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# Kyusho for the ~~Disabled~~ Enabled

## Evan Pantazi



Kyusho is perfectly suited for people with all ranges of disability, in fact it is far better suited than most Martial Arts out there as it uses far less power, speed and especially agility. It also has greater effect on the assailant as the weaker anatomical structures are targeted as opposed to general areas. One of the more difficult disabilities is in the mobility lost during confinement in a wheelchair. You do not have a stable base from which to issue a powerful technique or counter. You are always at risk of tipping over, or rolling away or into the attack. Kyusho has been prized for centuries by the Masters of Old as they fully kept their prowess even in advanced years. The understanding of the human anatomy, physiology and functionality, need not be kept private for selected family members, favored students or inheritors of the style. This is vital information and skill development for all ages... and aging. It is the equalizer that the Martial Arts were intended to be.



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# Editorial

## Prudence

**"Memores acti prudent futuri".**

Mindful of what has been done, aware of what will be.

**"Humilitas occidit superbiam"**

Humility conquers pride.

**P**rudence is the virtue of the elderly; daughter of failures and cousin of scarcity, when this virtue knocks your door, you will know that you have aged. Prudence regulates the natural trends with which we all defend ourselves when things get too tight. The impetuous is tempered, the arrogant humiliated, the violent refrained and the covetous settled.

Prudence is the mother of sobriety; it encourages asceticism, re-draws dreams and endows them with viability. Things are focused and their silhouettes are cut, the wheat is separated from the chaff and everything is shown in its most naked truth. Killer of fantasies and murderer of vain illusions, prudence comes slowly, calmly, but when it docks at your port, it will hardly want to leave.

Nothing is more tiresome for the prudent than the speech of the enthusiasm, the sellers of smoke or the recalcitrant optimists who, committed to proclaiming their truths, insist on their same tirades, or what is worse, they're bent on convincing us of what is right and what is wrong. However, the prudent always listens carefully, even though, for him, sermons and harangues are, paraphrasing Sinuhe the Egyptian, "as the buzz of flies in his ears, or the dust of the road in his feet."

Time doesn't bring prudence as a tribute, but without time, prudence won't be possible either. To the fire of youth follows the elder's prudence, like Autumn follows Summer. Nobody walks backward, nobody bypasses this price in hours to come up to this virtue. But prudence at the wrong time is not such, but a lacking in courage. The young man is so much bound to attack as the elder to rethink.

Prudence, when true, demands experience and memory, but also reflection. Going through things is not the same as things going through you. The brainy analyst is worth less here than the sensitive thinker; prudence comes as a result of aggrieved emotions, not of square equations.

Prudence is not distrust; the first is virtue, the second fear. Prudent persons measure and

temper themselves to bring their thoughts and actions to a successful conclusion, while distrustful people retreat and lock themselves, anchored in resentment. While prudence avoids pain, distrust sinks you into what it was, without giving any chance for something good and new to happen. That's why prudence is a virtue and distrust is not; annoying armor, heavy prison, in which perhaps nothing can enter, but in which you can't grow either.

The moderation of the prudent should not be confused with pettiness. Measuring the steps doesn't mean to take small steps, but to take the suitable ones. Anyway, rush by itself doesn't fit the prudent, because, as wise men say... "only fools rush in". Haste makes waste! Things well done require their own proper time. Efficiency is an algorithm between the possible and the optimum that only prudence can bring. Prudence might not be brilliant, but it's effective.

Common sense, caution, sanity, balance and moderation, shape up the brilliancy of the prudent, who doesn't tremble at the edge of the cliff, because he's seen it in advance. Light at the end of the tunnel of life for the wisest, prudence grants peace because it's cautious and tends to avoid conflict. Prudence measures people and times, surfs waves, foresees tides and, conjuring synchronies, achieves fair goals for everyone. There is no wisdom without prudence. All true knowledge leads there, where restraint and circumspection are not interested embellishments; rather, they are refulgent stars of the centered temperament and the awake discernment of he who having tried, chooses maturity.

Adventure is to youth what prudence is to maturity, oxygen to our souls; therefore, don't forget to see everything in its opposite: Thus, in order to remain alive, the old man should be a little risky in the right amount, and the young man should be cautious, also in proportion.

When prudence decorates your spirit, welcome it.







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







# "Pearls" of the Warrior

*"The purpose of mastering  
Martial Arts through training  
is to overcome six kinds of diseases:*

- 1. The desire for victory.*
- 2. The need to impress others.*
- 3. The tendency to rely on technical cunning.*
- 4. The desire to master the psychological  
aspects of your opponent.*
- 5. The will to wait for the opponent's first  
move, which would expose their weaknesses.*
- 6. The desire to overcome all of these diseases"*

*By  
Yagyū Munenori*









**“Today we see in the training programs of many schools that these Palamas are no longer maintained and each one evolves / changes the basic program; from the Evolution, the Kajukenbo Kosho Ryu maintains the Original / Traditional program.”**

**GM Licesio Priet**

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## **KAJUKENBO ESSENTIAL**

**Kajukenbo started on the island of Oahu, Hawaii, where several men began training secretly in old warehouses and abandoned buildings. It was so that Adriano Emperado, Joseph Holck, Peter Y.Y. Choo, Frank Ordonez and George "Clarence" Chang, made a pact committing to create a fighting art.**

**These five practitioners of different Martial Arts, developed Kajukenbo to complement their styles in order to achieve a real fighting effectiveness at all distances and speeds.**

**Within a period of two years, from 1945 -1947, these men combined their knowledge in other Martial**

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Arts and created a new Martial Art, to which they called Kajukenbo, and that was synthesized in the Palama district, Hawaii, during the years 1949-1952. They also created the Black Belt Society.

They decided that Kenpo would be the structure around which the Kajukenbo



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## Kajukenbo

would be built. The arts from which Kajukenbo stems are Karate, Tang Soo Do, Judo, Ju-Jitsu Danzan Ryu, Kempo and Chu'an Fa Gung Fu (Chinese boxing), as well as Western Boxing. Remember that some of the first students came from Boxing, including Jaime Basquez, who was on the verge of competing for the Boxing World title in his weight, hence the name of Ka-Ju-Ken-Bo.

**P**eter Young Yil Choo - Hawaiian Boxing (and Tang Soo Do) Champion.

Joseph Holck - Judo Kodokan and Ju-jitsu Danzan Ryu.

Frank F. Ordoñez - Kodokan Judo Master and Sekeino Ju-Jitsu

Adriano Directo Emperado - Kara-ho Kempo and Eskrima

George "Clarence" Chang - Chinese Boxing Sil Lum "Kung Fu", from North and South Shaolin.

History has it that to prove the effectiveness of their original techniques, the five founders got into fights around the Palama neighborhood (the worst Hawaiian suburb at that time). If a given technique managed to succeed in the street fight, it was kept as part of the system.



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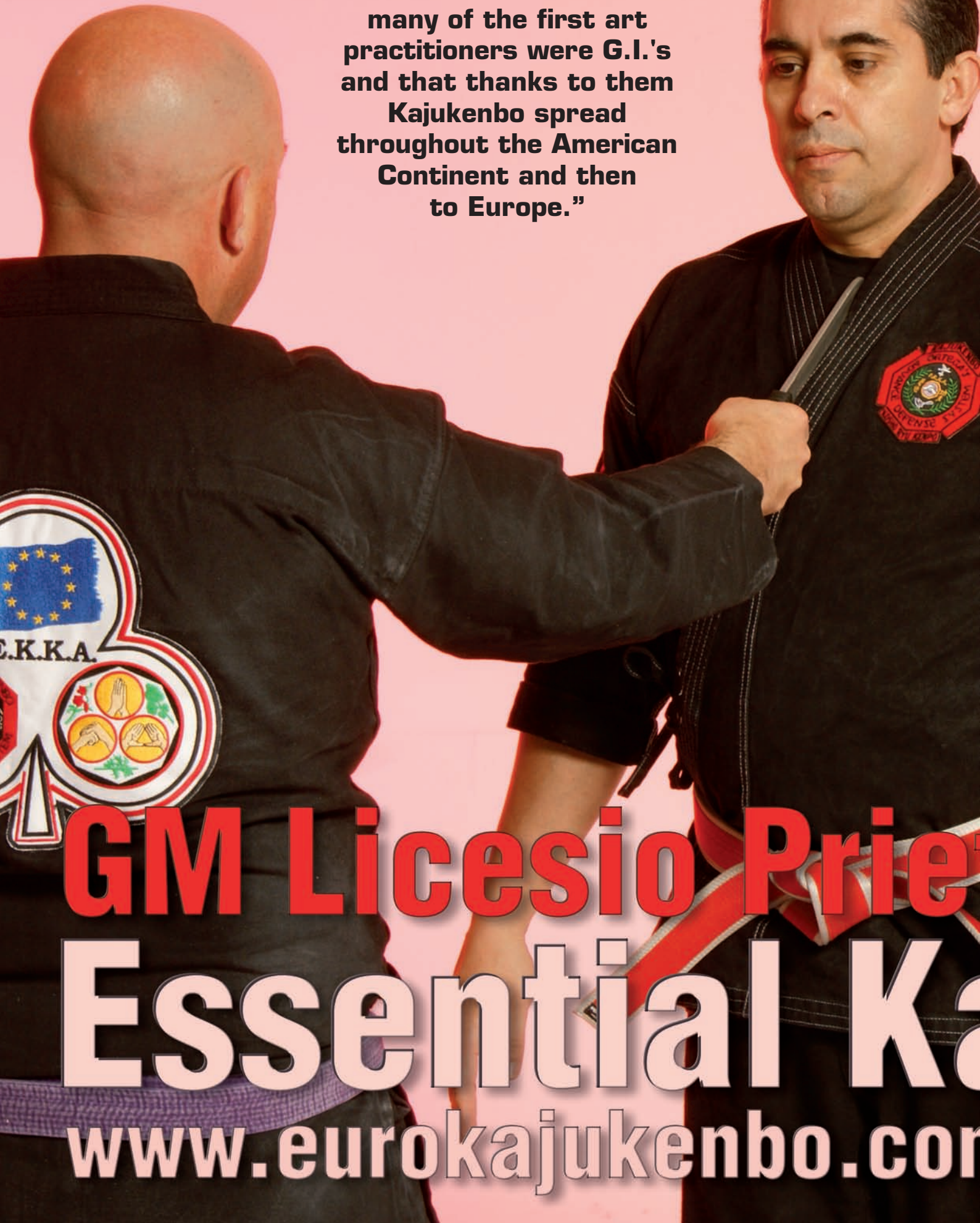






Kajukenbo

**“We must remember that many of the first art practitioners were G.I.'s and that thanks to them Kajukenbo spread throughout the American Continent and then to Europe.”**



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After the other 4 Co-Founders went to war, Emperado started the first Kajukenbo school at the Palama Settlement Gym in 1950.

Training sessions there became legendary for their brutality. Emperado has been quoted as saying that training didn't finish until there was blood on the ground. It was said "that you have to experience pain before you get to know what your technique can do". We lost many students in those days, but we also got a lot from other schools, including black belts.

We must remember that many of the first art practitioners were G.I.'s and that thanks to them

Kajukenbo spread throughout the American Continent and then to Europe.

Specifically, at the Travis Air Base in California, where Master Aleju Reyes opened the first school outside of the Hawaii Islands in 1958, imparting the teachings in a very special way to the members of the Air Forces of the United States of America.

