is obsolete. They're giving their students a false sense of security. In this

video, Sifu Vincent Lyn, excellent Master and self-defense expert, shows

close quarter knife disarms in a precise and realistically crime based use. Whatever your martial arts style or having never studied you can add the techniques here to your arsenal. Remember a knife is the deadliest weapon, it never runs out of bullets.



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

REF.: • LYN5



English
Italiano
Español
Français
Deutsch

Orders:
e-mail: budoshop@budointernational.com
 www.budointernational.com



In Brazil he was known as Gracie Devil. Always involved with street fights and confusions Ryan Gracie, son of Róbson Gracie and brother of Renzo Gracie has always been living in a dangerous way. Due to his unbelievable capacity of escape from dangerous situations, including a couple of gun shots attempt, most people in MMA and Jiu-Jitsu community in Brazil thought that Ryan was protected by the devil (He had a tatoo writin Devil on his back), but last December 15 this theory was over when the 33 years old Gracie was found dead in a jail in São Paulo. His body was buried in the following day at São João Batista

Cemetery, at Rio de Janeiro, Brazil in a beautiful ceremony that joined almost 500 people among many of his students who came from São Paulo, his brothers Renzo and Ralph (who came from New York and San Francisco) and many important members of Gracie family.

Doctor may have killed Ryan Gracie

Text: **Marcelo Alonso & Eduardo Ferreira**
Photos: **Eduardo Ferreira**

The strange death of Ryan was highly covered by Brazilian media. All TV news, all newspapers and two pages on the biggest Brazilian week magazine. Even why the preliminary Medical Legal exames points that Ryan was victim of Hypoxia. A situation where the oxygen level on the blood fall down sudenly and the bronchus contracts and the brains starts to receive less oxygen than necessary to work properly what may have caused the heart stopage that killed Ryan. All those events were caused by a cocktail of drugs given by the psychiatrist Dr. Sabino Ferreira de Farias, contracted by Flávia Gracie (sister of Ryan and mother of Kyra Gracie) to take care of Ryan while He was arrested in Jail.

RYAN ARRESTED

Under the symphthoms of Cocaine, Marijuana and Crack Ryan was arrested at Friday, December 14, around 13h30 after steal a car and tried to steal a motorcycle. According to São Paulo police Ryan was worked out and with a knife, he attack a 78 years old man to still his car. After crash into a concrete bench, Ryan abandon the car. After that, Ryan, that according to his father Róbson had panic symptoms, tried to steal another car, but he was not successful. When Ryan tried to steal a motorcycle, he was attacked, dominated from many motocyclists till the arrival from the police. At São Paulo, motocyclist are a very close working class and when they saw Ryan stealing the motorcycle, he was attacked from more then 30 motocyclist with punches kicks and many of then use their helmets as arms. After been arrested, Ryan was taken to the 15th Police Department, where he was filed. After that, Gracie passed for toxically tests at Medical Legal Institute and he was seen by his doctor, the psychiatrist Dr. Sabino Ferreira de Faria contracted by Flávia Gracie. By 2AM Dr. Sabino had applied at Ryan by intravenous six medicines indicated for treatment of psychotic stable patients, two ampoules an antiallergic,

which one of the effects is a drowsiness, two pills of a medicine for migraine, two pills of a tranquillizer and a relaxing. Three hours latter, after that Ryan was transferred to the 91st PD, Ryans blood pressure kept high (17/10) so Doctor Sabino decided gave him one more pill of tranquilizer and another relaxing. "My goal was not make him sleep, by just get him calmer", said Doctor Sabino latter to the press.

By 8 AM, when one policemen was making the search in the cells of the prisoners, they found the fighter lying down in a corner. They entered and checked that Ryan was killed.

Only the result of IML exame of Ryan's body will be able to tell excactly what made Ryan's heart stop: The late consequence of Cocaine intoxication or Doctor Sabino Cocktail. The biggest Brazilian Weekly Magazine heard five specialists and all of them said that the combination of drugs given by Dr. Sabino are really dangerous, they also mention that considering his physical condition Ryan should be transferred to a hospital. **"The medicines that were givens to Ryan just could be given in a hospital under strict medical care"**, said the psychiatrist José Alberto Del Porto. **"When He was given all the medicines to my brother I asked him if it couldnt be dangerous and He said. "Dont worry He is very strong". I have no doubt that He killed my brother. I will sue him"** said Flávia Gracie in the burial.

"For the ones who stays is much worst. I'm sure that Ryan, just like Carlson are well and resting in peace. This is time for the warrior to rest", declared the cousin Royler Gracie.

SHORT MMA CAREER

On 2000 Ryan was brought by his brother Renzo to show his potential in Pride where He made a total of seven fight. His impressive charisma and the fame of Gracie Devil conquered the Japanese fans since his first fight In Pride 10 (Ishizawa). Since than Ryan

participated in Seven Prides (five main events) wining five times (Ishizawa, Oyama, Hamanaza, Minowa and Yoji Anjo) and loosing two (Sakuraba and Ishizawa). Even being pointed as the Gracie who had more physical potential to substitute Rickson, Ryan left behing a promising MMA career to get involveld with drugs. According to a doctor, the toxically test made at Ryan at Friday (14) established, besides medical for anxiety, the fighter had used cocaine, marijuana and a mixture from Crack cocaine. Another medical test was made at Ryan's body to appoint the causes of the death, but the result ware not publicized yet.

GRACIE FUSION WILL REMAIN AS A HOMAGE TO RYAN

The acident with Ryan hapened two weeks after Vinicius Draculino (Gracie Barra BH) and Roberto Gordo (Gordo Jiu-Jitsu, Ex- Gracie Barra Combat Team) anounced a union with Ryan Gracie (Gracie São Paulo) and forming a new power of Brazilian MMA. After Ryan's dead Draculino and Gordo promised to keep the union in homage to Ryan. **"One of the last things that Ryan told me was that we should keep thi team strong forever. I already talked with Gordo and we decided to keep Gracie Fusion as a homage to him"**, revealed Draculino very moved in the burial. **"Ryan has always be a polemichal man, there are a lot of people who dont like him, but anyone who knows him personally knew that He was a Nice person. Ryan was a big waste, He was one of the most talented guys I've ever seen"**, said Draculino

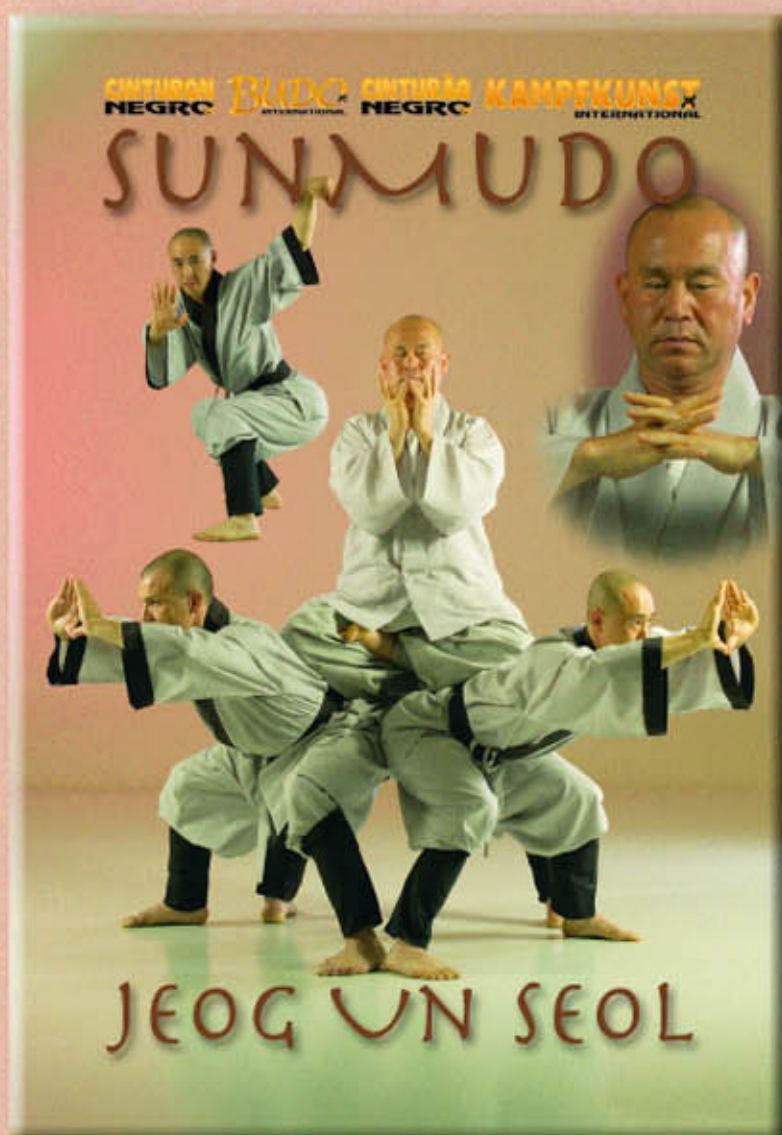


Ryan Gracie

R.I.P



SUNMUDO JEONG UN SEOL



Sonmudo is the Zen martial art derived from the ancestral methods of Korean Buddhist monks, and renovated by Jeong Un Seol, founder of the temple Golgul and the World Federation. Assisted by a group of students headed by Frédéric Foubert, representative of Sonmudo in Europe, the Great Master introduces us to this style, a combination of internal and external martial art, whose practice develops harmony of mind, body and spirit, working different ways of Yoga, Chi Kung and shapes, and movement to harmonize movements and mind. It is a huge and demanding art, which can provide what many were trying to find in other styles that have taken a more sporting drift

