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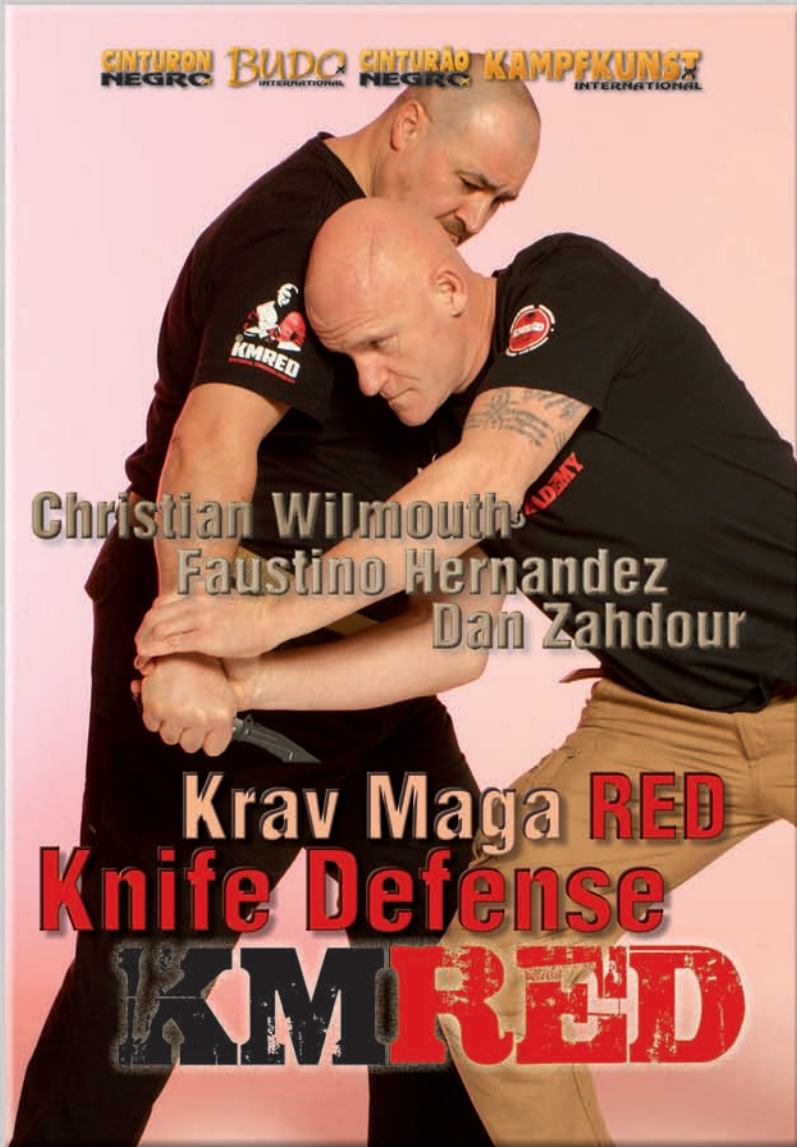




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Christian Wilmouth  
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The third DVD of the KMRED group tackles the issue of self-defense against knives. True to our values, we have tried to share with you our approach to this area with the utmost humility. With no special effects, tricks or miraculous techniques, this work makes up a thorough analysis on the harsh reality of a knife attack. Discover here the result of a part of our research and experimentation.

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# Editorial

## Elimination

"Who doesn't dirty cleans  
twice as much as he who cleans."

**Spanish saying**

**E**verything that is permanent gets toxic, since it contradicts the Universal Law of Impermanence. Movement is the essence of life, and therefore everything that enters must exit, be it digested or not, and whether by the top or in the bottom.

In addition to the structural eliminations, there are other functional eliminations, which are the result of internal transformations. A rabbit stalked by an eagle runs to a point where it camouflages itself. Once the eagle has passed, he gives a few runs here and there, giving vent to that adrenaline that generated when he prepared his body for the sprint; if that amount of adrenaline hasn't been depleted... it simply has to be used! That is the wisdom of the rabbit! We, ruled by the reason and believing ourselves smarter than he, rush to pile up.

We live in the first world, inserted in a bubble of accumulation. Stuck in superfluous needs, we always identify abundance with happiness. When you take in more than you take out, unavoidably you put on weight and in this process elimination gets affected. The first organs to suffer the consequences of such disorder are the so-called emunctory organs, in charge of carrying off waste products (skin, liver, kidneys, intestines and lungs) because, saturated by the hard and continuous work to which they are submitted, they get exhausted. This process is followed by the accumulation and continuous heating in the process of waste "burning". The added heat generates an accelerated constant combustion, which engages the premature aging factor. The first sign of health is that of the correspondence of both chronological and biological age, a crop field for the aesthetic scalpel business. This continuous heat brings with it mental disorders, sleep disturbances, depression, melancholy, etc., because the excess heat rises - that is the nature of fire, to ascend - and acts especially in higher centers like the brain.

Eliminating well is as important as eating well. But this process is also highly relevant in the mental field. The process of mental elimination is structurally given by the dream; at a functional level it occurs only through an external point, someone who listens and speaks, acting like a mirror in a shared reflection. For this to work, it is essential that the person be able to enter into a peculiar process of alienation, that is, to consider the other's words as their own. The conversation thus maintained, is a wonderful therapy provided that the part that eliminates is able to be humble. When this is not the case, we only find a process of self-affirmation, which instead of eliminating, results in the tightening up of one's sphincter, with the unflinching consequence of keeping the stools inside.

"Happiness is not a question of intensity,  
but of balance, order, pace and harmony."

**Thomas Merton.**

The elimination processes always leave a great relief which let us know that things have gone the right way and through the appropriate channels. It's here when the first Hippocratic principle, *Primum non nocere*, is complete and enriched by the second, *Deinde purgare*.

*Primum non nocere*, that is, "First do not harm" not only highlights clearly the basic spirit of the Hippocratic school: "when dealing with disease, either help or do not harm the patient" (picked in the Hippocratic Oath), but it also offers a practical warning, a rule at a general level that beckons ordinary people to stop adding fuelwood to the fire that consumes it, and avoid the ingestion of harmful stuff. And it's here that the second principle bursts in to restore the lost balance: *Deinde purgare*... "Then clean!"

As equal attracts equal, the first principle is not easy to follow; not in vain we easily arrive at accumulation situations. Much of something in one place is pollution, and it will always be negative. Pollution is invariably toxic; the saying goes that variety is the spice of life, but as the obsessive beings that we generally are, it's very difficult for all of us to maintain balance, especially when intensity is present in the character and energetic nature of the person. Having done a Master on the subject, I know what I'm talking about!

Balance at the extremes is always more difficult, and while there is no greatness without exposure, one must know how to evacuate what has been introduced. The law of inertia always plays against these needs, so that discipline, so often a resource, may be rather a contraindication than a remedy in extreme situations. However, life surprises us when, getting out of the known patterns, it comes up to us with a gift. Like the water retained in a lake that then finds a waterfall, the liberation that follows these collapses, can bring to us the lightness so eagerly desired, if we can afford to it. Life is paradoxical and in the extremes, it frequently beats us with a troll club, especially to those of us who believe that we can control something. Fluidity and detachment are imposed in those moments as the only Friar's Balsam.

Once the transit is done, we will inevitably return to the natural patterns that define us, initiating a new cycle of intake processes in the law of our own likings, but the scenario will be different and we, more mature, will have a new opportunity to reconsider things in a new way; but nobody will ever stop being what he or she is.

Elimination is a great thing. Taking out is just as important as putting in. Piling up brings no providence. Flowing like water, gliding like the cloud, in the stony river of life, even in the middle of the rapids... water never commit itself; it makes the rolling stones turn with the enormous force of its passing by, and wetting everything, it goes by... It irremediably goes by, passes ... and ours is to pass, to pass making paths, paths on the sea.



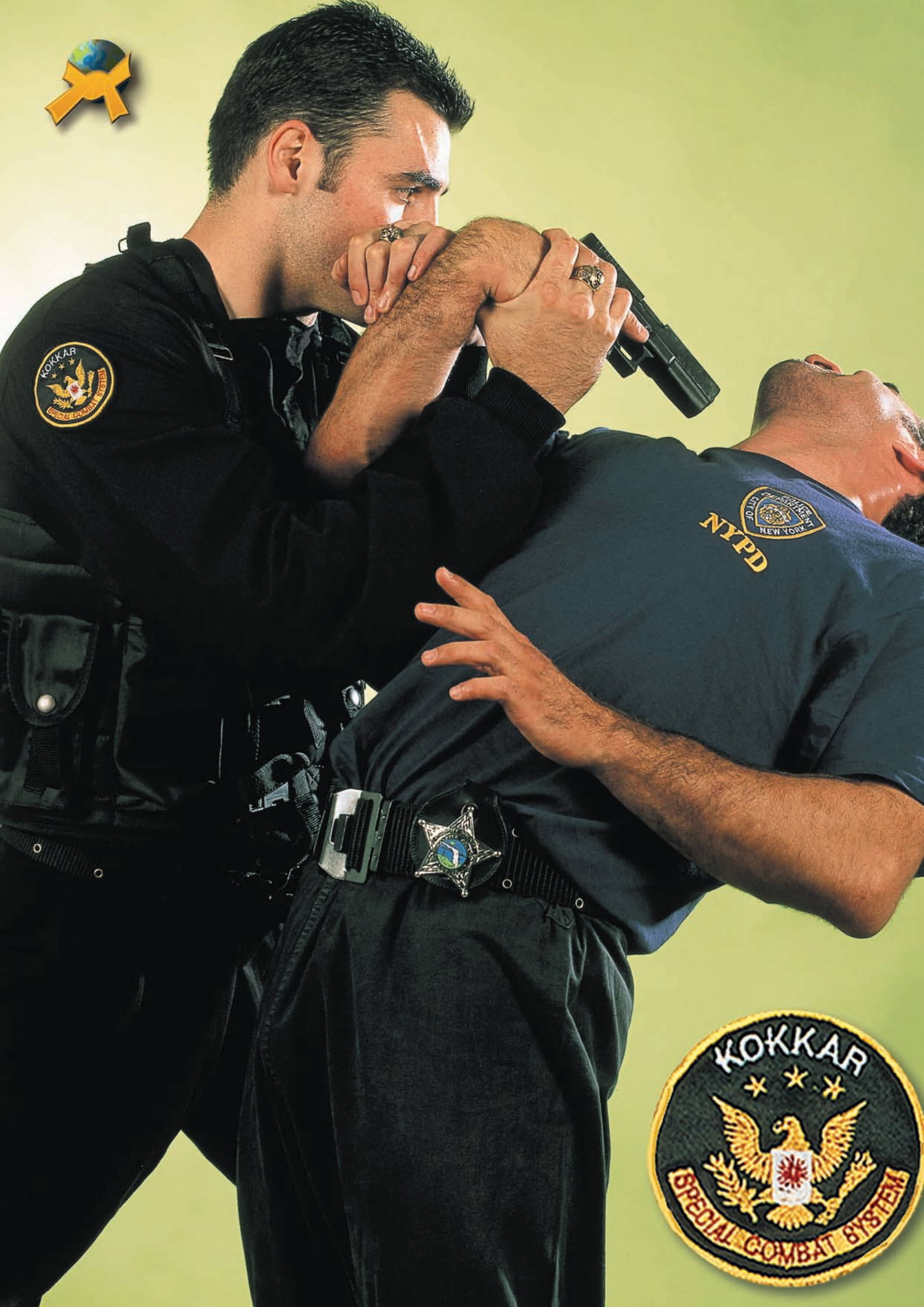




**Alfredo Tucci**  
e-mail: [budo@budointernational.com](mailto:budo@budointernational.com)











# *“Pearls” of the Warrior*

*In a scenery as hard  
as the one we are living thru,  
the big question is:  
Can we do anything  
to live in a quieter and safer way?*

*The answer is yes.  
We can learn to defend  
our physical integrity,  
our life and, sometimes,  
even that of third parties.*

*By  
Omar Martínez Sesto*





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# The Kyusho & Bo







## *The Kyusho & Boxing Connection*

Humans have been engaged in many forms of fighting since the beginnings of human history. Most fighting systems have been set up in such a manner where participants can practice the techniques in a back and forth manner so they could each increase their skills. As time has progressed, some systems focused solely on the self defense and life saving skills, while others focused on the sporting aspect.



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**“Kyusho Jitsu is a high level component found in ALL methods of hand to hand combat using the pressure points and weaknesses of the body in striking and grappling situations.”**

**Kyusho Jitsu is a high level component found in ALL methods of hand to hand combat using the pressure points and weaknesses of the body in striking and grappling situations. There is no protective gear. There are no time limits. There are no rules.**

**Boxing is a form of hand to hand combat using protective gloves, where two opponents square off against each other for a given period of time. Boxing is comprised strictly of striking techniques. The winner is determined by either who has scored the most points or if a knockout has occurred and one of the participants cannot continue the contest.**

**Both forms of combat can be effective means of self protection if trained properly.**

**In today's world, we must be very careful with how and what we use to protect ourselves. We may come out ahead in a self defense situation, only to suffer at the hands of the legal system after the fact.**

**The question today is, “How can a person defend themselves quickly and efficiently without causing long term damage to our opponent?”**

**In this article we will discuss this and more!!**

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## ***Planes of Motion***

There are three planes of motion that we use in everyday life and can be accentuated for the purpose of both Kyusho and Boxing.

**They are:**

- Frontal Plane - The Frontal Plane divides the body from front to back. This includes any and all motions inward towards and away from the midline of the body. The anatomical definition of midline differs from the martial arts definition from center line. Please see Fig A- C (Images of planes) -\*\*this is a place holder for where the image will go.

- Sagittal Plane - The Sagittal Plane divides the body straight down the middle and divides it between right and left. In Wing Chun for example, they would consider the intersection of the two halves...the center line. The movements in this plane include Flexion (decreasing the angles between two bones) and Extension (increasing the angles between two bones.)

- Transverse Plane - The Transverse Plane divides the body between the upper half and lower half right above the hips. The movements of the Transverse Plane include rotation around the central axis (Spine), both internal and external movements.

Our bodies move in a combination of all three planes in just about everything we do. The more we engage each plane in our daily lives, the better our health will be. You will see below how these planes of motion are incorporated in both Kyusho and Boxing.

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Boxing has something called “Shadow Boxing” where the fighter practices moving around, bobbing and weaving, against an imaginary opponent. He is practicing avoiding and blocking strikes while delivering his own. This type of training is similar to how members of the Kyusho Institute practice their Kyusho Techniques (striking and grappling) when they do not have a partner to train with.

### **Similarities**

1. Balance - in order to be successful, both Kyusho Practitioners and Boxers need to have strong foundations in their respective arts and this starts with Balance. Power is derived from the ground up, through the legs and hips, and delivered through the hands to the intended target(s) when striking. The same applies to grappling situations. When one can shift their weight properly, they can increase the torque and thus the pain on all grappling techniques.

2. Foundation - As stated previously, power is derived first through the legs. Having a strong foundation is paramount



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to generating power, from basic to advanced levels. Your legs are your foundation. Having strong legs for the purpose is delivering power is essential, but this does not mean that you have to hit the gym and start doing squats. Now this would not be a bad thing if part of your training regimen included leg strengthening exercises to compliment your Kyusho and/or Boxing training sessions. Your legs can help you avoid punches aimed at your head while simultaneously setting you up to deliver an explosive strike to the head or body of your opponent.

3. Power Generation - Power generation not only is delivered through the legs, but through the torque of the

hips. Let's say that you are pushing off the ground delivering your strike in a quick, explosive manner with your right hand. Your right leg is bearing most of your weight as you push off the ground. Your right hip will quickly turn inward towards the left hip. The right hand will follow tightly and strike your target. This action sets up a whipping motion within the body and can deliver an unbelievable amount of power to your target.

4. Torque - As previously mentioned, the ability to quickly and explosively torque your hips, increases the striking potential of any technique. Let's now look at the dictionary definition of Torque - noun - Mechanics.



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**“Kyusho has no rules, no time limit, and no referees.”**



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something that produces or tends to produce torsion or rotation; the moment of a force or system of forces tending to cause rotation. Torque is an integral part of generating power especially when the opponent is much larger than you.

5. Planes of Motion - Incorporating all 3 of the planes of motion in our techniques gives the human body lethal power. It is a vital part of our everyday movement and can be accentuated for the purposes of sport (Boxing) or self defense (Kyusho).

### **Differences**

1. Striking - Boxing is only striking and the focus is on the sporting aspect while Kyusho involves:

- Striking
- Striking to set up more striking
- Striking to set up grappling
- Grappling
- Grappling to set up more grappling
- Grappling to set up Striking

Boxing has its unique strategies that are set in a sporting environment under conditions designed to make the contest as fair as possible. Kyusho has no rules, no time limit, and no referees. The list above in no way is intended to diminish the awesome skills a boxer can learn. Kyusho, and self defense in general, have many more pieces and can be much more difficult to learn, especially if the instructor is really not great at instructing. As a matter of fact, There is no teaching. There is learning or not learning. The job of an instructor is to create an environment that not only facilitates learning the material, no matter how complex, but quickly and efficiently as well.

2. Bad Habits - Due to the very nature of a sporting competition, rules are in place to keep the participants safe during the contest.

**“How can a person defend themselves quickly and efficiently without causing long term damage to our opponent?”**

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Kyusho



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Because Kyusho and self defense do not have rules, The only bad techniques are the ones that do not work in that situation. Even a poorly executed technique that allows you to get out of a situation quickly is considered a successful technique. Maybe the execution of said technique was not ideal, but the bottom line to get out of the situation as quickly as possible. Self defense and sports are similar, but not the same. You can use the sporting elements of boxing to defend yourself, but you cannot use self defense techniques in the boxing ring due to the rules. Years ago a friend of mine from Australia told me about situation he had while in High School. He was forced into a situation where he had to defend himself and quickly threw a punch at his opponent's head. He did not make contact, but stopped inches away from the face of the opponent. The reason that he stopped short of striking his opponent? He was training in tournament Karate and making contact to the head was against the rules. He realized that he did not hit his opponent and quickly retracted his fist and fired off another punch, putting his opponent down. This was a wake up call for him, with regards to self defense.

**“Because Kyusho and self defense do not have rules, The only bad techniques are the ones that do not work in that situation.”**

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### *Legality*

Let's face it. We live in an extremely litigious society. When someone is wronged there is always the opportunity to enact a lawsuit. These are costly and time consuming. No one really wants to be on the receiving end of a lawsuit.

In a self defense situation if you beat your opponent senseless with blunt force trauma, you are most likely to end up in court and/or jail.

Kyusho can be used to subdue and or control an opponent through a combination of open hand strikes and grappling techniques.

There are cameras everywhere today. When a judge or jury see a boxer squaring up with his opponent and punching away, this appears extremely aggressive.

When a judge or jury sees a Kyusho practitioner using open hand strikes and grappling to escape and/or subdue his opponent, this appears as a defensive maneuver designed to protect oneself.

Perception is in the eye of the beholder and the examples above, a Judge and Jury's perception of your actions can be critical to your freedom.

**“Kyusho can be used to subdue and or control an opponent through a combination of open hand strikes and grappling techniques”**

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### *Final Comments*

Please use all the techniques demonstrated in this article and in the accompanying video with utmost care. All life is precious and should be treated as such. That being said, we are endowed by our creator with the rights to protect ourselves in times of danger.

We use open hands in our self defense as it is much more effective as it allows our brain to be more open/relaxed and our movements more fluid/effective. The concept of using the open hand is also symbolic of giving and helping. We don't have to take a life, in most cases, in order to protect ourselves. There are times when misunderstanding do arise. It is up to us to keep our wits about ourselves when those around us do not.

**“We use open hands in our self defense as it is much more effective as it allows our brain to be more open/relaxed and our movements more fluid/effective.”**



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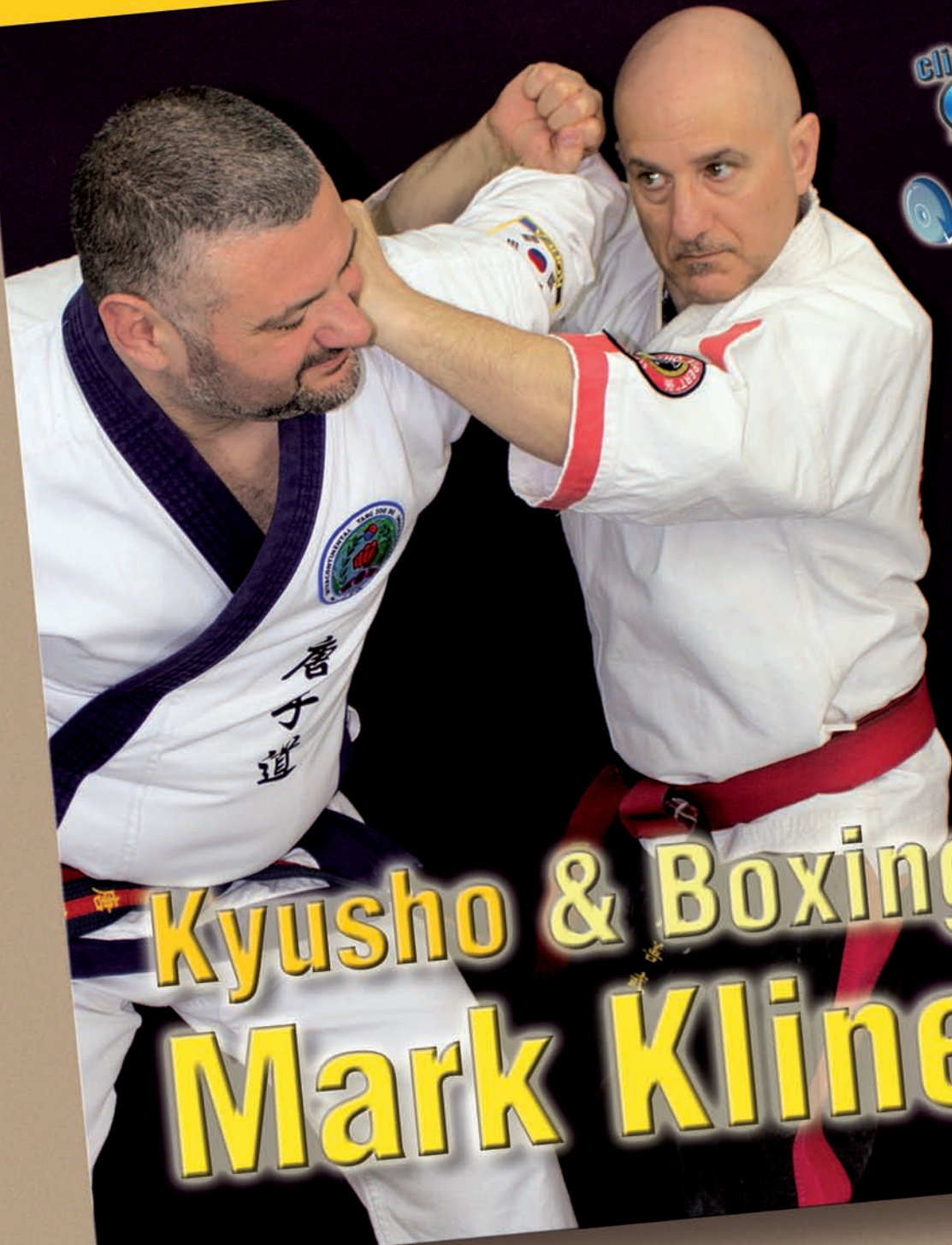
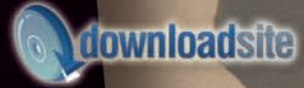
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*"Our weapons have only one objective – to abolish the ancient errors  
and create a kingdom of peace – which encourages our hearts  
developing friendship – true peace, justice."*

*"Jarchas," folkloric songs sung in the Moresca di Consigliano*

**Dancing is one of the human activities that from ancient times has been connected to the practice of Martial Arts. During the millenniums, the lethal practice of the warrior arts was publicly represented through rhythmic dances the music, movements, and actions of which hid the more lethal actions of combat. Nowadays, war dances are enacted in each corner of the planet: from the legendary, like those of the Zulus and Masai in Africa, to the almost unknown, like the Abakada of the Philippine Moros, to the most famous, like the Haca of the tattooed Maories.**





# Nova Scrimia

Graziano Galvani





**D**ance as moments of liberation and catharsis, dance as an instrument of joining together and in order to share warrior values, dance as a method for hiding and transmitting martial knowledge right before curious and indiscreet eyes.

In that international panorama we can undoubtedly incorporate the war dances of the European martial tradition; among these, one of the best known is no doubt the Moresca.

According to many studies, that weapons dance has ancient and far-reaching roots, attributed to the ancient pagan Indo-European rituals; in its ritual form it sublimated the fight of counter-positioning among the different deities.

Another hypothesis considers Moresca as having a Genoese origin; having been invented by the sailors of the city of Genoa, who united a series of weapons movements with military music.

