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# Taekwondo or Karate?

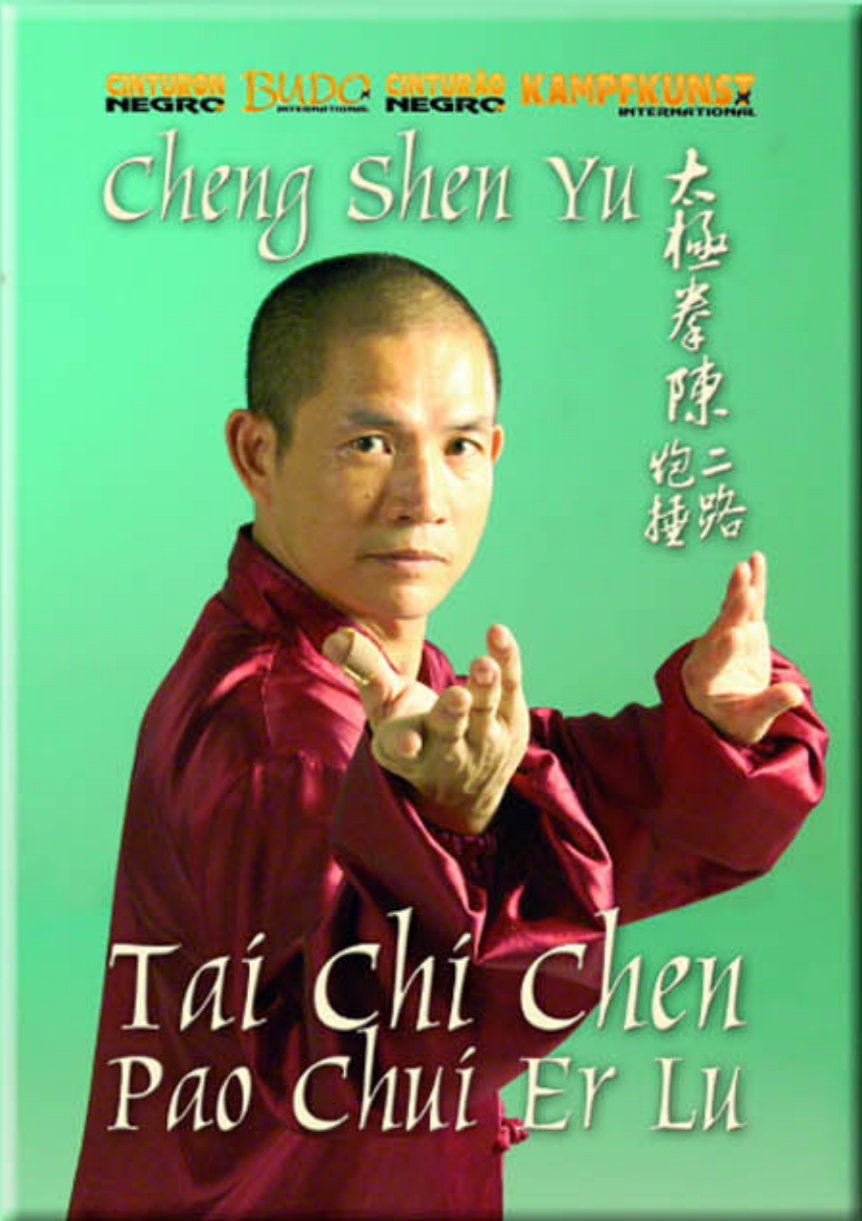




# Tai Chi Chen Pao Chui Er Lu

# Cheng Shen Yu

太極拳陳  
炮二路



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



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# Poomsaes 9-17

World Taekwondo Federation



World & European Champions Spanish Team

Koryo, Keumgang, Taebek, Pyongwon  
Sipchin, Chitae, Chonkwon, Jansu, Ilio

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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 Poomsae 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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# **X** EDITORIAL

## **THE VIOLENCE**

*"We must never make a pact with a mistake, even if it seems to be supported by sacred texts".  
Mahatma Gandhi*

**A**re violent acts intrinsically bad? The question seems somewhat spurious or nonsense. Ninety-nine people out of one hundred will answer that it is. Any developed social order is based on this belief, because in our societies the power to use it lies exclusively on the states. In our social order, individuals have abdicated this natural prerogative in exchange of a greater good, and they have trusted their representatives, through the weapons that the rule of law grants, the management of this thorny and paramount issue.

There is however a huge contradiction between our essential nature and such abdication. Millions of years of evolution, against only a few hundred years of history! Our biology has been designed for functions that any argument generated in the cerebral cortex, that relatively new little place of our heads, can't alter. In House's words, that amazing politically incorrect despot doctor on television: "The gene for goodness doesn't exist. Three guys in their caves: another caveman comes in ready to kill. The first one goes out running and survives; the second one fights and survives; the third one doesn't defend himself and dies... and like that, it is unlikely to reproduce. Simply evolution hasn't allowed the gene for goodness".

The Natural Order, as a High Order inclusive of the human being, has an overwhelming power and trajectory. Any act against it has the same entity and possibilities that would have the desire to attack a lion by farting; but human arrogance is such that it doesn't stop trying to mark the differences between our species and the rest, senselessly believing that the field of logic by itself can change the nature of things. Logic has its preeminence in its context and it allowed the man to act on the environment. Maybe those achievements gave wings to our arrogance, but they didn't change even slightly our biological nature.

Is violence avoidable? Definitely not. Violence will always emerge, sooner or later; it can be sublimated, repressed, nuanced or channelled, but it will always be there potentially and ready to

complete its mission. Everything always has a limit and as long as we write lines on the ground, violence will be there.

Writing lines on the ground is not a whim, not even an option; it is the result of a natural command, typical of all upper animals: the territory. I would like to emphasize the fact that the consideration of territory is not rational or optional. Our brain tends to consider its territory things or people, even abstract spaces, and although the essential territory is our own body, we tend to naturally extend it to the objects, beings and things where we focus our needs or desires.

Tolerance is nothing more than the thickness of the lines we paint on the ground. We can accept an interference in the territory to a certain extent, but there is always a limit beyond which our reaction will be violent. The "no violence" practiced by Mahatma Gandhi was nothing but a processed form of passive or indirect violence, just another way to practice it and in fact, the aim of such an activity was territorial: achieving the independence of India.

The famous story of the horse of one Thousand Li, perfectly defines the matter of the limits and tolerance. When the king was asked by his neighbors to give his best horse and his princess, he accepted, whereas his advisers were opposed when asked for such concessions; they thought that their king was fainthearted, so they stopped opposing and when the third request was done, the request of those empty areas property of nobody at the border between the two states, they argued as the king had done before, that for a simple request it was not worth going to war. In that moment the king ordered to behead for treason the full council, he called the army and he went to the war. The territory is the essence of the state, says Sun Tsu, and the war is the framework where any success or misfortune is decided.

No matter how the snake charmers of politics and "goodist" ideologies insist, our species is predatory and territorial. The downside of some of these representatives is that besides sweet-talking the ignorant with their speech, they insist on ignoring the undeniable reality of the nature of things, which will

necessarily generate a tremendous concern, especially when we are forced to abdicate our ability of violent response in such baboons. Changing the military into charities is an example of this dangerous and unnatural tendency.

There are much young people confused by these siren songs. They are a sensitive group of people, because dreaming and questioning the order to force evolution is in their nature; but these deceptions are particularly perverse in themselves because they are involutive. It is already enough pressure on our nature the fact of framing us in modern society and having to swallow that, resigning many of our natural privileges. The failure to understand the nature of things is sailing blindly into the ocean of life, but sailing with falsified cards will always lead to the greatest misfortune. Internet everywhere, information everywhere and whatever, but this youth is not the best prepared in history, because they don't have even a compass -their own criteria- to follow a direction in those seas of abundant falsified information, a real minefield from where only a few will escape safe.

The cult of Peace is one of such dangerous lies. Peace is nothing more than the statue of a hollow god adored by millions of people. But praying such a god is as useful as asking a tree to stop a diarrhea. Peace is nothing, it is something without an entity that is defined in negative, it is the absence of war, an impasse between two contests. On the contrary, the war is a continuous development of the tensions inherent in life, which appears and explodes when any other means to solve them has been not enough. That outburst is necessarily violent, although there are degrees in that explosion. The war, hot or cold, is the natural state of things, so it is essential to understand its rules and principles, as any living being is in constant war while it exists. The path of the warrior is thus an essential step in the evolution of every conscious individual, while the path of the pacifist individual is nothing but a spiritual transvestism that can be undressed sooner or later only to verify that behind its garments it lays the most cruel and dangerous deception. It is dangerous because it distorts the judgement and



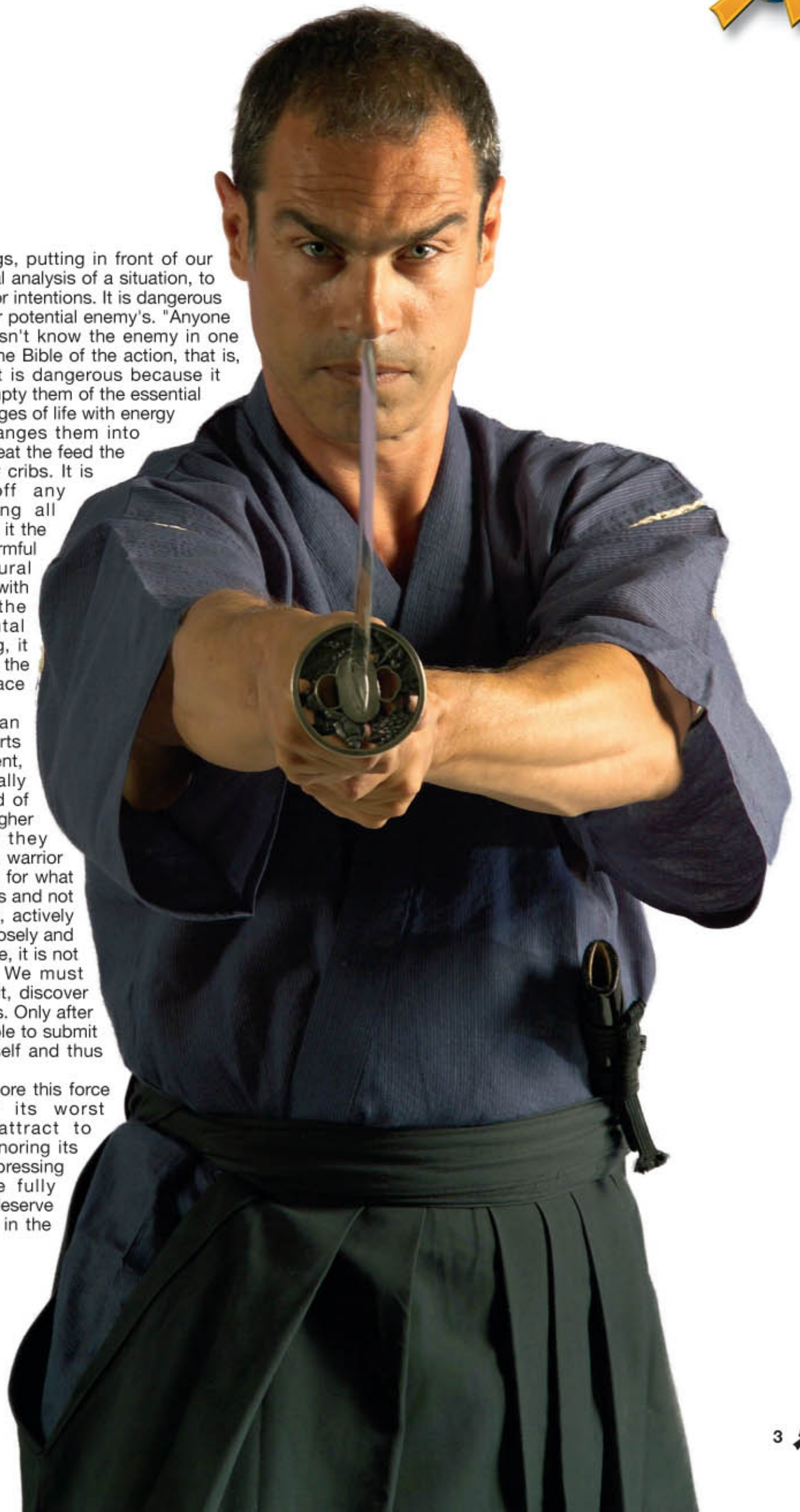


*Alfredo Tucci is Managing Director of  
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prevents the understanding of things, putting in front of our eyes pink glasses that distort any real analysis of a situation, to replace it with one based on wishes or intentions. It is dangerous because it ignores our nature and our potential enemy's. "Anyone who doesn't know himself and doesn't know the enemy in one hundred battles will be lost", reads the Bible of the action, that is, the "Art of the War" by Sun Tsu. It is dangerous because it changes men into eunuchs, and it empty them of the essential strength and vigor to face the challenges of life with energy and determination; because it changes them into simple fat oxen to pull the yoke and eat the feed the master have decided to put in their cribs. It is dangerous because it puts off any expectation of change, removing all responsibility of our actions and with it the real possibility of being free. It is harmful because it postpones the natural resolution of any conflict, feeding it with inaction and diluting it in the misunderstanding. It is detrimental because instead of solving anything, it makes things worse, thus destroying the faith and hope in life itself, to replace them with depression.

In the framework of this Manichean confusion about violence, Martial Arts have often been demonized as violent, but their practitioners have generally shown with their deeds that instead of being subjected to it, they have a higher level of control and temper that they experts in that field. The path of the warrior requires learning to manage violence for what it is, a natural force that must serve us and not something we must be subjected to, actively or passively. Thus we must know it closely and for it, as in so many other things in life, it is not enough with being told about it. We must frequent the violence, intimate with it, discover its power, its resources, its usefulness. Only after a long courtship with it, we will be able to submit it at last, under the empire of our self and thus walking as free men in life.

Those who intend to continue to ignore this force are doomed in life to suffer its worst consequences, and they will attract to themselves all sorts of miseries. Ignoring its power, demonizing it, denying or repressing it, are the best way to become fully unhappy, and I would add, and they deserve it. He who wants a fish... must dive in the river!





## FIGHTING SECRETS



p. 56

With an amazing curriculum, Master Maurice Elmalem, expert teacher of Taekwondo, brings in this article his intense experience and advice to deal with the sports combat, whatever your style.

This same text also presents his latest DVD "The Secrets of Combat", where technique combinations, tactics and advice based on direct experience of the author, will help us to put order in the chaos that involves any martial confrontation, thus getting things to turn in our favor in the final result.

## OKINAWA KARATE DO



p. 26

The Jundokan of Naha is perhaps the most famous dojo in the Island of Karate. Run for 50 years by its creator, Master Eiichi Miyazato, it lived with him its time of splendor. But the death of the master brought the beginning of its decline, the division and the gradual abandonment of some of its highest representatives. Salvador Herráiz brings us from Okinawa the history and present of Eiichi Miyazato's Jundokan.

## MMA



p. 50

Brazilian fighters invade Florida and dominate the largest team of MMA in the United States, the American Top Team

when the question is about the team which has the largest MMA training center in the world, the answer is clear: the American Top Team.

# Zusammenfassung



# Sommaire Sumario

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## TAEKWONDO VERSUS KARATE



p. 06

Our goal: allowing Taekwondo practitioners to better understand Karate and vice versa, as well as paving the way for students to measure what they could get from the practice of one and the other, and thus better understand how they could assimilate their physical and functional structure, had they to choose one of them.



## NOVA SCRIMIA



p. 18

In the collective mind, medieval warriors dressed in their shiny armors fought only on horse and with weapons. They have always been imagined with swords, maces, or spears, and surely most people believes that they ignored or at least they disregarded fight with empty hands.

Today, our expert in the subject of Western Arts, Maese Graziano Galvani, comes at last to put an end

to myths such as the aforementioned, in an article on the "Abraçar", the Art of fighting with empty hands of the medieval knights.

## AIKIDO



p. 12

Kazuo Nomura, is one of the essential references in Aikikai in Japan nowadays; a friendly and intelligent man who approaches his art in every dimension and depth of it, without giving up anything.

His first trip to Europe opened many doors to him among Western students, but it was certainly the opportunity to learn through his first DVD with Budo International, when many more had access to his teachings.

# Summary

# Sumario

# Sommario

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Report

**"Unlike the Korean spin, the Japanese will chose something linear; unlike the central Japanese strategy, the Korean will choose a counter strategy. The stillness will be the Japanese option, whereas the movement will be the Korean one".**

# Karate versus





Text: **Alfredo Tucci**  
Photos: Archivos Budo  
Karate competición: **Miguel Sport**  
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## Taekwondo versus Karate?

The similarities between Taekwondo and Karate go beyond the casual aspect. Both martial styles, even if they come from different countries, have obvious similarities. Even historically, the relationship between Japanese Karate and Korean Taekwondo has created an undeniable bond between both of them. Of course there are differences in the technique, name, organization and form, but this article will be focused on their features, similarities and differences, within the framework of a martial vision, their dynamics and of course their energetic nature.

Our goal: allowing Taekwondo practitioners to better understand Karate and vice versa, as well as paving the way for students to measure what they could get from the practice of one and the other, and thus better understand how they could assimilate their physical and functional structure, had they to choose one of them.

That choice is not yet essential. In fact, one of the ideas of this work is based on my own experience as a practitioner of both styles for many years, and the conclusion of such a combination could not be more positive. Therefore, no one should expect to find a trial of intent in this article, in the sense of concluding that Taekwondo is better than Karate or vice versa.

# Taekwondo?





Report



**“Taekwondo is an art dominated by the centrifugal force. Its techniques tend to raise the center of gravity, to jump, to use the low train on the top train, to perform broad movements and to use the centrifugal force to give power to the techniques”.**

# Karate Versus



## The history

Judo was the first Eastern martial style in breaking down the barriers between the East and the West. Kano's great sense, who changed traditional Japanese Ju Jutsu in the framework of a new paradigm suited to the needs and requirement of a new era, marked the way for other disciplines. Funakoshi's Karate was the first one, and even Kano had a rapprochement when he sought to integrate in his discipline the atemis (strikes). However, Karate proved to be a too big fish for Judo's mouth and certainly very difficult to integrate within the framework of its sports purposes. The art of kicking and beating required a lifetime of training, and it was too much trying to turn it into a mere appendix to a discipline which was highly focused on projections and hand-to-hand fight.

Karate entered the West mainly through the United States. A few emissaries of the new art were sent by JKA to many countries in Europe and their success was significant in just a few years; however, the center of the spiral is the one that always dominates and the center of the empire was beyond the Atlantic. U.S.A. breathed in that new Japanese martial air, opening the way for other styles.

The Korean tradition, systematized by General Choi Hon Hi, followed the pattern of Karate. In fact, for many years, the word Taekwondo was not very known in U.S.A., since the style was known as Korean Karate. It was the imminence of the Olympics in Seoul and the presence of Taekwondo as an Olympic sport, which brought the Korean state intervention in the issue and definitely projected the image of Taekwondo worldwide.

## Structural and cultural features

In the case of Taekwondo, beyond organizational issues, there is a common identity of forms. However, there is no such an identity in Karate. Quite the contrary, there are many different styles, coming from different backgrounds and nuances, derived from the importance given by Japanese culture to the figure of a Master in a specific line of work. Korean pragmatism is different from Japanese "schoolism", a phenomenon closely linked to its peculiar insular idiosyncrasy. However, there are enough technical

features common in all forms of Karate which allow the comparison with Taekwondo. Probably all of them are based on the nature, historic and social structure, as well as the genetic heritage of both of them.

The Japanese, due to their own adaptation to life in the islands, evolved into a smaller size and shorter legs, in the context of a culture which provided values to encourage self control. The chaos was not a valid option for survival. Not only was there a limited space (island), but the scarce resources imposed cultural forms leading to a hierarchical and meticulous order.

The Korean have many similarities with the Yamato, but a peninsula is definitely not an island.

They were also battle-hardened people, but Korean were taller than Japanese. With a history of invasions and mixtures, the Korean, unlike the Japanese, show a more open mind to differences and somewhat they are more pragmatic.

In my opinion, the most notable generic differences between them are the same that can be found in their arts, as these are a reflection of their natures.

## Technical differences

An apple tree bears apples, says the proverb. The nature of things and beings is



# Taekwondo?





While the karateka knotted his belt lower, especially a few years ago, the taekwondoka always did it higher, above his hips. The heaviest fabrics were the karateka's favourite ones, since they marked the explosive power with greater intensity; in Taekwondo the lightest fabrics were chosen, as they looked for a more fluid and agile effect.

It is clear that the expression of Karate is primarily based on lines of action of the top train, whereas in Taekwondo it is the lower train. The key point in the meeting of both is the hip and of course there the difference becomes evident. In Karate the power of contraction is dominant, so back punches are performed in two ways: 1) The hip leads the fist toward the goal. 2) The hip turns, changing the direction of the blow to the opposite side, creating a dry effect. In Taekwondo, the first form is almost always chosen, because this takes advantage of the centrifugal force, the dominant force in this art. For this same reason, the blows of the front leg are more frequent in Taekwondo. The leg turning techniques are typical from Taekwondo. Karate prefers them linear and short, because the contraction allows the force in them. The great flight of a jumping and turning kick is the perfect expression of the use of centrifugal energy preferred in Taekwondo.

The resulting aesthetics is very different, even in the alignment of both hips. The Japanese tends to be more static and linear than the Korean, so that at each step forward or backward the knees must absorb the intermediate transit. Both express very different ways to use the energy. The karateka is like a hammer, the taekwondoka is a real Tasmanian devil. Whereas the former advances closing the center with heavy lines, the latter takes the air around you, locking you up into your space until he enters it.

### Combining both arts

The combined work of both arts is certainly advisable when the practitioner has reached an intermediate level in his progress. It will allow the karateka to develop his skills in expansive and leg techniques, and the Taekwondo practitioner will get stability, strength and skill in the use of his arms.

The ideal Taekwondo practitioner has long arms and legs, he taller and more

organizational ways, but also some aspects where Karate was always ahead, such as the sequence of movements in Kata, Poomsae.

### Tactic and energetic trends

Unlike the Korean spin, the Japanese will chose something linear; unlike the central Japanese strategy, the Korean will choose a counter strategy. The stillness will be the Japanese option, whereas the movement will be the Korean one.

From Oriental keys of five elements: Energy "earth" for Japan, where the center and the stability are the keys, and wood for Korea, where the will, the effort and the upward direction are the dominant keys.

The karateka is more discreet in the use of the cry than the Taekwondo practitioner. The cry of the karateka expresses the breakdown of discretion with kiais in hot spots; the cries of the Taekwondo practitioner are expressed much more through a menacing and self supportive cry. This phenomenon can be observed even in the intonation: the first one is shorter and deeper, the second one is longer and higher.

