

KUBOTAN Tak Kubota





At last a DVD that is up to date and professionally produced and presented for all those who want to learn this faboulous weapon of opportunity.

The kubotan is the creation of the Karate Master Tak Kubota and it has helped thousands of people to defend themselves in times of need.

Used by police officers, women, children and men of all ages this is a key ring that packs a wallop when you know what to do.

> By the creator Tak Kubota, this DVD shows it all, all kinds of techniques and neat ways to use this weapon of opportunity.

You will learn loads of blocks, wrist locks, take downs and many new strikes and combinations including defensive techniques from a chair. This tape is a must for all those who want to carry this 6" stick of dynamite.

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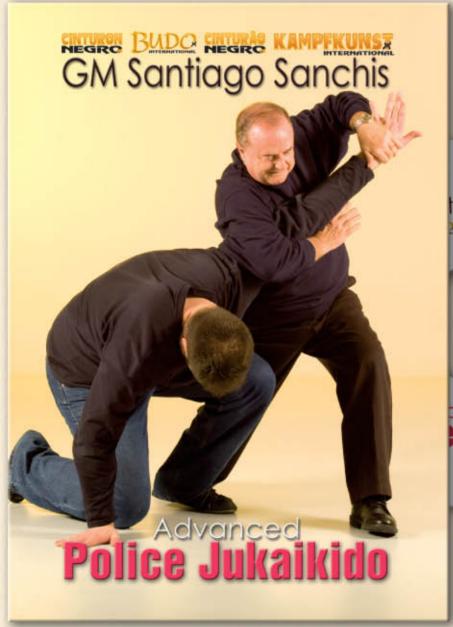
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Police Jukaikido GM Santiago Sanchis



Supported by his extensive police, military and martial experience, Soke Sanchis continues the progression of his previous work and presents a new DVD on the advanced techniques of "Level Three" for law enforcement, based on real experience. Facing different scenarios with different levels of risk, the aim is to reflect the difficulty of police work in daily confrontations with people who

work in daily confrontations with people who, in most cases, try to resist the arrest, considering also the mistakes resulting from stress, surprise, lack of

experience, etc ... Methods and techniques which must be not only conclusive but also realistic and practical, yet remaining within the law.



iago Sanchis

CHTURAS KAMPFKUNST



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DISCIPLINE

"The first step in discipline is putting off rewards" Sensei Richard Kim

ontrary to what our omnipotent youth fantasies want to make us believe, in life we won't be able to endure everything. Life teaches you your limits and while many of them can be overcome once known, with great effort and skill, for many others it will just be impossible, either because we can't overcome them or because they are not worth the effort.

No one prepares us, they don't even tell us about this reality; quite the contrary, everything in the optimistic culture and literature encourages illusions and supports the belief that you can do anything, that everything is possible, that there are no bills for our choices. The smacks are tremendous. not only for the blow itself, which often is not as bad (or maybe is!), it is rather for the surprise and the shock, that is for the way of accepting it of those who were unable to even suspect the possibility of failure. Many times nothing can be done more than hanging on, since where strength or wisdom can't arrive to react properly (that is, too many places!) only endurance will arrive. The discipline is thus a vital tool, as

through training.

Every discipline begins in an act of will; when this act is focused deliberately and consciously, it becomes a purpose. When the purpose becomes a habit, we are disciplined.

in this case, as in many others, one can

accumulate reserves in his "internal bank"

Discipline allows you to endure when there is no more resource than that, but it also allows you to focus on the goal when everything is going so well, moment at which the forces of inertia and the distractions will persistently haunt your purposes. A key moment in the adoption of any discipline is the start. Understanding the need for a transformation always takes us to the conviction that this must take place through a change of habits, and any change requires discipline. No matter how deep the purpose or conviction are to carry out the necessary transformation, a part inside us will rebel against it and will do it with the same violence with which it feels threatened that part of ourselves, even if it is the most vile, heinous, horrible or miserable part of ourselves. Once we have decided to start the treatment for coming off of my friend Sánchez Barrio, the addicts who attended those treatments, often looked for a "farewell" fix. That fix was much more dramatic and destructive than any other, for although they had already seen a light at the end of the tunnel and decided to go for help, they discovered what little strength they had to go through it and how little they could trust themselves.

Discipline, when it ceases to be a habit and becomes a part of our being, paradoxically makes us freer. This is only possible through the conquest of restraint combined with the re-spontaneity, that is, the spontaneity passed through the sieve of the "true will".

Doing what we really want, our true will, is one of the most difficult issues of our lives. First, because understanding such a thing requires a deep knowledge of oneself. The difficulty comes from the fact that our ego tends to identify with passing gratifications or with situational stimuli, usually linked to lifestyles and habits, whose only virtue is that they are known, and we know that even if we long for the unknown, we only want the known. Many of these habits are simple ways to escape the pain, tricks which produce a temporary relief for a limited period of time, but which don't solve the problem that creates them. The classics of traditional medicine said that everything that relieves symptoms increases the cause, since both are opposite and complementary. Facing and healing our deepest pain can't be done in just one day; but every day we come closer or further from the solution, depending on the options we chose and that is where discipline can be very helpful.

However, once we have found the way out, the addiction can be easily generated. The body is therefore an essential tool of consciousness, for it will always tell us if that road is a contribution to our individual growth and therefore something positive. or it is just a simple conjuring trick of the ego. If we are not savvy it will do it at last through illness and pain, since the repetition of a pattern of flight always creates a functional pollution that takes its toll. The ego insists always telling us that "I am what I am!" and ends saying that "Nobody understands me" ... many objections and excuses, for just one and the same miserable manoeuvre, the evasion. But as my friend Antonio Cruzado's mother says: "Reality is very stubborn" and it awaits us at the next corner with redoubled power. The well-understood discipline is therefore a tool of the Higher Self, the Nuclear Self, which remains through the changes in our lives, trying to become evident. The discipline allows us to help to module changes, turning the rudder in the direction of the

real port our soul lasts for. However, the discipline requires tenacity and perseverance, two qualities of others and contrary to the superficial hedonism that controls common people today. If it is not fun ... that is not good! If it does not bring immediate relief, why should I strive to follow it? If we add to these attitudes the omnipresent vital subjectivism and relativism that dominate the current thinking, the picture is bleak, because without a certain amount of conviction and understanding, the first step for conscious change, all attempts of transformation or metamorphosis will be subject to failure. We would be facing a situation of negative linked reactions, a destructive vicious cycle: to change we need mettle and to have mettle we need discipline, but without discipline there is no possible change.

What can we do then? As everyone is so weak and squeamish that can't withstand a simple push (sometimes I have to move on tiptoe through life...) there seems to be no other option than the clever trick served with the most exquisite subtlety. Well, when you can't directly attack a target, either for a lack of power or for an excess of conflict, you have to use the "indirect approach". When treating a pole we are always acting on the opposite one, so we can modulate the change, making what is lacking in positive, removing what is in excess and in negative.

The only way of healing or growing is the natural way. In Eastern medicine, in the analysis of the five elements there are a thousand ways described for something to go wrong, but just one for something to go well. That cycle is called "creative cycle"; all the rest, overflowing, destructive, defect, and so on are perfidious and unbalancing for the Chi relationships. The only way that something goes well is to follow its own nature and the nature of things is to grow and manifest through its fruits. It turns out that although we are something more complicated than an apple tree, this reduction to the absurd of the meaning of life resist any brainy criticism. Happiness, beyond that ridiculous idea established by nowadays culture, is simply getting out everything within ourselves and fulfil our most positive destiny; in that work -and this is the great paradoxwe always come to give the world what we don't have and thus we fulfil our dream. The immense power of the path of cons-

ciousness transcends ideologies, cycles, trends and times. On the way to the awareness of being we discover the tools we



BRUCE LEE

p. 42

Just one answer for multiple attacks will make you always get the expected results and that it can be taught in just one lesson. Besides being effective, it is imperative when facing the stress of a real situation.

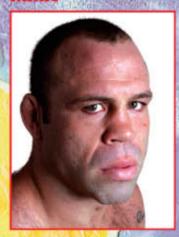
COMBAT HAPKIDO



p. 06

John Pelegrini is among the Grand Masters at the highest level, acclaimed all over the world. Coming from Italy but resident in the USA for many years, he has known to create around him an effective and active organization in the field of Hapkido teaching.





Wanderlei Silva remains one of the most popular and respected fighters in the world. Determined to lose weight to 83kg, in order to try to win again, the former Pride champion gave an extensive interview to Black Belt and, as usual, he surprised us with his statements.

Zusammenfässung Sommaire Sumario

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MODERN MUAY THAI



Just a few remember when the Lumpini had three strings and the farangs were looked at with a mixture of curiosity and surprise. Barely 10 years ago almost any farang could be found in the fields, going to Thailand was more a pilgrimage than a trip to train...

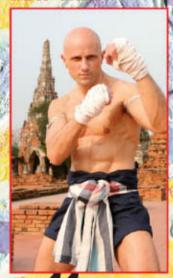
NUNCHAKU



From training as a traditional weapon to its mastery for combat or just for show, the Nunchaku is still a desirable object of knowledge for many practitioners of the most diverse styles!

MAY THAI

SYLVESTER STALLONE



VESTER STALLONE

In March it was successfully held the 5th Festival of Thai Martial Arts in Ayuddhaya. Thanks to the collaboration of Grand Master Woody and Marco De Cesaris. representatives of many countries members and non-members of IMBA (among the groups outside the academy, we remember Master Lek's team from Spain and Sami Kiblawi's from Middle East), met in the ancient capital of Siam, as every year, to honor the most representative tigure of the ancient glory of Muay Thai, the hero Nai, Khanom Thom, a symbol of the virtues of courage and selflessness of the true Muay practitioner.

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STREET SELF



John Pellegrini

DEFENSE

Great Masters



Combat Hapkido



Self-Defense STREET SELF





STREET SELF DEFENSE

Every martial art claims to teach Self Defense and many indeed do just that. After all, in every culture throughout the centuries, the martial arts were created for real combat and not for sport, fitness or entertainment. Originally, however, the arts were almost exclusively reserved for the warrior class and the modern application to civilian Self Defense is a fairly recent development. In order to make the martial disciplines socially and legally acceptable, and accessible to the general population (men, women, children, young and old and of many different physical abilities), they had to undergo a transformation, technical as well as philosophical. The teaching methodology also had to be changed moving further and further away from hard "military" type of training to a more gentle, commercially viable, family friendly activity.

These changes have been, for the most part, beneficial and have resulted in an explosion of popularity, with tens of millions of people around the World taking up martial arts training. This would not have been possible without substantial modifications of the arts away from the hard warrior combat model to the safer, modern civilian model. However, like everything else in life, the pendulum can swing too much to the other extreme. Some of the changes necessary to make the martial arts accessible to everyone have resulted in an excessive "watering down" of the combat essence for which the arts were actually created in the first place. This has not only compromi-

"One of the beneficial aspects of studying the Martial Arts is that, aside from the techniques of physical combat, it teaches you strategies to prevent, avoid or minimize confrontations"

sed the technical effectiveness of many styles but has contributed to the unfortunate deterioration of the "warrior" mindset (or spirit) of the practitioners. Taking up the study of the martial arts as a hobby, fitness, sport or stress relief is not necessarily wrong and people should be free to choose the reason that is important to them. But for me, practical, effective Self Defense has always been the primary goal of martial arts training. Many other instructors agree and that is why in the last few years we have seen a kind of "counter revolution" with the growth of "Reality-Based" systems and styles. This trend, of which Combat Hapkido has been a pioneer since 1989, seeks to

restore realistic Self Defense training as an important (or even the only) serious component of martial arts training.

In Combat Hapkido we devote almost all of our time to train for close-quarter, street Self Defense situations and to do that, I had to implement major structural changes to the original art that serves as our foundation (Hapkido). I also had to institute a different methodology of instruction to be consistent with our philosophy and objectives.

DEFINING "SELF DEFENSE"

Self Defense is the natural act of protecting yourself from damage, injury or death at the hands of another. This act also extends to the protection of others, either they be your loved ones or innocent strangers being victimized, and should also include your property. So the word "Self" in Self Defense has a larger, more inclusive meaning, conferring on an individual a responsibility, even a duty, to act in a defensive manner against all violence, abuse and violations of our right to live a safe, peaceful and free existence. Incredibly, in recent years, we have witnessed a disturbing trend on the part of governments to curtail, discourage and even criminalize our right to Self Defen-Some of these incidents have been publicized in the news around the World. The authorities of some European countries, such as England and Italy, have brought criminal charges against innocent, law-abiding citizens for defending themselves from attack even in their own homes. This obscene abuse of power goes against







Self-Defense STREET SELF

"Combat Hapkido's approach to Self Defense training is sufficiently realistic, based on common sense and connected to scientific principles. The techniques have been selected for practicality and with the "average" person in mind."

DEFINING THE "STREET"

When we talk about "street" Self Defense, what exactly do we mean? Do we literally mean the street? Yes and no. Of course we mean the street, where many attacks, assaults and fights take place. But it is a lot more than that. The word "street" has been in the martial arts lexicon for many years, simply to describe every place outside of the dojang! And it refers not only to the many different environments of the outside world but also to the type of attacks you will be confronted with when you are not in the safe, controlled environment of the Martial Arts school. Using the word "street" is simply a device, an abbreviation, to convey the image of the dangers of the real world. To illustrate further, let's look at some places where an attack, requiring a Self Defense response, may happen: you can be in a store, a restaurant, a parking lot, a night club, at the beach, in an elevator, in your office, on an airplane, a train, a bus, you can be at a picnic in a park, hiking in the woods, riding a bicycle, in your own home, at a soccer game, in a movie theater, a gas station, etc... the list could go on for several pages, but by now you understand that when we use the word "street", we include every possible place where you can be attacked. In addition "street" Self Defense also refers to the "conditions" each of those places can be in, meaning weather and terrain. The place can be crowded or deserted. It could be day or night. Hot, cold, raining or snowing. The ground could be rocky, sandy, grassy, asphalt, tiles and it could have debris, including broken glass. Maybe there are improvised weapons available such as sticks, rocks, bottles, chairs. Finally "street" also refers to the attacker and his techniques, in stark contrast to the friendly partners and the pre-arranged techniques you are used to in training. The attacker could be alone or with his accomplices, armed or unarmed, drunk or on drugs. He could use the most vicious and unexpected techniques to hurt you: headbutts, biting, pulling your hair, smashing your head against a wall, everything goes. In the "street" there are no rules and no such thing as a fair fight. So, in view of all that, how do we train? How do we prepare for the "street"? Once I heard an instructor ridicule a traditional martial art saying that it

was useless for the street because "you fight as you train". While I agree that reality based Self Defense systems are better at preparing you for real fights than classical arts, I disagree with that instructor's attitude on two levels: first, any martial arts training (traditional, reality-based or sport) is better than no training at all! Second, regardless how hard you train, even with the most realistic scenarios and aggressive methods, you can never really duplicate the stress, violence and unpredictability of the "street". For all the reasons mentioned above (environment, terrain, weather, no rules, etc..) it is virtually impossible to fight with a friendly partner in a controlled situation in the same manner as you would (and as he would) in the street. It is undeniable that a UFC competitor would handle an attacker better than a Tai-Chi practitioner, but let's not forget that 99% of the population will never train as hard as a UFC athlete and be able to develop the same skills and level of fitness. So we can agree that any

martial arts training is useful, valuable and will improve your chances of surviving a nasty street confrontation, although it will be very different from what you normally experience in the dojang.

Combat Hapkido's approach to Self Defense training is sufficiently realistic, based on common sense and connected to scientific principles. The

techniques have been selected for practicality and with the "average" person in mind. That means that they must be reasonably easy to learn and execute by men and women of all ages and sizes. We also have modified versions for children and the disabled and specific programs for the military and law enforcement officers.







Self-Defense STREET SEL

The mission of Combat Hapkido is clear:

· Teach defenses against most types of possible attacks including: punches, kicks, grabs, pushing, grappling, etc..