REF.: • SUN1

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



WATCH A PREVIEW

Orders:

e-mail: budoshop@budointernational.com

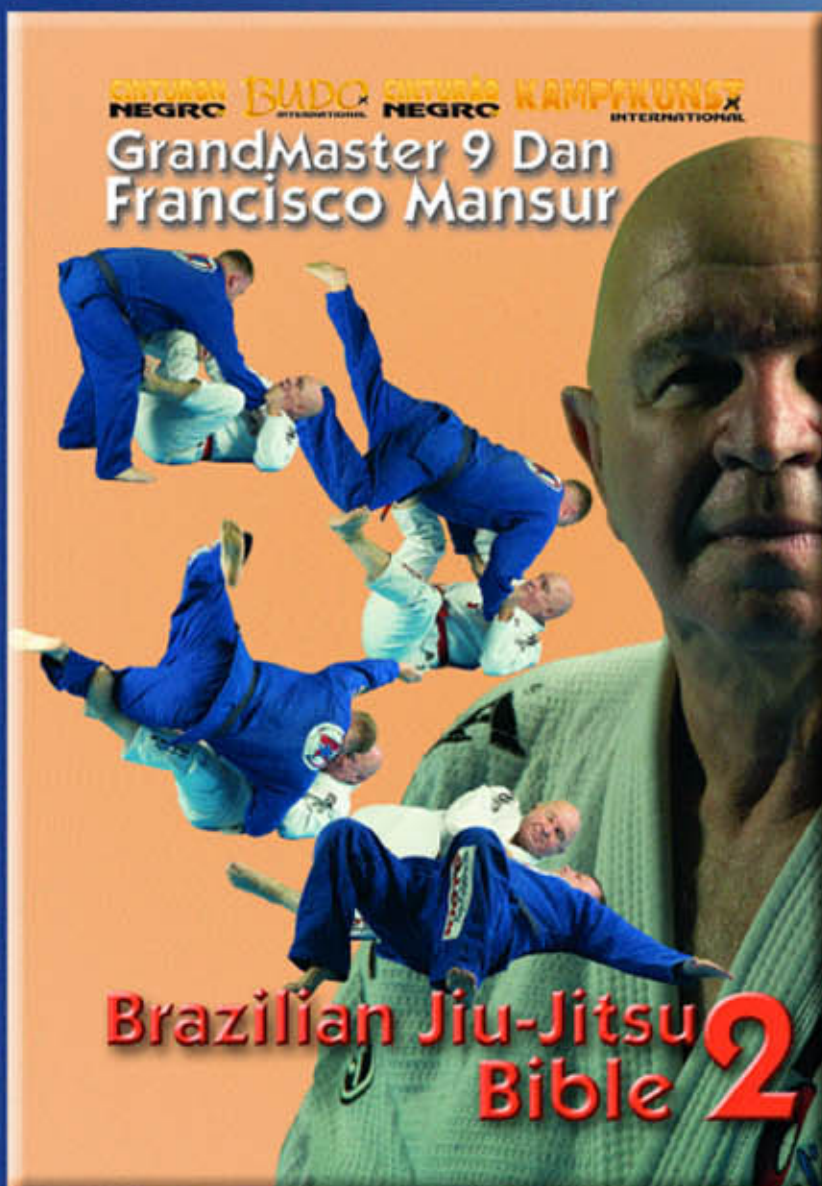


www.budointernational.com

English
Italiano
Español
Français
Deutsch

Brazilian Jiu-Jitsu Bible 2

GrandMaster 9 Dan
Francisco Mansur



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.: • MANSUR6



English
Italiano
Español
Français
Deutsch

PRICE: \$39,95
PLUS S&H



WATCH A SAMPLE

Orders:

*e-mail: budoshop@budointernational.com
www.budointernational.com*



The Law Enforcement Program

Once the stage of verbal command has been breached by a perpetrator and the immediacy and threat threshold is escalated several physical limitations begin to hinder the Officers Physical performance. Such things as Tunnel Vision, Auditory Occlusion, loss of Fine or Complex Motor control, Body Tremors and subsequent weakening of the body. Any response protocol should involve this consideration and must have tactical responses in place for such need. It is to this goal that Kyusho becomes not only more efficient, but reliable as well.

Briefing

There are several weak structures in the human body that can be utilized by an Officer to simply gain control of a perpetrator more efficiently than conventional use of force methods. This would be in the protocol should a situation escalate past the verbal command stage. These Kyusho (Vital) points are where the Officer can make use of internal systems of physical control such as, Nerves, Tendon Structure and natural Nerve Reflexes of the body. Not requiring heavy force Fine or complex motor control or even sight... all of which is subject to failure and loss in high adrenaline states.

There are 12 main targets use in the first level in the Law Enforcement Program - being non-ballistic Controls for maneuverability and safety. A breakdown of these target locations is as follows:

- Arms - 4 Targets
- Head - 2 Targets
- Body - 3 Targets
- Legs - 3 Targets

We will explore only one point at a time for easier training and assimilation.

Technical Training

Arm Targets for control of limb and body.

Target #1 (L-8): This point lays in-between the radius bone and wrist tendons, two finger widths from the crease of the inner thumb side wrist. It is easily accesses with subtle non-invasive actions that will be undetectable for witnesses, readily available and the first line of control or defensive measure. It should be trained enough that any time an officer has the perpetrator by the wrist, the Officer's hand should naturally be in position to activate this nerve.

Using the middle finger as it is the strongest and in the best area to access this nerve, position the fingertip so that the tendons do not buffer it. By slipping past the tendon it will allow you press the nerve directly against the Radial bone of the wrist. Once accessed and pressure applied, begin to stretch it toward the hand causing the

most reaction and pain compliance.

This works best in brief and sporadic application as prolonged use, will allow the perpetrator to develop tolerance to the pain and affect, gaining resistance. By quickly applied in a pulsing type application, the brain and body cannot prepare or resist the nervous reactions. Once applied there is an instant weakening where you can maneuver and control the perpetrator. Once maneuvered, if they begin to again resist, simply apply again, causing the same weakening, but easier due to the nerve still being tender. Again once the weakening reaction occurs position and control as needed.

The point can be pressed, stretched or struck with a rubbing action. This point has many physical effects on the recipient:

- Hand opens
- Arm Weakens (Elbow and Shoulder drops)
- Physical Strength diminishes
- Knees weaken and buckles
- Causes severe pain and body folding
- Causes severe pain and temporary loss of thought and motor control

Cuffing

As one of the primary control positions supported by legal protocol and ethics in all jurisdictions worldwide, this becomes the main target for control. And as it is second nature to all Law Enforcement Officers, very little training time will be required and vast amounts of actual field application available. And of course as the officer gets more comfortable and automatic, the more potent it will become for so many situations.

Let's start with getting the perpetrator for handcuffed from several search positions. Against a wall or on the hood of a car, maintaining a single wrist (or two Officers each having a wrist), not only is resistance now severely limited, but self activating as well. If the fingers are located correctly, when the perpetrator begins to pull their arm inward, the tension builds on the nerve using absolutely no reaction time or complicated analysis on the Officers part. It will get more painful and weaken their body more as they attempt to pull their arm in harder until the muscles of the arm fail and their resistance stops. Also once their arm muscles dysfunction they will not have the ability to support themselves with that arm, pressing their chest to the wall or vehicle with arm extended to the side. This affectively turns them away from the Officer for additional safety.

Once the arm is weakened and consequently extended, placing a handcuff on that wrist is easier. By maintaining the grip on that wrist, another will again weaken their arm and leg allowing the Officer to pull them to extend the opposite arm for cuffing, or bring them to the ground for more control. If two Officers hold both wrists with this point, they can weaken both arms immediately to bring the body toward the wall, vehicle or ground if necessary.

Takedown

To initiate a takedown so that the perpetrator is face down on the ground for and control and safety, the Officer can again use this point quite effectively. Pressing quickly and firmly as they pull toward the hand, this nerve will not only weaken the arms and body, but the legs as well. For a very effective takedown from a wrist grab position pulling the arm, as the Officer activates the nerve, will fell the perpetrator as the leg and body are too weak to stabilize or balance to resist the action. This easily off balances them as they fall safely on their side with arm still extended, all controlled by the Officer. The weakened and extended arm is now very easy to bring into position for cuffing.

Another way to take the opponent down is you have the Officer grab with his opposite arm to catch the wrist and press the Kyusho Point. Done well this again will weaken the whole arm, body and legs allowing the Officer to pull the arm back as if doing a classical Kotegaesh, but with just the wrist. This will prevent possible joint damage that could occur using the joint manipulation and allow the Officer to control the fall. With a simple pull of the arm the Officer can now roll the perpetrator on their face for the preferred and safer cuffing position.

With either grip it is also very easy to simply apply enough pressure to collapse the whole body quickly with no additional pulling or arm maneuvering. While maintaining the grip on the wrist the officer has instant response, automatic response and total control for easy takedowns.

Releasing

To release a grip on a weapon, another person or even the officer themselves, this point is invaluable. If the officer can gain the wrist grab so that their middle fingers can access this point, disarming and releasing the grip is quick and surprising for the perpetrator. (This element of surprise will be in the favor of the Officer for all Kyusho Point applications). Most of the time when a quick and rapid application on this nerve is affected, the hand can spring open releasing whatever the hold was on. Simultaneously it still weakens the arm and body taking most of the fight out of the perpetrator temporarily.

This is especially useful for bladed weapons or sharp edges as those on a broken bottle where grabbing the weapon could prove injurious for the Officer. It is also invaluable against a smaller blade, razor or needle, where a safe grip is not possible. Nor is it considerable in this day and age of infectious disease such as aides or hepatitis. Again by applying strong and rapid pressure the grip springs open where the weapon is dislodged or a simple shake of the wrist will complete the disarming method. Still

The Law Enforcement Program



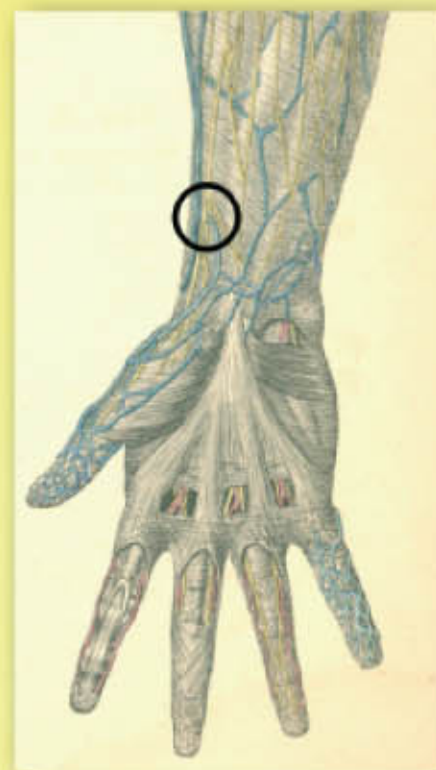
maintaining the control and cuffing position throughout the altercation. you do!

When a fight needs to be broken up and opponents separated, again this is not only viable, but a quick and reliable method, that again has each perpetrator in a preferred and controllable position by each officer. Or when someone grabs a railing or object to resist Officer control or arrest, this simple wrist point application as it weakens their arm, body and legs will easily allow the Officer to pull the person from the object. And as always in the position the Officer knows best.

Debriefing

No damage, easy to use, fits into what you are already doing. This simple point will allow better efficiency, control and safety for arresting Officers. It must be said however that on certain narcotics where the person is agitated and their upper body is strengthened, such as with PCP, this point is less effective. In these instances the leg points we will describe in following articles will be very much more susceptible.

