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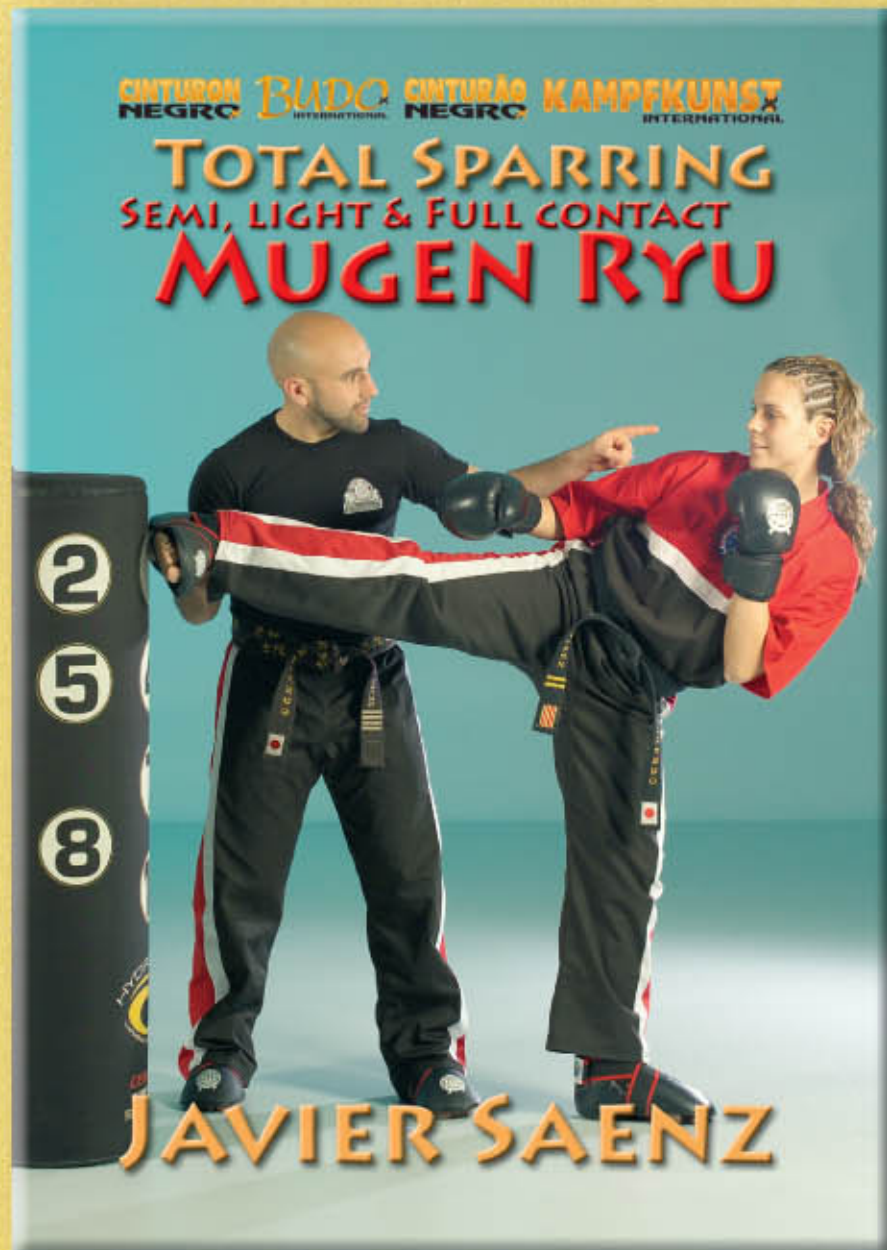
SHUGENDO:
*In Search of
Deep
Knowledge*

**AIKIJUJUTSU,
KYUSHO,
SHOOT,
KARATE...**

Kuk Sool Won

The complete Korean Warlike Tradition!

JAVIER SAENZ TOTAL SPARRING SEMI, LIGHT & FULL CONTACT MUGEN RYU



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Mugendo, que en japonés significa "Camino Ilimitado", es un Arte Marcial completo, moderno e innovador, que aúna lo mejor de Oriente y Occidente (Karate, Técnicas Orientales de Patadas, Boxeo Occidental y Técnicas de Defensa Personal) con un desarrollado Sistema Pedagógico y de Defensa Personal. Con este primer trabajo introductorio a las Técnicas de Combate de Semi-Contact, Light-Contact, Full-Contact y Kick-Boxing, descubriréis como el Mugendo ofrece, a la vez, un trabajo físico aeróbico y anaeróbico, mientras se gana velocidad, flexibilidad, potencia y coordinación. Un vídeo con el que tanto expertos como iniciados sin duda disfrutarán de una de las formas de trabajar las Artes Marciales con mayor proyección de futuro en los próximos años.

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Technique, elasticity, strength, power, coordination, concentration, focus, balance, all this makes Poomsae the true soul of Taekwondo. In this work, supervised by the Spanish Federation of Taekwondo, undoubtedly one of the most important and awarded institutions in the world, the so-called high Poomseas are shown: Koryo, Keumgang, Taebaek, Pyongwon, Sipjin, Jitae, Chonkwon, Hansu and Ilyeo. World, Europe and Spain Champions, both males and females, and in all age groups, perform the official forms as they must be done according to the highest standards at the W.T.F, World Taekwondo Federation.

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EDITORIAL

NEED, DESIRE, INTENTION

" Do not think badly about me, miss. my interest for you is purely sexual. "
Groucho Marx

A heap of blurry images, of bundles that move, strange disconcerting sounds. Suddenly a twinge in the stomach starts(extracts) of deep mas of us themselves an inconsolable, deep, desperate, terrible weeping. In this marasmus of sensory confusion, there appears before our eyes a clearly definite reveille that approaches mas and mas, as the hope of a strange and mysterious longing, finally to get in our mouth. Everything calms down suddenly; the stomachache disappears while we suck convulsivamente ... of the mom's nipple. From this first moment our small brain establishes a connection, a few sinapsis, an electrical and chemical way, a guideline. Pain, teat, pleasure. he necessity to survive is the dowry with which we arrived at the world, but from there, fulfilled the task first of the instincts, our neurons begin to give new and but complex form to our behavior. The operating system, using all the possibilities that hardware offers him, the physical structure, begins to develop its own software that will read the world in its own and personal key. The necessity belongs to the jurisdiction of the natural thing, of the instinctive thing, on the contrary desire is son of the apprehended personnel and. Strictly speaking, desire it is only possible when the necessity was at least once satisfied. A step beyond we will be able to extrapolate the benefit that will contribute a new profit to us, but only from the well-being that contributed one previous one to us. We never wished the stranger, we wished desire. Our brain is a great chemical trainer. When we eat distills in our sanguineous torrent the right doses of opiate substances that he himself produces, to award our behavior thus. Whenever we fulfilled the nature, like in orgasmo, this, through the mechanisms with which it has equipped to us, it awards to us in the same way that we congratulated a small dog to domesticate it, when makes the things good. Buddha concluded that desire was the last reason of the human misfortune and the pain and that to free itself was only possible in the absence of the same. But desire cannot be annulled but that if we erased all our personal history that is to say, if we undo everything an own universe of experiences, synapse, memories. But

then biological hardware would even take the control beginning to create new ways and to recommence the process... the vital as must be acted. The life is inseparably united to this cycle, this is the natural commando. We move by the life ignorant of a pile of apprehended processes that are what we are, which moves to us, to choose to identify and so we thought to us, we must or we do; but all this exists and it is conducted indeed from that accumulation of experiences simple and forgotten that they marked our behavior past and future. To ignore the biological processes, their commandos and their power, is a mark of the house in the culture of the modern man. We look for answers outside, in the knowledge, the culture. We adore and we emphasized its importance, its importance, that is the same that we are wanted to give, but culture is simply what it is not nature. The true knowledge comes from including/understanding yet the body, but it always arises but near our internal that of the head. This remembers that one bad transcription to me of a journalist who asking to him a Masterful well-known of Karate where he was "hara", wrote thus his answer: "To 18 centimeters below the navel"... in certain way it is possible to be said that one error in the distances was not so, because the occasions are not few in which our genitals know enough but that our head. The distortion that the culture infers in our lives is amazing. We so frequently act against our Biology and our nature, that we got to do with taste what truly we would not do none in a natural context and stopped making things of which no other animal would deprive itself. All culture is based on a taboo. Somebody said "prohibited", "bad", and said then, without saying it, that the opposite thing was good. The relativity of the things does not exist in the simple minds. There are ranges of no grays: it has black and white, good and bad. This binary organization of S-values extremely practical for the survival and for that reason she was ended up imposing, but a thing is to decide of fast form in a natural context the advisable thing and the other is to predefine in categories "everything under the sky". There are then two "superposed glasses" and one finishes by nonknowledge that sees: The glasses of the operating system of the

human mammals, and the glasses of personal own software in the context of our cultural taboos according to in which group we have been educated. At the most modern it is the culture but opposed to natural and consequently, the majors contradictions it will generate in the individuals. The war between Biology and culture generates many corpses and passes one long invoice to the humanity, payable in diseases and pain. All process of traditional initiation like the Martial Arts, is an encounter with the essential pulse of our elementary nature and like so an opportunity to at least see with distance the cultural thing like other people's. But this will not be sufficient either if one does not deepen in its own roots, if it does not reflect and it is questioned to itself and that one in which it has been educated. They are nevertheless the small differences in our experiences first, the same that generated those synapse original, that you rule behavioural basic, those that of intense form but will mark our lives. The affection and the attention that one receives from baby, as a child, the difficulties who gets to live, the excesses or defects, will create the scene where the comedy, the drama or the tragedy of our lives will imagine. Everything of course with the permission of our hardware, our genetic inheritance, our basic potential, that will be able or not to be expressed or to activate based on the stimuli to which we are exposed. We bring in us aeons of evolution and many-colored mixtures, generations of beings who now live only in us; seeds of the past that are refining in the process, marking tendencies, abilities, weaknesses, homings, so that I exist here and now dear reader, your reading and writing, so that this moment can happen. All magic of living arises then from the necessity and is this, in its routine of being satisfied, the one that allows the birth of desire, in the end rules of repetition of a little while pleasant that finally happens essentially when eliminating the pain. And it is that originally the pleasure only exists like counterpart of the pain. The first pleasure is the absence of pain in itself. The nature gives us with the wood, we are we those that later we were placed the carrot. The accumulation of convergent desires in a direction generates the intention. The intention is something exclusively human,



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because it requires of a great complexity, of an enormous accumulation of desires. The other beings follow their nature, respond to the commandos, to the cycles, live in here now, reason why they do not generate intentions own. The intentions are even more weaker than desires, and these seconds are it but that the needs. And this is thus, not only because the needs are automatic and because they have a biological foundation, but because desires and the intentions, constructed in moving sands of the ego, are sustained badly within the framework of a changing world. The viewers of the lineage of Chestnut grove, maintained that the normal human being spends tons of energy in trying to maintain his vision of the world. The skillful thing wears away, the natural thing is sustained automatically because it is the whole maintains that it. Nobody must push the water of the river so that it flows downwards, is in its nature that direction. But the human nature is done of many variables and its complexity, that is its wealth, is also the major of its traps. One of the advantages of the simple thing, of the natural thing, is to determine the proportions our world, to give back us to the map of the real thing. Not infrequently in my life they have called to me neandertal, animal, or dinosaurio. Within the framework of these commentaries you will include/understand dear reader who I consider fulfilling almost. I feel that the simple things but are postponed in our culture of especially sickly form. The education and the courtesy do not allow to speak of the truly important subjects and that they affect to us of direct form but, as for example what has been the success in your morning lightening in the service. "Poop" means "bad" for the baby! how to be strange to us of which there is so much estrefido that way loose! from those dusts these muds came... On the contrary, I always have considered the essential like indispensable and the natural thing like own and the authentic thing, so that to balance so wise editorial and to add to my words something truly useful, like a smile, I have decided to share with you my conclusions in the indispensable task thus of cataloguing waters majors according to its level of success and I have done, it in four fundamental categories: Basic level: To fulfill with one same one and the mother country. Remarkable level: Vitores and applause. Advanced level: Rewards! Rewards! Level superior: Gloria in deo excelsis. The needs will always accompany to us, desires say that they go out, the intentions are out of phase, but humor... Ah humor! That better weapon to confront the existence?



BUGEI AIKIJUJUTSU



p. 20

An interesting work that serves as an introduction to his latest video on this subject, particularly interesting for the lovers of Aikido and traditional formulas of combat in feudal Japan.

SOG



p. 56

With an amazing curriculum, the author, a frequent visitor of these pages, suggest in his usual way a series of simple and effective formulas to face the most dangerous situations we can find on the street.

MMA



p. 50

In order to better understand the phenomenon of globalization of MMA, Black Belt magazine has gone to Nevada to meet the Xtreme Couture, the great champion Randy Couture's team, which has among its representatives Brazilian Wanderlei Silva and Ronaldo Jacaré, and which is taking shape as the greater power of American MMA.

MMA



p. 30

Altogether, they have eight belts, four of them as champions of the two biggest events of all time, Pride and UFC, in their respective categories. As if it was not enough, Rodrigo Minotauro (heavy) and Anderson Silva (middle) decided to join forces to form the largest team of MMA today, the Minotauro Team.

Zusammenfassung Sommaire Sumario

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KARATE



Antonio Oliva has coached more than 30 Karate national teams; his seminars about Karate of high-level competition have taken them to 60 different countries in the 5 continents, with amazing, unbeatable figures...

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SHUGENDO



p. 62

The Shugendo is a mystical Japanese practice very little known in the West, which meets in their bases much of the Sinoist animism and a certain influence of Buddhism.

KUK SOOL WON



p. 06

Kuk Sool Won TM is a full martial arts system, which is focused on the development of mind, body and soul, as well as the preservation of traditional Korean Martial Arts.

Summary Sumario Sommario

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Report



Kuk Sool Won



✖ 6

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Among the styles created by a generous country like Korea when it comes to Martial Arts, we are pleased to bring to our front page today an art which is little known in Europe, but deeply rooted in the United States and certainly in its native country.

In order to spread it, Great Master In Hyuk Suh's sons have been visiting Europe, where small groups here and there have carried on a serious work, as it was Great Master's will.

Today they are ready to start their coming-out in society, so many students who appreciate the Korean Martial legacy are in luck.

In order to make this presentation easier, we have made a first instructional video that will provide those interested in the subject with an excellent material on this fantastic and

complete style, whose main feature is its well-studied teaching, so that the students learn in an efficient and organized way the complete and intense number of techniques that make up its martial arsenal.

From the usual techniques of arm and leg beating to the training in the use of weapons, grappling, self-defense, animal forms and internal training, Kuk Sool Won is more than a cookbook, it is a complete training formula, daughter of Korean warrior tradition, where tradition, modernity and common sense come together in a harmonious whole and a formula for success.



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The Whole Korean War Tradition!



Kuk Sool Won





What is Kuk Sool Won?

It is not the name of a new style, nor is it a sport, nor a simple method of self-defense. Kuk Sool Won™ is a full martial arts system, which is focused on the development of mind, body and soul, as well as the preservation of traditional Korean Martial Arts.

The system is based on techniques used in the three large groups of martial arts in which we can divide, according to historical criteria, the styles practiced in Korea for over 5,000 years of history; SA DO MOO SOOL (TRIBAL ARTS), BOLKYO MOO SOOL (BUDDHIST ARTS) and KOONG JOONG MOO SOOL (ARTS OF THE ROYAL COURT).

To understand it better, we can translate the exact meaning of its name. "Kuk" is literally translated as nation, state or country (specifically referring to Korea). "Sool" refers or means technique. At its deepest meaning, the term technique includes the mental, spiritual and cultural aspects and the philosophical heritage of Korean martial arts. "Won" can be translated as an institution or association. So we can say that Kuk Sool Won™ means, "Association of Traditional Korean Martial Arts".

Kuk Sool is based on the development and use of "Ki" (internal energy), so it is considered an internal system of martial arts. It contains all aspects of martial arts. It combines leg and hand techniques, projections, falls, breaking techniques, joint manipulation, attacks on pressure points, body fitness techniques, as well as mental development and training with traditional weapons, within a beautiful and dynamic style based on speed and fluidity. The practice of forms (Hyung) is one of the pillars of Kuk Sool Won and its purpose is to coordinate the body with different martial techniques, both hand and leg, and enhance mental concentration, physical development and balance. Another basic pillar is the technique of joint manipulation, and the third one is the use of traditional Korean weapons.

Kuk Sool's roots are extended in the deepest and far beginnings of the history of Korean people.

The ancient history

The roots and beginning of Kuk Sool Won have their origin in the beginning of

martial arts in Korea with the Sado mu sool, which means family or tribal martial arts. According to the legend, in the year 2330 BC, Dan Koon Wang Kum, the first governor of the unified land which would be later called Korea, joined many of the tribes who were governed by a single monarch and a kingdom, called Ko Chosun (Ancient Korea). It should be borne in mind that thousands of years ago, part of current China, Mongolia and North Korea were zones of direct influence, populated by inhabitants of the (Korean) peninsula.

The tribes gradually migrated to what is now known as Korea, looking for good climate, fertile lands, abundant fishing areas and the excellent hunting provided by the low mountains of Korea. Many different tribes populated the small peninsula and it became necessary that each tribe kept well-trained warriors in order to protect its people. Each tribal leader protected his village (similar to the Japanese and European feudal systems, years later). In times of Ko Chosun, he had his private armies, using particular techniques. Still in the reign of Koryo (918-1393AD), some warriors were trained in a particular way called DOO REI, and used those martial techniques to protect and beat their opponents.

BOLKYO MOO SOOL or Buddhists Martial Arts, is the second important largest influence of Kuk Sool Won. They were seen for the first time in Koguryo's reign (one of the three reigns of the era of the Three Kingdoms) around 347 AD. Soon, bulkyo moo sool came into Baekje and Silla's kingdoms, the other two kingdoms. Originally, it emerged through the development of techniques for promoting better health against the sedentary life of meditation of Buddhist monks.

Since the Korean monks devoted most of their time and hours to Zen meditation, seated on cold wooden floors, digestive and circulatory problems arose and were developed very often. In order to overcome these problems, monks encouraged internal breathing techniques and focused on the development of the internal energy or ki, to compensate for their internal organs. Along with the development of internal energy (NAE GONG), they developed defense techniques with the stick and the cane, used for the protection

of peaceful monks in their trips along the different Korean towns. It should be borne in mind that the Buddhist religion "forbids fighting" and specifically "killing", but the Korean monks were the only ones who "took the weapons" to defend their land (Korea) against the invaders (China, Japan, etc.).

Many of the stick and cane techniques we can observe in modern training of Kuk Sool Won, have their roots in the monks' teachings.

Finally, the third largest influence of Kuk Sool Won™ is the koong joong mu sool, Martial Arts of the Royal Court. This part of the Korean martial arts began during the Age of the Three Kingdoms (18 BC to 918 AD), when the splendor and strength of the kingdoms, and in particular their desire to conquer more territory, made it a particularly amazing time from a historical perspective. The SUN BI, as the elite warriors were called in Koguryo, were military warriors trained in bow, sword and horseback techniques. But they were particularly noted, according to the remains and fossils which have been found, for defeating their enemies through knife and/or stone throwing techniques (TUK SOOL).

Many of the weapon techniques of Kuk Sool Won come from the Martial Arts of the Royal Court. There are 24 different traditional weapons in Kuk Sool Won, many of which come directly from koong joong mu sool.

The Modern Era

Koong Joong Mu Sool dominated the Korean martial arts until 1910, when the Japanese occupied Korea and banned any practice of their martial arts as well as any cultural event about them. The modern history of Kuk Sool Won begins in 1910 with the occupation of Korea by the Japanese navy. As a result of the dissolution of the navy of the Korean Royal Court, many instructor masters of the Royal Court were forced into hiding or were taken prisoner by the Japanese occupation army, under the strict norms of the imposed protectorate.

One of them was Master Instructor Myung Duk Suh - Great Master In Hyuk Suh's grandfather. When he returned to his home near Taegu, in Korea, he continued secretly practicing Korean martial arts,



teaching his techniques in strict privacy and only to his next of kin. He felt that it was time to pass on the knowledge of past generations of his family, thus continuing the family tradition (which he didn't want lose). Before the Japanese occupation, Myung Duk Suh taught three types of Korean arts; KWAN SOOL, a system based on fighting with fists and kicks, YU SOOL, a fluid style based on techniques on joints and projections, and YU - KWAN, a combination of the above, where he taught to use the adversary's strength.

Among his children and grandchildren he carefully selected a child to whom he would teach all his knowledge about martial arts. This child was In Hyuk Suh. Young Suh grew up watching the members of his family practicing martial arts. His personal training began at the age of five, under the strict care of his grandfather.