· Teach defenses from a standing or sitting position, on the ground or against a wall.

Teach defenses against edged and blunt weapons and firearms.

· Teach how to deal with multiple attackers and how to take advantage of improvised weapons.

. Teach as much as possible about human anatomy to better protect ourselves and to choose the most effective targets.

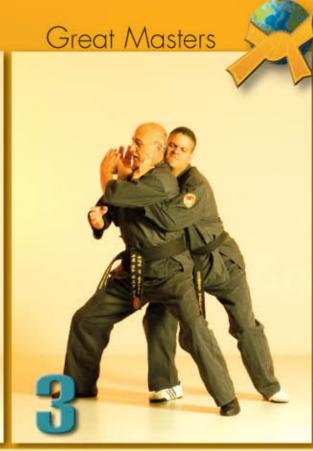
· Teach the psychological and legal components of violence, fighting and confrontation.

Armed with the knowledge acquired through dedicated training in Combat Hapkido, most individuals will be able to develop the mental, emotional and physical skills necessary to survive the dangerous realities of the "street".



















Combat Hapkido



Modern Muay Thai Arjan Emilio Becker











Sports Muay Thai



15

Just a few remember when the Lumpini had three strings and the farangs were looked at with a mixture of curiosity and surprise. Barely 10 years ago almost any farang could be found in the fields, going to Thailand was more a pilgrimage than a trip to train, the coaches were Arjarns and not just simple "paos supports", teaching Muay Thai was not a business and what is more important, in combats good pairings were looked for, in order to make bets attractive and each field was distinguished by its style; Ramon Deckers, 50% winning, was the perfect fighter comparable to bet red or black in roulette (in this case red or blue).

Emilio Becker:

- o Founding member of WMC and executive committee member of WMC.
- o He spread, through his articles in this magazine in the early 90s, the little-known Muay Thai.
- o Arjarn of Muay Thai since 1997.
- o International Manager.
- o Economist.
- o Master in Foreign Trade.
- o PDG IESE University of Navarra.
- o In the last 5 years he has held senior management positions in various multinational companies, working in countries such as Russia, USA and Romania.







Modern Muay Thai









Modern Muay Thai

The WMC was in its origins, in some fields there were Cuban boxing coaches, desperate because the Thai did not even notice them, and they continued to work as they had always done. The tradition was almost fundamentalist, females could not even be in

the corner of a ring, let alone showing the round number. Here I remember a show I organize and the General Tiengchai Sirisompan was standing next to me; when his secretary saw that some girls were ready to announce

the rounds, she

immediately asked them not to get up to the ring. Here, the first victory for the girls was in 1998, at the world championship, when the coach of the Romanian team, Argentina Boldea, was required to leave the corner, she refused appealing to Olympism and she was allowed to be in the ring. A year later the first female amateur fights took place, today even Songchai organizes some female combats, combats only for girls are organized for the Queen's birthday. Among the Spanish, Saray Medina was the first to participate in one of them, the summer of 2007, and Mary Curriki fought in the show chaired by the King, on 5 December 2006.

Technically, Thai training methods were considered secret and unknown. This was more a myth than reality; as an example, the recurrent question of how to harden shins.

But then came globalization, many countries "imported" Thai coaches, amateur competition in which at first nobody believed, boosted the exchange of techniques. Thai people discovered hand series performed by a Russian, the mobility of a Georgian, the combination of Muay Thai and Boxing by Finns and, since the typical Thai soporific pace of the first rounds did not work when you had to get points, protections hindered the KO and the adversary went into battle from the first second.

Then came the Internet, everybody began to exchange experiences, to learn from everybody and today you can click on a link in "you tube" and you see techniques, fights, training, etc., without needing to make an expensive trip to Thailand (before there were no low cost) and move to a field.

Finally, television imposed the 3x3 minutes format and the pyramidal tournaments, more appropriate for advertising insert. Now, the East enters the West and the clinch is not good if there is no knee exchange. The WMC, which once eliminated the leg grip pushing the opponent to the ropes, now tries not allow the clinch if there is no blow. You have

Sports Muay Thai





to adapt to television formats and in short, be more commercial, especially after the experience of Contenders. Before there were the bets, now it is the show.

In summary, Muay Thai has changed, has evolved into a show sport in which the martial part hardly persists and is not interesting in Europe. The Thai, who do have a virtue to adapt to whatever, as long

> as they earn money, have been Westernized, allowing things that were once unthinkable.

Today there are three distinct markets:

o The traditional Thai,

o The Asian; primarily Japan, Korea and Singapore, where the final of the first edition of Contenders was the biggest

"indoor" event ever held in the

o The European, dominated by the show with a lesser tendency to idolize champions as it's the case in Japan, but where the viewer's tastes are similar.

Songchai Ratanasuban in his Muay Thai school teaches a master management and promotion of Muay Thai for graduates and managers, and probably IFMA headquarters will move to Montecarlo.

All this has led us to evolve and see competition differently; what we have learned is that:

o Muay Thai needs pace, pressure, and Boxing.

o You can't beat a Thai if you working like he works. o In the clinch you must hit, not play to see who takes down whom.

o The boxing series must integrate elbow blows and low Pick, as another blow within the series.

o In 3 rounds you must start to the full from the

o Never enter the Thai game; working at their pace is nearly impossible to beat them.

You must make efficient things effective, remove any inefficiency from the working method, remove everything that is not effective. As a race car, Muay Thai must dispense with any accessories that don't help it reach the end as quickly

The Muay Thai contender nowadays is a super athlete, able to keep a high pace during each and every one of the rounds, besides controlling his weight strictly.

The Thai Temple team, led by Gustavo Luna, has designed a training method focused on eliminating inefficiencies, providing a basically technical offensive arsenal, without neglecting a defensive organization that is frustrating for the opponent, and seeking for maximum efficiency in each blow. Constant evolution is the key to success in the competition, both amateur and

Competing is not so important, every fight is a step in the evolution of the competitor, carefully observed and with

Details like sparring in a ring of real dimensions and doing clubs championships with referees and with all protections have proven to be an effective tool for the fast development of the athlete, both technically and psychologically, before facing the audience and sharing the prominent role with renowned figures.

The discipline to keep the competitor in his weight and lower it before the fight is vital, the first round is won on the scale.

The manager's work coordinated with the coach's and personalized for each athlete is very important, differentiating responsibilities but with common goals, the team is the key to success.

Here we share some of our techniques and training work of what we call "Modern Muay Thai":



Modern Muay Thai

Arjan Emilio Becker epecker@telefonica.net

The training method

If we emphasized before the attack, give a step back and then

The training method

The most effective way of dealing with a combat is setting the pace from the start. For that we must practice speed and power training to provide the competitor the skills needed to keep a high pace of combat from the moment

enter against, today we have to avoid this kind of techniques and find the pace.

We must be able to achieve a fitness training that will allow to: o Work in aerobic and anaerobic. The latter is the most important skill in competition; you

have to train enough anaerobic



We must do many combinations, changing distances; remember that in Muay Thai there are eight contact points, we should be able to combine from a basic series of fist-leg, to a series of hand, finished in double elbow. In addition, the series must end with a technique that avoids the counterattack, such as a low kick after fist, or simply a hand to interfere.

Today, a top-class competitor must be a hitter, the hitter usually works in a linear way and find his stroke, which is a disadvantage against a technical opponent. It is important to work with side steps and find the combination, not the "palazo"; we must remember that the KO is something that comes by itself, it's not searched. We will all agree that either you have or you don't have the hitting skill, but remember that out of the eight contact points there will always be some that will be more powerful, due to the competitor's morphology, height, etc. We must find and develop it. One of the most wasted blows is the knee, don't lose your time with grappling, look for the impact. It is amazing to see how many competitors with limited hitting skills have so devastating knees!

endurance, to get speed, but the reaction and the pace always lead you to the anaerobic curve.

o The battle on the scale: if a competitor is unable to be at least the day before 4kg below his weight in combat (in proportion to his category), never mind. The first round is against the scale. For me, this is one of the first things you need in order to get a competitor move to Class A.

o To do this we need a fitness training program and a diet, specifically designed for each competitor.

Must Muay Thai disappear as a martial

On this issue much has been discussed. It is a fact that Muay Thai in its sporting side is what matters most practitioners. promoters and spectators. We insist that there is a modern Muay Thai which has pushed to the extremes this sports component,

Sports Muay Thai



deriving into explosive spectacle. But the fact remains that there is documentation which proves that Muay Thai is the oldest martial art on record.

Limiting the teaching of Muay Thai to its sporting component would not be fair, since it would leave out of its practice a significant segment of the population that, by age, interest or other circumstances, would not be interested in competition.

When we go through the barrier of 40, we can do Tai Chi (highly fight in 40 days; this implies a fall in profits for the manager, so that the business is not so profitable. In addition, competitors avoid contact if they are touched or cut; thus, a typical bout consists of an initial round of absolute trial, followed by the half of the second with the same dynamics, they speed up until the 5th and the one who feels he is loosing doesn't take risks, nor the winner. Rarely the battles are what they used to be.

Another aspect to consider is the bets. Thai people are gambler by nature, what is interesting is to bet, not on what you bet. Today Bangkok is full of online betting sites, where crowds are grouped to try their luck with football, horses and more exotic



aspect, but this subject would need another whole article on its

What is the future of Muay Thai?

It would be unfair to end this article without making a summary of what is happening in Thailand. Muay Thai, considered as a sport for poor people, does not augur an attractive future for its great champions, some have ended up driving taxis and very few have left the misery when they finished their career. For years the Thai government has been promoting a school project and through granting soft loans to finance studies at university, it is trying to avoid being the country with fewer college graduates in Asia, barely 5% of the population compared to 60% in Japan. Formerly there was almost no control and wrestlers competed almost weekly; but there is now a strict regulation and you can only fight every 21 days. If you suffer a KO you are not allowed to

ideas, since the imagination of a Thai to find something on which to bet has no limits.

In consequence, Muay Thai has lost popularity in its home country, even the prizes are becoming lower and lower and the TV pays much less, because for some years now the audience of a football match goes beyond a Muay Thai evening.

The farangs feed the Lumpini evenings, once reserved for a select few fighters of round eyes. Today, a boy with four amateur bouts can enter the legendary ring. The source of revenue for a field, with some exceptions, is the Westerners who come to train, that is, sports tourism.

Today, Muay Thai looks to the West and in the West they don't like the slow pace. In the West they don't like the exotic show, there are more and more non Thai champions of Muay Thai. Due to the way of competing and the referees' scoring, it is becoming a contact sport more appreciated outside than within the borders of the old Siam.

New Martial Arts DVD's

Combat Hapkido STREET SELF DEFENSE

Whether you are in a restaurant, in a football field or just walking down the street with your family, whether day or night, you may need to deal with an individual who wants to steal you, attack you or even kill you. In this work, John Pellegrini, founder of Combat Hapkido, provides you with the keys to defend yourself against the most common attacks, including weapons, through a realistic at Hapkido self defense approach based on common sense and scientific principles. Armed with the knowledge gained through the practice of this system, you will be able to develop the mental, emotional and physical skills you need to survive the dangerous reality of the street.

Pellegrin

• COMH3 EF.

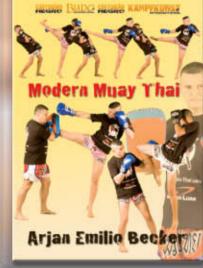
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Muay Thai Emilio Becker

Nowadays, Muay Thai is looking towards the West, there are more and more non-Thai champions and Muay Thai, both in the way of competing and in the points, is becoming a contact sport more popular outside than within the borders of the old Siam. Thus, the most effective way to face a combat is setting a high pace from the start, making many combinations and changing the distances. Emilio Becker, Arjarn and member of the Executive Board of the World Muay Thai Council (WMC) and of the team of instructors and fighters of the Thai Temple, presents this new work focused on modern techniques of competition. A method of training that will provide you the skills necessary to success in competition, both in amateur and professional

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Toni Moreno, Spanish Taekwondo champion, has developed an effective system to learn how to handle the Nunchaku in an easy, gradual way, without limits, both for beginners and for experts. Led by three main principles: learning, understanding and creation, this method is divided into sections, from the simple direction of movements, changes of trajectory, change of hand, rolling up, to self defense or complicated skills such as hitting moving objects, complex shapes, etc. A work that will undoubtedly fill in the gap in the teaching of Nunchaku and which will ensure an amazing progression almost without being aware of it.

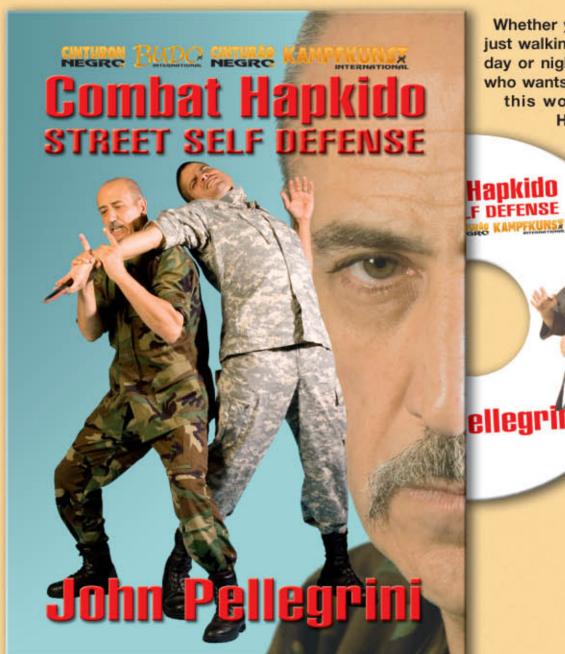
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Combat Hapkido STREET SELF DEFENSE John Pellegrini

DEFENSE



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> through a realistic approach based on common sense and scientific principles. Armed with the knowledge gained through the practice of this system, you will be able to develop the mental, emotional and physical skills you need to survive the dangerous reality of the street.

common attacks, including weapons,

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English



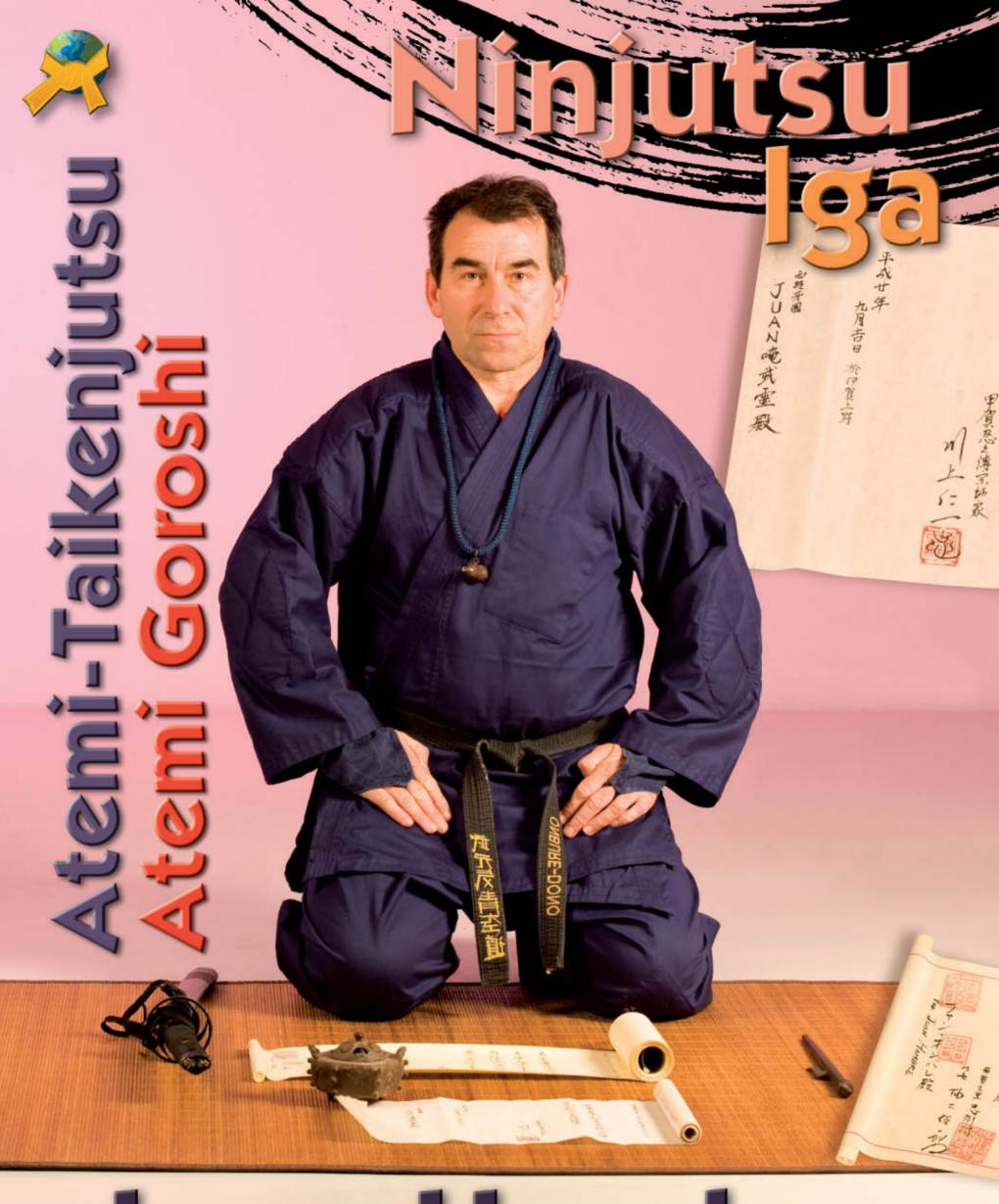
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Juan Hombre