After 1959, Charles Gaylord, Tony Ramos, Aleju Reyes and Joe Halbuna, who had received their black belts from Emperado, taught the art of Kajukenbo in the American continent.

Each of them opened their own Kajukenbo school in California. In 1969, Tony Ramos trained and exchanged his



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## Kajukenbo

method and ideas with Bruce Lee. Aleju Reyes died in 1977, and Tony Ramos died in Hawaii in 1999. Charles Gaylord worked on the system and developed the so-called Gaylord method (Chuan Fa). He became Chairman of the Kajukenbo Association of America and died in 2009.

We would also have a young Al Dacascos, who founded El Wun Hop Kuen Do in the 60s and 70s.

All of them were promoted to 5th Dan Black Belt by Adriano Emperado in 1967, for their outreach work, because they really were the ones who took the

Kajukenbo out of Hawaii and made the Art known to the general public.

In the Art of Kajukenbo, until the death of Emperado, we had recognized 5 evolutions or stages of the Art.

### **Methods:**

Kenpo Karate, also called Emperado Method.

Chuan Fa, with two lines: Ramos Method and Gaylord Method.



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Kajukenbo

Tum Pai

Wun Hop Kuen Do.

Now in the Basic work, Forms / Palamas, remember that at the beginning they were called Pinians, but in honor of the Kajukenbo birthplace, in the early 90s the name was changed to Palama Set.

We have 14 Palamas, which were gradually added to the system; according to different Instructors, Palama 8, today Naihanchi 11, was carried out in honor of Joseph Emperado. There are schools that practice only 11 or 13 forms, as in the basic work they have 3 or 4 Katas peculiar to their schools.

When we train or view the Pinians / Palamas, we become aware of the Origins of them, Kenpo Karate, Kung Fu.

All this work of forms is the program until Black Belt 1st Dan; it's here where Sijo A. Emperado granted the students the freedom of creation and evolution of the Kajukenbo.

Today we see in the training programs of many schools that these Palamas are no longer maintained and each one evolves / changes the basic program; from the Evolution, the Kajukenbo Kosho Ryu maintains the Original / Traditional program.

### *The techniques:*

Punch Counters / Tricks 21.

Grab Arts 15.

Club Counters 13.

Knife Counters 15

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**“When we train or  
view the Pinians /  
Palamas,  
we become aware  
of the Origins  
of them,  
Kenpo Karate,  
Kung Fu.”**



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Two Man Attack 8.  
Three Man Attack 1 to 3.

From the Green Belt onwards, as the Techniques of the Alphabet advance, the sparring techniques for sports competitions and Full Contact Sparring also reach their point.

In Kajukenbo Koshu Ryu we also have Counters and Drills from Adgung Tony Ramos.

For this reason, in Kajukenbo you can see techniques of Kenpo, Eskrima, Karate, Judo, Ju Jutsu or Gung Fu, always depending on the Master and the Lineage from which he comes, since each one of the founders gave a greater priority to one art than to the others, depending on his own abilities and knowledge

In this DVD, which we hope to be the first of many, we start out by showing the essential elements of the Art of Kajukenbo, such as the first 3 Palama Sets, the first 2 tricks, grab arts, knife counters, club counters, drills and counters.

In this work we will see the development of the KA-JU-KEN-BO Palama forms, as well as the applications or Bunkai, as they are defined in Okinawa, something in which our school recovers the idea of the Foundation of the Kajukenbo; remember that our Art is considered as MMA; also the

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**“In Kajukenbo  
Kosho Ryu we  
also have  
Counters and  
Drills from  
Adgung Tony  
Ramos.”**



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## Kajukenbo

body hardening basic exercises, something extremely important because, as my Sifu SGM Cherry Ortega says, the receiving bag must be bigger than the punching bag, and we must be able to fit the hard work for the struggle in the street.

We will explain what we must and mustn't do in the techniques so that their efficiency doesn't stop being anything anecdotal; any failure in the streets can cost us our life.

### ***A brief summary of my life and my career in Martial Arts:***

I've combined the practice of Martial Arts with my profession for many years; I am a doctor, osteopath and chiropractor and I've been teaching Osteopathic and Chiropractic Medicine for 14 years in different cities of Spain.

As for Martial Arts, I started at the age of 10 with Shotokan Karate, then I went through different schools of Kung Fu Siu Lam, Wing Chun, Kenpo, Jeet Kune Do, Eskrima and Arnis.

I achieved different degrees of black belt in Karate and Kung Fu and, from the first JKD / Kali seminars that were held in Spain, I had the opportunity to train with Dan Inosanto, Cass Magda, Larry Harstell, etc., reaching the level of Full Instructor of said arts.

I got into Kajukenbo in 1985, at the beginning with sporadic practices, to then delve more deeply into it; with the passage of time I've had the opportunity of travelling in the world, training and meeting a large majority of today's SGM of Kajukenbo; with some we shared meals and talks, with others seminars and longer trainings; among them SGM Rick Kingi, SGM Clarence Luna, SGM Al Dacascos, SGM Al de la Cruz, SGM Emil Batista, SGM Janice Somera, GM George Jackson, and a large number of other Grand Masters. Special mention should be made to GG Charles Gaylord, for accepting me as pupil, and to SGM Cherry Ortega, my current Sifu in the Kajukenbo and Kajukenbo Kosho Ryu, my father in the long journey that I still have to travel in the Kajukenbo and in Martial Arts.

Deepening a bit more in my training, in the work of Eskrima and Arnis I was fortunate enough of being a pupil of some of the biggest Eskrimadors of Cebu, the origin of the Eskrima Art, a place that I often visit to work out directly with them: In Doce Pares, with my Master SGM Dionisio Cañete, of whom I am representative and entitled as Professor of Eskrima by the Technical Education and Skills Development Authority (TESDA) of the Philippine Government. In Balintawak Arnis as a student and Guro by GM Nickelstick, having the opportunity to work out with Grand Masters of such arts, like GM Bobby Taboada, the Velez brothers, GM Eduardo Ashiza in Baraw Sugbo and a many others, but the disposable space is too small to thank all my Masters for their time and teachings.

The road leads on and I am looking forward to continue. I hope that the work here exposed today will help to understand a bit better this exciting Art of Kajukenbo, and as I said before, we will continue revealing its techniques and works to the black belt level. As I also told you, don't forget that the techniques may vary depending on lineages, and that until the early 90s, techniques were performed as 1 and 1st, then that changed and only remained 1, because it didn't make much sense since it was just lengthening the movement. The techniques you will find in this DVD are the longest ones, such as they were transmitted to me by my Sifu SGM Cherry Ortega and that we continue to work out every day, to complement the traditional system or Emperado Method/Kenpo Karate.

I can do no other than thank all my Masters for their teachings and specially for all the principles and ethics that they transmit to me on all levels of Mind, Body and Spirit. Kajukenbo Forever.

# GM Licesio Prieto

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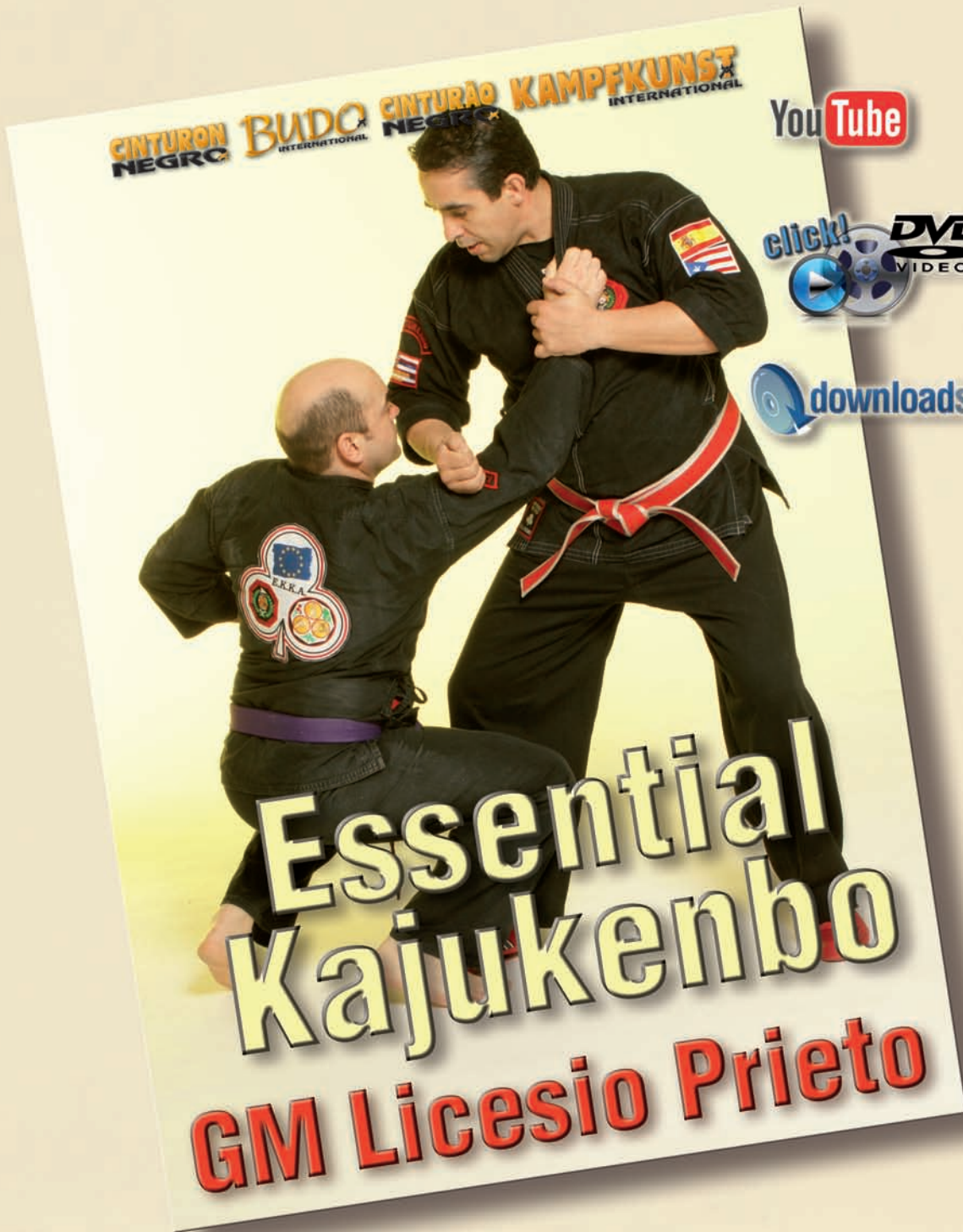
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Avi Nardia

*Internet warrior*

*The Backfire Effect: Why Facts Don't Win Arguments*

**What should be evident from the studies on the backfire effect is you can never win an argument online. When you start to pull out facts and figures, hyperlinks and quotes, you are making the opponent feel as though they are even more sure of their position than before you started the debate. As they match your fervor, the same thing happens in your skull. The backfire effect pushes both of you deeper into your original beliefs.**

**Many Martial artists claim I'm not an internet warrior, but in modern era, Internet wars are common. Unfortunately, the internet warrior uses the safety of being in distance to slander. People with big EGOs and Flexible morals who like to critic others and stand on their shoulders just to seem to be taller.**

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# Avi Nardia

## Kapap

## イスラエルの武道











Avi Nardia

**M**ostly it is between open minded teachers that will try any idea, to closed minded teachers. The second will block themselves and more sadly their students from opening their minds as it scares them that the students may find that there is more than One solution. An open mind is a mind that is receptive to new ideas and information. Opposed to a closed mind which will reject ideas and is stuck in my way is the only way.