However, the most accredited thesis considers the Moresca as being of Spanish origin, where it seems that it was formed between the XII and XIII centuries; the first Moresca dance, according to some studies, was done in the year 1150, in Lerida. Furthermore, Morisco in Spanish is the name of the Moor who stayed in re-conquered Spanish territory and embraced Christianity.

In fact, the Moresca reminds one of the expulsion of the Arab invaders from Europe, the centuries of fighting between the West and Islam told and sublimated in the dance.

The basic elements of the distinct Moresca diffused in Europe are very similar to one another: a dance of relationship where two people or two rows of figures confront one another to the rhythm of music and









instruments, imitating through circular, diagonal, linear and changing formulas a skirmish of weapons, at times accompanying the rhythm with chants and verbal dialogs between Christians and Moors.

In Italy, the existence of this dance was already certified by the treaties of the XIV century, where initially one enacted it with a binary rhythm, successively ternary. Moresca and Brando constituted the denominated Entreactos, which were realized in the comedies and the closing ceremonies of festivals and galas of the Renaissance courts.

Isabella d'Este, in a letter from 1502 in which she describes the wedding of Lucrezia Borgia and Alfonso D'Este, describes the dances of the celebration, among which there was the Morescas, and one in particular: "...fu de soldati vestiti a la Antigua, scheneri et arnisi fincti; in la celata, penne bianche et rosse: una haveva una maza in mano, l'altro una azza...et tutti loro stucco et pugnaletto. Prima con le maza, poi cum li stocchi, ultimamente cum li pugnalett battendo il tempo combatterono: la mitá delli quail si lassarono cadere in terra: da li altri furono presi e cacciati intanti, et come presoni uscirono dalla scena" ("... there were soldiers dressed with false ancient armor, weapons and tools; on the helmet, red and white feathers; a soldier held a mace, another an azza (a kind of axe)... and everyone the sword and dagger. First with the maces, after with the swords, at the end with the daggers, they fought marking the rhythm: half of the soldiers let themselves fall on the ground: many others were taken like prisoners and left the scene"). That Moresca was danced with figures dressed as soldiers, wearing pieces of armor, with helmets on the head adorned with crests. Armed with maces, axes, swords and daggers, they imitated a battle, marking the rhythm through the contact with other weapons.

Suddenly, half of the participants fell on the ground simulating defeat, others led them away as prisoners.

The Moresca is danced in different ways: sometimes the group is counter-positioned on the perimeter of a circle, other times there are two circles, and other times the counter-position is frontal.

These days, this ancient "war ballad" reminds us of far away times, times in which swords and men of weapons danced in order to defend their land and freedom.





# Graziano Galvani



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Leon Koh leads KAPAP in Singapore at the Singapore Institute of Cadre Academy where he aims to increase his clients' physical readiness for daily life. Koh is known for the best self defense training.

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### Spotlight

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화랑도



Hv

GM Taejoo

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

[www.hwarangdo.it](http://www.hwarangdo.it)

[www.hwa](http://www.hwa)





*How did you come to be in Luxembourg?*

**As my father had introduced Hwa Rang Do to the United States, I have introduced Hwa Rang Do to Europe, first in the mid 1980s in Germany. However, my disciple from Italy, Chief Instructor Marco Mattiucci was most successful in Europe with over 15 clubs. So, I wanted to establish a European Headquarters in Italy, where I can focus on creating future leaders, instructors, and masters of Hwa Rang Do based out of Italy. However, there were some complications with acquiring a visa and this is when God intervened.**

**W**e had a very small club in Luxembourg at the time, which was taught by an Italian Instructor and they proposed the possibility that through Luxembourg a visa might be granted. I really had no knowledge of Luxembourg and never thought that I would end up calling it my home. After several months of the application process, I was accepted and now I am a full-time resident of Luxembourg. After being here now for almost a year, I find that there are many advantages and possibilities offered through the Luxembourg government agency for martial arts, FLAM (Flam Luxemboueroise des Arts Martiaux). They have really received us well. So much so that we are planning our next annual international event, WHRDA Black Sash Conference Seminars Championships 2018 in Luxembourg sponsored by FLAM. Coming to Luxembourg was truly a blessing in disguise. As they say, God works in mysterious ways.



# Hwa Rang Do

# n Lee

[hwarangdo.nl](http://hwarangdo.nl)

[www.hwarangdo.lu](http://www.hwarangdo.lu)

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# Hwa Rang Do

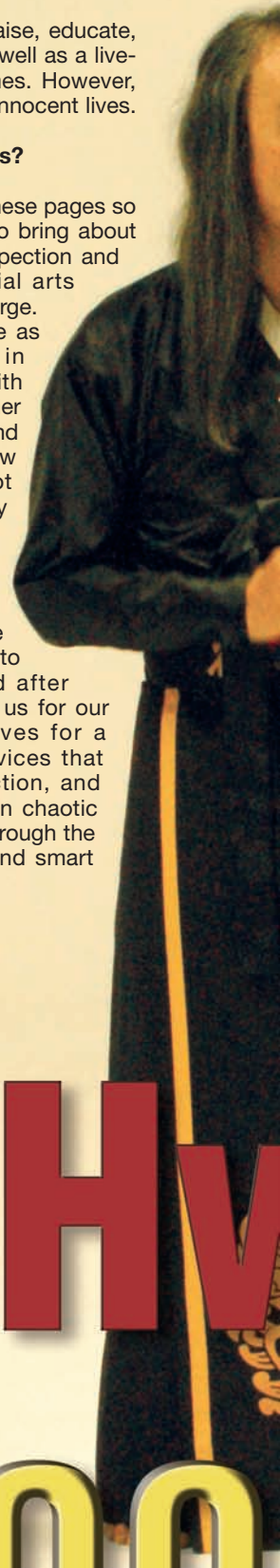
It is my plan to establish a school for the future professional Hwa Rang Do leaders and instructors of the world in Luxembourg and currently I am accepting candidates for private apprenticeship in limited numbers. Anyone who is interested can contact [info@hwarangdo.lu](mailto:info@hwarangdo.lu) for further information.

My ultimate goal is to create a Hwa Rang Do Academy to raise, educate, and train orphaned children into world leaders of tomorrow as well as a live-in center for professional Hwarang Warriors as in ancient times. However, this time not from noble wealthy families, but from abandoned innocent lives.

### What do you feel about the current state of the Martial Arts?

I have stated many things of what Hwa Rang Do is in these pages so I do not need to reiterate it them. However, I want to bring about some clarity and maybe spark some further introspection and dialogue amongst the members of our martial arts community as well as the global community at large.

I feel once again the problems that we face as individuals in this world today lies in compartmentalization and specialization with the advent of greater technologies that further enhances our comfort, self-gratification, and self-pleasuring, which only benefits the few owners, masters of the system and not the individual as the individual can only know in part and can never understand the true purpose of the system. We are taught to do a specific task, which is groomed from an early age by determining what our interests are and where our talents lie. Then we go to school to get a specific degree, and after graduating we seek for a job that pays us for our skills. We pursue then the rest of lives for a paycheck to purchase goods and services that brings some temporary relief, satisfaction, and momentary pleasure from the uncertain chaotic world, which is constantly reinforced through the social media platform by computers and smart phones we are always connected to.



화랑도

# GMT Taejoo



Grand Masters



# Hwarang Do

## Taejoon Lee

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# Hwa Rang Do

All human beings have the propensity for addiction and social media has become the most powerful addictive drug with the giant technology, and Internet companies becoming the most powerful drug dealers. We are all looking for the next high, the next thing to make us feel good, and whether it is real, surreal, or virtual is no longer relevant as long as it pleases us. No one lives in reality anymore as we spend more and more time in the virtual augmented reality that increases our fantasy world of what pleases us, escaping the true realities and struggles of existence which ends up creating a generation of pleasure seekers with the shortest attention span yet forever empty and lost of meaning and purpose.

For this reason, I feel most strongly that we must within the martial arts community uphold, preserve, and disseminate the values, which are



# GM Taejoo

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being stripped away from our society, from our youth. The traditional martial arts are the last bastion of noble values, the higher laws of honor, strength of character, loyalty and self-sacrifice.

The commercialization and dumbing down of ideas for easier consumption has also infiltrated the martial arts. They are trying to sell quicker, easier, sleeker versions to meet the expectations of the Millennials. God forbid when the reality of plugging in your brain to a computer, then instantly "I know kung-fu" becomes a reality. People these days are only interested in the external, material, and superficial and the rest is considered a waste, BS. It is all result oriented and we have forgotten that the journey, the experiences gained through struggle, the satisfaction gained from achievements of hard work, these are the things of value and the results are the reward.

**“The traditional martial arts are the last bastion of noble values, the higher laws of honor, strength of character, loyalty and self-sacrifice.”**

# Hwa Rang Do

## Lee





# Hwa Rang Do

However, we want the rewards without the effort, which devalues our own existence and purpose, rendering humans obsolete and technology favored over human experience.

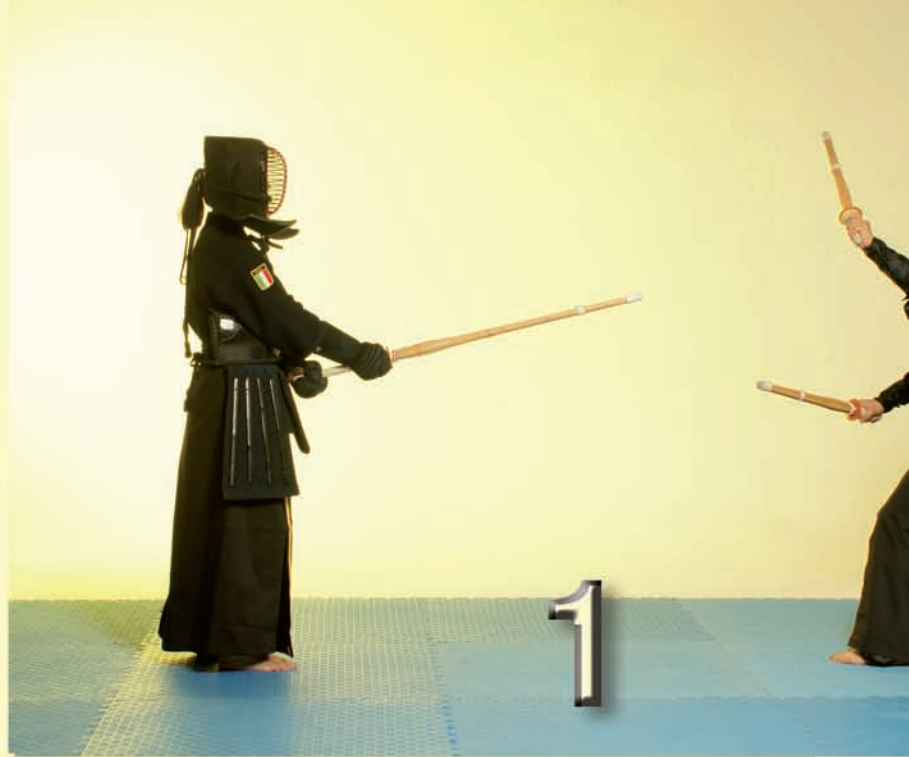
As a result, martial arts are now most popular in two forms: as sport or as self-defense. All this is under one category of "Martial Arts". As much as I disagree with labeling, I feel that we need new categories to better identify the various aspirations and goals of the different martial systems.

- Martial or Combat Sports – Martial systems focused on sport fighting only
- Self Defense – Systems that focus only on effective methods of self defense
- Martial Way or Art – Martial arts schools that focuses on personal development through its practice.

I believe that the Martial Arts as defined above, at all costs must maintain the value of human experience, human relationships, and the ideals of hard work, dedication, perseverance, and loyalty. That human beings are not replaceable; that we cannot be updated for a new improved version, a human 2.0; that we are sacred and perfect by its creation; and that facing the struggles and the challenges of our journeys in life is what gives our lives meaning and without that, we are no better than a robot, a computer, a lifeless, uncompassionate material body without a soul.

May God bless us all.

**"I believe that the Martial Arts as defined above, at all costs must maintain the value of human experience, human relationships, and the ideals of hard work, dedication, perseverance, and loyalty."**



화랑도

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# GM Taejoo



Grand Masters



# va Rang Do

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# Masters @ Styles



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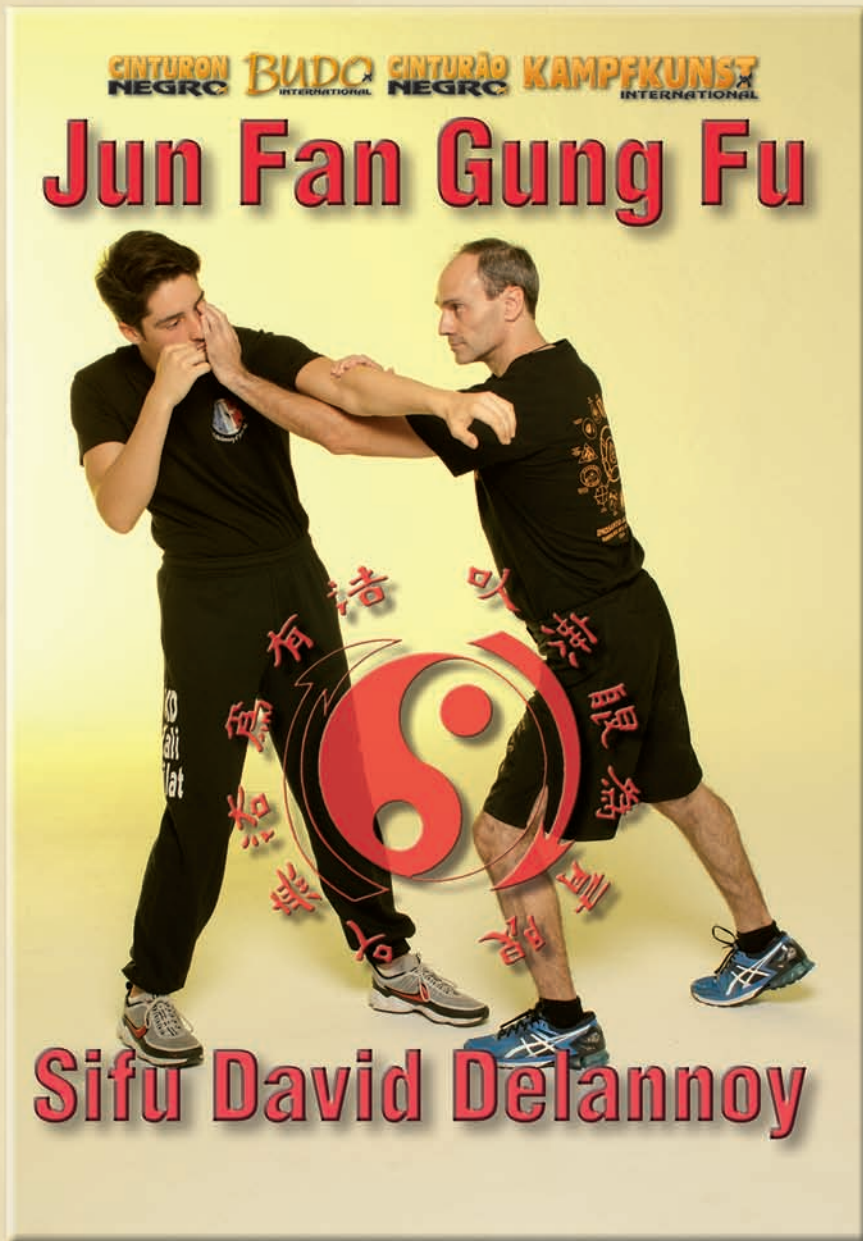
## Masters & Styles

### Budo Classics





# Jun Fan Gung Fu Sifu David Delannoy



Trust Martial Arts, TRUST Tiger Program: La autodefensa para los niños, la educación en valores, formación del carácter, entrenamiento de movimientos, asertividad, seguridad en sí mismo, autocontrol, seguridad y habilidades para la vida, "Confía en nosotros para una vida mejor". La creciente preocupación de los padres por la seguridad de sus hijos ante los peligros a los que están expuestos en la sociedades modernas, no es un asunto que ha pasado desapercibido a los profesores de AAMM. Pocos profesores han elaborado sin embargo proyectos específicos sobre el particular con tanto éxito como el Profesor Andreas Shuster; un proyecto del que aquí nos habla y explica detalladamente. Padres y profesores de Artes disciplinares encontrarán en él guía y inspiración para incrementar la seguridad de esas personitas tan importantes para todos nosotros. Original, practico y brillante



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Kung Fu

*A look into the future*

**When I talk to my students and people outside my school who follow our career, I am asked again and again where we are heading. Attentive readers know that one of my biggest endeavours is to introduce and maintain structure, which should secure the survival and growth of the art. In this article though, I would like to go a bit more into detail and inspire others from the martial arts scene to think ahead and to secure their art.**

***Exams:***

Ever since the famous Shaolin monasteries exams have been used to test the level of students and to ensure the quality of the art. Up to this day, how else could it be, exams are relevant for, in my position, they present an opportunity to recognise a student's potential during his education and to act accordingly. A long time ago, when the KUNG FU SCHOOL MARTIN SEWER consisted of only one school, it was I who defined the educational programme up to the black belt and who put it down on paper. After many years of experience, this educational concept has been improved and has been developed into what we require from the student today. And in future we are going to improve it even more. This year, we are adding further aspects to the education up to the black belt, such as for example simple and predefined application exercises, which should help the student to achieve efficient self-defence more quickly and to make sure that the black belt is a reliable degree.

***Teaching:***

Teaching has also been developed at my school over the years and is more efficient than ever. Everything, from the warm-up to the theoretical part at the end of each lesson, has its meaning and purpose and makes the training the valuable teaching that it is today. In future, in all probability there is going to be very little change in the teaching per se, as it is, as I have already mentioned, already very refined. However, my instructors and I are

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working intently on supporting each instructor even more by means of tools such as lists or technical devices in order to professionalize the management of each branch. Whereas in the past a student's level used to be recorded in dozens of heavy books, today we have access to modern technology and computers, which allow us to run our schools more efficiently and, perhaps, to even provide each student with a platform, on which he or she can log in to exchange thoughts with other students and on which he or she can assess his or her progress.

### ***Shaolin Masters:***

My team has been organising the Shaolin Masters tournament for over 20 years now. At the beginning it was a mere tournament for children, which has developed into a full-fledged event with adult, Lei Tai and now also push-hands categories. Especially the latter should bring us, even more than Lei Tai, closer to reality, and thus reduce any possibilities of injuries to a minimum. With this category, we

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## Kung Fu

have not only fulfilled one of my sifu's wishes, but we are also going to establish an unprecedented category. As a matter of fact, we have long since had electronic support due to our proven tournament software. Again, concerning the tournament, we are intending to implement more efficient processes and referee courses. And who knows, whether we can also make these successes, together with everything else, digitally accessible for the student? In any case, in comparison to other schools and styles, the Shaolin Masters has great potential and is an important priority in our plans.

### ***Mega Event:***

Initially, my students organised this event in an effort to celebrate my birthday. Now the MEGA event, which is highlighted in each student's calendar, has developed into a big gala evening. In a recent development, we are not just talking about one evening. We have extended this particular Saturday into the afternoon by organising instructive seminars. Before the big evening starts, the participants have the opportunity to get to know our art better at several small seminars. In future, it is not only our own instructors who are going to enrich the seminars in the afternoon, but also external masters who are invited as VIPs to the Gala dinner. As of yet, I do not want to predict precisely how the MEGA event is going to develop exactly. There are, however, many ideas and plans and if we implement only half of them, the MEGA event is going to develop into a real Kung Fu Expo.

### ***World Kuoshu Federation:***

Today, international relationships in the traditional martial arts are more important than ever. Especially in a field that is based on physical training, it is important that one meets up in person to exchange ideas on a regular basis. My instructors and I try to take part in international events of high quality in order to demonstrate our Kung Fu to the world and to make new friends. My sifu once said: "There is no use being the greatest and strongest, if nobody wants to have anything to do with you." With this in mind, again and again we try to share our success with the community and to support our Kung Fu brothers by participating in events. And who knows, those numerous institutions and schools, with which our structure is popular, are going to adopt this very structure one day.

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### ***Assistant instructor education and training:***

Strong bases is important for the survival of an art like ours, so is to give the student the possibility of becoming a solid member of the senior instructor team. Ever since we have always trained particularly eager students to become an instructor. With the latest adjustments to the educational programme we have taken one step, which makes it possible for the student to get an excellent education. At the beginning, I was the only one who could make a living from the business of the KUNG FU SCHOOL MARTIN SEWER. Today, there are already the first students who also teach full-time. And this should be possible for every student. With the new educational programme the student first is a candidate for assistant instructor, then assistant instructor, then instructor, and finally senior instructor. Thus, we enable people to fulfil their dream job or vocation and at the same time we bring our art forward and strengthen it.

To summarise, there is one thing to be emphasised in particular: THE KUNG FU SCHOOL MARTIN SEWER is already one of the most successful schools in the martial arts scene or the biggest school in Switzerland as regards the traditional martial arts, respectively. And yet, as we can see from our projects and plans, we consider ourselves to be still at the beginning. It might very well be that my generation won't see it any more. But by means of our students, who are constantly growing in their numbers, and a team of senior instructors who is excellently educated, I am convinced that the KUNG FU SCHOOL MARTIN SEWER has the potential to become one of the biggest martial arts schools in the world.

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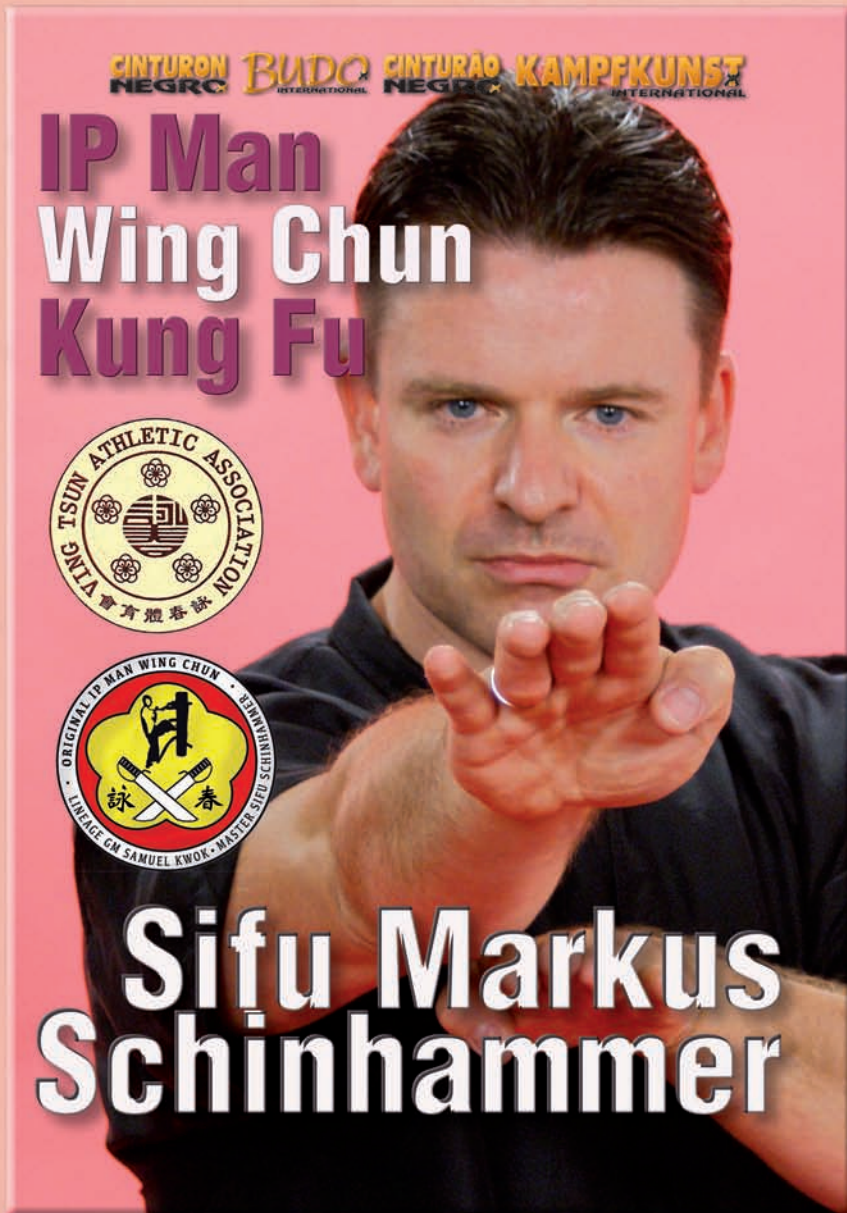
**“Strong bases is important for the survival of an art like ours, so is to give the student the possibility of becoming a solid member of the senior instructor team.”**

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# IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



One of the reasons why Markus Schinhammer has produced this DVD is to pass on the standard of Ip Man Wing Chun Kung Fu as it was passed on to me by GM Samuel Kwok and his teachers GGM Ip Chun and GGM Ip Ching. We hope that with this DVD we will be able to help all those who wish to acquire the unique legacy and the tradition of Ip Man Wing Chun Kung Fu.