Hyuk Suh's training continued uninterrupted until half of the Korean conflict, in the 50's, when his grandfather was captured by the Japanese.

Although the loss of his grandfather was a tragic blow for Suh, his training continued due to his grandfather's foresight. Thanks to the letters of introduction he left and the great reputation he had as a master instructor of the Navy of the Korean Royal Court, he opened many doors for young Suh. At that moment In Hyuk Suh began to visit and absorb knowledge from different masters of different Korean martial arts. He was then only 20 years old, but Suh had already travelled to many Buddhist



Kuk Sool Won

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temples and visited private martial arts instructors, with whom he studied the various aspects of Korean martial arts.

During this time he met an old Buddhist monk named Hai Dong Seu Nim, a name that translates as The Great Monk of Eastern Sunrise. The old monk became the second most influential master for Suh, teaching him special knowledge of breathing, meditation techniques and knowledge of internal energy (Ki).

In the late 50s, Suh begins to organize and systematize all his knowledge about martial arts, in order to create a comprehensive Korean Martial Art, Kuk Sool Won.

Kuk Sool was officially created in 1958 (now exactly 50 years ago). The association was created in 1961. During this period, Kuk Sool started to be known not just as a style, but as a systematic study of martial arts of Korea, from antiquity to the present. The great master In Hyuk Suh has spent more than 50 years practicing, searching, compiling and organizing more than 3,608 techniques that make up Kuk Sool. He founded the system KUK SOOL WON TM. When KUK SOOL WON finally achieved a significant popularity in Korea in 1974, he decided to go to the U.S. with the purpose of spreading Korean martial arts in the western world. In the U.S., first in a short period of time in Los Angeles and then in New Orleans, he opened the first official school of KUK SOOL WON in North America.

In 1975, he moved to San Francisco where he founded the WORLD KUK SOOL WON ASSOCIATION. The head office moved permanently to Houston, Texas, in 1991. Since then he began to teach all over the U.S., introducing the Kuk Sool Won to the general public and local authorities, doing exhibitions, etc. The associations brings together more than 1,000 schools in Asia, Europe, Canada, Middle East, U.S., and continues to grow strongly, every day.

In Spain, more than a thousand students practice KUK SOOL WON in the 9 official schools recognized by the WKSA (the only valid and official organism to certify grades, schools and instructors of KUK SOOL WON TM). The WORLD KUK SOOL ASSOCIATION, an organism that runs the KUK SOOL WON TM schools in the world, is one of the largest private martial arts organisations in the world and its mission is to ensure the quality of the martial art and its schools.

The history of Kuk Sool Won in Europe

Over the past few decades, several Korean martial arts practitioners (we are not talking only about TAEKWONDO or HAPKIDO) have been instructed or have participated in seminars taught by native Korean instructors who live in Spain, as it is the case in other countries in Europe, since in the early 70's, because of the

economic hardships in Korea, many of them decided to emigrate to seek a better future. Many of them were martial arts practitioners (but without a history and recognition of their technical and / or grade) and they decided to start teaching Western people several techniques, but without a structured program or a clear academic objective defined. Among them, there were two very young guys, Luis Galache and Jordi Velasco, who were already practitioners at that time and decided to find, more than ten years ago, the source of their martial art, KUK SOOL WON TM, both virtually at the same time.

For reasons of fate, they were joined in a "marriage" which is now almost impossible to undo. The first one is LUIS GALACHE, head of the schools in Madrid, UM for his wisdom, temperance, patience and great skills for teaching, and SBN JORDI, YANG, fire, warrior, renowned worldwide for the application and power of his techniques, withdrawn from competitions as world champion in Korea in 2002. Thanks to the teaching and patience of their different instructors, but specially thanks to KJN JOHN G. IVES, head coach of KUK SOOL for Europe, both have made possible for KUK SOOL to be an opportunity for all those who practice it and have encouraged all those who are still seeking a guide.





“He has coached more than 30 Karate national teams; his seminars about Karate of high-level competition have taken him to 60 different countries in the 5 continents, with amazing, unbeatable figures...”





He has coached more than 30 Karate national teams; his seminars about Karate of high-level competition have taken him to 60 different countries in the 5 continents, with amazing, unbeatable figures... and he has done all this independently, with no "umbrella" but his prestige, with no backing but his results, but with his own system, which he has managed to make universal, and which allows the analysis of the keys of fighting and its practical application in the form of training modules, customized to the terms and conditions of each individual.

As a creator of a personal catalogue with a universalist vocation, a personal formulation of the secrets that hide in combat, Oliva is certainly a unique, controversial character and, consequently, a shining light in the Martial universe itself. Master Oliva has gone beyond the usual limits and this, in Karate, as in any other

activity, means to be criticized, envied, and questioned.

But he is an exceptional, tenacious, convinced and committed man, full of willingness, hunger for real truth, knowledge and transcendence, which have taken him beyond any other coach. His system and his analysis about the mysteries and universal keys of combat, have become real, functional practice.

Currently he is working on a book where he will share these discoveries; in the future Black Belt hopes to act as a transmission belt of it, but in the meantime our partner and Oliva's personal friend, Master Salvador Herráiz, has prepared for you this exceptional interview with a unique Master, a work of high interest for all Karatekas. We hope you enjoy it as much as we have.

Antonio Oliva

Karate Do coach

The most international Karate Coach

I met Antonio Oliva more than twenty years ago, in the summer of 1981, when I trained with him during the instructor course of the Spanish Federation of Karate. His visits to my dojo and the relationship we keep have made easy to ask him any help related to Karate. The fact that he has met a wide range of masters makes even more praiseworthy my AMDIRATION, RESPECT AND GRATITUDE to him. He is a master and person from whom you can learn both inside and outside the mat.

Master Oliva is one of the pioneers of Karate in Spain, and surely one of the most representative people.

He was born on February 16, 1948, in Lloret de Mar (Girona). Soon he was attracted by Martial Arts. In 1966 he moved to Madrid to study hotel management, languages and philosophy and he started practicing Hapkido under the guidance of Master Yong Hoon Cho. It was the time when Karate was forbidden. In

addition to 2nd Dan in Hapkido, Oliva got then the 3rd Dan in Taekwondo under Master Jae Won Kim's teaching.

Since 1968, Oliva began his career in Karate, and in 1970 he won the 1st Spain Championship, which he repeated five times in a row. In 1974 in London, he was proclaimed runner in the Europe Championship, representing Spain on multiple occasions, including the World Tournament in Paris and Long Beach in 1972 and 1975 respectively.

After withdrawing from the competition, he was appointed Technical Director and National Coach of the F.E.K (Spanish Karate Federation), and Spain achieved, under his leadership, ten individual medals and the team title at the 1980 World Championship, held in Madrid.

Following this success, Antonio Oliva decided to withdraw from any federal activity as it absorbed much of his time and he is now focused on his personal practice, on his family and on his gym, as well as on his research and publications.

Finland and Australia are placed under his coaching, both of them getting two world championships. After them, more than twenty countries have hired him to teach his lessons and lead their training. All this has made his system of training of Sports Karate be known and respected throughout the world.

In 1994 he left the legendary gym located in Madrid, to devote himself exclusively to his courses (mostly international), his continuous research and personal enrichment through different cultures where he is immersed through his multiple and continuous travel around the world. Today, he remains in that difficult way, yet walked with the illusion of a beginner.

Antonio Oliva has very clear ideas and it is very interesting to know them. For him ... **"The Karate, like Life, is a school of learning in which the great masters are the pleasure and the pain and the great lesson to learn the Love"**

For Master Oliva, Karate is a means to help balance and unification of the world.



Antonio Oliva Karate Do

The basis of his thought is largely in line with that of the Japanese tycoon Ryoichi Sasakawa, promoter at the time of the World Union of Karate.

Antonio Oliva also sees in Karate and in the world the need to fraternally unify the people.

"I am in favor of any unifying trend and against any divisive current. A resounding NO to the domination and manipulation of a man to the other. From my perspective, races, religions, nationalities, borders, barriers, as well as any other form of sectarianism are over.

The world of my dreams and aspirations is based on a united humanity and an equally united Karate-do, a great brotherhood in harmony with itself and with the environment.

I base that statement, of course, on the fact that we are all children of the same Father. Life is fight and, consequently, every human being has to fight in order to live. It is also true that every man carries within himself a warrior, a fighter or a combatant - call it as you want -, being Peace, Harmony and Love the objectives of that fight and never the ambition, dominance or power.

The kind of fight I am talking about is based on principles and values of higher-order. Otherwise the sword of the warrior will be aimed in the wrong

direction, leaving destruction, chaos and desolation behind".

Many people wonder how a philosophical, deep Antonio Oliva, can coexist with and a very athletic and competitive one. Here is his answer:

"You can't reject the fate. Since my early childhood I was forced to fight, I was clinically dead and I had to compete against death to keep me alive, and this has been a constant in my life. I began to practice Martial Arts as a personal quest. Through Karate I discovered competition and met many interesting people. The competition opened its doors to me, with its sweetness and bitterness. At the same time it brought a vision of the world and a cultural and sports knowledge I didn't have.

Today, thanks to my experience and knowledge in the field of high level competition, I get job offers from all over the world to take part in the projects of wide-ranging technical and scientific development. I have friends all over the planet, I'm happy with what I do and I bring happiness to those around me, all of which makes me feel good and allows me to live.

Every time I leave this field I feel like a fish out of water and don't give 100%. Clearly, this is my field of farming and that is where I give my best".

But Oliva takes into account the dangers that lurk in the competition and knows to

differentiate them exactly from fair play in sport.

"The competition, like any other human activity, has its pros and cons. On one hand, it helps young people to improve themselves through discipline and effort, to acquire healthy habits, to keep a balanced relationship with the environment. On the other hand, it allows them to assess themselves and see themselves in relation to the others respectfully.

In short, it helps young people to grow, understand, respect, mature, etc... Humiliating and unfair competition should never be encouraged, praising some people and disparaging others. The competition allows young people from around the world to meet, know and twin. It is a universal language that generates cultural links among young people around the world. The competition, even if it has a short life, is tremendously interesting, passionate and successful. The time for competition finishes soon but friendship and camaraderie among competitors are kept. It is an access to the world both for the athlete and for the coach and organizer. Thanks to competition, East and West come together in brotherly hug and the 5 Continents work together united by universal values of order".

I of course agree with him (how not!), but the lost of those values, for the only and obsessive search of triumph, is sad:



4. Antonio Oliva teaches to Prince Felipe the Art of fighting with Empty Hand (Kárate-Do), in 1976.

5. Course of Arbitration the International celebrated in Edinburgh (Scotland), year 1978. The Spanish referees did his first pinitos at international level and Antonio Oliva was among them.



6. D. Celestine Fernandez to -1er. president of the FEK - accompanied by the Master Jae Won Kim and Antonio Oliva, is photographed on the occasion of the exhibition of Kárate for Their Majestys the Kings of Spain, realised in the Palace of the Zarzuela of Madrid, in the Summer of 1971. 7. His Majesty the King greets to Antonio Oliva in a demonstration of self-defense that took place in the Assembly hall of the INEF of Madrid, being his Director D. Jose Maria Cagigal, year 1973. 8. National equipment that represented Spain in the Championship of Europe celebrated in 1972 in Paterna (Valencia). Hieronymite Ruiz, Antonio Piñero, Juan Hernandez, Antonio Oliva and Luis Beamud formed the Spanish Equipment. 9. Encounter the International of Kárate realised in the Palacetto of the Esporto of Rome, between the selections of Spain and Italy, year 1973. 10. Combat corresponding to the end - between Antonio Oliva and Manuel Comet - corresponding to 2º Championship of Spain de Kárate, Saragossa - May of 1971. 11. Excellent technique of lateral kick in jump, Yoko-Tobi-Geri, realised by Antonio Oliva in its gymnasium of Madrid, year 1975. 12. Dominique Valera, Bill Wallace, Antonio Oliva and To the Dacascos in III the Championship of the World celebrated in Long Beach (the USA) in 1975. Antonio Oliva participated like referee, trainer and competitor simultaneously. They were its beginnings like National Selector.

"This problem should not be attributed to the competition, but to the man. The man of the twenty-first century is a person who is complicated and full of complexes and fears, which contaminate everything he touches, including his own life.

There are many calls for attention made by men, such Cubertine and Cagigal in this regard. However, the governments tend to justify their budgets and their policies based on results "at any price".

When will we understand that the first and last aim of Sport is to reach the

top of oneself and not be above the others?"

The philosophy of Antonio Oliva goes in a direction and, if the Karatekas turn away of it, these kind practices will not be more than mere physical movement and even schools of violence. Therefore, Oliva's thoughts are of vital importance as a reflection and safeguard of what karate, martial arts and one's life should be, to continue enjoying this special message.

"We are all special. Each person is special, every being is a unique creature, each man holds a whole world of possibilities and potentials.

We need to discover, revitalize and launch outside this great being that everyone, absolutely everyone, has inside.

Each of us must discover this through our own experience, even if we do this in a free, informed and voluntary way. Once this has been achieved, we have to put it at the service of society, without falling into the affections of its own".

Antonio Oliva has lived more than anyone the development occurred in the way of practicing Karate through the ages in the past forty-five years. For him, some aspects have changed significantly.





**"Formerly the rank of a
"Karateka" was valued
not only for his skill and
dexterity with the gi,
but for his spirit or do."**

**"When will we
understand that the
first and last aim of
Sport is to reach the
top of oneself and not
be above the others?"**



"In Spain, more than 40 years ago, we were just a few who practiced karate and we were in secret because it was forbidden. At the time, the slogan was practicing and being silent. It was a reserved and austere practiced, where discretion and submission were of vital importance. Outside the mat, the relationship among students was weak or nonexistent. The voice of the Eastern Master was the law.

Today everything is different, the Karate has grown and it has expanded geographically, and almost all families have any Karateka among their members. The high level competition has become the eater of budgets which are closely linked to results and medals.

Formerly the rank of a "Karateka" was valued not only for his skill and dexterity with the "gi", but for his spirit or "do". Nowadays, the range of people linked to Karate is much higher and the values, with some exceptions, have nothing to do with those of yesterday."

Many old Karatekas, and I have also seen it in hundreds of people, for some or other reasons have disappeared from the scene of Karate, not only from the public but also from the private scene.

Not only Oliva hasn't stopped practicing Karate, but he is very clear about the secret to go on forever.

"The important thing is to not lose the illusion of the first day of class. If you lose the illusion you will leave free way to the routine, boredom, and other disappointing aspects, until you end up abandoning the practice and doing another activity".

Antonio Oliva has received technical education throughout his life from different teachers. Among them we can include: Yong Hoon Cho, Jae Won Kim, Atsu Hiruma, Yoshinao Nambu and Masatoshi Nakayama. Dominique Valera, Steve Arneil and Otti Roethof have given him other kinds of knowledge and inspiration. Everything is positive if a clear mind channels the data and knowledge in the right direction. Of course, he has also met many masters around the world through his travels and activities.

"From Yong Hoon Cho, my first master, I learned perseverance and affection for the practice, as well as a deep respect for people.

From my second Master, Mr. Jae Won Kim, I learned the spirit of combat. From Atsu Hiruma, Kata and wisdom. From Yoshinao Nambu, elegance and functionality. From Masatoshi Nakayama, humility and pedagogy. From Dominique Valera, competition and ambition. From Steve Arneil, the art of training and motivate others. From Otti Roethof, concentration and determination. But those who taught me most

were my opponents and my own mistakes".

I have always considered Oliva as the Spanish Master of Masters. I also know that "no one is a prophet in his own land" and Oliva is not an exception. Actually I think that his value is recognized, but perhaps once again political views, jealousy... have done that at times certain positions have been filled by easy-going people... rather than those of most worth. Anyway, this is my own opinion, and it is possibly based on the imagination ... or maybe not. In any case, it is true that in recent years Oliva moves much more abroad than in Spain.

"I said before that my field is education and not politics. So far I've coached in over 50 countries and more than 25 different national teams, half of which are present in the global medal. I still teach those who want to learn from me, either inside or outside Spain".

But along with that thought, Antonio is human and admits that some of the decisions he has had to take throughout his lives, have not been easy:

"It was very hard for me to stop training the Spanish Team of Karate when we were achieving important triumphs, I had given my heart and soul and those ties don't break so easily. It is true that my irrevocable resignation closed the doors of a certain sector of the Spanish karate, but it is also true that the rest of the world opened theirs to me.

The days that followed my resignation were politically very turbulent and I totally believe it is clearly unfair for me to have suffered the consequences both at the loser and at the winner side. It was an important lesson... perhaps the toughest of all".

The tirelessly search of Antonio Oliva, his observer and researcher character, his experience and learning taking from each place and each moment... the best things, have made of him one of the most interesting people within the panorama of Karate in the world.

"There are a lot of young people who are currently in need of an Ideal. The Martial Arts and Combat Sports are carriers of that ideal and those of us who are dedicated to their teaching must do our best for the ideal and young people to come into contact.

Some people think that if Karate enters the Olympics will improve and many of the problems now plaguing it would disappear.

In my view, the Ideal I have just mentioned no longer exists within the so-called Olympic sports. Olympic

sounds gold-silver-bronze medal, that is, from the Olympics they are still worshipping the golden calf, they are still overestimating some people and understating others, they continue to raise a few and humiliate many others. The Karate-do goes in very different paths. It's just different. I would describe it as an Initiatic Way of Higher Order, pursuing the complete realization of the individual and the species through an honest, deep and intelligent practice.

If many people linked today to the Olympics were no longer lavishly paid, they would stop practicing sport at that very moment. The Karatekas, on the other hand, if they are removed from any organizational, federal and even Olympic link, they will still practice with equal or greater force, because they believe in what they do, they have an ideal on which they are supported. They are based on opposite postulates. Karate has a message, credibility, whereas in the Olympics there is no message anymore. It died".

In fact, Master Oliva speaks from the heart, and of course, without any pressure, which gives his words, a special taste, an emphasis, an enormous clarity and a huge honesty. He insists...

"I am in favor of an Olympics free of servility and in favor of a Karate-do also free of manipulation. In short, no one can be on both sides at once, you are either on the side of Karate-do or on the side of Karate-dollar".

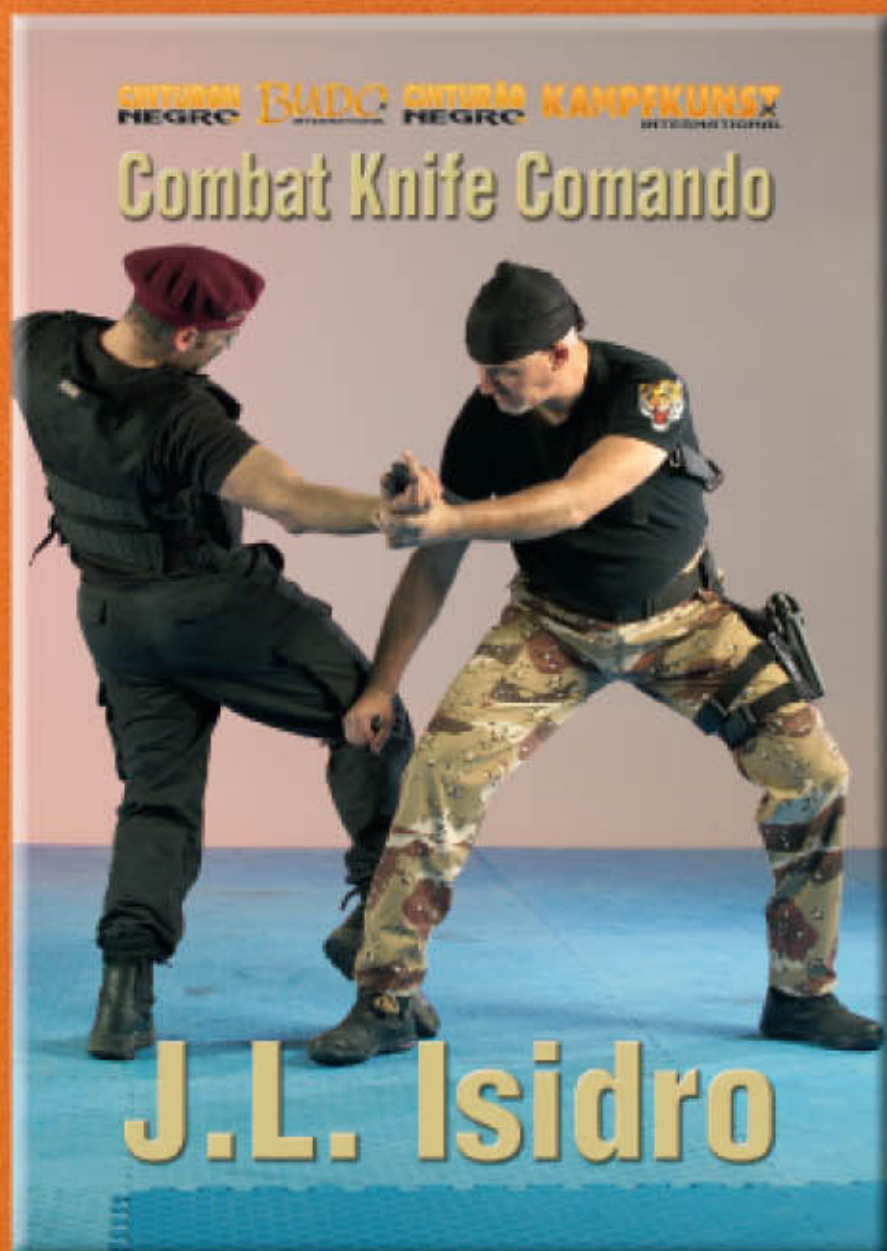
Thank you, Master.