Another Philological effect is the Inferiority Syndrome - Martial artists that believe that what they do is best and the Only way. That, leading their minds to The Dunning-Kruger effect - in the field of psychology, the Dunning-Kruger effect is a cognitive bias wherein people of low ability suffer from illusory superiority, mistakenly assessing their cognitive ability as greater than it is.

It occurs where people fail to adequately assess their level of competency — or specifically, their incompetency — at a task and thus consider themselves much more competent than everyone else. This lack of awareness is attributed to their lower level of competence, robbing them of the ability to critically analyze their performance, leading to a significant overestimation of themselves.

In simple words it's "people who are too stupid to know how stupid they are".

The inverse also applies: competent people tend to underestimate their ability compared to others; this is known as impostor syndrome.

That gets us into internet wars and many times I heard friends say I'm not an internet warrior, but a warrior is a warrior no matter what is the battlefield, Internet or any part of life and the best example is Socrates

**In simple words it's  
"people who are too  
stupid to know how  
stupid they are."**

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## イスラエルの武道







**“Competent people  
tend to  
underestimate their  
ability compared to  
others; this is known  
as impostor  
syndrome.”**







Avi Nardia

Socrates the Soldier - Most people think of Socrates (470-399 BC) as an old philosopher. People are often surprised to learn that Socrates was, in fact, also a decorated military hero, renowned among other army veterans for his courage on the battlefield, and for his extraordinary endurance and self-discipline. Some scholars believe that it was Socrates' heroism at the Battle of Delium that catapulted him to fame in Athens.

In the Book the Republic he set the first soldier or warrior issue -

Soldier thinking if we assault and win we can do it even without him any way, as some will lose their life even when victorious, if we lose, why should I risk myself? I better stay behind, and we call this a moral issue " fix your shoe " as one drops and tell his friend I just fixed my shoe and join.

Moral and warrior code didn't start today on the Internet, but for sure the internet can be a stage to equations that are legit, but the sad part is that most internet warriors are only open to slander and critic others and once they get answer they run and hide behind the backfire effect.

Maybe it's because "selfish gene" via "altruism gene" that help the ones with more selfishness and less skills find better ways and hope to survive.

*"As I read Whenever a friend succeeds, a little something in me dies."* Gore Vidal

Some time its Human weakness and happiness to see someone fall and fail to feel stronger.

Some Martial arts will " have Based " their skills on statistics (BTW without FACTS) and

**“People are often surprised to learn that Socrates was, in fact, also a decorated military hero, renowned among other army veterans for his courage on the battlefield, and for his extraordinary endurance and self-discipline.”**



# Avi Nardia



# Kapap

# イスラエルの武道







about statistic already said 'Statistics are like bikinis. What they reveal is suggestive, but what they conceal is vital.' it's made mostly to prove your point BUT not a Fact.

It can go into character murder mostly done as a purpose, Understanding the power of Media and Google by using it as business weapon, and direct slanders to try take someone better than you out of the "game".

While some get slander online, No friends or students or colleague try defending them, and it may part of the bystander effect, or bystander apathy. It is a social psychological phenomenon in which individuals are less likely to offer help to a victim when other people are present and on the Internet so many people are present so no one feel it's his obligation to defend his friend or teacher that get slandered.

Using again the "Genovese Syndrome" as 38 people witness murder but No one did anything. The same applies to the Internet.

Character murder on people who know that the syndrome will work, and no one will do anything, mostly for the lack of "Open Mind".

Let's keep an open mind and a good attitude on the internet. Keep an open mind and educate ourselves as that is the meaning of open minds

*"It is the mark of an educated mind to be able to entertain a thought without accepting it."*

**Attributed to Aristotle**







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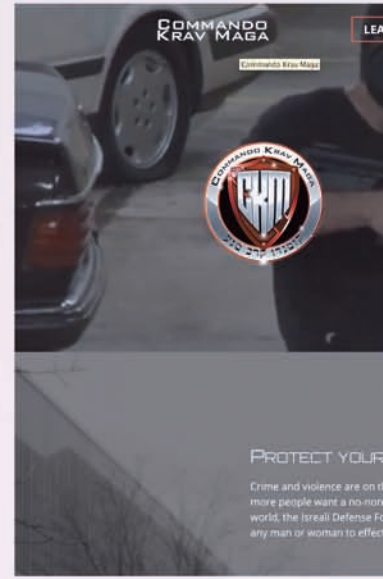


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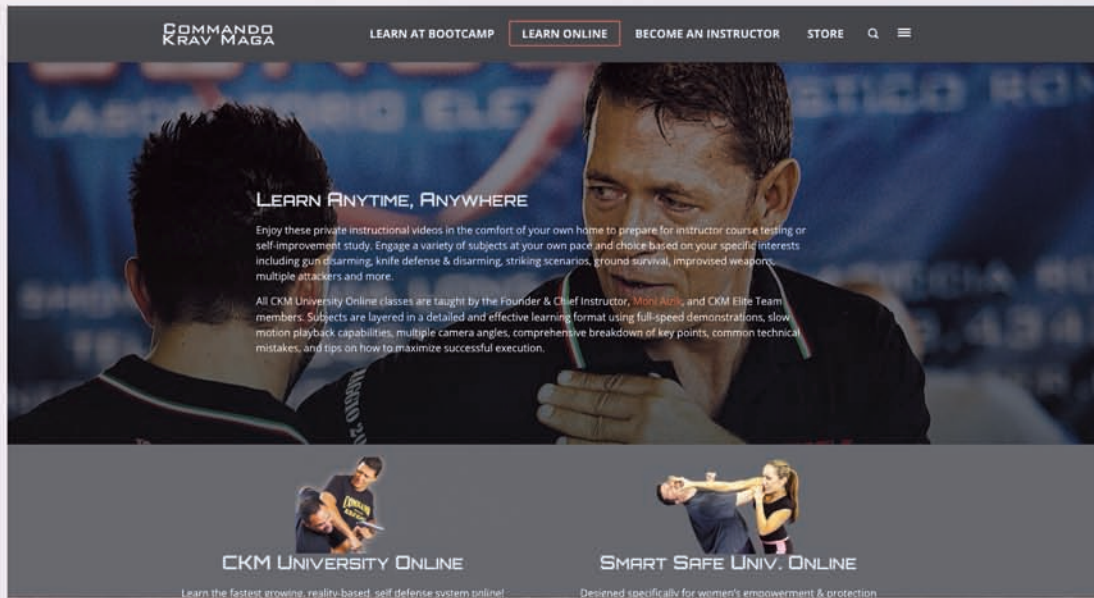
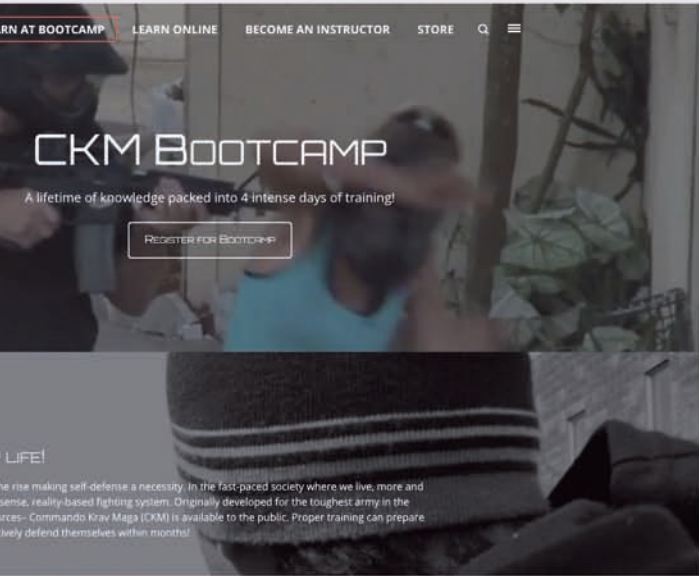
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Hwa Rang Do



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## *The different aspects of Hwa Rang Do®*

Hwa Rang Do is fundamentally divided into Four Divisions of study.

**Nae Gong (Internal Powers)** – Development of Ki power, internal energy through both passive and active Ki power development exercises.

**Wae Gong (External Powers)** – The practice of the physical techniques, which is comprised of over 4,000 techniques both offensive and defensive ranging in all areas of combat: striking, joint-manipulation, takedowns, throws, pressure points, grappling, ground fighting, etc.

**Shin Gong (Mental Powers)** – Development of the mental powers of higher consciousness for better focus and concentration as well as delving into the internal self to discover the Truth within us all.



# Hwa Rang Do

# n Lee





## Hwa Rang Do

“The key to the universe lies dormant within the self,  
Waiting to awaken through self-discovery.”

**Mugi Gong (Weapon Powers)** – Weaponry or control of external objects. There are over 108 weapons in 20 different categories found within Hwa Rang Do. Ultimately, it is learning how to use any external object as a weapon.

The underlying principles in which Hwa Rang Do techniques and its philosophies are founded lies in the metaphysics of the Um-Yang Theory. That, in the universe there exists primarily energy, which consists of polar opposites of negative and positive forces, love and strife, light and darkness, Um and Yang (Yin and Yang in Chinese). And, it is the interaction of these two forces that created all things within the universe as signified by the



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two halves of a circle engulfing each other, which is also the logo for our art.

Therefore, Hwa Rang Do ultimately strives to achieve balance in all things: material and immaterial, visible and invisible, and technically - soft/circular and hard/linear. Furthermore, it strives for balance of the self by understanding and maximizing all its components: the mind, the body, the heart, and the spirit.

The techniques are designed in harmony with the natural laws of the Universe.

### 3 Elements of Um:

1. Yu – Soft fluid motion
2. Won – Circular motion and rotational force
3. Hap – Unity and combination

### 3 Elements of Yang:

1. Kang – Hard like rock or steel
2. Kak – Understanding of angles and angular directions
3. Kan – Proper distancing

All things are created with these principles in mind. We do not follow any animal styles or any contrived nonsensical unnatural ideas; we follow the applications of natural laws by using the sacred gift of our human mind.

Finally, we have our Dynamic Expression of our art or rather our sportive applications. There are two types of learning, static and dynamic. Static learning is through rote-memory and repetition as dynamic learning is through random, free association. First, you must learn all things through static learning and then expressed dynamically by training to respond to unrehearsed, random attacks and situations. Although, our main focus is not on sports and athletic competition, since Hwa Rang Do is so comprehensive, our sportive applications are also very extensive and complete.



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**Yongtoogi (Fight for Courage) –**

This is unique to Hwa Rang Do as we combine striking with hands and feet as well as takedowns and throws and once taken to the ground, they have 5 seconds to submit. If no submissions are successful, they are brought back onto their feet. This is continuous round and the winner is determined by cumulative points at the end of the round if there are no submissions.

**Gotoogi (Fight to the End) –**

Gotoogi is our version of both position grappling for beginners for control and positions, and submission grappling for intermediate and advanced students. One learns throws, takedowns, and once on the ground, the goal is to submit the opponent with arm locks, leg locks, or chokes.

**Mugi Daeryun (Weapon Fighting):**

It is divided into two categories of edged weapons and blunt weapons.