Combat applications of techniques from all forms, such as from Siu Nim Tao – structure and basics, Chum Kiu – footwork, turns, combinations - Chum Kiu is the key to combat, Biu Gee – will not leave the Master's house. Two-way energy – footwork – elbows – finger techniques – makeshift techniques – most effective attack techniques, Muk Yan Chong Fut – the "wooden dummy" techniques – strength in techniques – toughening up – footwork – angle work. This works also includes excerpts from the Chi Sao programme and how to use these techniques in real combat, coupled with Fan Da techniques - effective and functional techniques with no frills. We will also discuss subjects such as simultaneity, structure, footwork, strength in techniques, plus many others, in detail. Like a key that is used to unlock a door, this DVD can be used to decrypt and demonstrate the hidden applications and the power of the Ip Man Wing Chun system.



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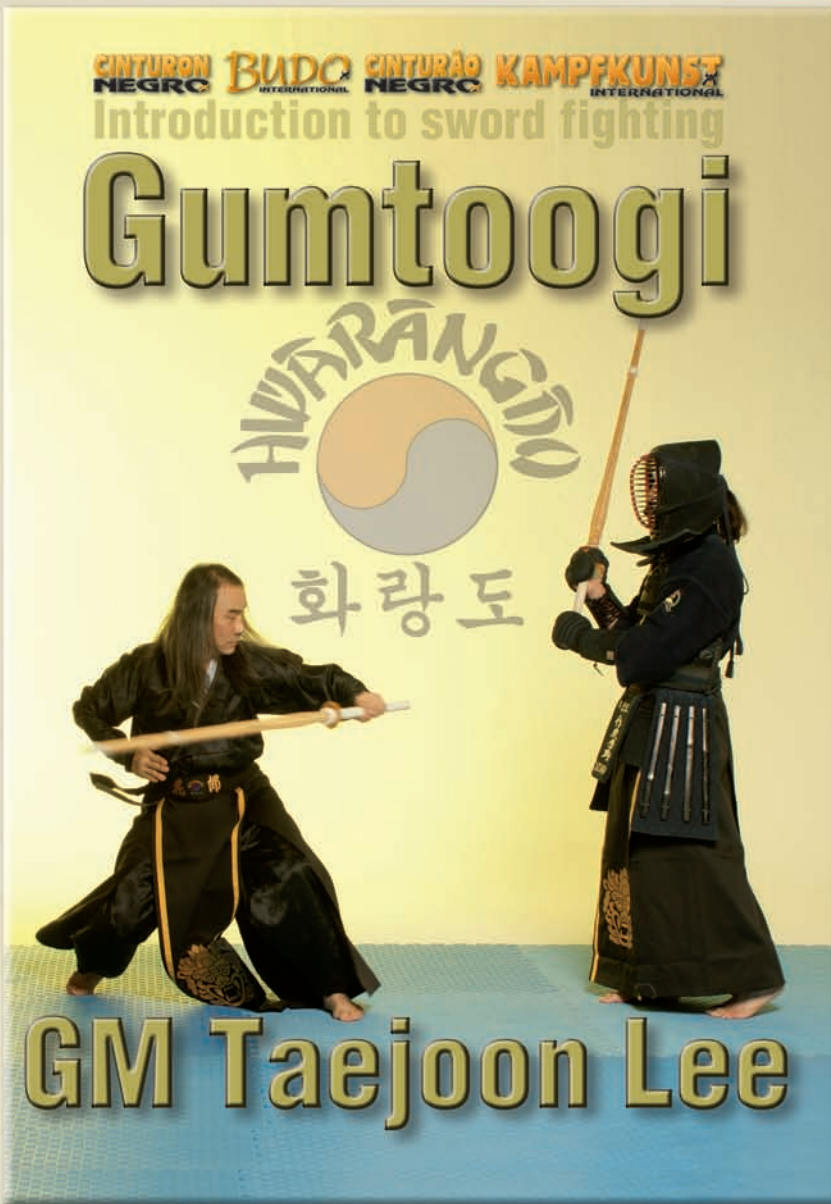
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Introduction to sword fighting

# Gumtoogi GM Taejoon Lee



Grandmaster Taejoon Lee, 8th Dan of Hwa Rang Do, and son of the founder, Dr. Joo Bang Lee, presents a comprehensive introduction to Gumtoogi, the Hwa Rang Do Sword Fighting.

In swordsmanship, in a duel, it is about life or death, not winning or losing. There's only one price for a mistake

“death”; there are no do-overs. This is the true warrior's mind-set. Gumtoogi is the

best way of cultivating this “Warrior Ethos”, “The Hwarang Spirit!”

Another way we like to think of it as: “One Cut, One Life!”

In the search of creating a modern sport venue of

weapon fighting that aligns with the

comprehensiveness of the Hwa Rang Do

curriculum, we seriously looked into

the possibility of adopting an existing

weapon fighting system with its equipment and

armor. Thereby we have decided to use the

Kendo/Kumdo armor by adding a modification

in the form of a leg protector (Hache Hogu), that allows for

leg strikes as well as spinning cuts, and incorporated the rotational

strikes to make it unique to our Art of Hwa Rang Do. In addition, we practice

fighting with all sizes, variations and combinations of swords (made in bamboo) as well as

incorporating a wide range of movements and techniques. In this DVD, Grandmaster

Taejoon Lee explains in detail the bases of stepping, distancing, basic strikes to head, wrist, waist and legs, spinning leg strike, counters and an introduction to Ssang-gum, Twin Swords.



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# Budo Classics Masters & Styles

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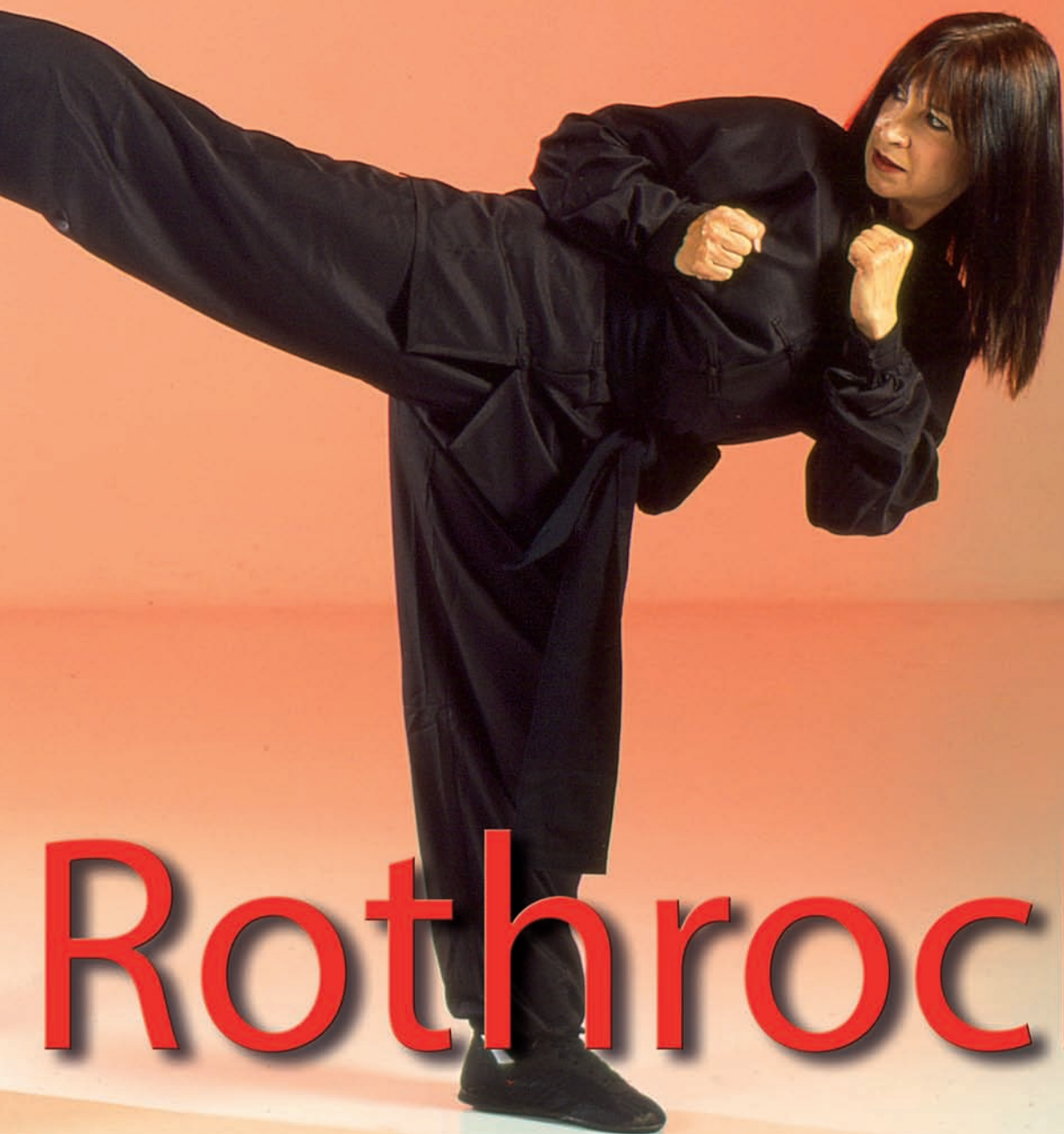


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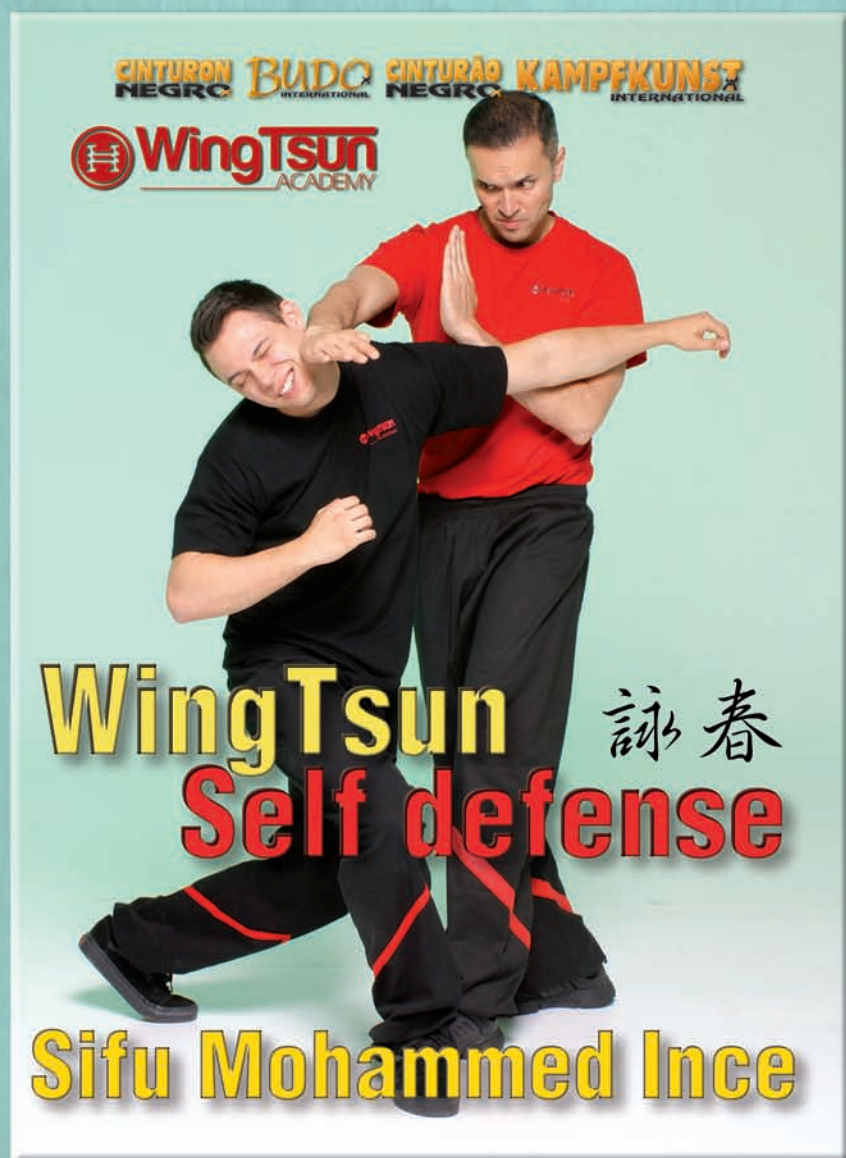
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# WingTsun Sifu Mohammed Ince Self defense



The art of Ilustrisimo is a truly refined sword art system. It is efficient, direct and functional. It is full of subtle movements, strategic positioning and superior timing. It can appear simple, but when attempted, becomes complex. But the true beauty dwell in it's effectiveness and functionality. The Kali Ilustrisimo Laban Laro drills were put together by members of Punong Guro Edgar Sulite and Master Christopher Ricketts Los Angeles and Las Vegas groups also known as Kapisanang Mandirigma. Laban Laro means to "play" or "simulate" fighting. This DVD goes over a number of techniques from the Art of Grandmaster Ilustrisimo and put into combative drills by Kapisanang Mandirigma. They were put together as an additional tool to help their own students refine, analyze and tighten their movements. Bust most of all, make them think and take them out of their comfort zone. The previous DVDs from Guro Dino Flores dealt with more range transition, intensity, impact, directness, instinct and its relationship to real time sparring. This DVD goes more into medium range - positioning, flow, analysis and timing. All are important to getting a deeper understanding of the art.

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# *Jean Jacques Mac*

**My name is Jean Jacques Machado. I recently turned 50 years old. I was privileged to be born into a martial arts dynasty. From the moment I was able to walk my training in the art that would become my life's work began. I did not realize it at the time, but it was very clear my journey was going to be different than the average student of the Martial Arts.**







**Jiu-Jitsu surrounded my life growing up. Training with my brothers and cousins, learning from individuals who went on to become Jiu-Jitsu legends and the almost daily ritual of listening to the stories and wisdom that my uncles, the great Carlos Gracie Sr. and Helio Gracie would instill in me, I never found myself lacking motivation or inspiration to face the challenges life would put in front of me.**

**I went on to create my own legacy in the art. I eventually became an instructor, achieving numerous achievements in the arena of competition, and in time became the head of my own organization. Jiu-Jitsu has given me so much, but one of the greatest lessons I ever learned was that I need to always give back to Jiu-Jitsu as well.**



Dream Team: John, Rigan, Carlos, Jean Jacques and Roger Machado



*Machado*

**Don't over complicate simple things.**





## Grand Masters

Through the work of myself and my family, literally millions of people around the world now have the opportunity to learn, compete and make a living teaching this amazing art. I have contributed and donated much of my time to give back, often without financial reward or public acknowledgement of any kind. However, on my 50th birthday I was awarded a certificate of recognition from the Mayor of Los Angeles recognizing my efforts in contributing to the economic growth of the city in which I call home. Much like my Coral Belt, which has been the subject of debate, these are accolades I do not aspire for, they are merely a consequence of my work.

# Jean Jacques Mac







## Certificate of Recognition

*Machado*

is hereby presented to

*Jean Jacques Machado*

Jean Jacques Machado, a martial artist since childhood, was born in Rio De Janeiro, Brazil, February 12th, 1968. Since 1992 with many championships, through hard work and determination has dedicated his life to teaching and spreading the knowledge of Brazilian Jiu Jitsu. His contribution has helped spur and sustain economic development and growth, and improve the quality of life in every neighborhood.

It is a pleasure to unite with people and organizations that are dedicated to strengthening our great City and making it a better place to live. With gratitude of your service to the community and particularly to the City of Los Angeles.

February 12, 2018



ERIC GARCETTI  
Mayor







## Grand Masters

**It is important to point out that at the time I was awarded my Coral Belt, the timeline to achieve that rank was 25 years at the Black Belt level. I would like to not believe it was because of my promotion, but I did find it ironic that an evaluation was made shortly after and the timeline changed to 30 years. In addition, my years spent as a Black Belt were far, far different than the average Black Belt. Nevertheless, to this day I still consider it one of the highest honors of my life when the man I refer to as Master, the great legend Rickson Gracie, tied it around my waist.**

# *Jean Jacques Machado*



**It is easy to speak negative or critical of others when you are not in the spotlight. Those who have achieved nothing, or contributed nothing are incapable of understanding the work and sacrifice of those who laid the foundation through their blood, sweat and tears. It is because of our work that you get to enjoy training or making a living in the art that we helped give to you. To my peers, students, friends and fans throughout the world I will always be Jean Jacques Machado to you.**







*Shado*





# Best of Commando Krav Maga Moni Aizik



Commando Krav Maga has proven popular with many other martial arts instructors around the world, from various schools, who wish to enhance their own abilities and provide a reality based fighting system to their existing students that is both accessible and dependable. "Simplicity is genius" is Moni's catchphrase but this trademark humility belies the work and thought which has to be done to distill anything to its core essence. Now suitably refined, this is a system which is suitable for, and accessible to, both teachers and their students. Military and civilian sectors. The experienced and the novice. This is because, quite simply, it works. It is based on fundamental principles and practices which, if adhered to, and with a little luck, will keep you safer on the street. So maybe it's time to take what ever you know onto another level. In this new DVD, Moni Aizik teaches us in all detail how to solve various situations that can usually occur in the street: knife attacks, punches, threats from the back with a knife or a gun and holding our hand, various examples on the ground as knife attacks or situations in which the aggressor applies us an Armbar or a Triangle, and how to solve weapon threatening situations against third parties.

REF.: • DVD/AIZIK5



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Representative in Spain, Tim Fredianelli: [fredianellibruno@gmail.com](mailto:fredianellibruno@gmail.com)

Guro Dino was one of Punong Guro Edgar Sulite's favorite fighters from the Infamous Lameco Backyard Group. He was personally trained by Punong Guro to be a fighter above all else. Even accepting challenges on Punong Guro Sulite's behalf. He is also a Certified Instructor under Grandmaster Christopher Ricketts and Grandmaster Antonio Diego. **TRUSTED BY THREE DIFFERENT LINEAGES OF KALIS ILUSTRISIMO TO PRESERVE THE ART OF GGM ANTONIO ILUSTRISIMO!**

He has had the privilege to train with all Five Pillars of Antonio Ilustrisimo and was one of the few members of the notorious LAMECO S.O.G. He is now the director and an Instructor of the Kapisanang Mandirigma Institute. It is possible that other Lameco and Kali Ilustrisimo Instructors teach during this seminar! Don't miss this great opportunity.

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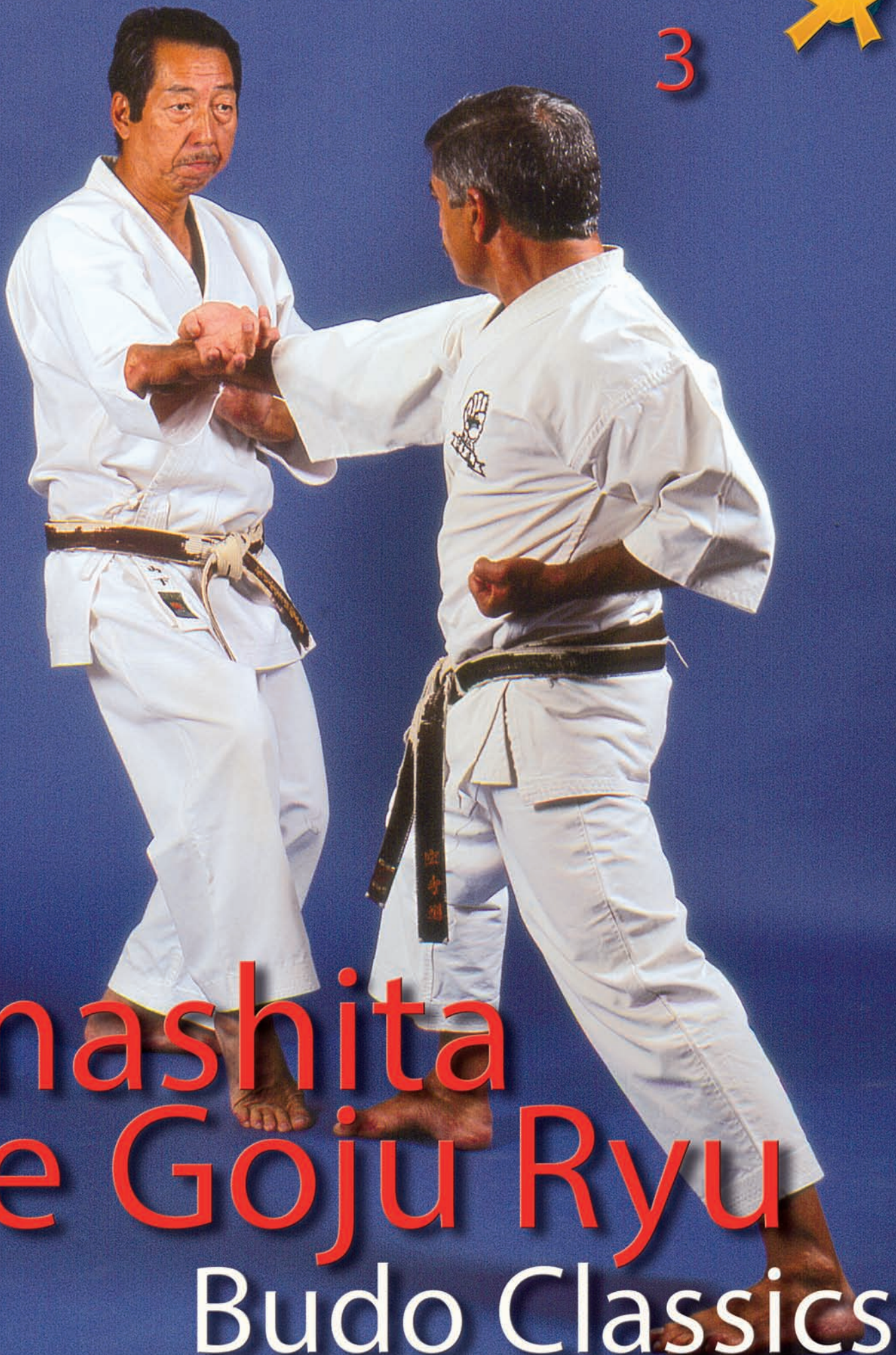
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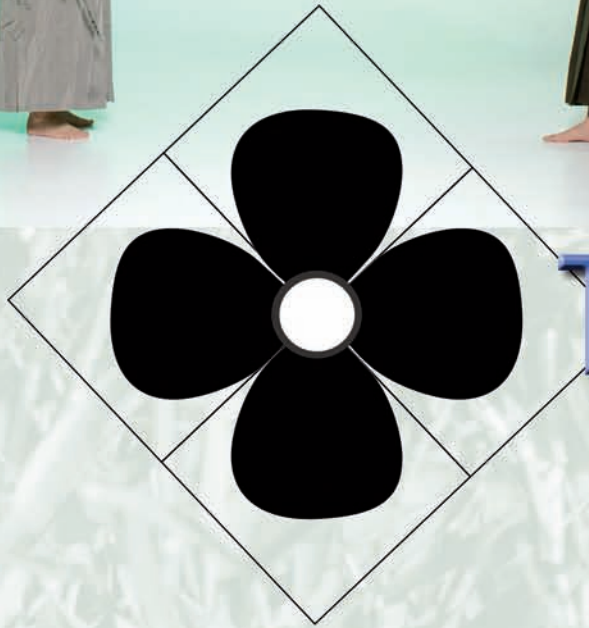
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# Ashihara Karate

## Harry Gorter







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*Hierarchy and qualification*

Two things are often confused by people or misrepresented for other reasons:

Equality and hierarchy.

Of course, we should all be equal to our fundamental rights, regardless of gender, race, religion, age, etc.

But that we can deduce that we are all the same in our professional qualifications, I do not think so.