This information is dedicated to the Brave and Resilient Members of Law Enforcement around the world... Thank you for what



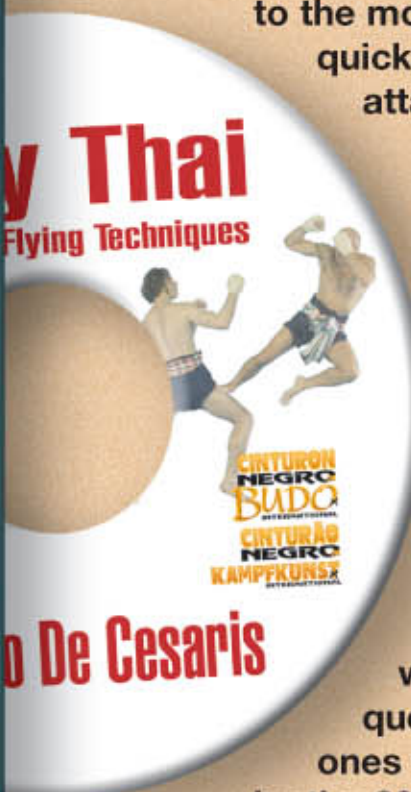
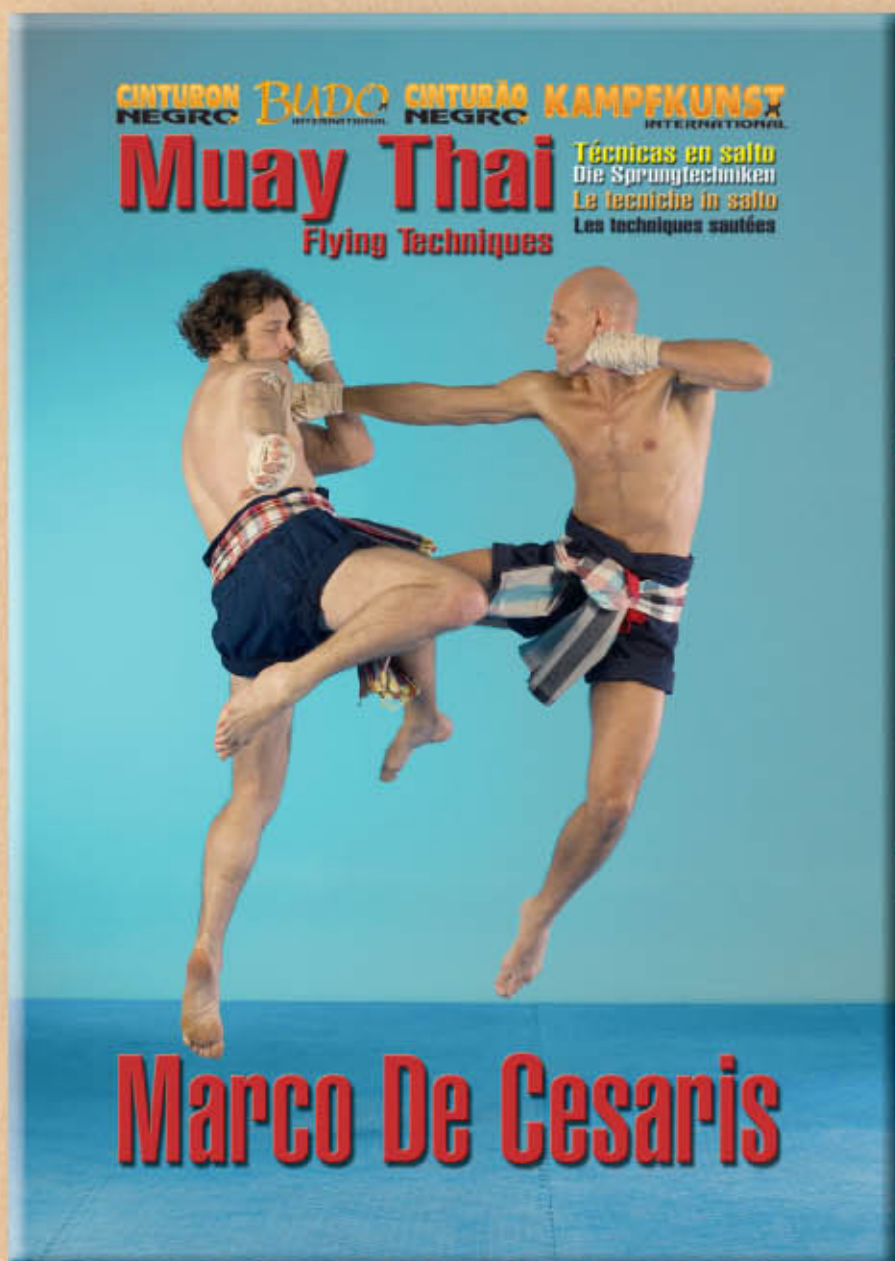
www.Kyusho.com

Muay Thai

Técnicas en salto
Die Sprungtechniken
Le tecniche in salto
Les techniques sautées

Flying Techniques

Marco De Cesaris



A skilled, good warrior in Muay must be able to cope and face any kind of adversary or group of them. And the best system for it is a ferocious flying attack to impress and win with a single blow to the most powerful enemy, or to quickly break the siege of several attackers.

In Muay Boran, combining and mixing several natural weapons, our offensive actions will be very difficult to block. Only those who have suffered a sudden and violent assault with a flying blow performed from an "impossible" distance will know the danger of these techniques.

This DVD, a real scoop in the world, presents 56 flying techniques among the most effective ones of Thai martial art, performed by the 2007 World Champion of Muay Boran, Arjarn Marco De Cesaris.

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

REF.: • CESAR10



English
Italiano
Español
Français
Deutsch

Orders:
e-mail: budoshop@budointernational.com



www.budointernational.com



REF.: • DVD/FEITO1



In this DVD focused on all distances combat, Master Evilazio Feitoza teaches you the "Winning Path" one in which you set the rules: dominating distance, attack forms and the use of fists, legs, knees and grabs to counterattack. We will study stances for the standing watch, how to maintain distance, the head and body fencing, standing hip elopement kicking, punching and knee pushing techniques, the "Sproll" and its defense, the defensive entries and falls, the ending techniques and much more! An impeccable technical work that teaches to prepare the physical part, technically and mentally, providing both fighters and walking citizens a better self control, confidence, and self-esteem.

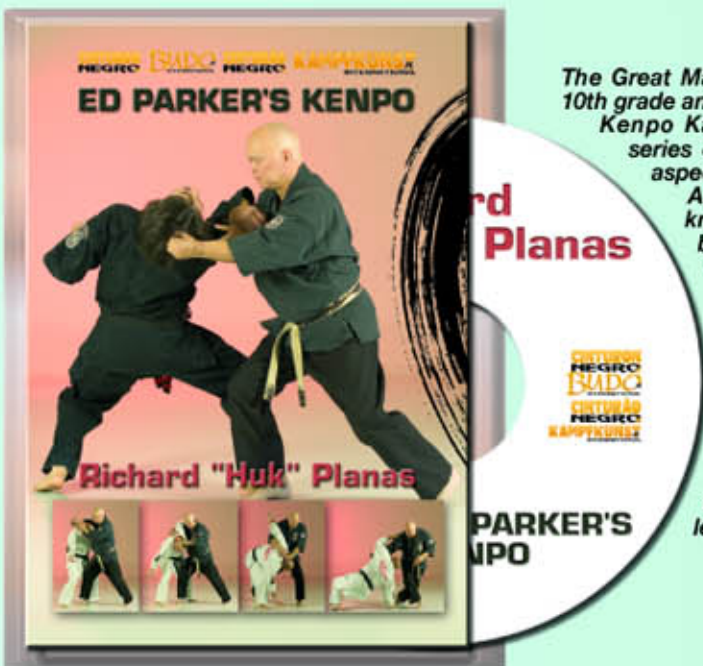
REF.: • DVD/NOVA4



With this new work, Graziano Galvani is back to fight with his group of "Grand Knights" of the "Tavola", to show up some defense strategies in front of knife, distance or body to body attacks. You will find applications and tactical defense strategic options for civilians, with percussions, liberations, breakings and endings, as well as intervention strategies for professionals with: levers, immobilizations, disarmaments and neutralizations of individuals armed with knives. A unique videotape of its kind, carried out by 13 Nova Scrimia masters and instructors that transmit us the practical knowledge of seven centuries, inherited from the school of the Italian Masters of weapons.

NEW FOR THIS MONTH!!!

REF.: • DVD/PLANAS 1



The Great Master Richard Planas "Huk", -Belt Black 10th 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!

PRICE: \$39,95 PLUS S&H

ORDERS TO:

e-mail: budoshop@budointernational.com
www.budointernational.com



"Seiken", the Law of the Fair Punch

If the mind is not fair, the sword won't be, either. It is said that, in order to correctly perform the path of the sword, the soul of Bushi must have the fair mind. The fair use of the punch, the way of Karate, it must be done with a fair mind. If the mind is not fair, it will inevitably fall into the "unfair punch".

Having a fair mind seems to be easy, but in reality it is very difficult, because the man always has his wishes and his perverse heart. Through the practice of the right martial art a balanced mind can be developed. Therefore, the martial art must be a balanced art. If the paths of Heaven, Earth and Man are not harmonized, it can't be said that an art is fair. The fair punch is therefore the punch of harmony, and the fair mind is the heart of Peace. Thus we can say that the fair path of the punch is the path of Peace.

Ideal and Real

However, is it possible to follow the path of the warrior, a path of such sublime purposes? It will be possible if the majority of

men living in this world are devoted to the main idea of Bu, but the truth is that there will always be those who don't care about the others, thinking just in their own wishes. And even if this type of people was a minority, if they got social and international positions which may intensively affect certain areas, such as economic, political or military, it will be very difficult to ignore their weight. At the end, each individual has his own principles and ideas.

Among intellectuals, States, cultures and races there are always diverging views. If everyone keeps his view there will be a crash of interests. Every State, every race, has its own history, its religion, its customs and its differences in the level of education and life. Will it be possible to maintain peace in this set of heterogeneous elements? If they ask the impossible trying to absorb another state or another race with conflicting interests, trying to fulfil their wishes, oppressing them economically, politically and militarily, the conflict will be unavoidable. In the history there have always been wars somewhere in this earth.

Spirit of Budo and Spirit of Sport

The reality is that the weak suffer oppressed by the strong, and achieving peace is virtually impossible. Since ancient times many saints or religious groups have appeared to show the path of Salvation, and many famous sentences have been written about the vicissitudes and the decadence of this world. Bringing peace to humanity is trying to treat an incurable disease. Is it maybe that not enough efforts are made to make the impossible possible? Or maybe will we have to resign ourselves because there is no possible solution?

Can we leave reality as it is, with the massive presence of people seeking their own joy without worrying about the others or even excluding them?

It can't be like this and it is true that many people are worried and think that something must be done.

Without doing anything, the States and races will be corrupted and humanity itself will be lost with them. The man, should he be destined to die alone, would continue fighting at all costs to avoid his death. However, will the human psychology be indifferent to the danger of gradual extinction of the whole mankind? When will we be able to see peace? The peace would be possible for humanity if every man on the Earth became a Confucius, a Shaka or a Jesus Christ. Is it asking too much?

First of all each individual must try to raise his virtue, and thus he will help to build a better society and the perfection of mankind. The greater the number of people with such training, the closer the Peace will be.

One of those who are responsible for this training is the master of Martial Arts (Budo). However, nowadays it is difficult to exclusively devote oneself to the instruction of Budo if you don't have enough financial resources. It's hard to get the time and equipment for Budo instruction even for your own training. Therefore the number of eminent masters is



Wado Ryu Karate

Hironori Otsuka



reduced and it is regrettable that there are horrible disputes among those who only sell techniques. This has a harmful influence on society. The Peace is an issue that we must take very seriously.