**Gumtoogi (Sword Fighting) –** This is our version of sword fighting using the bamboo sword by not only attacking the traditional target areas of the head, wrists, body, and throat, but also allowing strikes to the legs as well as applying spinning/rotational attacks which allows for the full expression of Hwa Rang Do's multifaceted, comprehensive system.

Diversity of Swords: Gumtoogi is the application and fighting with all types of edged weapons. We also utilize swords of various lengths and combinations.

- Jang Gum – Long Swords
- Ssang Gum – Twin Medium Swords
- Combination – One Short & One Long
- Gum Bangpae - Sword & Shield
- Jang Chang – Spear
- Dan Gum – Knife Fighting

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## Hwa Rang Do

**Bongtoogi (Stick Fighting)** – This is our version of stick fighting using rattan sticks by attacking to target areas of the head, wrists, and body, but also allowing strikes to the legs as well as applying spinning/rotational attacks which allows for the full expression of Hwa Rang Do's multifaceted, comprehensive system.

**Diversity of Sticks:** Bongtoogi is the application and fighting with all types of blunt weapons. We also utilize sticks of various lengths and combinations.

- Jang Bong – Long Staff
- Ssang Bong – Twin Medium Sticks
- Jung Bong – Medium stick or Baton
- Bong Bangpae – Stick and Shield

For us competition is a way to better ourselves so that we may better others and not for self-glorification. Ultimately, Hwa Rang Do is a way to discover and realize the true potentials of the individual to better serve humanity, honoring our Creator.



**“For us competition is a way to better ourselves so that we may better others and not for self-glorification.”**

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# 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.

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### *Success with structure*

**“In the past everything was better”. I think we all have heard this sentence before. As it oftentimes goes with these things, there is definitely a grain of truth about this statement. And yet, today I know that like with everything, there are two sides to it.**

**Our art and the education as it is practiced in my schools today had many different names and labels many 100 years ago. Up to this day, the content of this art has remained identical. The only thing that played a different role in the past was the factor of time.**

**Y**es, supposedly one day consisted of only 24 hours already back then. But the way one went about these hours was different. The idea of training “all day long” today sounds tremendous to us. And at the beginning it certainly is for some people with an office job. However, it is precisely those students taking part in our autumn camp in Hong Kong or in similar events who know that it is at those times that they really make progress. At these events they experience the way our art was practiced in the past. This was also the way I learnt from my master and the way I am still learning today. But something that those days of training and instruction did not have earlier was

**“My recipe for success is that I have always cared for the core of the matter and have introduced a certain structure into our art; regardless of whether the education of my students or my own was concerned.”**

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structure. What for? Without video games and the internet one had innumerable hours a day at one's disposal for the training and thus for many educational lessons. So it was totally sufficient to learn more of this or more of that. On the whole one still learnt a complete system. May I briefly illustrate this once more? In the past: countless hours of training each day vs. today, depending on your schedule: two to four times a week for about 1.5 hours. Do you notice anything? Shall we in our education with such little time to invest just go for it and trust the teacher that we learn all the important things in the end? In the past this worked very well. One had a lot of time. Today, this does not work anymore. So what did I do in order to still educate students so successfully? Structure, structure, and again structure. Especially in the Western world structure is indispensable for our way of life. Of course to a certain extent stress is artificially produced. But it is obvious that the life we live today would not be imaginable without a leading order. Here our schedules come into play, in which we meticulously write when we do what. They show that on average we could train two to four evenings a week. You see, I say "could". And of course I am talking about 1.5 hours each time. What does this development mean for us instructors? It means that we have to impart our knowledge in the most efficient way possible in order to optimally use the time available. Yes, each new student comes with her very own character

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traits, with her very own strengths and weaknesses to the lessons. But our art and the afore-mentioned structuring enable the student to get the maximum out of her in the shortest possible time. Plus, concerning the training and the education, they both make it possible for the student to become independent, one could almost say mature. I have hinted at the fact that I learnt in the "old" way. Some teachers of my generation would even say that I learnt in a "better" or "harder" way. In the past, everything used to be just better, they say. Is that really so? For someone like me who grew up in the Western world, these old art forms from Shaolin (and especially under the aegis of such a traditional master) were oftentimes just confusing and chaotic. Besides, despite the fact that I could spend the whole day having lessons with my teacher, due to financial reasons I could only spend five to six weeks a year at a time at my teacher's place. At that time he lived in Hong Kong and I, just like



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today, in Switzerland. Of course back in Switzerland during the breaks, it was good to process what I learnt and to research confusing traditions. But already back then I had to structure and summarise everything I learnt in order to be really able to understand it. Today I am the style successor of my master and my recipe for success is that I have always cared for the core of the matter and have introduced a certain structure into our art; regardless of whether the education of my students or my own was concerned. My senior team of instructors and I have defined the complete education in our art in black and white. We have not only set up goals and interim objectives for the student, but also structured innumerable

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## Kung Fu

sequences without altering the core of our art from Shaolin. On the contrary; as our successes show, we have managed to make it possible for the student to learn our art more efficiently and more quickly. My team of instructors, who partly already make a living teaching full-time, prove this, as well as numerous national and international awards, which were granted to my students who successfully performed at tournaments. But to conclude, let's go back to the beginning: Has the main focus of our daily lives moved away from the fight of life and death? It certainly has. Is the extravagant education in the traditional arts, even if it is taught in a much more efficient and structured way than in the past still of any use today? Of course it is! Apart from the fact that physical attacks are still happening today and that the health benefits of the training bring about a better life, during the education at our school, ultimately, one also learns about what it is based on, i.e. structure: Something, as you and I have found out today, that is a big part in the foundation of our lives and that helps us, combined with the old knowledge from Shaolin, to improve the quality of our daily lives and to reach our goals faster. Day after day. Lesson after lesson. At the KUNG FU SCHOOL MARTIN SEWER.

**“Has the main focus of our daily lives moved away from the fight of life and death? It certainly has. Is the extravagant education in the traditional arts, even if it is taught in a much more efficient and structured way than in the past still of any use today? Of course it is! “**

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**“What does this development mean for us instructors?”**

**It means that we have to impart our knowledge in the most efficient way possible in order to optimally use the time available.”**

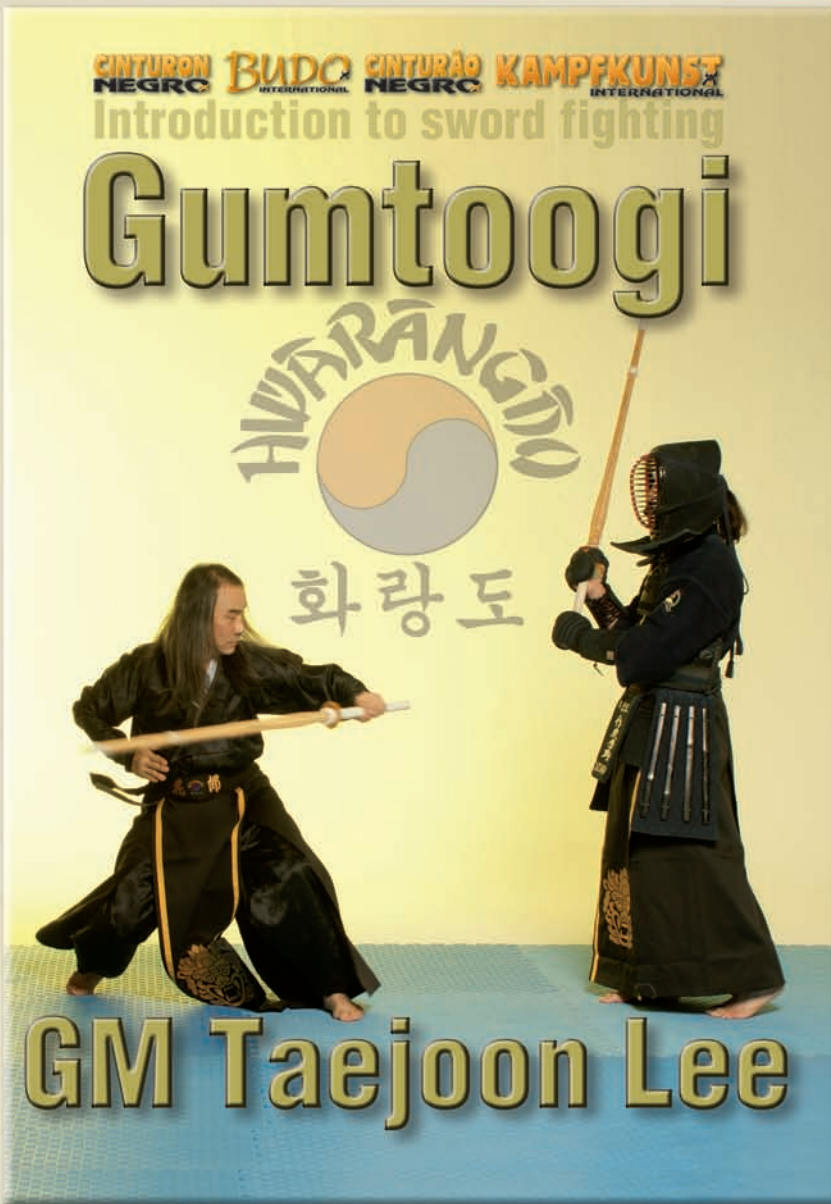
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Introduction to sword fighting

# 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.



REF.: • DVD/HWA3

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**CKM is conceptual based system rather than focusing solely on a series of complex techniques. Thus, you will be introduced to many key CKM survival concepts throughout the Camp. Although you will learn many effective CKM tactics and techniques for street survival, the Boot Camp starts to condition your mind to understand the underlying concepts behind these tactics.**



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**“Although the tactics and techniques in CKM are simple to perform, it took many years of research and field testing to refine and evolve CKM to where it is today.”**



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**As street attacks are never static, the element of unpredictability is what makes them so dangerous. Unlike martial arts tournaments, there are no rules, regulations or referee stoppages in the street. If someone pulls a gun on you, the last thing you want is to try and remember a complex gun disarming technique. By understanding the concepts on gun confrontations, you can then effectively perform one of the simple straight forward CKM techniques to effectively survive.**

### ***SIMPLICITY IS GENIUS***

Although the tactics and techniques in CKM are simple to perform, it took many years of research and field testing to refine and evolve CKM to where it is today. Think of a wrist watch - simple on the face but if you take it apart, you will see how many intricate parts it takes to make the watch work. Like the wrist of the watch, CKM's simple and straight forward tactics are actually a sum of all its parts.

Most of the tactics in CKM were designed to be simple and universal so that you don't have to think about the move. They work whether you are attacked from the right, the left, from the front or from behind.

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## **5-SECONDS RULE**

No matter how superior your grappling skills are, taking a fight to the ground and staying there is a fatal mistake. There are too many uncontrolled variables once you end up on the ground. You can start sinking in a perfect rear choke when your attacker decides that he's had enough and pulls out a knife. Perhaps you're working a beautiful armbar when the attacker's friends suddenly jump in and start stomping you.

In the CKM Boot Camp, you are trained to get up as quickly as possible. Built on the concept of the 5-Seconds rule, your mission is to get up within 5 seconds by any means possible if you're taken to the ground. This includes delivering vicious and explosive tactics to the attacker's exposed weak points such as the eyes, nose, throat or groin.

Once you're up, the emphasis is not to punish the attacker. Instead, you are trained to disengage immediately after you've immobilized him. Be aware of your escape routes and your surroundings.