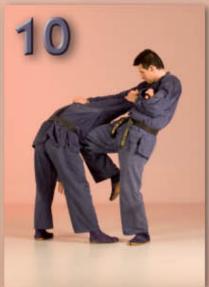
















History

The ATEMI GOROSHI was born in the BAN family when its Kunoichi agents found that its physical capacity required a system of unarmed combat different from the old and known YAWARAJUTSU. JUJUTSU or TAIJUTSU, made for men and tested against warriors with armour, therefore slow in the responses. The analysis of this "problem" resulted in what is known as ONA-ATEMI. This method of female striking was created within the family, for people with a thin and light constitution, combining percussive and contact linked strikes (RENZOKU-WAZA) and combined (RENRAKU-WAZA) at high speed, to cause disorientation in the opponent's mind, who could not imagine that a woman could have a reaction like that.

The first preconception and therefore wrong idea already caused a surprise on the adversary and an advantage when the KUNOICHI reacted and attacked with a series of non stop blows; it was easy to defeat the adversary. But if the ONA-ATEMI strategy was effective when used by a woman, might not it be effective also used by a man?

That was how the art of non-stop attack was finally called ATEMI GOROSHI within our family. The ATEMI GOROSHI is formed by the study of a series of "secret" tactics and, as a prelude to this knowledge personally delivered by Soke Jinichi Kawakami, within the study of IGA RYU NINJUTSU, we first set the use o





ATEMITAIKENJUTSU. This is a series of impact blows made in succession or in series, intensive and instinctive: RENZOKU RENRAKU WAZA, which aims to surprise and defeat the aggressor, without him having the slightest chance of overcoming this intense attack (without pause and continuous).

These techniques interspersed a series of shots in succession without pause between them, with the upper limbs (fists, hands, elbows, fingers), the lower limbs (legs and knees) or in combination. The action-reaction of successive blows prioritizes the final touch on the area or vital point which our enemy leaves unprotected, due to the heavy attack.

The attacks on these vital points can make our aggressor faint, allowing us to achieve victory or even to disable his limbs to perform a control action.

EFFICIENT, for its ease of use and impact, the art of ATEMI GOROSHI is the essential principle on which it is developed the struggle for survival of the Ninja, which gave the fame of invincible to the warriors of the shadows.

Referring to the art of ATEMI, in ancient times there were many terms which referred to this type of action, such as SHINPI ATEMI (Mysterious Blow), REIMYO ATEMI (Curative Blow) and KAMI ATEMI (Blow of the Gods), which made emerge the legends of IKKEN HISSATSU (killing with a blow), SANNEN GOROSHI (death of the three years), GONEN GOROSHI (death of the five years) and JUNEN GOROSHI (death of the ten years) and last, the always SECRET development of ATEMI GOROSHI, used by the Ninjas. As a





strategic support, we must add the Popular Legends which made even bigger the fame of this secret teaching.

This art was shown during World War II, when the Japanese experts in Martial Arts were defeated by the plain and simple American "Close fighting", and out of this grew the "Order 711", hidden by the Japanese army and under which they called for different martial arts experts, including some NINJA experts, to make a more "realistic", simple and effective training, in order to make the tatami arts more effective in the real battlefield.

The NINJA masters invited to this work were ITO GINGETSU, 18th Soke of the OHARA family, from KOKA; SAIKO FUJITA, 14th Soke of the WADA, from KOKA and MASAZO ISHIDA, 20th Soke of the BAN family from KOKA; it has also been reported the participation of

Heishichiro Okuse, who is considered the 15th Soke of Iga Ryu Ninjutsu and heir of the Ninja tradition taught by Hanzo Hattori.

This group of NINJAS managed to "convince" the other martial experts of the tatami that both the ground where the battle was taking place and the attitude necessary to win, were totally different from the traditional and conventional martial arts, which were too laborious, developed within a tatami and did not offer many guarantees for the real battle in a rough field; in addition, many masters had added amazing techniques which were useless and whose only role was to attract new students.

To this we can add the fact that traditional patterns (Kata) were not properly understood, so the techniques of Traditional Budo designed for peacetime were misinterpreted in wartime.

From this "Order 711" was born the admiration for the ATEMI GOROSHI, used within the BAN family, and as the Japanese army needed it, Grandmaster ISHIDA brought his expertise, delivering his work as a respect for the teachings received from Iga Ryu Ninjutsu (Hattori-Ryu). For this "need", what the others made and tested is something different and has nothing to do with our family, because as our Soke KAWAKAMI says: "We are good people".

Certainly for the study of ATEMI GOROSHI it is required a good knowledge of the use of TAIKEN RENSHU (Training the body as a weapon). This preparation is based on the HOJO UNDO, using traditional devices such as MAKIWARA, TAKEMAKE, MOKUJIN,



1930

SUNATAWARA, etc., to harden and "sharpen" the body's natural weapons and get them ready for the REAL "Battle".

But as resistance should also be internal, the ATEMI GOROSHI worked the practice of KOKYOHO breathing through the IBUKI and KIKO, together with the use of GENKI NO KATA (very similar to Sanchin No Kata), which with the help of the heavy KANAWA rings helps to harden oneself physically, mentally and spiritually.

Since the ATEMI GOROSHI requires some notions of internal medicine, we need some knowledge about different areas:

o DOINHO: Which is the self-massage, to lead and distribute the energy throughout the body.

o ATSU YUBI: Technique of pressing the vital points with natural weapons. Similar to Acupressure.

o KWATSU WAZA: Resuscitation techniques to crush the muscles by direct blows to vital points and thus regenerating the energy.

o YUBI BASAMI: Techniques of pinching vital points in order to "wake up" or arouse the attention of a numbed muscle.

Therefore, the "secret" teaching of ATEMI GOROSHI is divided into "4" stages of knowledge, known as HIDEN YONSHIN SATSU, which are taught progressively, as each student acquires skill and confidence with the Master.

First Stage: "Mato Shin Ateru"

You can see this first stage in the books and DVDs we are presenting. The idea is to hit with power and speed on the opponent's vital areas, which makes the vibration and force of the blow reach the vital point in small proportions, to "stun or

Second stage: "Tuite Shimeru"

It is the art based on grabbing, holding and escaping, but in conjunction with KYUSHO and KINSHO points, to bring the controls and reductions through the use of pressure and pinching.

Third Stage: "Sanjuroku Kyusho"

Formed by the knowledge of the 36 vital points which are characterized by their exact location, angle and way of penetration, acting on crippling and deadly points. One feature of these attacks is the blocking of internal organs, cutting off blood supply or crushing a nerve center; here they are also combined KINSHO points (located in the limbs) and KYUSHO points (located in the head and thorax).

These 36 points are divided into four categories of 9 secret points each: Neurological Shock, Pain, Paralysis and Deadly.

Fourth

numb".

Stage: Shi-

zen Kyusho

The last stage, which I only got to know after I received my Densho "TEN NO MAKI", is formed by the knowledge of the 108 vital points. The principle of the Five Elements is essential; it is an exhaustive work of learning and

mental state of the adversary, meridians, times of day, seasons, and even the color of skin of the face or an area of it, as this will indicate

observation to know the physical or

Ryu Ninja



us the energy level of one or other organ, according to the tonality and color of that area.

The work and study of this upper stage gives us the right knowledge, enabling us to apply the techniques of KAMI ATEMI (divine strike paralyzing vital functions); the IKKEN HISSATSU (killing with one blow); and the SANNEN GOROSHI (retarded blow or literally "the death of the three years").

The Tactic of Atemi Goroshi

The main strategy of ATEMI GOROSHi is given by the personal SKILL and CONFIDENCE, as a result of the study of THE "seven" common attitudes to the full development of the strategy,

o GI: Keep right on both mental and spiritual state and in physical and technical confidence.

- o KYO: Distract the opponent to prepare our attack.
- o GYO: Raise the Opportunity.
- o DEBANA: Anticipate.
- o ATERU: Hit quickly approaching.
- SHIMERU: Grab the opponent and silence him.

o OWARI: Finish off. Final Technique.

For the Ninja, the speed of action and reaction, in the silence that characterizes him as a trademark, is vitally important. His combat action should last a split of second, to avoid being discovered. Surprise, Attack, Silence and Hide: these are the four essential virtues provided within the SAN MU NIN teaching (Don't breathe; Don't think; Don't feel).

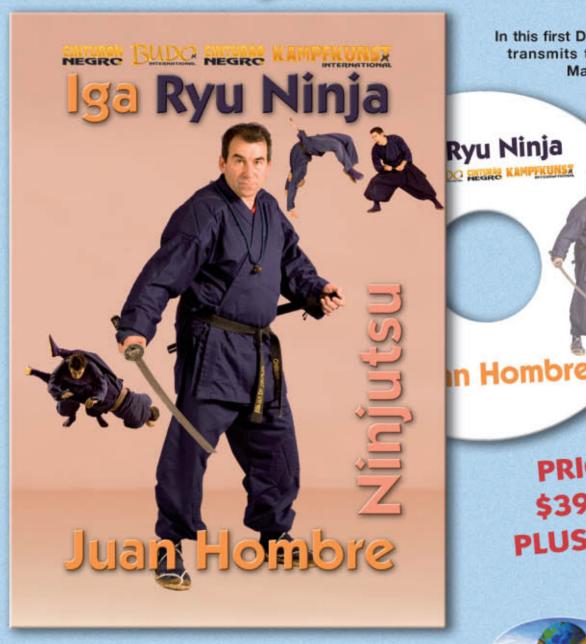
understood, the next step is reaching the last secret, which is none other than training very hard, not only on the Tatami but also with the elements of nature, letting the wind, rain, mud, sand, stones, sun and night to take part in your training, to seal your commitment to the word SHINOBI. In order to be a SHINOBI one needs to understand and engage with its meaning: Perseverance and Spirit of Sacrifice.

Our precept at the end of the class goes: "The real meaning of NIN is YAIBA SHIN, which means perseverance and spirit of sacrifice, not only during training but also at the difficulties of life".



lga Ryu Ninja Ninjutsu

Juan Hombre



In this first DVD on Iga Ryu Ninjutsu, Sensei Juan Hombre transmits the teachings he received from the Grand Master and Heir Jinichi Kawakami, regarding unarmed combat, known as Atemi Taikenjutsu, a prelude to Atemi Goroshi,

"The Secret Art of Ninja Combat". This system is characterized by instinctive and intensive series of blows, focusing the final shot on vital points, and whose purpose is the surprise defeat of the aggressor, preventing him from overcoming our attack. An art which is the main principle of combat for survival and which made the warriors of the shadows famous for their invincibility.

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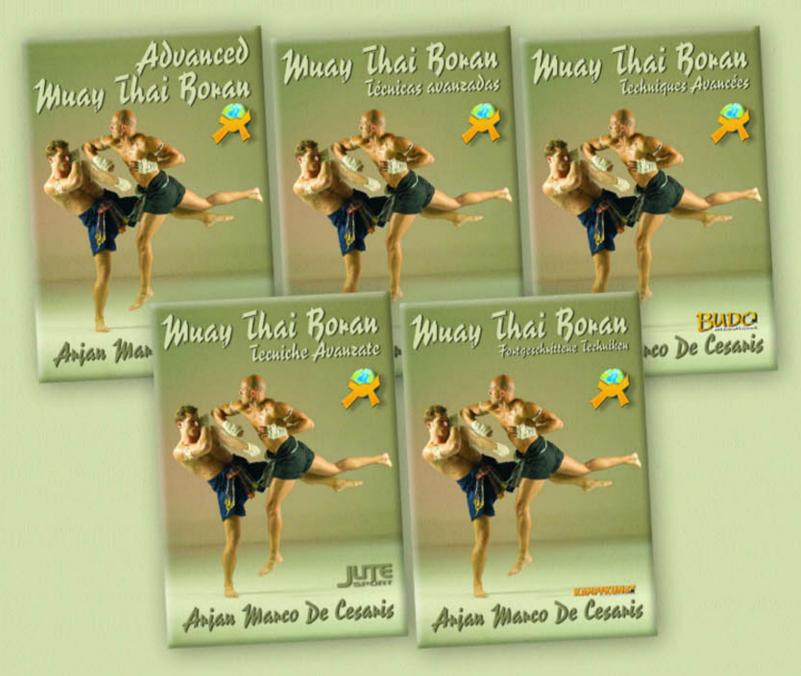
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NEW BOOK!!!