Aesthetics and expression

always behind their functions. Therefore, the main difference between Karate and Taekwondo is the predominance of the expression of the main forces, centrifugal, which goes from outside inside, and centripetal, which makes it in the opposite and complementary direction.

Taekwondo is an art dominated by the centrifugal force. Its techniques tend to raise the center of gravity, to jump, to use the low train on the top train, to perform broad movements and to use the centrifugal force to give power to the techniques. In this context, it is natural to think that a taller person with longer limbs will find it easier.

Karate is an art predominantly dominated by the centripetal force. Its techniques generally lower the center of gravity, prefer the use of the arms, short and conclusive blows, mainly supported on contraction and getting most of the power of the movements mainly from this force. It is the way of expression chosen by anyone with short limbs who is used to the effort of self control.

Karate integrated many leg movements from Taekwondo and Taekwondo borrowed from Karate not only the

# Karate Versus





flexible. Without doubt he will feel more comfortable using his natural attributes, but although both biotypes are opposite, and each one is logically integrated in the system which is best adapted for him, the opposite work will be hard, but extremely challenging, because it will bring a great reward. Since everything tends to be saturated by its own strength, it will allow him to train his weakest points rather than his strengths, creating a more complete and prepared martial artist. For the karateka, the result will be the same, compromising his balance in jumps and spins, using the centrifugal force more easily, what will result in more relaxation and increased confidence in the use of his power. The karateka will get greater fluidity and lightness, whereas the taekwondoka will develop greater awareness of the center, the energy and the implicit force knowing he is the center.

**“Karate is an art predominantly dominated by the centripetal force. Its techniques generally lower the center of gravity, prefer the use of the arms, short and conclusive blows, mainly supported on contraction and getting most of the power of the movements mainly from this force”.**

The combination of attributes is great and only something positive can arise from it, so I highly advise it. However, it is natural that at some point each person goes to one direction or another, but he will have completed his skill with that experience in a way he would never have imagined.

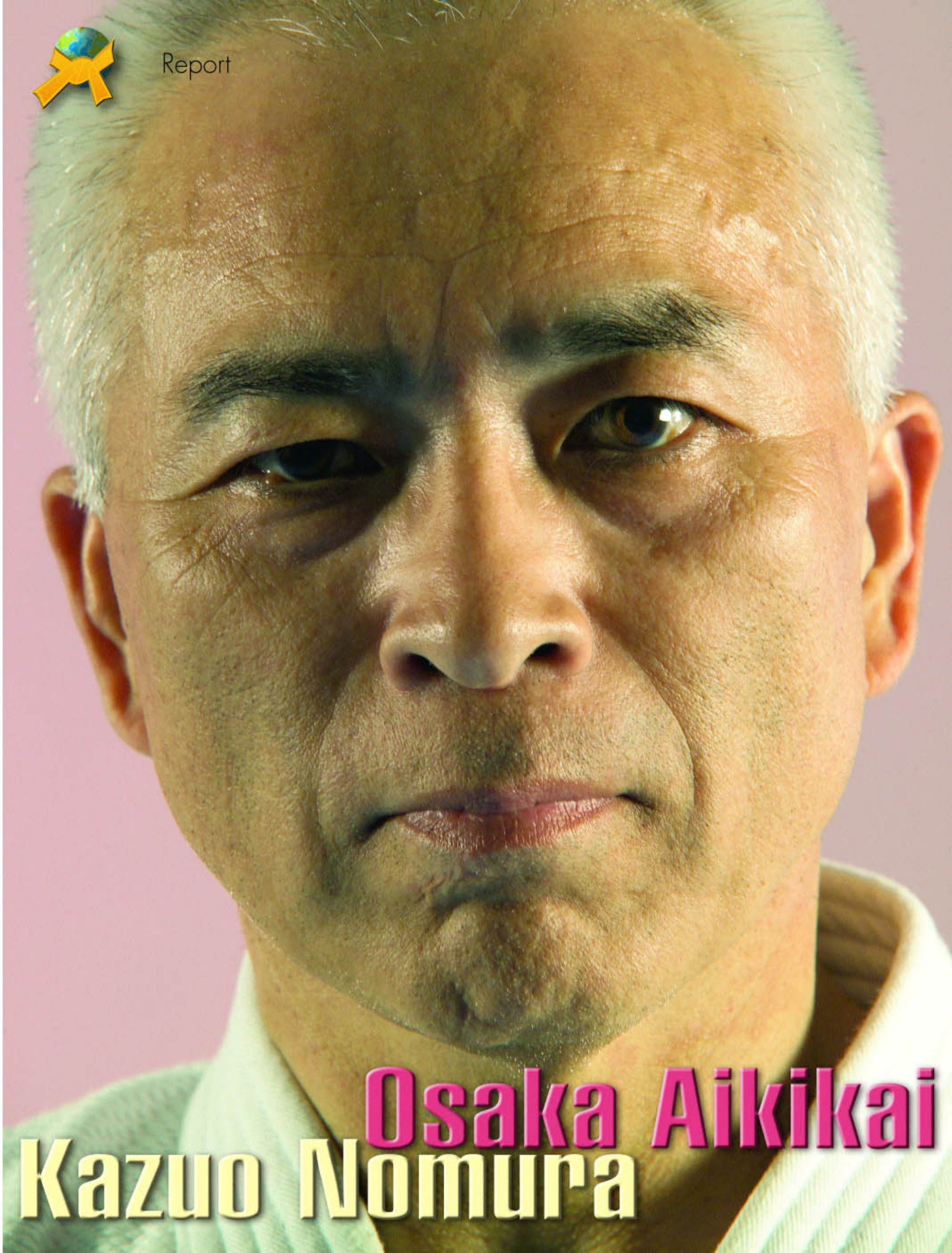
Taekwondo and Karate are two wonderful ways of martial training and, although each of them has its own different aesthetics and tendencies, they both possess the vigor of Martial Arts.

# Taekwondo?





Report



**Osaka Aikikai**  
**Kazuo Nomura**





武産合気道常巻

# 合気

She is one of the indispensable references in the Aikikai of nowadays in Japan; an amiable and intelligent man who focuses his Art in all the dimension and depth of the same, without resigning to anything. Its first trip to Europe abrió many doors to him between the Western students, but it was without a doubt the occasion to learn through his first DVD with Budo International, when they were many but those that acceded to their lessons. This year in Europe will distribute several seminars again and will happen through our studies to record a new work, and to photograph the images of its first book, a work that we hoped to be able ofreceros in next months. Meanwhile we left you with this most interesting article in which Nomura Sensei shares its last traverse reflections its student Alexandre Malet.

Alfredo Tucci



# Aikido





Report

**“Aikido is budo and therefore has a martial aspect. Through the study of Aikido technique, the martial aspect is developed and transformed into “do” (the way)”**

神



**Osaka Aikikai**  
**Kazuo Nomura**





## Introduction

What are the basic principles of how one learns and develops in Aikido? This was the subject of the interview with Nomura Kazuo shihan in the October 2007 edition of Budo International.

In the DVD which accompanies that interview, the primary focus is on kokyū ryoku, which literally translates as 'the power of respiration'. By integrating kokyū ryoku into our Aikido techniques, we cultivate an increasing awareness of ki, and a deeper understanding of the main principle of Budo - namely, it is ki that moves the body.

As we continue to develop our kokyū ryoku training, Aikido techniques evolve from being not just fighting methodology, but techniques for a purification process (referred to as misogi in Japanese) as the body, breath, mind and spirit are all brought into harmony.

Following on from the first stage of Nomura shihan's presentation, the development of kokyū ryoku, he now moves on to the next stage, which focuses on nagare and en/ten. Nagare can be translated as 'flow', and en/ten can be translated as 'turning/rotating'. He hopes that he may benefit our practice through presenting these concepts to us.

## Ki

Aikido is budo and therefore has a martial aspect. Through the study of Aikido technique, the martial aspect is developed and transformed into "do" (the way): the path of harmony, the perfect balance between the way of being and the way of living. This is where the role of ki is very important. The ki of the universe, the ki of all nature around us, is ever present and we perceive it everywhere as a conscious physical energy. In Aikido, we also perceive that the same ki of the universe is working within us.

Within us there is our consciousness, our awareness, which is a form of energy. This is a vital part of what we refer to when we say ki. But there is also the physical body. My body is made of things I have no knowledge about; even though every cell is part of me, I have no knowledge of every cell's function. Yet I know that every cell contains energy, and so the basis of my physical being can also be called ki. When we talk about ki, we refer on the one hand to the ki that exists in our body, all around us and in the spaces all around us; on the other hand we also refer to ki as our consciousness and awareness as living sentient beings. Ultimately it is our ki of consciousness that moves

**“Aikido training seeks to cultivate a center in terms of our consciousness or awareness. It is from a strong center that we can be aware of unlimited flow and thus facilitate technique”**

physical things.

In Japanese we can refer to this consciousness as "shin", which uses the same Chinese character as "god." We think of it as a consciousness that is godly, or a higher energy, and we particularly need to concentrate on the function of shin. We should not focus on where we are physically strong or weak when executing technique, rather we should aim to continuously refine our awareness and consciousness as technique is performed.

This kind of consciousness is very important to our practice. Of particular importance is developing the conscious feeling of gratitude. The sense of gratitude that we have for the blessings of nature is the same as the gratitude we should feel to our partner. In both cases, we are receiving ki.

We live by breathing in and breathing out, continuously repeating the process of receiving and releasing ki.

When performing technique, we inhale the ki of nature, together with our partner's ki into our hara, or center. It then moves throughout our entire body and is released again back into nature as we exhale. In this way, as we practice and become more proficient at Aikido movement, we try not to get caught up in muscular or physical sensations when we make contact with our partner. Instead we refine our awareness of nagare (the flow of ki) that we are creating as technique is performed.

## Nagare, or flow.

Flow exists all around us in nature, and of course it also exists in our body. The blood in our veins flows, and it is this that keeps our body healthy. Within this flow, a kind of consciousness also exists. The movement of energy all around us is circular and continuous. Within that circular flow there is a center, and when the center is firm the flow is stable.

Aikido training seeks to cultivate a center in terms of our consciousness or awareness. It is from a strong center that we can be aware of unlimited flow and thus facilita-

te technique. In Aikido movement, as we become one with and redirect our partner's flow circularly, we replicate and become one with the eternal flow of nature.

As our experience and understanding of this develops, the effect on our character and personality can be both profound and life changing. This is why Aikido is a spiritual budo.

## En/ten, or turning/rotating

The movements in Aikido can be compared to the movement of a spinning top. In order to keep a well balanced rotation, a low center of gravity in which to turn is necessary. The earth is turning, while at the same time being in a large orbit around the sun. It can be said that Aikido's movements are the same. We turn our hips at the same time as we move around our partner. Moving and turning our hips generates a lot of power, especially when the movement is integrated with kokyū ryoku, the power of respiration. The breath itself has no shape but we focus it within the technique to reinforce the movement. This ensures that ki flows freely and is not blocked by physical or mental tension. It is therefore essential that we maintain a soft and relaxed body and mind, using the breath to allow ki to flow unhindered and without obstruction.

## Unification

As we seek to blend with the movement of our partner, we must look to blend with their ki and their way of thinking. Not only this, but we must do so without compromising our own center. We must move our partner not through personal intention, but from our center's awareness. For the partner, they feel that our lack of resistance results in their attacking power becoming nullified. By moving from a stable center, and blending with our partner, we can practice techniques that have form. We maintain focus on the flow of ki rather than becoming distracted by the form of the technique itself.

## Conclusion - General comment

Aikido was developed in part as a response to the difficult question: How can we create a peaceful society? This is the question that should motivate us to explore the key principles of Aikido in our practice. Our society is technologically advanced, but our spiritual advancement has fallen behind. Due to a universal desire for human spiritual development, Aikido is now recognized in more than 90 countries all over the world. Through continuous regular Aikido practice, we discover and experience the spiritual idea of "love". This is the ultimate objective of budo.

# Aikido





## Report

In the following example, Ki Nagare and En/Ten can be seen in the form of an irimi tenkan (entering and turning) movement.

The technique is yokomen uchi Shiho Nage.

Drawing 1: Tori releases his ki out in every direction to infinity. Being one with this feeling of infinity is known as being connected to the power of heaven (ten).

Drawing 2: Tori begins to move forward and initiates the direction from which Uke's attack will flow.

Drawing 3: Tori executes an entering, irimi sabaki, which penetrates the space of Uke. At the same time, he blends with and absorbs Uke's ki at the point of contact. Tori becomes one with the Uke.

Drawing 4: While turning, tenkan sabaki, Tori stabilizes the hips; this process allows the ki to be naturally compressed into the tanden, this creates a flow that captures and controls uke's balance. As the ki is released from the tanden, it generates the flow that fuels the shiho nage form.

Drawing 5: Instead of focusing on only the physical act of throwing or pinning Uke, Tori releases his ki into the earth. Then the ki naturally returns into Tori's tanden.

Note: Throughout the entire movement the power of the breath's respiration (Kokyu Ryoku) ensures and enhances an unhindered flow of ki.



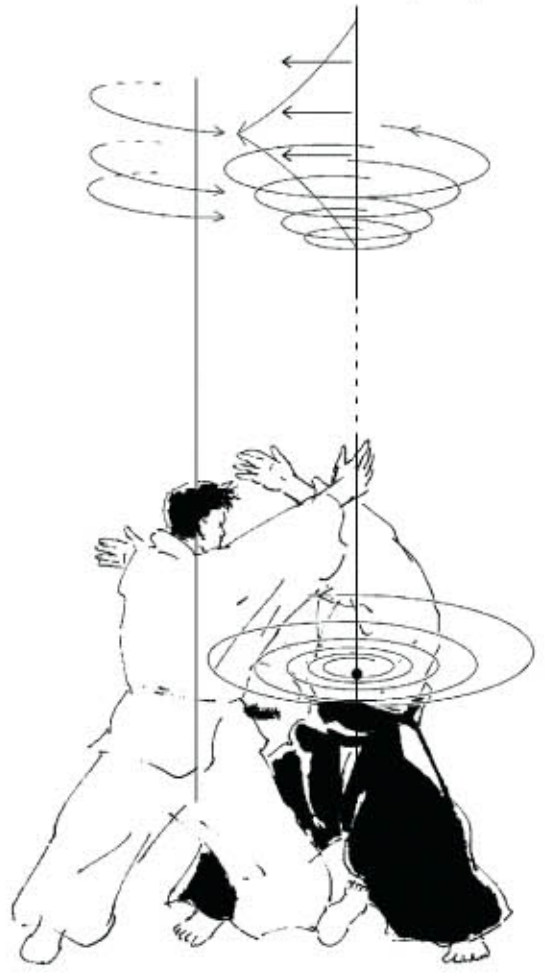
**“Through the study of Aikido technique, the martial aspect is developed and transformed into “do” (the way): the path of harmony, the perfect balance between the way of being and the way of living.”**

# Kazuo Nomura

# Osaka Aikikai



Aikido



Aikido

武蔵合気道流常流

合気





Graziano Galvani

Nova Scrimia





## The Art of fighting with empty hands of medieval knights

In the collective mind, medieval warriors were dressed in their shiny armors, they just fought on horses and they had weapons. They have always been imagined with swords, maces, or spears, and surely most people believe that they ignored or at least they disregarded fight with empty hands.

Today, our expert in Western Arts, Maese Graziano Galvani, has put at last an end to myths such as the aforementioned, in an article on the "Abraçar", the Art of fighting with empty hands of medieval knights.

I have been amazed at the title of his work. With it he also introduced his latest video; a fantastic work shot in historic places in Italy and in our studios in Madrid. I have been amazed, as I was saying, because in Portuguese it means "embracing", a common root in almost all Latin languages, "with the arms". But the techniques that are taught and practiced were certainly not unique. They included projection techniques, kicks, boxing, etc., that is, they were and they are clearly an art of self-defense. The ancients had already developed differences between training and their use in combat, and many more things than we do; either we think they were created in Japan, or we just think it is us who have invented them.

There is nothing new under the sun! But apart from honoring the memory of our ancestors, which is always right, it is even better to observe the amazing validity and intelligence of their systems... because not everything in our field comes from the East.

Alfredo Tucci



# "Abraçar"





### ***Abraçar. The art of fighting with empty hands of medieval knights***

There are many legends about ancient Western Martial Arts. One of these legends concerns the art of Fencing and tells that knights and men of weapons in Middle Ages and the Renaissance, knew only a few techniques for fighting with empty hands, as they were just focused on the development of their extraordinary skills in combat with swords and daggers.

That is not true, though. The art of fighting with empty hands was not only very well developed, but it was also very practiced throughout Europe, in Switzerland, Hungary, France, Spain, Germany and Italy. This martial legacy had deep roots in those extraordinary Western civilizations who wrote the history of the old continent.

The empty hands disciplines of classical Greece, as the terrible Pancrazio and Pale, Roman schools, the older Etruscan schools of fight, the arts and techniques of Celtic fight, were for centuries and centuries fertile land where they sprouted and grew those disciplines of unarmed combat, which based in Europe, became an integral part of the art of fighting and handling "with and without weapons".

### ***Hand And Sword***

The art of fighting without weapons was considered in medieval times as one of the essential disciplines in the training of a knight. Martial Arts schools in many parts of Italy in the twelfth century, trained the future knights in the use of the sword and several hand weapons, dexterity and agility exercises and the art of hand-to-hand combat without weapons. In addition, the knowledge of fight with empty hands had to do with a triple function of support of fencing with weapons. They had to support the work with weapons using the arm free of weapons to hit, grab, twist and block the adversary's limbs. Or taking the enemy down using their legs and grabbing with both hands the weapons he was carrying. At last, it was used to defend "sine armis" against the enemy's weapons, since once they had lost their own weapons, the empty hand was the last bulwark against the deadly blow.

### ***Gym, Boxing, "Abraçar"***

In Italy, the ancient art of fighting without weapons mainly came from three disciplines. The first one, popularized in Tuscany and Veneto area, was a form of fight very popular among citizens of different Communities. Among the most famous cities with real schools, there were Venice, with "Venetian boxing" or "boxing in the alleys", and Siena, with the "pugilatus senensis". They were pugilist combat disciplines, with "Ponta" fists, and linked "hail and storm", as well as impetuous jumps against the adversary and grabbing to take the adversary to the ground with "capofitti" and "taking down". Those disciplines were at

# ***Nova Scrimia***





the same time methods of self defense and "sports" systems, with which very violent fights were also done, including real tournaments with hundreds of participants, held in squares or on the bridges, between adversary quarters, often with the blessing of the City Council.

The second way to fight, called "Palestra" (a term from Greek origin meaning fight) was a combat system that had strong similarities with ancient Iberian and Celtic fight, which became popular especially in central Italy and Sicily. The "Palestra" was a form of fight which we could define as recreational and which was practiced among aristocrats and professionals in the fight. It was an extremely technical art, not related to deadly confrontation, which banned deadly actions, but which allowed the "furtade", series of tricks or deceptions, and that had a really comprehensive and amazing technical expertise, with techniques such as "rotation", "sacaligna", "clunilevio", "anguigera", "intropiezo" and appropriate counters and counter-counters such as "desvio", "traspede", "nescia" and "ancia", "conversion", "remolino" and "delumbata". The third form of fight is called "Abraçar", a Venetian term of the fourteenth century which literally means "embrace", a term which must be translated as "the art of hand-to-hand combat". This was the discipline practiced by the knights and men of weapons; no movement had to be choreographed or aimed at achieving victory in a tournament. Each technical gesture was intended to survive and each action of the martial repertoire, even the most brutal, was considered permissible. It was the art, as Mastro Fiore dei Liberi says, "of dangerous games, games of death".

### VIII Habilita'

"Questa è chiamata legatura di sotto, la chiave forte e con tale legatura, armato o disarmato si può dare la morte..." morte" (This is called down tie, with a strong lock and with this tie, you can kill armed or disarmed...)

Magistro Fiore dei Liberi-FLOS  
DUELLATORUM - 1409

The "Abraçar" taught by medieval Masters of weapons is practiced for two reasons: for fun or for anger, that is,

for life. In the first case, it is done with "prese d'amore" (love grabbing) and it is practiced with the training agreed, taking great care not to injure the partner.

In the second case, where the fight is real against an enemy that wants to kill us, it is legitimate to use every deception, deceit and cruelty to survive. You have to use the techniques of the art to hurt the enemy in the "most dangerous points". Eyes, nose, temples, chin, neck, genitals, joints, are the targets that the "scamitor" (fencer) attacks quickly to defend himself.