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**I expect the aircraft technician to know more about aircraft than me. So in this situation I am in a professional hierarchy: lay - expert.**

**I'm not talking about bureaucratic structures that are inflated for their own sake and for the satisfaction of selfishness, but where sometimes there is no corresponding ability behind it.**

**And by the way: Should there be only one "teacher" in a situation and only students, who do not differ in any way, then this is the steepest hierarchy imaginable.**

**Under a qualification hierarchy I understand a network of mutually building up program modules.**



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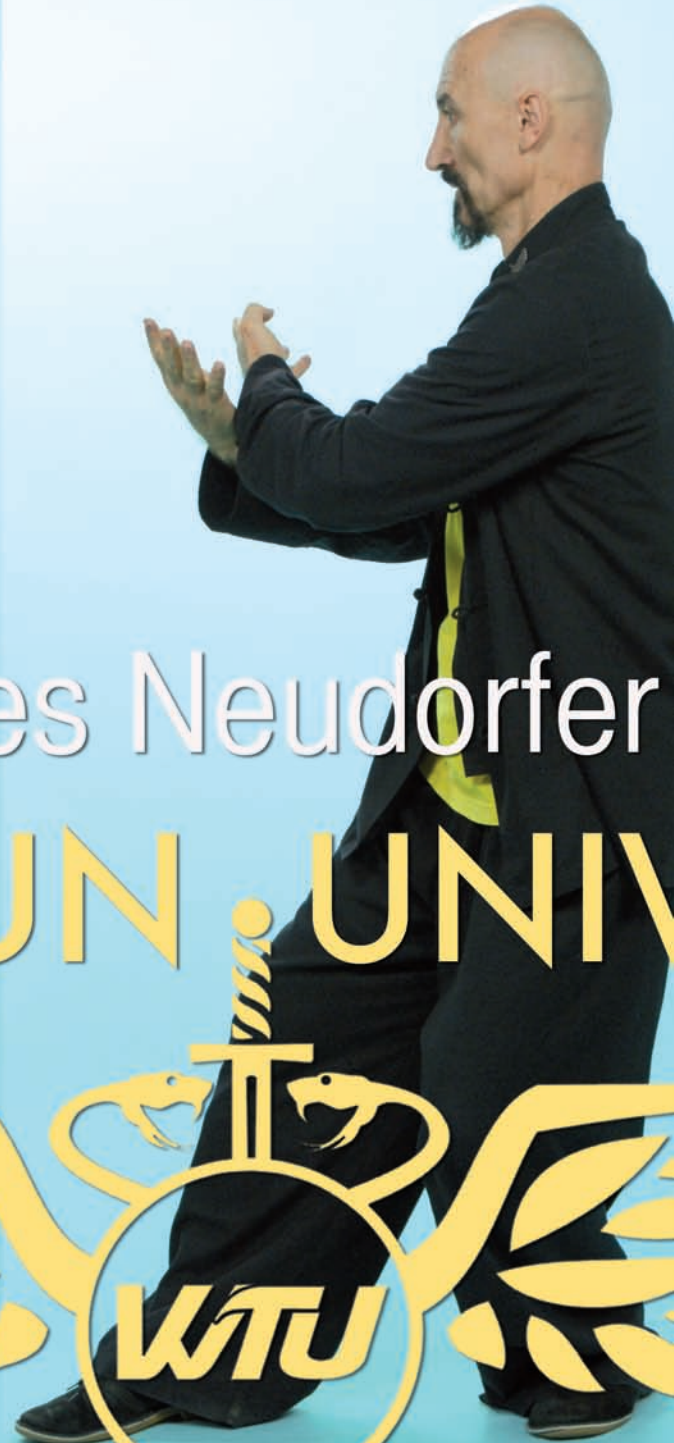


**Nowadays, this is often confused with a limitation of personal freedom, as freedom is confused with arbitrariness.**

**Freedom can always relate only to oneself. Where it touches the field of another person is their limit. Your own freedom can never limit the**

**freedom of another person. Outside freedom therefore quickly has its limit. Therefore, real freedom is always an inner state.**

**The same problem we have with a teacher / student. The student will not be able to determine how to learn something he can not do. Here he**



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usually confuses himself with a consumer and he does not learn anything, he consume, he becomes busy.

Then the next objection will come: „Yes, but there I am determined by others.“ If I consider the willingness of someone to teach me something to

be frictional, yes, then I am a other-directed.

The next objection, I do not know if it really can and knows how to do it informed. Yes, as Goethe said: „Whoever wants to see the sun must have some sun inside.“ Anyone who comes up with charlatans and



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**deceivers always has something to do with him, because these charlatans pretend something that satisfies the expectation, otherwise it would not work.**

**In a healthy hierarchy, graduation is based on qualification and that is not technical. In the qualification, the attitude is always reflected again. The attitude is not just about factual, intellectual competence, but also about emotional competence. Especially when we talk about a holistic education like the martial art WTU Wing Tsun.**



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In a skills network, everyone knows who they are or what they are dealing with.

It does not do me any modesty if a master mingles with beginners and veils his qualifications, thereby frustrating and destroying the novice spirit.

Also, a learning process should be based on a recipe. It's like cooking. The necessary ingredients are one thing. The order and dose the other. The spices and the remote tuning make the cook and the special something and the power of the man that makes the star chef. That's exactly how it is with the teachers.

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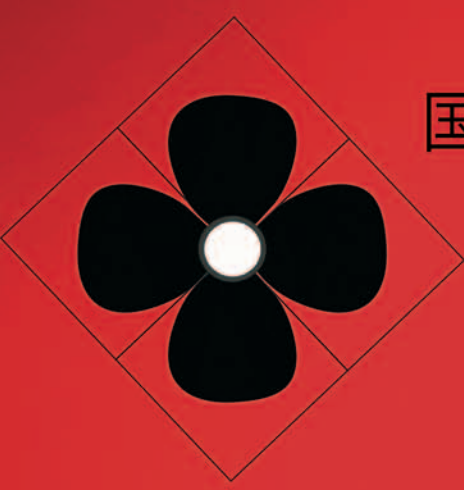


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La nobiltà delle vecchie forme  
Der Adel der alten Formen

La noblesse des anciennes formes  
The nobility of the old forms

La nobleza de las formas

古い芸術の優

指導士 ジョルダン アウグスト



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La nobiltà di forme antiche  
Der Adel der alten Formen  
La nobleza de los modos antiguos

The nobility of the old forms

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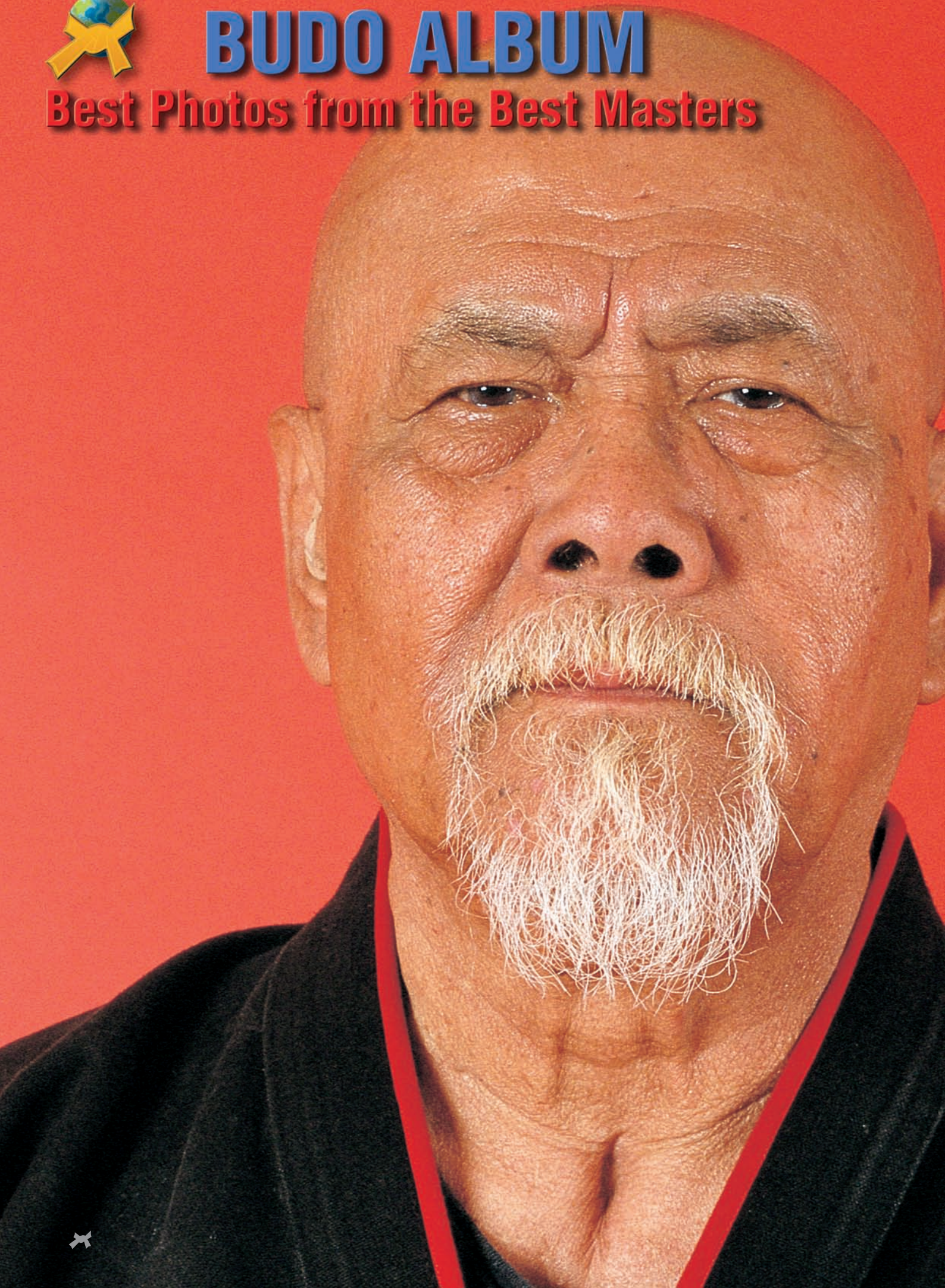






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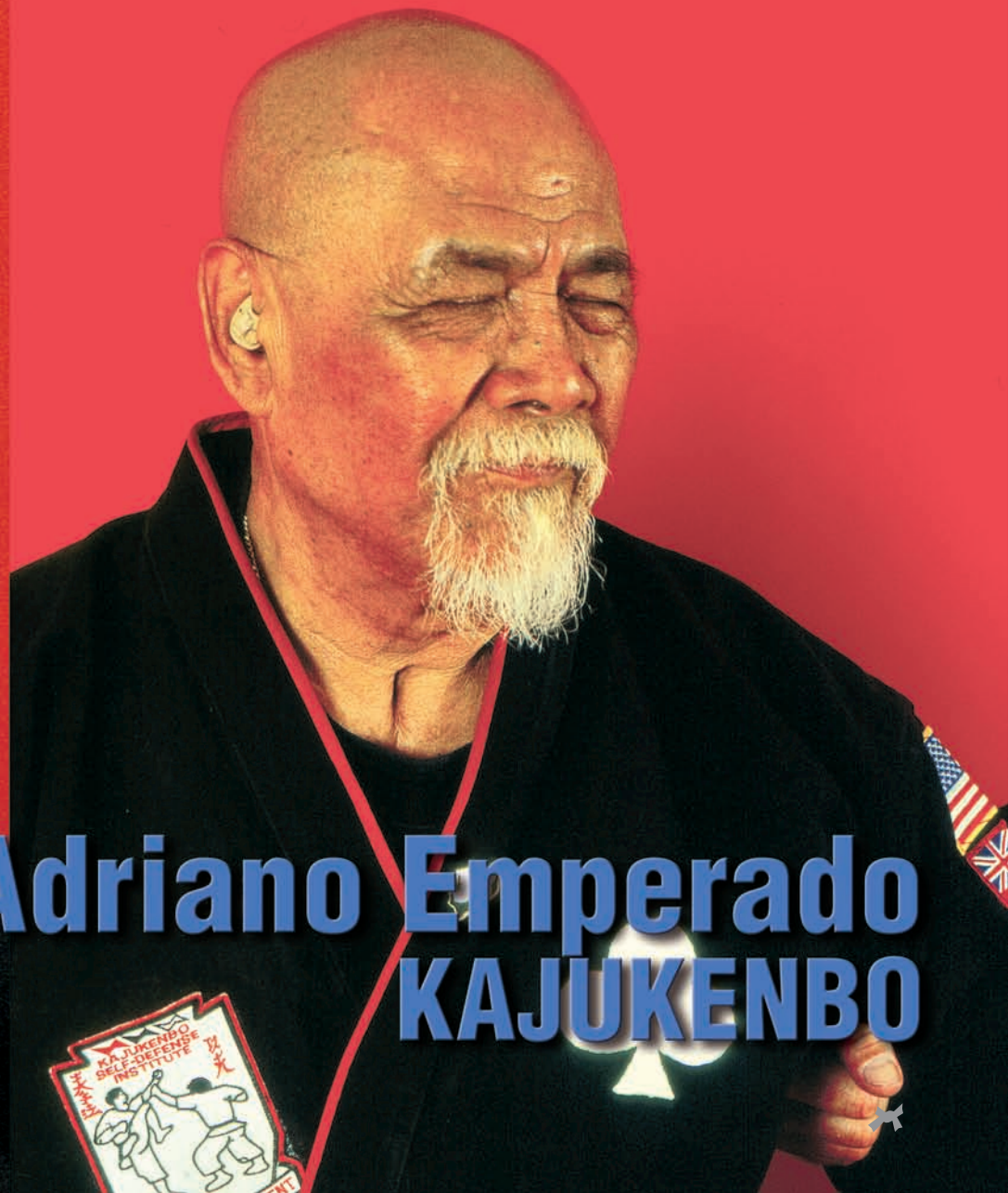
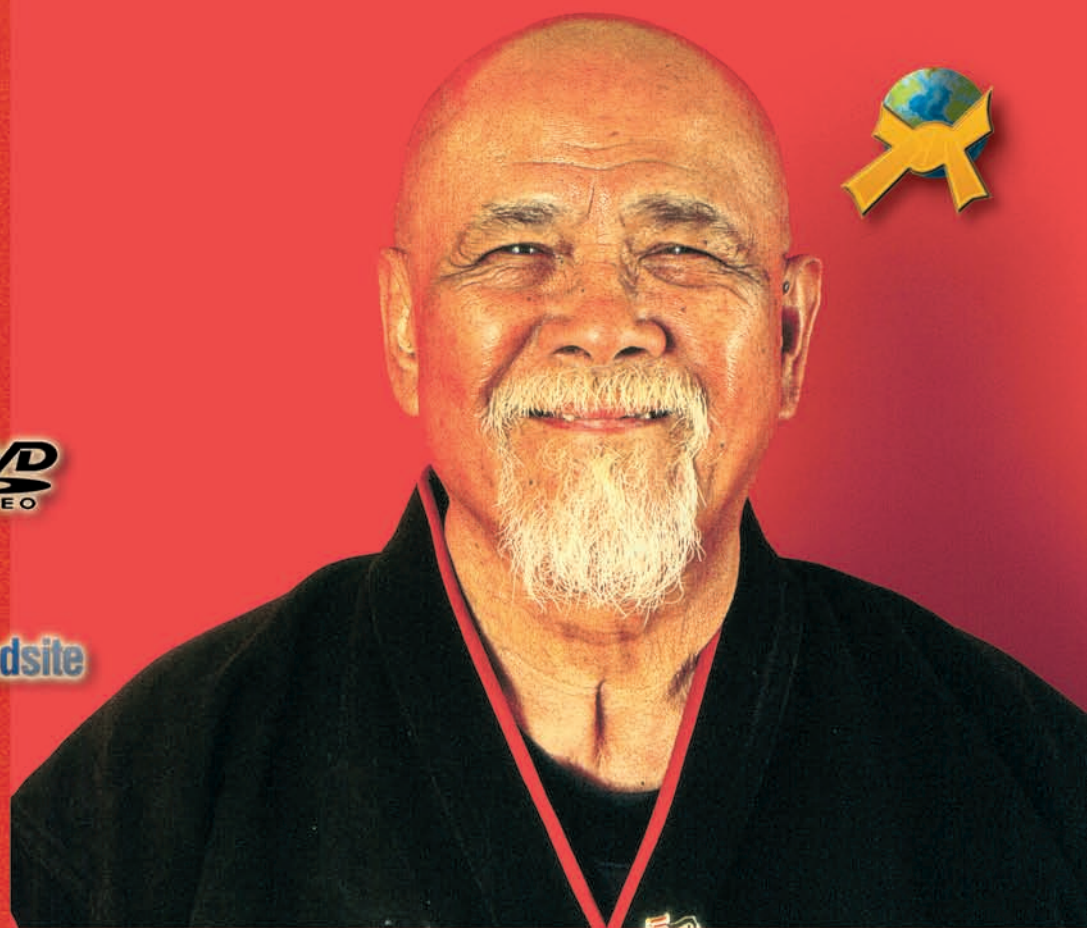
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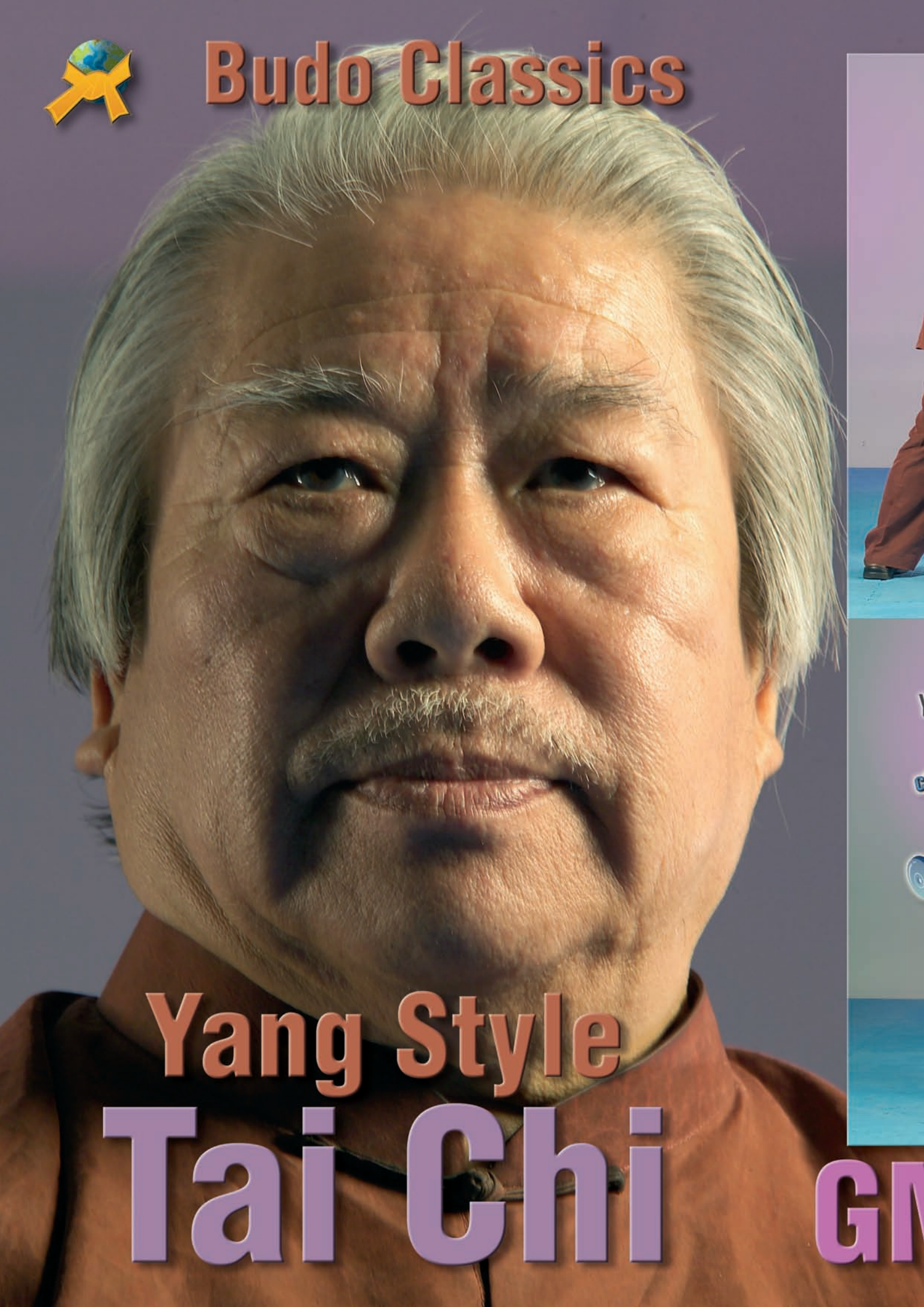
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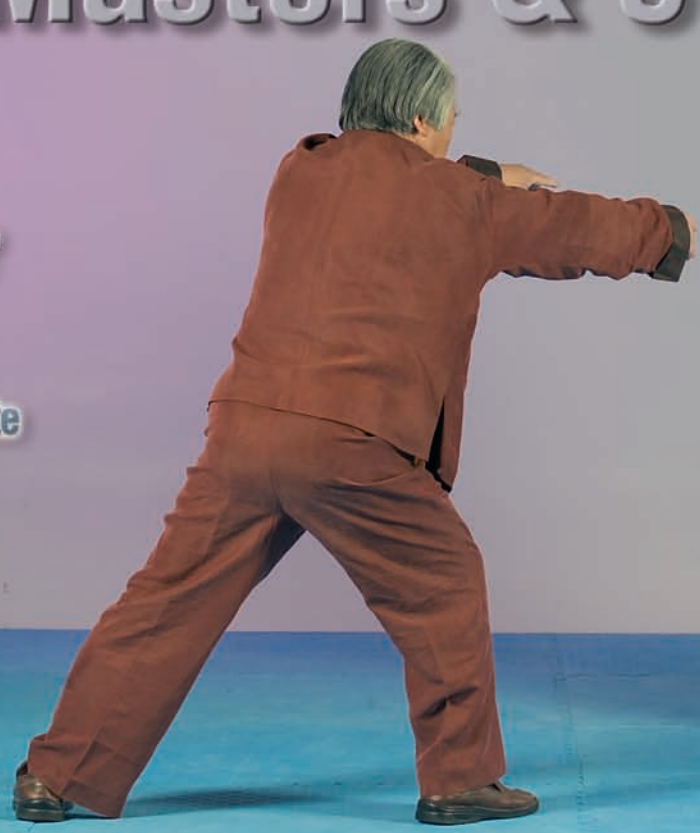


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Text: Uri Kaffe  
Photos: © [www.budointernational.com](http://www.budointernational.com)

# Avi Nar





Kapap



# DEADLY MISTAKES IN GUN DISARMING!!

**“The Israeli CQB Art of Kapap has been written in special ink, called blood. The knowledge came from experience, many times by making tragic mistakes, then studying the results to understand what needs to be done the next time.”**

## ***Israeli Martial Arts and Deadly Mistakes in Gun Disarming!!***

Gun disarming is one of the most important skills you want to obtain when training in a Martial Art that claims to be about self-defense. Now that reality-based Martial Arts have become extremely popular, many so called reality-based instructors have started to show knife/gun disarming techniques without realizing that they contain deadly mistakes that can get their students killed!!

I asked my friend and teacher Avi Nardia to talk about the subject of gun disarming. Avi Nardia is a former intelligence team member and CQB instructor of the Yamam, Israel's premier counter-terrorist (takeover) unit, equivalent to the U.S. Delta Force and F.B.I Hostage Rescue Team (Matkal and Yamam are the only Israeli special force units; all others are assistance units). Avi Nardia's Israeli CQB system, also known as Kapap, has been recognized by Jim Wagner, founder of Reality Based Martial Arts, as the first Israeli Reality Based system. Avi is one of the top instructors of CQB Defensive Tactics in the Israeli Army and Police, and I think the only Israeli Martial Arts instructor in the world who was an official instructor of the Israeli Army, Police and Special Forces.



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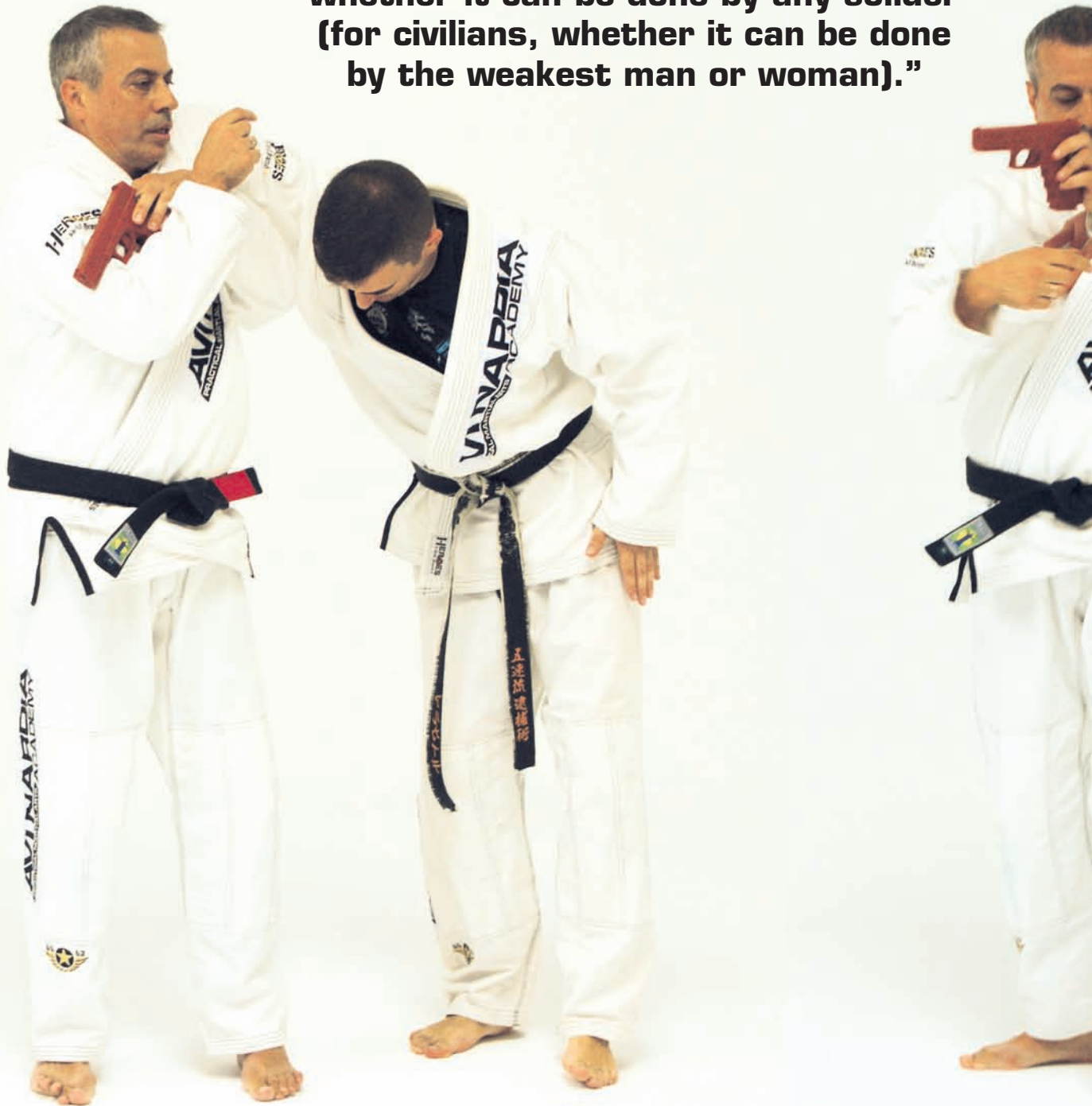






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**“Evaluation and evolution must be done for every technique to see if it fits our aims. Kapap is based on evaluating a technique to determine whether it can be done by any soldier (for civilians, whether it can be done by the weakest man or woman).”**



# Avi Nar







In his 24 years of experience, he earned the rank of major in the Israeli Defense Forces (IDF), and trained armed forces all over the world, including SWAT, SRT, SERT teams, special forces, corrections officers, Army and Marine units and counter-terrorist units. To this day, he is a CQB trainer in the IDF Reserves, as well as a Reserve Police sniper.