Seeking peace in the human world is very important; it is the most difficult task to accomplish. It is our duty to bring to reality this great ideal.

I have no idea of physical training. However, there is no doubt that every sport is aimed at not only strengthening the body but also developing the soul and spirit. I suppose that the goal is the same as the practice of martial art, since it involves the development of a person to make it capable of contributing to build a better society, through the improvement of human qualities, thus cultivating not only physical strength and spirit, but also intelligence, virtue and feelings. I think that the ultimate goal is to bring peace and happiness.

There should be no difference in the goal. If one just focuses on being a brilliant competitor neglecting the main objective, he will be lost and will have a bad influence on society. The sport, if it is far from the pen, is also harmful. I believe that the spirit of sport and the spirit of Budo should be identical.

Commitment, cooperation, conciliation and understanding

The solution to any problem should not be carried out by force, nor by stubbornness. There is always resistance when trying to reach the ideal without taking into account the history or the reality. It is necessary to think very patiently and to keep an unwavering spirit. Sometimes it is hard to find a solution although you know how to negotiate with tenacity and patience. However, by patiently negotiating over and over again, if you find any point of agreement, there is always the possibility that parallel views can be reconciled. Gradually coming closer, two lines will come together one day, even if it can take a year or ten. But the spirit that tries to move closer to the ideal does not always have patience, because it is faster to solve it by force, and you can be tempted to use violence. Anyway, what is achieved by force will be defeated by force.

The history of China, Europe or Japan persuades us about this fact. The Shogun Hideyoshi (Hideyoshi had a markedly military character) was in his position barely 30 days. However, the Tokugawa shogunate lasted 200 years. The incomparable long life of its power may be due to the non-use of the army. It is important the conciliation based on a

conviction shown by the spirit of Budo, tenacious and unwavering.

(Since Ieyasu Tokugawa had the power, the shogunate got to beat the great lords -Han- with its political power, without needing to use the army, with some exceptions. It is said that this ability to govern impressed even Bismarck).

Shuhari

There is an important word in Budo: Shuhari. It seems that it also exists in the tea ceremony, but I don't know which one is the real original context. "Shu" means observing the excellent instructions created by predecessors. "Ha" means managing after having learnt the instructions well. After this, "Ri" means not clinging to it and creating something new and even better. This principle can be applied not only to Budo, but also to any art. What has been said above is very difficult, because at best, an art is mastered only after a minimum of 5 to 10 years of learning. Besides being well endowed with talent, you need to train seriously (even forgetting the most necessary things for life) and a long time of practice, which may be too much for modern people.

I am pleased to note that the State begins to protect the important arts and publicize the merits of those who are devoted to them, even if this is not enough.

The Worship in the Dojos of Martial Arts
The Dojo ("place of the path") had its altars, small temples which were traditionally consecrated to a god, generally the god venerated by the owner of the Dojo. (It refers to the altar placed in the main part of the Dojo, called Kamiza).

After World War II the practice of Budo was temporarily banned in the police and schools by the occupying army. Years later Budo was allowed again in public organizations, but Budo and religion were separated; in that way the altars of the Dojos were removed.

Recently, due to the promotion of Budo, some altars have started to be placed again, but sometimes, without the image of a god; other times, instead of the altar, there is a great master's calligraphy. In some Dojos, as it was before the war, it is normal to greet the altar when entering and leaving the Dojo, or at the beginning or at the end of the lesson. In other Dojos pupils don't venerate nor greet, and sometimes these dojos become a basketball or table tennis court, or even a playground for children. Some people have thought that there is no need to consecrate a temple to a god as there is no reason to worship a god, but nowadays most Dojos have an altar

where they worship and even if this altar is often ornamental, worshipping becomes again part of the etiquette, like before the war.

It is clear that modern youngsters won't worship just for respect, as in the old feudal times. But Budo training is done to make the person stronger and to encourage his participation in the group. The Dojo where this practice is done is thus a solemn and sacred place and therefore, it is not allowed to have a perverse heart when it comes to practice. Men, however, are weak and they often get angry or impatient for the most varied reasons (such as being behind the class, receiving an unpleasant lesson by the pupil of highest grade, and so on...). If that sort of things affect them is because they are not having adequate training and there is the risk of falling into violence. If these factors happen together, the practice of Budo turns out to be harmful.

In Budo there is the precept of the ten evils; lack of constancy, excessive confidence, greed, anger, fear, anxiety, malice, hesitation, contempt and arrogance. One of these evils always pursues the weakness of a man in the process of the practice of Budo. It is not easy to clean one's personality eliminating these evils. This is complicated even if we turn to any god and there is no other way to master the weakness that making it by yourself, although you can also promise god that you will accept your punishment with pleasure when you won't be able to master your weakness during the practice, asking him to observe you for that.

We must take responsibility on ourselves, so if you don't have a god in whom to believe, swear it to your parents ... if you live far from your parents, you might as well remember them three or four times a day. Those who have no parents may swear to their souls. The way to swear can be a reverence or meditation. The important thing is how you live all this within yourself, because courtesy is not only the way you do it but also the expression of the heart. The symbol of the god can be a sacred role regardless of the altar, we will always conjure with our own conscience.

The writer Eiji Yoshikawa wrote: "I respect god, but I don't count on him". It is a sentence which is worth remembering.

(According to Ohtsuka Hironori this sentence was written by Yoshikawa referring to swordsman Miyamoto Musashi).

OPERATIONAL TONFA *Captain Jacques Levinet*



Originally from Okinawa and first used as a tool by peasants and then as a weapon against Japanese invaders, the Tonfa has been adopted by most public and private security forces throughout the world. With the backing of his triple experience as a Police Captain, Great Master of Martial Arts and international expert in law enforcement, Jacques Levinet has developed a

revolutionary method to obtain all the potential of this non-lethal weapon. Thus the Operational

Tonfa, TO, was born, an unprecedented method with huge qualities for an intermediate use, and complementary with the punch weapon and the shackles, which has raised a growing interest all over the world.



REF.: • LEVI7

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



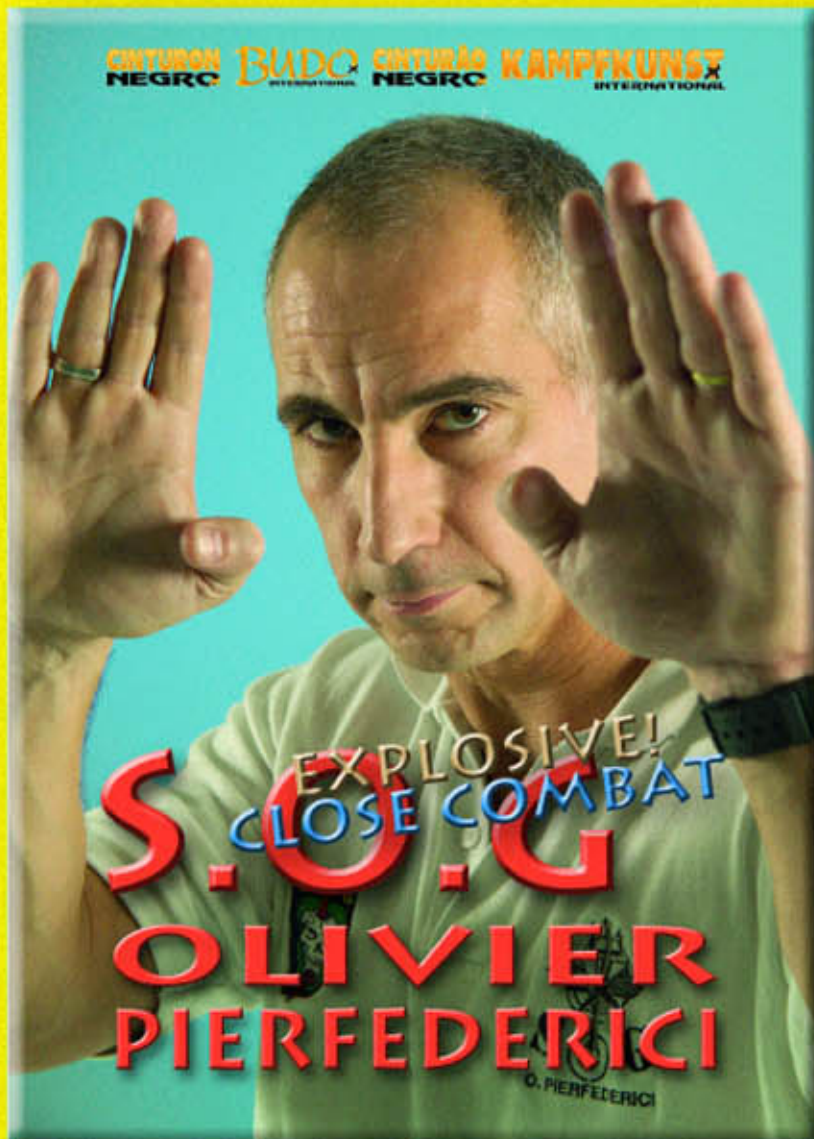
English
Italiano
Español
Français
Deutsch

Orders:

e-mail: budoshop@budointernational.com

www.budointernational.com

EXPLOSIVE! S.O.G. 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
www.budointernational.com***



GIACOMO DI GRASSI

"... Weapons of attack and defense are almost endless, because anything that men can take with their hands or throw, and can be used to attack or defend, can be defined as a weapon; therefore, talking about them all would be impossible and certainly useless, because the principles and warnings that exist for it (the sword) can be applied to all weapons which are used and perhaps will be used".

Free adaptation of the Treatise of M^o G. Di Grassi 1570 - "RAGION DI ADOPRAR..."

"

Free adaptation of the "Tratado del M^o G. Di Grassi 1570" "RAGION DI ADOPRAR..."

In the room of weapons one can hear the noise of the steps and the steel of the swords, unmistakable sounds, creating the background for the resolute and severe voice of the master of weapons.

The role and reputation have imposed severity and etiquette to the Master: at the end of the room he observes the students, moving forward, sideways, backwards, throwing and stopping tip and side blows.

The blades move fast, the bodies move with nervous thrusts or are quickly on guard.

Sometimes, the hands free from the sword or from the small shields, move fast forward, to grab the opponents' weapons.

Several starters in a single row perform dozens of tip blows on some bags padded with felt and leather, hung on the wooden wall; a small group of students from the "first school" fight with each other. Among them, some are wearing heavy iron shoes which make it very difficult to move the legs, in order to become good defenders.

More veteran students, known as the "children", all with good arms and the courage necessary for a fencer, are not wearing a white shirt like the others, but fight with his chest bare. The swords they use are called "black" and are used to hit without being mortally hurt; but if not lethal, they are undoubtedly dangerous. They have a solid button from the blade on the iron tip, with small sharpened roughness. These blades don't kill, but when they hit the skin, they leave the mark until there is blood.

He who receives the blow knows it, feels it. He sees his own blood, and understands that this blood, out there, would

have meant the end of his existence.