## **MAXIMUM DAMAGE/MINIMUM TIME**

A street fight is completely different from a full contact kickboxing match. No matter how good you are at kicking and punching, going toe-to-toe with your attacker is risky and possibly lethal. As you're throwing some jabs or roundhouse kicks, the attacker may suddenly decide to switch the odds to his favour by pulling out a knife.

In CKM, you engage only if you have no other choice. If it's about your ego, better to leave it at home and back away from the fight. If the attacker throws a punch or kick and forces you to engage, you must engage explosively and create damage as quickly as possible to debilitate the attacker so that you have time to disengage and exit the scene. The longer a fight lasts, the more dangerous it becomes.

During the CKM Boot Camp, you will be trained to deliver the maximum amount of damage in the minimum amount of time.

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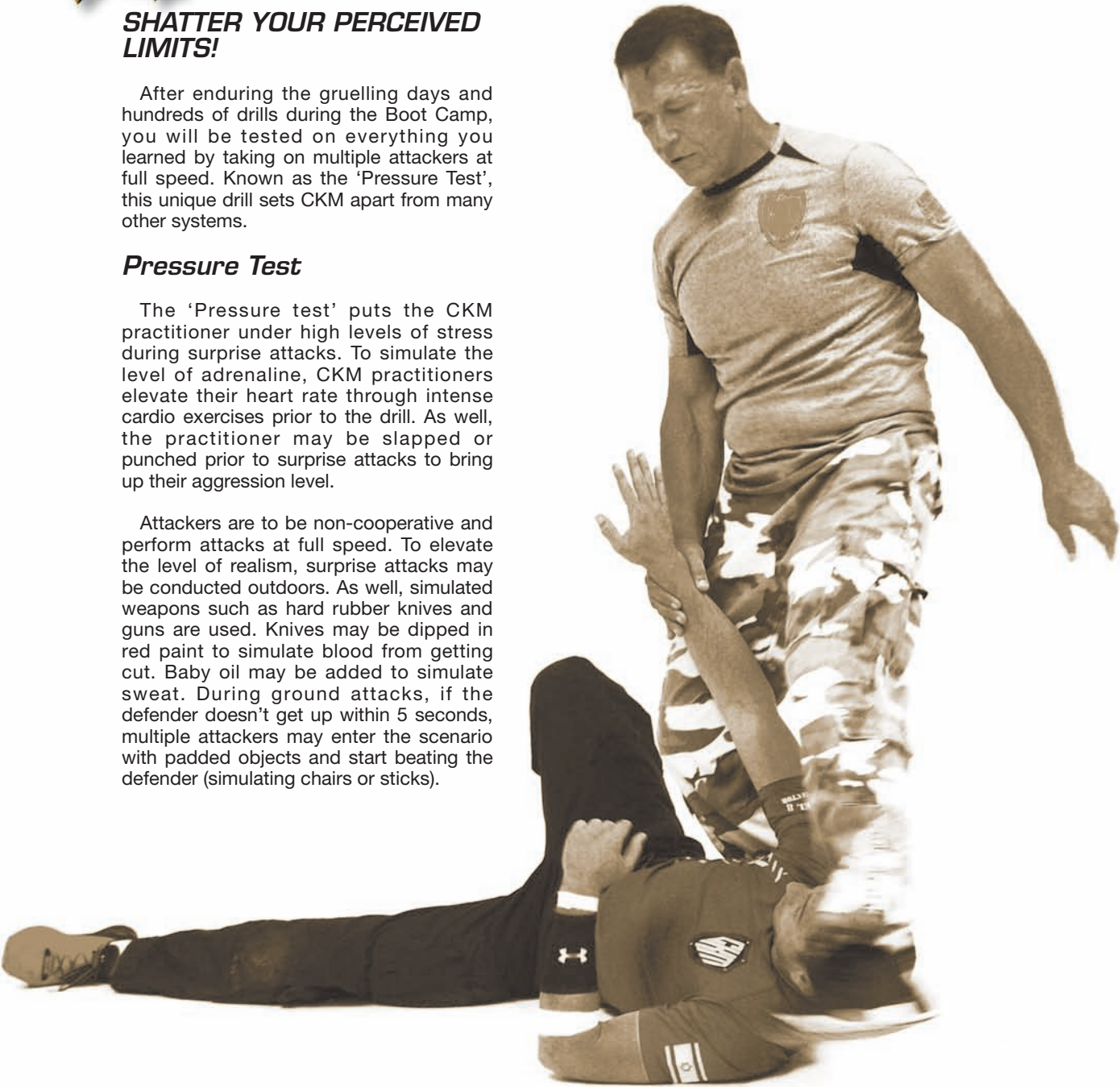
### **SHATTER YOUR PERCEIVED LIMITS!**

After enduring the gruelling days and hundreds of drills during the Boot Camp, you will be tested on everything you learned by taking on multiple attackers at full speed. Known as the 'Pressure Test', this unique drill sets CKM apart from many other systems.

#### ***Pressure Test***

The 'Pressure test' puts the CKM practitioner under high levels of stress during surprise attacks. To simulate the level of adrenaline, CKM practitioners elevate their heart rate through intense cardio exercises prior to the drill. As well, the practitioner may be slapped or punched prior to surprise attacks to bring up their aggression level.

Attackers are to be non-cooperative and perform attacks at full speed. To elevate the level of realism, surprise attacks may be conducted outdoors. As well, simulated weapons such as hard rubber knives and guns are used. Knives may be dipped in red paint to simulate blood from getting cut. Baby oil may be added to simulate sweat. During ground attacks, if the defender doesn't get up within 5 seconds, multiple attackers may enter the scenario with padded objects and start beating the defender (simulating chairs or sticks).



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## Commando Krav Maga

The purpose of the Pressure Test is to create the most realistic training environment without having to get into an actual fight.

At the end of the camp, after all the blood, sweat and tears, you will have a new found sense of self-respect and a higher level of self confidence knowing that you were able to unleash your inner warrior. This feeling of exhilaration is one of the reasons why the CKM Boot Camps have exploded in popularity.

The Commando Krav Maga Intensive Boot Camp can help change your life! It's more than just learning life-saving tactics and techniques. It's more than just getting into shape. It's about being able to shatter your perceived limits. It's about by staring adversity in the face and overcoming it.

Whether you want to emerge a stronger, more confident individual OR you want to join our elite group of successful CKM instructors and teach the fastest growing reality based in the world, the CKM Boot Camp is sure to deliver the results you want.

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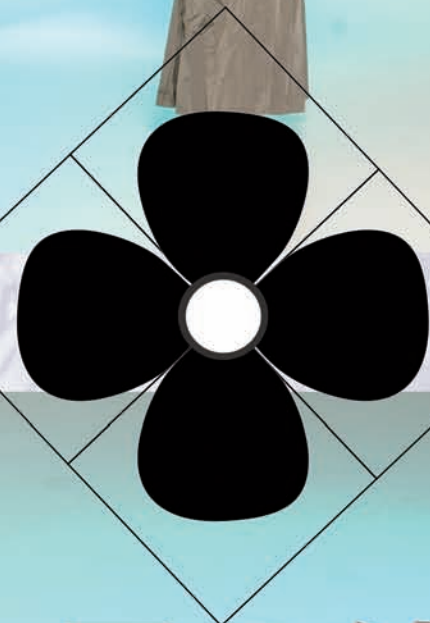




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# Avi Nardia

# Israeli Jiu Jitsu



Jiu Jitsu

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Nardia

Avi Nardia presents in this new and innovative DVD his approach to Israeli Martial Arts and especially to Israeli Jiu-Jitsu, developed on the basis of a vast experience as a Black Belt of different arts and instructor, among others, of the Yamam elite unit of the Israeli Special Forces. Israeli arts are rather a concept, a philosophy, with the idea of mixing things, similar to MMA, but incorporating Self-Defense, and for this you need a good base, with a knowledge of Brazilian Jiu Jitsu, Japanese Ju Jitsu, some Judo, Sambo, Boxing, Full-Contact, Karate, Thai Boxing, etcetera. You must also understand that it has nothing to do with religion, and in Martial Arts even the sacred can be changed. A technique that works, applies only in certain times and on certain people, not on everybody, because people are different. With these premises, Avi Nardia explains in detail the pressure points of the PPCT system (Pressure Point Control Tactics) with very basic movements that can help you in combat, work with knives and sticks, and disarm techniques against knife and gun.

REF.: • DVD/KAPAP9



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DVD: 22,00 €

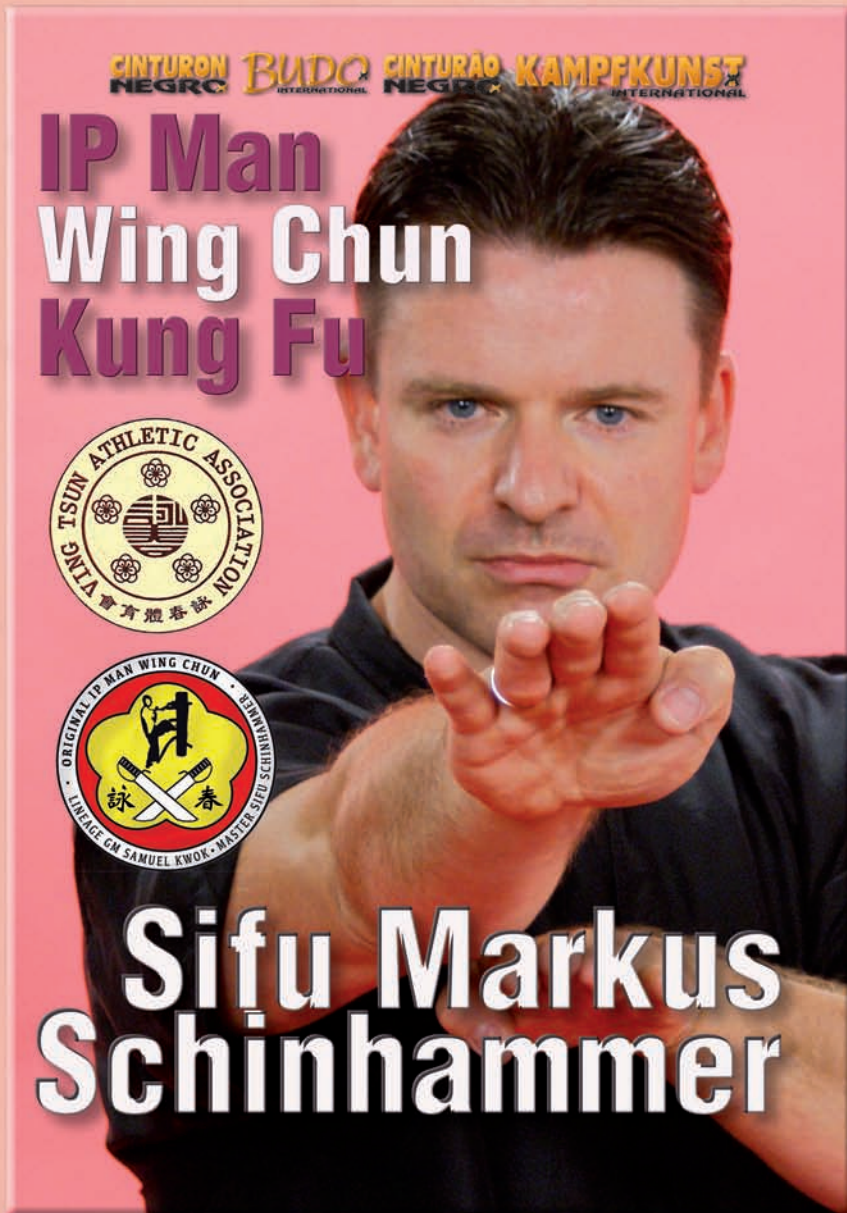


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# IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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.