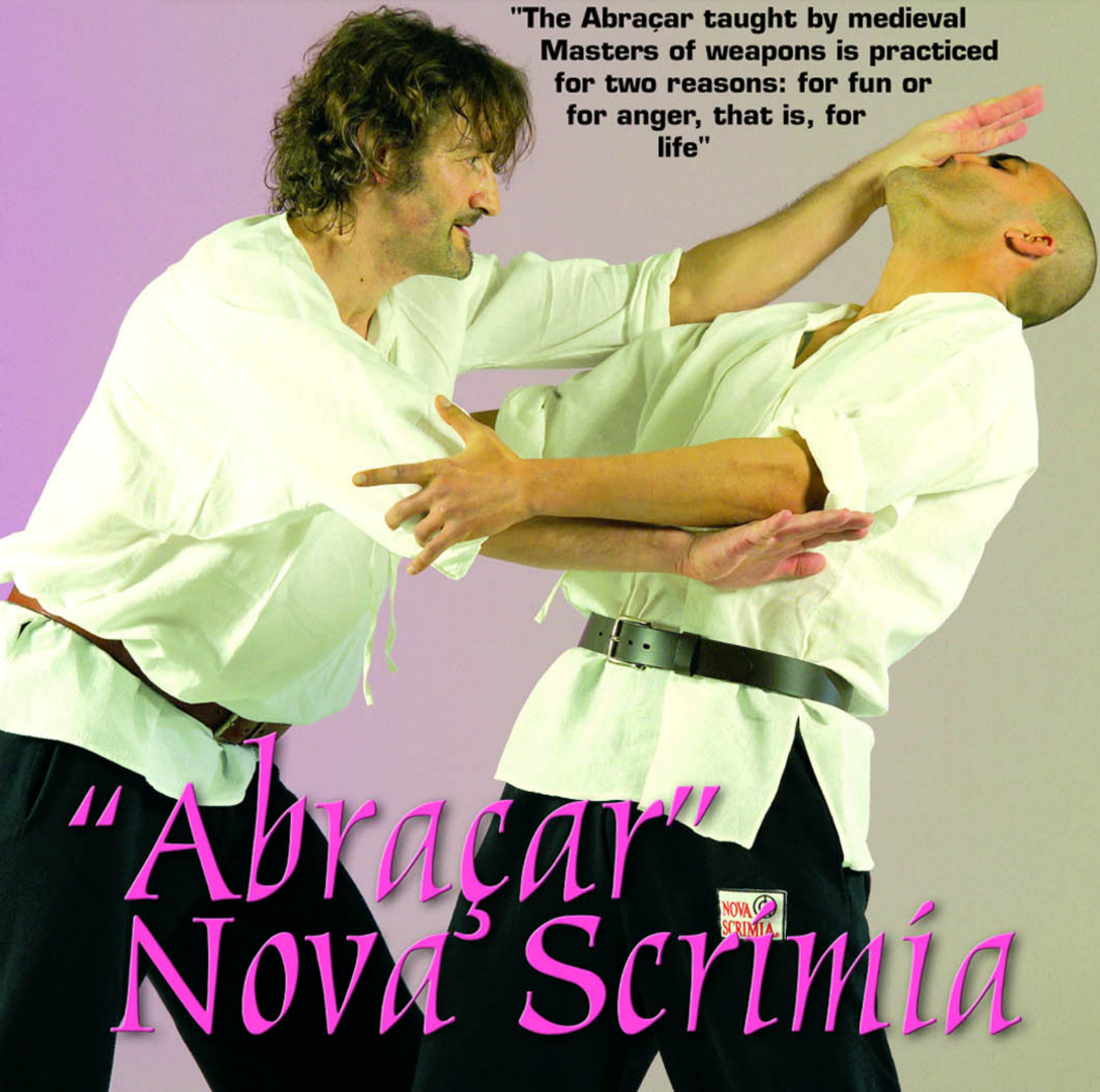
The art, in order to be authentic, according to ancient Masters, requires eight skills: strength of mind and body; speed of the arms and legs; knowing or having a deep

# "Abraçar"





**"The Abraçar taught by medieval Masters of weapons is practiced for two reasons: for fun or for anger, that is, for life"**



**“Abraçar”  
Nova Scrimia**







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understanding of the technique to perform an effective grabbing; breaks, that is, breaking arms and legs to make the enemy's limbs useless; and knowing to hurt in the most dangerous points, both with hits and injuring sensitive parts. In addition, they must know to take the adversary to the ground and projecting him, so that the violent fall hurts him. Finally, they must know to dislocate arms and legs in many ways, to prevent the aggressor from harming us. As we can see, this is not an art of defense "proportional" to the attack. It was not in the "form mentis" of that time to control or disarm the enemy, saving his life. The defense destroyed the attack and the aggressor. One of the mirrors of that vital desire to survive was the "injury", one of the skills used in combat.







### Injury

"Oh Alcibiade tu mordi come le donne!  
Non come le donne ma come i leoni!" (Oh  
Alcibiades, you bite like women! Not like  
women, but like lions!)

Plutarco, 50 - 120 A.D. Vite

Biting, scratching, grabbing, squeezing, twisting are among the most brutal actions of Abraçar. We mustn't be surprised to observe figures of medieval men who grab the genitals, put fingers in the eyes, grab the throat, etc... A sword could break a man into two without much effort, a dagger could penetrate the most hardy coats and a hammer could destroy the strongest helmet. The aim was not to limit the damage, it was life or death. They didn't hesitate an instant to perform with a clever deflection movement the attack with a dagger straight into the bowels of the aggressor. They didn't doubt when performing a lever on the arm,

the movement was performed with energy until the joint was completely broken. The enemy was projected, his head violently hitting the floor. No handcuffs, no spicy spray, no "taser". Just a body trained to survive the harshest conditions of a complete combat.

### The Video

Today we can't accept that extreme view of Self Defense.

But of course, most of the repertoire and technical knowledge which this art has kept intact is still useful, current and effective in self defense nowadays. That is why we have just made this video with BUDO. In this work there are some parts of seminars and lectures on this ancient art, in addition to different sections shot in the studios in Madrid by some instructors of NOVA SCRIMIA. In the video we show the basic and advanced principles of the traditional

repertoire of the ancient Abraçar. Different techniques of the eight skills with related applications are explained in detail. A portion of the video is devoted to the possibilities of applying techniques of Abraçar in current contexts of self defense. This is an extremely important work. For the first time, thanks to the Director Alfredo Tucci and to BUDO INTERNATIONAL, there is a concrete chance for many scholars of Martial Arts, combat sports and Self Defense, to objectively value the ancient knowledge and applications of this martial art, which was taught in ancient times to the elite of medieval warriors. Another tribute of NOVA SCRIMIA to the Italian school of weapons, to the European martial tradition and to the great Western culture which, of course, attentive readers will know to appreciate.

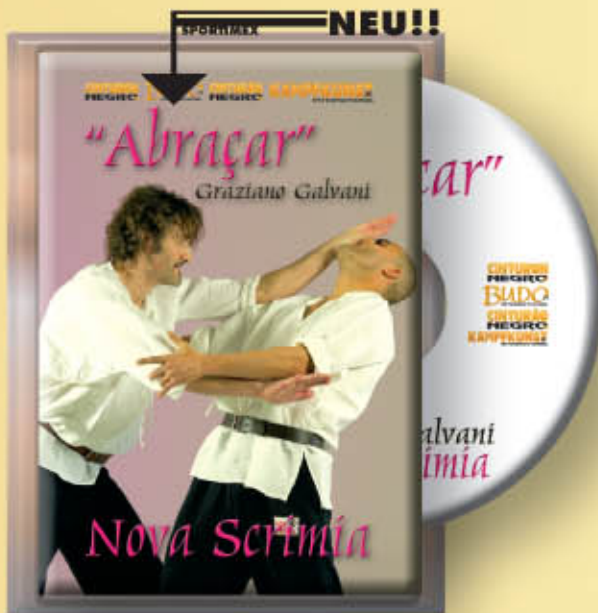


# "Abraçar" Nova Scrimia





REF.: • DVD/NOVA5



"Abraços", or the Art of hand-to-hand fight, is one of the three main disciplines of unarmed combat of ancient Italy, where every technical gesture was aimed at the survival and every action, including the most brutal or harmful, was considered lawful. It was not about limiting the damage, it was about life or death. In this work we will study the main and advanced principles of the technical repertoire, different techniques of the "8 skills" required, as well as a chapter devoted to the application of this Art in current contexts of self-defense. It is a new tribute of Nova Scrimia to the Italian school of weapons, to the European martial tradition and to the extensive Western culture of combat.

**NEW FOR THIS MONTH!!!**

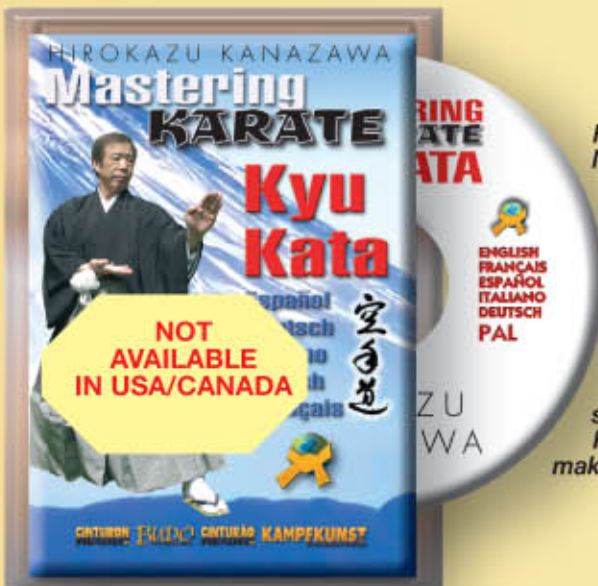
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REF.: • DVD/MAURI2

Winners are creative. With this premise, Maurice Elmalem, 7 times World Champion, W.T.F. 7th Dan and holder of several Guinness records for breaks, reveals the keys to get the final result of a fight to be favorable for us. Always use the techniques that draw the referee's attention as much as possible, as well as a powerful Kiai every time you reach the opponent, attract people's attention when you get a point, diversify your strategies during the season so that nobody can anticipate your movements, stay strong and press constantly moving and surprising with quick techniques. Techniques combinations, tactics and advice based on the wide experience of the author, which undoubtedly will help you to advance in competitions.

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Only a true master of the art of Karate can teach this information as he learnt it from his teachers and as well in the JKA Instructors Training program back in the mid 1950s.

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# Okinawa Karate do

The Jundokan of Naha is perhaps the most famous dojo in the Island of Karate. Run for 50 years by its creator, Master Eiichi Miyazato, it lived with him its time of splendor. But the death of the master brought the beginning of its decline, the division and the gradual abandonment of some of its highest representatives. Salvador Herráiz brings us from Okinawa the history and present of Eiichi Miyazato's Jundokan.

## The Jundokan: Eiichi Miyazato's Dojo

### Asato, Okinawa

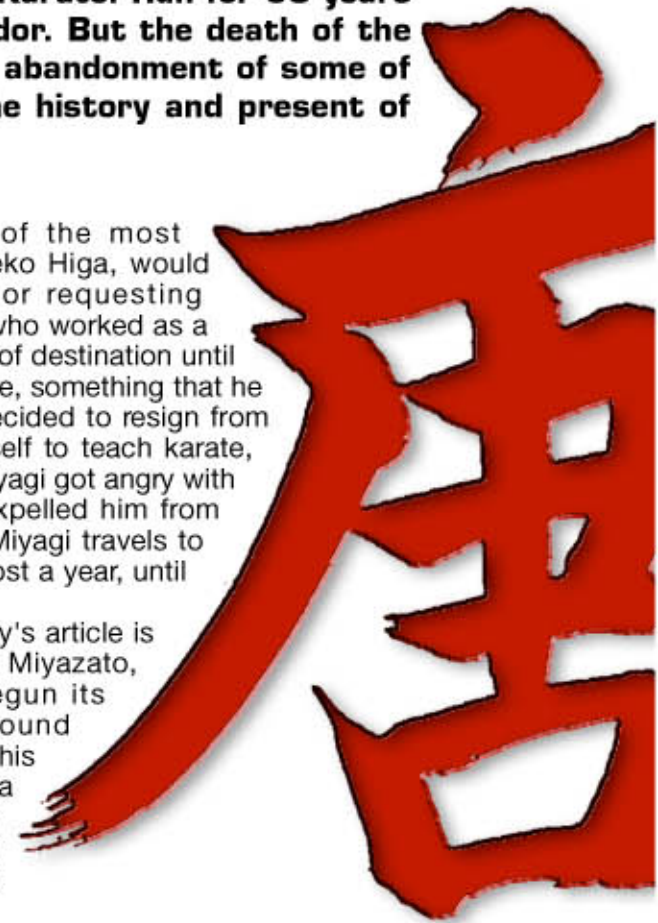
Master Chojun Miyagi (Bushu Magusuku), born in 1888, as it is known, was Kanryo Higaonna and Seicho Arakaki's pupil; the latter was also known as Kamadeunchu Arakaki and he was nicknamed Arakaki the cat.

Chojun Miyagi married Makato, born in 1887, who was Yuchoku Higa's relative (1910-1994). Yuchoku Higa would become an important Karate Shorin Ryu master years later. Chojun and Makato had six daughters and three sons: Kiyoko (1909-1937), Yasuko (1912-1987), Tsuneko (1914-1945), Shigeko (1916-1945), Kei (1919 -), Kin (1921 -), Toshiko (1923-1925), Jun (1931 -), Michiko (1929 -) and Ken (1931 -).

In 1929 Chojun Miyagi begins to teach Karate at the Police Academy and the Commercial Institute, both places in Naha.

It must be said that one of the most outstanding Miyagi's pupils, Seko Higa, would open a dojo without asking or requesting permission to the Master. Higa, who worked as a policeman, had several changes of destination until he was transferred to a rural place, something that he didn't like at all. Therefore he decided to resign from his police post and devote himself to teach karate, opening his own dojo. Chojun Miyagi got angry with him for that reason and even expelled him from the dojo in 1931. In April 1934 Miyagi travels to Hawaii, where he stayed for almost a year, until February 1935.

But the main character in today's article is going to come on stage. Eiichi Miyazato, born on July 5, 1922, had begun its journey in the martial arts around 1936, under the supervision of his own father, standing out later as a judoka and becoming even several times champion of Japan in Police Judo. When in 1938 he



# Magic Dojos in Okinawa



# JUNDOKAN DOJO



2. Salvador Herraiz at the exit of the Jundokan in Naha, after saying goodbye to Kiku, Miyazato sensei's wife.

3. The statue of Busaganishi in prominent place in the Jundokan.



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4. Nigiri game, Ishi Sachi and other classic strengthening tools in Miyazato sensei's dojo.

5. The current Institute of Kume, where the main masters of Goju Ryu taught Karate.

6. Makiwaras in Jundokan.

7. The portraits of Kanryo Higaonna and Eiichi Miyazato dominate the main part of the tatami of the famous Okinawan dojo.

8. Salvador Herraiz in the garden dojo in Miyagi's house in Naha, along with Naoko, the master's daughter-in-law (Ken Miyagi's wife, Chojun's son).

9. Okinawan Chishis are also abundant among the material in the dojo.

10. Salvador Herraiz and Master Ryoichi Onaga, head of the Spanish Jundokan.



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10

# EIICHI MIYAZATO





1. Eiichi Miyazato at the door of his Jundokan.

2. The technical successor and Miyazato sensei's right-hand man, Koshin Iha, 10th Dan.

3. Morio Higaonna teaching Karate in Miyazato's Jundokan during his period there.

4. The Jundokan courtyard in 1959.

5. Morio Higaonna and Ko Uehara during a demonstration in the Jundokan for Japanese dignitaries.

6. Morio Higaonna, Kei Miyagi (Chojun's son) and Suichi Arakaki, in the Kanamecho dojo in Tokyo in 1960.

7. Group of Karate of the Commercial Institute in Naha in December 1942. To the right of Miyagi Chojun we can see, with a pair of Sais, Koshin Iha.

8. Chojun Miyagi's wife, Makato (1887-1966).

9. Ryuko Arakaki (1875-1961), Chojun Miyagi's first master.

Okinawa until 1972, but ... that's another story.

Meanwhile, once the war is over, Eiichi Miyazato enters in 1946 the Police Department, on the recommendation of Miyagi, to whom he assists during the Karate practices. Since 1947, the year he began teaching in the garden of his house (known as garden dojo), Chojun Miyagi just had a loyal student, Anichi Miyagi. This Karateka, with the same surname but with no family relationship with Chojun, had a technique, expressions and manner of speaking very similar to those of Goju Ryu's founder. In short, he was modelled very similarly to Chojun Miyagi.

Later, another man comes to learn in the garden dojo, Suichi Arakaki. He was Ryuko Arakaki's grandson, Chojun Miyagi's first instructor, so when he started to train at Miyagi's garden dojo, he benefited from the advantage that Ryuko himself led him and introduced him to Miyagi, who was unable to refuse a request of the man who had been his master. Anichi Miyagi and Shuichi Arakaki will be the only Chojun's disciples until 1951, when he begins to accept other students. Chojun was convinced that ... "a good karateka should know much more than just Karate" - as he said - and he used to spend many hours reading and learning with Anichi.

Other students start to come to the garden at Miyagi's house, and Eiichi Miyazato also attends karate lessons there, along with the man who will become his shadow, his right hand and friend, Koshin Iha, who in the garden dojo at Miyagi Chojun's house starts to be in charge of welcoming the students and charging the fees.

10. Eiichi Miyazato and his wife Kiku.

11. Chojun Miyagi and Eiichi Miyazato.

12. One of the Karate school groups of Chojun Miyagi in Naha on April 2, 1939. Behind, second on the right, we can see Eiichi Miyazato.

13. Seikichi Toguchi, Eiichi Miyazato and Meitoku Yagi, next to Chojun Miyagi's bronze bust, which dominated for years the Police Department's dojo in Naha.

14. Chojun Miyagi escorted by Eiichi Miyazato and Seikichi Toguchi.



began his Karate training under the direction of Chojun Miyagi, there was nothing to suggest that he would become his most faithful student at the time, because he was the one who trained the longest with Goju Ryu's founder. The beginnings of Miyazato with Miyagi also coincide with the appearance of the official name Goju Ryu for this style of Karate.

Shortly before World War II, two of Chojun Miyagi's children, Kei and Kin, go to Tokyo. Kei will stay there permanently and later he will develop Karate, while his brother Kin will come back later to Okinawa, where he will work as a Ray X technician.

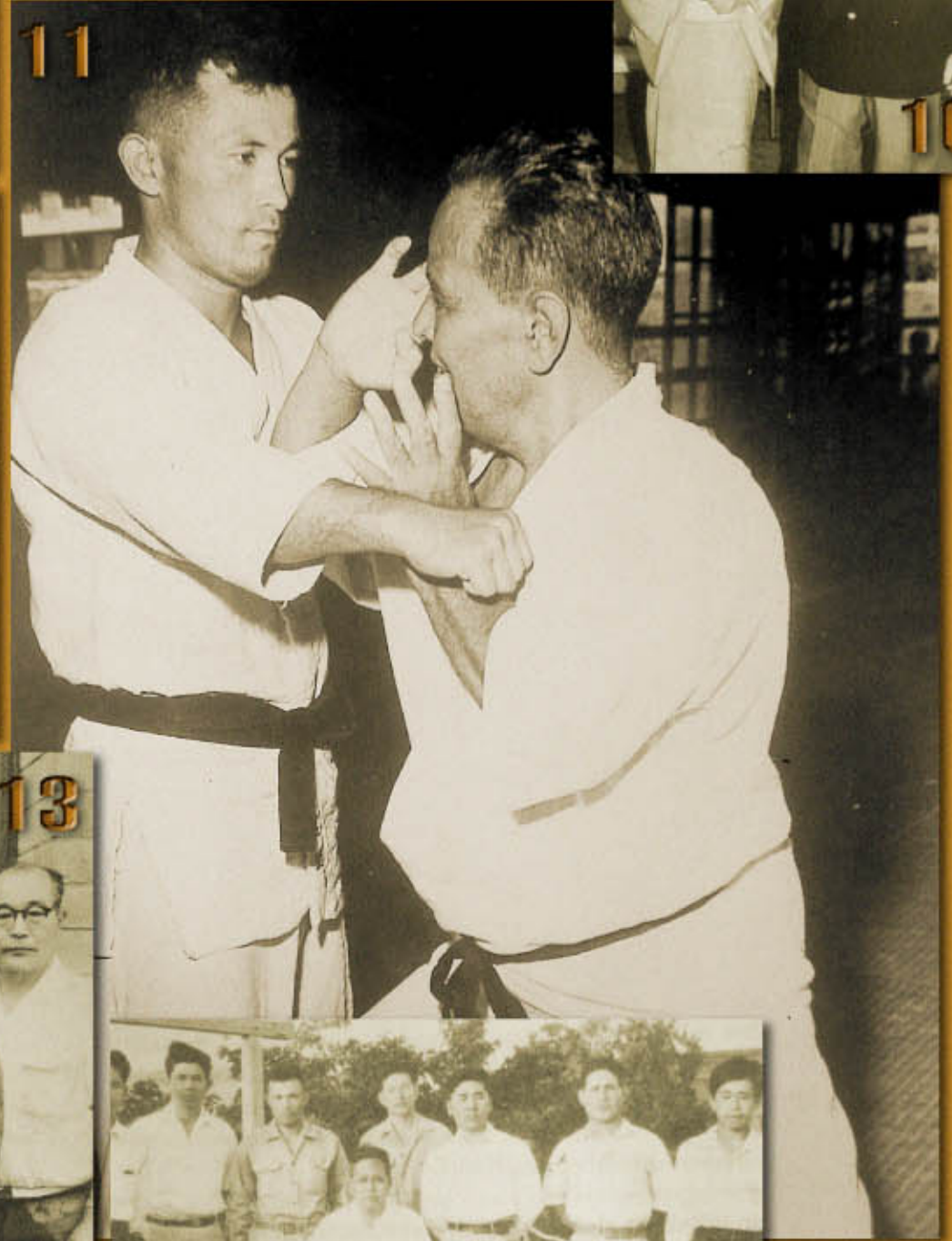
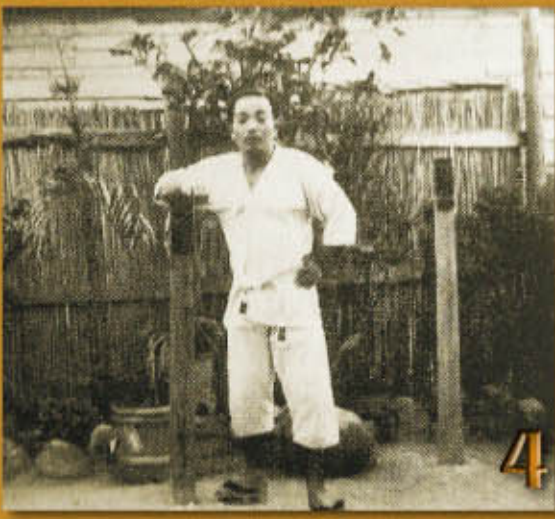
World War II was a hard time for Miyagi, and presumably for everybody else. At the end of the war, the couple suffers the loss of a son and two daughters: Jun, barely 17 years old; Tsuneko, 31; and Shigeko, 29. The latter lost his life on the boat Kona-maru. We mustn't forget that this war killed many karatekas, karatekas' children and parents. The Battle of Okinawa, developed during three months beginning April 1, 1945, killed 260,000 people and half of them were Okinawan.

On August 15 of that year, the acceptance by Japan of the Potsdam Declaration puts an end to the conflict. Miyagi had always said that ... "in times of peace Karate is not practiced with a physical purpose but as a mental training. However, at dangerous times and when our own life is threatened, Karate can be used to protect and defend ourselves".

After the war, Japan and Okinawa grew apart because of the Treaty of San Francisco, which includes the Security Treaty between Japan and America, which does not take into account Okinawa, despite protests from the islanders. Okinawa is occupied by American military bases and the Western superpower will rule











# Okinawa Karate do

It seems that Chojun begins to stop teaching most lessons and it is Anichi Miyagi who actually takes the role of instructor. He is also concerned for necessary repairs and cleaning, as well as any other management and activity there, with the help of future master Morio Higaonna.

The relationship of Chojun Miyagi and his family with Eiichi Miyazato was very good and it starts to be special to the point that at that time Miyagi wanted that his daughter Michiko marries Miyazato, which ultimately could not be. Eiichi Miyazato even offered Chojun Miyagi a karategi he had bought in the neighborhood of Suidobashi, in Tokyo. That karategi was later donated to Meitoku Yagi, but that story is already known by the readers, since I included it in an article on the Yagi family.