We are in the mid-sixteenth century and the school of weapons teaches how to fight to survive in a combat, in a duel, a skirmish or a battle.

The mentality is simple; hurt in order not to be injured, touch without being touched. Or rather, touch while trying to be slightly wounded. No one could expect to be unharmed in a confrontation where the cold and biting steel whistled in the air.

Who were the Masters who ran these schools?

In order to answer this question, let's meet an expert of this Martial Fencing, who found the ideal ground in Italy to develop himself in all his original and amazing efficiency.

Maestro Giacomo Di Grassi

Giacomo Di Grassi is a great master from Modena (Italian city), a real pillar of the art of fencing of the renaissance school.

He served "with honest salary" as a Master of weapons in the court of some noble Lords of Treviso, where he also developed the foundations of his extraordinary school, establishing his technical principles in an appreciable work.

Since childhood, Di Grassi began to practice the martial art and to handle weapons. As an adult, he travelled in Italy and looked for the best masters of that time. There is no doubt that he found the way to satisfy his thirst for knowledge in the Bolognese school, the best one at that time.

His talent and his incredible synthesis skill made of him an innovator, who was able to translate the developed techniques of that school into an essential logic.

From the moral

point of view, he keeps a well-established ethics among the Masters of weapons; he forbids his students to use the art in "fights and brawls that take place in the neighbourhoods".

The only occasions when he considers it lawful to use weapons are: for the honour of the Fatherland, the Prince they are serving, the women, to defend oneself and, finally, in a battle between armies.

The Master was extremely severe in his teachings, he didn't tolerate that his students move back too easily when facing the tip of the sword, and he forced the most fearful ones to wear heavy lead shoes.

The Cavalier Jacopo Gelli, renowned scholar and expert of Fencing (1858-1935), tells that at that school, "while the students were fighting, suddenly a blank gun was shot next to their ears. The student couldn't get frightened, but stay quiet if he didn't want to get a painful sword thrust and bleeding blow on his chest".

As we have already said, Master Di Grassi wanted his most advanced students to fight with no protection on their chest, using black swords, also known as "hoe sword", according to a common use among men of weapons.

The "first blood" was an ancient tradition that still survived in Fencing in the early twentieth century, practiced by brave



Nova Scrimia

Graziano Galvani

"Il Maestro Modenese"



fencers who attacked with rough-tip swords, exposing their bare arms, from shoulder to wrist, to the attacks.

In fact, Di Grassi is the most translated Renaissance Master: the fencer Binet di Bordeaux was his pupil, as Saint Didier, who translated his work for the French school, and even Jacques de Zeter did it too, in 1619.

The work

The treatise by Master Di Grassi is entitled "RAGION DI ADOPRAR SICURAMENTE L'ARME SI DA OFFESA, COME DA DIFESA..." (How to safely use weapons in attack and defence).

The work, defined by himself as "first part", is printed in Venice in 1570, edited by Ziletti & Partners, and consists of a cover and a dedication "To the many Magnificent Gentlemen", the Lords of Treviso where Di Grassi taught. Two other pages are dedicated by the Master "to the readers", to whom he tells the aim of his work: "La onde al parer mio è cosa ragionevole far altrui partecipe di quello che si ha con molto studio & fatica investigando ritrovato" (It is reasonable to share what you have learned with great effort and study). One page of the book offers us a

portrait of Giacomo Di Grassi, while the other 151 pages are used to explain the philosophy of practice, the mechanics of movements of the sword and the arm, and specially the strategy and technique to handle different violent weapons.

His essential and very practical didactic leaves no room for anything that is not strongly linked with the result. Everything in the work of Di Grassi is a great act of renewal. However, that doesn't mean he gives up the "old" school; on the contrary, he rises it, extolling its geometric essence.

The lessons begin with the sword alone, and then there are two classics, namely sword and dagger, followed by sword and cloak. Then he teaches fencing with small shields, as the "brocchiere" and the "targa" and bigger shields like the "rote-lla". He then moves on to the handling of two swords. From page 93 he introduces lessons on sabre, and then he devotes his attention to pole weapons, like "ronca", "partesanone", halberd and "spiedo". On page 119 he begins to talk "About deception", a series of strategies and techniques which the Master dedicates to those who don't use art to fight for truth, but for anyone who wants a "gioco da scherzo", that is, training for fun, always remembering that when you fight for truth, these games of Fencing can't be used.

The treaty ends with two interesting paragraphs, just about the training to get power and the exercise to strengthen arms and hands.

We conclude the article about the Master with the transcript of a brief paragraph of the treatise of weapon. We propose the original transcript and a synthetic summary of it.

Text of Maestro di Grassi, in an ancient dialect of northern Italy.

Texto del Maestro i Grassi, en un dialecto antiguo del Norte de Italia

"Del Modo Di Aqvistar il giuditio"

"Per molto che io quasi in tutte le parti d'Italia habbia veduto

professori eccellentissimi di quest'arte, e insegnar nelle loro scuole et exercitar secretamente per condur in stecato: non so di haverne veduto alcuno il qual habbia posseduta questa parte del giuditio come si conviene, può esser che l habbino et che la tenghino secreta, perché pure tra molti colpi sregolati, se ne veggono di bellissimi et giuditiosissimi, ma sia comunque si voglia, io avendo intentione di giovar in quest'arte quanto posso, voglio in questa parte dir tutto quello che mi pare a proposito.

...
..."

There are five warnings which Master Di Grassi teaches us and recommends us to follow, since they are necessary to achieve the sense or the knowledge of those who can fight.

The first one reminds us that the straight line is the shortest way to beat.

The second warning is a result of the first one and it says that keeping weapons near this main or offensive line can give us the advantage to hurt those who move their weapon far from that line to beat us.

The third one is explained with the grades of the sword and it concerns the strength of an instrument moved on a circle, which gets more intense as it moves far from the center.

This law also applies in reverse, because the closer you are to the central point of the adversary's weapon, the more you will dominate its strength. Later it was studied with grades, on which the art of protecting is based, and which was investigated by many generations of Masters.

The fourth one is a part of what we have just said, namely that it is easier to intercept close to the center than at the circumference.

The fifth one is a classic knowledge of the science of fencing: every movement is a time, every movement spends time and therefore, when making a movement, we must be careful that it is not useless.

Does it remind you of something?... Maybe Bruce Lee's Jeet Kune Do's Tao?

55
La. 11.11.11 nella capa in uolta, ma un palmo dopo la punta, per-
che non hauendo in quel caso il taglio uolentza alcuna, non è po-
tente in quel poco tempo di tagliar la capa, et ferir la mano.
Li colpi poi si di punta come di taglio dal fianco in su deu-
no essere riparati con la spada, percioche il leuar il braccio tanto in
alto essendo carico dal peso della capa, che per sua natura tira in
giu, oltre che è cosa uolentza si uia a periglio di porre il braccio in
uice della capa, et restar graueamente ferito ouero porre il bra-
cio o la capa dinanzi a gli occhi et restar orbato.

AVERTIMENTO CIRCA IL PARAR CON la capa, & imbracciarla.

DOI SONO i modi per hora di imbracciar la capa l'uno
quando hauendo tempo si piglia la capa nel capuccio, et
si uolge una o due uolte intorno al braccio. Laltro che spesse
uolte accade quando lasciandosi cader la capa giu della spalla
si piglia casualmente da un lato et si uoltegia intorno al braccio
una o piu uolte. Quanto al ferir si deu-
e in quest'arme sola-
mente crescer a ferir portando l'uno appresso laltro piede, poi cre-
scendo cioè con mezzo passo et non con passo intero, come
nelle altre arme perche in quest'arme si uia a periglio, crescen-
do il passo intero di intricare il piede ouero li piedi nella capa et
cadere et questo si deu-
e offeruar nella prima et seconda
imbracciatura, ma principalmente nella seconda per esser
in quella la capa piu lunga et percio piu facile a toc-
car terra et ad intricarsi ne i piedi. Nella prima se ben
la capa



THE ARMY CADET MARTIAL ARTS PROGRAM TACMAP JUKAIKIDO



AT THE NATIONAL CADET TRAINING CENTER

Grand Master Colonel Santiago Sanchis
10th Dan, Jukaikido



Jukaikido was developed to be the most comprehensive and complete form of defensive and attack methods of Martial Arts. Jukaikido is a syncretic Martial Art that brings together the finest and most precise techniques of Judo, Karate, Aikido, Ju-Jitsu (original form), Shorinji Kempo, and several other combat forms.

Jukaikido is an Art which continues to evolve. In part, it incorporates techniques of boxing, Greco-Roman Wrestling, and the use of many types of weapons. It also includes Climbing, Rappelling, Scuba Diving, and various forms of Survival Training. There are three different disciplines within Jukaikido: civilian, law enforcement, and one exclusively reserved for, and in use by, a number of Armed Forces of different nations.

This method, which is used by special groups and occupation forces, has generally managed to enable them to return unharmed and victorious.

SEMINARS AND INSTRUCTOR COURSES HELD MONTHLY

Our Facilities Include:

Dojo
Complete Gym
Fitness Room
Locker Rooms

Courses Include:

Self Defense
Police Jukaikido Course
Belt Certifications
Assistant Instructors Course
Instructors Course
Advanced Instructors Course



For More Information Contact:
MAJ J. H. GORMAN
1-866-GO-CADETS ext 833
tacmap@militarycadets.org

WWW.TACMAP.ACACADETS.ORG

MONI AIZIK

COMMANDO KRAV MAGA



ELITE COMBAT FITNESS: THE MOST REVOLUTIONARY TRAINING SYSTEM

Do you take health and fitness seriously in your life? Do you dedicate time out of your busy schedule to exercise or are you finding excuses to skip on your workouts?

Many of us take our health and well-being for granted until it's too late. Because of our busy lifestyles, we don't really think about it until something bad happens. What we must realize is that our health should be the top priority in our life.

With a healthier body and mind, it's amazing how focused we can be in managing our time, our career, our stress levels and our busy schedule.

We will also enjoy quality time with our friends and loved ones. The last thing we want is to be worried about health problems. That's why getting in shape is not enough. Regular exercise and a proper diet must be adapted as a lifestyle and not just a quick fix!

I believe that it is a necessity to be physically and mentally strong in order for me to function optimally while enjoying a higher quality of life. That's why I exercise everyday, no matter what my schedule looks like. For me, working out in the early morning suits my lifestyle. Before dealing with all the interruptions throughout my busy day, I get up early to conduct a proper workout. My exercise routine also serves as my meditation, clearing my mind of all obstacles and focusing on the goal at hand.

In today's society, we are all faced with time constraints, tight schedules, and high pressure demands from work or family commitments.

However, we cannot use that as an excuse not to workout. We just need to be more creative in managing our time.

Instead of trying to commit 1-2 hours at the gym, you only need to spend 20-30 minutes a

day working out almost anywhere to get into shape and staying there. It is a myth that you have to spend several hours lifting weights and running on treadmills to get results. The truth is, by focusing on the intensity of your workouts on total body exercises, you can see and feel results by training 30 minutes a day.