"Salva, don't call me Master. There was one Master and we crucified him. Just call me Antonio, or if you prefer it, call me teacher, colleague, friend, brother, or any other thing, but not Master".

Thank you, friend.



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Aiki Jujutsu

合気柔術

Text: Shidoshi Jordan & Juliana
photos: © www.budointernational.com

The Origins of Aiki Ju Jutsu are shrouded in mystery and confusion. Perhaps this is due to the overwhelming success of Aikido, which literally bolted down formulations of lineages such as the one about Sokaku Takeda himself and, of course, about other even less known Ryu.

Shedding light on this matter requires a thorough knowledge of the field and the access to certain original and very old manuscripts in Japanese. Only someone like Shidoshi Jordan could do this work, while he show us some of the oldest forms of Aiki Ju Jutsu, as they are practiced in the Ogawa Ha. An interesting work that serves as an introduction to his latest video on this subject, particularly interesting for the lovers of Aikido and traditional formulas of combat in feudal Japan.

Alfredo Tucci



Ogawa Ryu

Arts from Japan



Traditional Arts from Japan

D After several conversations with renowned masters from different traditional schools and personal investigations related to the topic, we have come to the conclusion that, unfortunately, it is very difficult to describe exactly the path to the creation or to what have been the foundations of the complete history of Aikijujutsu, since the documentation about this noble art hasn't been historically well compiled, so that what we have are versions orally transmitted that we believe are quite close to reality.

First, the story leads us to Yoshimitsu Shinra Saburo Minamoto, a famous samurai of Seiwa Genji-han (descendant of Emperor Seiwa; the addition of Genji shows hereditary lines that received the title for descendants who weren't heirs, creating specific clans who took the name of the Emperor they descended from), about 900 years ago. Emperor Seiwa (Seiwa-tenn, 850 - 880) was the 56th Japanese emperor, he had thirteen empresses and eighteen children, including Imperial Prince Sadasumi (873 - 916), Minamoto no Tsunemoto's father (894-961) - Prince Teijun's younger brother and founder of the line Seiwa Genji, whose descendants were the Shogun of Shogunato Kamakura and of Shogunato Ashikaga, whose Shogunato Tokugawa claimed descendant.

The rise of Aikijujutsu is attributed to Minamoto no Yoshimitsu, although there are those who believe that this art comes in its foundations from prince Teijun (850-880 BC), Emperor Seiwa's sixth son, whose study he developed was based on the foundations of Ai-Ki. Aikijujutsu would have

been kept secret as the art of the family.

In those days it was common for masters of martial arts to dissect corpses to better understand the working of the human machine and to make progress in anatomical and functional knowledge, to improve skills for war.

Minamoto no Yoshiie (1039-4 August 1106) was born in the fifth generation of Seiwa Genji, during the Heian period; he was considered a great warrior, whose fame also stood to his younger brother, who was also a great General, called Yoshimitsu (1036 - 1137) - Shinra Saburo Minamoto Yoshimitsu - founder of Daito-Ryu. Yoshiakiyo, Yoshimitsu's grandson, stayed in the city of Takeda (provincial Kai) and took the name of the "Takeda" family and lineage "Kai-Genji" Takeda.

Aikijujutsu 合気柔術

合 Ai: harmony, love

気 Ki: energy, life force

柔 Ju: flexibility

術 Jutsu: art

It is said it has its origins in the art of the sword, the Kenjutsu, when in the battles there was no other





solution to defend than the concept of Sukima (empty). The Sukima represents a basic foundation of Aikijujutsu and means to avoid an adversary (originally carrying the Katana sword) get his goal, by using just the concepts of the four elements, water, fire, air and earth. From that principle came the first movement which forms Aikijujutsu today.

It has never been discussed so much about the veracity of the skills applied in Aikijujutsu and hence in the arts derived from it. The practices of Seiteigata foster the building of the thinking of the time when swords, spears, Naginata, etc. were

“Once Uke begins its movement towards Tori, it is already creating a field of action of the energy”

in each technique, as the interval of each element and its positive and negative construction, known in Eastern medicine and in Taoism as constructive and destructive cycle.

Since the early days, the two archetypal poles of nature were represented not only by the clear and dark, but also by the masculine and the feminine, by the inflexible and the docile, by the up and the down. Yang, strong, masculine, the creative power was associated with heaven, whereas Yin, dark, receptive, feminine, material, was represented by earth. The sky is up and is full of movement. The earth - in the



the most dangerous weapons. Certainly the wisest masters adapt these concepts and thoughts, making them applicable in any situation. For the most part, many people used the strategies - Heiho - as sources of inspiration and adaptation to real, empirical situations. If these - strategies (heiho) - are part of the studies of Aikijujutsu, they will certainly be using the techniques of this art.

The reality of each attack is at the time of its application. Uke and Tori shared the same kind of wisdom in the time of its application; but each one does it in its own way.

We all know the importance of each breath inside the forms and technical applications of Aikijujutsu, and its link with the elements, air, water, fire and earth. Each one within its own form of inspiration and expiration alters and determines the quality of Ki emerged during the movements. Another important point of an even deeper study is the relationship

“The reality of each attack is at the time of its application. Uke and Tori shared the same kind of wisdom in the time of its application; but each one does it in its own way”

old geocentric conception - is down and it rests. That way, yang went on to symbolize the movement and yin the rest. The action of Uke becomes Yang and is transmuted to Yin when Tori began its trajectory.

Once this communion has started in the form of art, those two forces (Yin and Yang) are reflected around us where we train. If our movement shows a good balance between the symbols of Yin and Yang, the forces around us will be in harmony, bringing the feeling of technical harmony and symmetrical perfection. If there is an imba-

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lance, what follows is a bad feeling and the decompensation of the forces taking part in the movement.

The first point of this fragmentation is the separation of the myth and the empirical thinking. One thing is true, we are all energy in movement, but what kind of energy? Mystics report an invisible kind of energy, but present. Science talks about an electromagnetic energy.

Aikijujutsu has to do with the awakening, as it directs the body that follows the flow. It is the moment when Tori and Uke become One - from there, the virtue of being a part of the three levels is discovered: physiological, psychological and energy (Ki) - movement and breathing become one (Kokyu). It is the moment when, through it, we are able to access all of them. "Ki wo Tsuzukete" is nothing more than to give continuity to the energy... Nagare - the only process of Tada Ima both

voluntary and involuntary. If we want it, we can speed up, slow down, stop and start over the pace of every moment. Once the union of Uke and Tori has started, it is possible to exhale it - the Ki - and make it more superficial or deep.

Once Uke begins its movement towards Tori, it is already creating a field of action of the energy. In communion with

Tori, this field of action is mutable and progressive.

The interaction of these two points, Tori and Uke, in the atmosphere

creates a good or bad reverberation of this energy. In fact, it is the cycle of the elements that can be constructive or

destructive, and that will generate the positive or negative quality.

Inside the geometric line of thought we can define the Dojo as a square, the man as a triangle and on both of them, the circle. The square would be the earth and the circle would be the sky. The man is the axis of union between these two poles of energy. Magically, we can say that once such information has been assimilated by the energy awareness, we discover two important aspects: the harmony of "Yu" (totality), the interaction and the "Mu" (empty).

In the Yu we will harmonize the whole with the whole, where the movements are symmetrical and perfect in their performance. In the Mu, the movement seeks the disconnected interval from each moment and the time for the energies to be stopped and all external energy stabilizes. However, we know that in reality the external energy never stops, but once they are in communion with the circle, the triangle and

the square, now in descending order, we can perceive the creation of a field. This field makes emerge that transformer of the moment





where the energy is alive... But if we place energetically one moment, we will be out of the conception of art as an inherent and not historical entity, and the clarification of this moment and its construction would favor the union of YU and MU. But you have to discover the influence of each moment experienced by Tori and by Uke, trying to identify in them their underlying ideology - which is the ideology of Tori as the observer is the meaning of the real and genuine reflections of each movement.

Although many of the harmonic movements in Aikijujutsu and the arts derived from the concept of Aiki are established through the circle, if we look in depth, in each one there is a point that is associated with the beginning and the end of the movement. This point, in many cases, can be referred to as "Teihaku." In Japanese language, Teihaku translates literally as "anchoring", meaning in this case the point where we anchor the force of Uke.

Musubi - first contact between Tori and Uke with the energetic surface of the opponent. More basic and balanced composition. It is the point at the center of the plan. In the specific case of Musubi, as in this kind of interaction, the force of friction mainly depends on the normal

"Hodoku is every form which releases and allows to go away from the attacks of Uke. This can be divided into "Kaiho Suru", where Tori is released from the energy used by Uke (grabbing, trapping, immobilization) and "Ugokasu", which allows Tori to go away from any possibility of a future attack"





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Traditional Arts from Japan

force that presses one surface against the other and the roughness of the surface and it has a certain value if a body is stopped in relation to another, and another value, usually lower, if there is a relative movement between the bodies.

At all points worked in the energy, we will find both aspects, positive and negative, of each form. Thus, in the same way as in the study of Musubi we find the different ways to imprison a Uke, we must also find ways to get rid of it. These two forms set the two poles which increase the importance of Musubi in the practices of Aikijujutsu.

Shibaru is all the way to tie, catch and capture the adversary's energy. This energy can be trapped in the place where it takes place - Ichi Shibaru (trapped in the specific determined point) - and away from the grip, affecting somewhere else where the energy of the Ki Tomeru moment is kept (interrupting the energy).

Hodoku is every form which releases and allows to go away from the attacks of Uke. This can be divided into "Kaiho Suru", where Tori is released from the energy used by Uke (grabbing, trapping, immobilization) and "Ugokasu",

which allows Tori to go away from any possibility of a future attack. In these two areas we will find a unique way of internally taking the first step to understand the moment of Musubi and its reverberation in the clarification: gift! The gift of Tori against the will of Uke.

Such procedures would allow us to penetrate the meaning of art itself, allowing us to check the backgrounds of each energy and the performance in the trilogy of square, triangle and circle, now in increasing and dominant order, distinguishing them from those who are truly trapped and stopped. Maybe there lays the principle of understanding Nagare - fluency.

"At all points worked in the energy, we will find both aspects, positive and negative, of each form. Thus, in the same way as in the study of Musubi we find the different ways to imprison a Uke, we must also find ways to get rid of it"



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In Aikijujutsu, the reality of each attack is at the time of its application. Uke and Tori share wisdom in relation to time; however, each one makes things its own way. The effectiveness of this art, coming from the Samurai era, lies in the quick neutralization of an attack, emphasizing the use of time, and combining harmony (Ai), energy (Ki) and flexibility (Ju) in an armoury of techniques and manipulations to control, dominate or hurt the attacker. Just someone like Shidoshi Jordan could undertake this work, particularly interesting for lovers of Aikido and of traditional formulas of Japanese feudal combat.

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The final arbiter

Sometimes I wonder if a sensei is like a person who is yodeling in a canyon. He can hear a lot of echoes but wonders if anyone can hear him.

Mukai and I had many questions in our minds but the main question was, "Why do men fight? If the teaching of the martial arts is successful, why so many fights? What has happened to peace and goodwill among men?"

"When all else fails," sensei answered, "combat is the final arbiter. Only when man can rid himself of the prejudices against his fellow men and eradicate man's inhumanity to man, can he eliminate combat as the final arbiter!"

"In other words," Mukai asked, "we must perfect our skills so that no one dares to attack us. Are we correct in assuming that?"

"Unfortunately, that appears to be the case at this point in
h u m a n

development," sensei replied sadly. "Try as we may to show the way to the conquest of self, I am afraid that strength is more attractive than humility. Self-perfection does not appeal to man, in general."

When I asked our knowledgeable **instructor** how many sensei tried to teach their students the way to self-perfection and how many students have heard their sensei, he told me about Odagiri Ichiun.

Odagiri Ichiun (1629-1707) was, in the opinion of the great swordmasters of Japan, probably the greatest of them all. The consensus of historians list four, namely:

Odagiri Ichiun, Hariya Sekiun, Yamauchi Renshin and Kaneko Mugen. And they all list Odagiri at the top.

At age twenty-eight, Odagiri met and studied with sensei Hariya Sekiun, age sixty-two. Hariya Sekiun had no peer in Japan at the time, and mind you, this was in the era of Yagyu Tajima no kami Munenori. Out of the thousands that Hariya Sekiun taught, only Odagiri Ichiun satisfied his sensei, who said, "You are the only one."

In an age of combat, where every move was a matter of life and death, students in the martial arts were mainly interested in development of strength and skill and cared little about the dignity of man. Kill or be killed was the main idea and all training pointed to that end - no second place winner.

Hariya Sekiun, nevertheless, said, "The worth of a man can be measured in his dignity and morality. Without such, we are animals. Technical skill is of no avail against a man who has mastered himself. Such a man does not fear life or death."

Such a man can never be defeated. Such a man need not fight.

One warm summer day,
two samurai were
passing by the
Sumida

river when one suddenly grabbed the arm of his companion and said, "Look, isn't that Odagiri?" and he pointed to a samurai sitting on a huge rock, peacefully dozing in the warm sunlight.

"Yes, it is the great Odagiri," the other replied. "This is our chance to become famous. I shall creep quietly up behind him and strike him on the head with my sword. He is dozing and even a person with magical powers cannot avoid such an attack."

The samurai then crept quietly towards Odagiri Ichiun as his friend watched with bated breath. Odagiri kept dozing. As the samurai approached the dozing warrior, he raised his sword and struck. Once, twice, three times!

As the **other** samurai later explained to an awestruck and incredulous crowd, the first blow missed as Odagiri, dozing, nodded his head and swayed out of range with his body. The second blow missed as Odagiri completely swayed in the other direction, and when the third blow descended, Odagiri still dozing, raised his hand, grabbed the samurai on the wrist and flung him forward to the ground.

"And what did Odagiri do then?" the listeners eagerly asked.

"He just kept dozing as if nothing had happened," came the answer.

Odagiri Ichiun had gone beyond mere technical efficiency. He did not need a final arbiter.

Man of the iron fist

On Okinawa, there is a small place called Gushikawa Village. It is off the beaten path and not too well known by the karate students of today, but it once was the scene of one of the martial arts most colorful legends.

There is a certain tree in the village which is still the topic of much discussion among local residents. This tree first became famous around the turn of the century when a villager named Agena made history.

Agena, nicknamed Tairagwaa (the small calm one), was born in the tiny village in 1870, the first son of an upper middle class family. As a youth, he became one of the first non-noblemen to take up karate and though only a commoner, was affectionately referred to as a living bushi (a samurai warrior).

Despite his slight physical stature, he was obsessed with the thought of becoming a man of the iron fist



Sensei Richard Kim



and steel fingers. He pursued this objective with extreme dedication, eventually developing a fist like Thor's hammer.

Unlike most karate masters, Agena never opened a school, but instead continued working exclusively with his own fist and fingers until they were capable of performing the incredible feats for which he is now remembered.

One particular day, so the legend says, Agena visited his friend Tengan Matsu. Tengan knew Agena had developed his hands to an extraordinary degree which bordered on the supernatural. Tengan opened a bottle of sake and after a few drinks, said, "Agena, I'll make a bet with you. I bet I can rip off the bark of that tree there faster than you can. The wager will be five pounds of meat. What do you say?"

"Aw, come on," replied Agena, smiling. "Forget it. Drink up. Anyway, it is a silly bet. You have as much chance as a snowball in hell."

"No, Pm serious," insisted Tengan, "but there is a condition. I use my chisel and you use your hands. After all, you are the man with the iron fist and steel fingers." Tengan smiled, feeling secure in the knowledge that even Agena would not take up such a bet.

Agena then jumped up and said, "Get ready to buy me five pounds of top sirloin. I'm not asking for filet, Just top sirloin", and he ran to the tree. Tengan followed with his chisel.

Tengan called the village headmaster as referee and on the mark, they started.

Tengan was thinking, "Agena must be drunk. I wonder why he took up such a bet? How can he beat the chisel, no matter how strong his hands are?"

Agena repeatedly punched the tree with his fist, loosening the bark and ripping it off with his fingers. First punch, then rip, and the bark came off in wide strips. Within two minutes, he had punched and ripped off an eight-foot strip, while Tengan had barely come down only one-third of the way.

Tengan threw down his chisel and admitted defeat. By now the village people had heard what was happening and had gathered around the tree, wondering how Agena could manage to do what he did.

Tengan went off to the market place and bought the meat. With the help of the village headmaster and his family, both friends finished off the meat and a few extra Jugs of sake.

There are many episodes about Agena and his steel fingers, but it is said he never hurt another human being, and in times of self-defense, merely subdued his assailants rather than killing them. Agena was a master of himself who behaved truly to himself. He died in 1924 at the age of 54.

**"Without balance,
you are nothing.
With balance, every
movement you make,
mentally, physically,
spiritually, should
reflect the readiness
of a hawk hunting a
prey and the
concentration of a
leopard stalking a
game"**

Balance

The oddest character I have met in the martial arts was Hsu. He was a monk, a philosopher, a linguist, and a martial artist. No one, as far as I know, knew where he lived or where he came from.

When I met him, it was a typical hot, muggy summer day in Shanghai. As usual, those who could afford it were spending the summer in Tsingtao, on the beach, or in the mountains near Hangchow, to escape the oppressive heat. I spent my time training or looking for martial artists.

Ota and I were walking up Bubbling Well Road and had just turned the corner towards the Shanghai market when we saw a large crowd watching something. Out of curiosity we joined them. It was then I saw Hsu. He was sitting on the ground in a lotus position, naked from the waist, shaven head glistening in the sun. A swarm of mosquitos was flitting around Hsu, with some on his arms and shoulders, sucking away at his blood. I noticed there were no mosquitos bothering anyone in the crowd - all the mosquitos seemed to concentrate on Hsu, but the mosquitos that had alighted on his body soon fell to the ground, unable to fly. I believed then (as did the others) that the mosquitos had so satiated themselves they could not take wing. But we were wrong. The mosquitos had dropped dead. I could not believe my eyes. The crowd dispersed as two Sikh policemen arrived. Hsu stood up. He was of medium height and in street clothes, not physically impressive. In fact, outside of his shaven head, he would have passed unnoticed in a crowd, except for his eyes. They were something, whenever he looked at you, it was as if he could plumb the depths of your soul.

Ota and I stood there watching him. He went to the Sikhs and said something. They nodded their heads and left. He then turned, saw Ota and I, and said in perfect Japanese, "Are you students here in Shanghai?"

"We are from Hawaii," I replied, "and we are travelling."

After a cup of tea, I asked him where he had learned to speak Japanese. He just smiled. Later, I found out he spoke eleven languages. The outcome of our first meeting was that we could train with him, and so began my adventure into an aspect of the martial arts entirely different from what I had been exposed to.

Every morning we met at Sessfield Park two hours before sunrise and trained till the sun came up. All we did was walk in a circle. Then Hsu would leave without a word. Autumn, winter, spring passed by and we did not miss a day. When summer came around again, I realized that a year had passed by and I was still walking in a circle, watching my finger tips. Many a time I told myself, "What the hell are you doing walking a circle and contemplating your finger tips? Man this is odd." But something told me to keep on going.

Then one morning Hsu did not show up. We trained anyway. Three days passed and he finally came. For some reason, Ota and I knew that we would never see him again. I still remember his last lesson.

"The ultimate is a circle and all movements are based on this circle," he said. "Going in a circle you have learned how to keep your trunk in a central position. You now have balance which is the foundation leading to the mastery of the martial arts. Without balance, you are nothing. With balance, every movement you make, mentally, physically, spiritually, should reflect the readiness of a hawk hunting a prey and the concentration of a leopard stalking a game."

I asked him, "How come the mosquitos dropped dead?" for I knew balance had nothing to do with that. He smiled and said, "They were poisoned." I have never learned how to poison mosquitos by letting them take swigs at my blood, but I have learned the importance of balance.