In 1953 Chojun Miyagi dies due to heart problems he had been suffering for many years (I hope they are not closely linked to an excessive training of Ibuki), and he is buried in Tomigusuku, a tomb that will be rebuilt later by Eiichi Miyazato. Miyazato continues teaching karate at the Police Academy and at the garden dojo in Miyagi's house. There his faithful Koshin Iha and the important karateka Inami keep him company. In fact, Eiichi Miyazato, until the death of his Master Chojun Miyagi, out of respect for him, he had only taught Judo, but never Karate.

Not long ago I had the pleasure of being in that house, the house of the garden dojo, and I spent exciting moments, thanks to the kindness of Naoko, Ken Miyagi's wife, and so Chojun's daughter-in-law. Ken, now 77 years old, the youngest son of Chojun and a lover of baseball, is the one who lives in the famous house with his wife and his son, Toru.

But let's get on with the story. In 1953, Eiichi Miyazato starts to forge what will be the Jundokan and it will become the world's largest private dojo in Okinawa. Today there are over 400 karate dojos in the small Okinawa, of whom 178 are Shuri Te, 93 are Naha Te, 63 Uechi Ryu, 71 of other schools and 27 Kobudo. Jundokan remains the largest and most amazing private dojo (only surpassed in size by the new Budokan in Naha, although this is public and lacking of history). The name Jundokan refers to the name of Chojun and the love that Miyazato feels for Judo, but in reality it is not there where the name comes from, like most experts believe, but from an ancient Chinese poem that reads Jundo Seisho, and that means "do the right thing".

During my visit to the Jundokan of Naha (where I had the immense pleasure of being shown the dojo by Eiichi Miyazato's wife, Kiku), I could see that in fact the dojo is quite large compared to other dojos of masters such as Shoshin Nagamine, Katsuya Miyahira, Shuguro Nakazato, Meitoku Yagi ... The Jundokan is four or five times larger. The Jundokan, placed in

**"Today there are over 400 karate dojos in the small Okinawa, of whom 178 are Shuri Te, 93 are Naha Te, 63 Uechi Ryu, 71 of other schools and 27 Kobudo"**

the neighborhood of Asato, is one of the vertices of what I call the Goju triangle, along with the garden dojo at Chojun Miyagi's house (now belonging to his son Ken as I explained) and Morio Higaonna's dojo, all of them at walking distance.

The portraits of Kanryo Higaonna and Eiichi Miyazato at one side, and Chojun Miyagi and Jinnan Shinzato's at the other, escort the martial deity.

On the excellent Karateka Jinnan Shinzato, a faithful follower of Miyagi since 1922, we will say that he was born in Kume in 1901 and he studied at the famous Commercial Institute of Naha, where Chojun Miyagi taught. Shinzato had also practiced judo at the Police Academy. On one occasion he had an argument with a Judo teacher called Dorogunkan Yamashiro, 120kg weight and 1.80 m tall, who was jealous of Shinzato's reputation. The karateka had to hit him a tzuki on the face, which knocked out the judoka. In Okinawa, the judoka ran to ask Miyagi why he taught so dangerous techniques to his students. Miyagi explained that what Shinzato had done didn't have any excuse but that the guilty for what had happened was he who had led him to that point. In 1939 Jinnan Shinzato was appointed Renshi by the Japanese Association of Martial Arts, becoming teacher at the Industrial College of the Prefecture, while he was Miyagi's assistant in other places. On March 3, 1945, Jinnan Shinzato dies while fighting in the town of Kin, north of the Okinawan island, in what is known as the Battle of Okinawa. He was 43 years old.

Already in the wooden tatami itself, a small pedestal supports a bronze bust of Chojun Miyagi, bust that was transferred from the Police Academy, where it had been erected on October 8, 1963, commemorating the tenth anniversary of the Master's death.



In 1955, an important meeting of Chojun Miyagi's outstanding pupils is held, in order to appoint an official successor. In the meeting, held at Genkai Nakaima's house, Yasuko, Miyagi's daughter, takes the initiative along with his mother of putting aside Chojun's karateka son, Kei, who had not even returned to Okinawa after his father's death, so his family was not particularly happy. Miyazato is therefore proposed as a successor, and Iha as an administrator, although with the opposition of Meitoku Yagi. It seems that Meitoku Yagi was considered by some people the successor of Miyagi, although it was not well appreciated the fact that he had left his master several years earlier. Apparently it is what Master Anichi Miyagi wants to tell us. In the meeting, Kin Miyagi, Chojun's son, explains that his father wanted Miyazato to become his successor.

It is in 1956 when we can consider that the Jundokan is formally established, receiving a year later the blessing of Makato, Miyagi's widow. Of course, master Koshin Iha becomes Miyazato's assistant at the Jundokan.

We can consider that Master Miyazato's Jundokan and this master were the martial heirs of Master Chojun Miyagi, since they got the blessing of the Miyagi family. They were the same instructors who taught at the garden dojo in Miyagi's house and the same pupils. From the garden dojo, the traditional Okinawan training materials were moved to the Jundokan, formed of gadgets or parts of common articles that with the correct technique were used to strengthen different parts of the body. Indeed, all the material available of Hojo Undo Kigu, consisting of Makiwaras, Chisis, Tan, Nigiri Game, Ishi Sahi, Kongo Ken, Sashi Ishi..., was transferred to the new Jundokan. This material was important for Chojun Miyagi, because as he used to say... "The supplementary



In the previous page we can see the Monument to Kanryo Higaonna and Chojun Miyagi, in Kume.

The Chojun Miyagi's bust dominates today the Jundokan in Naha.  
Salvador Herraiz at Chojun Miyagi's tomb, near Ginowan, next to Master Tetsuhiro Hokama, 10th Dan Goju Ryu

## History of Karate



exercises of Hojo Undo enrich the performance of the techniques of karate and help to understand the Kaishu Kata. These exercises with different types of material help to development locomotion and strength for specific techniques".

In the Jundokan, Eiichi Miyazato Sensei does not teach much personally and again it is Anichi Miyagi who is responsible for much of the teaching. Saburo Higa, Haruko Kochi, Ko Uehara, Tsuneo Arakaki,

etc., are at that time important karatekas at the Jundokan.

In 1957, Kei (Takeshi) Miyagi, Chojun's son, opened a dojo in Tokyo, where he is assisted by Shuichi Arakaki, a pupil of the founder since 1950, as I said before.

In 1959 Anichi Miyagi stops teaching, as he enters professionally the Merchant Navy. In 1963 the Miyagi family improves its relationship with Meitoku Yagi and they give him the karategi that Miyazato had given to Chojun, although he had hardly used it. In 1966 Makato, Chojun Miyagi's widow, dies and a couple of years later, in 1968, his son Kei Miyagi publishes his first book Seitou Goju Ryu, whose translation will be Orthodox Goju Ryu.

In 1969 Eiichi Miyazato establishes the Okinawa Goju Ryu Karatedo Renmei, which he chairs himself along with his faithful Koshin Iha as Vice President, and the organization will be very important within the Goju Ryu, with members associated in several countries.

In that same year, Miyazato has some building work done at the Jundokan and makes it bigger. For several months he tries to improve the building, reinforcing with cement and steel the weak wooden structure.

An important feature of Miyazato's Jundokan is that the lessons taught there were not taught as it is usual in the rest of dojos around the world. In the Jundokan every karateka

practices when he can (between 9 am until quite late at night), everyone on his own and doing different things, but always under the supervision of Miyazato himself or the teacher appointed by him for each person. However, sometimes they did some practice altogether.

In 1971 Eiichi Miyazato wrote a part of his knowledge about kata, what would be the seeds of his future work. A year later, Miyazato stopped teaching at the Police Academy and Chojun's son, Kei, wrote his second book with the aim of setting the foundations of the traditional and orthodox Karatedo, what he called Seite Karatedo Nyumon.

We can't forget to mention two karatekas who, even if later they came apart from Miyazato's Jundokan, had a big role in it. They are Teruo Chinen and Morio Higaonna (this one has already been mentioned). Although the latter will be considered only Annichi Miyagi's student and he taught in Tokyo since 1960, the truth is that at least a good part of his development as a karateka took place in the Jundokan, as I mentioned before, and it could be that, even if he was under the direct teaching of Annichi, everything happened under the supervision of Miyazato. In 1974 Morio Higaonna leaves the Jundokan, although he remains linked to it, founding the International Okinawan Goju Ryu Karatedo Federation. Nevertheless, I already talked at length about the honourable Morio Higaonna in another article published in Black Belt, and it is not my intention to repeat it here. Those who are interested can read that article.

In 1978, the year when Morio Higaonna left the Jundokan, Miyazato publishes his final work, Okinawa Den Goju Ryu Karatedo, to commemorate the XXV Anniversary of Miyagi's death and the birth of the Jundokan. The following year, Miyazato is awarded Hanshi by the All Japan Karate Federation and on May 1st 1981 he achieves the 7th Dan in Kodokan Judo.

On March 20 1988 it is celebrated the Festival of Budo at the Institute of Oroku, on the occasion of the 35th Anniversary of the Jundokan. During the festival, the Okinawan Goju Ryu Karatedo Kyokai gives Eiichi Miyazato the 10th Dan of Karate, being for everybody a symbol of strength.

On December 10, 1999, Miyazato gets the 8th Dan in Judo (Kodokan) and a week later, on June 17, he dies while sleeping, at the age of 77. After Master Miyazato's death, Iha is the leader, as it couldn't be otherwise, and as it was expected. Koshin Iha had started training karate in 1939, under the direction of Chojun Miyagi and until Miyagi's death in 1953, when his good relationship with Eiichi Miyazato and his technical merit make him become his assistant, first in the garden dojo at Miyagi's house and then in the Jundokan. In 1969 Iha becomes Vice President of the Okinawan Goju Ryu Karatedo Kyokai and







# Okinawa Karate do



twenty years later he becomes Miyazato's successor, after Miyazato's death, not only in the Jundokan dojo, but also as the leader of the association Okinawa Goju Ryu Karatedo Kyokai.

After Miyazato's death, the association underwent some changes, and some of its pupils start to have a very important role, as those I have already mentioned: Koshin Iha, Tetsunosuke Yasuda, Yoshio Hichiya and Nanko Minei, who head the management positions of the association, and Koei Teruya, who is in charge of the Jundokan dojo. At that time the relationship with the Goju Kai of Japan (main island) becomes really close, and it starts to cause some problems because it puts pressure on the Goju Kai of Japan to apply certain changes in the katas. Some divisions start to appear among the main karatekas of the Jundokan, as many of them do not want these changes and they prefer to keep the katas unchanged, as they were transmitted from Chojun Miyagi and Eiichi Miyazato. Thus, the "political" calm is short and there are immediate consequences.

In 2003, coinciding with the 50th Anniversary of the Jundokan project, a memorial plaque is placed at Miyazato's tomb, in Tomigusuku.

In April 2004, Koshin Iha stops teaching and leaves his position in the Kyokai association (but he will remain President of Honor) and by the end of that month he is replaced by Yoshio Hichiya, supported by Nanko Minei, Ryosei Arakaki and Koei Teruya. After that restructuring, on June 23 of the same year, the Jundokan dojo, under the leadership of Miyazato's son, Yoshihiro, and master Tetsunosuke Yasuda, leaves the association Okinawan Goju Ryu

Karatedo Kyokai and also terminates its relationship with the Goju Kai of Japan. This is when those responsible for the Jundokan dojo create a new association they call Okinawa Goju Ryu Karatedo So Honbu Jundokan (Okinawan Den Goju Ryu Karatedo).

Tetsunosuke Yasuda was born in 1926, he entered the Jundokan in 1961 and he achieved the 10th Dan in January 1999.

The new Jundokan which emerged from the restructuring of 2004, used since then as a symbol the figure of Busaganishi, the famous statue we have already talked about and which is used for its meaning and symbolism. Another prominent master of the new So Hombu Jundokan is Seikichi Kinjo, born in 1933, who started to practice karate in 1949 under the direction of Chojun Miyagi and who in 1953 entered the Jundokan, getting his current 9th Dan in January 1999. We must also mention Yoshishige Omine, born in 1939, judoka since 1953 under Eiichi Miyazato's supervision and karateka since 1953, when he entered the Jundokan. Omine is 9th Dan since March 2002. As for the leader of this new faction, Eiichi's son, Yoshihiro

Miyazato, has his greatest strength in being the son of who he is and having the ownership of the Jundokan dojo, but he has not been a great master renowned for it.

As for the original Okinawan Goju Ryu Karatedo Kyokai, now separated from the Jundokan dojo, Koshin Iha, 10th Dan, is its Honorary Chair, and the main figures are the 10th Dan Yoshio Hichiya and Nanko Minei, and 9th Dan Koei Teruya, Masanari Kikukawa and Shinzo Chinen, (this last one 9th not so long ago). Another important karateka to mention here is Kenei Shimabukuro, who left this organization (Kyokai) in 2004 to hold an important position in Miyazato's son's new organization. Kenei Shimabukuro is 9th Dan (since August 2004), he was born in 1942 and he joined the Jundokan in 1970. As if it was a barter, in 2006 Seikichi Kinjo leaves Miyazato's son organization and enters the Hichiya and Minei's Kyokai. What a mess, my God!

It is lunchtime and I am leaving the Jundokan, in Asato, heading to... other places and episodes of the History of Karate.

## Ryoichi Onaga & Western Jundokan

There is no doubt that the Jundokan of Naha is a legend and as such it has had and it has follower schools. In the West there are other dojos called Jundokan, with varying degrees of success, but certainly outside Okinawa the most representative Jundokan dojo is the one Master Ryoichi Onaga opened in Spain, specifically in the city of Murcia, after arriving from Okinawa in 1972. It certainly is a worthy representative of the organization and it has been a long time since the Spanish Jundokan, run by Onaga Sensei, has been spreading Goju Ryu Karatedo.

Ryoichi Onaga, which started karate in 1964, trained in Miyazato's Jundokan, in Naha, where he became friend of Morio Higaonna, with whom he spend years of professional collaboration, once he was settled in Spain. Then Ryoichi Onaga would be forced to take a different direction due to political problems (or just for a different political line) of the one took by Higaonna.

In 1992 Eiichi Miyazato visited the Jundokan in Spain during a tour of courses in several parts of Europe. Then, due to the restructuring emerged in the years after Miyazato's death, Ryoichi Onaga's Spanish Jundokan decided to stay in the original Kyokai, now led by Yoshio Hichiya and Nanko Minei, and thus without any link with the headquarters of the Jundokan in Naha, now led by Miyazato's son, Yoshihiro.

### OKINAWA GOJU RYU KARATEDO KYOKAI

Honorary President:	Koshin Iha	10th Dan
President:	Yoshio Hichiya	10th Dan
Vice President:	Nanko Minei	10th Dan
	Koei Teruya	9th Dan
Vice Director:	Masanari Kikukawa	9th Dan
	Shinzo Chinen	9th Dan
	Ryoichi Onaga	8th Dan
Other important functions:	Ryosei Arakaki, Kenkichi Nakasone, Shinkichi Kinyo, Anyu Shinjo,	

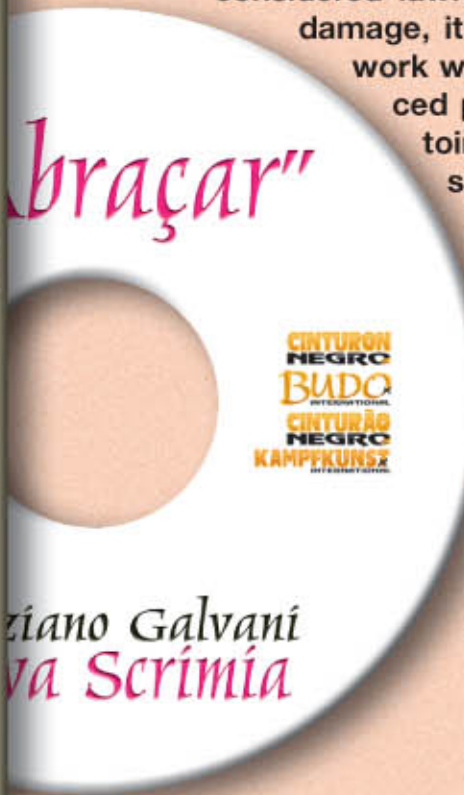
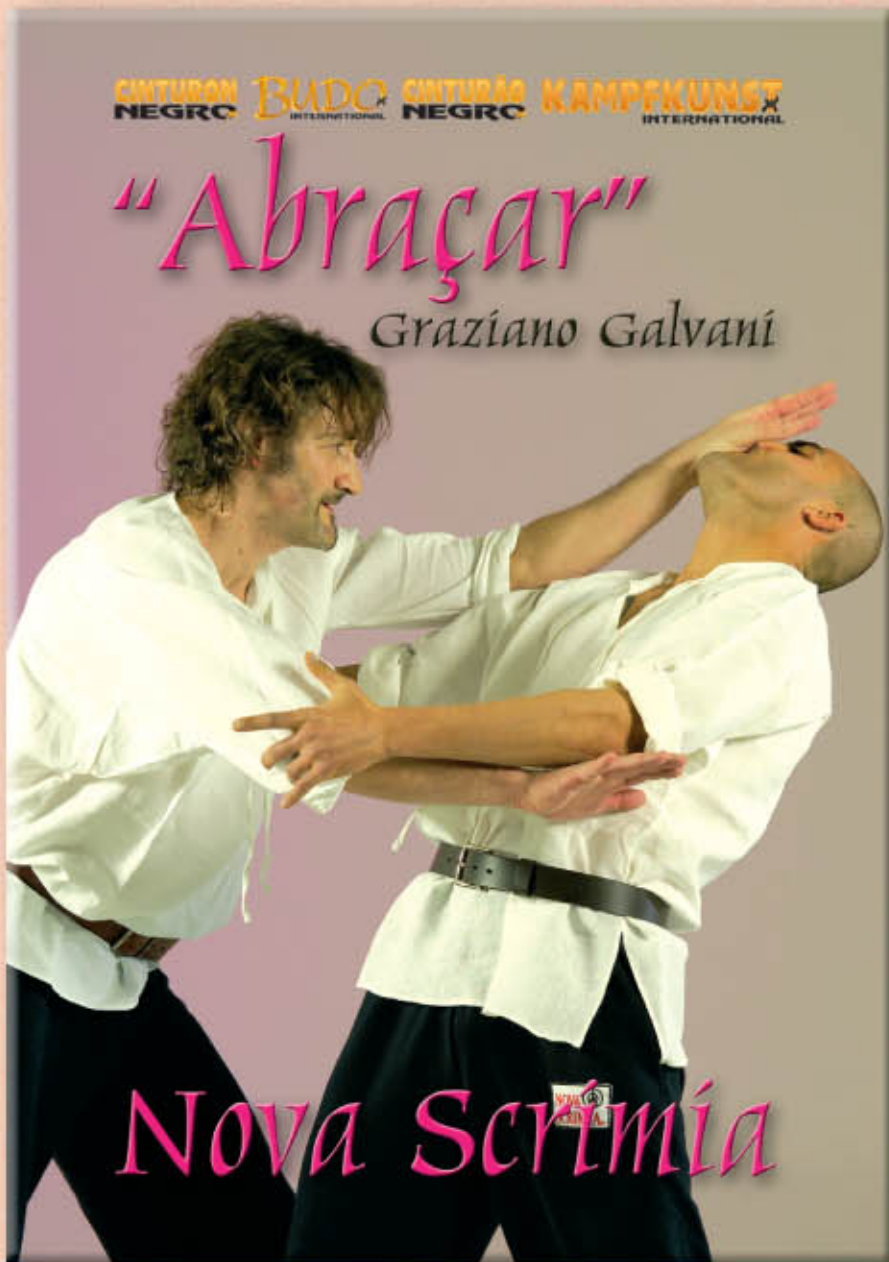
### OKINAWA GOJU RYU KARATEDO SO HONBU JUNDOKAN (OKINAWA DEN GOJU RYU KARATEDO)

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Shuseki Shihan:	Tetsunosuke Yasuda	10th Dan
Shihan:	Seikichi Kinjo	9th Dan
	Yoshigide Omine	9th Dan
Chief Director:	Kenei Shimabukuro	9th Dan
Sub Director:	Tetsu Gima	8th Dan
Directors:	Atsumi Iida	8th Dan
	Tsuneo Kinjo	8th Dan
	Masao Shimabukuro	8th Dan
	Masaji Taira	8th Dan



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## THE CROSSED HOLD

**I**t is totally different to submit an aggressor who has no technique experience at all or an experienced and well trained opponent.

In this case, conventional holds will not be enough to hold our opponent, who will be fully forewarned about our intentions and will have spent time training his reflexes to defend himself from our attacks.

Specifically, when we are trying to attack an arm to dislocate it, the challenge is even greater because the upper limbs have a wide arc of mobility and are extremely skilful, so if the opponent knows or senses the techniques with which he can be attacked, he will try to free himself (more or less technically) from the holds that we need to make in order to perform the arm lock.

The cross hold is a technical solution that allows the attacker to immobilize the arm with enough guarantee and time to perform a lock on that limb.

When practicing the cross hold with a colleague, if the technique is closed strongly, sometimes he can feel some pain in the elbow joint, or a painful pressure in the flesh of the forearm, but we insist that the crossed hold is just that: a way of holding, a pinning technique, not an ending in itself.

When our opponent is a partner who is relaxed and he is learning, these pressures may be felt as an injury, but an aggressive opponent in tension won't feel the slightest inconvenience. However, this will help us to place his arm where we want, which is the objective of this movement.

Once the arm has been immobilized, the adversary still has all his strength in the rest of his body, so if instead of trying to release his arm just by moving, he struggles using all his body (we repeat: more or less technically), he will put us off balance, which will make the hold loosen, and it will allow him to get free. In order to avoid this, it is essential to have a skill that can only be achieved with the practice of positioning on the ground for a good number of hours and under the supervision of an instructor who is familiar with the basics.

Once the position has been learned and mastered, we can see that this hold is tremendously versatile, that is, it can be used from almost all positions, being on or under the opponent, and it can be combined with any of the main attacks to the arm (extended arm lock - of course! - bended arm up or down lock, wrist lock...).

We emphasize especially the application of an extended arm lock because from this immobilization it is very easy to make an over-extension of the arm. As a general rule, you can force a person who has his arms bent and he is rejecting to extend them, but it is extremely difficult to force a person to bend his arms if he is keeping them extended, because of the blocking which is produced in the elbow joint when performing a full over-extension.

### *Description of the Crossed Hold*

The start of the movement will vary depending on the initial position but, unavoidably, we will have to catch one of the adversary's arms with the inside part of our elbow, bringing this hold to our chest and holding firmly, checking that we have the control over the area of his triceps, so that he can't escape.

The next move will be catching his wrist with our free arm, bending his arm and holding our own wrist with our free hand in that moment.

Pulling firmly toward us to fill the empty spaces, the hold will be assured, at least long enough to be able to attack that arm.