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



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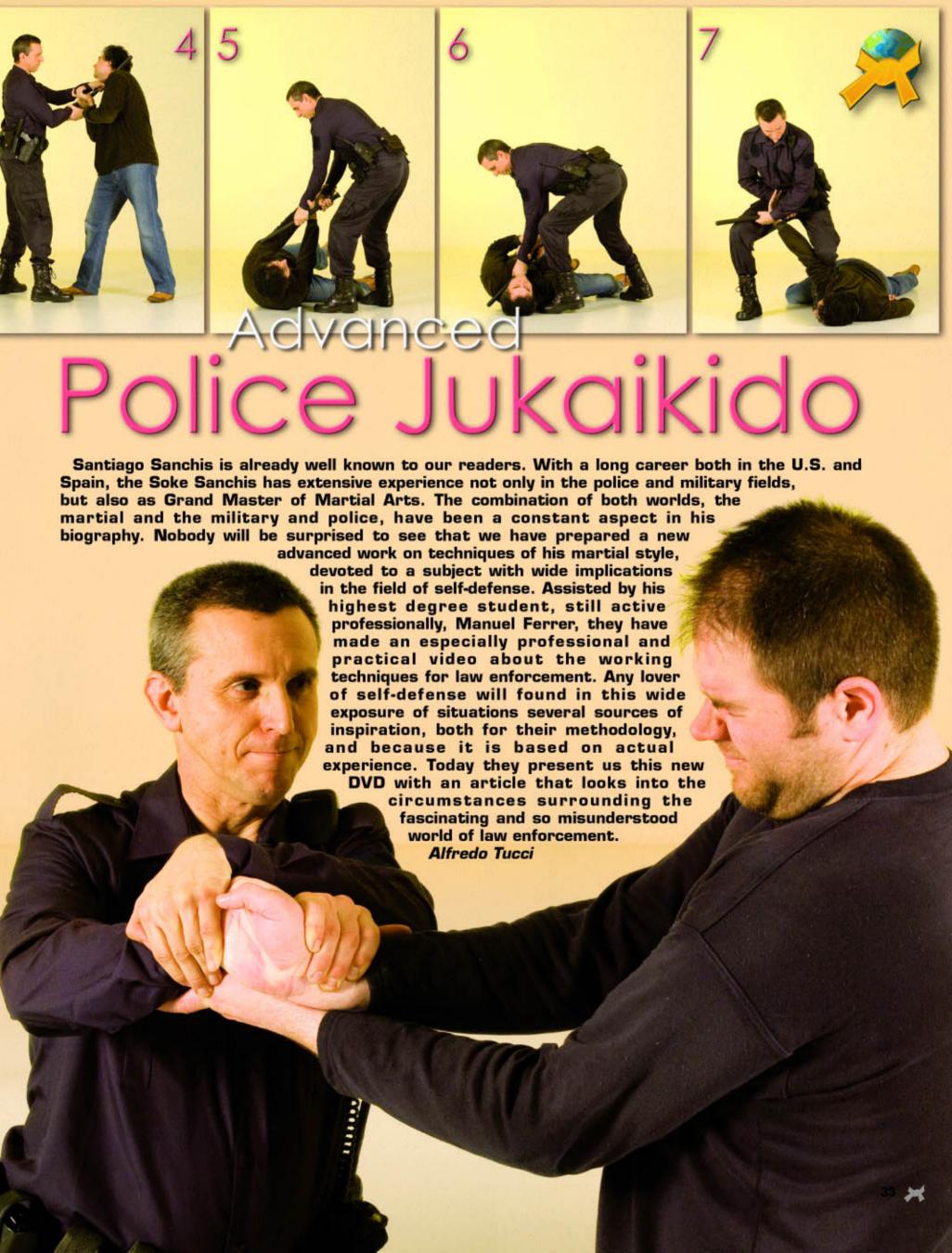


Text: Soke Santiago Sanchís Photos: @ www.budointernational.com



GM Santiago Sanchis







Jukaikido Policial

In a society where violence is the order of the day, not only citizens should know to defend themselves, also law enforcement agents should know all the best to help respect that law and to be able to defend themselves at a time, because things are getting much worse.

Soke Santiago
Sanchis, as President of
the ICPSE, admits how
difficult it is from the
point of view of a
Martial Master to
bring together
techniques

which are effective and under the law at the same time, so that in this video we can see the work which is advised nowadays by the authorized organizations.

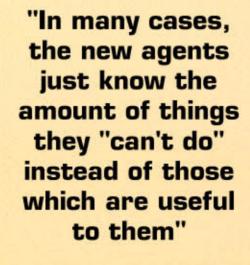
In this video they have tried to express the feeling within the Police Jukaikido environment, trying not to meddle in the ICPSE system, nor to despise the JKKD martial

system; this is a tough task.
Almost all martial arts
today have a police
system and are effective
in either direction, but ...
and there is always a
"but", just the martial art

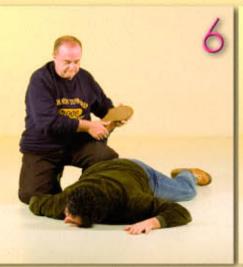
without a police experience, will always be a failure.

This video and its techniques performed by Grandmaster Santiago Sanchis (who was a policeman) and Master Manuel Ferrer (still professionally active), tries to be a vehicle to assist police and instructors at "Level Three" of the system; the previous video with a

similar title and published by
Budo was for "Level Two". In
the future they will make
levels four and five, as it is
established in Jukaikido,
always assuming
different forms and
facing different
situations, some of
them more risky,











although the spreading of these works could be reserved to professionals only.

In this video they work everyday situations of confrontation with people who are to be controlled and who in most cases refuse the arrest for different circumstances, even attacking the law enforcement agent.

We have sought to reflect the difficulty of police work in real actions, considering the mistakes made as a consequence of stress, surprise, inexperience, overconfidence, haste, proximity to the person who must be arrested, etc... The reaction of the police agent should be able to allow him to defend himself in those dangerous situations and carry out his work. Therefore, the techniques must be not only conclusive but also realistic and practical, considering all these variables.

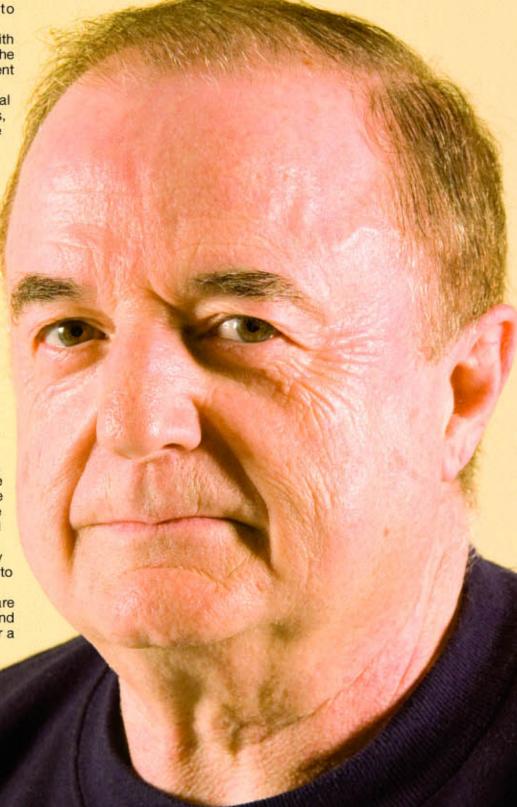
Nowadays, sometimes because of outdated legislation, others because of extravagant demands on the performance protocols, it is very difficult for the law enforcement agent to accomplish his mission. Forgotten by lawmakers, who often give great advantage to the aggressor and not to the agents themselves, the legal systems, in their desire to achieve maximum security, leave law enforcement professionals totally constrained, but they do not encourage adequately their training to get at least a balance.

Criminals know all this and take advantage of it: "I've been beaten!" "He has done too much!", "Police brutality!", "The cop was a Bruce Lee!" are some of the comments they do at their first opportunity. Therefore, today more than ever professionals must be well prepared to make arrests and controls that work and if possible not to leave free way to the discourse of victimization they will suffer.

The preparation in the academies is almost always incomplete, too quick; they have to create agents at a frantic pace because society needs them, but only some of them are given the knowledge they need. In many cases, the new agents just know the amount of things they "can't do" instead of those which are useful to them. It's not surprising that they are at risk in each operation, where very often, in order to keep up ridiculous appearances, they put their lives at risk or even the lives of those they are trying to protect.

In society, some lawmakers, lawyers and judges think they are "super men" able of responding within milliseconds adequately and proportionally to situations for which they are not prepared, and for a ridiculous wage, unprotected by the system and sometimes by their superiors, and criticized by the rest of society.

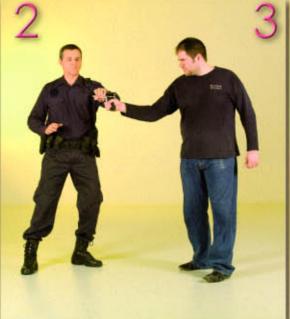
What can we do? As citizens, we can support them, stop criticizing each situation; when the fine or the correction comes to us, we must admit it and think we're also wrong sometimes(as they do). And for the rest, we must support them sincerely and forget about votes and nonsense, because they are neither superman nor superwoman, they are like us, but with a

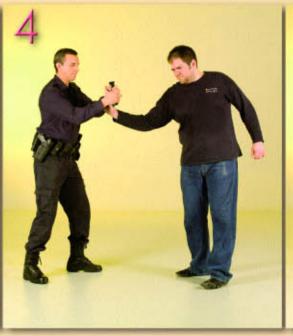


GM Santiago Sanchis Police Jukaikido Ravanced









uniform and what is more important, with a huge responsibility. The women, besides having to fight to be recognized in their right to equality, fight with (sometimes) less strength and size, but with the same poor training.

For all this we believe that law enforcement officers should be better prepared and should be given as many resources as possible, and if this and other videos by other Masters can do something in this field, we will all be rewarded.

I won't speak here of the techniques, since a picture is worth a thousand words. In the video, those who are ready to buy it will see for themselves whether it is worth or not. All the techniques have been presented under the prevailing law, required nowadays.

Soke Sanchis, the highest authority and creator of the Police Jukaikido system, performs a few techniques in the video, but the weight of the field work in this video falls on his student Manuel Ferrer

and escort expert with over thirty years of professional experience and martial arts, who has participated in many courses in Spain and abroad. He is black belt in Taekwondo, Self-Defense, Ninjutsu and now fifth dan black belt in Police

Jukaikido, which is the highest degree awarded to date by Soke Sanchis to his police students worldwide. Master Ferrer is also a member of the technical committee of the International Confederation of Police and Security Experts and as Soke

Sanchis says "he is an example of discipline, efficiency and loyalty". In the last twenty years he has strengthened the ties of friendship with the Soke, so he accompanies him on some trips to other countries, in these last times to the Martial Arts Olympiad in St. Petersburg, Russia.

In this video, other JKKD students also participate: José Selvi Sabater, Ángel Bocanegra Vaque, Paula Ferrer Coloma and Eva Maria Sánchez.

Thanks to them all for this good work.

For more information on courses:
policeselfdefense@gmail.com

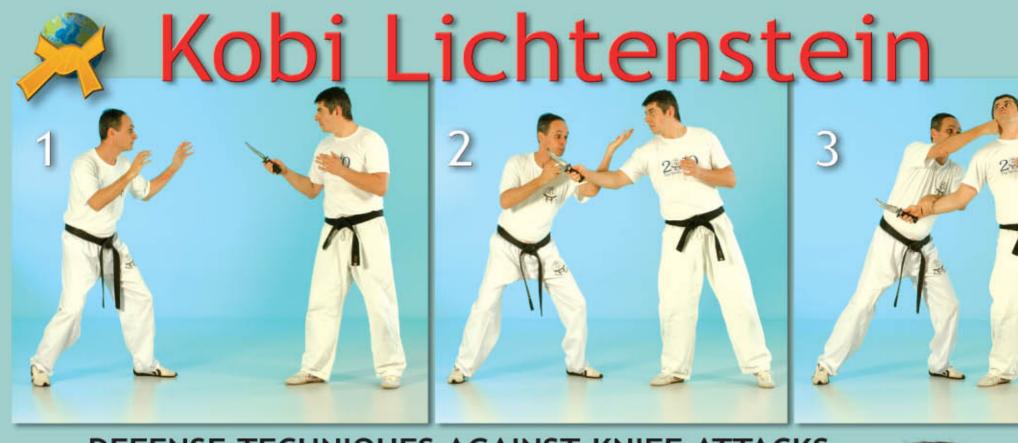


"The preparation in the academies is almost always incomplete, too quick; they have to create agents at a frantic pace because society needs them, but only some of them are given the knowledge they need"



"The delinquents know of all this and they take advantage:
"I've been beaten!" "He has done too much!", "Police brutality!",
"The cop was a Bruce Lee!"





DEFENSE TECHNIQUES AGAINST KNIFE ATTACKS

n Krav Maga, technique and practice are more powerful than brute force, even in knife attacks. Researches have proved that men and women are intimidated and panic more intensely against a knife threat than against a firearm threat. Many of us have grown up listening to our parents that we must take care when handling a knife and this association remains in our subconscious forever.

Basic principles against a Knife Attacks

Avoid the situation - not getting into trouble is always better than getting out of it.

Keep a safe distance from the aggressor - a longer distance will give you more time to think and react.

Pay attention to the way the attacker is holding the knife - that detail reveals the skill of the attacker, how he attacks and how he intends to reach you.

Use the leg - a blow with the leg is more powerful and will place you further away from the knife.

Defend and attack at the same time and control the hand holding the knife.

Defend the body - moving the body, you make difficult the work of the aggressor and the target area decreases.

Defend yourself as soon as possible - perceive the attack at first and react immediately, improving the conditions for an effective defense and adding the element of surprise.

Instinctive Defense - defense at short distance is almost always an automatic movement of hands; remember that the defense protects, but it is the attack which stops the attack.

If you're caught by surprise, get away with a jump, that will give you more time to think and deflect the trajectory of the knife to the tar-

The reaction will always end at the end - only when the attempted attack is eliminated, you will be able to choose between leaving or apprehend the offender.

Protects the vital organs - if the injury is unavoidable, divert the body so that the thrust does not reach a vital organ. This may save

Training - training must be done in pairs and start slowly. By learning and practicing the techniques, the speed and degree of difficulty increase. The exercise should be divided into parts, until you perform it as a whole and the technique is perfect.

Protection in training - when you start, rubber knives are used and then wood. Little by little, the practitioner performs the exercise more confidently and will slowly overcome the fear of the knife. Also an arm protection is used to protect against the impact. These measures allow the practitioner to focus on learning the techniques and

slowly the protective measures are removed, approaching a real situation, where the practitioner will be ready to face the situation without pro-

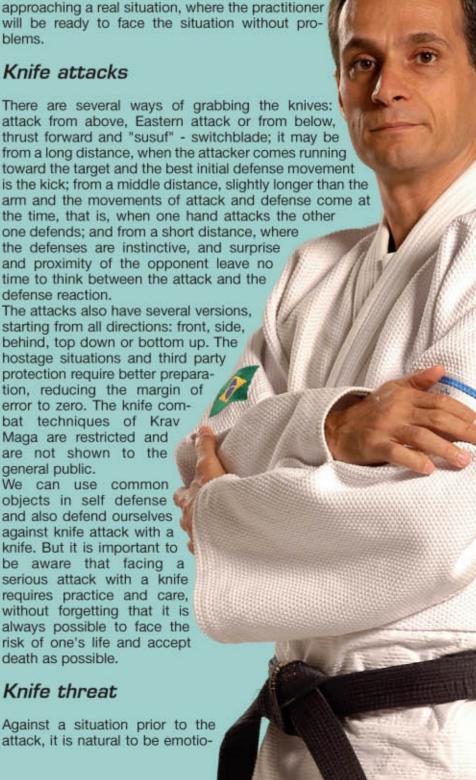
Knife attacks

attack from above, Eastern attack or from below, thrust forward and "susuf" - switchblade; it may be from a long distance, when the attacker comes running toward the target and the best initial defense movement is the kick; from a middle distance, slightly longer than the arm and the movements of attack and defense come at the time, that is, when one hand attacks the other one defends; and from a short distance, where the defenses are instinctive, and surprise and proximity of the opponent leave no time to think between the attack and the defense reaction. The attacks also have several versions, starting from all directions: front, side, behind, top down or bottom up. The hostage situations and third party protection require better preparation, reducing the margin of error to zero. The knife combat techniques of Krav Maga are restricted and are not shown to the general public. We can use common objects in self defense and also defend ourselves

against knife attack with a knife. But it is important to be aware that facing a serious attack with a knife requires practice and care, without forgetting that it is always possible to face the risk of one's life and accept death as possible.

Knife threat

Against a situation prior to the attack, it is natural to be emotio-





nally and physically affected. Before thinking about reacting, calm down, regulate breathing, put your mind clear. After regaining self-control, study your opponent and calculate the next steps. In a situation of threat, the aggressor alternates moments of more and less tension, holding his victim with more or less strength and aggressiveness. Note that alternation. When feeling that you are ready, await the right moment,

when the attacker looses the grip of the knife or diverts his attention to anything else and attack, react explosively in the simplest way possible.

Remember ...

When perceiving the attack, react with all the power, speed and aggressiveness, it is your life

which is in danger, it's not a game.

We must insist that defense and attack must take place simultaneously. If you need to use any object in your defense, use it. The sooner you react the more secure your defense will be. Those who hesitate to reverse a life-threatening situation, will lose it for renunciation...