REF.: • DVD/IMWC-1



**DVD: 22,00 €**

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Alfred Johannes Neudorfer

WINGTSUN UNIV







*Freedom and spontaneity*

**Often one hears the term freedom. But what is freedom? What is meant by this term?**

**Mostly freedom is confused with arbitrariness. To be able to do what you want.**

**No consequences. Not limited.**

**Mostly with freedom a "doing" is connected. But is freedom really a "doing"? Freedom is not rather a "state of being" and the "doing" is a consequence of it.**

**Is freedom something external or something inside? It is something inside. What is one free from? Where does an action begin?**



+ Rosa Ferrante Bannera

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## WT Universe

In most people, doing is triggered by activation of the stimulus-response machine.

Rarely by a deliberate choice of will, which is the absolute opposite of it.

That means most people are moved from the outside. There is also their great difficulty. Without these external stimuli, they would sink into inertia.

First of all, freedom means independence from the stimulus-response machine.

Because as long as there is a trigger you can not speak of freedom.

What does this stimulus-reaction machine consist of? It consists of conditioning, imprints, identifications, norms, conformity, etc. All that pushes us into given thinking, feeling and behavioral patterns and causes us to force us to move within these orbits



# Alfred Johannes Neudorfer

# WINGTSUN UNIVERSITY







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without us being aware of it. All this has very little to do with freedom. Rather with conformity.

Just as often as one has the term freedom, one also hears the term spontaneity.

Can a non-free person be spontaneous? Rather not. He confuses spontaneity emotionality.

Spontaneity has the same foundations as freedom. Freedom is the state of being, spontaneity is the action that emerges from this state of being. Spontaneity is the "doing" of freedom.

So as long as you are trapped in thought patterns and emotional patterns and only under this restriction the world perceives and interacts with you can not possibly be free and there can be no spontaneity in action.

Freedom and spontaneity are also the basic prerequisites for naturalness.

Nobody can give you real freedom and nobody can take it from you. It is a quality that exists in us. But we have to let go of all this and shovel what it does has spilled.

Freedom in doing do has its limit quickly. Because freedom in doing ends where the freedom of another begins.

Alfred Johannes Neudorfer

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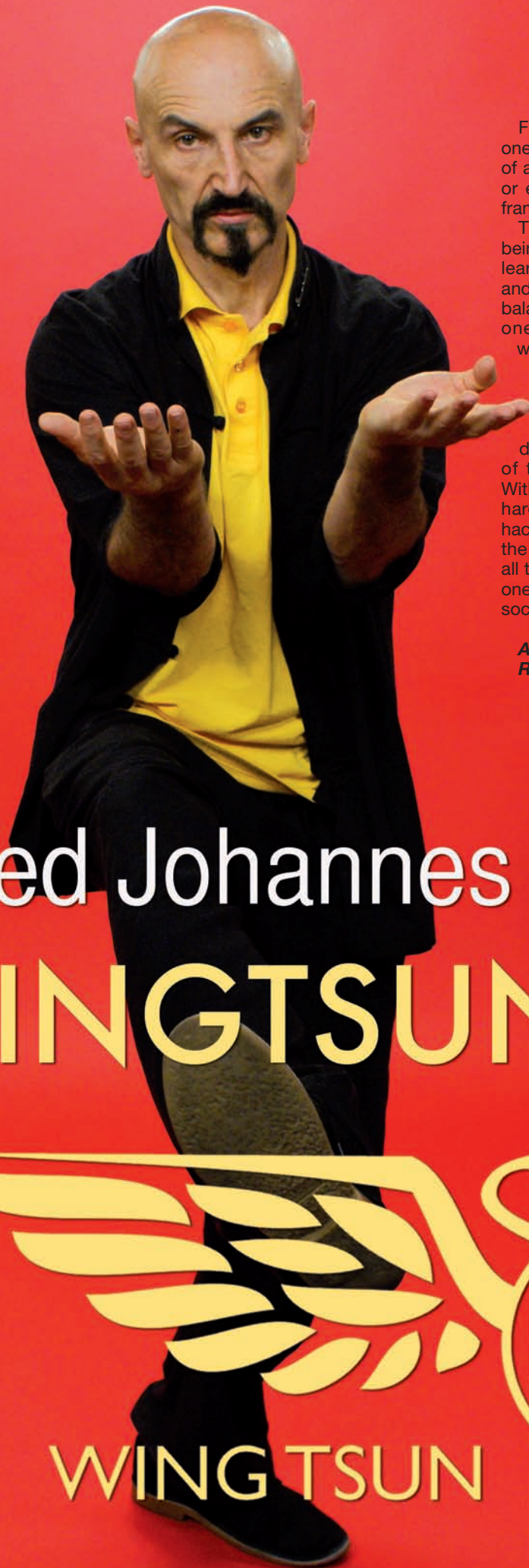
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Freedom, then, is the decision maker in one's own being. Not to be at the mercy of a conditioned, programmed intellectual or emotional thinking, feeling and action framework.

The risk of always rediscovering our being, the miracle of life and existence to learn again and again. The art of horror and the wonder of being human to bring balance. To allow oneself to gain and trust one's own understanding and insight, without having to be confirmed by a so-called external expert distance.

Also for the area of WTU Wing Tsun these terms are very important. Self-assertion and self-defense to all changes and challenges of the to be able to adjust to the life. Without freedom and spontaneity this will hardly be possible. Then one begins to hack the reality with force and speed on the own action and understanding. With all the negative consequences this has for one's own character and living together in society.

*Alfred Johannes Neudorfer  
Rosa Ferrante Bannera*

Alfred Johannes Neudorfer

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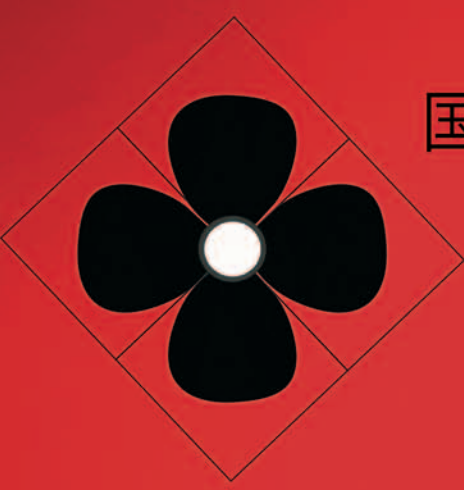
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The Shizen Tradition



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

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# 自然の伝統 武芸

La noblesse des formes anciennes  
La nobiltà di forme antiche  
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The nobility of the old forms

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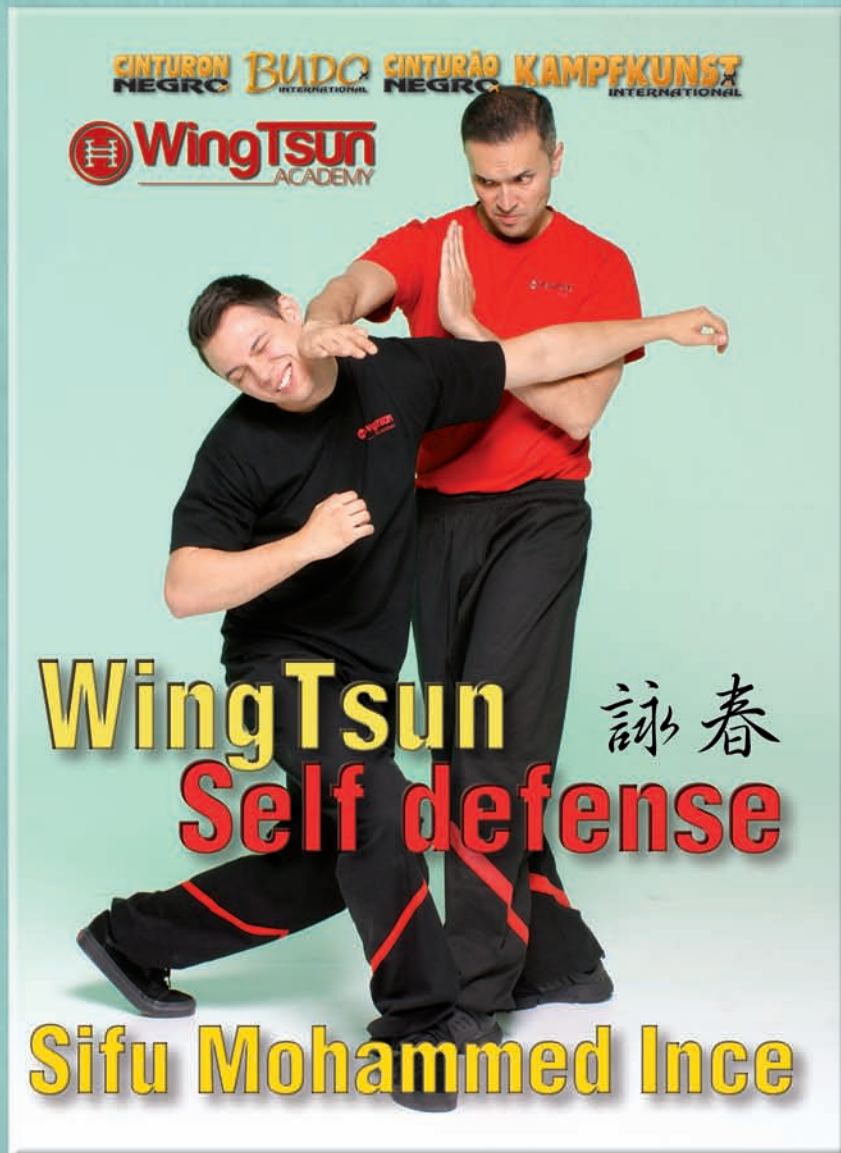