### *Application of the extended arm lock*

Once the arm has been hold, the knee will be placed on the opponent's side, to separate it from us at the distance needed to pass the other leg over his head, completing the process of getting to this attack.

The final details will be essential to perform the lock perfectly, in order to reduce the chances of escaping of our opponent as much as possible, and we will end him with an elbow lock.

Too much complexity for just an arm lock? Maybe, but the experience in many MMA competitions shows that it is an excellent tool to accurately hold the arm of an opponent who is well trained in ground fighting and who doesn't have a kimono to be hold by it.





Alejandro Iglesias

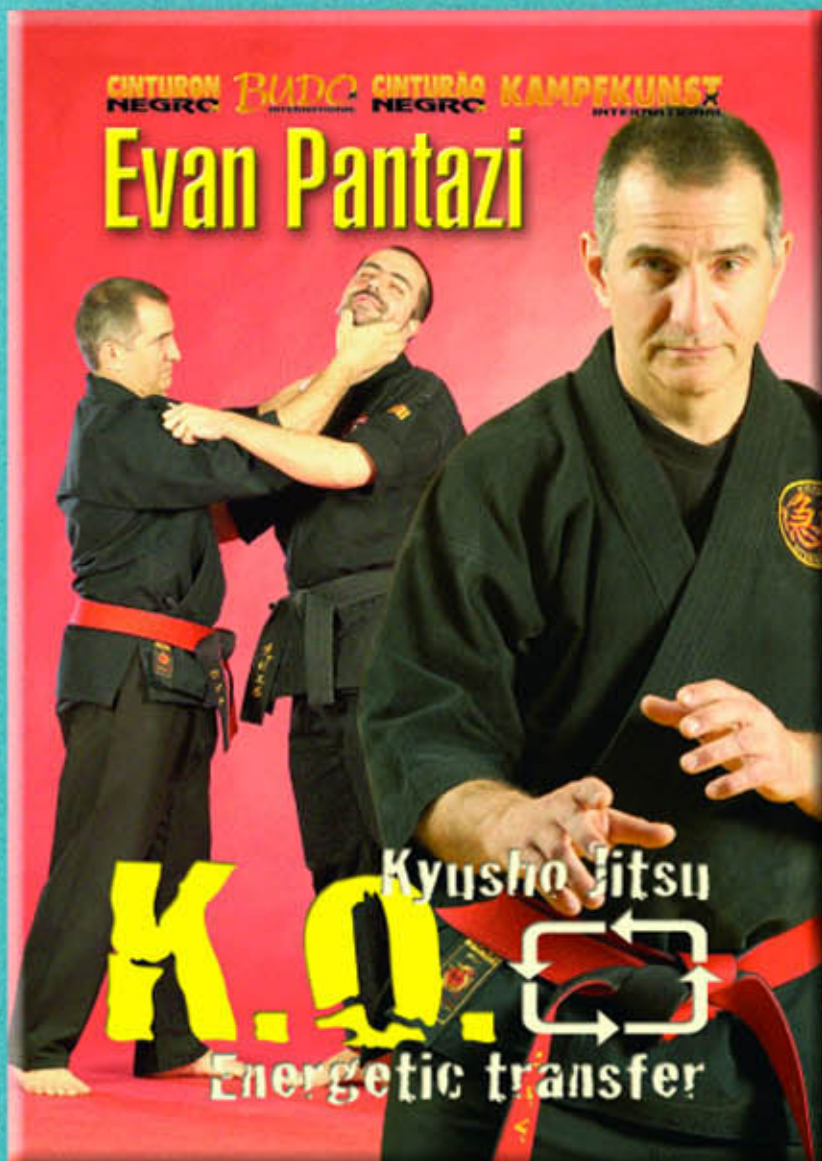




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# Evan Pantazi



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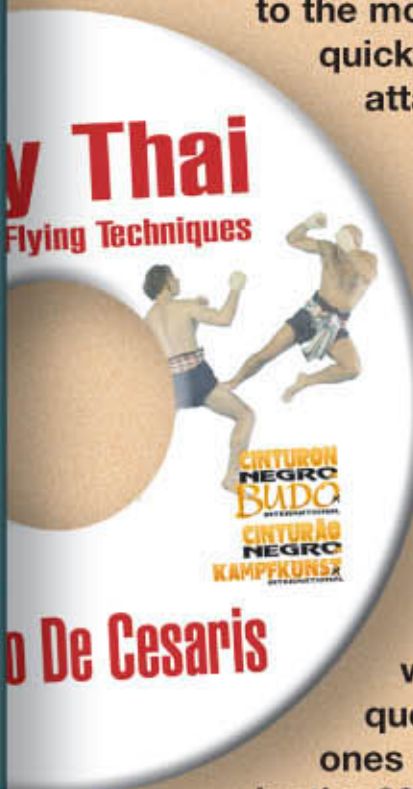


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# Sifu Huang Aguilar

## The sublime perfection beyond Chi Kung

**F**or thousands of years, mankind has insisted in affirming that beyond visible energy, potential energy and physical energy, there is another energy that only wise men, priests or royal counsellors have come to glimpse, and which only a few have been able to feel, channel or master.

Transmitted through oral tradition or through myths and legends, the existence of superhuman abilities has been shown fleetingly by some men, at specific moments and in different and various historical eras. These have been called by different societies and cultures Heroes, Prophets, Messiahs, Mystical or Masters, all with a common denominator. They all talk from a spiritual or metaphysical approach. All have had a vital importance since the dawn of our so-called civilization to the present. And all have made society think about their real skills.

There are many fields of research which try to face this problem and give an explanation: Philosophies, Religions, Sociologies, Anthropologies, Psychologies, etc.

In the field of religion it is where, unfortunately and according to recent researches, the veracity of many facts has been questioned, even denying the existence of some of their Messiahs, Prophets and Masters.

In my opinion, for thousands of years it has been especially in the field of honor, in the field of battle, in the field of war, where many of them have been forged, and especially within Martial Arts and the Arts of the war. The greatest treatises by many of the great masters, left as a legacy, emphasize in the development of these energies and not in the development of brute force, in order to achieve wisdom and absolute understanding about man and war.

I think that is the essence of Martial Arts, the ultimate goal of them, developing the interior of the human being. This is the essence forgotten by modern gladiators of our civilization, who don't reflect the essence of martial arts but only their brutal consequences.

Today, I guess I am a new revolutionary in this field. Like many masters in history,

I am facing everybody once again, without intending to do so. I have just followed what it was marked by the ancients, those who preceded me, those who have guided me, 1,500 years ago, 2,000 years ago, 2,500, 4,000 and 10,000 years ago.

Buddhist philosophy, which filled all Martial Arts with its courtesy and sense of honor and with the depth that comes out of it, that Buddhist philosophy which none of the current military, fighters or masters follow at all, is what comes closest to what I do.

It is the sublime contribution of the plans of Buddhism Chan / Zen which has made me give a last step in my life. I have reached a high level of understanding with my atoms, my molecules and the energies which intersect to harmonize and compose the person I am, and that understanding is so high that I think I have crossed the threshold of visible energy.

Not even the great characters of the past can emulate me now. It is nothing but reaching the point of highest concentration a human being can reach, after more than 20 years of deep meditation on the existence of such forces and energies, as I have done. When that is achieved, even the gods should tremble in the sky.

In the East, these forces are called Chi kung, Chi, among many other meanings. But what I do is beyond Chi Kung, beyond Chi. It is the root, the essence of Chan / Zen, a thin essence of powerful edge where not many individuals can walk without dying.

These abilities lead me to enter and dominate:

The ability to walk on Fire, without getting burnt or suffering blisters or other injuries, calmly walking several times on the embers.

Touching embers with my hands and crushing them on my skin until I torn them up and turn them into dust.

Touching a red hot iron several times with my tongue without suffering any burn on it.

Putting my hand on a candle for more than a minute suffering no pain or burn, either on my flesh, on my skin or on the hair of my fingers.



Extinguishing candles by throwing blows with two fingers of my hand, being more than 20 inches away.

Paralyzing people touching them with my fingers.

Paralyzing people hitting them with the palm of my hands, stopping the blow at an inch from his body.

Throwing arrows in the dark to targets of 1 inch of diameter.





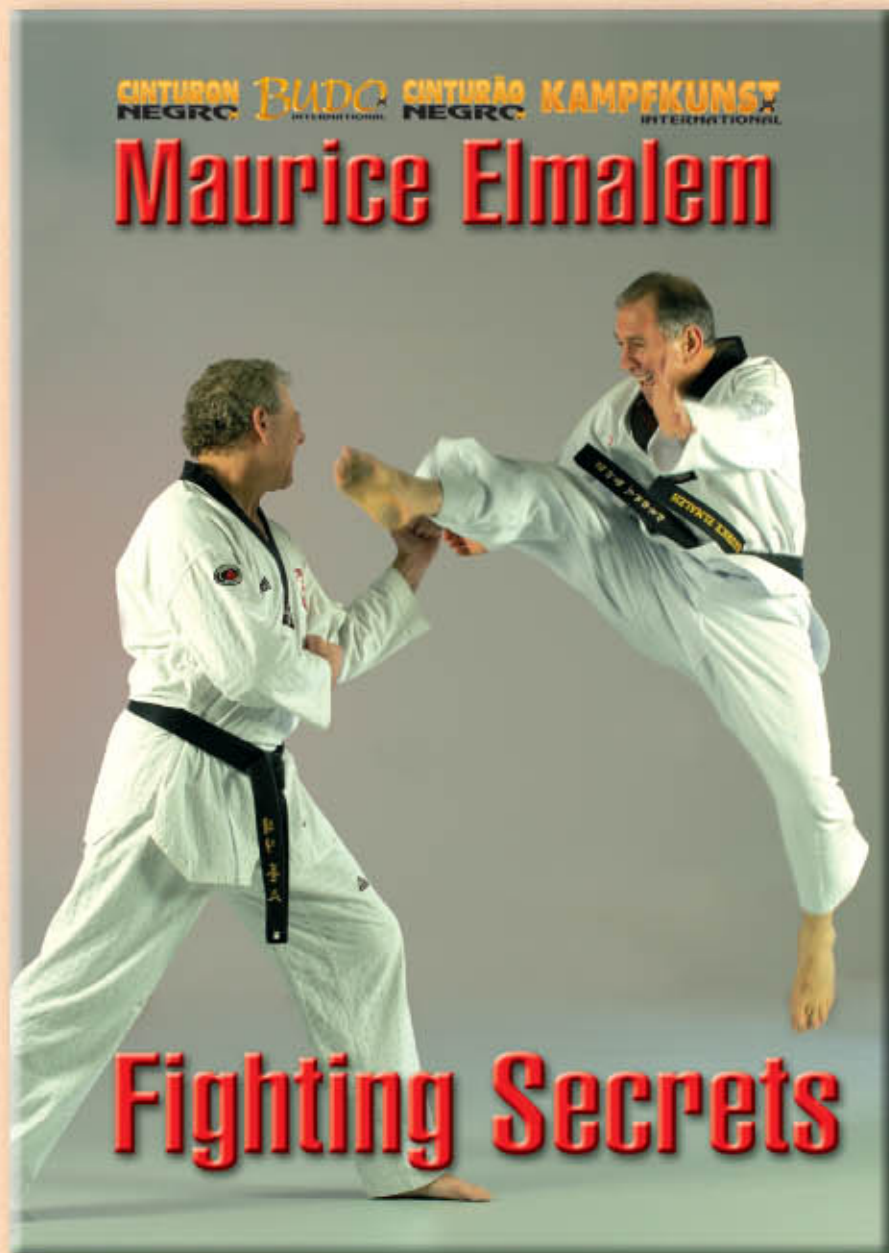
Feeling the presence of people and objects with my eyes closed.  
Reading the mind and thoughts in the present, past and future of people.  
Understanding even people speaking in other languages.  
Understanding intellectual concepts and situations that require years of study,

technical post-doctoral studies in an hour.  
Knowing and feeling the scope and depth of injuries, fractures and diseases.  
Interacting in diseases or degenerative processes, controlling bleeding, acting at my own heart attack and that of others.  
Altering the metabolic and cellular

process of others, alleviating or stopping the process of a disease.  
Formerly it was said "Soft Chi Kung", "Hard Chi Kung"; what I have achieved as a master exceeds all expectations of Chi Kung, although I am committed to show its techniques to the world.



# Fighting Secrets Maurice Elmalem



Winners are creative. With this premise, Maurice Elmalem, 7 times World Champion, W.T.F. 7th Dan and holder of several Guinness records for breaks, reveals the keys to get the final result of a fight to be favorable for us. Always use the techniques that draw the referee's attention as much as possible, as well as a powerful Kiai every time you reach the opponent, attract people's attention when you get a point, diversify your strategies during the season so that nobody can anticipate your movements, stay strong and press constantly moving and surprising with quick techniques. Techniques combinations, tactics and advice based on the wide experience of the author, which undoubtedly will help you to advance in competitions.



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



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



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# The Law Enforcement Program

## Technical Training

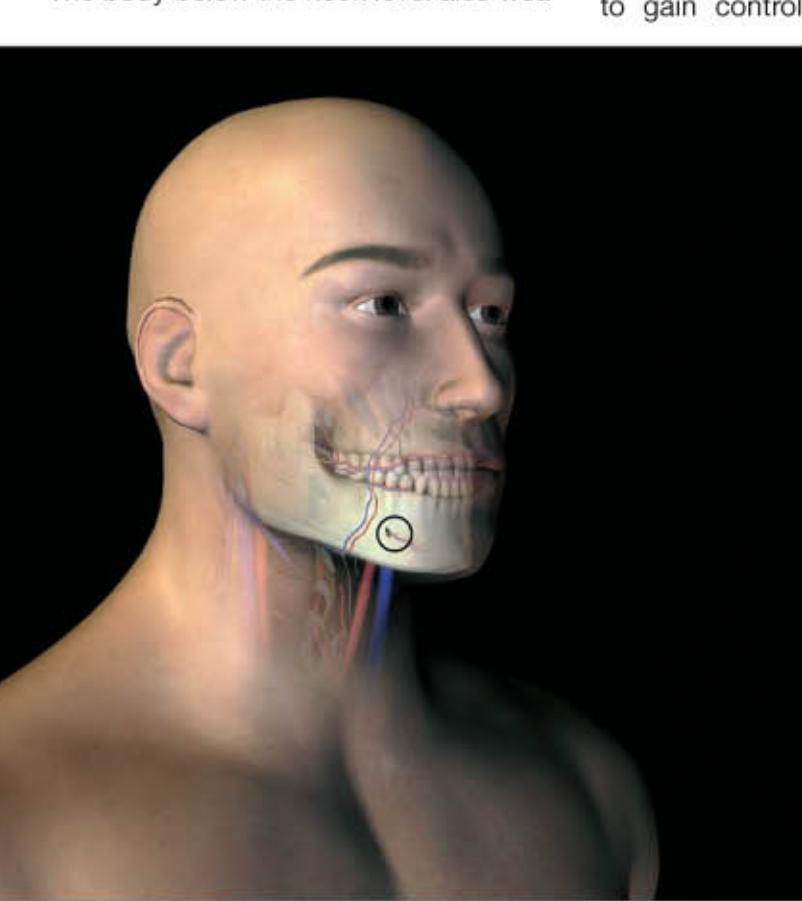
### Head Targets for control of the perpetrator.

Target #6 (M-HN-18): The mental nerve is a somatic, (sensory) nerve that includes the special fibers that help keep the body assimilated with its surroundings, such as those involved in touch. The somatic nervous system also consists of peripheral fibers that send sensory information to the central nervous system and motor nerves. These fibers project to skeletal muscle, for voluntary muscle control.

This is a very versatile point that yields fast and predictable reactions that once the Officer is aware of, can affect very easily. By compressing this nerve the body will weaken quickly and substantially. It will respond well to the soft tissue of the fingertips, but will yield far better results with pressure from a knuckle.

The nerve should be pressed down and in toward the throat to affectively compress it against the bone. This simple action has many physical effects on the recipient:

- Neck Weakens allowing the head to be turned or maneuvered easily.
- The body below the neck level also weakens and loses control, first in the legs.



- Torso folds in accordance to pressure applied.
- Arms extend.
- Physical strength diminishes.
- Causes severe pain and temporary loss of thought and motor control.

### Location

This point lies on the side of the chin on either side of the jaw, halfway between the

teeth and bottom edge of the jaw. This is where the mental nerve exits a hole in the jawbone called the mental foramen as pictured. By pressing the nerve downward and inward toward the throat, the receiver will experience some severe pain, withdrawal reflex as the chin turns away from the pressure. The legs weaken, torso will fold in as the arms come upward and forward. This will allow the officer the ability to bring the perpetrator to the ground and turn them face down for rapid control.

The recipient will lose not only strength, but also balance as a quick penetrating pressure causes a more dramatic and complete result. This rapid pulse will cause confusion, and loss of coherent thought (and thoughts of escape or attack), temporarily. This will allow the Officer greater time for the control or restraint measures.

### Control

As noted with TW-17 target, this is not a target you can easily utilize to control an individual that can see your approach to avoid or counter. This is because man has an aversion, as well as a natural instinct, to pull away from anything approaching the head. So this is not a recommended target to gain control from the frontal position unless the perpetrators arms are already involved in an action. But once reached it is a very powerful point that can stop the action cold.

This target can be easily obtained from the rear, as offender will not have the visual queue to cause avoidance, counter measures or subsequent withdrawal reaction to avoid it. This will however take just a bit more practice, as the Officer must reach around to the front side of the face to pull back and down. But with the practice, this blind move can easily be achieved through tactile method and experience. Not only do you have a powerful weakening and control factor with this point, but also pulling in toward the body is a stronger and more secured action. One other note on this technique on target is that the withdrawal away from the pain will bring the individual into a strong base. This can cause further confusion and retaliatory action by the recipient. The mode of operation with this approach would be to get the individual first seated and then into a face down position as required by the Officer. This can be utilized in a one on one situation, or by one Officer to maneuver the Indi-

vidual in a position of advantage for their partner.

One situation that many Officers encounter is when the perpetrator attempts to swallow drugs to avoid confiscation and proof of illegal possession. If an Officer can get to the person before the drugs are swallowed, they can quickly render the individual incapable of swallowing at all. This is accomplished by using both side targets simultaneously, pressing them both down and in to compress the chin down to the chest. As a simple test, attempt to swallow in a normal position and note the result. Next just place your chin on your chest and swallow again, it becomes more labored and difficult. Then press your chin to your chest harder and you will feel the swallow is even more difficult if at all possible; it will be even more so as the pressure and pain level from using the nerve is increased. With enough pressure the pain and discomfort will cause the recipient to open their mouth to make the extraction possible.

Another factor is when a perpetrator is taken down, seated or laying flat on their back it is more of a danger to an arresting Officer in control. By utilizing a single point, you will be able to roll the person into a face down position if on their back, or get them face down from a seated position. This is ultimately safer and quicker for the Officer as it not only causes pain and physical weakening, but again this method makes it very difficult for the recipient to think clearly enough to formulate an escape or retaliatory action. In each single point application it also turns the head so that spitting will not be possible to direct at the Officer.

### Releasing

When a fight needs to be separated or a grip released and opponents then separated, this point yields a more reliable and safer method over traditional neck or headlock applications. First it prevents the perpetrators ability for biting as a direct assault on the Officer and in today's world of diseases, this is a critical concern. Also it can limit possible counter suit and legal proceedings as a struggle during a bite can cause damage to teeth, jaw and neck of the user, placing the Officer in further peril even after the arrest or controlling action.

Another benefit using this target has over non-target oriented restraints is in the individual's reflexive actions, which cause escalation and conflict more readily. By grabbing an individuals arms or body to attempt to release the grip or stop an action, reflexively causes the individual to fight the attempted control as they then struggle to escape the ensuing restrictive method. By quickly applying one target from a handgrip, rear choke style maneuver, or side headlock position, this reflexive action and struggle to escape is negated. It is again safer for the both the Officer or recipient over these typical positions as it and is not a possible threat to the throat or neck





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that another neck or head control can cause. By securing the head with this point instead, the neck is not directly grabbed to inflict possible injury from further struggle by the individual. This again is due to the instant body weakening, loss of balance and orientation the nerve causes. And where the recipient loses control of their body and is left confused or disoriented, an escalation or resisting action from them is less likely.

Or if an individual has secured a grip on an object to resist Officer control or arrest, applying the correct directional force to this point will weaken their arms, body and legs easily allowing the Officer to pull the person from that object. The action can then be continued until the perpetrator is placed in a face down position for handcuffing.

In a more desperate situation where the officer is on the ground with an assailant mounted on top grabbing or swinging, this point will drop the arms down and away from the officer. Then with a turn of their head (possible from weakened neck and arm muscles), they can be dislodged from their position of advantage. When controlling the head of the individual, the body must follow.

## Debriefing

When using nerve related targets the results are quicker, use less physical strength, have predictable results for more reliable control possibilities. From a safety standpoint the officer using less force is also less likely to inflict damage as well as the perpetrator not being able to resist. As it also disorients the recipient, escalations in physical, emotional and mental frustration or retaliatory thoughts are also limited severely. All around these simple targets keep both Officers and Perpetrators safer and situations less violent.