Altogether, they have eight belts, four of them as champions of the two biggest events of all time, Pride and UFC, in their respective categories. As if it was not enough, Rodrigo Minotauro (heavy) and Anderson Silva (middle) decided to join forces to form the largest team of MMA nowadays, the Minotauro Team.

As we have seen in recent editions, in 2007, with the end of Pride and the growth of the UFC, where the athlete is more valued than the team, there was an "emptiness" of the main teams of MMA in the world.

Faced with the new reality and having being offered millions in the UFC, some stars like Rodrigo Minotauro (BTT), Wanderlei and Shogun (Chute Boxe) have chosen to stop paying high rates to their teams, which at the time of the Pride played roles of representation and training, to invest in creating their own CT's (training centers). Regardless of the specific reason for each of them, the fact is that these changes

have created a new paradigm in the MMA. The two biggest teams in Brazil have lost in overnight their biggest sources of revenues and, in order to keep their structure, they have had to reduce costs and invest again in new talents.

After leaving the BTT in May 2007, Rodrigo Minotauro, his brother Rogério and at least a dozen followers, who called themselves Minotauro Team, have spent several months training in provisional CT's. For the debut against Heath Herring at UFC 73, Rodrigo was divided between the dojo of X-Gym, the octagon at Vitor Belfort's house and the ring at his friend Carlos Azevedo's house, but finally, before the UFC 81, he made his dream true of fighting for the belt training in his own CT.

The new Nogueira's headquarters, built on a land leased for 10 years in "Recreio dos Bandeirantes," Rio de Janeiro, can now be considered one of the best equipped in the world. With a ring of dimensions like the Pride's ring, an octagon almost the same as the UFC's and a surface of tatami of almost 300m², the new headquarters also has a fitness area and five bedrooms. But the detail is the innovative decoration of the CT, made with enormous murals, faithful reproductions of Minotauro's fights against Bob Sapp and Cro Cop; of his brother Rogério's fight against Mauricio Shogun and Anderson's fight against Carlos Newton.

Text: Marcelo Alonso

Photos: Marcelo Alonso & Josh Hedges (© UFC)

MINOTAURO TEAM: A BELT FACTORY made in "Minotauro"





Less than two months of its inauguration left, the Minotauro Team can now be considered the greatest team of MMA in the world. After all, no other team of MMA in the world has two belts of the world's largest event, the UFC: Anderson Silva (up to 83kg) and Rodrigo Minotauro (heavy).

Brazilian Rocky Balboa

In less than two months, since its inauguration in January, the new team has got a series of incredible victories.

After a year without fighting (since the Pride) Rogério Minotauro came back to the MMA rings in February, knocking down Todd Gouwenberg in the second round with knee blows, in the Canadian event Hardcore Championship Fighting (HCF).

One week later it was his brother who won the UFC Heavyweight belt and was enshrined as the only fighter who has heavy belts of four events (WEF, RINGS, PRIDE and UFC). Rodrigo's victory in the UFC 81 was covered with emotion. After suffering a knock down in the first round and a delay in the exchange of blows in the second one, when the third round was starting, the Brazilian proved to be under a lucky star and got to pull the American to his guard and a sweep, going for the arm-lock. It was when Sylvia tried to turn and Rodrigo did a guillotine, forcing him to hit the canvas. "This fight has been as hard as the ones I did against Cro Cop and Bob Sapp, as it was tactically very difficult. I did his game for ten minutes and he did mine for two minutes. Thanks God I won", the champion of the event analyzed, hoping that Randy Couture will be back to fight against him. "I hope he will have an agreement with the event and will come to define with me who is the real champion" said the fighter from Bahia, who has completed a list of 36 fights and 31 wins (19 in

Above: The Minotauro Team: the only one in the world that has two belts of the UFC.

Below: Minotauro ending Tim Sylvia and conquering the belt of heavyweights in the UFC.

On the right: Anderson Silva, considered the greatest "pound per pound" fighter of the world nowadays, beating the Pride champion and unifying the two belts in the up to 83kg. category.





ending) and has been enshrined by local media as Brazilian Rocky Balboa, thanks to his ability to win impossible fights.

Anderson crushes Dan Henderson

Less than a month after Minotauro won the belt in the UFC 81, it was the turn to Anderson Silva to enter the UFC 82 octagon to prove why he has been considered the greatest "pound for pound" fighter of the MMA in 2007. After conquering the title of 83kg and beating three challengers who tried to take the title away from him (two knock-outs and an ending), the Brazilian genius has given a lesson (standing and on the ground) to one of the greatest fighters of all time, wrestler Dan Henderson (up to 83kg champion of the Pride), who had just come from two convincing victories over Brazilians in the Pride (Vitor Belfort and Wanderlei Silva).

"Until then, he had just fought against average fighters. Now he is going to face a real champion. I'm going to kick his ass and I will bring the belt back to the United States", the Pride champion said before the fight, dreaming of unifying the belts in the middle weights (up to 83kg) of the UFC and the Pride, with the support of his audience. With his usual humility, Anderson chose to reply inside the octagon. And he answered indeed!

After spending much of the first round below, the former fighter of the Chute-Boxe Academy started the second round determined to knock out. Dancing in the octagon, Silva used very well his larger size to keep a safe distance with jabs and chutes and defend all attempts of the American to fall. Not getting to make his game, Hendo ended in despair and he became an easy target for the Brazilian's accurate punches and knee blows, who then took him to the duel. On the ground, Anderson caught him by the back and ended him at the end of the

"Here we are all friends, the atmosphere is friendly among professionals, each athlete may have his own manager"

2nd round. Later Hendo admitted: "Definitely, he is very tough and has been better tonight", said the American.

With the amazing victory and the conquest of two belts in an evening, Anderson has equalled the record of his fellow with four belts (in addition to the UFC's and the Pride's, he had already conquered the Shoto's and the Cage Rage's). Yet the name he has conquered in the U.S. is already far more famous than Minotauro. The fighter from Curitiba said he was not concerned about the change of name of the team he represents. "Besides being a living legend of the sport, Minotauro is a great friend who has helped me when I left the Chute Boxe and they boycotted me, when I wasn't allowed to fight in any place. When I was thinking of leaving, he brought me back and helped

me to get this far. I am proud to be part of the Minotauro Team", said Silva excited, in an exclusive interview after his victory.

Apparently, the career of the winner from Minotauro Team has just begun. According to Luiz Alves, Muay Thai trainer of the team, in addition to the whole structure for training, the main difference in the team lies in the environment. "Here we are all friends, the atmosphere is friendly among professionals, each athlete may have his own manager" said Luiz, revealing that every professional athlete will spend 10% of his earnings for the team. This open and democratic system is bringing more and more fighters to Minotauro and Anderson's team, forcing the old teams to review the old concepts in order not to lose more professional fighters.



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S.H.O.O.T

One of the main problems a person may have during a confrontation (whether it is a citizen trying to defend himself or a professional competitor) is being able to keep the aggressor/adversary below him on the ground.

Of course, solving this situation is not a matter of knowing a specific technique, but of perfectly mastering the position on the ground, something that involves a good deal of knowledge and many hours of training. However, in some situations, there is a simple hold which is easy to use, and which may turn into a real nightmare for the opponent: in S.H.O.O.T. we call it The Hook.

The Hook is not a movement coming from any fight system based on grappling. If we apply the basic principles of M.M.A., we don't have to use the orthodox techniques of Martial Arts, Contact Sports or Fight Systems, but we will just seek to solve the difficulties that could arise during a confrontation, although the resources used are not used by most fighters.

Another distinctive feature of this movement is that when a fighter applies a technique, he normally tries to achieve something (hurting the opponent, ending the fight, taking advantage...). In this case, what we seek with The Hook is to prevent something.

The Hook is a form of hold, it aims to pin the opponent and prevent him from escaping. Of course, afterwards, we can apply blow techniques, endings or advance our position, but in order to do so we will need to control the opponent with The Hook, so this movement, although it may go unnoticed for its simplicity, it is worth analyze it.

How to perform The Hook

First, in order to use The Hook, it must be the opponent who starts the movement, to give us the opportunity to perform the hold. Being a ground technique, we are presuming that we have already succeeded at closing the gap between our opponent and us (probably using blows) and after pinning him in the clinch, we will get to put him under us.

The Hook from the guard on the ground

Let's suppose that we have fallen to the ground and we are between our adversary's legs. He will probably catch us with them and he will try to block any attempt of attack on our part. We must be very careful, ready to defend and prevent any attempt to end or escape.

If we are in a low position, the best option for our opponent will be trying to escape using a standing-up. If he does it, he will need to put his elbow on the ground to start to stand up, leaving his body in a lateral position. At that precise moment we will have the chance to use The Hook, passing our arm on his back to catch the forearm which is on the floor, grasping him firmly by the wrist (without using the thumb) to incre-



ase the power of restraint.

If we simply copy the hold visually, it probably won't work, because we will be ignoring one of the main forces that make this technique work: the use of the weight.

Once the adversary's forearm has been caught, we will slightly pull him towards us, while we push our body on him, placing our weight just above the hold we have achieved. In doing so, the adversary's arm will be caught and blocked, leaving it in a position very accessible to our blows and uncomfortable to defend, as the natural escape would force him to turn his back.

From here, always using the support of the blows, getting rid of the hold of his legs and getting to his back will be very simple.

The Hook from the mount position

Logically, if instead of being on the guard on the ground we were in the mount position, the performance of the technique would be

very similar for us, although the threat to the opponent would be much higher and its effect would be much more devastating.

When the opponent tries to escape from the mount with a standing-up and gets to put his elbow on the ground, we make exactly the same hold, letting our body's weight fall on the adversary's side. By varying the position and dismounting at the right side, once again we will have reached the opponent's back.

Naturally, The Hook, like all fight techniques, has some disadvantages and some systems to be neutralized, but by knowing how it works and by training the reflexes to catch the opponent with this resource, things will be easier during the fight.

THE HOOK

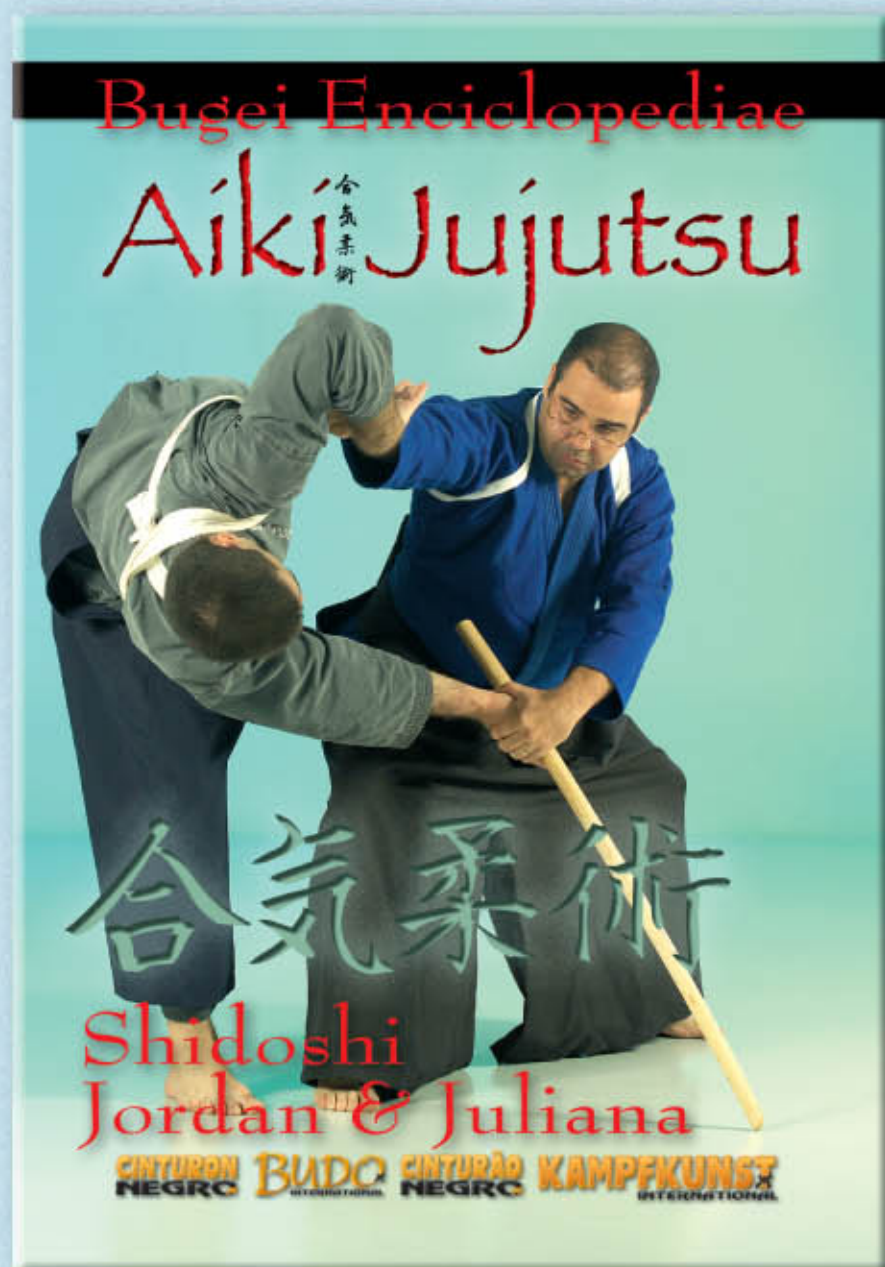


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Shidoshi Jordan & Juliana



In Aikijujutsu, the reality of each attack is at the time of its application. Uke and Tori share wisdom in relation to time; however, each one makes things its own way. The effectiveness of this art, coming from the Samurai era, lies in the quick neutralization of an attack, emphasizing the use of time, and combining harmony (Ai), energy (Ki) and flexibility (Ju) in an armoury of techniques and manipulations to control, dominate or hurt the attacker. Just someone like Shidoshi Jordan could undertake this work, particularly interesting for lovers of Aikido and of traditional formulas of Japanese feudal combat.



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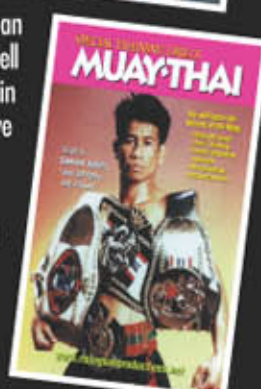
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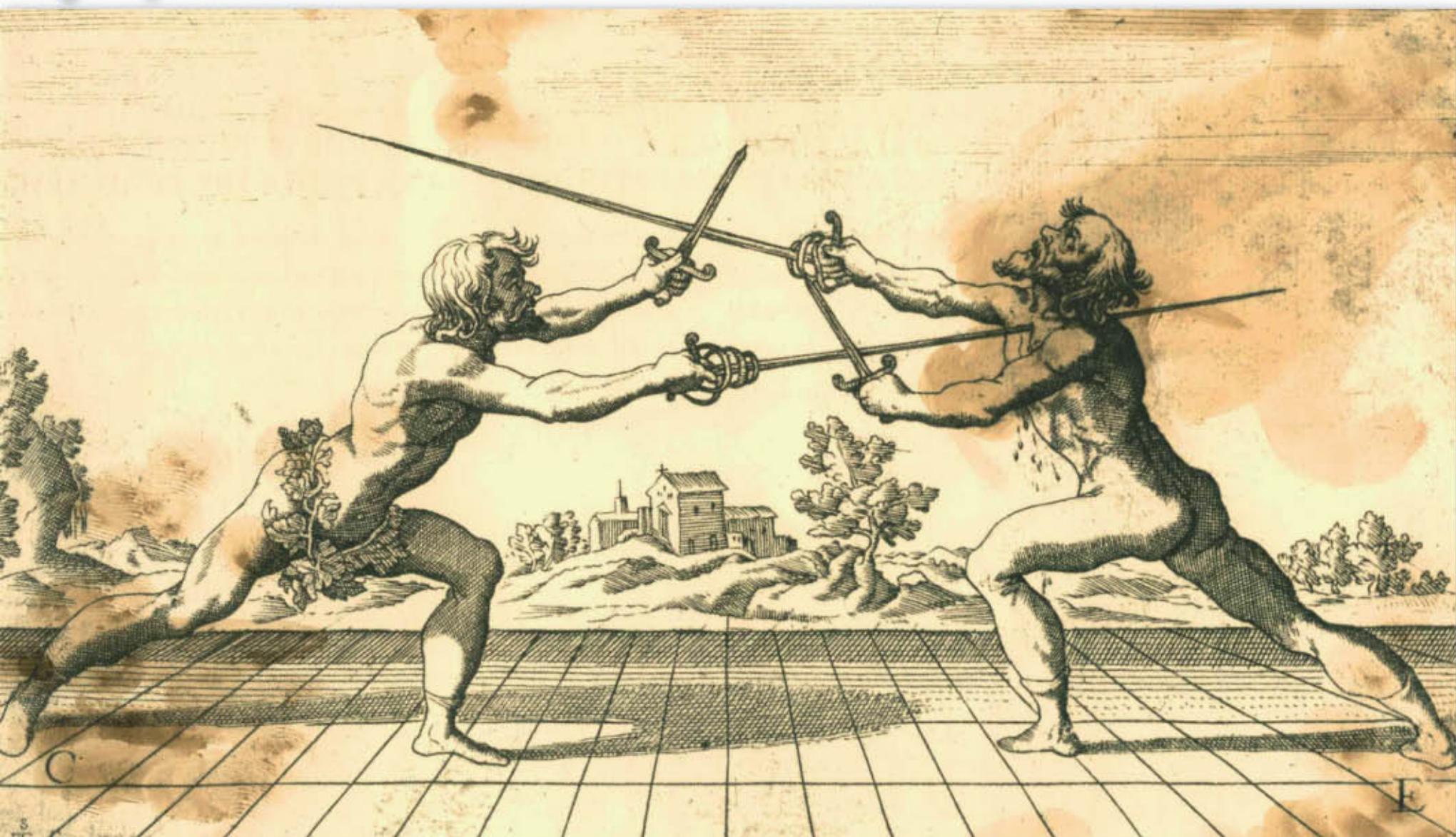
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RIDOLFO CAPOFERRO



Ridolfo Capoferro da Cagli Sword master

"The truth orders the art not to be based on air, just to teach things that are proven and infallibly true".

M° Ridolfo Capoferro GRAN SIMULACRO 1610

Cagli is a small town in the foothills of Burano Mountains, surrounded by an irregular imaginary figure, in whose corners there are Gubbio, Fabriano, Urbino and Fossombrone.

It was here where the famous Master of weapons Ridolfo Capoferro, who signed "da Cagli", was born.

According to the great scholar Jacopo Gelli, who had a copy of the Treatise enriched by precious indications on the weights of swords, the work "GRAN SIMULACRO DELL'ARTE E DELL'VSO E DELLA SCHERMA" was printed in Bologna in 1600. However, the two treaties that are part of our collection are respectively a hard copy printed at Siena by Salvestro Marchetti and Camillo Turi in 1610, and the 1629 edition, printed by Ercole Gori.

Both editions are dedicated to the Serenissimo Don Federigo Feltrio della Rovere, Prince of the State of Urbino.

The Treatise

The Treatise is divided into three parts: the first one is composed of thirteen chapters with a total of 24 pages, the second one is 17 pages, the third one is 122 pages, enriched by 43 wonderful prints by the artist Raffaello Schiamarossi.

After the cover and the dedication, there is a "General Table" and Chapter I, focused on "Fencing in general." The Master's portrait in the middle of a jungle of weapons precedes the page dedicated "Ai benigni lettori" (to the benign readers). Then there is a series of philosophical and technical lessons on the art of combat. As for the sword, the main symbol and tool of Fencing of that time, the Master tells us that the weapon has to have twice the length of the arm which is wielding it, or as the extraordinary step. In fact, the edges of these swords were really very long; the "Striscie" (swords) that we see today in several museums, are between 120 and 135 centimetres or more.

Being weapons that were used with only one hand, although they were well balanced on the tip, they needed a strict training to develop in the best possible way biomechanical and tactile skills of the arm. The training had to develop that "feeling of the iron", necessary to handle it in a deadly duel.

Fighting with the Sword

The work is excellent for its technical depth. By the way, as promised by Capoferro, it is focused on some short, infallible and well ordered rules...