As the Founder of Commando Krav Maga (CKM), I expect all of my CKM Instructors to be in good shape. As I mentioned in a prior article, I believe that you should be an example of your product, in this case, your discipline. However, I understand that all of us have limited free time so I developed Elite Combat Fitness, a revolutionary training system that is effective, convenient and can be performed anywhere.

Through my lifetime of knowledge, training expertise and experience in the science of sports I combined high caliber conditioning drills that I utilized to train my Olympic athletes and MMA fighters, with demanding military routines that I used to train Elite Commandos in the Israeli Special Forces. I modernized these drills to suit the needs of today's busy person while delivering the results they want to achieve.

Elite Combat Fitness (ECF) is a total body workout system that will get you into the best shape of your life by working out only 20-30 minutes a day. Whether you're exercising at home, in a hotel room, at a park or in a dojo, you can workout individually or with a partner. All the fun and dynamic drills work on your cardio, conditioning, upper and lower body strength as well as your core strength. Instead of focusing only on large muscle groups, ECF also works on your stabilizer muscles reducing your chances of injury while increasing your overall strength.

Due ECF's convenience, effectiveness, practicality and results, its popularity is growing exponentially and continues to soar. In fact, many people are asking to become certified Elite Combat Fitness Instructors because of the enormous potential that they foresee. There is a growing need for convenient and effective workout systems that can be customized to suit anyone's lifestyle.

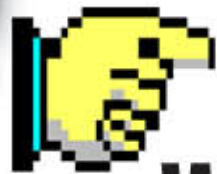
In the ECF Instructor Certification Course, participants are certified in both Elite Combat Fitness Training and Elite Kettlebell. Kettlebell training is growing in popularity around the world because it delivers fantastic results. Coupled with the unique and fun exercise drills in Elite Combat Fitness, ECF Instructors differentiate their training and their school. To find out more about ECF Certification Courses or to register, you can log on to <http://www.elitecombatfitness.com/certification.html>.

Whether you choose Elite Combat Fitness or decide to commit to the local gym, remember that having a daily exercise routine is a key component to good health, along with a proper diet. However, many people love the concept behind Elite Combat Fitness training, because it only requires only 30 minutes of your time each day. After all, 30 minutes a day isn't too much to ask for when it comes to your most important asset, your health!

To learn more about the Elite Combat Fitness Certification Courses or the ECF DVD Set, please log on to www.elitecombatfitness.com. To learn more about Commando Krav Maga, please log on to www.commandokravmaga.com. Moni Aizik is the founder of Commando Krav Maga and a former member of the Israeli Special Forces Elite Commando Unit. With over 30 years of combat experience, Moni started his martial arts training at the age of 8, winning 7 national titles in his youth. Joining the military at 18, Moni was responsible for counter-terrorism and intelligence gathering behind enemy lines and fought in the Yom Kippur War. After his military service, Moni continued teaching hand-to-hand combat to Israeli Special Forces Commandos and eventually extended his teachings to the law enforcement and civilian sectors.

Are you Elite?

www.commandokravmaga.com



Why do we practice Martial Arts?

What we do is the most simple way to practice martial arts: producing energy. How we do it: it is the sensations that occur while we are generating such energy and it is the way to change mediocrity in something excellent. In the first case, only the brain endorphins are affected (sensations of pleasure and regenerative hormones), which is by itself a big thing in the physical world. In the second case, there is a new consciousness whose origin is in the sensations produced by the movement that we are doing and that connects us with the moment. This is what O Sensei Funakoshi wanted to say, when he said in one of his twenty precepts: "you must be serious in training". In more simple words, what he was saying is: "be very careful on what you're doing so that the mind fades away during the action and releases the Ki flowing through you". What is more important for you? The movements (the form) you will lose with age or the essence that you will find in your being, hidden by the ego of the physical action?

The best time of my life

Age brings a wisdom that clarifies the previous question. How many techniques, katas or complex movements have I learned that now, thirty years later, have been forgotten? Thousands of them. How many emotions have I felt during the performance of those kata or those movements which are still present? All. The emotion not only persists but it increases over time, any technique learned during the youth disappears from our memory and the result is frustration or vain glory; ego. The emotions are seeds. The memory is dust which fades with the wind of time. I remember one student who came twenty-five years ago and got to learn twenty-one Shotokan kata and fifteen more from other schools, he was amazing! He was a brown belt. I met him a few months ago, he weighed 110 kilos and couldn't remember the name of a single kata, but he remembered, while showing a sweet and melancholic smile, how hard he had trained and how good the energy in the dojo was: "the best time of my life" - he said.

Can you remember the lyrics of any song which moved you when you were young?... You will just remember that you cried with emotion. The Ki is immaterial and it is never lost or broken, since it is not governed by the laws of evolution.

Life without living

When we lose the ability to contemplate our thoughts, to observe our emotions and feel the physical reactions, we live, it is true, but in a latent state; we live dead in life. It is walking through life without living it. This is the great secret: when time stops, life is perceived with greater intensity by a person trained in the observation of consciousness. And how do you stop time? Not thinking. And how can you stop thinking? Contemplating the thinker. The thinker in our brain, that entity which is constantly thinking, which creates the psychological time. This "psychological time" creates ego and this creates psychological time again. In this endless cycle we live a life full of anxiety. It is misused time.

The method of observation without thinking

Let's see an approach that can be carried out at any time of life or during specific training. It is based on the concept, "ken zen it chi / karate and Zen are unity".

The most basic way to start is to observe and feel your breath: observe and feel how the fresh air goes through the nostrils and exits warm, without the mind producing any other thought. If this is done with awareness, it is impossible that while the attention is put on this action you can think of anything else. Make this test: find something that smells good, smell it... After doing so, you must be aware that while you smelled you weren't able to think of anything, just the smell. If your mind has produced some thought, you haven't fully smelled the aroma, you haven't been in the here and now, you have got lost in the thought of something that was not there. You have used your mind and it has judged something, the observation and conscience have been released into the twilight of thoughts. Once you've finished smelling, the mind will seek a name or a memory for that smell, mental activity is resumed, but if you're aware that during the action of smelling you haven't thought about anything, then you've got a unique moment, you've fully lived that "here and now." This apparently simple action, an enormous spiritual value, is a fleeting expression of "satori", which is a transitional state to fully live the "here and now" for short periods of time. The satori is a moment of illumination.

In our case, as martial artists, observe without thinking any movement you make in the dojo. If you have your hand at point A and you must get to B, feel, be aware of the movement throughout the trajectory, and you will do a movement of spiritual quality, a

movement in "satori," but if when you're in A you are already thinking in B, then your mind is already in the future and not in the present, and thus you will lose the chance to observe and feel the movement that is precisely what is going to enrich your conscience. You can make a move rich in action (form) but meaningless in spiritual content. This is the key of Taichi and the foundation of any artistic creation made with enthusiasm. Never forget that we practice a martial art. The word "enthusiasm", means: "being possessed by the gods".

The great enemy is the mind

The great enemy to feel the Ki in every moment is the mind. If we think in the order of movements, if we are unbalanced, if we think in what the observer will be thinking of our failures, if we are worried about the hour, or any other thought, then the moment will be of poor quality, even if it may have a large waste of aerobic energy or has been carried out with precision.

This story describes it in a very graphic way.

The arrogant toad croaks on a wet rock, while he sees life passing in front of him with indifference. He doesn't do anything. He meets a painstaking centipede and decides that he seems to be too happy and that he can't consent it, so he decides to ask him questions to confuse him and make him lose the peace.

- "Centipede, where are you going?", the toad asked.

- "I am just going" answered the quiet and painstaking centipede, without altering his resolute way.

- "Oh, no!" thinks the toad, shocked, "he hasn't been disturbed". He asks again:

- "Hey centipede, what do you think while you are walking?"

- "I don't think, I just walk". He answers again, quietly.

The toad can't bear having someone who is more confident of himself than him, so he decides to make the most malicious question he can imagine.

- "Centipede, in which order do you move your legs?"

Sensei Gustavo A. Reque





The centipede stops for a moment, he thinks and then he answers.

- "First I move the first leg, then the second one. No, wait!", he corrects- "first the second and the fourth one. No, no! I was mistaken, first I move the fifth and then the eighth one. No, no, no! First the... and then the... No, no, no, no !....."

Since then the centipede never was able to walk again and couldn't find its way. His mind was activated and this was his downfall.

Being aware of the present

Which is the path that will lead us towards this mystery we have named "Ki", that is the heart, not only of all martial arts, but of any activity you do? It is the conscious way where you feel the present moment without the interference of the mind. This is the key for which we practice martial arts and only a few are aware of this. In Japan they call it: Do. It is being present in everything you do: in the action or passivity, in the contemplation of something or while you think about it, or even being aware of a mistake you've made, or of a success. Being present means: being aware of what is happening in every here and now.

But be careful with time, it has effects on conscience and this begins to think (intelligence), it is then when the wishes start to appear, which are no more than a way of ego, of believing that we always need to be more. The ego is always hungry: hungry for thoughts, judgments, things, power, everything the world produces and specially, of time. "I don't have time", "I don't have enough time", "if I had more time" are common sentences we often repeat. The ego will be identified with something and the only result will be more ego in the form of anxiety, as it will never be satisfied and, even if it is so, it will be for a short "time"...

Those empty masters

Now we can understand those feats some masters do. By force or by weight some feats can be achieved in the form, however, they are childish in consciousness. But when you find a real master who is able to do real feats, you meet a humble person who radiates a halo of absence, reaching your inside space as an accurate arrow. He has no ego.

The great masters seem hollow, they produce a feeling that absorbs you, they give peace and the time stops in their presence. The best thing is that they laugh a lot. They are not in the time. They are not in the vanity of things, they are in the "here and now" of what they are doing, but if they were in front of the TV watching a football game, that's the only thing they would do in that "here and now" and the act of watching TV would be a real spiritual feat ... with Ki.

Observe your thoughts

You will never be alone any more because you will always be with yourself, you are an inexhaustible source of emotions that are merely a reflection of your thoughts, and these are perennial. Try to stop thinking for a moment... You can't. Take advantage of this fact and observe your thoughts, don't judge them and just feel the emotion they cause on you. You will finally laugh at yourself. You will feel the life in you if you are aware "of being in the present moment". If not you will be "there", in any mental place, but not in you and that can only be achieved in the here and now of every time, which is the most important thing you can do with your life: fully living it in each present.

This is the mystery of the void and the non-mind, which we have heard and read so many times from Eastern masters. It is the heart of Zen. The universe is aware through you. This

universe is in the blade of a sword, in a movement or in an empty hand. If it is not now, when will it be?, Zen masters ask. This is the big question that changes and the noblest reason for which we practice martial arts: being always in the present moment. There is no other time worthwhile being lived that the one you're living right now, reading these sentences, there is no other "yours" right now. This is the noblest reason for which we practice martial arts: always being with the full awareness in every HERE and NOW.