**As we met, he smiled, took off his shoes and began to tell me about Israeli CQB and Martial Arts. He started with his basic principles:**

**Any weapon – one mind.**

**Always a student, sometimes a teacher.**

**Better to remain a student of reality than a master of illusion.**

**Knives never run out of ammo or jam, that's why edged weapons are the most dangerous.**

The Israeli CQB Art of Kapap has been written in special ink, called blood. The knowledge came from experience, many times by making tragic mistakes, then studying the results to understand what needs to be done the next time. Unfortunately, Israel is the most experienced nation in the world when it comes to terrorism, and that is why it has developed one of the most valued CQB training systems in the world.

CQB is about evaluation and evolution. A few hundred years ago, archery was a combat tool, while today it has evolved into a traditional Martial Art (i.e. Kyudo, Zen and the Way of Archery). An arrow is an edged weapon, which is projected to a target using a bow, allowing the fighter to attack his enemy from a distance. A bullet, while not exactly an edged weapon, is projected to the target by means of gunpowder, allowing the fighter to attack his enemy from a distance. Guns are the archery of modern times and we see them as an integral part of modern Israeli Martial Arts. And let's not forget that when you disarm a gun you must know how to retain it and use it later.

Israeli CQB training owes its development to many names. Though most are missing from any list you will find (and they have never declared themselves "Masters"), all have donated to the art,



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and no individual can claim sole ownership. To understand more, research names such as Hanna Senesh, Solomon Aruch (as shown in the film *Triumph of the Spirit*), Meir Har Tzion, 11 Olympic Athletes massacred in Munich, Daniel Pearl and Ron Arad. If you don't understand the roots and culture you won't get it.

In Kapap, we don't bow and we don't give belts, since this is the way of Japanese Martial Arts and culture, not Israeli. Actually, according to Jewish (and also Muslim) culture, we are not allowed to bow unless it is to God, whereas in Japanese culture bowing is a part of saying hello.

Official instructors in the army and police are never awarded belts. Either you are the student or the instructor. If you are the student you don't need a belt - you need to be empty to get it all, and if you think you are a black belt you missed the point of CQB. An army or police teacher will often find himself teaching one day and fighting alongside his students the next.

The most valued part of Israeli CQB is the fighting spirit, just as in traditional Martial Arts. Traditional and modern CQB such as Kapap are the same and work side by side.

Kapap was the first CQB training introduced in Israeli history and was based on stick fighting, knives, guns, hand-to-hand, and even stone throwing in the old days. The idea of any CQB is to fight with what you have at hand...

One day I was asked what the best gun is? And I answered that it is the gun that you have in your hand when you need it. That is also the main idea behind Israeli CQB. Today, there are people who claim to own it or be the sole representative, when they actually know very little and have never even experienced Israeli Martial Arts, and they are giving Israeli arts a bad image among serious Martial Artists.

Evaluation and evolution must be done for every technique to see if it fits our aims. Kapap is based on evaluating a technique to determine whether it can be done by any soldier (for civilians, whether it can be done by the weakest man or woman). It needs to be easy to teach (there could be a better technique but if you don't have years to train it, start with an easier one). You look for simple, fast techniques to study and remember. The importance of this point was emphasized to me recently when I had the pleasure of meeting one of the first Kapap instructors in Israel, Abe Drori, who lives in Los Angeles. At the age of 70, he suddenly found himself facing a 45 magnum in a downtown LA alley. He used an old Kapap technique and disarmed the assailant.

Another important consideration is liability. When teaching military CQB, you can stay in the killing zone, but for a civilian, after disarming a knife, you don't want to kill the guy and go to jail. When teaching police CQB, there are other considerations.



# Avi Nar

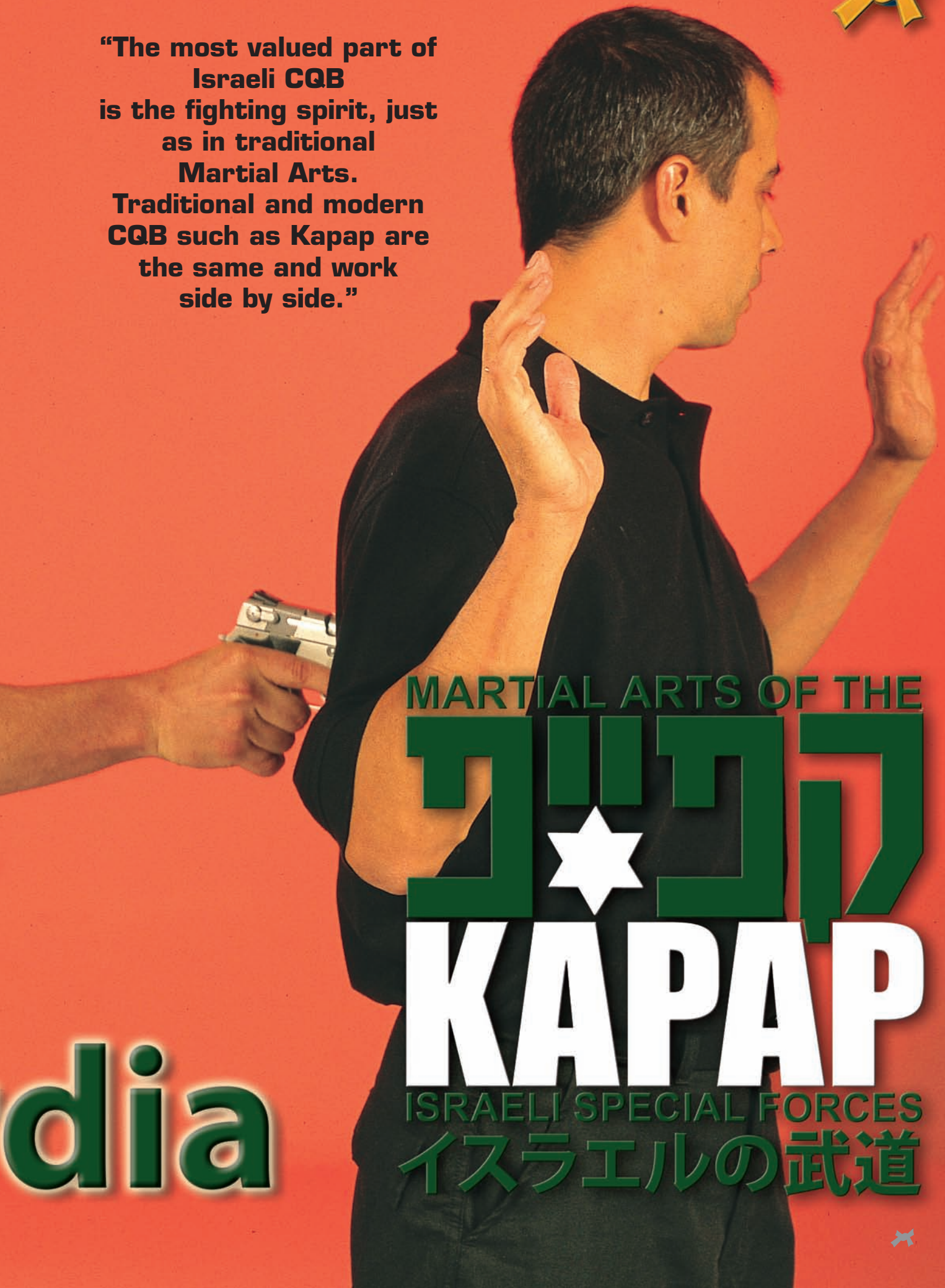




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**“The most valued part of Israeli CQB is the fighting spirit, just as in traditional Martial Arts. Traditional and modern CQB such as Kapap are the same and work side by side.”**



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Any police defensive tactics program must be approved legally, medically and politically. You don't want to turn on your television and see a policeman kicking someone.

Two years ago I introduced the Kapap system to the American public, since I didn't like the commercial way in which Israeli Martial Arts were being presented to civilians. More importantly, since the people claiming to teach it were never instructors in the Israeli army, police or secret service, the "Israeli" Martial Arts being taught were full of mistakes and many times they were being taught as fitness programs. Israeli Martial Arts are not some kind of popular aerobic kickboxing, they are self-defense Martial Arts!!

When someone is going to kick you, your life is not at risk, only your ego...but when someone pulls a knife or gun on you, you need to know how, when and if to act.

### ***Gun Disarming. 7 points***

Let's get back to gun disarming. You have seven basic points for gun disarming.

#### ***1. First and foremost is Luck...***

Sometimes you can do everything right and you die... that's because life is

different than what we think we know. In reality, anything can happen and even if you don't make a mistake something can surprise you. For example, in the September 11th report there was a former Israeli Special Forces man named Daniel Levin (rest in peace) who was flying on a business trip on one of the flights. When the terrorists acted he jumped on one of them and start to fight with him, as most Israelis would do, since their mindset is to fight a terrorist and not to sit back and wait. Another terrorist that was sitting there as a sleeper stabbed him in his back and he became the first victim of September 11th and got his act mentioned in the September 11th official report. So even when you operate correctly, life can surprise you.

I have a friend who is a Lotar instructor at the Army who jumped on a suicide bomber and arrested him alive. When he told me how he did it I was amazed that he didn't die in the attempt. So many times we talk about luck...and that's the first point!!

#### ***2. The second point is the Field of Fire***

That is, understanding the direction and distance or point of fire of the weapon, as well as the distance or range in which the ammunition can cause harm, including ricochettes. You can't disarm a shotgun as you would a handgun -the ammo is different. Many times I see "experts" moving the shoot gun aside but they are still within



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the field of fire, and that's the last place you want to be.

### **3. Understanding Gun Technology**

Understanding the weapon and how it is utilized. Remember edged weapons never run out of ammo but guns do. Firearms can jam or malfunction. With proper instruction you can learn techniques to effectively cause a weapon's malfunction while disarming an attacker. It is for this reason an understanding of a firearm's mechanism is of paramount importance. You should be able to understand and identify the differences between a revolver and a semi-automatic weapon; the difference between a handgun and a shotgun or rifle. Also don't forget that after you disarm the gun it is in your hand now. Since you don't want to start grappling with your enemy, who may be stronger than you, you need to know how to use it. You need to be very good with guns since the weapon you now have in your hand may not be the one you would choose to buy in a store... it's the gun your enemy had. For this reason, all of my students, from a certain level, must have experience shooting with a variety of weapons. We hold special training

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**“You must evaluate the attacker.  
Is he a punk kid that is very excited and seemingly inexperienced or is he a professional criminal that is under control?”**



# Avi Nar







sessions at a shooting range with different shooting scenarios. I teach them to clean any jam under stress and to make the gun function. I also teach liability issues when shooting - for example you don't want to shoot an enemy if he is escaping (as civilian).

#### 4. *Situation Evaluation*

Evaluate in an attempt to control the psychological aspect of your situation. Focus and stay in control of your emotions. For most students, training is required to stay calm and focused internally in spite of your outward appearance. Your body language can easily escalate an already emotionally charged situation. The attacker's body language can provide clues as to his intentions. You must train to begin an understanding of techniques in attempting to control the situation verbally and physically. You must evaluate the attacker. Is he a punk kid that is very excited and seemingly inexperienced or is he a professional criminal that is under control? Understand that if you see the weapon, it is probable the attacker does not have the intention to just shoot, the attacker wants something. This behavior on the part of the attacker can allow you valuable moments, giving you the time to make choices. To defend or not to defend. Also if he asks only for money never fight back - give him your money and stay alive!! You fight only if your life or your family's is at risk. The graveyards are full of heroes.

#### 5. *Timing*

Understand and train in the use of timing. You must learn to utilize timing to your advantage. If your evaluated decision or only option is to attempt to disarm an attacker, you must move quickly, decisively and unsuspectingly to



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control and take the weapon away, like a magician that is trying to make a watch disappear off of someone's wrist.

## **6. Situational Awareness**

Possess awareness of your surrounding environment. You must be aware of your surroundings at all times. An attacker seeks the unaware and unsuspecting. In every surrounding, make mental notes of potential escape routes, items that can be used as weapons and other people that will be placed in harms way should a threat or conflict arise. In the case of an attacker with a firearm, you must pay attention to where the bullet will be discharged if fired. Either as a law enforcement officer with your partner or a civilian with a bystander or family member, you must know where others are located when moving the weapon.

## **7. Post Conflict Details and Pre-conflict**

Be ready for the post conflict. It has been found that people who have been attacked often do not remember the face of the attacker even though they were looking right at it. Remain calm and remember to visualize and take mental notes of details. Try to take a mental photograph of the attacker's face, clothes, weapon, and any distinguishing marks on the person's body or vehicle.

**“In every surrounding, make mental notes of potential escape routes.”**



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**“We need to point out that the key elements essential to these points are awareness, timing, speed and understanding distance. You must pay very close attention to controlling the weapon before any additional strikes or action.”**



# Avi Nar





Kapap



In conclusion, we need to point out that the key elements essential to these points are awareness, timing, speed and understanding distance. You must pay very close attention to controlling the weapon before any additional strikes or action. Once the weapon is truly in your control then you can strike multiple targets as your style and situation delegates. You must practice the techniques with each hand as well as under different types of stress levels i.e. cardio intensive workouts. Also change lighting and environments to follow real world scenarios. Proper and continued training in these basic points of firearm defense may very well make the difference between life and death when faced with real-world threats.

And remember, as all Martial Arts teach, the art of war is the pre-conflict stage. If you can, stay away from conflicts by avoiding the scene of conflict (e.g. girls, don't go up to Mike Tyson's hotel room after midnight...). The best defense is to avoid the conflict!!!!



MARTIAL ARTS OF THE

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KAPAP

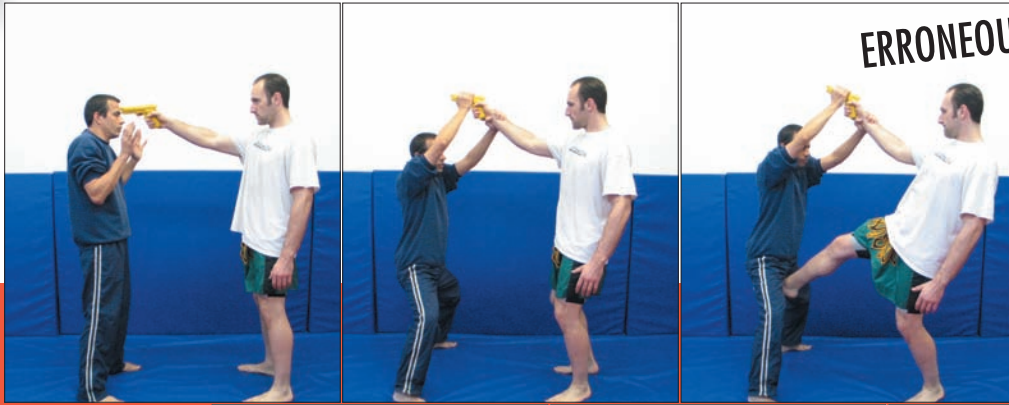
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**ERRONEOUS TECHNIQUE**

*In the photographic sequence on the right, we can see how by keeping the legs parallel to your adversary he will have the option of kicking, pulling, or pushing in order to keep his weapon.*

*Below, in the correct sequence, by taking a step backward with one leg, we gain better control and strength, always assuring ourselves that the adversary stays in the line of fire.*



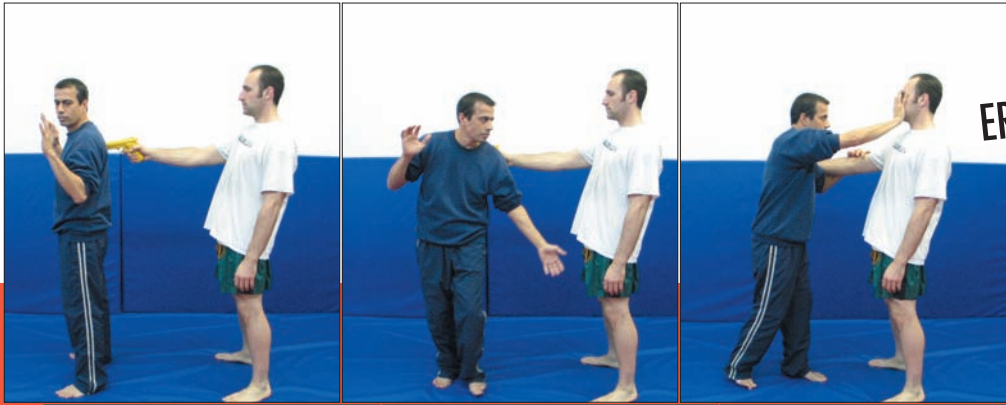
**CORRECT TECHNIQUE**







## ERRONEOUS TECHNIQUE



*In the erroneous sequence, if we throw a punch at our adversary, we could break our hand. Besides, any strike that we direct at his face will make him fall backwards and, having not controlled his wrist, we will lose control of the weapon and of him.*

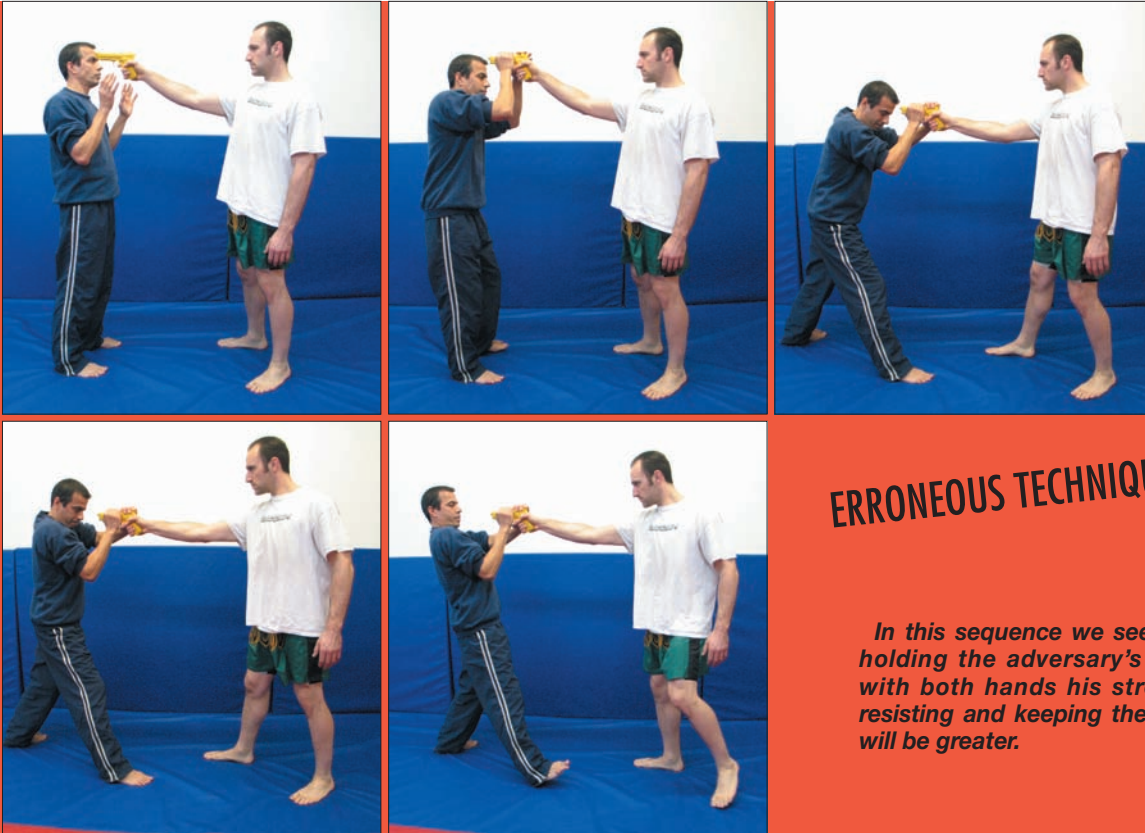
## CORRECT TECHNIQUE



*Now, if we strike our adversary in the groin, we will force him to move forward, increasing our control of the weapon and of the line of fire, as we can see in these shots.*

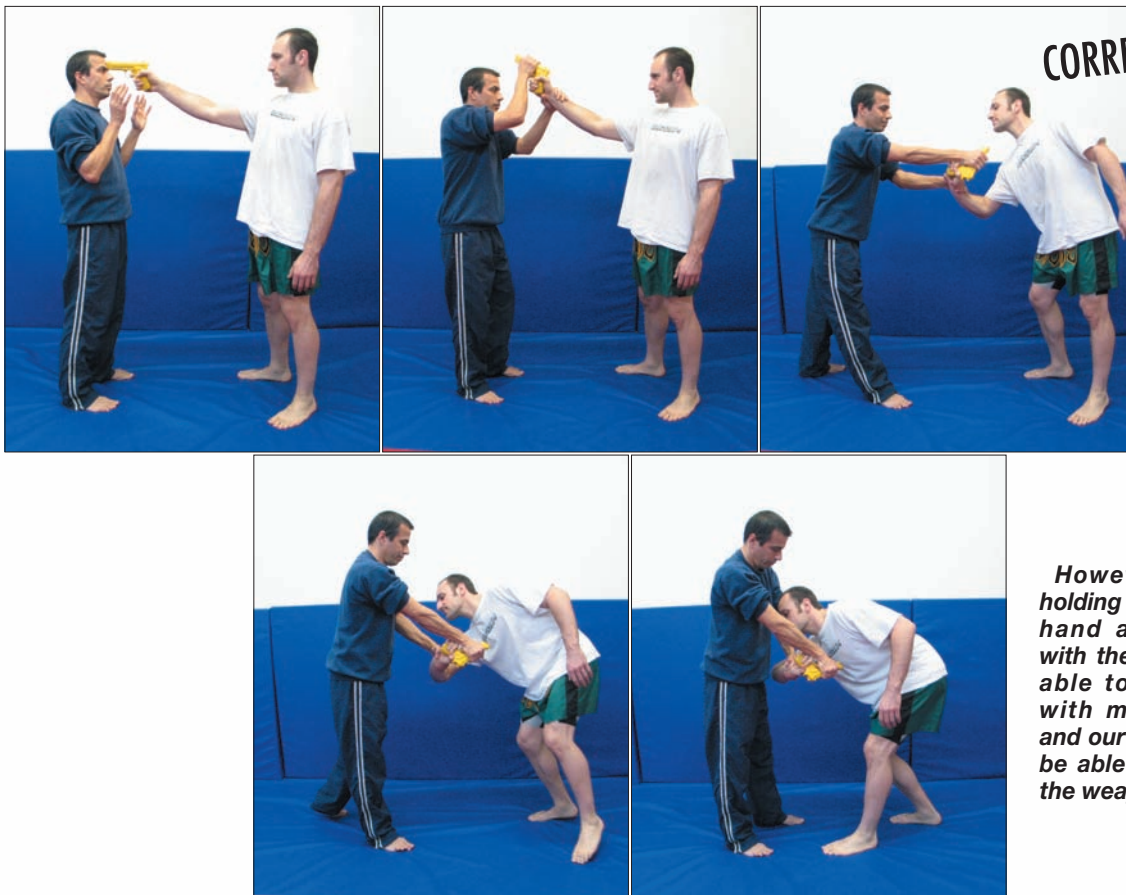






### ERRONEOUS TECHNIQUE

*In this sequence we see how by holding the adversary's weapon with both hands his strength in resisting and keeping the weapon will be greater.*



### CORRECT TECHNIQUE

*However, now, at holding the wrist with one hand and the weapon with the other, we will be able to apply the hold with much more force and our adversary will not be able to resist or keep the weapon.*







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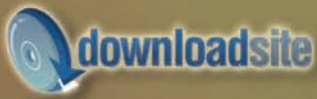
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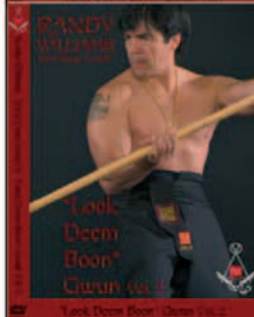
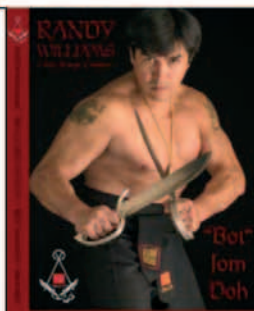
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Heavybag Drills, Dummy Drills, Two Man Drills, Form overview, Pole vs. Knife





# Form & Applications CHUM KIU

Sifu Alfred Johannes Neudorfer  
Simo Rosa Ferrante Bannera



The founders of WTU Wing Tsun Universe, GM Sifu Alfred Neudorfer and Si-Mo Rosa Ferrante Bannera, present a new work, focused this time on Chum Kiu, the second of the "solo" movements or classic forms of Wing Tsun, from the WTU perspective. The WTU Chum Kiu, or "4 waves", is especially characterized by the use of the falling step, the 3 basic kicks (a Wing Tsun slogan for kicks says that "each step is a kick, and each kick is a step"), and the arm bridges, long and short bridges, which determine the way we come into contact with the attacker. The DVD includes the execution of the complete Chum Kiu movement, the 4 Chum Kiu sections with 3 applications for each one of them, with the use of the 3 basic kicks and the arm bridges. Finally, the video shows the sequences 2-7 of the Chum Kiu movements with a training partner or Chi-Sao. An excellent work which presents to us a new way of experiencing both the "solo" movements and those with a training partner in the Art of Wing Tsun.