The Master tells us: The purpose of Fencing is the defense and being a science of self-defense, before protecting oneself there must be a deadly offensive. His philosophy is summed up in four points: the reason as knowledge of nature, nature as a powerful virtue, art as a rule and moderator of the nature and last, the exercise as mastery of

da CAGLI Maestro di striscia



art. Master Capoferro's tips lead the student to the concepts of measure and space/time, the movements and the order that the fencer has to follow with his head, hips, arms, legs and feet. He teaches the guard, how to find the measure of the fight, how to hurt the opponent with the edge and the tip. Besides the commented and illustrated tables, the teaching is enriched with other important lessons, ranging from how to wield the sword, because not all countries have the same customs, to detailed explanations of the three guards of sword. After a table entirely devoted to the description of "Botta lunga" (long blow), he moves to the lessons related to "guadagni di Spada" (advantages of the sword) both inside and outside, and the different actions emerging from the contact with the adversary weapon. The science developed by Capoferro in strategic actions is formed by cavazioni (disarmament), scansi (evasions), di passate (let go), blows in "fourth", wounds "under the adversary sword", actions with "both hands", cuts in "scannatura" (slaughtering), "foot evasions", and "hip evasions", even letting go to "dar di piglio", grabbing the arm holding the weapon.

Sword, Dagger and not just that...

The lessons on sword and dagger, the true point of synthesis of the Italian school with weapons, start with the guards to press the adversary "inside and outside". Then there are many techniques based on dagger stopping, with which you can hurt with the tip and the edge, in two or three different points; others with whom you can remove the sword and make the disarmament, using both arms simultaneously, making the enemy's sword fall. One of the different types of dagger stopping is focused on the response of "crossing" weapons, and there is another one where you stop the sword along with a dagger blow to the opponent's body. Then there are two important lessons on "how to use a sword and a cloak" and finally, two more lessons on "how to use the wheel properly", a big circular shield for the arm, a complement for the sword in another variant of double fencing. Master Capoferro's work ends with two last lessons, one which talks about "some terms of cut", where he



illustrates other actions of sword and dagger he had perhaps forgotten earlier, and a lesson on "the safe way to defend from each type of blow with an inverse stop, always hurting with a thrust", where he explains how to use in the best way two loyal friends for a fencer, namely: the first guard which attacks and the fourth guard which defend from "any direct or indirect blow", so that the beginning of the first one is the end of the fourth.

On Guard

"...the courage of those who carry the sword on the side".

M° Ridolfo Capoferro GRAN SIMULACRO 1610

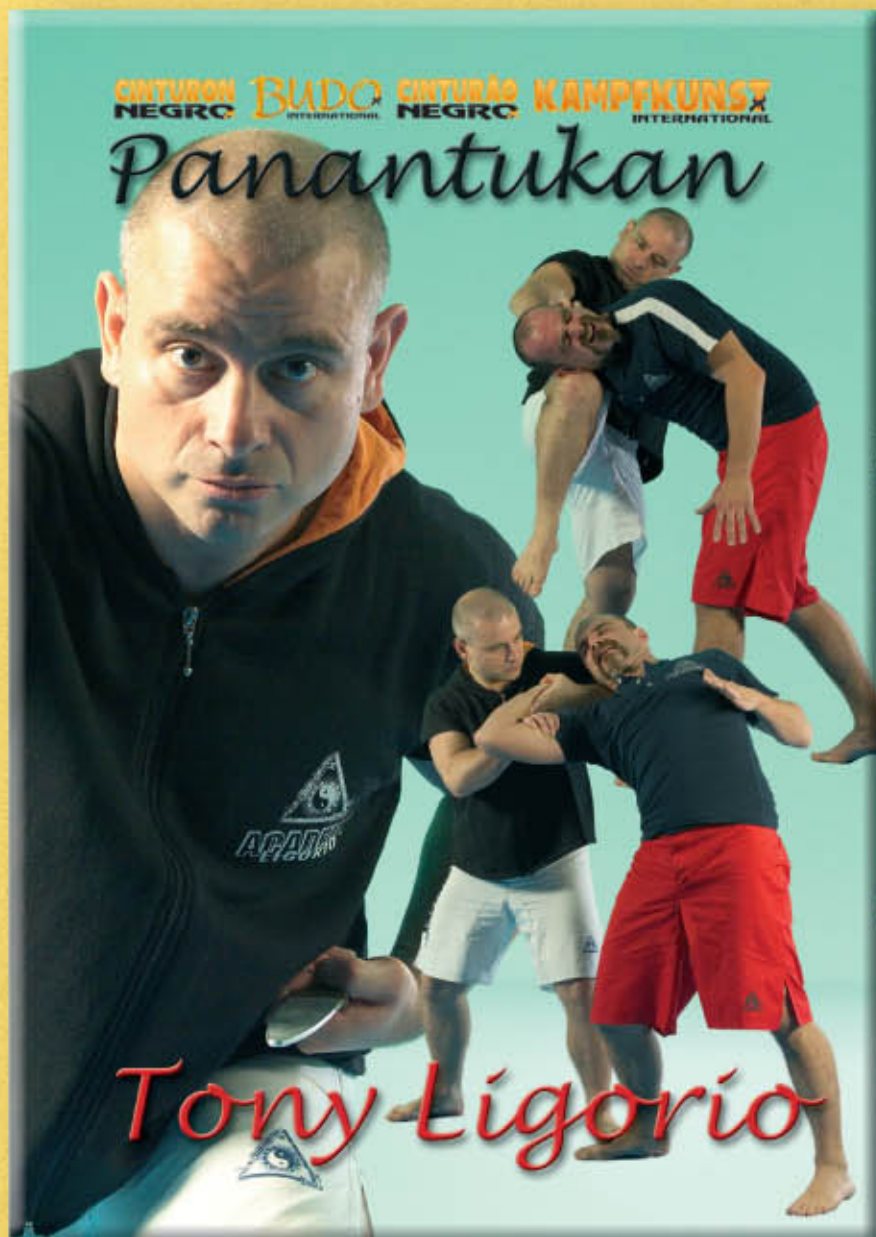
Practicing martial fencing which is taught in the "GRAN SIMULACRO" is an important opportunity, it is the possibility of developing in the best possible way the tactile skills of the arm and the motor proprioceptive skills of the body as a whole, with this form of protection focusing on the contact of the edges, almost nothing fought at "free iron".

The feelings that are often lived with so long edges in the dynamic friction

between them, the need to administer or dose different pressures, the work to free the iron and lead it to the target, sometimes with minimal movements, is a group of essential feelings for anyone who is interested in the study of weapons. It is a group which is enriched even more when the training when dagger is included. Both arms move in different paths but they are coherent, towards just one strategy of attack or defense. Today, the martial Fencing, free from the terrible yoke of duels and fatal injuries, is practiced with safe swords, perfect copies of the terrible weapons of four centuries ago. Flexible edges, masks and padded vests allow to anyone to test the pleasure of this game and, like the men of weapons, to touch the opponent, but this case without hurting, for the joy of both contenders.

Greetings.

Panantukan Tony Ligorio



The extensive training and achievements in styles such as Kung-Fu, JKD, Arnis, Kickboxing, Muay Thai and Shoot Boxe, among others, have served to Master Tony Ligorio to form a clear vision of the inherent advantages of practicing this heavy Philippine fighting art, Panantukan, a style characterized by the use of hands with the speed of a knife. Thanks to them we will know the main movements, blows, dodgings, controls, Hipit Dumog levers (1 to 15) and counters, applications and defenses, defenses against Jab-Cross combinations, and finally training against knife, angles of attack, disarmaments, defenses and routines with this weapon.



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Explosive DUMOG

Salvatore Oliva



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.

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The Law Enforcement Program

Technical Training

Arm Targets for control of limb and body.

Target #3 (TW-12): This point lies in the concave V shape of the Triceps muscle and responds to stretching or striking. This will cause the same amount of physical dysfunction as the TW-11, but in a different manner and with the added possibility of altered levels of awareness or consciousness. What is interesting to note when this point is manipulated well, the body will not react by dropping as one might expect but rather by lifting and spreading out as the body loses control. It can cause the opposite arm to extend making the landing that much more harsh as the hands cannot break the fall, when applied with sufficient force. This point can be more serious on weight lifters as the over exercising of the triceps muscle stretches and exposes the nerve better. An interesting note is that people more resilient to the Golgi rub associated with TW-11, will be more receptive to this point and those more resilient to the Triceps will be more susceptible on the TW-11 (Golgi Rub).

The point must be stretched with a pulsing motion or struck to penetrate to penetrate the layers of muscle and affectively compress the nerve against the bone to cause the nerve reaction. This point has many physical effects on the recipient:

- Hand opens
- Triceps muscle contracts
- Arm weakens (locks out)
- Opposite arm extends and comes back
- Legs extend
- Back arches
- Physical strength diminishes
- Causes severe pain and temporary loss of thought and motor control

Location

To locate this target easily, it is midway between the shoulder and elbow on the back of the arm. Where the triceps muscle forms an inverted V, the point is at the apex of that inverted V shape. Since there is another muscle overlying this point, a rapid pulse or striking action with a stretching motion will be necessary to facilitate the nerve and obtain the desired results.

This is of primary importance to control the arm if the elbow is bent more than 90 Degrees. At this point the stretched position of the Golgi Tendon will mute the effects of the rub on the elbow point. However when the Elbow is in such a position, it does stretch the triceps region as well as the nerves underlying the muscle layers. Using this area not only accesses the nerve to release and relax the body, but also the physiological aspects of the Muscle Spindle Cells.

In the body of each muscle is what is known as a Muscle Spindle Cell (MSC), which initiates a reflex action that cannot be controlled by the recipient. What the MSC does is monitor the length and stretch of a particular muscle. When the muscle fibers are sensed to be in danger of tearing from over stretching, the MSC reacts to contract the muscle. When the Triceps contracts the arm then is pulled straight. This will allow leverage to bring the perpetrator to the ground or to allow further action to the TW-11, L-8 or both simultaneously. When these targets are used in succession or in synchronized manner they augment each other with multiplied weakening and more control over the subject. Or if control of the arm using any one of these single targets is not possible, access to the proximal target/s will be.

Also of benefit for the Officer is that this nerve reaction is universal and immediate so that the perpetrator is mentally and physically kept off balance. As we affect the nervous system of the body via pain impulse and loss of motor control, the mind of the recipient will be temporarily void of conscious thought and subsequent actions. First impeded are planning thoughts as the immediacy of the event takes precedence. If the planning capability is removed, then the reaction process is what remains. Thus the perpetrator is only able to comply as opposed to thinking of offensive action.

Again as this is one of the primary control positions supported by legal protocol and ethics in all jurisdictions worldwide, this Kyusho target or combination of targets will enable a smaller or a single Officer to gain the advantage and subsequent safety factor. And as it is second nature to all Law Enforcement Officers, to place their hands on the perpetrators wrist, elbow and or upper arm for control, so very little training time will be required and vast amounts of actual field application available. Of course as the officer gets more comfortable and automatic in using this and other Kyusho targets, the more potent it will become for so many situations. The versatility and control factor is a major asset to any Law Enforcement, Security or Emergency Personnel.

Control

Following with the training of reflex reaction, where the temporary un-basing of the opponent's strength is utilized, we can access and manipulate these targets to a higher degree as we also unbalance the perpetrator more. The following are some training scenarios for placing the perpetrator under control and positioned for cuffing from several search positions:

1. Grabbing the perpetrators wrist from an outer position, have them resist and pull the arm in past a 90-degree bend in the elbow. Attempt to use the TW-11 with a penetrating rub to realize its limitation from this position. Then, while still maintaining the outer wrist position, use your opposite fore-

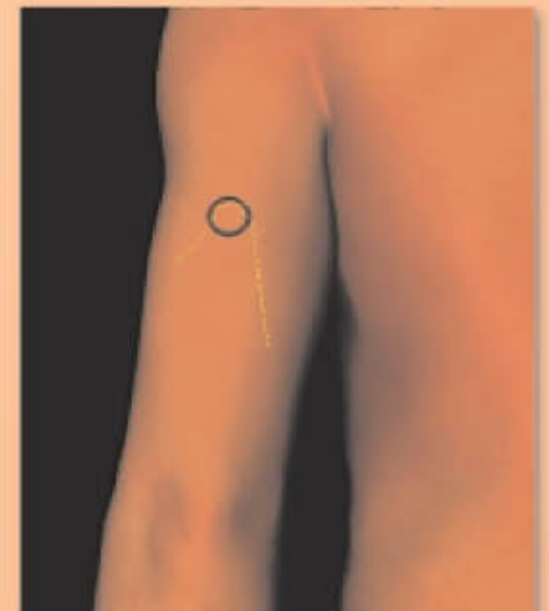
arm to strike the TW-12 (with a stretching action to the Triceps Muscle) to now understand how it will relax the arm structure, or if done with sufficient force, splay open the perpetrators body while lifting the body and descend toward the ground. Also then incorporate the relaxed grip to initiate the un-based reflexive response and then apply for increased results.

2. If you have the Perpetrator with hands up against a wall and they begin to push away from the wall, strike the TW-12 target to extend the arm as well as the opposite arm to weaken their base as they flatten out on the wall, which will allow for easier control procedures. If the Officer has the perpetrators hands on a vehicle hood, trunk or roof, the same activation can easily be applied. There will be different dynamics involved using the initial base of a vehicle, but training will easily allow the Officer to understand and just as easily cope with it. Once their arm muscles dysfunction they will not have the ability to support themselves with that arm, pressing their chest to the wall, floor or vehicle with arm extended to the side.

3. If the perpetrator is choking or grabbing an officer or civilian, by securing the wrist with one hand and applying the striking action with knuckles or forearm, will immediately bring the assailant under control. This method will extend their arms as they release their victim.

Pinning

Whereas the TW-11 is more versatile in pinning the arm with a rubbing action against a surface such as a wall, vehicle or ground, the TW-12 is best utilized only on the ground for a pin. However even though it is less versatile, there is less chance of escape due to a lack in the perpetrators range of motion. As the arm is outstretched on the ground a kneeling or standing position on the Triceps target will pin the arm in a stronger position. The standing position is ideal for an assisting officer as it effectively controls the perpetrator for the securing officer in searching or cuffing. It also allows the standing officer to survey the area for other dangers and or increased safety of the searching or cuffing officer.





For a single officer, kneeling on this target with the shin will secure the perpetrator well.

The pressure, like all Kyusho control and restraint methods should be added in quick pulses of energetic transfer. Holding a target continuously will allow the body of the receiver to assimilate and then resist. A better method is to rapidly apply when you feel the perpetrator tensing to resist or when moving them into another position is mandated. This will relax the entire muscle system of the perpetrator and keep them off balanced and confused as well.

Releasing

To release a grip on a weapon, another person or even the officer themselves, this point is invaluable. If the officer 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.

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

This point offers increased efficiency and affect for the Officer, with no damage, ease of use, and fitting into what you are already doing. This simple point will also allow greater safety for arresting Officers or Security Personnel. Two Special notes:

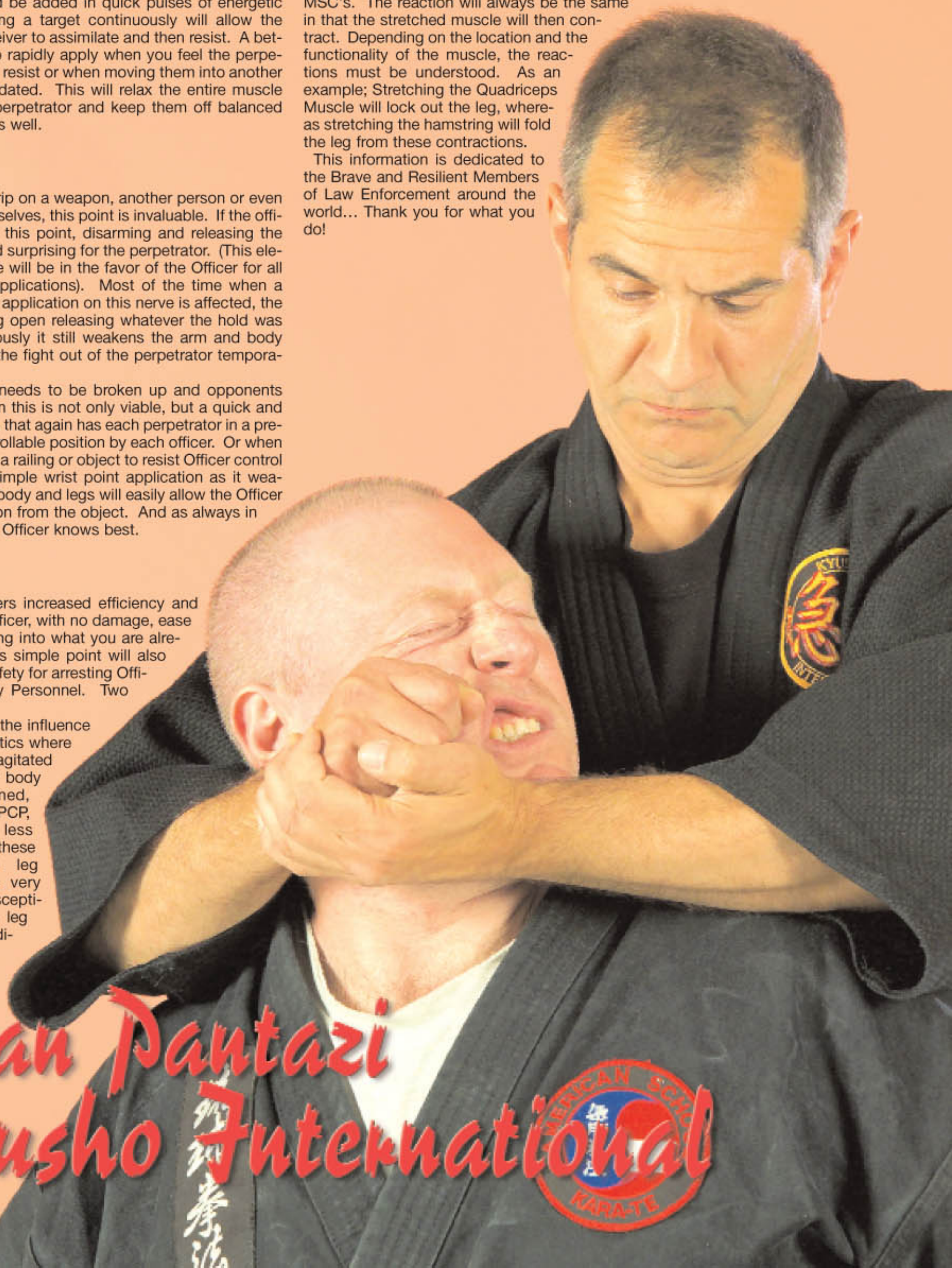
1. Under the influence of certain narcotics where the person is agitated and their upper body is strengthened, such as with PCP, this point is less effective. In these instances the leg points will be very much more susceptible. Once the leg weakens the indi-

vidual this arm point is once again usable and very effective.

2. All Muscles on the Human Body contain MSC's. The reaction will always be the same in that the stretched muscle will then contract. Depending on the location and the functionality of the muscle, the reactions must be understood. As an example; Stretching the Quadriceps Muscle will lock out the leg, whereas stretching the hamstring will fold the leg from these contractions.

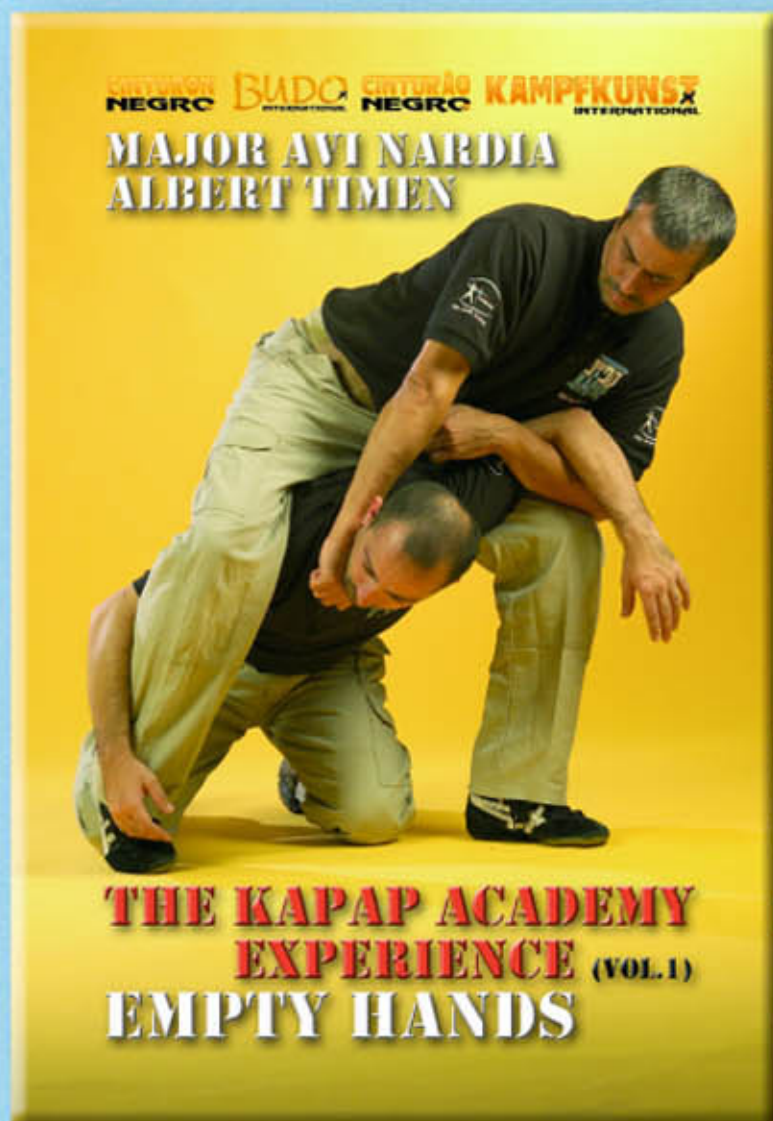
This information is dedicated to the Brave and Resilient Members of Law Enforcement around the world... Thank you for what you do!