The author is owner-director of Gimnasio Zen (Marbella) since 1975 and the clinic Reque Centre (Marbella), which specializes in manual medicine and osteopathy, since 1972. In both he works since 2000 with his two sons, also doctors and karatekas (3th Dan).

www.gimnasiozen.com
www.infonegocio.com







Captain Jacques Levinet

Since it was used as a tool by peasants in Okinawa until it was introduced as a defense in most law enforcement public and private organisations, Tonfa has won a well deserved reputation for effective partner, versatile, robust, reliable and manageable. Captain Jacques Levinet presents today his latest DVD on this weapon in an article where he shows a vision always aiming at effectiveness, realism, practice and formation for its use. It is a work you mustn't miss if you are, dear reader, interested in professional self-defense.

Text: Captain Jacques Levinet
Photos: © www.budointernational.com

Operation Tonfa

The origins of tonfa, also called "tongwa, tuifa, tunkua, tuiha", are famous for having their source in the ancient Chinese islands of Okinawa, where it was used first in agriculture as a handle to rotate the wheels to mill grain, and then, in war, to enable farmers, deprived of their weapons by the occupying Japanese, to fight the samurais of that time. Although it is now used in martial arts with two wooden Tonfa in the practice of Kobudo, it has been adopted on its own, first in metal, then in a composed material, from the 70s in the United States of America and then in many law enforcement organisations all over the world.

His professional use has been identified with many names, from "police tonfa" to "security tonfa", "professional tonfa" and other similar terms. There are so many different names as forms of tonfa. Since 2000, thanks to his triple experience as police captain, great master of martial arts and expert in international law enforcement, the specialist in self-defense and police tactics, Jacques Levinet, having made his own meditation on this matter, has developed a revolutionary method, unique in the twenty-first century, to take maximum

advantage of this non-lethal weapon. That is how the Operational Tonfa or TO was born, which is not a new designation but an unprecedented and highly effective procedure for an intermediate and complementary use with the fist weapon and the handcuffs. For all these reasons, TO is attracting a growing interest throughout the world.

Origins

They are based on the other inventions by the author.

- o SPK - This self-defense, which has a resounding success in many countries, has given TO its originality for its concrete applications in practice. SPK defenses are the supports which have allowed TO to reassert its achievement. The absence of ornaments and its pedagogy have been the keys for the success of these two methods that provide both civilians and professionals with ways to deal with assaults on the street.

- o The ROS - There is an interactive link of existence between the Real Operational System, a complete method for law enforcement, and TO, which is one of its modules in the same way as the BO (Operational Cane), GTOIP

(technical operational movements of intervention and protection) and the PRO (close operational protection). The ROS evolves depending on its applications and the feedback regularly done by the management team of AJL (Jacques Levinet Academy). The difficulties on the street have the priority in TO. For this reason, the techniques are pushed into the background and the narcissist exhibition doesn't take place. Reality is imposed over fantasy, to make room for the operational part.

- o NON ADOPTED PRACTICES - Tonfa trainings are often not adopted, either for a lack of time, ability, training plan, not to mention the lack of political will to provide the conditions to achieve it. Give a tonfa to a policeman is not enough for it to be operational, you need an after-sales service. Put it another way, an initial training against the tide and a continuous training flowing with the tide, with some retraining and some regular feedback. Therefore, Captain Levinet has wanted to say it all clear again. TO trainings are much longer than in other cases and radically eliminate the techniques that don't work in reality. A training program has been scheduled both in technical as well as legal aspects. Absence of stereotypical assaults, predetermined attacks, safe defenses with foam rubber

OPERATIONAL TONFA





Tonfa, grips with weapons which are impossible to perform in the street. Neither passivity nor playful training; instead, the harsh law of the street. The results have immediately appeared. The change and evolution of the techniques have proved vital and tonfa has become truly operational in the full sense of the word.

Specificities

The TO has a frame of use so that every professional understands its usefulness, whatever his employment service and his material conditions. The influence of GTOIP has been an important factor because it is assumed that law enforcement officials act as a team most of the time.

- o Complementarity - TO work is never considered in isolation but takes into account the totality of material of coercion available for those who use it. An intervention can begin with empty hands, it may require the use of tonfa, handcuffs and in some cases, the firearm to deter or respond. The policeman has to adapt because he never knows when and how a danger can end. With TO, the joint lock, the handcuffing and the yoke can be used in a random order depending on the risk. Certain parameters are inescapable, as unsheathing the tonfa before the fist weapon and vice versa, again sheathing the firearm before the tonfa, except in cases of immediate shooting response. From this point of view, changing the hand that uses the tonfa is imperative to use the strong hand and catch the handcuffs or the firearm.

- o The key points - They have the form of specific answers for agents acting alone or in teams, rather than a purely theoretical teaching.

- o The distance - It depends on the reaction to the danger. If we see it coming, the defense will be made at an anticipated distance. Indirect blockades are preferred to direct stops with the long

tonfa, thanks to the grips in tip wrist, tip sword and tip tomahawk. If our attention hasn't allowed us to see the attack coming, the defense will be unexpected and very close. In this case, it is better the conditioned reflex and the indirect blockades with the tonfa shaft, thanks to the grip of handling horn, sword horn and mini tomahawk. Therefore, the distance determines the natural, innate and reflex technique.

- o The grips - In TO it is not enough with the most common grips, the so-called "of the small or large side". They are adapted depending on the missions, which open an important field of action in the interventions in reduced or closed spaces. The fetish grip of TO is the mini tomahawk, which offers the opportunity to easily change the strong hand, to hook and push, also to block a joint lock with a protecting yoke. The small and large choking in the grip TO tip sword and horn sword, protect against any ascending or descending attack. The chokes make it easier the disarmament with hooking. The handle of the TO is not only useful to catch it, it is also useful to respond, hook, block and activate pressure points.

- o Hands release - TO techniques allow to change the hand for handcuffing or putting the yoke. It is necessary to anticipate the evolution of the situation. Either the response is enough, or it will be necessary to neutralize, stand, throw to the floor, use the handcuffs at the same time, a body search, an exit with yoke and use the tonfa for handcuffing. In short, the TO is never released, from the beginning to the end of the intervention. Twist and Israeli locks are excellent helps in this matter, because they leave both hands free.

Professional Teaching

TO teaching program requires AJL instructors to transmit the official teaching with the ethic and legislative references of each of the countries involved in the training.

- o Legal explanations - In TO, there is no "blind" reading of law articles about self-defence. The policeman or military explains the technique used in the action, so that it is in accordance with the law in his country. This is not a simple reasoning but a kind of demonstration of legal reconstitution. It must assure for a judge or a superior in the hierarchy, the legitimacy of the intervention. The pedagogy of TO transmits all the legal options to achieve it, as the straight responses to the body in wrist tip grip, elbow upward, to avoid any unfortunate injury on the face. In the same way, the yoke is not synonymous with response shot, but also out of a hostile environment or protection for the agent and the individual.

- o Specific terminology - In TO, the words are a means to mitigate the responsibility. The term "hit", synonymous with aggression, is never used. Instead, we use "responses", which is equivalent to a defence. They speak with a loud and intelligible voice in a professional context. The control of the media and the curiosity of the spectators, with their mobile phones, photos and videos, force us to have a minimum of prudence. The intervention associates security, protection and intervention in the strictest conformity with the law of the country concerned.

- o Adapted training - The legal criteria for intervention in TO are in accordance with the applicant country. For example, in the United States the use of a firearm is less pressing than in European countries, therefore there is less technicality of TO. Instead, more importance is given to the constraining locks with exit with yoke and protection.

- o Training in realistic situations - TO favors teamwork with some PLI exercises ("Protection, Liaison, Intervention" - Protection, Linking, Intervention) and with some hard Tonfa. Foam rubber Tonfa are not used to punish bad positions or lack of control. What could be good for this training will certainly not happen on the street.

Captain Jacques Levinet



OPERATIONAL TONFA



Police



CURSUS WITH LABEL

The TO provides a significant aura thanks to the following points:

- o Multilingual programs - Most of the TO instructors from AJL are multilingual (English, German, Spanish, Portuguese) to give a direct and understandable training for everyone.

- o The ROS category - TO - The cursus, the training program, retraining, feedback, the certificate renewable every year, give the instructor called ROS - TO a very valued quality criterion.

- o International acknowledgement - The TO exhibitions and seminars by the founder, all over the world, have aroused the enthusiasm of the greatest international experts of law enforcement.

The Operational Tonfa is not an accessory for exhibition, as the nunchaku, but the best non-lethal weapon, from which Captain Levinet has managed to draw all the professional effectiveness, unmatched so far.

ABOUT THE AUTHORS :

• Captain Jacques Levinet is chairman, founder and technical director of "AJL" Academy, founder of ROS, TO (Operational Tonfa), BO (Operational Cane) of the GTOIP (Technical Movements of Protection and Intervention), SPK (Self Pro Krav for adults and children), of the Defense Cane CDJL and Defense Stick BDJL. He is honorary captain of the French National Police, international expert and instructor of law enforcement, and master of Martial Arts with the State degree, champion of France and 5th dan black belt in Karate, level 8 SPK, ROS and Defense Cane, international expert of ISMA (International School of Martial Arts) and ICPSE (International Confederation of Police and Security Experts), French delegate at the International Federation of Tyga Martial Arts,

technical national responsible for the National Federation of French Boxing (FFSBF), honour medal of the French National Police and gold medal of the French Ministry of Youth and Sports. He has been named "Grand Master of Martial Arts 2007" in London by the World Council of Grand Masters.

He is also the author of seven other videos: "POLICE WEAPONS", "SELF PRO KRAV", "ROS", "OPERATIONAL LOCKS", "SPK KNIFE DEFENSE", "CANE DEFENSE", "THE CANE & STICK DEFENSE" and two books in French: "Le KPS, méthode anti agression" and "La CANNE DEFENSE, méthode anti-agression".

- o His assistant Christian Wilmouth is deputy technical director and head instructor of the AJL. He has also a State degree and level 3 of SPK and ROS

Captain Jacques Levynet



OPERATIONAL TONFA



Japan

The story of the 47 samurais, their leader Kuranosuke Oishi and their patient revenge after the unfair death of his Lord Takuminokami Asano, is a source of admiration in Japan and in the world. In this article, Salvador Herráiz summarizes the exploit while we walk with him in the Sengakuji temple, the place where the revenge was planned, where part of the ending took place and where the mortal remains of all them have been kept since then. There and in a feudal atmosphere which takes us to Edo in the eighteenth century, weapons, armors and other tools of those heroes are kept. The patient revenge, planned over many months, was completed in the cold winter of 1702.

Text & Photos: **Salvador Herráiz**,

6th. Dan de Karate
Tokyo, Winter 2007

Sengakuji

The Sengakuji Temple. The last home of the 47 Samurai

Today it is a sunny day in Tokyo, despite being the middle of winter. I do a forced visit (obligation for pleasure) at Zojoji Temple, in Shiba Koen, for which I have a special affection, for several reasons. Zojoji is one of the main temples in Tokyo and it is very ancient, it was built in 1393. Its famous door, with its own significance, dates from 1605. Its importance came perhaps later, when in the late seventeenth century the Tokugawa family chose it as family temple. Ieyasu Tokugawa used this great temple, located on the outskirts at that time, in the south of Edo (today, due to the growth of the city, it is almost in the center) to protect the city from evil spirits. The first time I visited the Zojoji temple was in March 1987. Then there have been several more visits.