COMMEMORATION OF THE CENTENARY OF THE CREATOR OF THE KRAV MAGA

"An encounter without precedents, with the best teachers, in a dream place"

Imi Lichtenfeld (Z"L)

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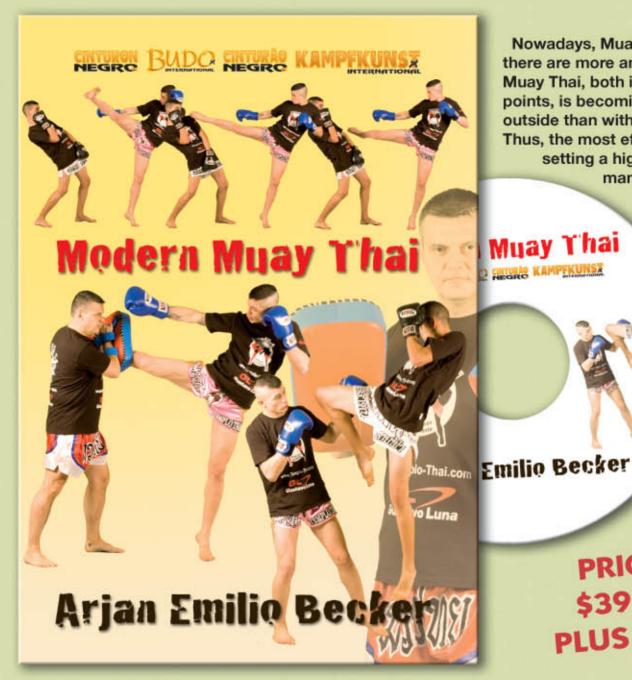
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Modern Muay Thai Arjan Emilio Becker



Nowadays, Muay Thai is looking towards the West, there are more and more non-Thai champions and Muay Thai, both in the way of competing and in the points, is becoming a contact sport more popular outside than within the borders of the old Siam. Thus, the most effective way to face a combat is setting a high pace from the start, making

many combinations and changing the distances. Emilio Becker, Arjarn and member of the Executive

> Board of the World Muay Thai Council (WMC) and of the team of instructors and fighters of the Thai Temple, presents this new work focused on modern techniques of competition. A method of training that will provide you the skills necessary to success in competition, both in amateur and professional.

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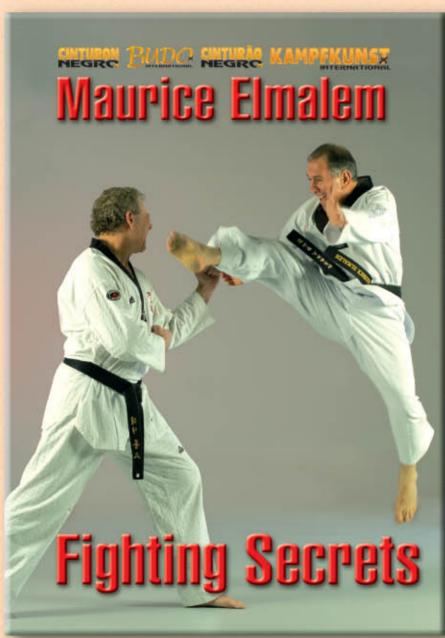


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Fighting Secrets Maurice Elmalem



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, tac-

tics and advice based on the wide experience of the author, which undoubtedly will help you to advance in competitions.

rice Elmalem

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hen you bump your arm on a table or other object, you may feel a bit of pain but not to a severe level. But if you strike the point on the arm commonly called the "Funny Bone", intense pain, dysfunction of the arm, weakening of the legs and a temporary loss of coherent thought occurs. These reactions are what we seek to inflict on an attacking opponent with Kyusho, to gain control, physically, mentally and also to denigrate their spirit.

One of the surest targets in all of Kyusho is located in the upper biceps labeled P-2 and affects two nerves as well as the brachial artery. The superficial nerve is a branch of the Medial Brachial Cutaneous Nerve. Under that in deeper is the Musculocutaneous Nerve, so you are sending a double neuro message with one application. The terms are not the important part or necessary to remember, except as a means of conveying the internal structures involved and give a valid explanation as to why it is so powerful.

When struck toward the bone with a hard penetrating object such as a knuckle, elbow or other type object, there is an immediate surge of pain, followed by incapacitation of the arm and various other physical effects. Nausea, a drop in blood pressure, cold sweats, uncontrollable shaking, dysfunction of leg muscles as well as dizziness or even unconsciousness, is all possible with just the correct attack on this one point.

At times, individuals will experience vaso-

amount of blood circulates to the brain. This means that the brain is not receiving enough oxygen, which leads to a feeling of faintness, disorientation and dizziness. A vasovagal syncope such as this is usually harmless and requires no treatment... they will regain conscioussness and control after an undetermined period of time on their

When the flow of blood in the body is too slow, the blood pressure drops and too little oxygen is circulated through the body. When this occurs a person will:

Go pale (White skin coloration) Become sweaty, clammy and cold Become dizzy Have a weak, fast pulse Have low blood pressure Have slow, weak breathing

Lose consciousness Become anxious or restless.

This explanation is a lot to read or even think about, but it was done to convey a message of just how powerful this point really is. You do not need to understand any of it, nor do you even need to know it, all you need to know is that when struck well this will drop your opponent and get you out of whatever situation deemed it necessary. That they will experience some or all of these affects with no permanent or lasting damage is good to know. And that maybe they will think twice before attacking another individual due to the consequence they may incur. And what is even more impressive is the utter simplicity and that anyone even without Martial Arts training can

attacks will reap the same predictable results and can be taught in a single session is not only efficient, but also imperative in the stress of a real attack. The human body goes through many changes under real and eminent danger due to a couple of reflexive actions. First adrenalin is released into the body for the extra energy to power the legs for escape or the arms for fighting. This is commonly referred to as fight or flight response, and difficult to control. If your reflex is to run then your arms and body are weakened so that more blood is pumped to the legs for that action. Luckily if you need to still employ this method it does not require much strength. Under the Fight response, the legs are weakened as the arms fill with blood and extra neuro messaging for that action. So kicking, even if well trained in it can become weak and even dangerous for you to use.

Next the body can begin to shake from the adrenaline surge and it makes the fine motor skills for involve methods to be accomplished. As these fine motor skills diminish, we get to the final primal stage of motion of swinging the arms one to the other with clenched fist positions. This simple motion is all that is needed with this target as well, so even under the heaviest of stress it is still possible.

Next to go is the hearing called auditory occlusion, followed by the shutdown of site starting at with the peripheral vision, where



The best 10 points of Kyusho Jitsu



you can only see what is directly in front of you (and aptly called tunnel vision). Even under this level just before the sight shuts completely and fainting occurs, you can see this small single target to focus on.

Now that we know the target, the affects, why we can use it under most attacks and the limitations of stress, lets look at possible uses:

Scenarios:

If you are pushed:

- You can use a fist to strike it from the inside, with the knuckles, as it will yield the sharpest and most definitive dysfunctional reaction from the opponent.
- You can hit it with a Hammering action (more normal for Women).
- You can even hit it with and object like an umbrella or key.

If grabbed you are grabbed by the shirt:

- You can again strike it with a fist from the
- Again you can hammer it with either hand or use an elbow.
- As long as you attack it before they pull you in as the contracting biceps muscle will protect it as well as make the angle of attack more difficult.

If grabbed you are grabbed by the wrist or arm:

· You can again strike it with a fist from

the inside.

- You can hammer it with either hand or use an elbow.
- Or again you can strike it with and object like an umbrella or key.

If grabbed by the shoulder:

- You can again strike it with a fist from the inside.
- Again you can hammer it with either hand or use an elbow.
- As long as you attack it before they pull you in as the contracting biceps muscle will protect it as well as make the angle of attack more difficult.

If struck with a hooking action:

- You can again strike straight into it with a fist from the inside.
- Again you can hammer it with either hand or use an elbow.
- Striking with the forearm may be easier and even possible, but the dysfunction will be substantially less.

If struck with a straight action:

- You can use a short hooking punch or straight punch into it.
- You can hammer it as well with the small knuckle.

If on the ground:

- The above-mentioned tactics will still be affective for those or similar actions.
- . You can kneel on it, or drop a knee on it.

Stepping on it with the foot is also an option.

Now in all honesty there are situations where you will not be abet the target:

- · If grabbed in a rear choke.
- . If grabbed in a bear hug from behind.
- . If grabbed in a bear hug from the front
- · Or if the assailant is too close.
- Trying to grab or squeeze it (unless on a much smaller individual than yourself).

This works best as a first opportunity as the assailant's arm is coming toward you in any manner, stopping the attack before it finds you. Begin looking at this point when someone extends his or her arm, developing the mental targeting. When needed it will be more sure and when it hits afford you the safety of getting out of that situation.

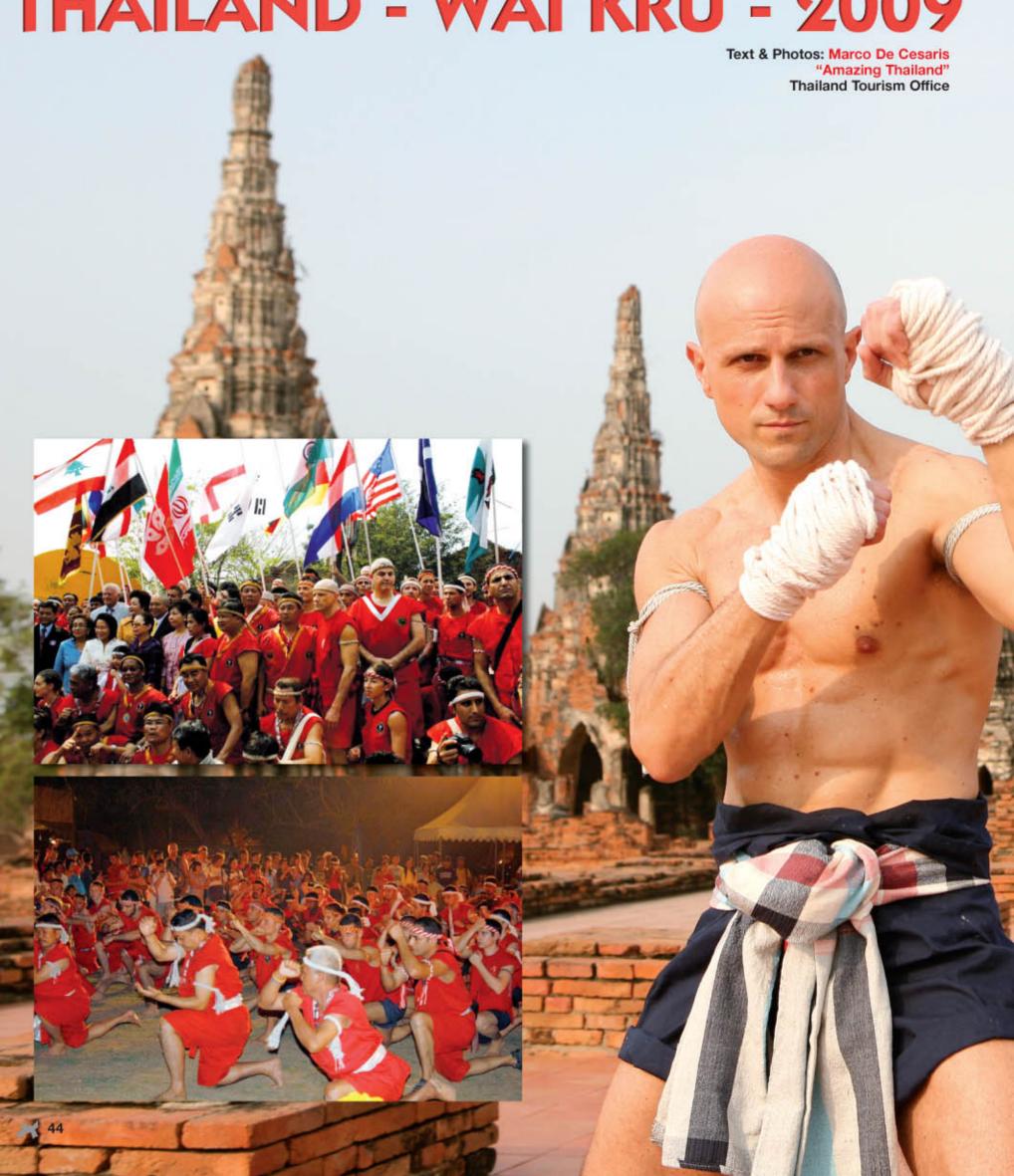
As with anything, if you do practice with it, you will get even more exacting and sure in your delivery. But it is a target we are after more than trying to deploy a set technique, this too will make it easier and far more possible. We never know how a person may attack or attempt to control us; so learning a technique for a situation cannot possibly prepare us for all the possibilities that could confront us. By learning a target-based defence we will not be placing our thoughts on our actions, but rather a laser focus on the main problem.