Evan Dantazi Kyusho International



THE KAPAP ACADEMY EXPERIENCE (VOL.1) EMPTY HANDS

**MAJOR AVI NARDIA
ALBERT TIMEN**



The founders of Kapap Academy, major Avi Nardia and Albert Timen, have made this new DVD to show us the methods of fitting-out for combat. They will teach how to explore and develop mental resistance under stress situations (training under water, simultaneous attack by many aggressors). In the physical part, through series of exercises and ground applications specifically developed for Kapap by John Machado, we will learn to improve balance and resistance, and we will know the most significant contribution in recent years to Kapap system, the result of Cross-Training and Brazilian Jiu-Jitsu: the principle of the relative position. It is an essential work, because the art of war consists firstly on learning how to fight.

REF.: • KAPAP5



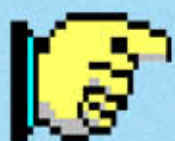
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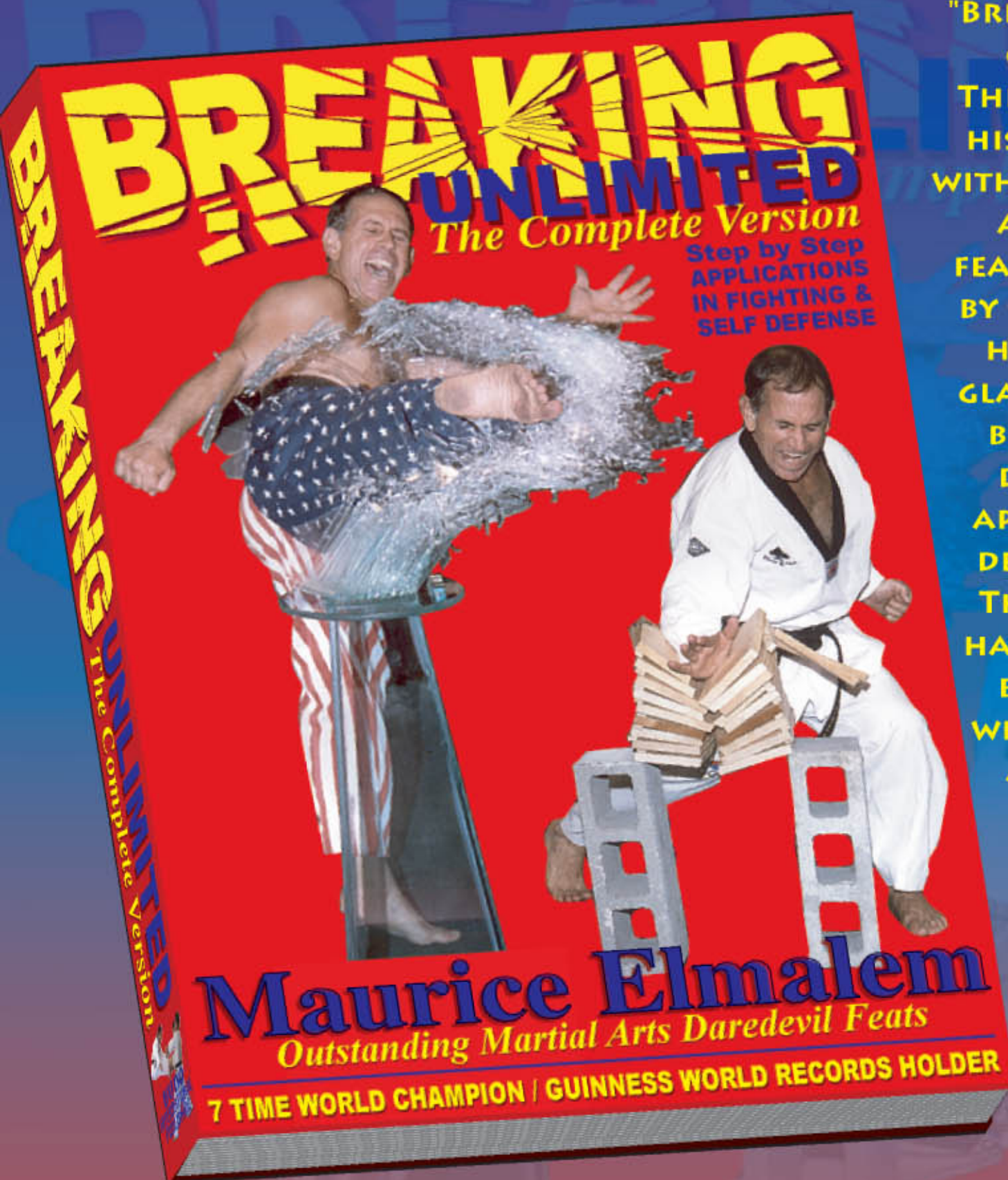


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MIRI AIZIK

COMMANDEO KRAV MAGA



Imagine a little girl at night, fearing the boogiemán is hiding under her bed. Fast forward thirty years when this little girl has become a savvy, empowered woman who is competent in her career, raising children of her own, yet is still afraid of the boogiemán. This time he is the evil, scary, overpowering, undefeatable predator she fears will attack her. He is as elusive to her now as the specter of her childhood. That same sense of dread and helplessness creeps in every time she walks to her car alone at night. An undercurrent of fear silently permeates her life. She has learned to avoid dwelling on the reality of the threat and opts instead to hope it never happens, to hide under the covers of her disempowerment.

Paradoxically, the myth of disempowerment contributes to women's victimization. Many women have come to believe that predators will always have the upper hand and that the only way women can defend themselves is by transforming into man-like fighting machines. Other myths are perpetuated that contribute to feelings of disempowerment, such as the notion that most attacks against women are random, or the idea that women aren't strong enough to defend themselves, or that a knight in shining armor will rush in to save the

"As women have evolved, the threats against them have evolved too."

day. Many women remain at a loss as to how they can become effective and empowered in their personal security. Meanwhile, crimes against women continue to flood the daily news, women are losing faith in their protectors (who are normally absent during attacks), and many have simply opted to avoid thinking about the potential of becoming victimized.

Ironically, the pathway to empowerment has more to do with first conquering one's own demons on the inside before one can reconcile demons on the outside. Women have made great strides in their evolution by expanding both their opportunities and responsibilities. Logically, their personal security should follow suit, yet most women remain at the mercy of their fears and unprepared for the reality of the threats they face.

As women have evolved, the threats against them have evolved too. Consider, for example, women in the work force; threats clearly exist for professionals, such as female real estate agents, corporate executives who travel overseas, and women working night shifts who must walk alone to their cars. Mothers face the threat of being attacked while with their children in such crimes as armed robberies or car jackings. Home invasions are on the rise, often resulting in rape, murder, or both. In the dating world, women risk becoming victimized by online predators and men using date rape drugs. Women who travel encounter such threats as identity theft, abduction, even hate crimes. The sex trafficking industry poses a grave threat for young girls, especially in under-developed countries. Sexual abuse and domestic violence continue to plague the lives of women worldwide. And, to top it off, we are seeing more women committing crimes against women, especially in high schools where bullying is a growing concern.

Women's self-defense must adapt to both the changing tactics of attackers and to the evolution of women's lives. A key component to any successful women's self-defense program is prevention. So many crimes against women are preventable if women become better informed as to how predators operate.

It is equally important that women are trained in viable techniques that will prepare them to handle realistic attacks, in the event their prevention efforts fall short. Commando Krav Maga techniques are perfect for women because they are based on



REINVENTING WOMEN'S SELF-DEFENSE

“Women can easily be taught to conduct risk/vulnerability assessments of their specific lives, right down to analyzing where they live, work, the routes they travel, and their routines.”

simple, reflexive moves that women of all ages, sizes, and ability levels can perform easily and under stress. In addition, women's self-defense programs must apply directly to the lives of the students who are training. Women can easily be taught to conduct risk/vulnerability assessments of their specific lives, right down to analyzing where they live, work, the routes they travel, and their routines.

At Commando Krav Maga our primary focus is on remaining reality based and evolving to keep ahead of attackers. We are proud of the fact that our system is spreading throughout the world at such a rapid rate. In the coming months we will be launching a dynamic, reality based self-protec-

tion and empowerment program for women that redefines the stereotypical women's self-defense class. Our focus will be on training real women to handle the threats in their real lives. We know that women cannot become fully self-actualized as long as fear and threats undermine their lives. We also understand how busy women's lives have become as they struggle to balance career, family, and personal time; thus, our training provides a “one stop shopping” approach by combining self-protection, fitness, and empowerment. CKM for Women courses are designed to cut to the chase and mold women into more confident and aware individuals who are able to fend for themselves. It is time to dispel the myths of disempowerment and correct the disparity between women's evolutionary advancements and their victimization. CKM for women is committed to women's self-actualization; the evolution of women's personal security is long overdue.

To learn more about Commando Krav Maga, please log on to www.commandokravmaga.com.

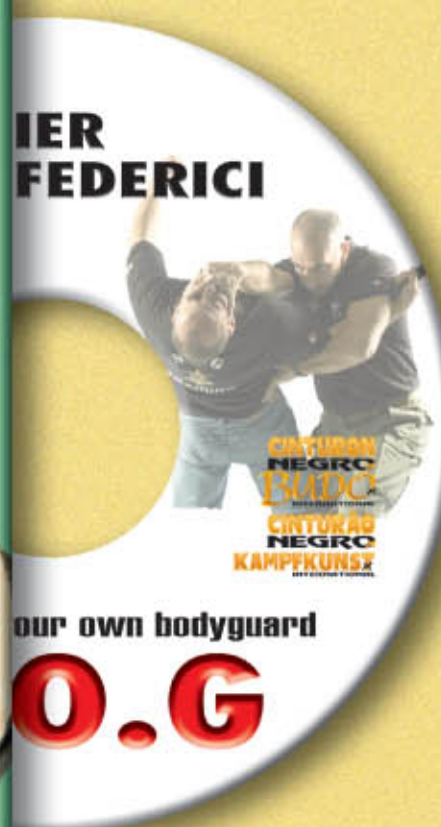
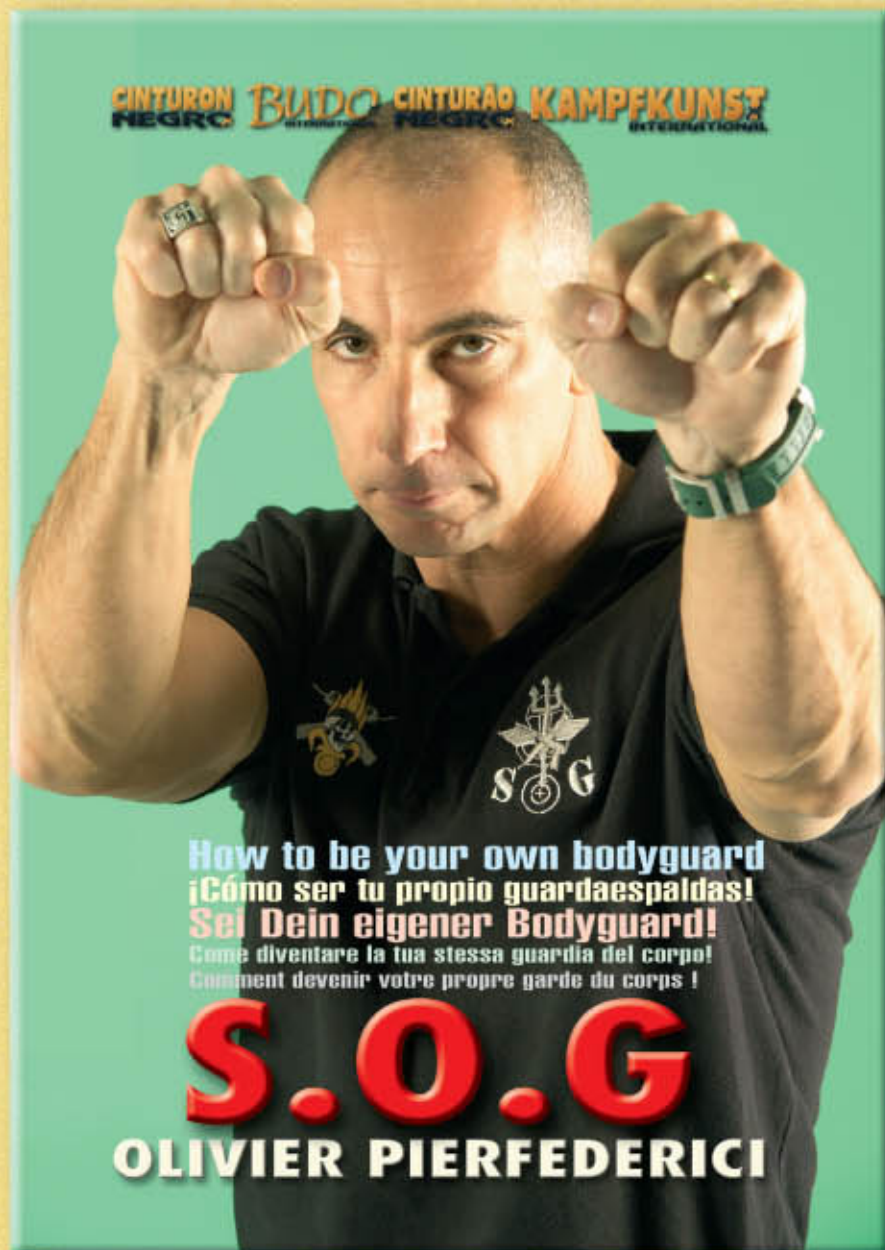
Moni Aizik is the founder of Commando Krav Maga and a former member of the Israeli Special Forces Elite Commando Unit. With over 30 years of combat experience, Moni started his martial arts training at the age of 8, winning 7 national titles in his youth. Joining the military at 18, Moni was responsible for counter-terrorism and intelligence gathering behind enemy lines and fought in the Yom Kippur War. After his military service, Moni has continued teaching reality-based self-defense to Law Enforcement personnel, specialized military units and civilians.

Laura Clark is Program Coordinator of Commando Krav Maga for Women and a certified CKM Instructor. She is a security trainer, professional speaker, and co-author of *Security for Women, The Evolution of Empowerment and Surveillance Detection, The Art of Prevention*. Laura is the owner of Surveillance Detection Consultants LLC, a firm that provides training in anti-terrorism, corporate security, and women's security. She is also the founder of the Center for Tactical Living, a think tank that publishes research and writings on existing and emerging tactical systems.



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Traditional Forms, ancient richness of Muay Boran

Siamese martial discipline without weapons, known as Muay, is known nowadays as a form of Muay Thai boxing, where the athletes use their hands, legs, elbows and knees to hit, with the aim of knocking the adversary out. Over the past 10 years, thanks to the international team of IMBA's work, the public has begun to know the traditional form of Muay, spread in many countries throughout the world under the name of Muay Boran. For modern and sports form, the different training methods for practitioners still follow in most cases the systems used in the West in Boxing gyms. However, in order to practice the traditional Muay form in the best way, it is necessary - in addition to the practice of the essential modern methods - that the adept or Nak Muay adds to those training systems a more martial form of preparation, based on the practice of Technical Traditional Forms, known in Thailand as Chok Lom. The formal exercises we are talking about consist of series of movements of attack and defense studied over the centuries to develop basic skills such as rhythm, coordination, balance, speed and the firmness needed to raise the technical level of practitioners. In recent years there has been a rediscovery of these forms of training, mainly through the work of Great Master Sane Tubtibong who, having choreographed the wonderful series of training for the main characters in films such as Ong Bak and Beautiful Boxer, has brought back in the boom the formal exercises. However, both in Thailand as in the West the applications of these forms had already been practiced, especially the Mae Mai (basic forms) and Look Mai (advanced forms) in "pair" modality, performed simulating a real fight between two athletes. Thanks to Master Sane, in the past 4 years there has been a growing interest in the forms performed "solo", in a much more introspective way but with the same enthusiasm. The summit of this rediscovery took place in March 2007, at the first World Championship of this discipline in Bangkok, where many nations took part, besides Thailand, and it was broadcasted with great interest by all media in that

country.

Nowadays, in the IMBA's curriculum there are more than 30 coded series: some of them are very old, others are modern interpretations of forms which came fragmented; some are really short, others are long, in some of them the practitioner focuses on the use of a natural type of weapon (for example the elbows), in other it combines the use of all weapons (including levers and projections). Each form has its own features and the continuous practice of all series, depending on the technical level of the practitioner, provides a unique basic training to support the practice of more difficult actions.

In the practice of "solo" forms the athlete at any level exercises and forge the whole body: on the shifts in all directions (including turns, jumps and actions on the ground), he combines blows performed horizontally with the body, up and down; the repetition of series at high speed also allows expert athletes to train explosiveness and resistance skills; besides, for younger practitioners or athletes recovering after a period of inactivity, this practice is a good exercise with low impact. In addition, combining "solo" forms with practice with a partner having "striking pads" or, if lacking of it, developing the power of each action with the punching bag, techniques and strategies trained will be alive, definitely becoming a part of the technical expertise of the Muay Boran practitioner.

In the training of Forms it is essential to follow some basic principles, which are in fact common in all series of forms practiced in eastern Martial Arts:

- o Perform the series in the order prescribed: Thai masters always advise to new Western instructors to teach Mae Mai in the correct order, and not to start teaching Look Mai before the student has mastered Mae Mai. In the same way, each movement of a formal series makes more sense if it is properly combined with the previous and the next technique.

- o Concentrate on making the shifts in the right way: footwork is the technical element considered essential by many masters in the practice of Muay. Training the forms properly improves the shifts exponentially, with clear advantages for the

fighter.

- o Understand the meaning of each gesture: the beauty of the forms of Muay also consists in the fact that each action can be taken out and directly integrated in real combat situations. Every detail of that action has to be totally understood by the athlete.

- o Perform the form according to the right pace, therefore performing the movements in an "elegant" way: that is the most particular point but it is perhaps the most important in the motherland of the Art. Historically, the skills allowing the fighter to perform a beautiful movement at an aesthetic level (and also deadly effective) -we mean: fluent, correct alternation of contraction and relaxation, flexibility of the body- are considered of great importance for Thai people. A fighter who wins his combats rudely, only for his brute force or endurance, is admired by the public but he will never become an idol in Thailand; by contrast, the public only considers an idol the elegant, technical athlete, who wins but doesn't humiliate and who uses the right movement just at the right time, avoiding a clash of head against head, that is performing a kind of "deadly dance" against the adversary. These features, the most loved by all Muay Thai experts in the motherland, are developed in an excellent way through the correct practice of technical forms, especially the most advanced ones.



www.muaythai.it

Marco De Cesaris



Mixed Martial Arts Dossier





Until a few years ago it would have been impossible to imagine any Brazilian top athlete representing an American team in MMA. The truth is that it was easier to see Americans and Japanese athletes who came to Brazil to train in BTT (Rio de Janeiro) or in Chute Boxe (Paraná), until then considered the two greatest teams in the world. But at the end of the Pride and after the astonishing popularity of UFC in the United States, this is changing. Nowadays, American teams have started to have a several foreign fighters among their top representatives.

In order to better understand the phenomenon of globalization of MMA, Black Belt magazine has gone to Nevada to meet the Xtreme Couture, the great champion Randy Couture's team, which has among its representatives Brazilian Wanderlei Silva and Ronaldo Jacaré, and which is taking shape as the greater power of American MMA.

Text & Photos: **Marcelo Alonso**

MMA

without borders

If you're a follower of MMA and you don't like the idea of losing money betting in casinos, the best fun is in Las Vegas, very close to the luxurious Mandalay Bay casino, but outside it. More precisely, between Valley View and Sunset streets, it is located the most famous training center (CT) of MMA in the United States, the Xtreme Couture. There they meet to train everyday, Monday to Friday at 16h, names like Randy Couture, Wanderlei Silva, Forrest Griffin, Phil Baroni, Robert Drysdale, Mike Pyle and Gilbert Yvel. "Nowadays, the epicenter of fighting is in the United States. In addition to the best events, they have world-first premises to train and this has been what has made me come here" says Wanderlei Silva, who seven months ago decided to separate from the Chute Boxe and move with his family to Las Vegas, to train in the CT of his former rival. After Wanderlei, others came, like Robert Drysdale (absolute champion of ADCC), who was invited by Couture to give grappling lessons to the team, and Ronaldo Jacaré, who also came in search of good training and opportunities at the greatest events in the world.