REF.: • DVD/WTU-2

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News

# 38th Annual Ocean State Grand National Karate Cham April 4,6, 2018 Crown Plaza Hotel, Warwick

**38th Annual  
Ocean State Grand National Karate Championship  
April 4,6, 2017  
Crown Plaza Hotel, Warwick RI USA**

On April 4, 2018 the city of Warwick, Rhode Island once again welcomed the Ocean State Grand National Championship. Now in its 38th season the event has proven to be the Island's finest of its kind, noted many years for its professionalism, quality and organization. Don and Christine Rodrigues, tournament promoters welcomed competitors from Canada, Peru, Italy, Germany, Russia, Egypt, Mexico, Austria, and England. This championship has always been the place where the audience has a chance to witness fine arts, precision and proficiency of martial arts practitioners who invest time and dedication in their abilities. Eager competitors geared up to demonstrate their skills and techniques with the hope to gain themselves recognition and a place in the winners' circle.

Grand Masters from various organizations all over the world such as NASKA Rating, Larry Carnaham International President, Tony Cogliandro, Coordinators, Rich Baptista, Joe Greenhalgh, Chris Rodrigues, Julie-rep of Paul Mitchell Hair Products. Among the visitors were special guests from the Fox Hit TV Show WMAC Masters - Hakim "The Machine" Alston, Herd "Gold" Perez, Pedro "The Axeman" Xavier, "Kid Carmichael" Simon, Willie "The Bam" Johnson, Hein "Tsunami" Nguyen, "Larry "Warlock" Lam and Rhode Island Mayor's Scott Avedisian whom I had the pleasure of meeting and dialogue about activities and tourism of Rhode Island











News

# 38th Annual Ocean State Grand National Karate Cham April 4,6, 2018 Crown Plaza Hotel, Warwick

The inductees of this year's Hall of Fame were Zsolt Moradi, Anthony & Gina Zangari, Herbie Bagwell, David Bossinote, John Howell and Mayor Scott Avedisian. Media coverage conducted by Budo International Martial Arts Magazine and Sports Martial Arts TV. Highlights Winners: 14-17 Girls B/Belt Forms 1st Place Zoyie Brown, 14-17 Boys B/Belt Forms 1st Place Adien Consfona., Women's Weapons 1st Place Emory McKensi, Men's Weapons 1st Place Jskson Randolas, Team fighting won by Team Paul Mitchell, Weapons Grand Champion won by Eden Kennedy, Men's Fighting Grand won by Kodak Ram, Team Fighting won by Team Paul Mitchell, Women's Black Belt Fighting won by Verona?? 13 and Under Girls Weapons won by Rebecca Hewitt, 13 and Under Boys Weapons won by Estovan Tuberlay, 14/17 Weapons Grand Champion won by Julia Tucker, Men's Traditional Forms Grand Champ won by Ariel Tores, Women's Black Belt Form Grand won by Emory McKensi who was presented with \$1000 cash prize money and trophy. Men's Black Belt CMX Forms Grand won by Reve Presley, Men's Black Belt Light Weight fighting grand won by Baly Murphy, presented with OSGN trophy and \$1000 grand prize cash money, Men's B/Belt Heavy Weight Fighting Grand Champion OSGN 2018 won by Avery Plowden The entire event was worth the experience. Despite the challenges of his health over the years World Champion Kevin Thompson was also in attendance and I wish Him all the best for the future.

Ocean State Grand National Championship 2018 event was a great success and so we look forward to making 2019 even greater. The Legacy Continues.

For more information, videos and photos of the 2018 Ocean State Grand National event visit: [www.budointernational.com](http://www.budointernational.com) or [mauriceproma.com](http://mauriceproma.com) for free monthly magazine download.

About the Author

**GM Maurice Elmalem**

**7 Time World Champion,**

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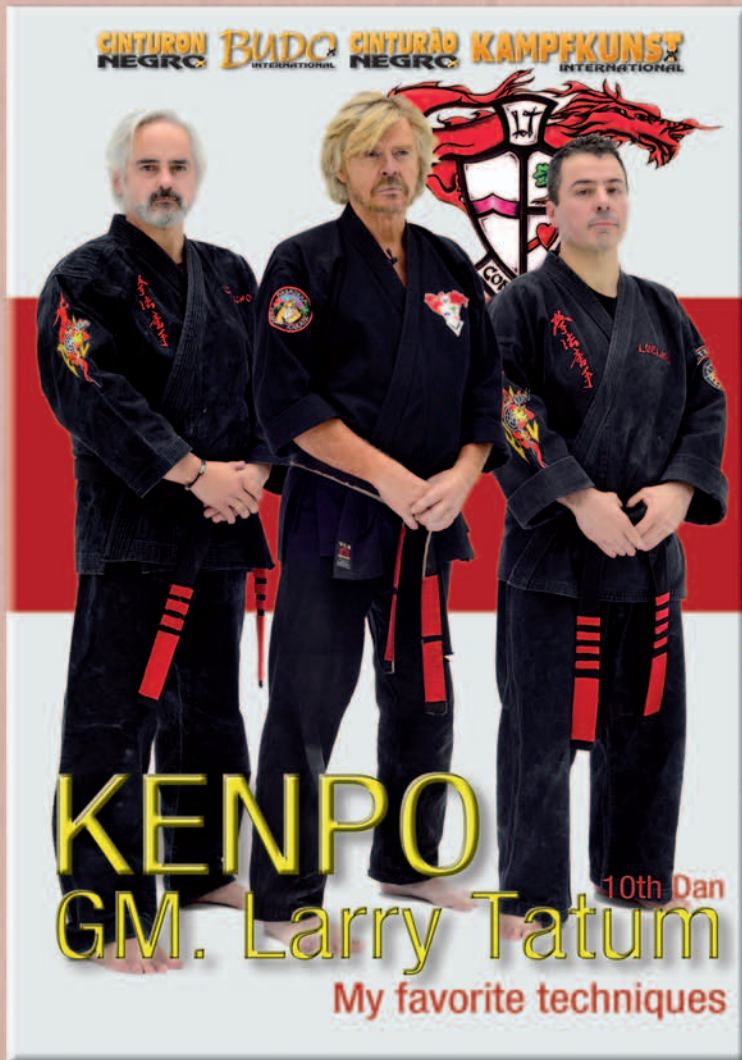
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# KENPO GM. Larry Tatum

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In this DVD, G.M. Larry Tatum (10th Dan) develops techniques of the Kenpo program at the highest level. Particularly, some of his "favorites" like Flashing Mace, Parting Wings, Entwined Lance... Masterfully executed and based on the experience of the movement, G.M. Tatum incorporates his innovative teachings in these techniques that will help you add and complement your training in the Kenpo system. Besides, they provide the individual with the best choice for self-defense, based on the logical and practical thinking, and place him in the path of understanding the art of Kenpo. These are the self-defense and fighting systems of the modern times we live in. They are designed so that the practitioner gets all the benefits that training these techniques can provide. This DVD has the support of Master Adolfo Luelmo (9th Dan), who goes on with a series of techniques performed in a smooth and strong way, for situations of extreme aggression, in which can be appreciated different states of the movement, in a logical and effective way. As a conclusion, Master Camacho Assisi (8th Dan), displays a technique that combines the strength of the arms and his expertise with legs.

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## Table of contents

- DVD Kung Fu .....	3
- DVD Tai Chi .....	8
- DVD Shaolin Kung Fu .....	11
- DVD Wu Shu .....	13
- DVD Wing Chun .....	15
- DVD Wing Tsun .....	18
- DVD Other Styles China .....	21
- DVD Judo and Ju-Jitsu .....	23
- DVD Iaido .....	27
- DVD Karate .....	29
- DVD Aikido .....	35
- DVD Kobudo .....	40
- DVD Ninjutsu .....	42
- DVD Other Styles Japan .....	44
- DVD Kyusho Jitsu .....	48
- DVD Brazilian Jiu-Jitsu .....	52
- DVD Capoeira .....	55
- DVD Kali Arnis Eskrima .....	57
- DVD Staff and Cane .....	61
- DVD Nunchaku .....	63
- DVD Other Weapons .....	65
- DVD Pro, Military, Police .....	68
- DVD Krav Maga .....	74
- DVD Systema .....	78
- DVD Knife Fighting .....	80
- DVD Women's Self Defense .....	82
- DVD Other Self Defense Styles .....	84
- DVD Jeet Kune Do .....	88
- DVD Kenpo .....	91
- DVD Kajukenbo .....	94
- DVD Martial Arts Vietnam .....	96
- DVD Other Martial Styles .....	98
- DVD Pencak Silat .....	102
- DVD Tae Kwon Do .....	104
- DVD Hapkido .....	106
- DVD Other Styles Korea .....	108
- DVD Muay Thai .....	110
- DVD Kick Boxing .....	113
- DVD Grappling Wrestling .....	116
- DVD MMA - Vale Tudo .....	118
- DVD Other Contact Sports .....	121
- DVD Health - Wellness .....	123

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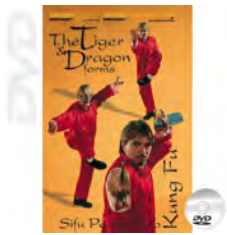
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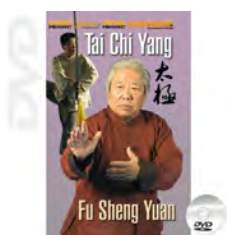
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## DVD Shaolin Kung Fu

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DVD Wu Shu

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## DVD Wing Chun

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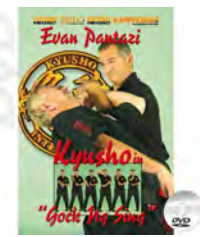
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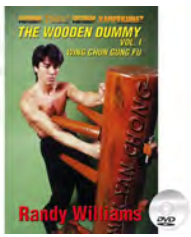
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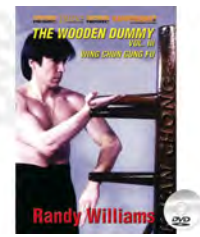
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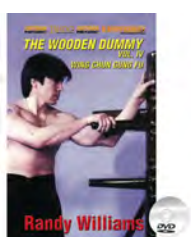
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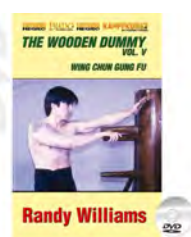
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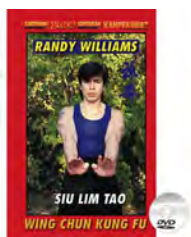
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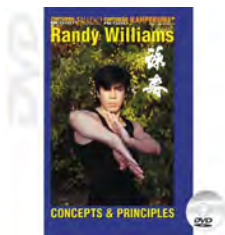
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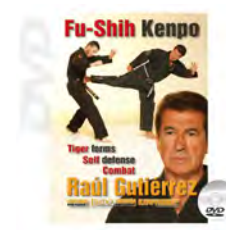
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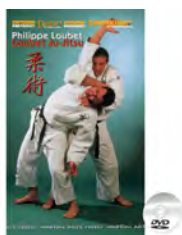
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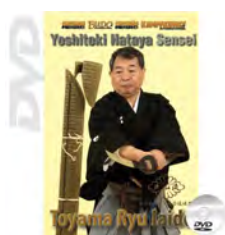
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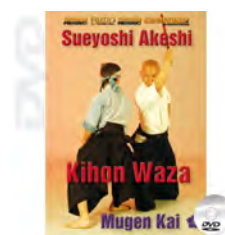
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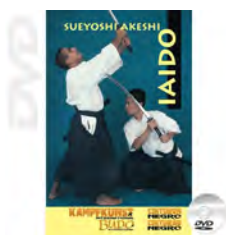
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## DVD Karate

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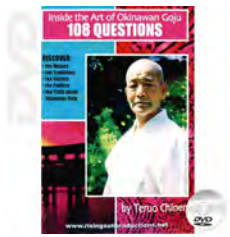
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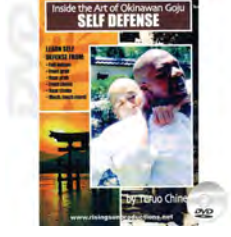
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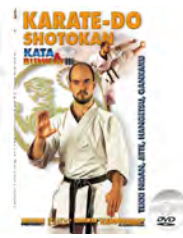
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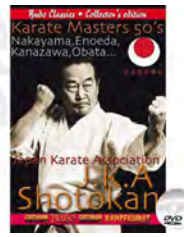
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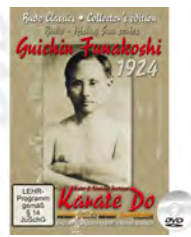
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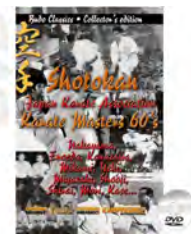
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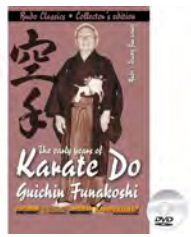
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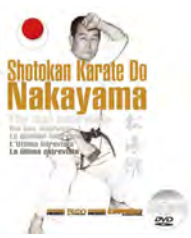
DVD Karate-Do The early years Funakoshi  
Ref. DVD/BC1  
Price Inc. Tax.....22,00 EUR



DVD Kyokushin Karate Mas Oyama  
Ref. DVD/BC5  
Price Inc. Tax.....22,00 EUR



DVD Okinawa Isshin Ryu Karate Kata  
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DVD Shotokan Karate Nakayama, the last interview  
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DVD Uechi Ryu Karate K.Uechi  
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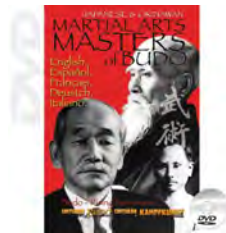
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DVD Karate



DVD Karate Wado Ryu - I Dori, Tanto Dori, Shitei Kata  
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DVD Classic Martial Arts Masters of Budo Japan & Okinawa  
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## DVD Aikido

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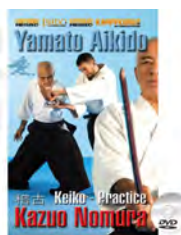
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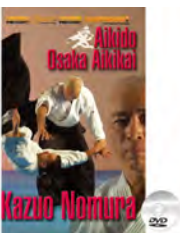
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DVD Aikido Osaka Aikikai vol3 Keiko  
Ref. DVD/NOMURA3  
Price Inc. Tax.....22,00 EUR



DVD Aikido Osaka Aikikai Vol 2 En-ten & Sabaki  
Ref. DVD/NOMURA2  
Price Inc. Tax.....22,00 EUR



DVD Aikido Osaka Aikikai Vol 1  
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Price Inc. Tax.....22,00 EUR



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Price Inc. Tax.....22,00 EUR



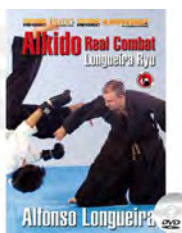
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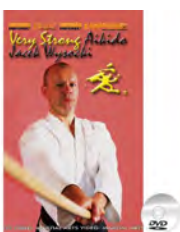
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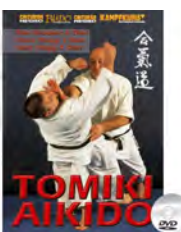
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DVD Aikido Combat Vol1  
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Price Inc. Tax.....22,00 EUR



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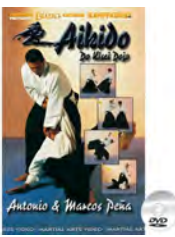
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DVD Shinno Aikido Aikido & Bokken  
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Price Inc. Tax.....22,00 EUR



DVD Aikido Defense Longueira Ryu  
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Price Inc. Tax.....22,00 EUR



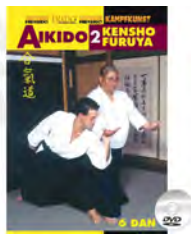
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DVD Aikido Longueira Ryu  
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DVD Aikido Furuya VOL3  
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DVD Aikido Furuya VOL1  
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DVD Aikido Moriteru Ueshiba Interview & Seminar  
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/YAMA2  
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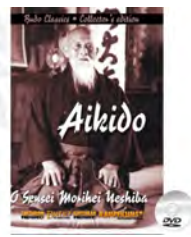
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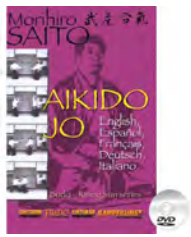
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Price Inc. Tax.....22,00 EUR



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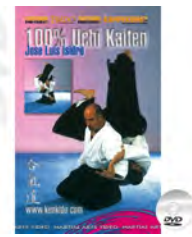
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DVD Takemusu Aikido Bokken  
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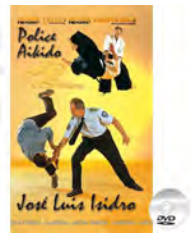
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Price Inc. Tax.....22,00 EUR



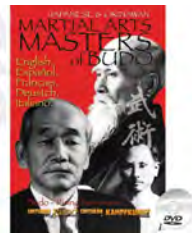
DVD Aikido 100% Kokkyu Nage  
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DVD Police Aikido  
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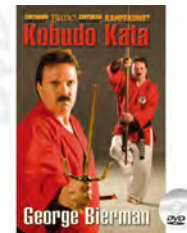
DVD Kobudo



DVD Okinawa Shorin Ryu Karate-do  
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DVD Okinawa Kobudo Shorin Ryu  
Karate-do  
Ref. DVD/KOBU1  
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DVD Kobudo Kata  
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DVD Naginata & Kumidashi Kihon  
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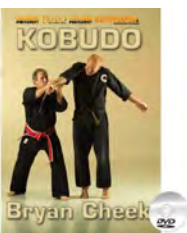
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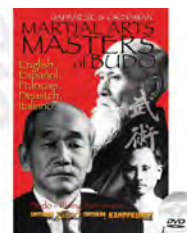
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DVD Bo Jitsu Okinawa  
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DVD Webbs Kobudo  
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DVD Other Styles Japan



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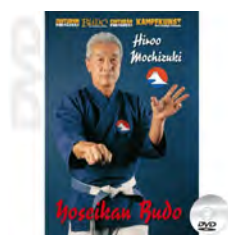
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DVD Yoseikan Budo complete course  
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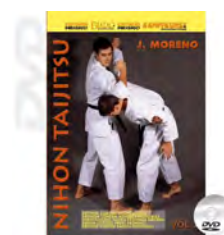
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against Front Attacks  
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Vol.2  
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DVD Kyusho and Kali. Empty Hands  
Vol.1  
Ref. DVD/KYUSHO24  
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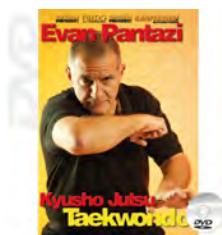
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Module 1  
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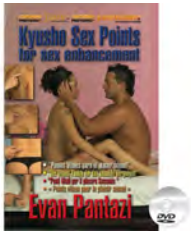
DVD Kyusho Jitsu The Iron Shirt  
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DVD Kyusho Jitsu in Forms Siu Nim Tao  
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Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu KO Energetic Transfer  
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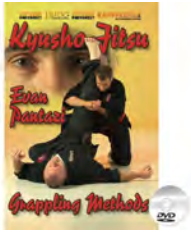
DVD Kyusho Jitsu Points for Sex Enhancement  
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DVD Kyusho Jitsu Knife Attacks  
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DVD Kyusho Jitsu Points on the Legs  
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DVD Kyusho Jitsu Points on the Body  
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## DVD Brazilian Jiu-Jitsu

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DVD Advanced Grappling Vol.1  
Ref. DVD/TBELTRAN-1  
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DVD Advanced Grappling Vol.2  
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Price Inc. Tax.....22,00 EUR



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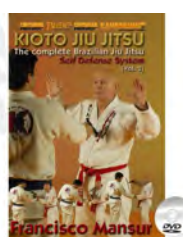
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Ref. DVD/VACIR5  
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DVD Brazilian Jiu Jitsu Advanced Techniques Vol 2 Submissions  
Ref. DVD/REGO5  
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DVD Gracie Jiu Jitsu Submissions, escapes and Self Defense  
Ref. DVD/GRACIE2  
Price Inc. Tax.....22,00 EUR



DVD Kioto Jiu-Jitsu Self Defense Vol 2  
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DVD Kioto Jiu-Jitsu Self Defense Vol 1  
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DVD Kioto Jiu Jitsu Defenses against submissions  
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Price Inc. Tax.....22,00 EUR



DVD Kioto Jiu Jitsu Submissions  
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Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu Kioto System  
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Price Inc. Tax.....22,00 EUR

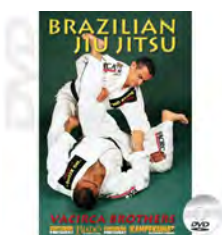
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## DVD Capoeira

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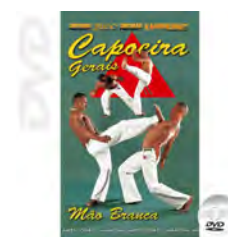
DVD Capoeira



DVD Capoeira Brasil  
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DVD Capoeira Banzo de Senzala  
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## DVD Kali Arnis Eskrima

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DVD Lameco Eskrima Single Sword  
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DVD Lameco Eskrima Backyard Sulite Original Group  
Ref. DVD/FLORES1  
Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Doble Baston  
Ref. DVD/GOULD6  
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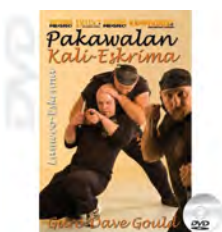
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Price Inc. Tax.....22,00 EUR



DVD Dog Brothers Kali & Krabi Krabong  
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Price Inc. Tax.....22,00 EUR



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DVD Lameco Eskrima Essential Knife Vol4 Pakawalan  
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DVD Lameco Eskrima Essential Knife 3  
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DVD Kali Arnis Eskrima



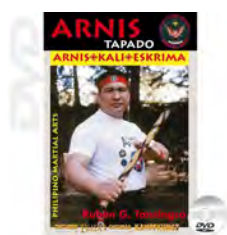
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Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Essential Knife 1  
Ref. DVD/GOULD1  
Price Inc. Tax.....22,00 EUR



DVD Filipino Martial Arts Inosanto System  
Ref. DVD/ALM4  
Price Inc. Tax.....22,00 EUR



DVD Arnis Tapado Single Stick  
Ref. DVD/ARN1  
Price Inc. Tax.....22,00 EUR



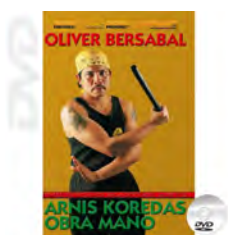
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Ref. DVD/ARN2  
Price Inc. Tax.....22,00 EUR



DVD Dog Brothers Power Development  
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Price Inc. Tax.....22,00 EUR