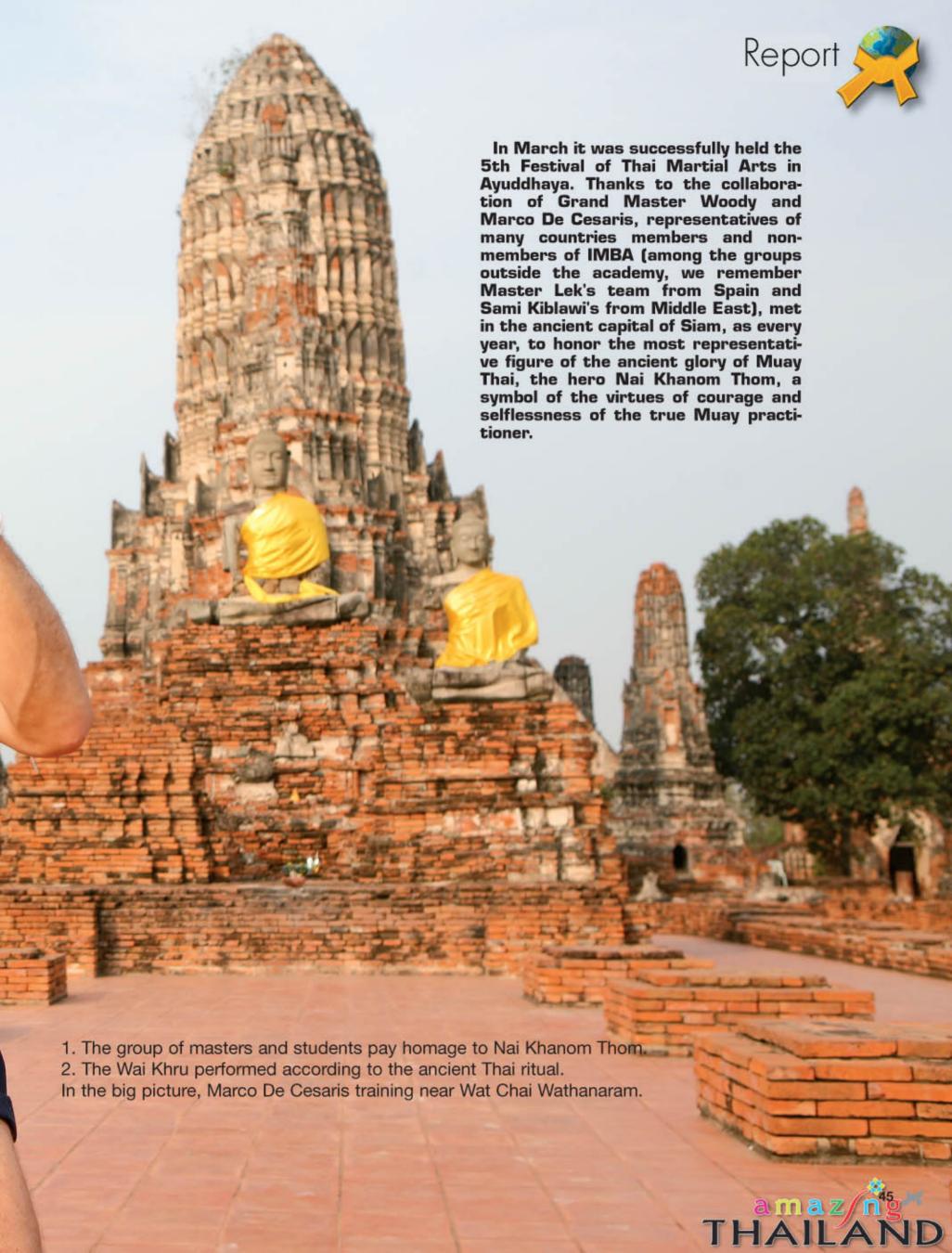




Muay Thai, Ayuddhaya

THAILAND - WAI KRU - 2009







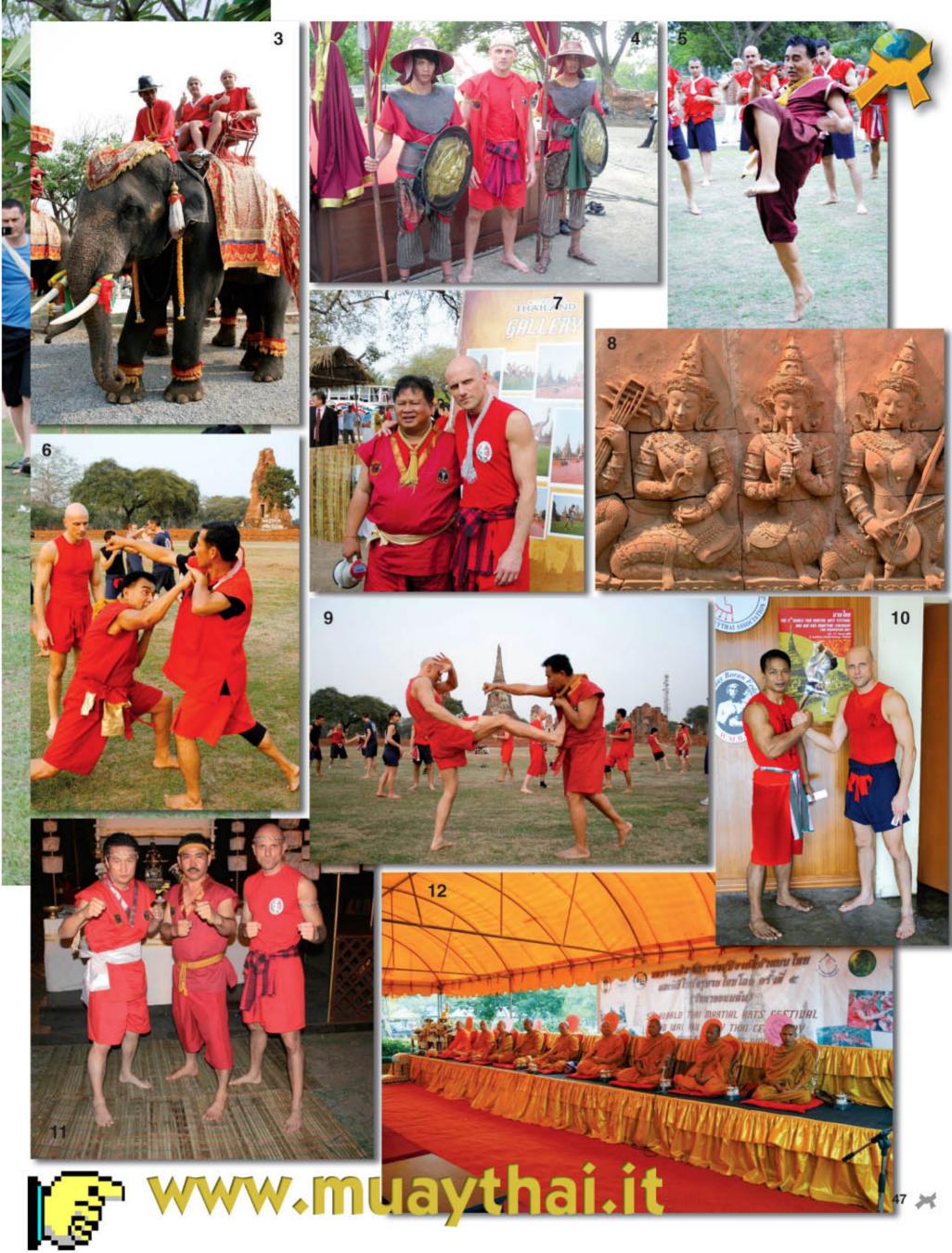
5th Festival of Thai Martial Arts in Ayuddhaya.

Beyond the Thai folklore and hospitality, this periodic meeting between the practitioners and masters of both worlds, Thailand and "the foreigners", is increasingly becoming an important moment to know the state of the art; in fact, the different level of technique and knowledge between the two groups is falling increasingly, promoting easier dialogues between the experts of the two teams, thus accelerating the progress of growth of non-Thai exponents. For some people, in the motherland of the discipline this seems to

carry a potential risk of loss of control, but in reality, we can finally "speak the same language" under the technical profile, fully understanding the ancient principles that govern the complex Martial Art which is Muay. It is a huge step forward for the effective spreading worldwide.

As always, although this time he has worked between racks, the architect of this event is Grand Thai Master Woody (Chinawwoth Sirisompan), master and mentor of Marco De Cesaris, who has asked for the collaboration of the greatest experts in Thai martial traditions (such as GM Phosawath, GM Sanos, GM Nophakao) and their direct descendants, allo-

- 1, 2, and 10. The athlete, actor and stuntman Sanaer performing the Advanced Forms of Muay Boran.
- The show about elephants in the Muay Thai Day.
- Marco De Cesaris appointed Bramajarn or Grand Master (15th Kan) of Muay Thai, by the Commission of the 5 wise elders.
- 5, 6, 8 Grandmaster Phaosawath performing Mae Mai.
- 7. Master and pupil: Grand Thai Master Woody and the Italian pupil Marco De Cesaris.
- 11. Three masters, united by their passion for Muay Thai, collaborate. From left to right: Alex Tsui (Hong Kong), Amnat Pooksrisuk (Thailand), Marco De Cesaris (Italy).
- 12. The Buddhist monks who officiated the ceremony for Nai Khanom Thom.



Report

wing all IMBA instructors to find their own technical level with the top exponents of the discipline.

In particular, four technical subjects were agreed to be deeply studied during the week of work:

o Muay forms: from the presentation in the cult movie Ong Bak to the consecration at the World Championships in Bangkok in 2007, Muay forms are slowly but surely gaining the importance they deserve in the technical background of the practitioners of Muay Boran. It is no exaggeration to say that the credit for this revival of interest in a form of training and knowledge transfer typical of Eastern martial arts, should be mainly attributed to Master Sane Tubtibtong. IMBA members regularly train Muay forms in their academies and the chance to find their own technical level with the Thai Master and his direct students, first with his almost namesake Sanaer (stuntman and training partner of Tony Jaa) has been a great opportunity for them. In addition to the 2 basic long sequences which are already practiced all over the world, thanks to the good level of knowledge of the students and instructors who were there, also a series of advanced sequences was done, needed to pass to higher level forms.

o The Tum Tap Chap Hak: this branch of Muay Boran, primarily related to handto-hand fighting of Thai style or Muay Pram, focuses on the projections to the ground and techniques of joint dislocation and chokes, always executed quickly and explosively. In short, there are two basic approaches concerning the use of these techniques. In some cases, the projection and dislocation actions are considered as strategies of attack, such as the strikes with body's natural weapons. This method is mostly used in Muay Ler Dritt (military technique). In contrast, the second approach is to use Tum Tap Chap Hak techniques as a means of

tion with the use of fists, kicks, elbows, knees and head butts.

o The Muay Ler Dritt: the Thai military techniques of Close Combat have been a part of the technical programs of the IMBA for several years; the system used in the academy has been developed by Colonel Nophakao and is based on aggressive actions to put the adversary out of combat, or at least in a state of shock, followed by quick techniques of taking down and then on the ground with blows, dislocations or chokes. Also on this occasion the IMBA members who were at Ayuddhaya have had a great chance to look deep into this issue directly with the founder of the system.

o The Mae Mai Muay Thai: the real secret of Muay Boran may be disclosed only to those who can understand the idea that the Mae Mai and Look Mai are not "only" techniques, but principles, reading keys that can open the doors of the old Siamese Art. Master Phaosawath has devoted much of his life to the codification of these "keys" and with those who have the intellectual tools to understand it, he likes to explore this issue every time he has the occasion, as happened this time with students of the academy where

the Professor is a technical supervisor. As in many other Eastern martial arts, the superficial observation of apparently trivial movements takes the unaware practitioner to be wrong about the real effectiveness of the key actions of the Art. So often it happens that he who fails to deepen the mentality of the old masters who developed

the Muay combat system soon abandons the study of traditional techniques, to approach more immediate methods, such as sports. In fact, with the help of a true Master such as Phaosawath, all instructors of Muay Boran Academy can now appreciate all the great technical heritage of Siamese fighting, hidden in the Mae Mai-Look Mai.

Besides the training sessions, there have been many initiatives of the organization that, as in last year, was in contact with the Thai Ministry of Tourism; in particular, the prestigious annual ceremony of Wai Khru (the ritual homage to masters). In it, all participants received the blessing of their own Mongkon (crown) and there was an exceptional demonstration of Ram Muay (war dance) by 3 of the most respected old Great Masters of Thailand, Phaosawath, Ulit and Worawooth, which left the many spectators speechless.

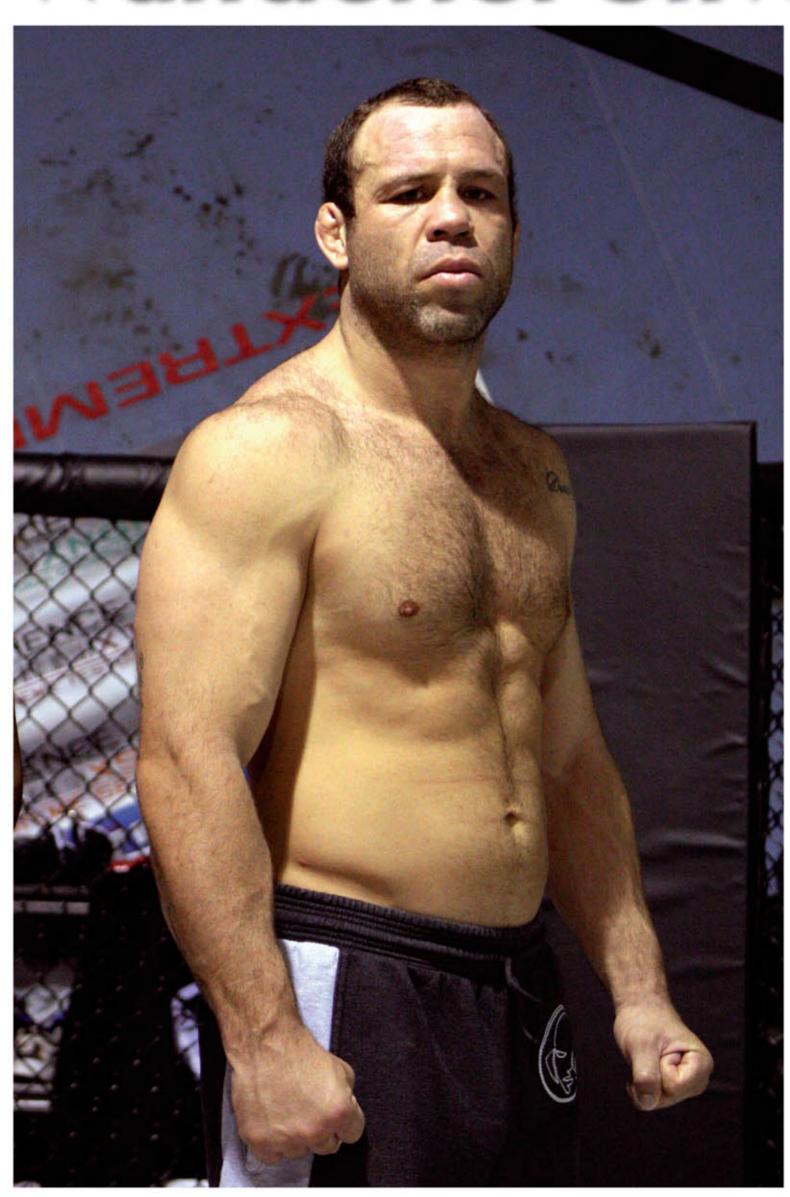
- 1. Training of Mae Mai with Master Suphan and GM Phaosawath.
- Colonel Nophakao, expert in Muay Ler Dritt of IMBA.
- 4, 5. The group of IMBA Italy in the Wai Khru ceremony







Wanderlei Silva



Less heavy, more aggressive



Never mind his last performances, 4 defeats in 5 fights, taking into account everything he has made throughout his career of 43 fights and just 9 defeats, Wanderlei Silva remains one of the most popular and respected fighters in the world. Determined to lose weight to 83kg, in order to try to win again, the former Pride champion gave an extensive interview to Black Belt and, as usual, he surprised by inviting his former rivals in the BTT (Paulão and Arona) and declaring the war to his former training partner and current UFC champion, Anderson Silva. This is what he told us.

Article: Guilherme Cruz & Marcelo Alonso Photos: Marcelo Alonso

Budo International: How is your new academy in the U.S. working?

Wanderlei Silva: Thanks God we have been very well welcomed by the American public, both by professionals and by the public. We are developing a teaching method primarily based on JJ with and without kimono, in Muay Thai and MMA, for all levels. A student who comes here not knowing anything can train everything without getting hurt. We try to apply the noncontact method, so that the student doesn't get hurt and doesn't lose his motivation. We also have professional training, but of course, there is contact there...

BI: It is said that you don't have sparring in Las Vegas...

WS: I have a good range of sparring, people are really good around here. There is Vitor Vianna, who is the JJ and MMA instructor for students and who trains with me; Forrest (Griffin) is on the way; there is Mike Whitehead, very good in Wrestling, who will fight soon against Kevin Randelman. Heath Herring also trains here every day; and me, of course! I don't neglect the guys. These are the best known names, but we always have a friend of a friend who comes and stays for two weeks. For example, there is now a Dutchman who is 21 years old, 1.90m tall, 98kg, JJ brown belt, and he has done 20 fights in Muay Thai and 10 in MMA in Holland; he is very good at Muay Thai. We also have a good friend in Jiu-jitsu, who has beaten Robert Dysdale two or three times, he is Brazilian.

BI: How is the weight loss process for the next combat?

WS: It's going very well, my normal weight is 208 to 210, but when I start to train I eat more and my weight increases, I get to 215-220. I have completed the first part and now I have started with the transition process with Rafael Alejarra, to preparate cardio and aerobic. I'm doing a lot of sparring and I think everything's going well. I have even felt that I'm already starting to be a nuisance for people at the level under mine and this is a very good thing.

BI: Anderson has made an interview to talk about your decision to lose weight. What do you think of his statements?

WS: I think it was great. Being mentioned by a champion without having done any fight in the category is a sign that I am already in their mind. You know, it's like what they say: "Nobody kicks a tree that does not





the road is open

Wanderlei Silva

bring any fruits", no one talks about someone if he doesn't have any doubts about him. Someone has wanted to talk about the training... but everyone who has ever been in a fight academy knows that you can't talk about training. Right? Training is training. I wouldn't tell that I've knocked out Anderson in training... The training must remain within the academy. It was childish, talking about training, he did this or that, even because the training is one thing and the real fight is a different thing. The black feels powerful, but he should be aware that I have never spoken ill of him. I've always respected him, I have always behaved like a friend and in turn, until now he had respected me, but now he makes that statement! I don't know his reasons. I haven't lost weight to fight him, it was not my intention, because wanting to start in a lower category and immediately face the champion would be too pretentious of me, I must do many other fights before facing him... There are people before me! But after these last statements, I think

declared. We will meet and we will see if he can do everything he says, because we know very well each other. He knows my weaknesses, but I also know his and I know so far nobody has pressed him, nobody has hit on his face. I think the future is very promising; we must wait to see what happens.

Bl: In your last interview you said you were making some mistakes in your last fights. What are you doing to correct that?