In order to make this article, we have visited the CT for three days. On Saturday we were welcomed by Drysdale, who showed us the academy with his girlfriend, Michele Nicolini (World Champion of Jiu-Jitsu). "On Saturday and Sunday this is quieter, the training of professionals is not full, but from Monday to Friday it is crowded from 16h to 18h", says Robert, telling us that even the training are often filmed and sold on the Internet, at the site www.xtremecouture.tv.

When we come in the academy we can see two offices (Randy's and his manager's), a toilet and a clothing store, where you can buy several products related to MMA. On the second floor, Drysdale showed us the dojo used for tuition, from where you can have a panoramic view of the CT. On the first floor there is the training center of MMA, which consists of a small academy with two mats and basic weights, an excellent octagon and a great ring, whose canvases are made of a special material that does not allow any bacteria.

But surely the most astonishing area is the main mat, where the daily training sessions are done, always at the top with over 30 professionals. The dojo is completely surrounded by fences of octagon. The training is normally led

Randy Couture with his new army: Wanderlei Silva, Forrest Griffin, etc.

2. Couture training with Wand.

3. The world champions of Jiu-Jitsu, Jacaré and Drysdale, training boxing.

4. Randy with his Brazilian reinforcement: Wanderlei, Jacaré and Drysdale.

5. Wanderlei taking down his new Wrestling master.



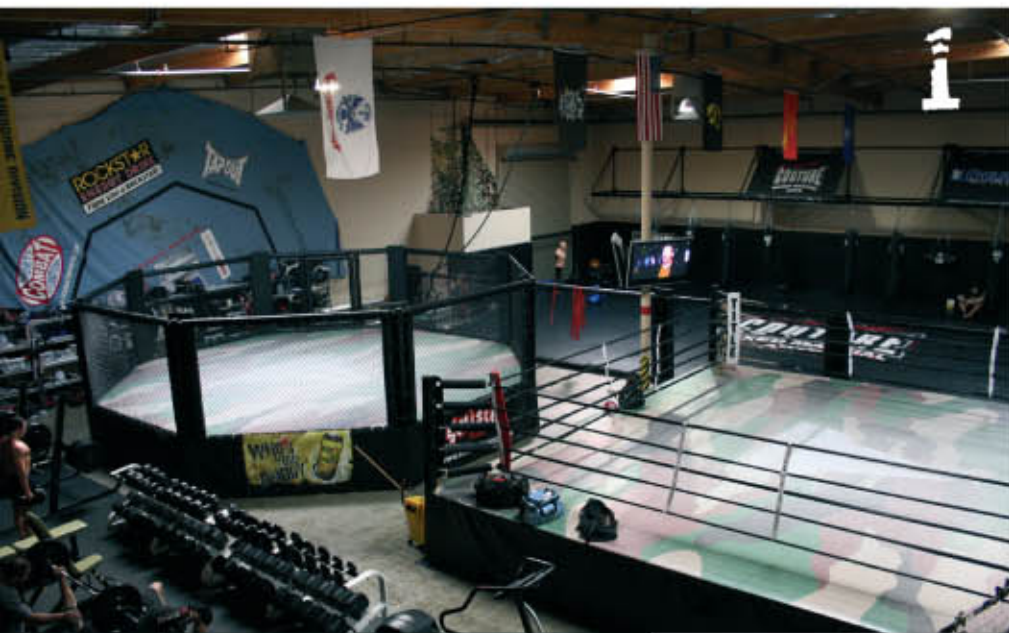
by Shawn Tompkins, Muay Thai teacher in the team. "On Mondays and Fridays training is more devoted to grappling, then, I normally share the dojo with Drysdale. On Tuesdays and Thursdays we mix striking and wrestling, then Couture normally comes and gives important tips on Wrestling and falls. On Thursdays, I generally share the mat with a boxing trainer, Ron Frazier, to improve the footwork" explained Tompkins. But the activities of the Xtreme Couture are not limited to the training of professional athletes in MMA. Robert Drysdale has his own schedule to train grappling, Tompkins has his own schedule for Muay Thai lessons and Ron Frazier also has his own for his boxing lessons. "You pay for a month and you can take part in all lessons, for me it is something that is unbelievable", said Jacaré, who also uses the academy to do his physical training with Rafael Alejarra, Wanderlei Silva's fitness instructor. Although he could attend all classes, the professional fighter, after taking part in the lessons at 16h, can't participate in other activities. "I'm trying to do my physical part in the morning, because after training in MMA at 16h, my body needs a rest" said Ronaldo Jacaré.

Jacaré X Griffin, Inseparable partners

On Monday, the first day of training starting the week, we had the opportunity to understand Ronaldo Jacaré's words. Without the two main stars of the team, Drysdale warned me: "Focus your camera at Jacaré and Forrest, they do the best training everyday". And they really did it. Watching their great training, we didn't miss the biggest stars of the team, which only came on Tuesday.

The fact is that the training between Forrest and Jacaré "was worth the visit". After an intense warming-up, the "inseparable partners" came together. The first part of the training consists in making shadow boxing training and, as soon as Shawn shouts, they have to try knocking the opponent down. While most couples train quietly, Forrest and Jacaré hit for good. Jacaré began blocking Forrest's "double-leg", until the American managed to take him down to the ground in the third attempt. Then came the moment for Jacaré. The explosive Brazilian used all his strength to take Forrest to the fence, grabbing him by the waist, catching his back and taking him down to the ground. Then, Forrest used his excellent Wrestling to block Jacaré's attempt. In that moment, many training partners began

to pay more attention to Jacaré x Forrest's training than to their own training. In the third attack, Jacaré made me remember some of his fights in the World Cup. Very explosive, he crossed the dojo trying to dominate Forrest's leg, until the American reached the fence and he managed to knock him down in a beautiful double-leg. "These guys are crazy, every day they do the same thing", murmured the boxing coach, Frazier, who was walking pass outside the octagon when they fell. After the falling training, the time came to train on the ground, where Drysdale was the leader with Shawn. The first exercise was to escape from the back holds. Then an athlete invited Jacaré, who had no problems to escape. The same thing happened to Forrest. When the time came that the two of them attacked their opponent's back, the joke finished. Forrest chose the easy way out and ended the opponent, whereas Jacaré preferred to go from the back to the arm, ending in a tight arm-lock. At the time of changing the partner, Jacaré invited Baroni, but he thanked him and stayed with another partner for sparring. In the five last minutes of free training on the ground, Jacaré and Forrest naturally came together once more. Forrest showed his outstanding ability on the ground doing a good training with Jacaré, but in the end he was caught by a tight guillotine and hit the canvas. "Forrest is very tough on the ground, some days I fail to catch him and standing, who



1. An overview of the Xtreme Couture.
2. Couture.
3. A frenetic exchange between Wanderlei and Forrest.
4. Wanderlei and Couture.
5. Wanderlei and Forrest in the exchange.
- 6 / 7. Randy is the fighter who has won more belts in the UFC, five in two different categories.
8. Jacaré ending Forrest.
9. Forrest and Jacaré, inseparable training partners



receives the worst part is me", admitted the five time Jiu-Jitsu world champion.

Wanderlei X Couture: The dream training

On Tuesday, it is the "D" day. Finally, all the stars appear: Wanderlei, Randy, Forrest, Pyle and Jacaré. After an hour of private Muay Thai lesson with Tompkins, Wanderlei had warmed up and began his training with Couture. The first part of the lesson, led by Tompkins, was boxing with falls. Wanderlei and Randy started very fluently, boxing. Couture took Wanderlei down twice and it seemed he was bothering the ex-chuteboxer's strength, who accelerated the pace, reaching Couture with some punches and taking him to the ground later. The respectful training between two of the greatest names in the history of MMA went on at this pace of warming up until the end of the nine minutes (three rounds of three minutes). It was a very strange feeling to see one of the most eagerly awaited fights

between two legends of the sport, even if it was a friendly training.

Forrest X Wanderlei: Real Vale-Tudo

After Wanderlei, Couture trained with Jacaré and Pyle at the same pace. While Wanderlei exchanged three rounds of heavy punches with a heavy athlete, Forrest Griffin had a "loose" with Mike Pyle. Then, Alejarra drew my attention to the pairs work, doing a sign, telling me what would happen next. Wand and Forrest greeted each other and started three rounds of a frenetic exchange. The truth is that it didn't really look like a sparring training, but a real fight. The impression was that Wanderlei wanted to revenge the defeat of his former training partner of the Chute Boxe, Mauricio Shogun, in his debut in the UFC.

Forrest began using his long arms to reach Wanderlei's face, as he did with Liddell. But Wanderlei seemed to be better prepared and began to use low-kicks and middle-kicks to attack Forrest. Every two times that

Forrest used his larger size to reach Wanderlei, the Brazilian came within his radius of action and responded with a series of heavy

punches and kicks to the ribs. When the final gong sounded, at the end of the third and final round, I could not help imagining what the referees would have said had that fight been true. No doubt it would be a decision with votes divided, but perhaps Forrest's black eye would influence on the decision in favor of the Brazilian. Regardless of the result of the fight, I bet, after attending three days of training in Couture's CT, it won't be easy for Quinton Jackson - who will face Forrest in the UFC 86, on July 5 - nor for Keith Jardine - who will fight against Wand in the UFC 84, on May 24-, as for any fighter who comes to face a member of Couture's team.

Couture, a champion of humility

Voted in 2005 by American fans as the most popular fighter of UFC history, Randy "the Natural" Couture is attracting great fighters to his team thanks not only to his titles and unbelievable charisma, but also for his unique system of not mixing management and training.

Even being the only fighter in UFC history to get 5 titles (belts) in two weight classes, Randy keeps being the same humble person as he has always been. No matter if it's a





team mate, employee, journalist or visitor, anyone who enters in Xtreme Couture is treated by him very well.

After talking with most partners right after the hard training session, Couture welcomed Budo to his training center, immediately accepting an invitation from our reporter to pose in the octagon together with Forrest, Wand, Jacaré and Drysdale. Right after the pictures, the gentle champion did not hesitate to talk about UFC, Fedor, Wanderlei, Minotauro and much more. Check it.

Budo International: How did you have the idea of making this excellent training center?

Randy Couture: I used to have my school in Oregon where I had a partner, but when I moved here it was hard to be a partner from a Gym being so far, so I decided to leave that to another partner and start my own gym. My wife helped me to find the place. We wanted to do something a little different here. I didn't want to get involved in fighter's professional and personal life. I didn't want to be their manager because I wanted to be honest and I would not have time to be a proper manager for the fighters, I have many stuff to do myself. So everybody here pays a membership or they teach classes for the academy. So I don't deal with purses. It's their money, so I believe all the fighters appreciate that. The fighters like that and that ended up attracting many other fighters mainly from Las Vegas area. Now we have this amazing group of athletes, they are all hard workers, they are nice guys, they love this sport. There is no ego. It's all about work, all the group has an excellent synergy and chemistry and I think any people feel that as soon as they came in.

B.I.: About you career. You decided to fight only against Fedor. Why don't you have the intention to fight Minotauro?

R.C.: I think Minotauro is a great fighter. But I'm 44 years old and at that stage of my career I wanna fight the no1 guy in the world, because I wanna be the no1 in the world. Fedor defeated Minotauro twice. If I had to fight someone after this fight I would love to fight Minotauro. I think he is a fantastic fighter. He has an amazing ability to survive to some situations that a lot of guys wouldn't survive and wait for the right moment to put the opponent in the place he wanted to be and win the fight. I have admired him for a long time, since he fought Henderson for the first time in RINGS.

B.I.: So you don't have any intention to get your UFC belt back?

R.C.: No, I don't. Nogueira is really the champion. I walked over the belt on October when I resigned. The UFC is trying to say I'm still the champion, but Minotauro got it after beat Sylvia. That's all based on a contract.

B.I.: What do you think about Sylvia and Minotauro's fight?

R.C.: Tim was taking care of him and putting the fight where he wanted to be but Minotauro kept coming, kept coming with a tenacity that you don't find in a lot of people and he finally managed to put the fight where he wanted to beat him, which was his game plan. It was a great fight and very exciting.

B.I.: Talking about Fedor, how do you intend to beat him? Do you think you have more chances on the octagon or in the ring, or doesn't matter?

R.C.: Doesn't really matter. I, as an athlete, like the cage better because I think it contains the sport. You don't have the grabbing in the ropes, you don't go through the ropes and under the ropes, and that stops and moving to the center and all that stupid stuff. I hate those fights with interruptions. But give me time to prepare myself and I'll be well to enter the ring or the cage. He is one of the tough guys, I don't see real weak points in his game, he's got a good stand up style, his submission skills are good, they're very effective. I haven't seen the tape of him fighting and haven't formulated a scheme to fight him, but I look forward to the opportunity. I don't have a game planned for that. Unfortunately this fight is not a reality yet because I have to wait until my contract with UFC finishes in July.

B.I.: You are saying that you just want to fight Fedor, but there are rumours in internet saying that you are going to fight Curt Angle on July and Fedor on October. Is it truth?

R.C.: All I can say now is that I haven't made any arrangement for a fight after UFC contract situation is settled in July.

B.I.: What do you think about Jacaré and Wanderlei coming here?

R.C.: We're excited for having all this guys being here and being part of the team, and sharing with my guys all their experience in their areas. Having that quality of work out partners is good for any team. Wanderlei with his Muay Thai skills and Jacaré with his Jiu-Jitsu skills and myself trying to help them with my Wrestling and Greco experience. It's been a very good time to work with all those guys.

B.I.: Do you believe Jacaré can go well in 83kg category?

R.C.: By what I see in the training in here he is an amazing athlete. I have no doubt in my mind that he will reach the top of this category. Besides not being afraid of exchanging punches with heavier guys he has an amazing warrior spirit and I truly believe he can be fantastic. If he starts slowly and in a intelligent way, not fighting a top guy now, he can be on the top of the category. He's got a great warrior spirit, he has the right attitude in work aspect. It's only a matter of time.

B.I.: Do you believe you can help him to beat Anderson Silva?

R.C.: I think he has all tools for that. I don't think I would throw him on that fight right now because he needs some more experience. But I believe in a near future that would be a great fight. Anderson is on the top right now. I don't see anybody challenging him for now.





But in a near future with more experience, I absolutely believe Jacare can win that fight.

B.I.: How did you see the loss of your ex-working partner Dan Henderson to Anderson?

R.C.: I was surprised I tough Henderson had all the skills to make a very very good fight, but it wasn't that much of a challenge, I have to say I expected a lot more from Hendo.

B.I.: Do you agree that Anderson Silva is nowadays the best pound-to-pound fighter in the world?

R.C.: Yeah. He definitely worked hard for that. He's a complete athlete. He is showing a great job in the ground. He has and amazing Muay Thai technique. He just got the whole package.

B.I.: Who do you think is gonna beat Quinton Jackson in the 93kg category?

R.C.: Forrest is training here now and has been training for the last year. And he's got the next shot at Quinton. It seems to be a great fight. Forest has a tremendous fighting spirit and I'm sure he will make an excellent fight. Everytime he steps out there, he makes for a great fight, he has the mentality that Quinton also has. In those fights it is difficult to say who will be the winner. Both guys like to bang and stand up. Forest made great improvement in his ability to wrestle. I think he has very good Jiu-Jitsu skills (Robert Drysdale and some of the guys who rolled with him in jiu-jitsu tell that), but nobody sees very often in his fights. But we have to respect Quinton. He is a very tough fighter, he's got sharp hands, very explosive, great combination. I can say it will be a great fight.

B.I.: What do you expect from Lyoto x Ortiz ?

R.C.: I like Lyoto very much. I think he has a unique ability to make everybody look bad. On the paper he faced many opponents that everybody expected he was going to beat and he just shot everybody down.

B.I.: Do you think Karate technique helped him somehow?

R.C.: I think he is an excellent athlete. I think he has a very good mentality and he is a very good athlete.

B.I.: Before being a MMA champion, what title did you consider more important for you?

R.C.: I was four times national champion in Greco, I was 90 in the world championship of Greco, what is very competitive.

B.I.: You are 44. How can you keep this excellent shape, being a top of the top in that age? What's the secret?

R.C.: I don't know if there's a secret. I think I'm very fortunate. I don't had any major injuries, I have a great team that keeps me working and I have lot a fun, this is what I love to do. I love training and being along with the fighters and I love to fight. I think that this makes thing much easier.

B.I.: How do you see the MMA now? What changed from when you started to now?

R.C.: We see more and more mainstream, media, supporters. It's a widely accepted new combative sport for this generation. It has become one of the most popular sports that people are now watching.

B.I.: When you and Dan Henderson started, did you expect this? I think you guys (wrestlers) didn't expect all this...

R.C.: I don't think we were expecting something special and the sport to grow up like this. We were misunderstood by the wrestlers community and the general

population. We were cage fighters, kind of dangerous, criminals, or something like that. I'm glad people can understand now that this is a sport.

B.I.: About your training center. Do you think that Xtreme Couture is now the biggest team in the world? What do you think that happened in Brazil? Because before we had ChuteBoxe and BTT as two of the biggest teams in the world and now both are going down. What do you think about this?

R.C.: I don't know. I'm not the right person to say about this. I haven't took part of those organizations. I don't know what's going on. I think Wanderlei, Jacaré, Drysdale and other guys are example of athletes but they had this financial opportunity and get a better market and moved to the States. They're having an opportunity of training in gyms like this, with excellent partners. At the same time they've got more fights, more production and promotion here, than they were getting in Brazil.

B.I.: Do you have an idol in Wrestling? And an idol in MMA?

R.C.: The person that I always put up in my work or in my life is my mom. She brought up myself and three sisters alone and kept us on the right direction all the time.



HOW TO BE YOUR OWN BODYGUARD!



With an amazing curriculum, the author, a frequent visitor of these pages, suggest in his usual way a series of simple and effective formulas to face the most dangerous situations we can find on the street. Olivier has trained many people, businessmen, executives, etc., who usually don't know much about many martial arts, in such a way that he has had to provide them with a functional shield to face the most varied dangers in a short time. Pierfederici is undoubtedly one of the most renowned international teachers in this specialty, and this is his fifth instructional video, where he introduces new techniques and tips for students, onlookers and experts to enjoy his tested recommendations for self-defense in real life, all of them tested in a whole variety of situations and countries in the world. In self-defense nowadays, this French teacher living in Argentina has made clear once again that in this matter... we must count on him.

Self-defense



S.O.G.

OLIVIER PIERFEDERICI





Self-defense

"Be Your Own Bodyguard"

Dear reader friends, good morning to everyone and once again thanks for your interest in my combat system, the SOG-CLOSECOMBAT.

In this new article I will present the different techniques that will enable you to protect yourselves, that is, to become your own bodyguard.

Indeed, the goal of any serious system of self-defense should be to defend yourself or somebody close to you, such as a child, a wife or any relative...

The fact of training as we do in our method of combat, in a

real way and very often under stress, will allow you to escape from most problems you might find in the street... I say most of them because we can't lie nor tell lies to you. Some situations are very, very complicated; even for an expert it would be hard to get out of them...

Always keep this in mind: "Try to hurt your enemy, you must punish him for his act, for daring to attack what is most important for you, that is yourself or a loved one". Because if you don't do it, or if you try not to hurt him too much, be sure that he won't fail... and he will do much harm to you! Dura lex sed lex! The law is tough but it is the law, as my friends, the Belgian para-commandos, say.