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

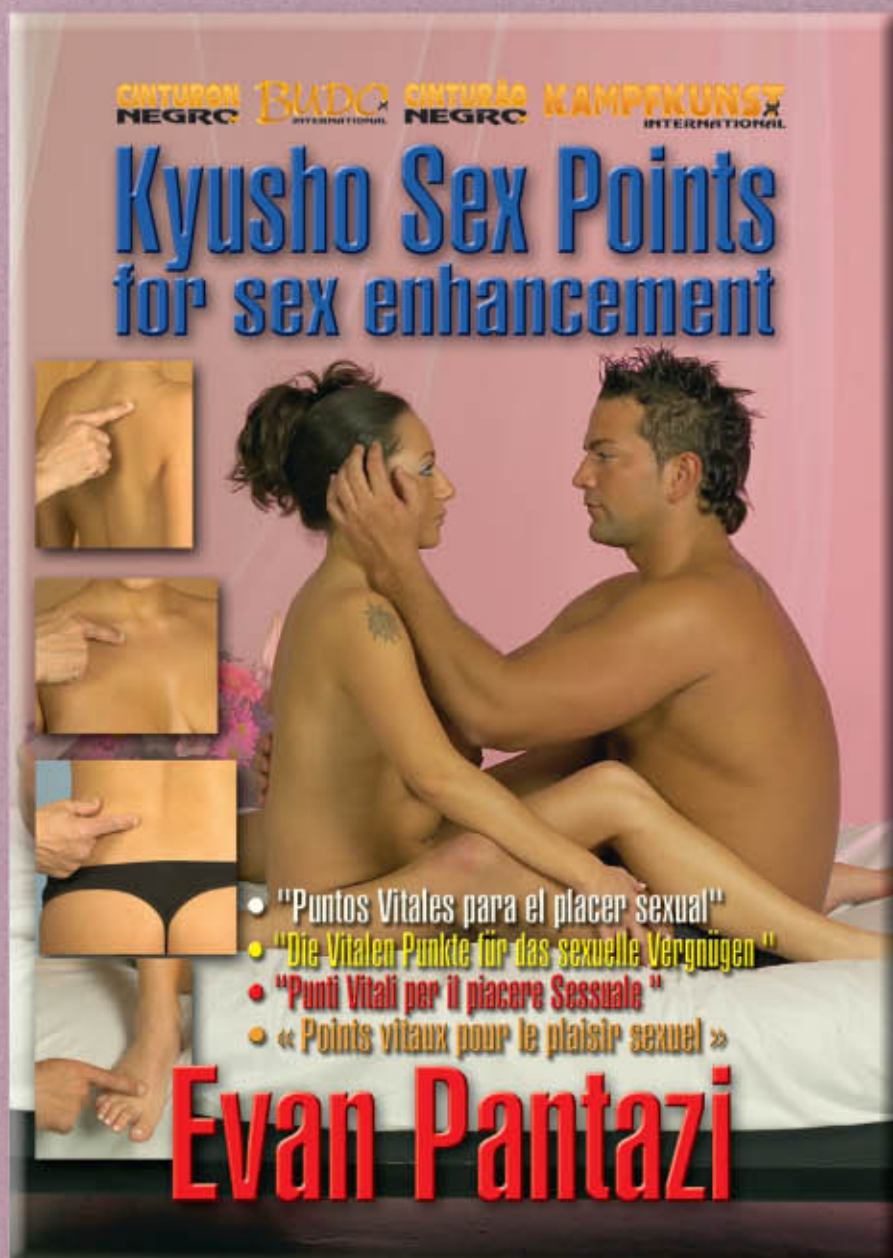


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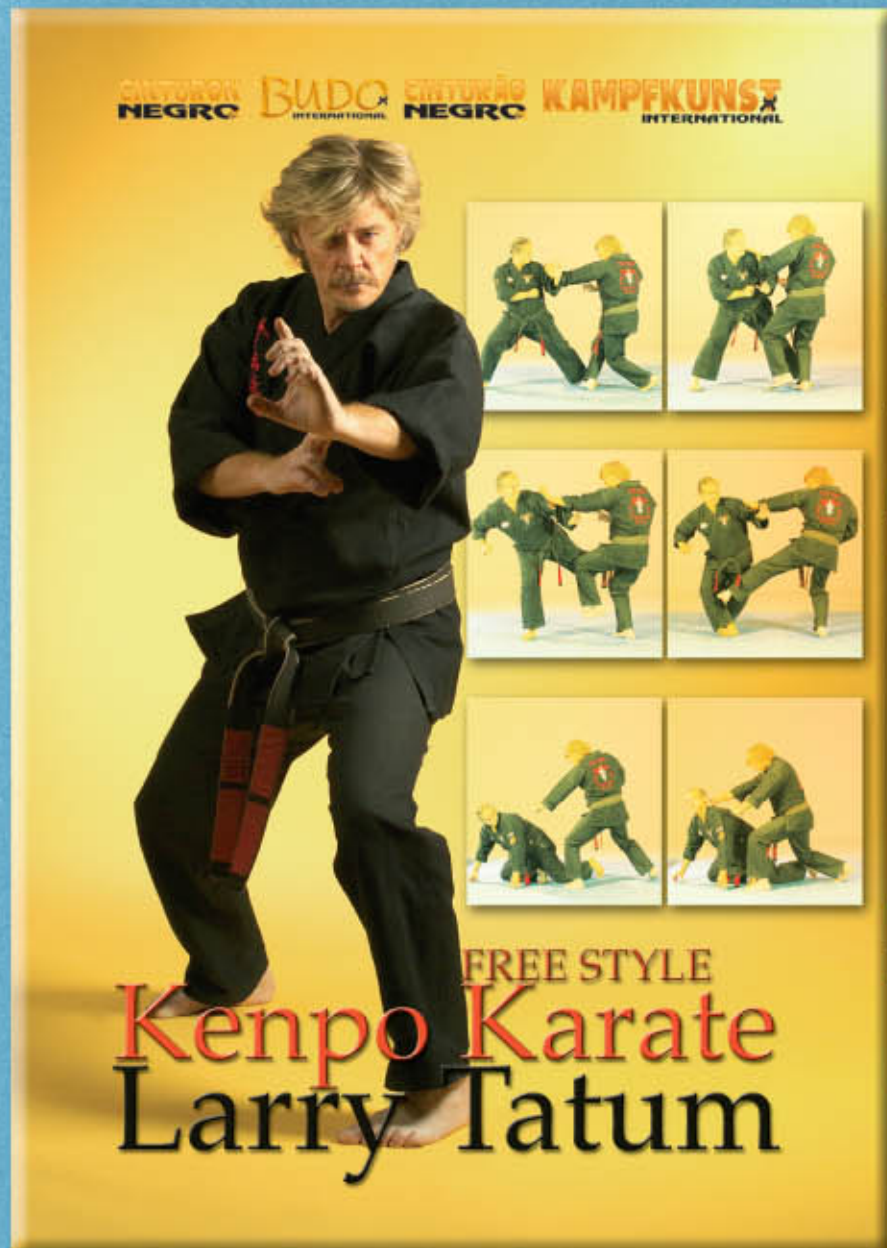
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# MONI AIZIK COMMANDEO KRAV MAGA

## Exposing your weaknesses and overcoming them

Text: Moni Aizik

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

### WHAT IT TAKES TO BE ELITE!

Have you ever been pushed to your physical limits, to the point where you thought about giving up but you pulled out your last bit of willpower to overcome your challenge? Now imagine that just when you achieved this ultimate goal, you find out you must do it again. This is the breaking point for most people, where the mental barrier exceeds the physical. It's at this point where you separate the above average from the truly elite!

During my service with the military, we were put through some excruciatingly exhausting drills. At the beginning of the drill, we were told what was expected of us. In one case, it was a very long run through the mountains with all of our gear. We went through some very tough terrain. Once we reached our goal, the troops felt a sense of elation. At that point, we were told we had to do it a l l

over again. This was a breaking point for most of the men. Hungry, thirsty, mentally and physically fatigued, this is the point that separated the elite soldiers from the above average ones. This is where you take your training to the next level, beyond the realm of physical barriers.

To be elite is more than just being good at what you do; it's being great at what you do and still trying to improve! It's about going beyond mental and physical limitations. It's about going outside the box and realizing that there are no such things as set boundaries. It's about accepting that even if your body is broken, your spirit will not be.

Winning athletes and champion martial artists go beyond the extra mile; they find a way to go an extra 10 miles. Having trained prior Olympic medalists and UFC champions, I found that to be at the top of your game, you need a constant hunger to excel. Even more so, you need a driving force to push you if you slip a little in order to help you re-focus and re-ignite the fire within you.

As human beings, we all have strengths and weaknesses. It is during moments of truth when weaknesses are usually exposed. The average person will accept their weakness and move on. The truly elite will take their weakness and find a way to overcome them, no matter how much they need to push themselves.

Recently, we had our first Elite Combat Fitness (ECF) Certification course in California, USA. This isn't a typical personal training or physical fitness certification course; it's something much more. As elite leaders in the industry, our ECF instructors had to go through the most rigorous and intense training regimen of hundreds of demanding drills over a course of 3 days. Food deprived and rest deprived, they were forced to go beyond their threshold and find out what being elite meant.

As described by one of our recent graduates from the ECF Instructor course:

*"...I always thought I'm above average but that was not enough for this course. Training through Martial Arts alone will not give you the ELITE COMBAT FITNESS that we are all searching for. I was humbled during the second day as I saw my weaknesses. A wise man once said that in order for you to be strong you must first find your weakness. That day, my weakness was*







exposed and all my weaknesses got exposed through out the course. I've climbed mountains before, I've rock climbed, and rappel down but I've never run up a mountain. Needless to say, I've never even thought about running backwards to the top of a mountain. Brothaaa...running 3.5 miles uphill on this killer mountain was one of the toughest exercises I've ever done. I used to say to those wannabe tough guys, "If you think you're tough join the Marines, join the Navy Seals, be a Boxer....just get out of my face and do some thing with your life to prove to yourself that you are tough by joining something that will give you those moments of toughness instead of bullying or posing." Now I say if you think your tough, "TRY ELITE COMBAT FITNESS! ...At 02:00 hours, that's 2:00 a, I woke up shaking. I didn't have a fever but my muscles and entire body was shaking. I guess this was the part when my body was telling me we both had enough. Shawn gave such a good spill at the end of the second day that I couldn't sleep. What Shawn said stuck in my mind, "This is the ELITE, not the above average Joe, boot camp!" I have to finish this strong. To be proud of... to be remembered... and in the end if I pass.... if I succeed... I still have big responsibilities on my shoulder to be called ELITE." - Rodrigo C.

Being elite means that you need to go beyond your own expectations. It means challenging yourself to break through your own barriers, as experienced by Andy, another recent graduate:

"I think everyone in my class would agree that we've all discovered something new within ourselves... Every time I think of the 3.5 mile Runyon Canyon hill run (ECF style), and the Suicide Mission, which should be the official "rites of passage" to ECF, I still cannot believe how I did it. Absence of the bruises from CKM Instructor Course, ECF is brutally challenging, physically and mentally as well, at least for me it was. There was a

brief moment during the suicide mission where the word "quit" crossed my mind. I started questioning the purpose of this course to me personally. But of course I didn't quit. I kept going and drew strength from the rest of the guys and at the same time Shawn and Mike didn't stop encouraging us to keep going." - Andy P.

It is during these moments of truth when we truly find out what we are made of. A lot of people would have given up after the first day. The recent graduates from our first ever Elite Combat Instructor course found the grit and determination to earn the title of Elite Trainer. More importantly, they told us that this course changed their lives and inspired them. It made them realize that they just when they dug as deep as they could, they found a way to dig even deeper.

If you are looking to take yourself to the next level, to challenge your mental and physical limits, take the ECF challenge. Remove the belief of limitations from your mind and surpass your own expectations. Elite Combat Fitness isn't only about achieving superior levels of physical fitness; it's about breaking the mental barrier.

If you want to be at the top of your game, whether it's for martial arts competitions, reality-based training or MMA tournaments, the Elite Combat Fitness course will definitely help you move in the right direction.

To be elite, you need to surpass your perceived limits and overcome your weaknesses.

To find out more about the Elite Combat Fitness Course, you can go to [www.elitecombatfitness.com](http://www.elitecombatfitness.com).

Moni Aizik is the founder of Elite Combat Fitness and Commando Krav Maga. A former member of the Israeli Special Forces Elite Commando Unit, Moni has trained with some of the toughest and most hardcore military members. 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. More recently, Moni launched the Elite Combat Fitness program which is a fusion of high caliber Olympic level training combines with intensive military exercises. Over the years, Moni has produced UFC Champions, Olympic medalists, European champions and Canadian champions.







# Clothes cannot change the skill

**M**ore and more martial artists are adopting a tendency to appear in flamboyant dress during meets, exhibitions and demonstrations. Some argue that the flashy clothes they sport are meant to psyche opponents and dazzle the public, but all that is a matter of opinion. Clothes certainly cannot change the skill. This harsh lesson was learned by one of the greatest martial artists in Japanese history. His name was Muso Gonnosuke, founder of Shindo Muso Ryu. He had first studied Katori Shinio Ryu and was proficient in all weapons of that ryu. He had fought every swordsman in Tokyo (Edo at that time) and had never

been defeated. Constant praise and victories had given him a swollen head; he even changed his style of dress and eight students followed his every step throughout the city and its suburbs. The sight of Muso, glittering, with eight students close behind him was sight enough to draw a holiday crowd. Muso was on his way to Kyushu with his students and he decided to stop in Akashi, a city approximately in the middle of Japan.

It was there that Miyamoto Musashi was home sculpturing a piece of wood under the noonday sun, interrupted only by the occasional buzz of a fly that Musashi ignored with the peaceful calm he had developed by years of deadly matches.

"Muso Gonnosuke has come", his servant announced, while Musashi sculptured quietly. "He is outside your door with eight students. They are awaiting an audience with you. What shall I tell him?"

"Show him in", Musashi requested.

The servant soon reappeared with Muso and his eight students around him. The student in front carried a huge boken. Musashi saw Muso was a tall man, nearly six feet tall and noticed the similarity of build between teacher and the eight students.

Muso, although it was summer, wore a haori (coat) with the Rising Sun emblazoned on the back and the symbols 'Heiho Tenkai Ichi' (Number One Strategist Under Heaven) embroidered down the entire left side of the coat. On the right side Musashi could read 'Nippon Kaizan Muso Gonnosuke'.

"So, you are the famous Muso

Gonnosuke. Your fame has spread far in advance of you", Musashi greeted him. "I, too, have heard of you, Musashi. I have seen your father's style of swordsmanship. The talk is that you have improved on his style. Can I see what you have done?"

Musashi knew this was an indirect challenge, and he calmly replied, "If you have seen my father's style, then you have seen mine. There is hardly a difference between the two."

Muso insisted on seeing the improvements and finally Musashi said, "If you insist, I will demonstrate. My heiho (strategy) is basically defensive and I am told your style is based on the offense. Therefore, attack at will".

Musashi picked up the piece of wood he was sculpturing and went out to the courtyard. Muso grabbed the boken his student held and followed to face Musashi. Muso attacked vigorously, but Musashi blocked every blow. Finally, Muso faked a blow to Musashi's temple and slashed across with a sidearm stroke, touching Musashi on the sleeve under the arm.

"There, I have scored a hit!", Muso shouted excitedly. His students also shouted with joy.

"It was not a hit, only an insignificant touch on the sleeve under my arm", Musashi replied. "But if you want to know what a hit is, I will gladly show you".

Then Musashi attacked. Muso was hard pressed and could do nothing but retreat. He had never faced such a formidable opponent. The slab of wood Musashi swung seemed alive. Muso could not muster enough speed to counterattack. Musashi then tapped Muso on the sleeve under the arm and, as the students gasped in amazement, he dealt a terrific blow on the forehead, dropping him like a log.

Musashi smiled, turned to face the students, and said, "Take your teacher away. He is not hurt. The only thing bruised is his ego and he will probably have a slight headache. Tell him the essence of the martial arts is self-development. Clothes cannot improve the skill."



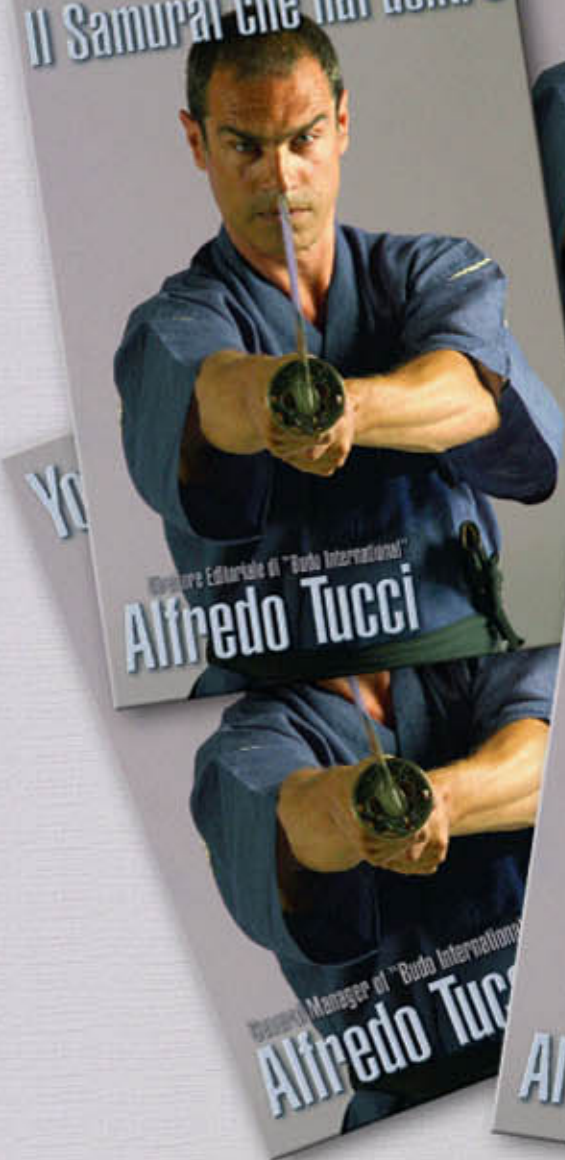
# Sensei Richard Kim



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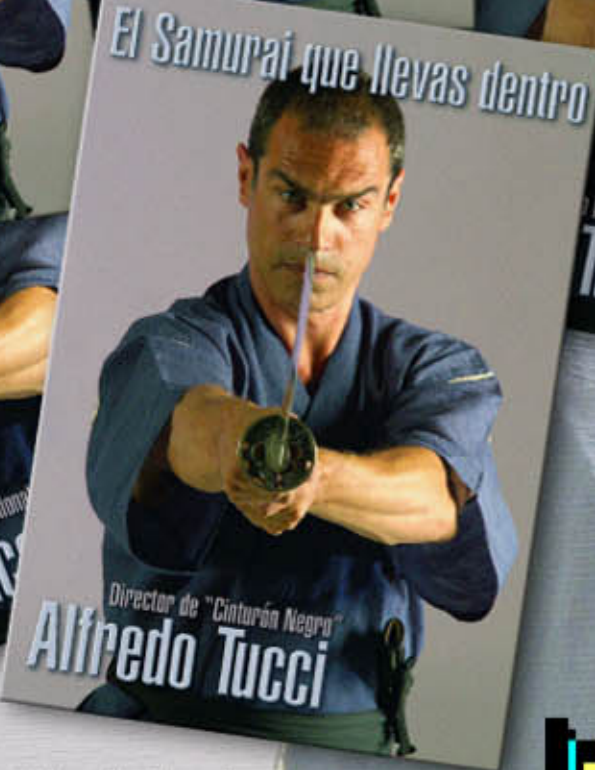
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# BRAZILIAN IMPERIALISM?

# MMA

Text & photos: [Marcelo Alonso](#)

**W**hen asked today about the greatest team of MMA in the world, the answer may be conditioned. Taking into account the number of belts of the world's largest event, the UFC, without a doubt the "Minotauro Team" is at the forefront. In fact it is the only team in the world that has two belts of the event, Anderson Silva (up to 83kg) and Rodrigo Minotauro (heavyweight). But depending on the result of the fight between Forrest Griffin (XTreme Couture) and Quinton Jackson, for the belt in up to 93kg, an American fan could argue that Couture's team would move to the front for having the official heavyweight champion (Minotauro is interim) and the champion of the middle weights, in addition to the greatest name of all time in Pride, Wanderlei Silva. Leaving controversy aside, when the question is about the team which has the largest MMA training center in the world, the answer is clear: the American Top Team.

When entering the huge building located in Coconut Creek, Florida, 40 minutes drive from Miami International Airport, you seem to have reached the paradise of the MMA. Distributed over an area of approximately 20 thousand square feet, there is a professional boxing ring, a mat, two courts (a rectangular one and an octagon-shaped one), a sauna; a fitness area; an area for cardio exercises; Muay Thai and Boxing bags, all in an air-conditioned place. In

short, it is the training center any athlete of MMA could have dreamt of. To use all this excellent material, the wrestlers are assisted by professionals such as the team leader Ricardo Liborio (Jiu-Jitsu and MMA); the Muay Thai technician Mohamed Ouali (five times world champion of Kickboxing), and for cardio exercises the excellent master André Benkei.

Besides, the team's owner, millionaire Dan Lambert, has excellent links in all the American events and a huge influence on the UFC.

Not for nothing each year more Brazilian MMA talented fighters migrate to "El Dorado" of the sport. "Today, the ATT is the great Brazilian representative at the MMA outside Brazil", says co-owner of the team, Ricardo Liborio, who has nine Brazilians among his twelve top representatives.

***When The Team Is The Family***

To complete all this wonderful structure of equipment and professional staff, at the ATT you are among friends, "there is a family atmosphere" difficult to find in any other MMA team in the world. "Most of them have left their families in Brazil and have come here to become professional fighters. In Brazil they have a family, here they have a team", says co-owner of the team, Carlson Gracie's black belt, Ricardo

Liborio, who is one of the main responsible for the good atmosphere in the team. But at the training of professionals (every day except Sunday, from 12 to 2pm) the joker "Uncle Liba" gets serious and, side by side with the coach Conan Silveira, demands a total commitment to the men who are training. "We have excellent professionals in all specialties, allowing the athlete to do all his preparation here. This strengthens the unity of the team", explains Liborio.

The number of Brazilians is amazing. Despite the fact that Liborio and Conan lead the training in English, the prevalent language among people who train in pairs is Portuguese. A typical day of training of 34 professionals, we can count 17 Brazilians, 4 Europeans and 13 Americans. When training is over, the team members usually go out for lunch together. Then, the athletes go home to rest and return to the headquarters at six in the afternoon, for individual activities. Some make their physical training and fitness (coordinated by Benkei), others have boxing lessons with Howard, while others have private lessons of Muay Thai with Ouali. "Each fighter has to keep his schedule, which has been assigned by the coaches. This routine only changes when the fighter has had a fight and we allow him a week or two to rest. That is what happens just now with Marco Aurelio and Pitbull, but that is the most that we allow them, because we need everybody to help the colleagues who are preparing a fight", says Conan.





# Brazil = U.S.A

## Brazilian fighters invade Florida and dominate the largest team of MMA in the United States, the American Top Team

### *The Beginning Of The Brazilian Colonization*

In 2001, Ricardo Liborio, one of the founders of Brazilian Top Team (BTT), received the proposal to create something similar in Japan. "First I thought about creating the Nippon Top Team, but when I went back to meet up with Marcus "Conan" Silveira and his brother, Marcelo, on the occasion of the combat of Murilo Bustamante against Chuck Liddell, I changed my mind", says Liborio.

Marcelo and Conan's close friend from the old days of the Carlson academy, Liborio, was invited to stay with them six months in Florida, to improve their Jiu-Jitsu, and he accepted. "We had almost a gap of 15 years with the best Jiu-Jitsu of Rio de Janeiro and our great friend Liborio gave us a great opportunity to improve our Jiu-Jitsu", remembers Conan. The friendship between them led Liborio to change his mind, creating the "American Top Team" with Conan, Marcelo and Daniel Lambert, a great businessman, Marcelo Silveira's purple belt, who loved MMA and had decided to invest a large sum of money to form the greatest MMA team in the world.