DVD The Dog Brother's Way  
Ref. DVD/DOG1  
Price Inc. Tax.....22,00 EUR



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DVD Latosa Escrima Vol 1  
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Price Inc. Tax.....22,00 EUR



DVD Latosa Escrima Vol 2  
Ref. DVD/LAT2  
Price Inc. Tax.....22,00 EUR



DVD Filipino Kali Eskrima  
Ref. DVD/SILAT2  
Price Inc. Tax.....22,00 EUR



DVD Kalavera Eskrima - Largo Mano  
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DVD Kali, Arnis, Eskrima  
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## DVD Staff and Cane

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DVD La Canne de Combat  
Cane  
Ref. DVD/CANNE1  
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DVD Cane & Staff Defense  
Ref. DVD/LEVI6  
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Weapon  
Ref. DVD/TOLE1  
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Staff  
Ref. DVD/NUNO1  
Price Inc. Tax.....22,00 EUR



DVD Palo Canario Canarian Stick  
Ref. DVD/ACOSTA  
Price Inc. Tax.....22,00 EUR



DVD Garrote Canario Canarian Staff  
Ref. DVD/GARRO  
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## DVD Nunchaku

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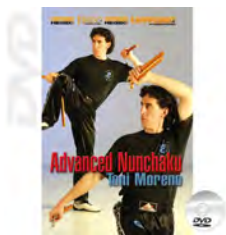
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DVD Combat Nunchaku  
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DVD Artistic & Combat Nunchaku  
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DVD Nunchaku  
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 Price Inc. Tax.....22,00 EUR

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## DVD Other Weapons

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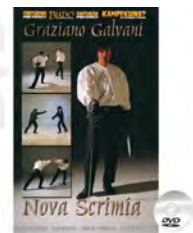
**DVD Other Weapons**



DVD Lameco Eskrima Single Sword  
Ref. DVD/FLORES2  
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DVD Toyama Ryu Batto Jutsu  
Ref. DVD/TOYAMA1  
Price Inc. Tax.....22,00 EUR



DVD Nova Scrimia Vol 1  
Ref. DVD/NOVA  
Price Inc. Tax.....22,00 EUR



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Ref. DVD/IAIDO6  
Price Inc. Tax.....22,00 EUR



DVD Filipino Olisi Balaraw Sword & Dagger  
Ref. DVD/SILAT4  
Price Inc. Tax.....22,00 EUR



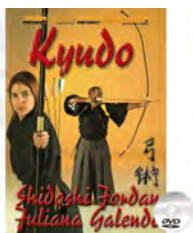
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/KAPAP7  
Price Inc. Tax.....22,00 EUR



DVD Bugei Shuriken-Jutsu  
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DVD Kyudo Kyu-Jitsu  
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DVD Jo Jutsu  
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Price Inc. Tax.....22,00 EUR



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DVD Other Weapons



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Price Inc. Tax.....22,00 EUR



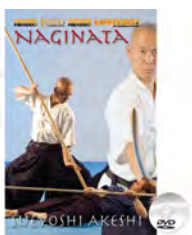
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Price Inc. Tax.....22,00 EUR



DVD Nova Scrimia The Sword  
Ref. DVD/NOVA3  
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Che Sword  
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DVD Naginata & Kumidashi Kihon  
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DVD Advanced Kendo  
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Price Inc. Tax.....22,00 EUR



DVD Toyama Ryu Iaido  
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DVD Viet Vo Dao Con Phap. Long staff  
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DVD Russian Martial Art Systema SV Training Program Vol2  
Ref. DVD/SKOGOREV-2  
Price Inc. Tax.....22,00 EUR



DVD Krav Maga Israeli Survival System. Hand to Hand Combat  
Ref. DVD/KMISS1  
Price Inc. Tax.....22,00 EUR



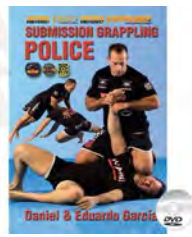
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Ref. DVD/SKOGOREV-1  
Price Inc. Tax.....22,00 EUR



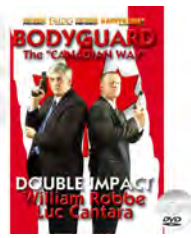
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Ref. DVD/BODY1  
Price Inc. Tax.....22,00 EUR



DVD Police Grappling  
Ref. DVD/PGRAP1  
Price Inc. Tax.....22,00 EUR



DVD Russian Systema, Disarm techniques  
Ref. DVD/SYSTEMA2  
Price Inc. Tax.....22,00 EUR



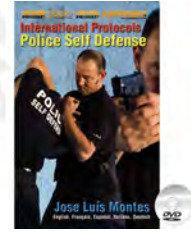
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Price Inc. Tax.....22,00 EUR



DVD Canadian Bodyguard Defensive Tactics  
Ref. DVD/BODY2  
Price Inc. Tax.....22,00 EUR



DVD Operational Tonfa  
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Price Inc. Tax.....22,00 EUR



DVD Police Self Defense  
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Price Inc. Tax.....22,00 EUR



DVD Kokkar Handgun Defensive Tactics  
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Price Inc. Tax.....22,00 EUR



DVD Reality Based Conflict Exercises  
Ref. DVD/SARG12  
Price Inc. Tax.....22,00 EUR



DVD Police Jukaikido  
Ref. DVD/SAN2  
Price Inc. Tax.....22,00 EUR



DVD Metric Arm Strikes & Blocks System  
Ref. DVD/SARG10  
Price Inc. Tax.....22,00 EUR



DVD Advanced Police Jukaikido  
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DVD Kaisendo Police Control  
Ref. DVD/KAISEN2  
Price Inc. Tax.....22,00 EUR



DVD Police Kaisendo Dim Mak Pressure Points  
Ref. DVD/KAISEN3  
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DVD Police Tonfa  
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Price Inc. Tax.....22,00 EUR



DVD Reality Based Protecting the Others  
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Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav Knife Defense  
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Price Inc. Tax.....22,00 EUR

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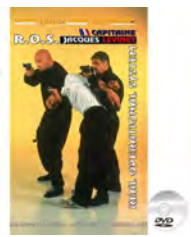
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DVD ROS Real Operational System  
Ref. DVD/LEVI3  
Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav  
Ref. DVD/LEVI2  
Price Inc. Tax.....22,00 EUR



DVD Police Weapons  
Ref. DVD/LEVI1  
Price Inc. Tax.....22,00 EUR



DVD Professional Self Defense  
Ref. DVD/DEL1  
Price Inc. Tax.....22,00 EUR



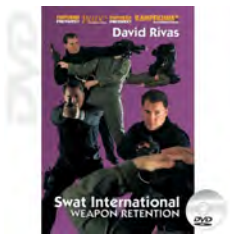
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Price Inc. Tax.....22,00 EUR



DVD Hidden Weapons Professional Self defense  
Ref. DVD/DEL3  
Price Inc. Tax.....22,00 EUR



DVD Reality Based Ground attacks  
Ref. DVD/SARG16  
Price Inc. Tax.....22,00 EUR



DVD SWAT International Weapon Retention  
Ref. DVD/DAVID1  
Price Inc. Tax.....22,00 EUR



DVD Police Kaisendo Handcuff Defense  
Ref. DVD/KAISEN4  
Price Inc. Tax.....22,00 EUR



DVD Kokkar Anti-Terrorism Advanced Tactics  
Ref. DVD/OMAR4  
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DVD Pro, Military, Police



DVD kokkar Special Combat Black Cobra II Vol 2  
Ref. DVD/OMAR3  
Price Inc. Tax.....22,00 EUR



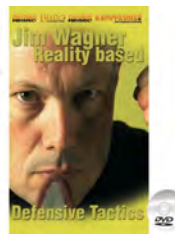
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Price Inc. Tax.....22,00 EUR



DVD Reality Based Police & Security Arrest & Control  
Ref. DVD/SARG5  
Price Inc. Tax.....22,00 EUR



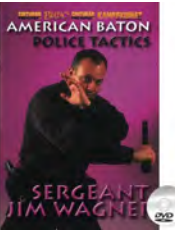
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Price Inc. Tax.....22,00 EUR



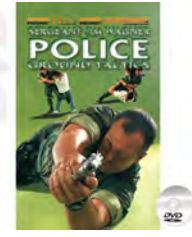
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Ref. DVD/SARG7  
Price Inc. Tax.....22,00 EUR



DVD Reality Based Knife Attacks from around the World  
Ref. DVD/SARG9  
Price Inc. Tax.....22,00 EUR



DVD Reality Based American Baton Police Tactics  
Ref. DVD/SARG8  
Price Inc. Tax.....22,00 EUR



DVD Reality Based Police Ground Tactics  
Ref. DVD/SARG3  
Price Inc. Tax.....22,00 EUR



DVD Reality Based Police & Military Knife Offense  
Ref. DVD/SARG2  
Price Inc. Tax.....22,00 EUR



DVD Reality Based Police & Military Knife Defense  
Ref. DVD/SARG1  
Price Inc. Tax.....22,00 EUR



DVD Commando Combat Knife Assault  
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DVD Scuba Fighting  
Ref. DVD/CARTER2  
Price Inc. Tax.....22,00 EUR



DVD Combat Knife Commando  
Ref. DVD/AKIS9  
Price Inc. Tax.....22,00 EUR



DVD Professional Bodyguard  
Ref. DVD/AKIS4  
Price Inc. Tax.....22,00 EUR



DVD Police Commando  
Ref. DVD/AKIS7  
Price Inc. Tax.....22,00 EUR



DVD Police Telescopic Baton  
Ref. DVD/TELE1  
Price Inc. Tax.....22,00 EUR



DVD Professional Tonfa  
Ref. DVD/TONFA2  
Price Inc. Tax.....22,00 EUR



DVD Systema, Fighting Basics  
Ref. DVD/SYSWEITZEL1  
Price Inc. Tax.....22,00 EUR



DVD Krav Maga Israeli Survival System.  
Disarming Techniques  
Ref. DVD/KMISS2  
Price Inc. Tax.....22,00 EUR

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## DVD Krav Maga

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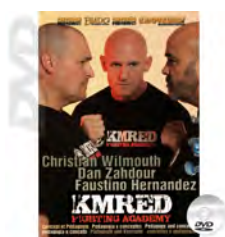
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DVD Krav Maga



DVD Krav Maga Israeli Survival System.  
Disarming Techniques  
Ref. DVD/KMISS2  
Price Inc. Tax.....22,00 EUR



DVD Krav Maga RED Vol.2. Concept & Pedagogy  
Ref. DVD/KMRED2  
Price Inc. Tax.....22,00 EUR



DVD Krav Maga Israeli Survival System.  
Hand to Hand Combat  
Ref. DVD/KMISS1  
Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav Evolution  
Ref. DVD/LEVI8  
Price Inc. Tax.....22,00 EUR



DVD Krav Maga Vicious attacks  
Ref. DVD/IDS6  
Price Inc. Tax.....22,00 EUR



DVD Krav Maga RED Research,  
Evolution, Development  
Ref. DVD/KMRED1  
Price Inc. Tax.....22,00 EUR



DVD Protect Krav Maga  
Ref. DVD/GIL1  
Price Inc. Tax.....22,00 EUR



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Survival  
Ref. DVD/AIZIK4  
Price Inc. Tax.....22,00 EUR



DVD Original Krav Maga Blue Belt  
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Price Inc. Tax.....22,00 EUR



DVD Authentic Krav Maga  
Ref. DVD/IDS5  
Price Inc. Tax.....22,00 EUR



DVD Kapap Shooting Firearms  
Ref. DVD/KAPAP7  
Price Inc. Tax.....22,00 EUR



DVD IDS Krav Maga Airplane Security  
Ref. DVD/IDS4  
Price Inc. Tax.....22,00 EUR

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**DVD Krav Maga**



DVD Krav Maga Kobi Lichtenstein  
Ref. DVD/KOBI1  
Price Inc. Tax.....22,00 EUR



DVD Combat Survival Krav Maga  
Ref. DVD/AIZIK  
Price Inc. Tax.....22,00 EUR



DVD Commando Krav Maga Street Survival  
Ref. DVD/AIZIK2  
Price Inc. Tax.....22,00 EUR



DVD Commando Krav Maga Knife Attacks  
Ref. DVD/AIZIK3  
Price Inc. Tax.....22,00 EUR



DVD IDS Krav Maga  
Ref. DVD/IDS1  
Price Inc. Tax.....22,00 EUR



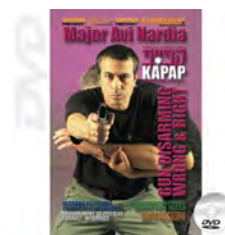
DVD IDS Krav Maga The Will to Survive  
Ref. DVD/IDS2  
Price Inc. Tax.....22,00 EUR



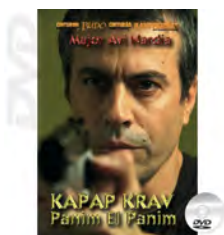
DVD Krav Maga for Security Professionals  
Ref. DVD/IDS3  
Price Inc. Tax.....22,00 EUR



DVD Kapap Empty Hands Self Defense  
Ref. DVD/KAPAP8  
Price Inc. Tax.....22,00 EUR



DVD Kapap Lotar Krav Maga Gun Disarming Keys  
Ref. DVD/KAPAP4  
Price Inc. Tax.....22,00 EUR



DVD Kapap Lotar Krav Maga Panim El Panim  
Ref. DVD/KAPAP3  
Price Inc. Tax.....22,00 EUR



DVD Kapap Lotar Krav Maga Gun Disarming  
Ref. DVD/KAPAP2  
Price Inc. Tax.....22,00 EUR



DVD Kapap Lotar Krav Maga  
Ref. DVD/KAPAP  
Price Inc. Tax.....22,00 EUR

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DVD Krav Maga



DVD Original Krav Maga Bukan School  
Ref. DVD/YARON1  
Price Inc. Tax.....22,00 EUR



DVD Original Krav Maga Blue Belt  
program Vol3  
Ref. DVD/YARON4  
Price Inc. Tax.....22,00 EUR



DVD Original Krav Maga Blue Belt  
program Vol2  
Ref. DVD/YARON3  
Price Inc. Tax.....22,00 EUR



DVD Original Krav Maga Blue Belt  
program Vol1  
Ref. DVD/YARON2  
Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav  
Ref. DVD/LEVI2  
Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav Knife Defense  
Ref. DVD/LEVI5  
Price Inc. Tax.....22,00 EUR



DVD Kapap Lotar Krav Maga The Kapap  
Academy Experience  
Ref. DVD/KAPAP5  
Price Inc. Tax.....22,00 EUR



DVD Kapap MMA  
Ref. DVD/KAPAP6  
Price Inc. Tax.....22,00 EUR

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## DVD Systema

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DVD Systema



DVD Systema, Fighting Basics  
Ref. DVD/SYSWEITZEL1  
Price Inc. Tax.....22,00 EUR



DVD Russian Martial Art Systema SV  
Training Program Vol1  
Ref. DVD/SKOGOREV-1  
Price Inc. Tax.....22,00 EUR



DVD Russian Martial Art Systema SV  
Training Program Vol2  
Ref. DVD/SKOGOREV-2  
Price Inc. Tax.....22,00 EUR



DVD Russian Martial Arts Systema  
Ref. DVD/SYSTEMA1  
Price Inc. Tax.....22,00 EUR



DVD Russian Systema  
Ref. DVD/KADI1  
Price Inc. Tax.....22,00 EUR



DVD Russian Systema, Disarm  
techniques  
Ref. DVD/SYSTEMA2  
Price Inc. Tax.....22,00 EUR

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## DVD Knife Fighting

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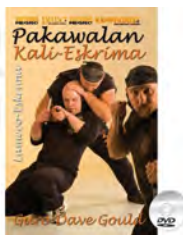
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DVD Knife Fighting



DVD Lameco Eskrima Essential Knife Vol4 Pakawalan  
Ref. DVD/GOULD5  
Price Inc. Tax.....22,00 EUR



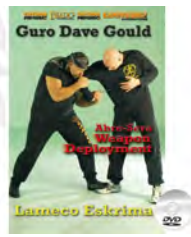
DVD Knife Tactical Response CSSD  
Ref. DVD/FRANK1  
Price Inc. Tax.....22,00 EUR



DVD Novascrimia Defense against Knife  
Ref. DVD/NOVA4  
Price Inc. Tax.....22,00 EUR



DVD Close Quarter Combat Knife & Counter Combatives  
Ref. DVD/HOCH1  
Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Essential Knife 3  
Ref. DVD/GOULD3  
Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Essential Knife 2  
Ref. DVD/GOULD2  
Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Essential Knife 1  
Ref. DVD/GOULD1  
Price Inc. Tax.....22,00 EUR



DVD Ultimate Knife Training  
Ref. DVD/SARG13  
Price Inc. Tax.....22,00 EUR



DVD Knife Survival Evolution Fighting Systems  
Ref. DVD/EFS  
Price Inc. Tax.....22,00 EUR



DVD Seal Program Knife Combat  
Ref. DVD/FAR2  
Price Inc. Tax.....22,00 EUR

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## DVD Women´s Self Defense

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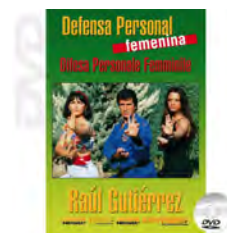
DVD Women's Self Defense



DVD Kyusho Self Protection for Women  
 Ref. DVD/KYUSHO21  
 Price Inc. Tax.....22,00 EUR



DVD Women's Self Defense  
 Ref. DVD/CYNTHI2  
 Price Inc. Tax.....22,00 EUR



DVD Female Self Defense Kenpo  
 Ref. DVD/DPF  
 Price Inc. Tax.....22,00 EUR

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## DVD Other Self Defense Styles

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DVD Other Self Defense Styles



DVD SDS Concept  
Ref. DVD/SDS1  
Price Inc. Tax.....22,00 EUR



DVD Russian Martial Art Systema SV  
Training Program Vol2  
Ref. DVD/SKOGOREV-2  
Price Inc. Tax.....22,00 EUR



DVD Russian Martial Art Systema SV  
Training Program Vol1  
Ref. DVD/SKOGOREV-1  
Price Inc. Tax.....22,00 EUR



DVD Russian Martial Arts Systema  
Ref. DVD/SYSTEMA1  
Price Inc. Tax.....22,00 EUR



DVD Russian Systema, Disarm  
techniques  
Ref. DVD/SYSTEMA2  
Price Inc. Tax.....22,00 EUR



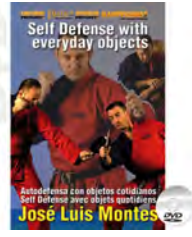
DVD SOG Close Combat Vol 6  
Ref. DVD/SOG6  
Price Inc. Tax.....22,00 EUR



DVD SOG How to be your own  
Bodyguard  
Ref. DVD/SOG5  
Price Inc. Tax.....22,00 EUR



DVD Close Quarter Combat Pistol  
Disarming  
Ref. DVD/HOCH2  
Price Inc. Tax.....22,00 EUR



DVD Self Defense with everyday objects  
Ref. DVD/MONTES3  
Price Inc. Tax.....22,00 EUR



DVD Self Defense 5 Experts x 5 Street  
Attacks  
Ref. DVD/DP1  
Price Inc. Tax.....22,00 EUR



DVD Verbal Self Defense  
Ref. DVD/VERBAL1  
Price Inc. Tax.....22,00 EUR



DVD SOG Extreme Close-Combat  
Ref. DVD/SOG4  
Price Inc. Tax.....22,00 EUR

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DVD Other Self Defense Styles



DVD Military SOG for civilians  
Ref. DVD/SOG3  
Price Inc. Tax.....22,00 EUR



DVD SOG Close-Combat DAS  
Techniques  
Ref. DVD/SOG2  
Price Inc. Tax.....22,00 EUR



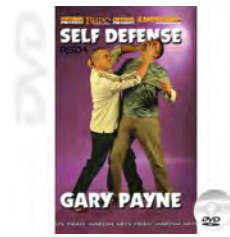
DVD SOG Close Combat Vol 1  
Ref. DVD/SOG  
Price Inc. Tax.....22,00 EUR



DVD Russian Systema  
Ref. DVD/KAD11  
Price Inc. Tax.....22,00 EUR



DVD Realistic Self Defense Vol 2 One  
step ahead  
Ref. DVD/PAYNE2  
Price Inc. Tax.....22,00 EUR



DVD Realistic Self Defense Vol 1  
Ref. DVD/PAYNE  
Price Inc. Tax.....22,00 EUR



DVD The Street Fighters Toolbox Vol 1  
Ref. DVD/HUBAR  
Price Inc. Tax.....22,00 EUR



DVD Kasen Ryu - Operative Self-  
Defense vol 2  
Ref. DVD/KANSEN2  
Price Inc. Tax.....22,00 EUR



DVD Progressive Street Fighting  
Ref. DVD/PSF1  
Price Inc. Tax.....22,00 EUR



DVD Kasen Ryu Self Defense  
Ref. DVD/KANSEN1  
Price Inc. Tax.....22,00 EUR



DVD Close Combat Vol 2  
Ref. DVD/MALTE4  
Price Inc. Tax.....22,00 EUR



DVD Close Combat Vol 1  
Ref. DVD/MALTE2  
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DVD Other Self Defense Styles



DVD Elite Combat Program Hand to Hand Combat  
 Ref. DVD/ECPO1  
 Price Inc. Tax.....22,00 EUR



DVD Jukaikido  
 Ref. DVD/SAN  
 Price Inc. Tax.....22,00 EUR



DVD Airplane Security  
 Ref. DVD/AKIS11  
 Price Inc. Tax.....22,00 EUR

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DVD Jeet Kune Do

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DVD Jeet Kune Do



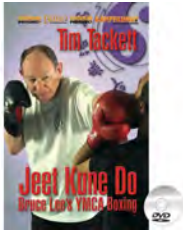
DVD Bruce Lee in Memoriam  
Documentary  
Ref. DVD/BL  
Price Inc. Tax.....22,00 EUR



DVD Bruce Lee The Man & his Legacy  
Documentary  
Ref. DVD/TV2  
Price Inc. Tax.....22,00 EUR



DVD JKD Elements of Attack  
Ref. DVD/JKDTIM4  
Price Inc. Tax.....22,00 EUR



DVD Jeet Kune Do Sparring  
Ref. DVD/JKDTIM3  
Price Inc. Tax.....22,00 EUR



DVD Jun Fan Jeet Kune Do Vol 2  
Ref. DVD/JKDTIM2  
Price Inc. Tax.....22,00 EUR



DVD Jun Fan Jeet Kune Do Vol 1  
Ref. DVD/JKDTIM  
Price Inc. Tax.....22,00 EUR



DVD Jeet Kune Do Unlimited Ground Fighting  
Ref. DVD/BURTON2  
Price Inc. Tax.....22,00 EUR



DVD Jeet Kune Do Unlimited  
Ref. DVD/BURTON  
Price Inc. Tax.....22,00 EUR



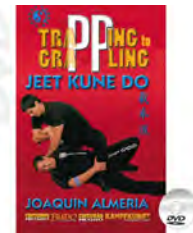
DVD JKD Streetfighting  
Ref. DVD/ALM5  
Price Inc. Tax.....22,00 EUR



DVD Wooden Dummy Jeet Kune Do Sets  
Ref. DVD/ALM3  
Price Inc. Tax.....22,00 EUR



DVD Wooden Dummy JKD Jun Fan Sets  
Ref. DVD/ALM2  
Price Inc. Tax.....22,00 EUR

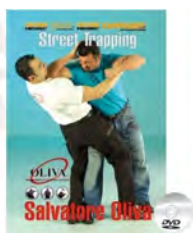


DVD Jeet Kune Do Trapping to Grappling  
Ref. DVD/ALM1  
Price Inc. Tax.....22,00 EUR

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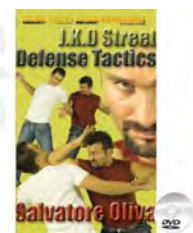
DVD Jeet Kune Do



DVD JKD Street Trapping  
Ref. DVD/SALVA7  
Price Inc. Tax.....22,00 EUR



DVD Explosive Dumog Filipino Grappling  
Ref. DVD/SALVA6  
Price Inc. Tax.....22,00 EUR



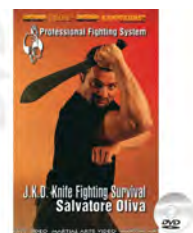
DVD JKD Street Defense Tactics  
Ref. DVD/SALVA5  
Price Inc. Tax.....22,00 EUR



DVD Filipino Kino Mutai PFS  
Ref. DVD/SALVA4  
Price Inc. Tax.....22,00 EUR



DVD JKD Professional Fighting System  
Ref. DVD/SALVA3  
Price Inc. Tax.....22,00 EUR



DVD JKD Knife Fighting Survival  
Ref. DVD/SALVA2  
Price Inc. Tax.....22,00 EUR



DVD JKD Street Safe  
Ref. DVD/SALVA  
Price Inc. Tax.....22,00 EUR



DVD JKD Seal Program Hand to Hand  
combat  
Ref. DVD/FAR1  
Price Inc. Tax.....22,00 EUR