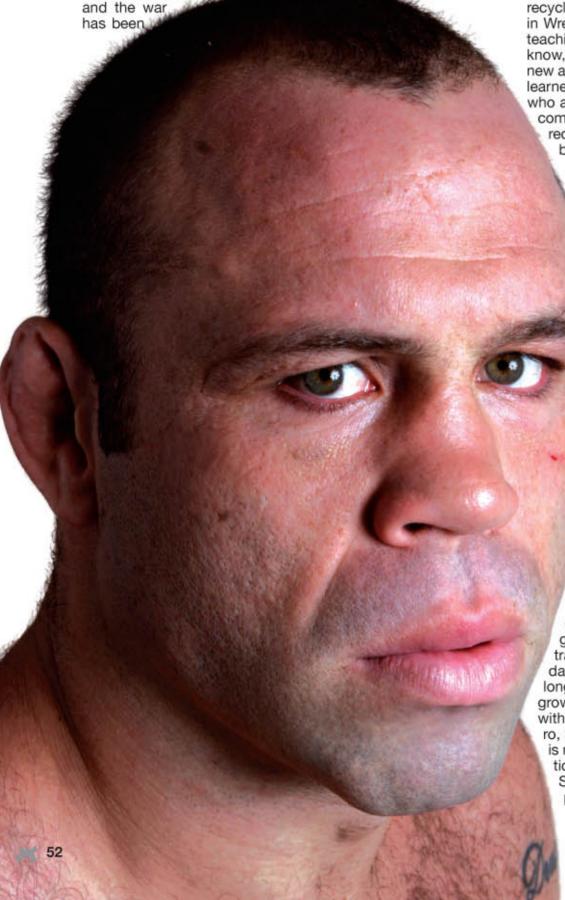
WS: I'm doing calligraphy! ... When you have bad handwriting you must practice on the calligraphy notebook and write ... and write ... from A to Z ... This is a boring work, but it is effective. Yesterday I spent an hour doing direct jab with my boxing teacher. He taught at a university in Las Vegas, he is a very good teacher. He corrects all my punches. I have been doing this for about two months and also a full correction of the hand, foot positions... Anyone can throw a normal punch, but boxing is very technical and as far as possible I am recycling my technique and recycling myself in general. I am working with a good specialist in Wrestling, who is a part of the Olympic team and he is here, teaching for us. American Wrestling is very technical and you know, teaching someone who has just arrived is very easy, he is new and you can change him as you want, because he has never learned anything, but if you have to teach someone who is older, who already has all his defects and has to relearn, it is far more complicated. I mean, I'm in a time of great effort and I try to recycle both my falls to the ground and standing fight, to begin a new era in my career.

BI: Will you pay back Minotauro's visit to your academy training with him in Rio?

WS: Sure I will, the next time I will go to Brazil I will go to Rio to train in Minotauro's CT (Training Center). I can't wait to train with him and all his guys. He has a great team, he is an excellent friend, whom I respect and who is undoubtedly among the three best fighters in the world. Besides, I think he is entering a new phase. I hope he can heal all his injuries, because he ended really hurt in his last fight. His fighting style is very difficult, because he receives many blows. He is very brave, he endures a lot, he is a tough guy... He hits on the face and receives on his face. That's him. During so many years of aggressive fights, he is probably hurt and needs some time to heal. He also has many commitments, he has many businesses, he tends to lose concentration a bit. He should leave the academy from time to time and go to other places.

BI: How do you see the collapse of the powers of MMA, such as BTT and Chute Boxe, and the new teams which are being created?

W.S.: It's a two sided coin. On one hand I feel sorry because there is a division of forces, automatically everyone has gone weak. For example, Minotauro doesn't have the quality of training he used to have in the BTT, with 12 senior professionals in the tatami to train, as I have. All this weakens us a lot. But on the other hand, it opens new fields, other teams are formed and they start to give opportunities to new athletes. It will take some time to train the athletes, because an athlete doesn't emerge in one day. I therefore believe that it is bad in a short term, but in the long term it will be largely spread and that will make the sport grow even more, providing an opportunity for athletes to train with very good teachers, like Cristiano Marcello, Rafael Cordeiro, Shogun, Master Rudimar, myself... It is a pity that Rudimar is not so involved in the fight, now he is more involved in politics, but I hope he can put his plans into practice. He is Secretary of Sports of Curitiba, a representative of MMA in politics and I hope he doesn't forget and he helps the development of MMA in the best possible way. He is very





intelligent and if he succeeds in politics as he succeeded in martial arts, it will be good for everyone.

BI: What do you think about Rafael Cordeiro leaving the Chute Boxe?

WS .: It also has two sides. On one side it's a pity that the Chute Boxe loses his best teacher. For the school it is bad, but for all the other fighters in the world it's great, because now everyone will have the opportunity to train with Rafael Cordeiro. When the coach has a flag, some athletes don't want to train with him because they think they will be forced to wear the coach's flag, but that's not the case now because he is a teacher who will be able to teach whoever he wants to. He is one of the best teachers in the world of MMA, I can say it knowingly, because I trained with him more than 10 years ago and undoubtedly. I think the Chute Boxe has lost a lot, it has been a hard blow, but it has been great for the MMA world. Certainly, Rafael Cordeiro will be very successful in his new journey. I wish him the best success in the world, he is respectable, he is hardworking and above all very competent and a great friend. When I knew about his decision, I invited him to train me again and he accepted. The reality is that since he came to live in America, I thought to invite him, but as he had his own academy and was in the Chute Boxe I never did. Now he stays at his academy in Huntington, from Monday to Thursday. On Thursday, he takes a plane with Fabricio Werdum and comes here to train me from Thursday to Sunday. Since MMA sparring trainings here are on Tuesdays, Thursdays and Saturdays, he will be with me most of my training.

BI: And what do you think about the fact that you and Shogun are coming back to the origins, training with former teachers of the Chute Boxe?

WS.: I think it's very good. Sergio Cunha is a wonderful teacher. People doesn't know Cunha's career... It was Cunha who taught me my first class in the academy, he gave me the blue belt and in his class at 7:30 in the morning there was no room to lie down on the mat. He teaches great lessons, he is an amazing teacher. In Cunha's fights everyone knew he would knock out with his knee, everyone knew that... He started the fight and did 30 knee blows to the face. He was very good at it,

Great fighters

there was no fight with him. Shogun did a very good choice, he is certainly a great coach, very qualified, like Rafael. Both have the same origins and basically the same qualities, they are both great coaches and Shogun chose very well, knowing their capacity as teachers; we will be well helped in any situation.

Bl: A few weeks ago, Rudimar invited the biggest rivals of Chute Boxe (Ricardo Arona and Paulão Filho) to join the team. What do you think?

WS: It seems a very clever invitation because Arona and Paulão are two great athletes. Arona is a very strong athlete, unbeaten in the ADCC, and Paulão is the same. He has had problems but he is an excellent athlete. I also invite them to come and train here. If they come, I will get a fight for them tomorrow... As a business, that's great, who wouldn't want to have Arona and Paulão? Rudimar is very intelligent. Now I think about having them here to train, the doors of the academy are open to them. I have a house where I rent rooms for those who come to live here and I charge \$400 a month for housing, food and services. Coming to Las Vegas paying a hotel is too expensive, you can spend at least \$100 a day. At the moment I have a very good structure.

BI: How do you think the training and the relationship with Paulão and Arona would be in your team in Las Vegas?

WS .: It would be normal, we are all professionals. People think that I had a rivalry with Arona, but it was foolish and the past is past. It was that rivalry between the two that provided us some good moments. Our rivalry in the MMA has been a burning rivalry, we were both mad at each other and it provided some good fights, a great show for the public, but all this is over. We have already met and we greeted each other. We mustn't do things bad, we greeted each other and I removed from my conscience the weight of having behaved badly. In his way, he is a good guy. I think he should wake up and fight right away, because it's not good to be so much time without fighting, the media stop talking about you and everything becomes increasingly difficult. Time passes, unfortunately we grow old, we must seize every opportunity and not let it pass. And for Paulão it's the same, the academy's doors are open to him when he comes to fight here, he can bring his coaches and stay here; if he wants to train with my guys, it will be an honor. Paulão is fighting a huge personal battle and I hope he will now be smart and get good teachings from all that is happening. He will be able to convey that experience to other athletes because others will go through the same thing he is going now and it helps to know the experience of others who have preceded us. I hope he will learn and transmit all he has learned to others.

BI: What do you think of the time Arona has been without fighting? He says he only wants to fight in the UFC, but the event doesn't want to. Do you think he should be open to other events to win and get to the UFC?

WS.: That's the only way. For example, André Galvão is doing well, he has fought in Canada, he made an excellent fight in Japan against a very hard fighter, John Aléssio, who is like him. He loses much weight to fight, he is strong, he is winning everything. He signed with Stikeforce and as soon as he will be a champion, he will sign with the UFC. He gains experience like this. Those are the only ways to arrive to the UFC. Although Arona has a name important enough to arrive, due to the time he has spent without fighting it becomes increasingly difficult. I think he should fight in other events, make one, two, five, ten fights... If he wins all of them, no doubt he will be invited to the UFC.

BI: How is your life in Las Vegas? What is positive and negative about living in the U.S.?

WS: The best thing is that this is the center of the world of MMA, we have access to equipment, trainers, supplements, all the best in the world. Everybody come to Las Vegas and our academy is very well, I am proud of showing it. This structure we have created makes me very happy. We are in a very good upward moment with the team. In one month we already have 150 students enrolled and there is a great market. It makes me happy to be able to open the doors to new athletes, to Brazilians, so they can work, fight... We have good contacts with the events, very soon we'll put fighters like Vítor Vianna, with whom I am about to start his preparation. The negative part is being away from Brazil, it is difficult, we are homesick for different things, we miss the family, parents and friends... But such is life, everything has two sides. We must take advantage of the good and endure the rest.



THE ARMY CADET MARTIAL ARTS PROGRAM TACMAP JUKAIKIDO

AT THE NATIONAL CADET TRAINING CENTER

Grand Master Colonel Santago Sanchis 10th Dan, Jukaikido



Jukaikido was developed to be the most comprehensive and complete form of defensive and attack methods of Martial Arts. Jukaikido is a syncretic Martial Art that brings together the finest and most precise techniques of Judo, Karate, Aikido, Ju-Jutsu (original form), Shorinji Kempo, a n d s e v e r a l o t h e r c o m b a t f o r m s.

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

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

SEMINARS AND INSTRUCTOR COURSES HELD MONTHLY

Our Facilities Include:

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Chojun Miyagi Goju Ryu Karate-do



Chojun Miyagi. (1888 -1953) was a Okinawan martial artist who founded the Goju-ryu school of karate.

He was born in Naha, Okinawa and was the adopted son of a wealthy businessman. Miyagi began his study in karate at the age of nine. He first learned martial arts from Ryu ko Aragaki, who then introduced him to Naha-te Master Kanryo Higashionna when Miyagi was 14. Under the tutelage of Higashionna, Miyagi underwent a very long and diificult period of training.

After the death of Master Kanryo Higashionna, Miyagi travelled to Fujian Province in China as his teacher had done before him. In China he studied the Shaolin and Pa Kua forms of Chinese boxing. From the blending of these systems, the hard linear/external form of Shaolin, the soft circular/internal form of Pa Kua, and his native Naha-Te, a new system emerged.

However, it was not until 1929 that Chojun Miyagi named the system Goju-ryu, meaning "hard soft style". It was after his top student Shinsato returned from Kyoto Japan where he had done a demonstration for the Dai Nippon Butoku Kai and was asked what was the name of his art and he did not have an answer so rather then being embarrassed he called it Hanko Ryu a phrase coming out of the 8 poems of the universe where it says that everything is breathing hard and soft. When he returned to Naha and told Miyagi what he had done Miyagi thought about it and then decided that the right name was Goju Ryu Karate.

After some years in China, Chojun Miyagi returned to Naha where he opened a dojo. He taught for many years, and even though Miyagi's reputation as a karate man was enormous, and even Kano Jigoro, the founder of judo, came to Okinawa to learn specific karate takedowns, his greatest achievements lie in popularization and the organization of karate teaching methods. He introduced karate into Okinawa police work, high schools and other fields of society. He revised and further developed Kata Sanchin -(it was originally done with open hands and Miyagi changed it to be done with closed hands) the hard aspect of Goju, and he created Kata Tensho - the soft aspect from the movements of the white crane which was famous in Fujien where he had studied. Tensho was influenced by the White Crane kata Ryokushu, which he learned from his long-time friend Gokenki. These kata are considered to contain the essence of the Goju-ryu style. The highest kata, Suparimpei is said to con-

With the goal of unification of various karate styles which was in fashion at that time, he and Shoshin Nagamine created Shurite-like katas Gekisai Dai Ichi and Gekisai Dai Ni in 1940, taking techniques from higher forms notably Suparimpe also upper block was uncommon for Goju-ryu at that time and incorporating them into shorter forms. It is said he created these kata to bridge the gap between Sanchin-kata and Saifa kata, which contains much more complex moves compared to Sanchin kata. However, Gekisai katas are learned before Sanchin-kata nowadays.

tain the full syllabus of Goju-ryu kata. Shisochin was Miyagi's favo-

rite kata at the end of his years.

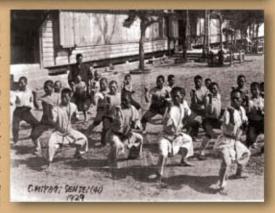
Chojun Miyagi was a man of extremely mild temperament and it is said that he was a very humble man. He lived according to the principles of non-violence. Master Miyagi died in Okinawa on October 8, 1953 from second heart attack.

Some of his more notable students were Seko Higa (also a student of Kanryo Higaonna), Seikichi Toguchi (founder of the Shorei-Kan dojo), Miyazato Ei'ichi (founder of the Jundokan dojo), Meitoku Yagi (founder of the Meibukan dojo, he eventually accepted late master Miyagi's gi and obi from Miyagi's family), Tatsuo Shimabuku (founder of Isshin-ry_), and in Japan, Gogen Yamaguchi (founder of Goju-kai and who, after short training with Miyagi, spent later most of his time studying katas under Meitoku Yagi while being himself a representative of Goju-ryu in Japan).



Successor

"Let me first say that I was not named the successor of goju-ryu by Miyagi, but nor was anyone else. There are some goju-ryu teachers who claim to have been privately appointed successor by Miyagi. These claims are ludicrous and disrespectful of his memory. He never publicly named anyone as successor.



Common sense would dictate that if he were to appoint someone, it would have been a longtime student and it would have to be of public record to have any value. Miyagi was not a man to do things in a haphazard manner - everything was very deliberate and precise.

It would also be logical to assume that since Miyagi would not grant dan ranking, how then would he be inclined to name a successor? I feel Miyagi would be rolling in his grave with the plethora of ridiculous claims about this matter." - Seikichi Toguchi

icha kii From O... to 100!!!

NEGRO NEGRO

Arom O... **to 100!**

Master Toni Moreno

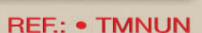
Toni Moreno, Spanish Taekwondo champion, has developed an effective system to learn how to handle the Nunchaku in an easy, gradual way, without limits, both for beginners and for experts. Led by three main principles: learning, understanding and creation, this method is divided into sections, from the simple direction of movements, changes of trajectory, change of hand, rolling up, to self defense or complicated skills such as hitting moving objects, complex shapes, etc. A work that will undoubtedly fill in the gap in the teaching of Nunchaku and which will ensure an amazing progression almost without being aware of it.