After opening a huge training center in 2001, the leaders of ATT decided to import ten Jiu-Jitsu top fighters from Brazil, not only to fight but to teach Jiu-Jitsu in the subsidiaries centers of ATT spread throughout Florida. "In any business, you have to find the best professionals. Here in the United States we have the best boxers and fighters, so we

brought some of the best in Jiu-Jitsu. They are the tools that help us to build the best MMA team in the world", says Conan, explaining how it had started the largest Brazilian MMA colony in the world. Today, the ATT has more Brazilian fighters than Americans. According to Conan, there are more than 50 Brazilian fighters in the team.

### *The Secret Weapons*

Considered by all fighters as the secret weapons of the American Top Team, André Benkei (fitness coach) and Mohamed Ouali (Muay Thai coach) are unanimously admired by all athletes. "I can't imagine the ATT without these two elements", says Marcus Aurelio, who is supported by Gesias: "Besides being the best in what they do, they work together as a team, complementing one another in the work of both of them. Besides, as they are living in the same apartment, when they go home they watch the videos of our opponents and they discuss the strategies. They are two great guys", admits Gesias.

Graduate in Physical Education, André Vinicius Auheimer has always been known for his extraordinary ability to make the athletes lose weight. "If you look at other countries, you will see that there is this kind of work in the world of Wrestling, in Muay Thai and also in fitness competitions. What I did was trying to understand the system and create some specific formulas for the

world of MMA in the process of hydration and dehydration, and that is what we do. Today I think we have overtaken the people of Wrestling", says Benkei, who has in Gesias one of his most important fans: "Losing weight is very simple, the difference is that Benkei makes us lose or put on much more weight and what is more important, he makes us enter the ring in perfect conditions. We often say that for Benkei nothing is impossible" says Gesias. Benkei's inseparable friend, the fighter from Morocco, Mohamed Ouali, five times champion in Muay Thai and Kickboxing (1993, 1996, 1998, 1999 and 2000) in the up to 72kg category, with a trajectory of 63 fights as a professional (9 defeats), is also doing a great job with ATT fighters. "I don't exactly train Muay Thai. Muay Thai is in Thailand. The real Muay Thai is clinch, elbows and knees. It is a totally different game when compared to K-1 and K-1 Max; what I teach is striking. I teach different things to different wrestlers", says the master of the Bicko academy, in Holland. He lives in the same apartment as Benkei and Ouali and he is always thinking about how to train each fighter. "For Jiu-Jitsu fighters I try to work the distance, leg walk, feet walk, balance, defense and how to catch and take the opponent to the ground".

There is unanimity among the fighters: Ouali is known for his excellent glance. "When you believe you are doing a perfect movement, he comes and shows you





several mistakes. Then, he works with you until you learn the correct way to do it", says Thiago Pitbull, who is considered by Ouali as the best striker of the team.

**Conan, Back From His Forced Holidays**

Dan Lambert's (ATT'S owner) first Jiu-Jitsu master, Marcus Conan Silveira, is considered one of the most important men in the history of the American Top Team. But last year he was involved in a case of ecstasy dealing, and he was arrested along with his brother Marcelo Silveira. After his innocence was proven, Conan finally returned home. "As we all know, I was forced to go on "holidays", but the most important thing is not that it was a mistake, but how that can change you and make you improve as a human being. I think this situation made me see my life in a different way. I returned with a thirst for fight. I have fought in March and now I am negotiating with Japan and back home. I am one of the

pioneers, I have been proposed to be a coach, but I still want to fight. This year I will still fight once or twice", says Conan, Carlson Gracie's first black belt who has won a title in MMA in the United States. "I was one of the pioneers in this sport, now it makes me happy to earn a living on this, working in the first MMA team in the world", concludes Conan.

**MMA For Children**

One of the most amazing programs of the American Top Team today is the MMA for Kids Program, created by Liborio for children from three to five and from five to seven years old. "We pick up the kids at school and we teach them a mixture of martial arts. The children are learning to exchange punches and kicks (Muay Thai and Boxing), falls (Wrestling and Judo) and ground (Jiu-Jitsu), what really matters for MMA, but in different lessons". It is important to make clear that children are not doing Vale-Tudo, they are practicing

arts separately. The most interesting thing is that we have created a hierarchy system of belts to motivate the children to be black belt in Mixed Martial Arts", explains Liborio, who has overcome difficult times, when he had to convince the parents of the kids in the beginning. "In USA, most people don't know Jiu-Jitsu or MMA, their notions of martial arts end up in Karate and Judo, so we had to make several exhibitions in schools, in order to convince parents that it might be good for their children", said Liborio, who now works with 150 children from four schools. The result of this great work can be seen in what has been written by Dan Pearce, father of one of the 150 young students. "When my son started this program, I looked for information and I was impressed to see that they were being taught individually or in pairs, by three world champions, and that every day they met several people who were the best in their work. I don't think there is any other place in North America, (who knows if there is in the world...) that brings so many talents together, and I have seen an





immediate result on my son. The best part is not only mental and physical, I could have expected that from any martial art, but here the kids will be also better people", says Dan Pearce.

**Who's Who In Each Category**

**Up To 70kg: A Power Among The Light Weight**

Gesias "JZ" Cavalcanti (16-1-1, 1NC). Considered among the best in the up to 70kg category, Gesias is the great name of the team, currently holding the belt of lightweights of the Hero's. "Gesias is not a normal man, he has the strength of a 93kg", affirms his training partner, Antonio Pezão.

Marcus "Maximus" Aurelio (16-5) - After ending the No. 1 in the world, Takanori Gomi, and after losing on points in the rematch, Marcus has signed with the UFC. Since then he has done three fights, losing

in the first for a decision (Clay Guida - UFC 74) and winning the other two (Luke Caudillo - UFC 78 and Ryan Roberts - UFC Fight Night 13). Now, he is going to face the tough Tyson Griffin and if he wins, he may go straight to fight for the belt.

In addition to Gege and Marcus, the ATT also has Gleison Tibau Alves (26-3-1) and the American Din "Dinyero" Thomas (23-8), probably two of the most experienced in the category. Between the two they have fought 61 fights of MMA.

**UP TO 65kg: Another Reinforce Imported From Brazil**

If the American Top Team has a real army in the up to 70kg category, in 65kg the team also has strong representatives. In addition to the American Wrestler Mike Brown, considered one of the toughest in the United States at present, the team received in May the reinforce of the king of Shooto Alexandre Pequeno Nogueira, who has come to train for the combat against Jose Aldo (Nova União) in the American event

WEC 34. "Fighting against someone from Nova União is always a reason to train more. I am happy for the opportunity to train in one of the greatest teams in the world, where I can count on my friend and favorite coach André Benkei, who has helped me in the seven fights for the title in Shooto. Whenever I train with him, I feel as if my adversaries were fighting in slow motion", he says.

**Up To 83kg: Santiago Is Improving**

In the up to 83kg category, the team is also very well represented. Finalist at GP's Pride, the Korean Denis Kang (25-9-1), who until last year was the No. 1 in the team, has lost performance since his wife died last year, and has given way to the most recent revelation of the team, the fighter from Rio de Janeiro Jorge Santiago (16-7). "Jorge is a phenomenon, he is good at footwork and on the ground. He trains at the same level with 93kg athletes and even with heavyweights", says his team partner,





Thiago Silva, who bets that shortly Santiago will be one of the greatest in his category. In addition to Kang and Santiago, the team has the experienced Dustin Denes (12-4-3) and the new talents Danillo "Indio" Villefort (7-2) and Emyr "Shark" Bussade (11-5), who are getting very good results in training and will soon appear in U.S. events.

## 93kg: The New Silva Of Att

ATT is also well represented in the up to 93kg category. Thiago Silva (12-0), from the "Macaco Gold Team/ Chute Boxe", had proved his worth in Brazil winning the GP of Fury with three incredible knock-outs. The title led him to the UFC, where he has got three other amazing knock-outs. (James Irvin UFC 71; Tomas Dwal - UFC 75 and Houston Alexander - UFC 78); he is considered by Dana White among the ten greatest fighters of the category. "I am happy to have the opportunity to train in a place such as the ATT. Here we are advised by an elite of wrestlers and coaches. I have already seen the results in this short time and I hope to prove it in the ring", said Thiago. In addition to Thiago, the team has the Italian boxer Alessio Sakara (12-7) and Wilson Gouveia (10-4), considered by Benkei as the great phenomenon of the team. "He is the most talented fighter I've seen in my whole life, he will reach the summit of the category soon, very soon", says Benkei.

## The Great Talent Among Heavyweights

If with lightweights the American Top Team is well represented by some of the best classified fighters, in the category of heavyweight Liborio's team has the experienced Jeff "Snowman" Monson (25-7) and Antonio "Pezão" Silva (12 -1), a phenomenon of 127kg who has impressed everyone. "It is difficult to see such a quick and strong heavyweight in his category. He is also good at standing fight. Ali has said that if he is well trained he can fight in K-1. I think that if he gains more experience and does several fights, he can beat Fedor", Benkei bets. Pezão appreciates the praises and he is only embarrassed when someone talks about a fight between him and his friend Minotauro, for the UFC belt. "Minotauro has helped me in the most difficult moments of my life, I can't close my hand to hit someone like him, if I have to fight against Minotauro, I prefer to leave my

career. If I have to fight against any other fighter, I am already inside the ring", says Pezão, who praises the new team: "This is the place for anyone who wants to be a champion. I have been here for a year and three months and I have never seen such good partners and such a familiar atmosphere", says Mario Sukata's former pupil, who will fight for the heavyweight belt of Elite XC this summer. The event will be broadcast live on open TV by CBS channel.

## 77kg - Pitbull: Ready To Bite St. Pierre

The up to 77kg category is also very well deserved with fighters such as Thiago "Pitbull" Alves (22-4), Roan "Jucão" Carneiro (12-6), Marcelo Garcia (0-1) and Yves Edwards (33-13-1).

But without doubt, the big name of the category is Thiago Alves. Coming from Ceará, Thiago was brought to ATT by Marcus Aurelio, in 2003, after a few months' experience in the Chute Boxe. "There I just wanted to be one among the others, here I am beginning to have all conditions to develop my potential and to show who I am. I thank God the support of my family in the ATT", said Pitbull, who has done nine fights in the UFC since 2005 and has won seven of them with knock-out. Thanks to his incredible aggressive style, Thiago believes that soon he will fight for the belt against St. Pierre. "I know that GSP is a great strategist, but talking about strategy, I have the best coaches and training partners working with me. I'm going to knock him out and I'm going to bring that belt to the ATT", promises Thiago. Driving a beautiful sports car (Infinity D37 - 2008), Thiago, who is opening a new subsidiary school of ATT with Marco Aurelio (in Hallandale), feels happy when he looks back. "I did 20 fights in Brazil (10 MMA and 10 Muay Thai), but it has been here in North America where, working hard, I am finally able to have a good life, the same as my parents in Brazil", says Pitbull, 24, who has fought since he was 15 in the Northeast of Brazil, one of the poorest areas of the country. Coming from BTT, Roan Carneiro is another Brazilian acquisition who now is representing the ATT. After losing against Jon Fitch and beating Tony de Souza, Roan will have the chance to avenge his controversial defeat against the Japanese Ryo Chon (Deep 2005) at UFC 85. "The difference is that now it will be in the Cage, where I have advantage with my style. There, I

fought against him and against the referee, since several times I took him down and the referee ordered me to get up again. It's going to be a war", said the Brazilian wrestler. Another fighter with a very good performance at every training is the genius of submission, Marcelo Garcia, who came to the team only three months ago, but who already feels like at home. "I've had a very warm welcome here. Really, I needed a professional training and here I train with champions of different categories, this gives me confidence. I don't think I will have to face tougher opponents than those with whom I train here everyday", said Garcia, who will have clear his destination in MMA soon.

## Interview With Ricardo Libório

Considered by Carlson Gracie as one of his most technical black belts of all time, Ricardo Liborio is also showing his skills outside the mat. After having the help of his millionaire friend Dan Lambert to build the base of ATT, the Brazilian is proving to be an excellent businessman, transforming the American Top Team in more than a MMA team, creating several ways of doing money to keep the expensive structure of professional wrestlers.

### Budo International: More than 50% of fighters in the ATT are Brazilians. What is the difference between ATT and other MMA Brazilian teams?

**Ricardo Liborio:** I think the American Top Team is now the largest Brazilian team of MMA outside Brazil, but with a structure of the first world and the professionalism of any business in the United States, what is missing in Brazilian teams. Here in the United States, we sign annual contracts that provide the support to spend the most difficult days of the year, holidays, when people travel and the academy is left empty. But we are also looking for other ways to make money, like sponsors or a system of special nurseries, where we go to pick up the children after school and take care of them from 2 to 6 pm, while their parents return from work. Today we have almost 750 children in this system.

**B.I.: How did you have that idea?**  
**R.L.:** At first it was Dan Lambert who paid most of the bills and salaries of the wrestlers. But one day, Lambert decided no longer to







invest all that money and we had to find our own ideas, that is, find other ways to earn money. As unfortunately, just with professionals we can't pay the whole structure, I thought that we could use this area at other times of the day, when professionals are not training, in order to carry out activities with schools. The children arrive when the professionals leave, at 2pm, and when the children leave at 6pm, the professionals are coming to the evening training. That was the ideal way we found to take advantage of this excellent place and to be able to continue investing in the professional team. Today, the ATT is the academy with the largest number of athletes in the UFC. We have been one of the first teams to have athletes in all American events, as well as in Japanese and European events.

**B.I.:** I remember that at the beginning you paid the athletes monthly and also you asked them to arrive and leave at the exact time, as in a factory or other job. Is that system still the same?

**R.L.:** No, we have changed some rules. We no longer pay monthly salaries to professional wrestlers. We provide them all the professional structure and they must pursue their goals. We have an agenda that all professionals have to meet, a training schedule chosen by coaches. No one can come and say "today I want to train this or that". It is the coaches who decide. The most important thing is that at ATT all coaches meet at a particular place and talk among them. For

example, if Gesias has trained MMA very hard in the morning, I tell myself to Benkei, who is the coach leading physical training in the evening. I would say that is one of the things that make ATT different.

**B.I.:** How does the financial part of the team work? ¿Do you ask for a percentage of the prizes?

**R.L.:** Professional wrestlers sign a five-year contract with a basic rate of 10% for the manager and 10% for the training. It is what we ask to all professional wrestlers.

That provides a professional structure for all wrestlers. I think this has been the biggest problem in Brazilian teams. If you follow the rules there is no problem, but most Brazilian teams didn't follow the rules, they just made verbal agreements. If you ask them 10% of the prizes, you also have to provide them a good structure for training.

**B.I.:** We have already seen Wanderlei and Jacaré in the Xtreme Couture and here we have seen many other Brazilian stars of MMA. Do you think that, sooner or later, in Brazil we will start to have a phenomenon similar to what happened in football, when we lost our stars who went to play at the big clubs in Europe?

**R.L.:** Sure. If we don't invest in Brazilian MMA, soon all the big names will come to the United States. There must be investment. We need the support of television. Without TV and big media support, there will be no sponsors. If this situation remains unchanged in Brazil, the sport will go into a major crisis. Now we are reaping the rewards of the times of Pride, the brighter period for Brazilian fighters. I think the growth of the Japanese market will also help to change this situation.

**B.I.:** Today, the UFC's titles are shared by foreigners: two Brazilians, one Hawaiian, a Canadian and just one American, who is not considered the "dream champion." What do you think?

**R.L.:** This is totally true and it isn't good for selling tickets. The events really need a local idol and that is not Quinton Jackson's image. The great truth is that MMA is the replacement of boxing, because white men are winning and this is very important here. White Americans sell more income than blacks... Unfortunately there is that racial component: the MMA is the great white hope that never occurred in boxing, where blacks

have always dominated. The fact is that for American society there is a big difference between an MMA fighter who comes from an academy such as the ATT or Xtreme Couture, and a boxing fighter coming from a ghetto.

**B.I.:** You started to be known after winning the absolute at the first World Cup. How do you see the World Cup, the most important event of Jiu-Jitsu, being held at the United States for the second time in a row?

**R.L.:** That is going to change and it will move the structures of Jiu-Jitsu in Brazil, but Brazil is still the largest factory of Jiu-Jitsu fighters in the world in the first category. Brazil will always be a reference in Jiu-Jitsu, like Japan is in Judo and Thailand in Muay Thai. But if the sport leaders don't realize that there is a need to invest in its cradle, Jiu-Jitsu can fall into a major crisis in Brazil.

**B.I.:** What is the hardest part of being a leader?

**R.L.:** Leading people is not an easy task, you have to deal with the ego. Human beings are individualistic and they only think about present, but at the same time you can't train alone for MMA, performing kata in front of the mirror, so you need a group to work with you. On the other hand, the family atmosphere here is so strong that it makes us easier to manage the "human problems".

**B.I.:** What is the difference between ATT and the other teams?

**R.L.:** The technical quality of our coaches and their love for the team are our big difference. Benkei gives his life for the team, his family couldn't adapt to live here in Florida, but he decided to stay, tough. And it is the same with the extraordinary technical quality of Mohamed Ouali (Muay Thai) or Howard (Boxing). They are great in their arts. I am sure that in the future we will all stay together, giving our lives for the same goals.







**Maurice Elmalem**



# Fighting Secrets



With an incredible curriculum the Master Maurice Elmalem, expert professor of Taekwondo, brings in this article his intense experience and advice to you to confront the sport combat, whichever it is your style. It serves this same text also to present/display its last DVD video, "the secrets of the combat" in which technical, tactical combinations, and advice based on the direct experience of the author, will help you to put order in the chaos that supposes all martial confrontation, and from this form to obtain you return that them they return to your favor in the final result. The Elmalem Teacher has been during years representing of international Budo in the USA through the American edition of this magazine. He owns several Guinness record of breakings, (especially significant the realised ones on crystal) and an extensive plagued sport curriculum battle of successes. Their determined character and its capacity of concentration, have done of him as much in the life as in tatami a success man. In such way the disciplinary arts have been for Maurice a point of constant inspiration and support; in right reciprocity it now gives back, through his intense experience, to a complete manual of good advice and practical lessons to us that any lover of the combat does not have to lose itself that boasts





# Fighting Secrets



# Maurice Elmalem





## ***Fighting With the Winning Edge***

Tournament fighting experience is the most important element to learn the secrets of winning and gaining advantage over novices. By fighting different opponents with various martial arts styles does indeed help to spot a raw recruit into time. Without this element many fighters have fallen prey to strategy of tournament veterans and the ones with the extra strategy of winning will survive in the eliminations.

Most martial arts fighters will meet each other one way or another in the tournament if they compete locally, but it is best to try other locals and fight different fighters to improve in the art and on a personal level and that is normally how a fighter excel. It is possible that you might come across a fighter who beats you before but that should not intimidate you. Just pay attention more carefully because you should know the flaws and strength of each opponent before you compete. Always remember which techniques to use best to get the referee's attention.

Don't forget to Kia loudly each time you strike the opponent, positive attitude give you a bigger edge to advance for eliminations and move toward the finals. There's a good chance you'll be able to beat the man who beat you before. It is a good idea to investigate about all the well known fighters and their instructors on what they emphasize to use the best techniques such as kicking, punches or back fist and expect to see the same methods used by your opponent. This pattern does not change with specific fighters. Be diversified and always change your approach in big and small fights so no one can monitor your moves ahead of time.

If your opponent's instructor is a practicing black belt fighter try to gain further insight into what improvement his student might have made since the last tournament. Always remember a fighter who enters the eliminations differently will be fighting other matches. Try not to lead elimination round hold back and watch others fight then participate and take advantages of the fighter you are set to fight by finding out what points are being called, if a referee tends to call kicking and dispute punches then don't waste your energy, focus more on kicking. More important whenever you enter a fighting match have confidence in yourself that you have come to win the battle no matter what are the consequences you must take to win. Even if your opponent is very experienced be confident, take the challenge to fight and win. Always endeavor to do your best - no ifs and no buts. Carry yourself with good determination. Focus and give a good show to get the referee's attention.

This self confidence is the key to winning. Even if you are behind on points use everything you've got, don't get cocky and try to score. Challenge yourself to overcome your opponent's weakness and have the confi-

**“In any fight the first point gives you the edge to stay ahead, so keep on going with positive attitude and determination when facing your opponent. Be firm and continue to press”**

dence to win. Always draw the attention of your referee with strong yaa when striking with kicks or punches. This may shock your opponent as well, making him drop his hand and give you an open target. Position yourself so the referee and judges can see your techniques. Don't hide from their view or else they will miss your attacks.

In any fight the first point gives you the edge to stay ahead, so keep on going with positive attitude and determination when facing your opponent. Be firm and continue to press. Fight aggressive and put more pressure on your opponent. Be ready for the next move and don't let him clock your techniques. Always check the time and don't fall behind. Pursue your opponent until you have gained all the advantages to win the fight.

Some fighters use the psyching element and don't talk to their opponent in order to distract them, but this should not draw your attention. Keep on watching the fights and don't be distracted by anything. Keep in mind that at times some points will be called against you even if you disagree. Maintain a positive attitude and don't argue with the referee. Go on with the fight and go with the judgment in good frame of mind. Don't be loser. Work your way up. Score the next point or two without rushing yourself. It takes courage to overcome this stage of the fight. Try to get the attention of the audience when point is made and let all your secrets of winning out in the open for anyone to see and learn from them. Keep on moving and don't become a stationary target, use good effective techniques. The more competitions you attend the more experience you accumulate to stay on the top.

The final, important stage of fighting is for students to work on their personal innovations and creativity. When two student partners face each other in the gym or school they should not become excited. Connect the mind with the body, use good judgment. Study your opponent by maneuvering around him. Start with slow thrust movements to allow yourself time to study his

reflex in the counterattacks. As you progress with free sparring let your partner attack, giving you the opportunity to practice your defense techniques of blocking, evading, dodging and striking at your own discretion with proper timing to the target for the score. Judge your distance, use speed to avoid being grabbed and effectively timed techniques. Otherwise you will be open to counterattack and possibility set up for devastating blows. Always focus your attack with good distance, speed power, precision and timing. Keep your rhythm utilizing different techniques. Stay calm and allow your motions and movements to flow without hesitation. You must maintain your physical strength and stamina by continuously training. The longer the fight, the more stamina needed. Keep your spirit high and pay attention to small details during the fight.

Try to take control of the opponent by continuously moving, while surprising him with kicks and fast hand techniques, causing him to lose balance. At this point your purpose is to end the fight with multiple techniques in fast action and a strong yaa to deliver the final blow until the master, referee or the partner stops the fight, and you are declared the winner. You may apply these strategic ideas and experience to any situation and to any fight whether the fight takes place in a school, a gym or in a championship.