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DVD Kenpo

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DVD Kenpo



DVD Kenpo, My Favorite Techniques  
Ref. DVD/LARRY4  
Price Inc. Tax.....22,00 EUR



DVD Free Style Kenpo  
Ref. DVD/LARRY3  
Price Inc. Tax.....22,00 EUR



DVD Extreme Kenpo  
Ref. DVD/LARRY2  
Price Inc. Tax.....22,00 EUR



DVD Kenpo Ed Parker's System  
Ref. DVD/LARRY  
Price Inc. Tax.....22,00 EUR



DVD Fu Shih Kenpo Vol.2 Tiger Forms & Self Defense  
Ref. DVD/FUSHIH2  
Price Inc. Tax.....22,00 EUR



DVD Kenpo Golden Rules  
Ref. DVD/PLANAS3  
Price Inc. Tax.....22,00 EUR



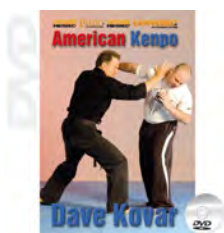
DVD Ed Parker's Kenpo Rules and Principles  
Ref. DVD/PLANAS2  
Price Inc. Tax.....22,00 EUR



DVD Ed Parker's Kenpo Planas Lineage  
Ref. DVD/PLANAS1  
Price Inc. Tax.....22,00 EUR



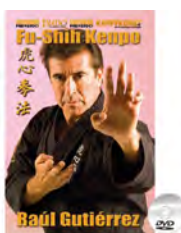
DVD Ed Parker's Kenpo Trejo Lineage  
Ref. DVD/TREJO1  
Price Inc. Tax.....22,00 EUR



DVD Blended Kenpo  
Ref. DVD/KOVAR1  
Price Inc. Tax.....22,00 EUR



DVD Kosho Ryu Kenpo  
Ref. DVD/KOSHO1  
Price Inc. Tax.....22,00 EUR



DVD Fu Shih Kenpo  
Ref. DVD/FUSHIH1  
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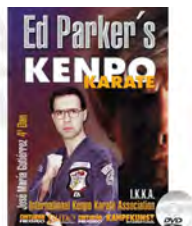
DVD Kenpo



DVD Kara-Ho Kenpo Karate  
Ref. DVD/KARA1  
Price Inc. Tax.....22,00 EUR



DVD Kenpo Knife Defense  
Ref. DVD/NEGRE2  
Price Inc. Tax.....22,00 EUR



DVD Ed Parker's Kenpo IKKA  
Ref. DVD/PARKER1  
Price Inc. Tax.....22,00 EUR



DVD American Kenpo Karate  
Ref. DVD/NEGRE  
Price Inc. Tax.....22,00 EUR



DVD Wolf Extreme Defense  
Ref. DVD/WOLF1  
Price Inc. Tax.....22,00 EUR



DVD American Kenpo Karate Police Instruction  
Ref. DVD/KENPOL  
Price Inc. Tax.....22,00 EUR

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## DVD Kajukenbo

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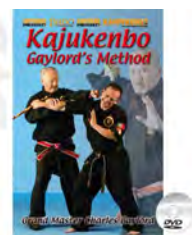
DVD Kajukenbo



DVD Kajukenbo Emperado  
Ref. DVD/KAJ4  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo WHKD Forms & Techniques  
Ref. DVD/WHKD3  
Price Inc. Tax.....22,00 EUR



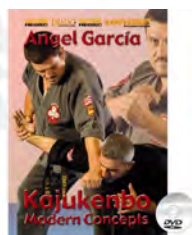
DVD Kajukenbo Gaylord's Method  
Ref. DVD/GAYLORD  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Dirty fighting  
Ref. DVD/NEW1  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Wun Hop Kuen Do  
Ref. DVD/WHKD2  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Modern Concepts  
Ref. DVD/KAJ7  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Weapons  
Ref. DVD/KAJ6  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Evolution  
Ref. DVD/KAJ5  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Vol 3  
Ref. DVD/KAJ3  
Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Vol 2 The Training Method  
Ref. DVD/KAJ2  
Price Inc. Tax.....22,00 EUR

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## DVD Martial Arts Vietnam

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DVD Martial Arts Vietnam



DVD Viet Vo Dao Con Phap. Long staff Vol.1  
Ref. DVD/VIET7  
Price Inc. Tax.....22,00 EUR



DVD Integral Vovinam  
Ref. DVD/VIET6  
Price Inc. Tax.....22,00 EUR



DVD Vovinam Viet Vo Dao saber and Halberd  
Ref. DVD/VIET5  
Price Inc. Tax.....22,00 EUR



DVD Vo Co Truyen Vietnamese Martial Arts  
Ref. DVD/VOC  
Price Inc. Tax.....22,00 EUR



DVD Viet Vo Dao Phan Don Counter Techniques  
Ref. DVD/VIET4  
Price Inc. Tax.....22,00 EUR



DVD Vovinam Viet Vo Dao Moc Ban Phap & Vat  
Ref. DVD/VIET3  
Price Inc. Tax.....22,00 EUR



DVD Vovinam Viet Vo Dao Vol 2  
Ref. DVD/VIET2  
Price Inc. Tax.....22,00 EUR



DVD Vovinam Viet Vo Dao Vol 1  
Ref. DVD/VIET1  
Price Inc. Tax.....22,00 EUR

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## DVD Other Martial Styles

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DVD Other Martial Styles



DVD Pukulan Pencak Silat Serak. Empty Hands  
Ref. DVD/SERAK1  
Price Inc. Tax.....22,00 EUR



DVD Wind Warriors XXI  
Ref. DVD/RIBEIRO1  
Price Inc. Tax.....22,00 EUR



DVD Self Defense for Everybody  
Ref. DVD/DON  
Price Inc. Tax.....22,00 EUR



DVD Buka Jalan Pencak Silat  
Ref. DVD/SILAT3  
Price Inc. Tax.....22,00 EUR



DVD Pencak Silat Java & Sumatra  
Ref. DVD/SILAT  
Price Inc. Tax.....22,00 EUR



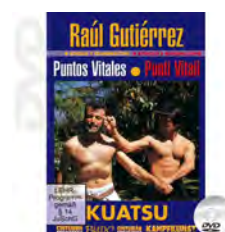
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Price Inc. Tax.....22,00 EUR



DVD Indonesian Sarong  
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Price Inc. Tax.....22,00 EUR



DVD Chin Na Catching & Locking  
Ref. DVD/HARFOU2  
Price Inc. Tax.....22,00 EUR



DVD Vital Points Atemi & Kuatsu  
Ref. DVD/PV  
Price Inc. Tax.....22,00 EUR



DVD Filipino Panantukan  
Ref. DVD/PANAN1  
Price Inc. Tax.....22,00 EUR



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Price Inc. Tax.....22,00 EUR

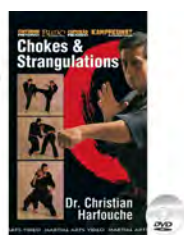
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DVD Other Martial Styles



DVD Novascrimia Abraçar  
Ref. DVD/NOVA5  
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DVD Chokes & Strangulations Shorite  
Ryu Tai Jutsu  
Ref. DVD/HARFOU3  
Price Inc. Tax.....22,00 EUR



DVD How to Martial Arts Show  
Ref. DVD/TEO1  
Price Inc. Tax.....22,00 EUR



DVD Kaisen Do  
Ref. DVD/KAISEN1  
Price Inc. Tax.....22,00 EUR



DVD Martial Arts The Way of the Warrior  
Documentary  
Ref. DVD/TV1  
Price Inc. Tax.....22,00 EUR



DVD Lan Do Chen Siue Pay Vol2  
Ref. DVD/YANIS2  
Price Inc. Tax.....22,00 EUR



DVD Hall Of Fame ISMA 2006  
Ref. DVD/HALL1  
Price Inc. Tax.....22,00 EUR



DVD Lan Do Chen Siue Pay Vol 1  
Ref. DVD/VIL1  
Price Inc. Tax.....22,00 EUR



DVD Budo Martial Arts International  
Festival 2003  
Ref. DVD/FESTI2  
Price Inc. Tax.....22,00 EUR



DVD International Grand Prix 2000  
Martial Arts Festival  
Ref. DVD/GPX  
Price Inc. Tax.....22,00 EUR



DVD Budo Martial Arts International  
Festival 2002  
Ref. DVD/FESTI1  
Price Inc. Tax.....22,00 EUR



DVD Budo Martial Arts International  
Festival 2007  
Ref. DVD/FESTI3  
Price Inc. Tax.....22,00 EUR

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DVD Other Martial Styles



DVD Psi Power for Martial Artists  
Ref. DVD/LILLA  
Price Inc. Tax.....22,00 EUR



DVD Martial Arts Night Gala Italy 2005  
Ref. DVD/MAN1  
Price Inc. Tax.....22,00 EUR



DVD Martial Arts Night Gala Italy 2006  
Ref. DVD/MAN2  
Price Inc. Tax.....22,00 EUR



DVD The Tai Karate Way  
Ref. DVD/GERMAN1  
Price Inc. Tax.....22,00 EUR



DVD Pencak Silat  
Ref. DVD/MALTE3  
Price Inc. Tax.....22,00 EUR



DVD Pukulan Pencak Silat Serak.  
Weapons  
Ref. DVD/SERAK2  
Price Inc. Tax.....22,00 EUR



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## DVD Pencak Silat

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DVD Pencak Silat



DVD Pukulan Pencak Silat Serak. Weapons  
Ref. DVD/SERAK2  
Price Inc. Tax.....22,00 EUR



DVD Pukulan Pencak Silat Serak. Empty Hands  
Ref. DVD/SERAK1  
Price Inc. Tax.....22,00 EUR



DVD Warrior Silat  
Ref. DVD/WSILAT  
Price Inc. Tax.....22,00 EUR



DVD Buka Jalan Pencak Silat  
Ref. DVD/SILAT3  
Price Inc. Tax.....22,00 EUR



DVD Pencak Silat Java & Sumatra  
Ref. DVD/SILAT  
Price Inc. Tax.....22,00 EUR



DVD Pencak Silat  
Ref. DVD/MALTE3  
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## DVD Tae Kwon Do

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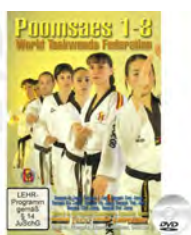
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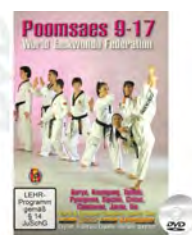
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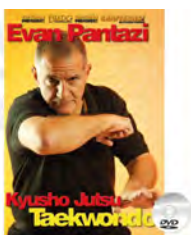
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Ref. DVD/TKDE2  
Price Inc. Tax.....22,00 EUR



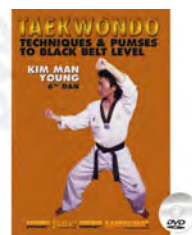
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Ref. DVD/TKDE1  
Price Inc. Tax.....22,00 EUR



DVD Kyusho in Taekwon Do  
Ref. DVD/KYUSHO20  
Price Inc. Tax.....22,00 EUR



DVD Taekwondo Superior Poomsae & Applications  
Ref. DVD/PUM2  
Price Inc. Tax.....22,00 EUR



DVD Taekwondo Basic Poomsae & Applications  
Ref. DVD/PUM1  
Price Inc. Tax.....22,00 EUR



DVD Taekwondo ITF Tul Vol 1  
Ref. DVD/TUL  
Price Inc. Tax.....22,00 EUR



DVD Taekwondo ITF Leg Techniques  
Ref. DVD/TPT  
Price Inc. Tax.....22,00 EUR



DVD The Power of Combat Taekwondo  
Ref. DVD/MAURI  
Price Inc. Tax.....22,00 EUR



DVD Taekwondo Fighting Secrets  
Ref. DVD/MAURI2  
Price Inc. Tax.....22,00 EUR

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## DVD Hapkido

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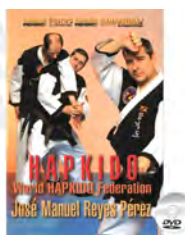
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DVD Hapkido



DVD Hapkido WHF  
Ref. DVD/KWANG  
Price Inc. Tax.....22,00 EUR



DVD Hapkido Technique WHF  
Ref. DVD/FEH1  
Price Inc. Tax.....22,00 EUR



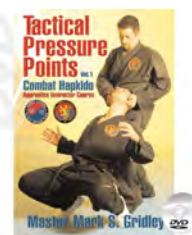
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Ref. DVD/HAPFET1  
Price Inc. Tax.....22,00 EUR



DVD Combat Hapkido Self Defense  
Ref. DVD/COMH3  
Price Inc. Tax.....22,00 EUR



DVD Combat Hapkido  
Ref. DVD/COMH2  
Price Inc. Tax.....22,00 EUR



DVD Combat Hapkido Tactical Pressure  
Points Program Vol1  
Ref. DVD/COMHTTP1  
Price Inc. Tax.....22,00 EUR



DVD Combat Hapkido Ground Survival  
Ref. DVD/COMH4  
Price Inc. Tax.....22,00 EUR



DVD Hapkido Hoi Jeon Moo Sool Vol 1  
Ref. DVD/KIM1  
Price Inc. Tax.....22,00 EUR



DVD Hapkido Hoi Jeon Moo Sool Vol 2  
Ref. DVD/KIM2  
Price Inc. Tax.....22,00 EUR



DVD Sin Moo Hapkido  
Ref. DVD/SMH  
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## DVD Other Styles Korea

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DVD Other Styles Korea



DVD Kuk Sool Won  
Ref. DVD/KUK1  
Price Inc. Tax.....22,00 EUR



DVD Hwa Rang Do Extreme Takedowns Vol1  
Ref. DVD/HWA2  
Price Inc. Tax.....22,00 EUR



DVD Hwa Rang Do Knife Fighting  
Ref. DVD/HWA1  
Price Inc. Tax.....22,00 EUR



DVD Modern Farang Mu Sul How to develop Speed and Reaction  
Ref. DVD/FARANG1  
Price Inc. Tax.....22,00 EUR



DVD Haidong Gum Do  
Ref. DVD/GUMDO  
Price Inc. Tax.....22,00 EUR



DVD Sib Pal Ki  
Ref. DVD/PALKI  
Price Inc. Tax.....22,00 EUR



DVD Sun Mu Do  
Ref. DVD/SUN1  
Price Inc. Tax.....22,00 EUR



DVD Tang Su Do  
Ref. DVD/TANGSU1  
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## DVD Muay Thai

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DVD Muay Thai



DVD Muay Thai Boran Flying Techniques  
Ref. DVD/CESAR10  
Price Inc. Tax.....22,00 EUR



DVD Muay Boran Mae Mai Vol2  
Ref. DVD/CESAR12  
Price Inc. Tax.....22,00 EUR



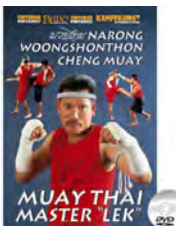
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Ref. DVD/CESAR11  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai & Kick Boxing Punching Bag  
Ref. DVD/CESAR8  
Price Inc. Tax.....22,00 EUR



DVD Kung Fu & Muay Thai Dragon & Tiger  
Ref. DVD/MUAYKUN1  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Cheng Muay  
Ref. DVD/LEK1  
Price Inc. Tax.....22,00 EUR



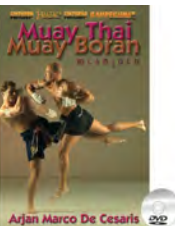
DVD Sillapa Muay Thai  
Ref. DVD/LEK2  
Price Inc. Tax.....22,00 EUR



DVD Modern Muay Thai  
Ref. DVD/EC3  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Master Pimu  
Ref. DVD/BORAN  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Elbow Techniques  
Ref. DVD/CESAR9  
Price Inc. Tax.....22,00 EUR



DVD Mae Mai & Look Mai Muay Thai  
Ref. DVD/CESAR7  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Muay Kaard Chiek  
Ref. DVD/CESAR6  
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DVD Muay Thai Kick Boxing Sparring  
Ref. DVD/CESAR5  
Price Inc. Tax.....22,00 EUR



DVD Cross Fighting Muay Thai & Brazilian Jiu Jitsu  
Ref. DVD/CESAR4  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Kon Muay Kee  
Ref. DVD/CESAR3  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Chap Ko  
Ref. DVD/CESAR2  
Price Inc. Tax.....22,00 EUR



DVD Phasom Muay Thai  
Ref. DVD/CESAR1  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Master Woody  
Ref. DVD/WOODY  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Competition Training  
Ref. DVD/EC2  
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Program 1st to 4th Khan  
Ref. DVD/EC1  
Price Inc. Tax.....22,00 EUR



DVD Kapap Combatives Muay Thai Self Defense  
Ref. DVD/MUAYKAP  
Price Inc. Tax.....22,00 EUR

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## DVD Kick Boxing

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**DVD Kick Boxing**



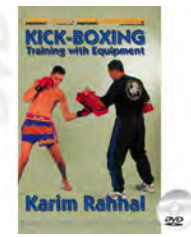
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Ref. DVD/WKA1  
Price Inc. Tax.....22,00 EUR



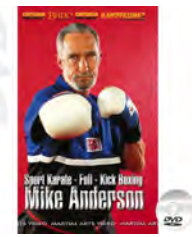
DVD Full Contact & Kick Boxing  
Ref. DVD/DON2  
Price Inc. Tax.....22,00 EUR



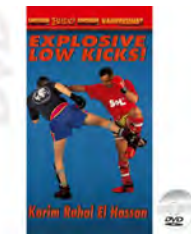
DVD Kick Boxing Training with Equipment  
Ref. DVD/KARIM2  
Price Inc. Tax.....22,00 EUR



DVD The training of Kick boxing and Full Contact  
Ref. DVD/CONDE1  
Price Inc. Tax.....22,00 EUR



DVD Sport Karate, Full & Kick-Boxing  
Ref. DVD/MIKE1  
Price Inc. Tax.....22,00 EUR



DVD Kick Boxing Explosive Low Kicks  
Ref. DVD/KARIM1  
Price Inc. Tax.....22,00 EUR



DVD Full Contact & Kick Boxing On the Ring  
Ref. DVD/FULL3  
Price Inc. Tax.....22,00 EUR



DVD Kick Boxing Joe Lewis Seminar Germany  
Ref. DVD/LEWS  
Price Inc. Tax.....22,00 EUR



DVD Semi Contact  
Ref. DVD/SEMI  
Price Inc. Tax.....22,00 EUR



DVD Super Sparring! Full Contact & Taekwondo  
Ref. DVD/BARADA1  
Price Inc. Tax.....22,00 EUR



DVD Police Defense Kick Boxing  
Ref. DVD/KIKPOL  
Price Inc. Tax.....22,00 EUR

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DVD Boxing for Martial Artists  
Ref. DVD/JEPSON1  
Price Inc. Tax.....22,00 EUR



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## DVD Grappling Wrestling

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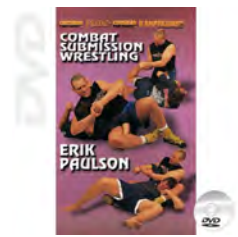
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DVD Advanced Grappling Vol.1  
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Price Inc. Tax.....22,00 EUR



DVD Advanced Grappling Vol.2  
Ref. DVD/TBELTRAN-2  
Price Inc. Tax.....22,00 EUR



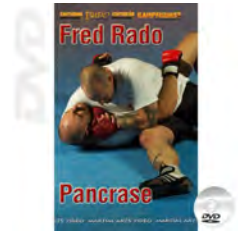
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DVD Combat Submission Wrestling Vol 2  
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Price Inc. Tax.....22,00 EUR



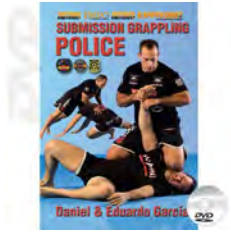
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Price Inc. Tax.....22,00 EUR



DVD Pancrase  
Ref. DVD/PANCR  
Price Inc. Tax.....22,00 EUR



DVD MMA Brazilian Grappling  
Ref. DVD/ALEXP  
Price Inc. Tax.....22,00 EUR



DVD Police Grappling  
Ref. DVD/PGRAP1  
Price Inc. Tax.....22,00 EUR



DVD Police Grappling Techniques  
Ref. DVD/PGRAP2  
Price Inc. Tax.....22,00 EUR



DVD Sambo Techniques  
Ref. DVD/SAMB1  
Price Inc. Tax.....22,00 EUR

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DVD MMA Brazilian Grappling  
Ref. DVD/ALEXP  
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DVD Brazilian Thai Boxing  
Ref. DVD/FEITO1  
Price Inc. Tax.....22,00 EUR



DVD Ultimate Fighting X-Treme3 Ground fighting  
Ref. DVD/HUB3  
Price Inc. Tax.....22,00 EUR



DVD Ultimate Fighting X-Treme2 Upright fight  
Ref. DVD/HUB2  
Price Inc. Tax.....22,00 EUR



DVD Ultimate Fighting X-Treme1 Takedowns  
Ref. DVD/HUB1  
Price Inc. Tax.....22,00 EUR



DVD Shoot Vol3 Fighting Techniques  
Ref. DVD/SHOOT3  
Price Inc. Tax.....22,00 EUR



DVD Shoot System  
Ref. DVD/SHOOT1  
Price Inc. Tax.....22,00 EUR



DVD Shoot Mix Fight  
Ref. DVD/SHOOT  
Price Inc. Tax.....22,00 EUR



DVD Total Grappling & Vale Tudo Escapes & Submissions  
Ref. DVD/TG4  
Price Inc. Tax.....22,00 EUR



DVD Professional Vale Tudo  
Ref. DVD/TG3  
Price Inc. Tax.....22,00 EUR



DVD Total Grappling & Vale Tudo Vol 2 Evolution  
Ref. DVD/TG2  
Price Inc. Tax.....22,00 EUR



DVD Total Grappling & Vale Tudo Vol 1  
Ref. DVD/TG1  
Price Inc. Tax.....22,00 EUR

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DVD MMA - Vale Tudo



DVD Kapap MMA  
Ref. DVD/KAPAP6  
Price Inc. Tax.....22,00 EUR



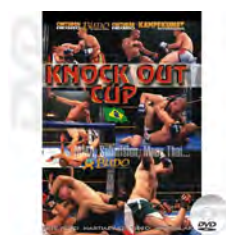
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Ref. DVD/NICO  
Price Inc. Tax.....22,00 EUR



DVD Ruas Vale-Tudo  
Ref. DVD/FERRE2  
Price Inc. Tax.....22,00 EUR



DVD Bugei Total Combat  
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Price Inc. Tax.....22,00 EUR



DVD Knock-Out Cup MMA  
Ref. DVD/BRA3  
Price Inc. Tax.....22,00 EUR



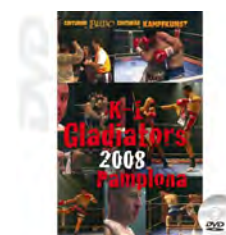
DVD Vale Tudo The Very Best of IVC 6 & 9  
Ref. DVD/BRA2  
Price Inc. Tax.....22,00 EUR



DVD Meca World Vale Tudo The Very Best  
Ref. DVD/MECA1  
Price Inc. Tax.....22,00 EUR



DVD Storm Samurai Brazil MMA & Muay Thai  
Ref. DVD/BRA4  
Price Inc. Tax.....22,00 EUR



K-1 Gladiators Tournament 2008 Spain  
Ref. DVD/GLA2  
Price Inc. Tax.....22,00 EUR



DVD K-1 Gladiators Tournament 2007 Spain  
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## DVD Other Contact Sports

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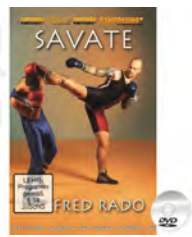
DVD Other Contact Sports



DVD Sparring!  
Ref. DVD/GRAD1  
Price Inc. Tax.....22,00 EUR



DVD Kick Boxing How to be an efficient counter fighter  
Ref. DVD/GRAD2  
Price Inc. Tax.....22,00 EUR



DVD Savate French Boxing  
Ref. DVD/SAVAT  
Price Inc. Tax.....22,00 EUR



DVD Total sparring Semi, light & Full Contact  
Ref. DVD/MUGEN1  
Price Inc. Tax.....22,00 EUR



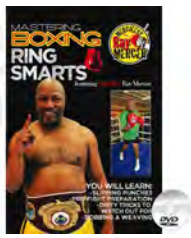
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Price Inc. Tax.....22,00 EUR



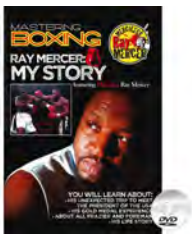
DVD Mastering Boxing Combinations  
Ref. DVD/MERCER3  
Price Inc. Tax.....22,00 EUR



DVD Mastering Boxing Bag Work & Footwork  
Ref. DVD/MERCER4  
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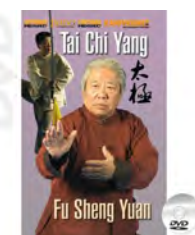
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