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The Method r Toni Moreno



oni Moreno





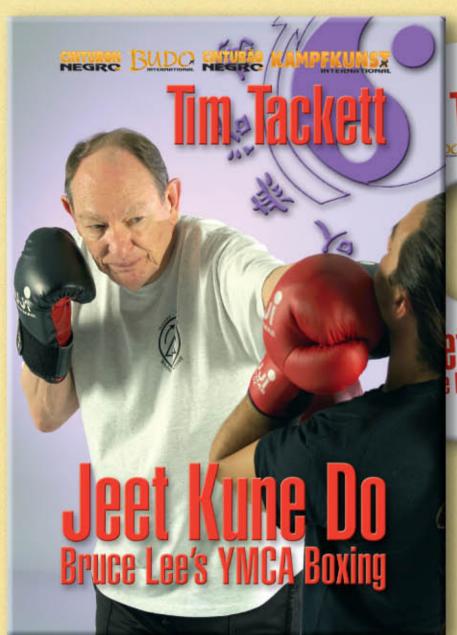
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Many martial art teachers who teach techniques and exercises and who have adopted the sparring system of Full-Contact always find the same problem: to keep their students. Most are workers and logically they don't want to be injured or don't want to get a black eye. Bruce Lee had to face the same problem and he noted that, as soon as his students began their Sparring training at a full contact, they decided to stop training. It was like this that, trying to find new training methods, he discovered a safe way to apply the exercises and techniques learned in contact Sparring. This is the method that Tim Tackett shows us in this new DVD.

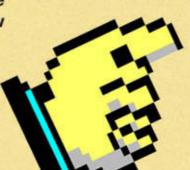


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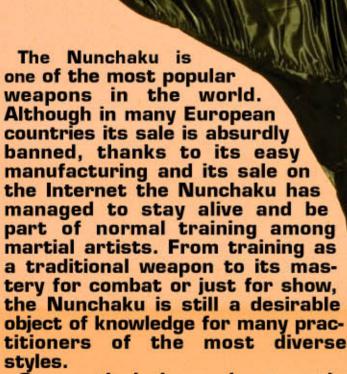
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"The Method" > From 0... to 100!!!



One particularly passionate artist is the great Spanish Taekwondo champion Toni Moreno. He has developed a particularly effective learning method from 0 to 100 to teach any student who so desires the use of this amazing weapon. His methodology, simple and complete, attracted our attention; we were aware that there are many who want to learn the use of Nunchaku in its different aspects, skills, self-

defense, entertainment, etc. and that there are only a few methods that start from the very first steps, so we decided to make a new DVD with him that will allow anyone who sees it to go from simple to complex techniques, in an organized way.

This method is divided into several sections, from the simple routing of movements, changes of direction, hand switch and rolling, to self-defense or complicated skills like striking moving objects, complex shapes, etc...

Other videos and authors focused on issues such as exhibitions or learning amazing routines, forgetting that there are many who want to start from the beginning. Toni comes in deep with an excellent methodology, which guarantees the learning to every student.



NUNCHAKU "The Method" From 0 to 100

In order to get to safely handle a weapon there are many methods, but in order to learn quickly and make the most of the countless hours devoted to the handling of the weapon, there is just one: starting from a base of simple exercises but with a studied methodology, created to guarantee the learning progression.

On this basis, I present you "Nunchaku Method from 0 to 100". I developed this method after years of training and study, with the aim of filling a gap I believe there is in terms of teaching the handling of the Nunchaku.

This first video starts from 0, that is, from the lack of knowledge about the handling of this weapon, and within minutes you will be doing exercises which would be unthinkable for a newly initiated. Exercises which, without the visualization and understanding of the method, would take weeks to be performed or simply would never be reached.

To understand the importance of an effective method of learning, we will give an example: it is the difference between, on one hand, a student who enrols in any martial art at a school with a training method, a methodology and therefore a value confirmed by thousands of students who may have learned from that method, with a qualified teacher and a guarantee

of professionalism; and on the other hand, a student who learns the same martial art in a self-taught way, copying pieces of that system he sees on shows or which a friend teaches him and repeating them as many times as possible, just trying to gain speed in the technique, without a solid foundation that will ensure progress towards a better technique and greater variety of exercises, and most importantly, giving him the ability to understand the basis of the techniques to create new combinations with the base already acquired, or move towards a deeper specialization in the different branches of the art depending on the level: initial, intermediate, advanced, self defense, competition, exhibition, etc. ..

This video provides a method that is valid both for the new student and for the advanced, since it will provide guidelines for training and handling that will surprise many people who consider themselves Nunchaku experts.

The bases that make up this method are three: "learning" the techniques and movements taught in this video; "understanding" the reason of the divisions of the training, to direct them later towards the "creation" of combinations designed by oneself, but with a technique and logic which will give strength to the whole, as the versatility and spectacular images that can arise in handling the Nunchaku, make it unique.

When you start the process of understanding the handling of the Nunchaku from scratch, the first thing is to understand the directions of motion, which are generically two, front and back, from which they can be divided into more.

Then we can observe that those directions can be used both in the outside and the inside part of the body, without changing the direction, and doing those movements without stopping we get the rotation, which can be performed forward or backward.

The next step is to find a quick switch in those directions, that is, passing from grabbing the Nunchaku at the front to the back quickly and accurately, to "change the direction", that is, just taking the Nunchaku forward, hitting a part of our body to stop it and making it rebound, starting the movement in another direction. There are many changes of direction, from basics like the shoulder, armpit, waist, and more complex ones such as the neck, with rolling, etc...

At this point it should be noted how important is, once you've mastered a technique with the main arm, that you work the same technique with the less skilful arm. If you are constant you will also assimilate that technique with the other arm, which is less used to using the Nunchaku and thanks to this, in the future you will be able to handle two Nunchakus at the same time, without much trouble.





The next group of work is the hand switching, which as its name suggests, is to switch the Nunchaku from one hand to the other smoothly, as a part of the movements which are being performed, linking them simultaneously and transmitting an effective work.

Another group is the "rollings", which are movements at high speed, very spectacular. The principle of rolling motion is following one direction, making the Nunchaku roll on the hand, open it and releasing the weapon for a few tenths, and then re-take it and combine the internal and external movements, completing the rolling. This movement, due to its high speed, can not be appreciated by the human eye to understand its performance, but once explained and observed at low speed and, of course, with some practice, it is very easy to perform.

The next group would be "two Nunchakus", probably the most spectacular expression of this weapon. If, as I said, the movements are performed with both hands individually, later it will be very easy to work with both Nunchakus at once, practicing all movements performed with a hand: changes of direction, turns and rotations, and then, working with two Nunchakus but each hand performing movements in different directions. This is a more advanced and difficult work, as well as rolling with both hands and different paces.

Group of "releases": releasing the Nunchaku making it roll in the air, and then grabbing it with the same hand or the opposite one, or any variant of the method.

On this DVD there are a few touches of a couple of possibilities, the release on the same side and opposite hand, but we don't deepen in other variants, due to the difficulties of these techniques.

Finally, there is the use of Nunchaku in self-defense. First we teach the lines of striking, as they are: vertical, horizontal, first diagonal and second diagonal, which allow eight different trajectories, with the two possible directions of each line. Within the self-defense, as an exercise of reflexes, we can practice strikes to moving objects, very appropriate to vary counterattacks in heights, directions and speed.

Finally we have real self-defense against one or more attackers unarmed or with weapons, such as knives and short sticks, and defending with one or two Nunchakus. This section is where we have more versatility, since thanks to the techniques of Nunchakus which are known and the knowledge that can be possessed by practicing a martial art or contact sport, the variations are endless. However, there is one thing which must be a priority in the real use of self-defense: you must be strong, seeking areas of strike to cause the shock in the aggressor, and you

should not use or exhibit movements or techniques, since they are not aimed at defense, because in self-defense the "timing", along with the strength, are the key.

The divisions that appear in this first video, in training blocks, would be as follows:

1st Directions of movement (forward and backward).

2nd Movement on the outside and the inside (rotations forward and backward).

3rd Rotations with elbow.

4th Changes of direction: shoulder, armpit, waist, direct, double waist, crotch, neck, triple (crotch-waist-shoulder), waist with rolling, crotch with rolling.

5th Three combinations of change of direction.

6th Hand switch: basic, back, crotch, waist from behind, waist opposite normal grip, opposite waist with inverted grip, armpit, neck, waist at the front, popliteal fossa.

7th Three combinations with hands switch.

8th Work with two Nunchakus: front, back, rotation, rotation with elbow, changes of direction, different direction for each arm, etc. ..

9th Rolling: basic, with elbow rotation, back.

10th Directions to strike: horizontal, vertical, first diagonal, second diagonal.

11th Strike to moving objects: guard





"I provide the student
a real and practical
method to learn to
handle the Nunchaku
easily and
progressively, without
limitation, either for
the new students or
for the experts"

"This first video starts from O, that is, from the lack of knowledge about the handling of this weapon, and within minutes you will be doing exercises which would be unthinkable for a newly initiated"

armpit, shoulder, neutral.

12th Defense against attackers: against fist attack, knife attack, stick attack, two attackers against a Nunchaku, two attackers against two Nunchakus.

Moreover, the video shows three examples of synchronized work in pairs. Relea-

se with one Nunchaku; with two Nunchakus, changes of direction and strike; and with two Nunchakus, rolling on both hands, different directions and guiding turns.

I've been teaching classes of different martial arts and contact sports for years, besides my method of Nunchaku handling and regarding other styles, I find several advantages for this weapon.

First, you don't need a special physical condition, since it is not necessary to be flexible or strong, or to have any notable physical feature.







The 2009 Quebec Open

Text & Photos: Ken Huor



29th Annual Quebec Open International Karate Championship

International Martial Championship once again held its 29th annual event in Quebec City, Canada. Being rated as one of the most prestigious international martial arts event it is indisputably the most competitive tournament in many aspects. Having world class judging and well qualified black belt instructors who judge without political inclination. This vear's Quebec Open drew competitors from 23 countries around the world. Promoter of this event, Master Clermont Poulin, was elevated to the rank of 10th degree black belt by the board of all the black belts instructors of Kempo Karate in Quebec. Mr. Poulin, an avid student of the late Master Nick Cerio. This welldeserved rank he refused in past but as a result of his dedication, hard work and experience, the board felt it was time to bestow this honor to him.

The hospitality given at the tournament was unsurpassed. Everyone present were very enthused and had high expectation of retuning next year.

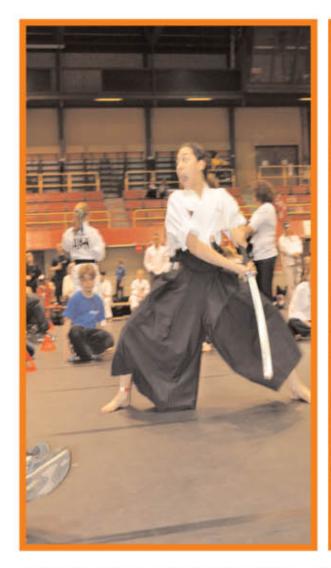
Friday evening's competition began at 5:00 p.m. with heated and intense

extreme and creative weapons divisions, followed by extreme and musical forms division in which the competitors were all very challenging. The Men's and junior fighting team competitors included top fighters from USA, Canada, Italy and other foreign countries. Team Canada for men's fighting advanced to the final fight. On Saturday, the competition became even more hectic as competitors in the forms divisions did their very best to advance to the grand championship runoffs. Individual fighting also took place at the same time, creating even more competition as the tournament moved on. divisional grand championship in forms and weapons took place in the afternoon. This was a difficult segment however, the competitors all strived for their time to shine at the night time finals that would be held later that day. The winners advanced to compete at the Overall Grand Championship Finals competition at the Night Time Show.

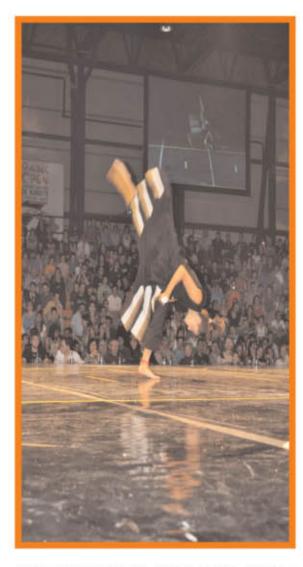
The Finals

The famous Night Time Finals and Show took place on Saturday night at 7p.m. It opened with the ceremony of formal promotion of Master Clermont Poulin, followed by an extravagant dance performance of the Toupie Dancers of Quebec, coached and choreographed by Mr. Poulin's talented daughter. The Night Time Finals forms competitions started off with the youth black belt boys and girls 13 years and under weapons finals, with Ryan Wells, Jackson Rudolph, Dayna Huor and Sammy Smith as the four competitors. First came Ryan Wells with a clean and solid traditional bo form then came Jackson Rudolph with an exciting and exuberant musical weapons form. Third came Dayna Huor with another intense and strong traditional bo form, putting pressure on the last competitor, Sammy Smith. Sammy Smith started with a clean, fast, and powerful musical weapons form with a lot to impress, but, unfortunately ended up dropping her nunchuck, putting her out of contention. So, after tough competition between the four talented competitors, the final winner of the overall grand championship title was Dayna Huor of Davenport, IA from the U.S. representing team AKA.

Next up was the 14-17 weapons competition with Cory Lutkus of Team Amerikick kicking off the competition with an amazing, flawless creative bo







form with a lot of energy and flare, filling the audience with excitement. Since his form was so good, the judges decided to give him the title over Micayla Johnson's extreme kama form and Olivia Wicker's traditional bo form.

Following that was the adult weapons grand championship. This time there was even more intensity between the competitors who were Marc Canonizado, Kalman Csoka, Ross Levine, and Caitlin Dechelle. Marc Canonizado was the first competitor up and was able to pull off a solid extreme sword form. Second was Kalman Csoka, representing Team Paul Mitchell, who mesmerized the audience with his double sword form. Kalman Csoka's form was so impressive in fact, he won over the rest of the competitors as expected from the audience. Team synchronized forms was a friendly USA vs. Canada competition. In the end, Team Paul Mitchell of USA with Caitlin Dechelle and Marc Canonizado won the title, defeating Canada. The Canadians afterwards got their revenge when Andrew Cabilan of Team Prorank won the 30 and over men's forms competition with his hard style traditional form. Nevertheless, the US got back one more with Drew Bisbee winning the 30 and over weapons grands. For the 13 and under forms overall grand championship competition, Dayna Huor stood at the top once more with an amazing musical extreme form winning over Jackson Rudolph's traditional form and Andrew Franklin's musical extreme form. This was the second title she won for the Finals.

Tyrei Brown jump-started the 14-17 forms grands with a flawless extreme form. This somewhat placed a little pressure on Jessica Goldman, his teammate on Team 100 Percent Performance. Even though it was Goldman's first experience being on stage, she performed extremely well. Unfortunately she stumbled on her multiple kicks at the end of her form. placing her 100 percent performance down a notch. Following her were two talented traditionalists. Mickey Facchinello of Team AKA and Lawrence Collymore. Colleymore barely knocked the trophy off of Facchinello's hands, winning the title. Caitlin Dechelle of Team Paul Mitchell won the women's forms overall grands with her legendary musical form, defeating Jennifer Espina and Stephanie Woolfolk. Jarret Leiker shocked everyone once again, adding music to his traditional Taekwondo form called Gae-Baek. Stephen Renney came up next with a clean nice form. Scott Wu performed his Japanese traditional form and added a little spice here and there to impress the judges even more. Marc Canonizado took the trophy home. Junior Team fighting took a dramatic turn with Quebec and Montreal competing against each other. In the end it came down to the final fight between Alexandre Baril and Luke Dufour. It came down to a tie in regulation time which forced an overtime. The final victorious point was scored by Montreal who won by a very slim point. In the US vs. Canada team fight, local favorites David Bossinotte, Dany Griffith and Stephan Dube fought against Dennis Molloy, Michael Simmons, and Chris Rappold. This was another very close match but in the end. Molloy and Rappold took the opportunity of Canada's mistakes to get the lead. USA ended up winning victoriously over the Canadians, giving Americans one more thing to be proud of from this year's Quebec Open. After the finals, there was even more fun to experience at the after party in the Club Mundial. Even after the amazing and well-organized tournament and night show, Clermont Poulin was still able to manage to create an awesome and entertaining party. All of the people who went to the Quebec Open are sure to have created unforgotten memories, especially the promoter and his staff's hospitality and friendliness.



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