But where I want to spend the morning today and I will do is in Sengakuji, the Temple of the 47 samurai and their story and emotive exploit of loyalty, sacrifice... and revenge. Let's go back in time.

The story began in 1701 when in Edo (old Tokyo) Daimyo Takuminokami Asano (Aguri Naganori Asano) from the area of Ako (in the province of Harima) and nephew of Mr. Toda, Daimyo of Ogaki, was chosen to take part in some important events in the Palace. Asano, together with Lord Date of Yoshida (who had a similar rank) had been chosen by drawing lots to officially represent the Shogun in the welcome to the envoys from the Emperor of Kyoto. This was one of the few important events organized by the Emperor and his

honorary government with the Shogun and his royal and military government.

Therefore, Asano had to learn the required protocol from the expert Head of Ceremonies, Kazukenosuke Kira. Kira, for reasons of superiority complex, envy or who knows what, treated Asano very impolitely, even despising him in public. Kira had much prestige for having studied the art of ceremony at the Court of the Emperor, in Kyoto at that time. Asano was certainly awkward in those duties and Kira, who was not a Daimyo, made him feel embarrassed the way he taught him.

Asano, a person of action, rude and not very patient, did his best to resist the slights of Kira... until it was enough for him. Asano came from the old school and didn't





47 Samurai

Symbol of loyalty, courage and sacrifice

understand very well that he had to undergo the ridiculous ceremonies which were nonsense for him. Kira had the confidence of the Shogun and everyone knew it.

Kajikawa, another person involved in the ceremonies, asked at a given time to Asano about the timetable, which the Daimyo of Ako didn't know, surely because of lack of interest. Kira then insulted him. Kira was committed to make Asano pay his time and dedication with any amount of money, which Asano refused. The straw that broke the camel's back in the mutual antipathies of Asano and Kira took place when the Master of Ceremonies suggested the Daimyo, half in jest half seriously, that if he didn't want to pay his services with money he could do it with his wife. Asano then exploded and laid his hands

on his sword. As a reflex act, Kira did the same with his and it is then when Asano went on with his action, drew his sword and cut Kira on his shoulder. Date of Yoshida held Asano and prevented the matter from being worse, but... it had already been quite serious. Shogun Tokugawa Tsuneyoshi came into the room and he was informed about the problem.

Asano of Ako was placed in the custody of Tamura, Daimyo of Ichinoseki, who, contrary to what his heart advised, had to arrest him and brought him to his home awaiting decisions. The events went on, there was no turning back and Asano knew that he must put an end to his life, grateful to be allowed to do so through traditional seppuku. Asano

performed his ritual suicide in the garden of the house of Daimyo Tamura.

The events then went relatively quickly. Asano's men had to give the Castle of Ako to the people of the Shogun. Daigaku Asano, younger brother of the Lord of Ako, advised and urged the men of his deceased brother to give Castle without offering any resistance.

Oishi Kuranosuke (Riku Oishi) was his Lord Asano's right hand and he was also a bit older. Asano had a wife and a daughter, who Oishi had taken care of sometimes when traveling. Ako's men met with a desire for revenge, but Oishi refused... at the beginning. In reality what he was planning was a slow and sweet revenge, which he would do wholeheartedly in the following months. Oishi knew that revenge was expected by his rivals and this would make the revenge complicated. Oishi's intelligence and patience made his life change in the coming months, so that nobody could suspect what he was preparing in his head.

Yasubei Horibe, another loyal samurai who didn't have a Lord to serve any more, that is who had become a ronin, was the team leader of Edo and wanted immediate action against Kira. Ono was the treasurer of the Clan. Gengoemon Kataoka was the youngest of the adults. They also wanted revenge. Tsuchiya Chikara (Oishi's son) also belonged to the group.

Kira, together with his collaborator Chisaka, organized the necessary espionage to feel safe in a possible revenge of Asano's men. But the months passed and it seemed that the matter had been forgotten and that his safety was not endangered any more with the resignation of the former samurai. Nothing was less true. When security relaxed around Kira, it was the right time. Revenge is served cold. Oishi had got an extremely bad reputation in recent months. Lord Uesugi offered Kira the men he needed for his safety in the mansion in the neighborhood of Matsuzaka, behind the Honjo.

But everything was a facade for his ultimate goal. Hara (who was then 50) and Horibe seemed to be the new heads of the group after the fall of charisma of Oishi. Hara taught Kyudo (archery) in his school, the same one where Kataoka would teach later.

When Oishi returned to his group to organize the final phase of vengeance, his people vibrated with joy. The trip to Edo was done slowly but surely. They came through



Left page: Japanese admirers show their respect in the tomb of Takuminokami Asano. Center: Water well where the head of the evil Kira was washed before being presented in the tomb of Asano.

Down. Others of those of the 47 tombs of Samurai. Right page arrives: The tomb of Asano visited by its admirers. Down left: Tomb of Chikara Oishi, the son of Kuranosuke and that also participated in the revenge.





Up left: Tomb of Mr. Asano. First drawing: Asano loses the nerves and hurts Kira. 2 drawing: Asano realises the Seppuku (Japanese ritual suicide). 3. - Original Writings of Oishi explaining its intentions. Down: Salvador Herráiz in Sengakuji next to the statue of the Oishi hero.

protector god of the leader Kuranosuke Oishi. In this building is where nowadays the monks do practices of Zazen (Buddhist meditation), recite their sutras and conduct their ceremonies. On the central door the kanjis of the label Shishi-ku ("the lion's roar") can be read, referring to the teachings of Shakyamuni Budha, which had to be applied with the strength and courage of a lion. On the left of the building there is the statue of Sawaki Kodo Roshi, one of the leaders, who has most influenced the Zen masters of the twentieth century. Nearby we see the Bonsho bell, whose sounds can be heard in the sunrises and sunsets.

But it is the area on the left which is interesting for us above all. We climb a slight slope towards the area of the graves of the 47 samurai. On the right there is the Chikara Ume, a tree (a plum, in fact) dedicated to the memory of Oishi's son, who at the age of 16 took part as another samurai in the action led by his father. We also see another plum, gift of Asano's wife to the nun who was responsible for caring the graves. A few meters away we see the water well where Kira's head was washed. It is known as Kubi Arai.

We climb the stairs and we go under the door that leads to the graves. This was the door of Asano's house, but during the Meiji era it was brought here. What other place could be better?

And at last, before our eyes and our hearts, the 47 samurai appear. Well, I'm talking about 47 and they are actually 46. Indeed, after the attack on Kira's mansion, Oishi sent Terasaka Kichiemon to inform and by chance he was later absolved of punishment. They were therefore in reality 46 seppuku sentenced. However, Terasaka also has his grave here, along with his partners. There is also another brave man who has his grave here. He is Rayano Sampei, who fervently wished to take

part in the revenge, but the strong opposition of his family led him to do the seppuku before the final attack.

The graves are aligned in several rows in an area at the bottom left of the temple. They are the only covered graves, Oishi's located at the corner nearest to Asano's grave (the biggest and at a higher level, as if he were supervising his men from outside the area, but close to it) and

Chikara's, Oishi's son.

Near the entrance there is the interesting Gishiken (Hall of Loyal Soldiers), where you can see the personal pieces of the 47 samurais. As pieces to highlight we will mention a round and symmetrical helmet, owned by Naganori Asano, made of 14 metal parts and decorated in the center with the familiar gold shield. In the museum there are several pieces but certainly two manuscripts are highlighted: on the one hand the letter Kuranosuke Oishi wrote to Genkei Terai, the doctor of the Asano family, describing the health conditions of each of his samurai. On the other hand, the declaration of the samurai, signed by all of them, describing their goals with the action they were going to perform, of which they made several copies, one of which they hung at the entrance of Kira's mansion in the assault. As an amazing detail, I want to mention the exhibition of the receipt which was issued for Kira's head during the arrest and subsequent investigation.

I enjoy walking in this place for what it means. After visiting the museum I walk again among the graves. The exploit of the 47 samurai without lord (that is, who had become Ronin, although I don't want to use that unfair term in their case) is something so important in Japan that dozens of Kabuki plays, books, and films... talk about it. Perhaps it is obliged to mention the Kabuki "Chushingura" or "The league of loyal soldiers", which reflects this fact in a very interesting way, but because of

ensorship is set in the fourteenth century rather than in the eighteenth, when it actually took place.

In honor of these men, their loyalty, their action, that lesson of morality, samurai idealism and sacrifice for a fair cause, the admired Japanese daily burn incense at the graves of these heroes. I have seen it myself. During the morning, many people come to put incense on the graves.

I leave Sengakuji very excited. The values represented by these men are today unfortunately buried, like them.



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



www.budointernational.com



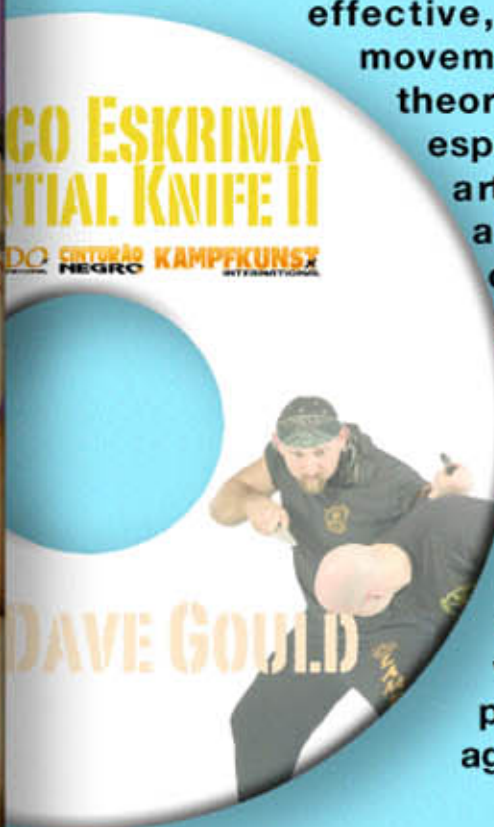
BUDO
INTERNATIONAL

LAMECO ESKRIMA ESSENTIAL KNIFE II

GURO DAVE GOULD



In the second DVD of the series, Guro Dave Gould continues his progression, studying in depth the new elements which make a system more effective, like confrontation line, movement economy, central line theory and its recovering, and especially the "Enganyo", the art of pretending, that is, the ability to create an opportunity in an adverse situation, or when dealing with a more experienced opponent. In Lameco Eskrima, the "Enganyo" (engaño, deception) is one of the highest levels, one of the essential abilities to dominate the fight and, when correctly performed, provides successful results again and again.



REF.: • GOULD2



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

English
Italiano
Español
Français
Deutsch

Orders:
e-mail: budoshop@budointernational.com
www.budointernational.com