Full contact fighting has always existed in the Far Eastern countries like China and Japan. Israel has the Krav Maga, which is mostly an exercise used by the military, with no limits. Now, there is the ultimate fighting in which the fighter faces an opponent for the unlimited rounds using all techniques to create confusion. One tries to create an air of uncertainty in the opponent, causing him to lose focus. The fighter, attempting to cause confusion, shifts position and uses speed. Good eye contact counteracts this type of fighter's strategy. Spectators react to these situations. We all remember these special movements in a good fighter. Spectators encourage good fighters to show off special element that can appear as surprise weapons. Using low turning hook kicks for a take down will bring cheers from the crowd. At this moment of the fight, fighters should bring out the best in themselves. Winners are creative.

## ***Grand Master Maurice Elmalem***

A Seven Time World Champion, 7th Dan Black belt with W.T.F. 9th Dan with Baysa/KUF and 10th Dan Black belt with PWMAF. He holds a PH.D. in Martial Arts from the National Dragon Council University of Asian Studies, Virginia, USA, eight Guinness World Records, a Seven Time U.S. Cup Gold Medalist and Four Time AAU Champion. He has studied the Martial Arts for 44 years under renowned Grand Masters, such as Dr. Richard Chun, World







## Combat

Champion Joe Hays, Tiger Kim and Gidon Kadari. Maurice's fighting and breaking skills have been documented in the Guinness Book of World Records witnessed by millions on live television; Fox 5, ABC Wide World of Sports, David Letterman, Chanel Plus, MSG Network, Discovery, Spike TV, ESPN, live shows at Madison Square Garden, Nassau Coliseum, Studio 54, Apollo Theatre, Gleason Arena, Placio de Vistalegre, Madrid, Spain, Macabi Games, Israel. Many who see Grand Master Maurice look up to him and try to emulate him. They understand the discipline, hard work and commitment to excellence and to a dream required to master such feats. He has become a consummate martial artist. He credits discipline, hard work and dedication to becoming the best. Winning with honor has made Maurice a hero to both adults and children alike. He has been featured in over 250 magazines and newspapers, participated in over 750 Championships worldwide, and has accumulated over 700 trophies and over 57 gold medals and 7 world champion

over six chairs. Most boards broken simultaneously with each leg while in mid air, won Maurice his 6th World Championship Title. Maurice has perfected his art of breaking and transforming its potential to fighting and made him a master fighter. He is known as the "World Champion Greatest Martial Arts Daredevil," and the Architect of martial arts. Guinness World Records Organization awarded him the title of "A Renaissance Man," and most outstanding martial artists at all time. He was nicknamed, "The Houdini and Architect of Martial Arts," in September 2000 after his performance in "Oriental World of Self Defense" at Madison Square Garden, New York City, movie star, Chuck Norris presented him with the world champion belt, which was engraved, "World Extreme Daredevil Champion" and said to Mr. Elmalem, "You are a Great Champion." In 2006 Maurice won his Best of the Best Champion Belt at the Arnold Sports Festival, Ohio hosted by Gov. Arnold Schwarzenegger.

The two most recent Guinness World

Spain, breaking a hundred sheets of glass reaching to 13 inches high and in May 2003, Maurice established a new world record at Placio de Vistalegre in Madrid, Spain, breaking a hundred and five sheets of glass measuring 13 inches high with one single elbow strike downward. With his outstanding grades in school and high IQ he has achieved and experienced much in his life. He is a gifted musician, artist, sculptor, marathon runner, gymnast and acrobat, photographer, craftsman, a real estate developer and architectural designer. He studied at Columbia University and New York University.

Maurice is listed several times in "Who's Who" in the East for outstanding contribution to Architectural Design, and was voted among the Top 400 General Contractors in the U.S.A. by Engineering Report Magazine. His Motto is, "Work hard and go for the best, win and nothing less." Author of three books "The Will Power," "Fighting Dynamics The Sport for Champions," and "Breaking Unlimited The Complete Version," pro-



belts in fighting and breaking.

Maurice has been inducted into many Halls of Fame. He holds eight World Records in breaking, splitting five 1" boards with speed head break, shattering 105 sheets of glass with an elbow strike, and 50 sheets of glass with a knife hand strike, breaking five 1" boards with a flying side kick

Records held by Maurice Elmalem were established in 2001. He shattered 50 sheets, amounting to 8 inches of glass, with a karate chop at Fox Studios in Hollywood, California. It was televised on Fox Channels worldwide. In April 2002, Maurice established a new world record at Budo Martial Arts Magazine Studio in Madrid,

ducer and creator of 24 instructional DVD programs, and former editor of Budo Magazine USA edition.

# Maurice Elmalem





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# Fighting Secrets





**"Thanks to the know how of sports Muay Thai, and being now available many data collected over 6 years of Kard Chiek tournaments from athletes of all weight categories, we can make a classification of the techniques which can statistically produce the most yearned knock out"**



**T**he full contact combat in Muay Boran which has been developed by the technical team of IMBA for 7 years, already stands out as one of the harshest and most fascinating agonistic forms in the martial world. Known as modern Muay Kard Chiek (literally fight with hands tied with bandages), this extremely virile form of combat, always practiced on respect for the opponent, has soon become the preferred test bed for every athlete of Muay Boran who really wants to his technical skills and his mental and physical strength. Under this aspect there is no doubt that a combat of Kard Chiek, even if it never jeopardizes the fighter's safety, is a psychological and physical test at a high level.

As everybody knows, the ultimate goal of every action of an athlete during a full contact fight, even with some limits imposed by a rigid regulation, is taking his opponent down in the shortest time possible, thus minimizing the risk of being defeated. However, it is true that all fighters get ready very carefully before facing this kind of test and therefore, even if the athlete can put all his strength on the blows with his legs, fists, elbows and knees, it won't be easy for him to put his opponent out of action, without having a precise understanding of the adversary's sensitive points and the proper way to reach them.

Thanks to the know how of sports Muay Thai, and being now available many data collected over 6 years of Kard Chiek tournaments from athletes of all weight categories, we can make a classification of the techniques which can statistically produce the most yearned knock out.

The attacks, such as circular kicks to the legs, knee blows to the body performed in clinch, direct punches to the sternum or to the clavicles, front kicks to the face, in fact, the techniques that have proven to be a guarantee of immediate results, are as follows:

# The most lethal techniques of Muay Kard Chiek





### ***Tae Ken Ko, tibia kick to the neck***

As we have already said, the goal of the agonistic combat is knocking out the opponent; undoubtedly, the most effective method to achieve this for a fighter of Muay Kard Chiek is a circular kick performed with the tibia on the opponent's neck, in Thai language, Tae Ken Ko.

The explosive power of this blow and the sensitivity of the target make it very difficult to continue the fight if the fighter receives that kind of blow. There are many ways to perform the circular kick to the neck; one of the most commonly used in Muay Kard Chiek is the one which makes the kicking leg follow a trajectory up and down: in this way, the tibia hits the opponent's neck like an ax, causing an immediate knock out. The proof is the quantity of KO achieved with this powerful attack, in IMBA tournaments in recent years.

### ***Mahd Suhy to the liver***

Among the different punch techniques of Muay Boran used in martial combat with ropes, Mahd Suhy or mounting punch to the body and especially to the liver, is undoubtedly one of the most effective ones.

Normally performed in the attack stage, preceded by a simulated punch or kick, or in the defensive stage, after having dodged the adversary's punch with a trunk dodge, the Mahd Suhy to the liver puts a great power on a very sensitive target such as the liver, therefore causing the knock out. The lack of protection on the hands



(padded gloves) and the use of gloves made of rope, make it even more lethal this attack of amazing results.

### ***Kao Loy, the flying knee blow to the solar plexus***

One of the techniques that offer more choices in Kard Chiek combat is without doubt the flying knee blow or Kao Loy. Thanks to a strong boost of the legs, the best athletes also manage to do this blow at a very close distance, hitting all of a sudden the adversary's sternum or plexus. In addition to the offensive aim, Kao Loy also offers the possibility to easily grab the opponent's neck, moving quickly to the stage of hand-to-hand and avoiding any possible blocking blow; the subsequent knee blows performed in a dominant position will undoubtedly end the action leading to a tough fight.

### ***Sok Dtad, horizontal elbow blow to the ribs***

We no longer need to prove the effectiveness of the elbow blow on all parts of the body; the tip of the elbow pushed or thrown against the bones or muscles causes obvious damage that often prevents even the strongest opponent from fighting. In Kard Chiek hand-to-hand situations often arise, where fight grabbing, knee blows and projections are widely used; however, only the most technical athletes can take advantage of that moment and perform a precise elbow blow to the side, the solar plexus or the sternum.



In the event that this blow reaches the target, it is sure that the fight will take a favorable pace for the fighter who has performed the blow; if the KO doesn't come right away, anyway the damage caused will defeat the fighter who has suffered the blow.

To see IMBA fighters in action in modern Muay Kard Chiek tournaments, visit the official website of the academy at [www.muaythai.it](http://www.muaythai.it)

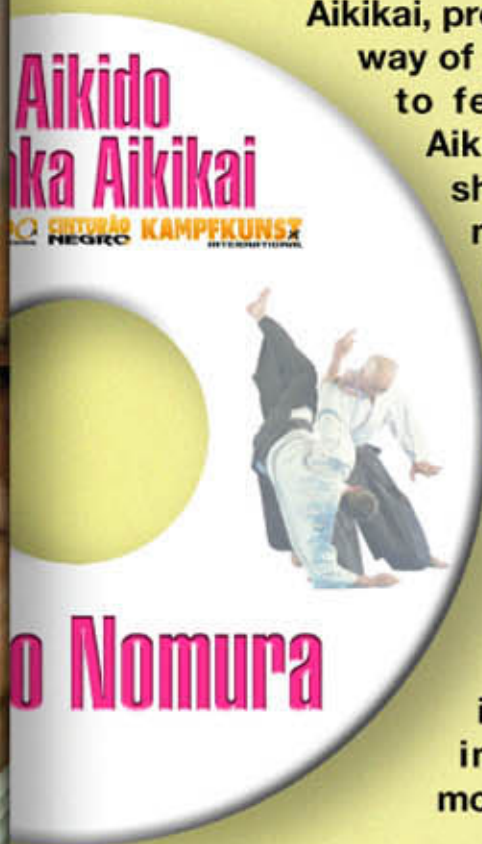
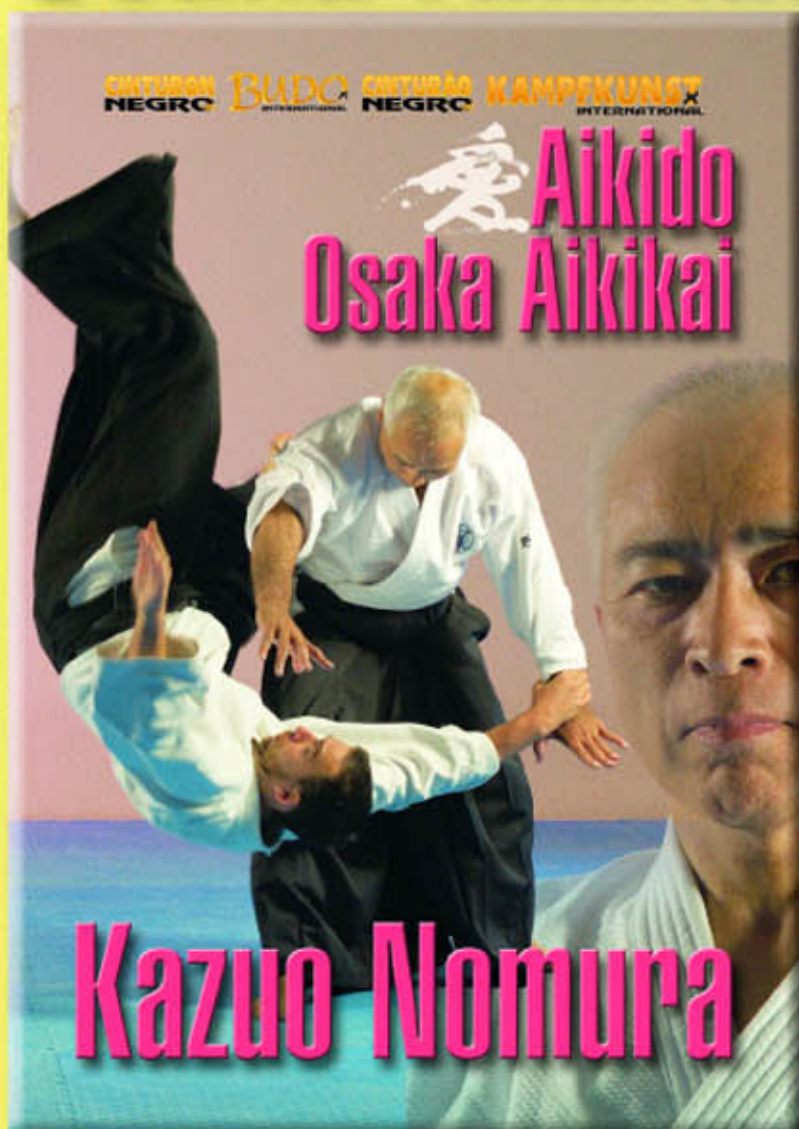


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# Aikido Osaka Aikikai Kazuo Nomura



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

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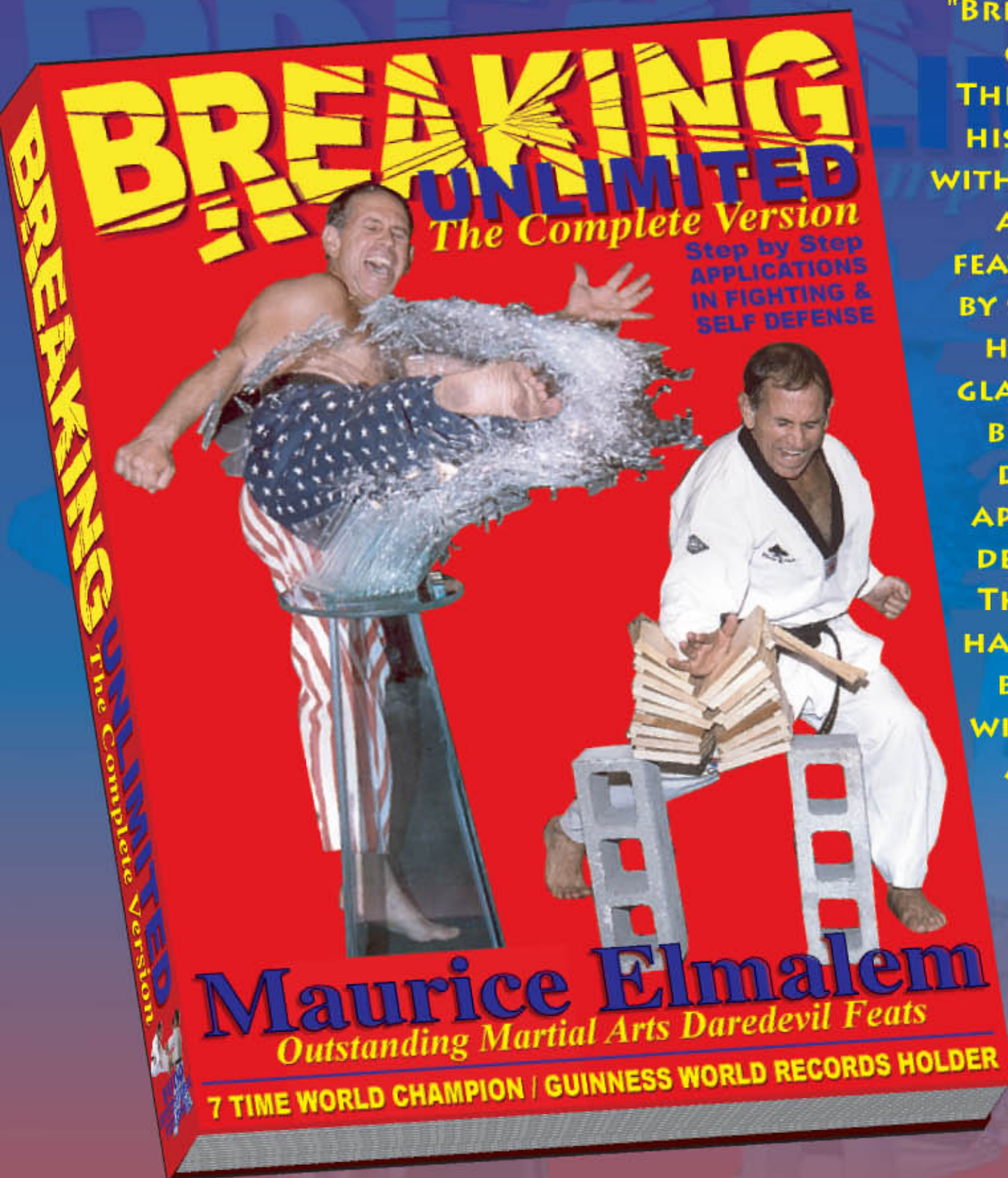


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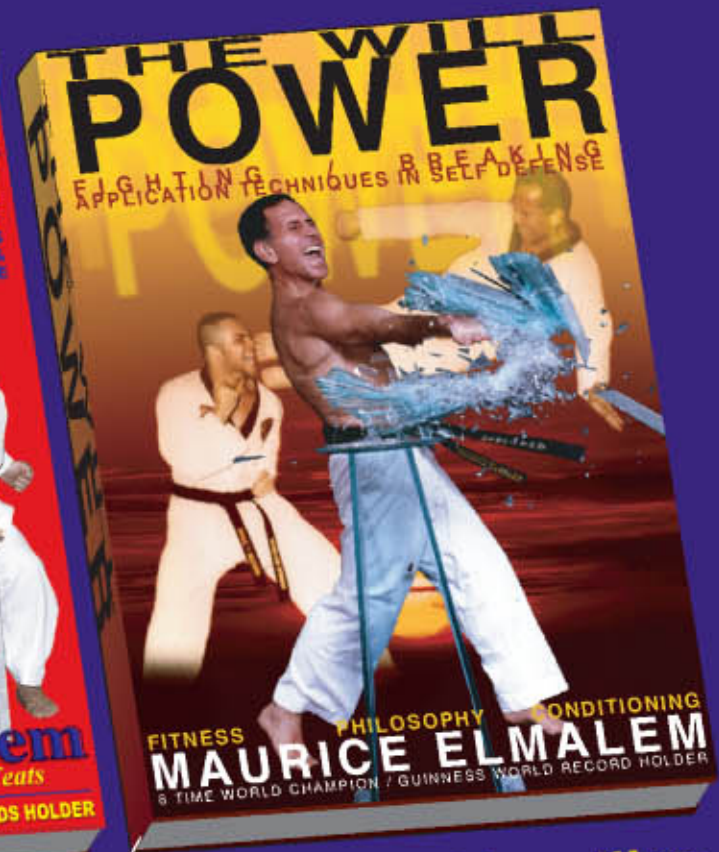
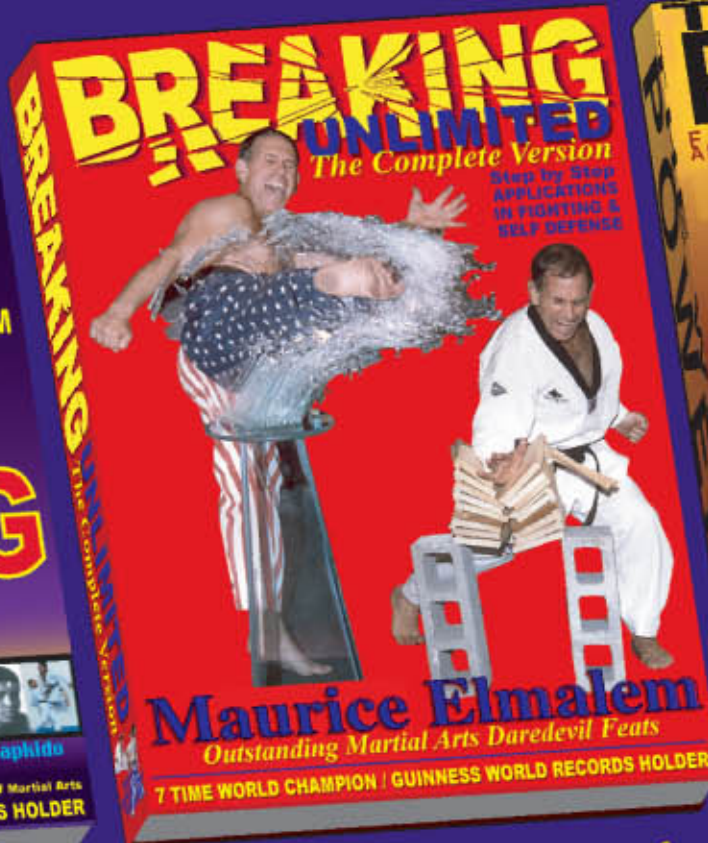
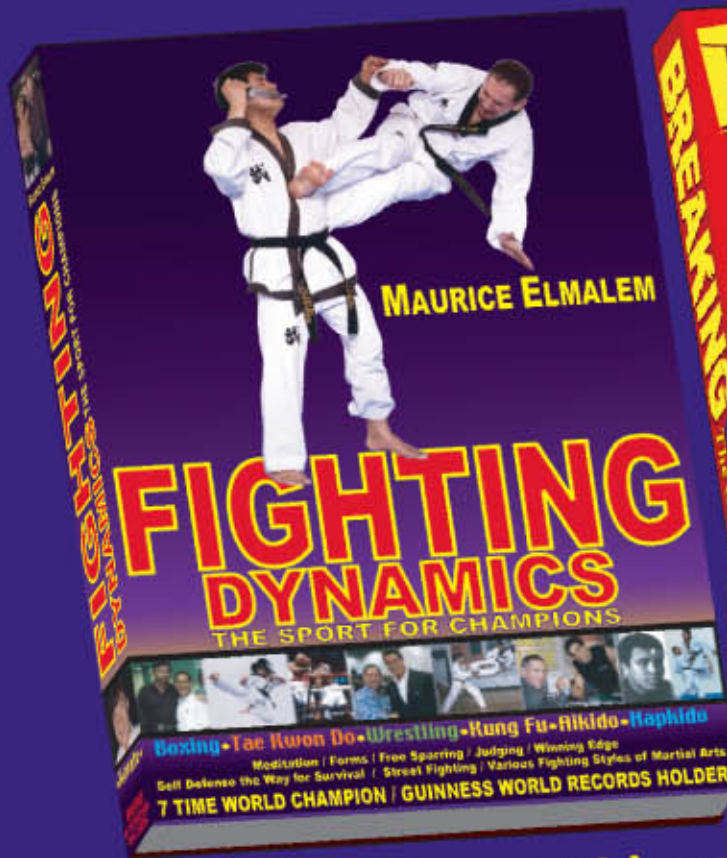
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