How to move in the street

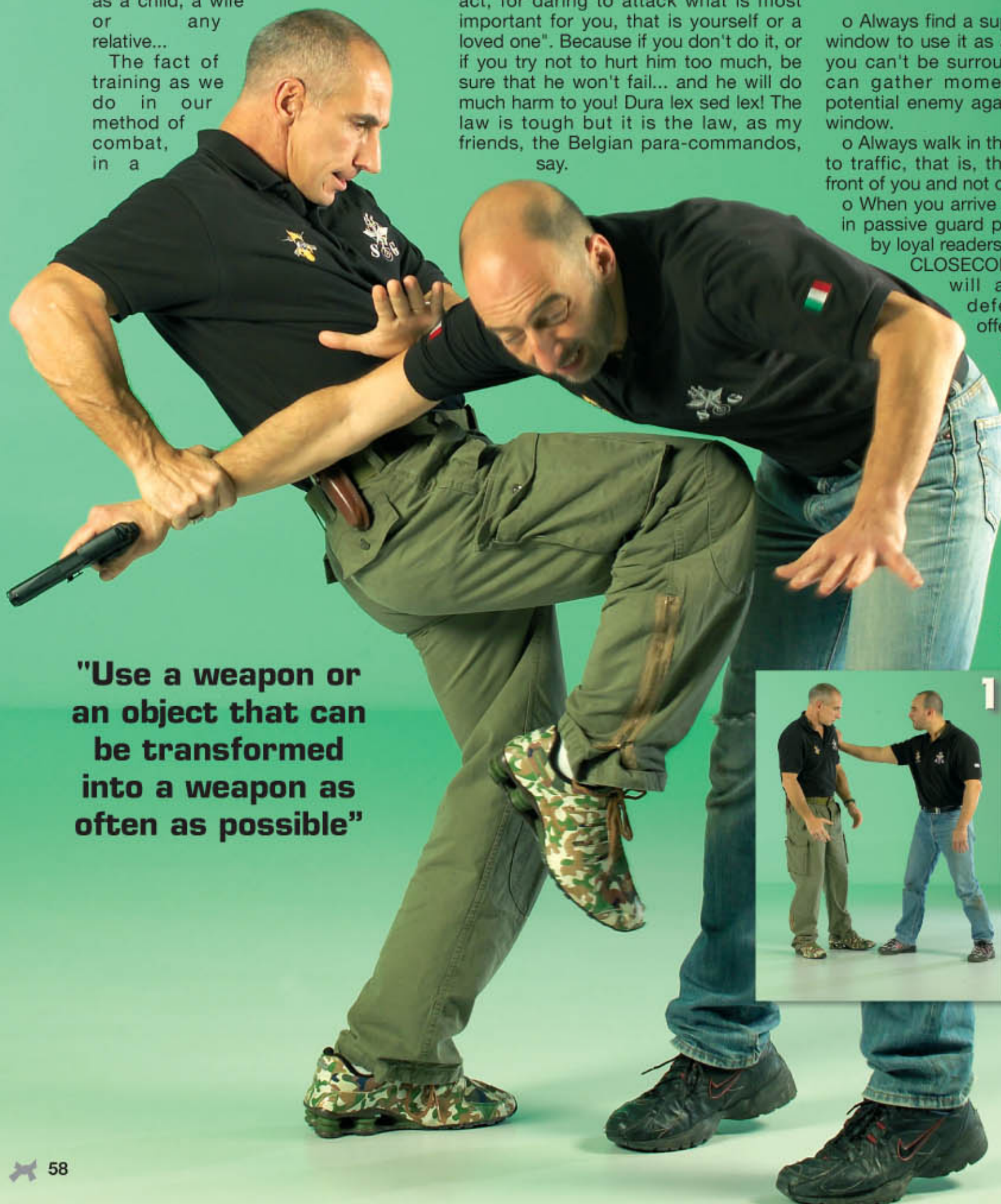
o Always find a support on a wall or a window to use it as an ally. First so that you can't be surrounded, then so you can gather momentum or throw a potential enemy against the wall or the window.

o Always walk in the opposite direction to traffic, that is, the traffic coming in front of you and not on your back, OK?

o When you arrive at a red light, stand in passive guard position, well known by loyal readers and lovers of SOG-CLOSECOMBAT. This position will allow you to act defensively and offensively.

Let's have a look at a technical level at what we would have if we had to come into the situation and enter the heart of the matter, as I like to say...

First, if you perceive the attack by a predator, attack and don't let him have any



"Use a weapon or an object that can be transformed into a weapon as often as possible"





alternative... Do it using everything you have at hand which can hurt or distract the enemy ... For example, a briefcase, which could be thrown at the enemy's head, immediately followed by a kick to the genitals, the tibia or the knee. Don't wait for the police or the cameras, run away, don't forget that you are in a situation of self-defense.

What would happen if you were very close to the enemy and you had to react?

Considering the distance, you can't use your legs ... You are in pure CLOSE-COMBAT. Therefore, you just have your hands on a bottle, the Chin Jab, your knees, the internal and external sweeps... Don't forget to finish what you have started... because if the predator stands up again, he won't have mercy and it will be even worse if he is carrying a gun! When I say "finish" I don't mean fiercely attacking the "prey", but rendering him useless. You must act as some instructors of the foreign legion say: "Be like the Amazon jaguar, attack the prey without hatred, but without forgiveness!".

In this fifth DVD you will see a technique that characterizes the sixth rule of SOG: "Use a weapon or an object that can be transformed into a weapon as often as possible". In fact, you will see how I use a simple glass to defend myself... Let your imagination act and

use your brain, they are your best weapons!

Now let's see the training against weapons: stick, edged weapons, firearms...

Against a stick, always seek to break the distance and if you don't succeed, use what we call the artillery, namely your legs... They break the supports, and even a tall guy won't be able to hurt them.

Against edged weapons, contrary to many systems of self-defense, we try to enter and break the distance so as not to allow the enemy to handle the weapon. Don't forget that if it is a knife he can use it to cut, plunge or beat!

Against firearms, the concept is the same, it is one of the strengths of SOG-CLOSECOMBAT, I approach the weapon, I grab him by the wrist, not the gun, and I hit him simultaneously... I get the weapon back and I use it to hit!

We will end up this technical part talking about the work against two or more enemies... As you can imagine, this is not easy... It isn't so with one, even less with two... Oh, oh, oh! But as I use to say, and this gets confirmed more and more, the enemy is never alone, don't forget that!

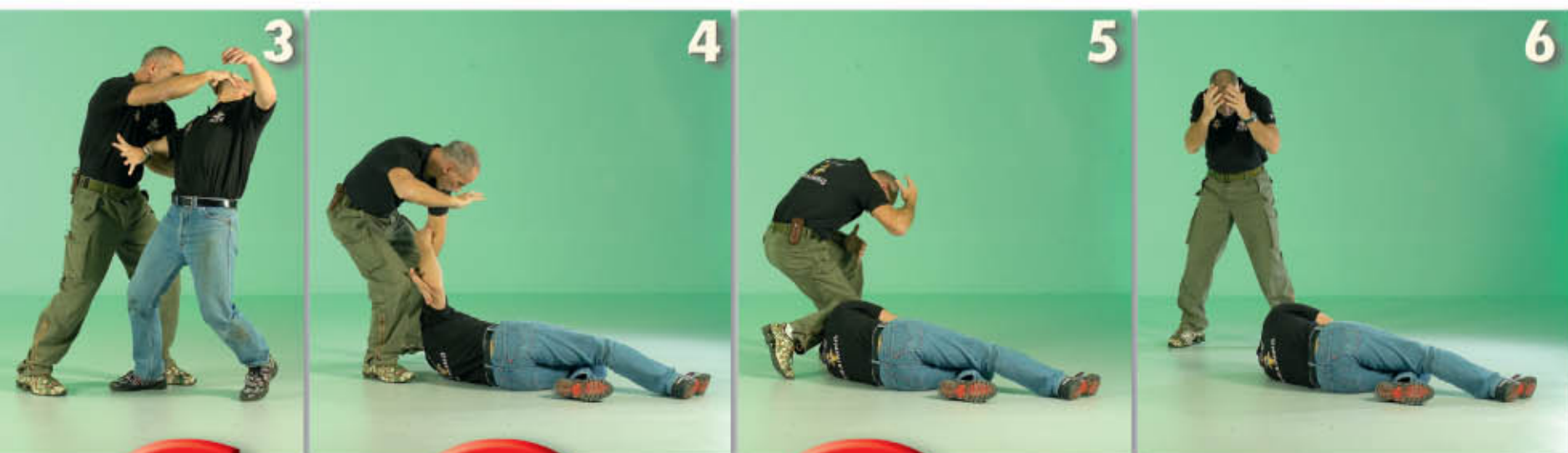
Stand facing the "predators" as much as possible, hit the one who is closer or the one who is likely to be the leader of the gang and use him as a shield if you

have the opportunity, with the shield technique described in the fifth DVD of Budo International.

"All this seems easier to say than to do", you'll be probably thinking, and you are right to some extent... but you must know that with a strict training, that is, regularly and not once every two months, working with real professionals and not with alleged experts (there are so many nowadays, not only in martial arts), any of you, and I do mean "any of you" will get positive outcomes in a very short time (obviously, if you practice SOG), thanks to a repetitive, smart and simple training... Remember, effectiveness comes from simplicity, not from complexity, the rest is a lie, or try to prove otherwise!

Speaking about professionalism, in this last DVD you will find two newcomers to the SOG CLOSECOMBAT family: Enzo Lupo de Savigliano and Gerardo Burchi, from the beautiful city of Florence, in Italy, "La Squadra Azzurra", as we have called them during the filming of this DVD.

In order to give you a brief description of these two gentlemen, except for the fact that practicing or having practiced other styles of combat they have been attracted and have felt identified with my self-defense system, and even if they are the "youngest" within the family of the instructor staff, they have adapted



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OLIVIER PIERFEDERICI





Self-defense

“The goal of any serious system of self-defense should be to defend yourself or somebody close to you”





perfectly. I hope, dear friends, readers and viewers, that when you will see them, you will think the same thing.

To finish this article, since I have the opportunity, I would like to talk about my "friends" as, given the circumstances, I will call my detractors on the Internet... In fact, surfing the various forum or foros, depending on the language of the country, I have found people who believe themselves experts or sensei or whatever, and using an often ridiculous pseudonym, they dare to criticize me or show me up.

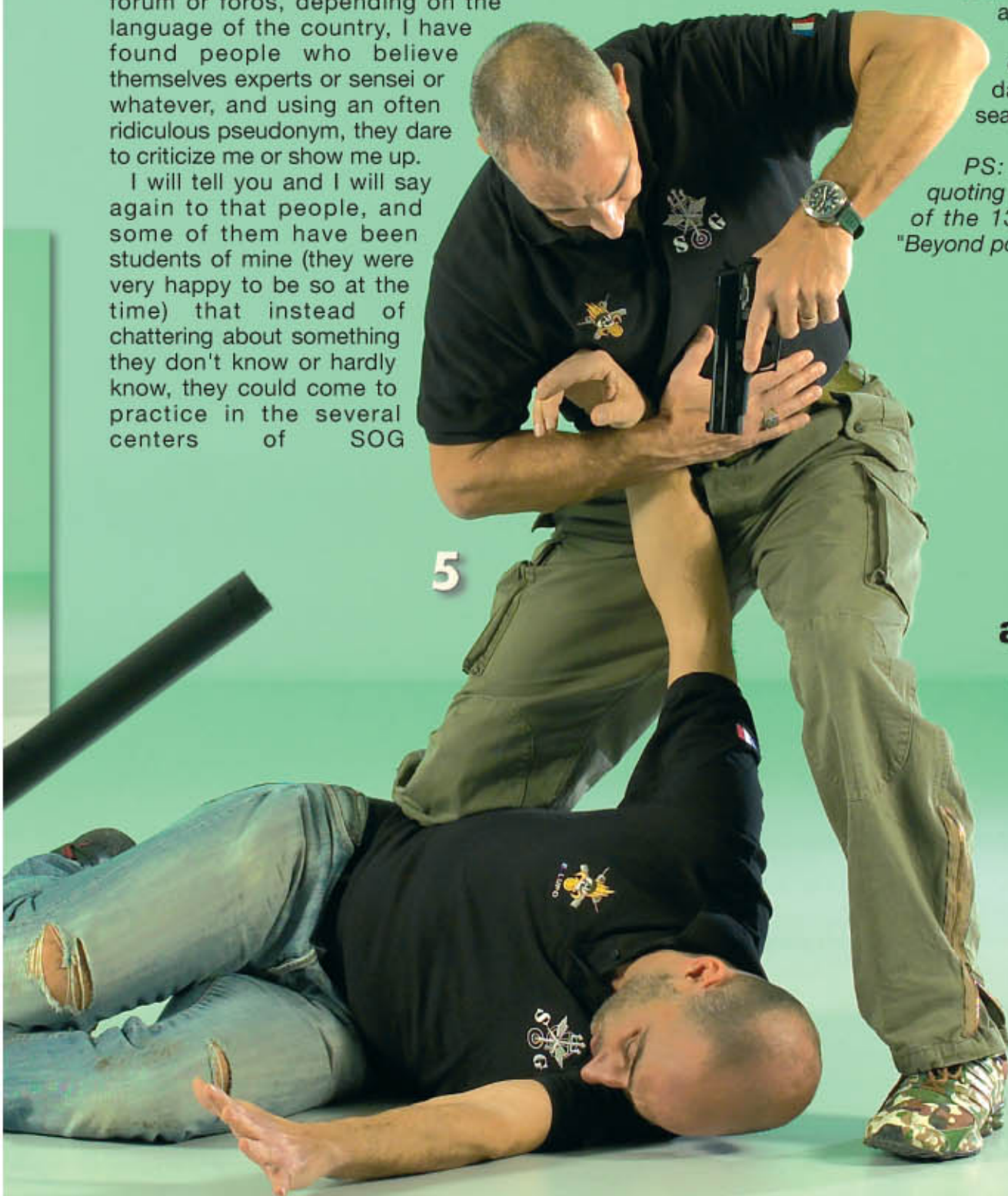
I will tell you and I will say again to that people, and some of them have been students of mine (they were very happy to be so at the time) that instead of chattering about something they don't know or hardly know, they could come to practice in the several centers of SOG

CLOSECOMBAT, since there are many of them all over the world, especially in France. We will give them a warm welcome, they don't need to worry about this...

It was something I wanted to clarify, thanks.

Dear friends, we have reached the end of my article. Remember that it is always a pleasure for me to share a little of my experience with you, which is enriched day by day, thanks to a sincere and real search. See you very soon. Thank you.

PS: As I don't want to miss my habit of quoting a saying, I will tell you today the precept of the 13th Regiment of Parachute Dragoons: "Beyond possible". Make it yours. Ciao.



"If you perceive the attack by a predator, attack and don't let him have any alternative... Do it using everything you have at hand which can hurt or distract the enemy..."

Text: **Olivier Pierfederici**

Photos: © www.budointernational.com



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S.O.G

OLIVIER PIERFEDERICI





Japan

Shugendo is a mystical Japanese practice, very little known in the West, which meets in its bases much of the Sinoist animism and a certain influence of Buddhism. Whereas its faith is not known, let alone its practices, always designed to put the body into an extreme position, focus the mind in a sustained attempt, open the doors to other states of consciousness. Much of these basics are therefore linked to martial arts in their ultimate goal, so that some martial artists have shown great interest in Shugendo. Sueyoshi Akeshi, renowned Master of Japanese sword, in his peculiar language, shares with us today the experience lived in recent years through Shugendo, in some extreme practices, probably unthinkable for any of us.

Shugendo, in search of Deep Knowledge

In 2005 and 2006, I practiced a great Shugendo ceremony. In August 2005 I made a practice of 21 days in the Kubote mountain. I recited a sutra 10,000 times, the same year, in November, I did the ceremony of 8000 goma (fire ceremony). In February 2006 I practiced kegyo (special training) no shogu in, which basically consisted in training meditation and Goma ceremony; from August to November of that year, I did 100 days of kai hogyo in Kubote (walking in the mountains) and special meditation fudo bo.

For 21 days I stayed on the Kubota mountain, completely isolated from the contact with other people and with the world outside, I was in total harmony with nature, eating only four Mochy per day (rice balls). Seen in normal parameters, it is really very little food for a human being to survive. On average I recited from 300 to 800 sutras a day, as there was no obligation for a number of sutras to recite daily, the rule only said that you should reach the end of 21 days with the 10,000 sutra recited. At each stage of the recited sutra I repeated the same process 100 times each time, which lasted on average 1:30h. each ceremony, and I rested. However, this exercise is too hard, to the point of not even feeling your own body, due to the intensity of the pain, added to the lack of sleeping hours. This was also a hard battle, because I just slept 3 hours a day and during the night the nocturnal animals didn't let me sleep. My voice also was affected due to the cold weather and the constant Sutra recitation with my throat, I was not in the best conditions.

I had already learnt all these sutra by heart since childhood, but I went through strange situations, for example, in the recitation of a sutra, after having repeated it some 70 or 80 times, suddenly I forgot what I was saying. I think that in those moments I was possessed by an evil spirit who tried to harm my training. I can't find an explanation for that fact, but the fact of not sleeping much, of being alone, of being cold... Naturally it affected me in some way, although I always found ways to go on with my training, because I was there for that. The first three days were a phase of adaptation, until the sutra began to seize my spirit and my body, but over the course of the training I understood that the voice vibration, along with the tchakura (points) caused me different sensations at specific points of the body, thus corresponding to each different form of sutra recitation. That is a reason why I liked training more and more,



exploring the positive causes transmitted by the tchakura to my body and spirit.

8000 Goma (fire ceremony); certainly it is a very hard training. At times I felt I was dying, for the extreme hardness and requirements of the training. This training lasted for 8 days; during the first 3 days I made 3 goma ceremonies, I burned 108

Shugendo

Sueyoshi Akeshi

Gomagi (incense sticks to symbolize offerings to fudo myo) and I prayed 5000 mantras daily. Each Goma ceremony lasted 7 hours, so at the end of the 3 ceremonies I had 21 hours of training. By then, I had no voice, there were blisters on my legs, my body had already lost a lot of weight in the early days, sleeping was another tough battle, since I had no more than 3 hours a day to sleep. During the ceremonies, in order not to fall asleep, I used the Toko (instrument used in ceremonies), to literally stab on my legs, arms, neck, and so on..., not to lose this battle against sleep and not to run the risk of losing concentration and falling asleep during a ceremony. From the third day I went through hallucinogenic situations, such as hearing voices and seeing apparitions. I think that the fact of not sleeping much, fatigue, pain and lack of oxygen, were all ingredients to completely change my mental and physical state. Fortunately, I consciously understand that all the situations I have lived can change my whole way of life, but not completely, otherwise I would not be here, but in an hospice...

The last day was without doubt the hardest day; 8000 gomagi, I almost lost consciousness due to the lack of oxygen, because the area where I was was very small and the flame reached the roof of the temple. I hardly felt my right arm, because this ceremony seemed endless. My Sempai brought me 1000 Gomagi every time and I didn't stop throwing them at the bonfire while reciting mantras. In front of the fire, the concept of meditation takes different senses, it is as if the fire took over my body; through the extreme hardness of training, body and spirit are already very tired, therefore, the power of the fire can enter and take over the body, merging both mind and spirit.

Kegyo en Shogu In (special training for monks) can't be said to be a hard training, I did a Kegyo in Shingon and thinking of what I suffered, I could say it was relatively easy. It consists of reciting Mantras and the Goma ceremony; 21 times the goma ceremony and 10,000 mantras in 21 days. The only problem is having to face the cold, at the end of the ceremony my hands were almost burned by the cold. This ceremony is always done in February and although there is always heating, 30 years ago, when I was 18, there wasn't; it seems that that winter in Japan was very cold and I don't know why there wasn't heating. Under these conditions, easy things become difficult.

The 100 days Kai Hogyo and Fudo Bo, this was one of the biggest challenges of my life, indeed. Every day at midnight I began my daily walk in the Kubote mountains and I returned four hours later. I slept in a cave in the heart of the mountain; here, the battle against temperature was also a constant, the heat became unbearable because

the temperature in Japan is extreme, in winter it is sharp and wet cold, in summer it is wet and unbearable hot that often affects breathing, and as if it were not enough, in September I had to fight against the forces of nature, typhoons and heavy rains were a constant during that month, thus hindering further my training. But with all these difficulties I have increasingly strengthened my spirit

and so I have to thank nature. All care was not enough, I had to pay attention to where I walked, not to be suddenly attacked by a poisonous snake or other wild animal, and if this happened, such an encounter would be almost certainly mortal, because there was no possibility to find any help. During my walks at night, every night I found deer, wild pigs, rabbits, owls, and so on. Those animals kept me company, as if they accepted me in their wild. Many times, due to bad weather, I had to change the usual way, as the path disappeared for the sinking of the ground and I had to find a new way to continue my journey. Every day I went through a Gyo Ja cemetery (Monks), then I stopped to pray at the center of the cemetery. Here, for me the issue was not difficult or easy, but certainly it was not the part of the training that I liked most, the atmosphere was overwhelming, the dark night with thick fog, I had to pray in the middle of the cemetery and so I did, reciting the Mantras aloud, to keep evil spirits and my own fear away. The sensation of the transmission of energy provided by Kubote mountain is strangely amazing; it is as if I became a part of the mountain and the mountain were a part of me, I can't express in words what I felt in those moments, I think it can only be understood going through that experience. Many times during the night walks I felt I had gone from this world to another and the Mountain has served as a door, and I felt I was going to a world parallel to this one, to the point of not knowing which of the worlds was real, and trying to perceive the true message that the mountain transmitted to me every day.





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