# Master Bill Newman ESCRIMA





# 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.

REF.: • DVD/TWTINCE1

DVD: 22,00 €



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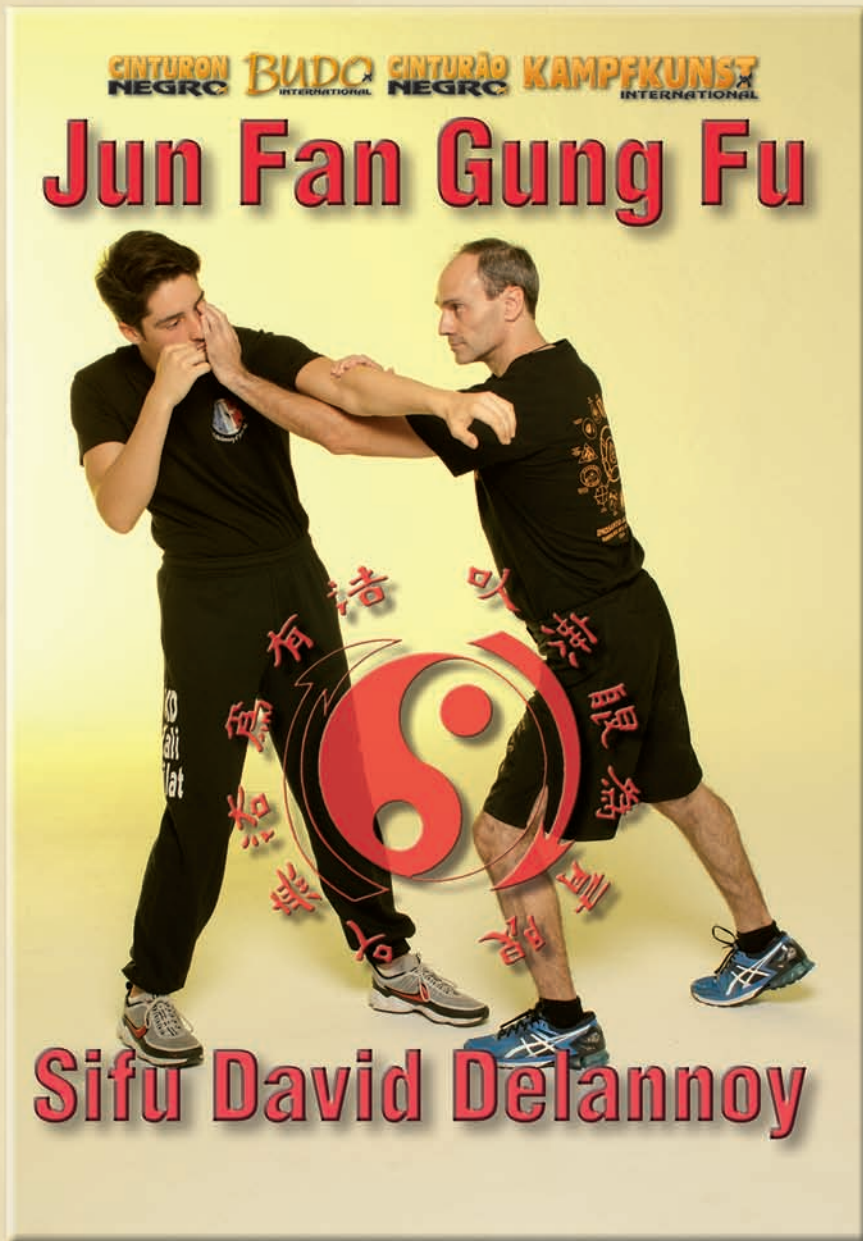


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# Jun Fan Gung Fu Sifu David Delannoy



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 Shaolin



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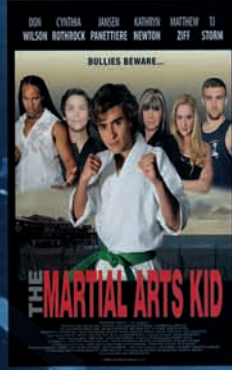


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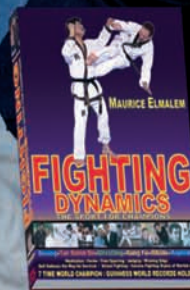


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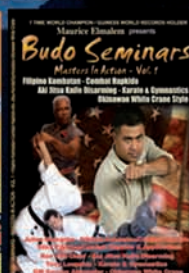
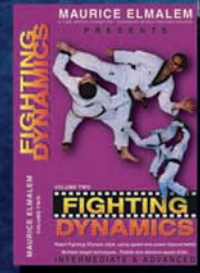
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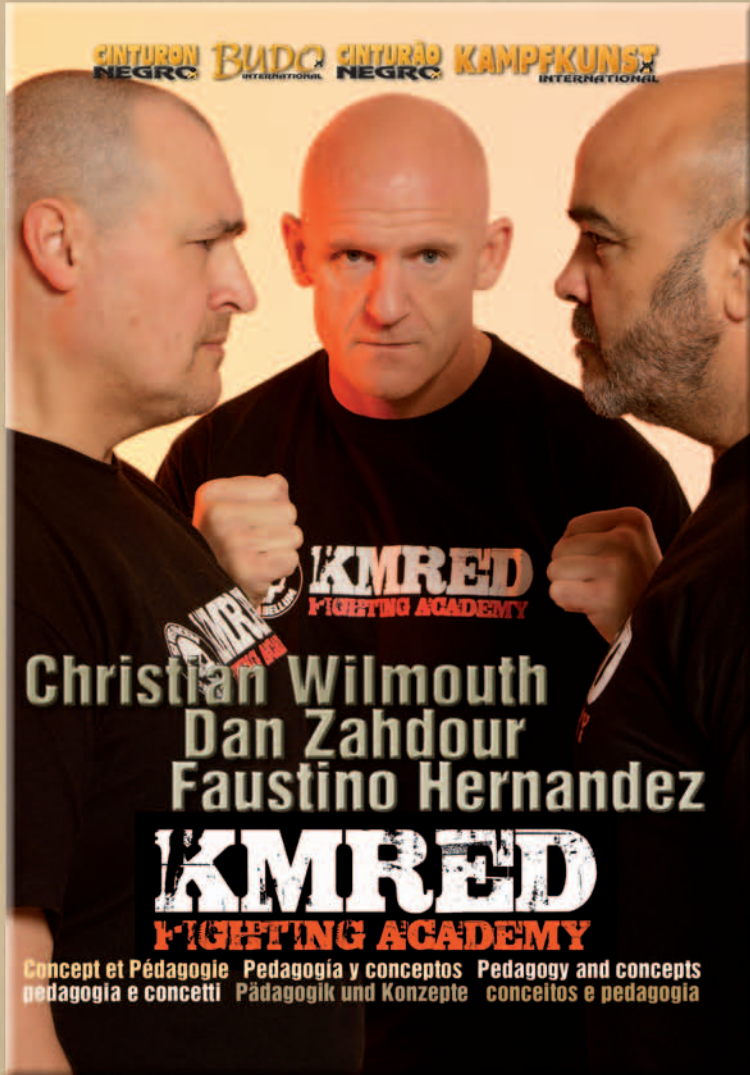


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# KMRED FIGHTING ACADEMY

Concept et Pédagogie Pedagogia y conceptos  
Pedagogy and concepts  
pedagogia e concetti Pädagogik und Konzepte



Christian Wilmouth  
Dan Zahdour  
Faustino Hernandez



We are pleased to present the second work of the KMRED group. This video bearing the name "Concept and Education" aims to make you discover a part of the concept Krav Maga Research, Evolution and Development, as well as the pedagogy developed within our group. The different exercises that you will discover here are not intended to "feast your eyes" or demonstrate our combative attitudes, because our priority here is that of explaining how we prepare our students so that they become "warriors", capable of "adapting" to the different evolutions of street fighting.



REF.: • DVD/KMRED-2

DVD: 22,00 €



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# “Recherche, Evolution et Développement”

## Dan Zahdour Christian Wil

*KMRED SARDINIA - An extraordinary adventure*

The KMRED adventure on this beautiful island started 3 years ago on the initiative of a Krav Maga and Karate instructor named CARLO ERRIU, who brought CHRISTIAN WILMOUTH, method designer and co-founder of the KMRED group. The last seminars, that took place between the 1st and the 4th of March, offer the opportunity to Christian Wilmouth to present the results of this development.



«RESPECT, HUMILITY, COURAGE and QUESTIONING are the core values of the KMRED group and what I can say today is that the people I have met in the last 3 years in Sardinia are worthy representatives of these values, something which is rather unusual nowadays. If I had to summarize my last 4 days of training, I would say this: EXCELLENT, SUPERB, MAGICAL, PERFECT!

So it's time to send a huge "Thank you" to my friend Carlo Erriu for the perfect organization of the events of the last 3 years, destined to discover the KMRED method. Carlo



# Seminars, information, contact, sta



**“Sel Defense Professionals”**

# mouth Faustino Hernandez

Erriu, who is our representative on this island, also became an instructor of the concept, training and successfully passing the KMRED National Training Center classification in France.

But the adventure has been exceptional because thanks to him, I have discovered that this island has instructors and champions of high level and that the values that animate them are in perfect harmony with our group. They are true fans who, despite the high level of their skills, do not hesitate to constantly question their knowledge and share it with others.



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**“Recherche, Evolution et Développement”**

**Dan Zahdour**

**Christian Wil**



***GREAT ENCOUNTERS***

First I had the opportunity of meeting Carlo's pupils group, the "Black Dragon Clan", who welcomed me as one of them from the start. Hoping not to forget anyone, I would mention Roberto, Elena, Antonello, Elisa, Roberta, Davide, Daniela, Matteo, Simone S, Gigi, Alessio, Martina, Federica, Fabiano, Verina, Simone P, Beniamino, Stefano P, Stefano L, ecc. Thank you all!



**Seminars, information, contact, sta**



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**Stage KMRED Sardegna 2017**



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**“Recherche, Evolution et Développement”**

**Dan Zahdour**

**Christian Wil**



自己防衛



The characteristic of open mind and transparency prevailing in Sardinian Martial Arts around Carlo also led me to meet a group of instructors from all disciplines who came from the beginning to share the adventure participating in the seminars. Today I am very proud to share my passion with exceptional people who have convey to me great expressions of friendship. At this point I must mention Giovanni Garau, General of the Carabinieri, a great Ju Jitsu figure and practitioner of a



**Seminars, information, contact, sta**



**“Sel Defense Professionals”**

# mouth Faustino Hernandez



Stage KMRED Sardaigne  
Christian Wilmouth  
Mars 2018



Le Groupe des instructeurs multi disciplines

Stage KMRED Sardaigne  
Christian Wilmouth  
Mars 2018



**RED  
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high martial level; Alessandro Coco, manager in a Krav Maga federation and eternal passionate who never misses an opportunity to train; Franco Casu, a great Karate master and one of the pioneers of this sport on the island; and obviously Giampaolo 'Chicco' Spanu, the legendary Sardinian Kick Boxing and Full Contact World Champion. But also my other instructor friends always present, like Roberto Frau; Mauro Pibiri; Patrizio Loi, who gave me a warm reception in his gym 'La Palestra Picasso'; Fernando Aranginu, Jérôme Bouteiller,

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Marco Deidda, Gianluca Murtas, Mirko Cantone, Luca Chris or even Riccardo Loja. Among all these instructors, we have also certified the 2nd KMRED instructor on the island during the final seminar: my friend Manolo Corona who will assist Carlo in the development of the concept. To conclude, beyond the practice, it's a great human adventure that I live every time I visit this island, thanks to the authenticity of a proud people, a Warrior people, the Sard people!

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**PROJECTS**

Many projects are being developed with our representatives and friends from Sardinia, like a KMRED Pro Training seminar, including the module for the KMRED concept professionals in collaboration with our friends Massimo and Nicolas; a Tour and Train including the discovery of the island and the local culture and traditions or, for example, associations among the group

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**“Recherche, Evolution et Développement”**

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# Wilmouth Faustino Hernandez

Stage KMRED Sardegna  
Christian Wilmouth  
Mars 2018



Les membres de la Team “Black Dragon Clan”

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and suppliers such as the Stiv Sport magazine representing the Leone brand.

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“Christian Wilmouth”

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# Latosa Escrima Rene Latosa

## Edge Weapons Training



The main emphasis of this DVD is edged weapon. Knowing and understanding all the dangers associated with any edge weapon. The main theme in this DVD is establishing the priority.

The main emphasis of training with an edged weapon is knowing and understanding all the dangers associated with this type of weapon. All the "What if's", and "Yeah but's", are all great for trial and error, and assuming predictability. The serious danger of edge weapons is real, and should be treated as such. This means where you should establish your training priority to be a survival tool, in the event this situation happens to you. Let's face it, you are the one having to survive, not your trainer, helps you train your goals, not your objective. The training priorities I use in Latosa-Escrima are as follows: Reality, technique and drills. Reality: This is the understanding of exactly what could happen and the dangers when using or going against an edged weapon.

Techniques: These movements are trying to give you a generalization of possibilities, and probabilities of what may happen.

Drills: Most drills are used to develop and enhance body movement skills used in the technique application.



REF.: • LAT-3



English  
Italiano  
Español  
Français

DVD: 22,00 €



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# CUNG LE

Text: Emilio Alpanseque

Photos: Courtesy of Jane Estioko - Cung Le's MMA

## UFC WITH AN ACTION HERO STYLE

Most Martial Arts practitioners are either good at demonstrating their styles or they are great fighters. Cung Le is one of those few privileged fighters who make their real fights look like performances in the best martial cinema style. Legend, bravery, courage, and "a lot of striking" (punching and kicking) characterize him, and you can ask Rich Franklin, the former UFC middleweight champion, who dropped heavily to the mat after receiving a hard right from the American-Vietnamese in the recent UFC Macao championship. In this interview, Le told us the best of his experiences in the world of combat sports, Martial Arts and cinema, which we now want to share with all our readers.







# CUNG LE







## Interview

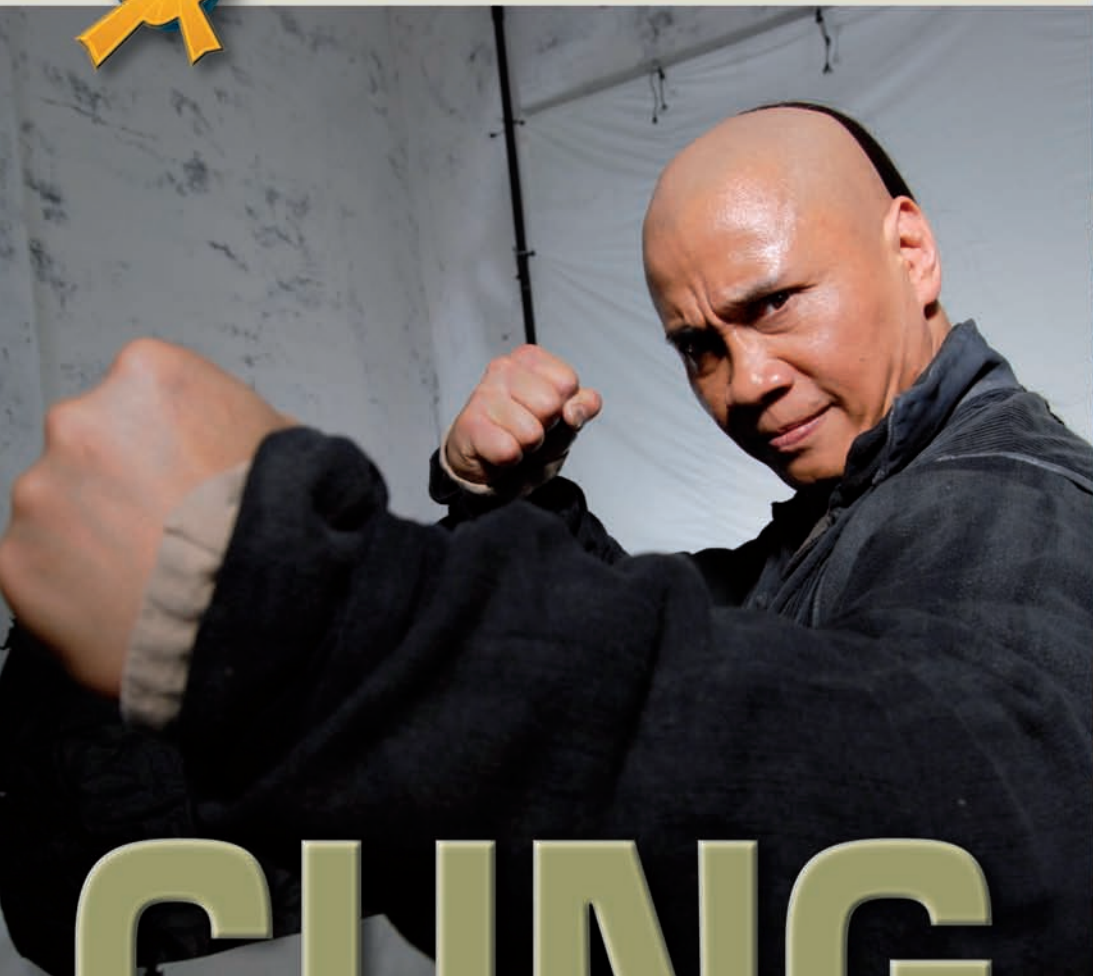


**Budo International: Do you think that Martial Arts can positively transform people? And if so, how have they changed you?**

**Cung Le:** Of course Martial Arts training can positively change people's lives! In my case, they have given me so many things that I wouldn't know where to start. Discipline, self-confidence, physical and mental abilities which I have been able to use throughout my life, on a tatami, inside the octagon, in front of the cameras and things, allowing me to "put food on the table" and financially support my family. I teach them, I live them, I compete with them and I make films thanks to them. So they have definitely helped me find a path and a career, and I feel tremendously fortunate to know that they have been and will always be such an important part of my life.







# CUNG LE

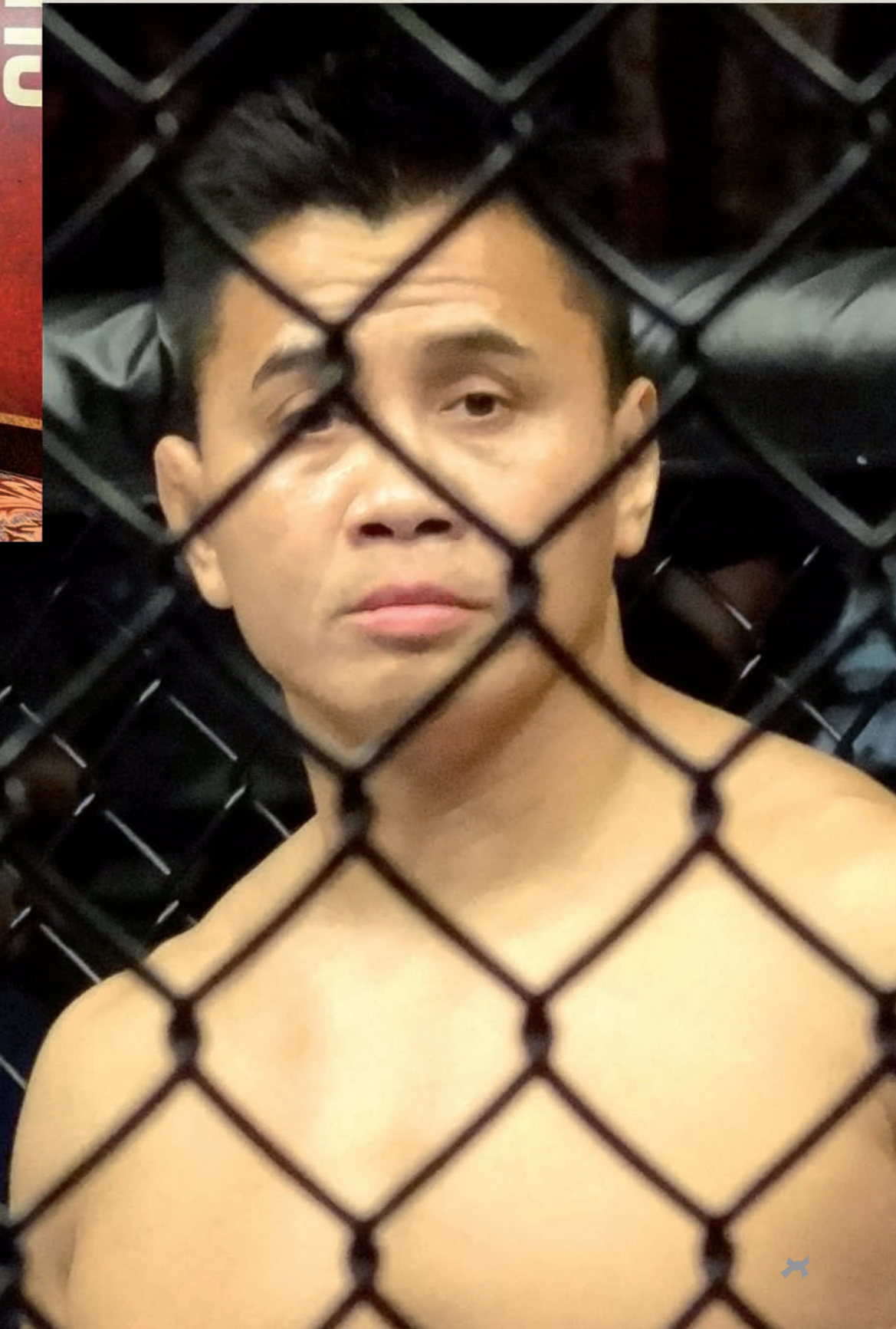






**B.I.:** Tell us about your beginnings in the Sanda. (Free Wushu combat mode)

**C.L.:** Twenty years ago I didn't know anything about Sanda or Sanshou. At that time, as far as my professional career was concerned, people still didn't know me. I was training traditional Vietnamese Kung Fu and at the same time I also practiced Taekwondo, Sambo, Greco-Roman and Free Style Wrestling. In the early 1990s I was constantly participating in local Taekwondo and Wrestling tournaments. At the end of 1993 I found out about a full contact combat style of Chinese origin they called Sanda, through a championship organized by Shawn Liu in Mobile, Alabama. So, the following year I joined the competition, I got the gold, and I got hooked on the fighting style. I loved the format - punches, kicks, sweeps and projections - and the truth is that







# CUNG LE

SHEDDING NOV. 11

11月, 星期六

Wingfield  
金光綜藝館







# Interview



over time I proved being able to adapt myself perfectly to it up to make it my own, developing my skills in each of these areas. And that's how I devoted myself squarely to it until I became a part of the U.S. national team.

**B.I.:** In the Sanda World Cups you have managed to win three consecutive bronze medals in three different championships. What can you tell us about those three moments of your life?

**C.L.:** My first bronze was in Baltimore in 1995. The truth is that I didn't expect to get in such a good place or get on the podium. I had arrived undefeated to the World Championships and had my first loss in front of Ramadan, from Russia, who had been twice world champion in my weight and beat me on points.

Nevertheless, the third position was also disputed in those championships, and so I had to fight against the other semi-finalist, also from Russia, whom I could finally defeat and get the bronze medal.



“李小龍是綜合格鬥之父。” — 白大拿  
 “BRUCE LEE IS THE FATHER OF MIXED MARTIAL ARTS”  
 — DONN WHITE

張奇·佛蘭克林 vs 康李  
 5-ROUND MIDDLEWEIGHT BOUT  
**RICH FRANKLIN**  
 VS  
**CUNG LE**

金東炫 vs 保羅·提亞戈  
 WELTERWEIGHT BOUT  
 DONG HYUN KIM vs PAULO THIAGO

張鐵泉 vs 喬·塔克  
 LIGHTWEIGHT BOUT  
 TIEQUAN ZHANG vs JON TUCK

11月10日, 星期六 18:00PM 主賽 10PM  
**SAT. NOVEMBER 10** | **FIRST BOUT 8 PM** **MAIN BOUT 10 PM**

COTAI VENETIAN 澳門威尼斯人





## Interview

That day I knew that Sanda was what I really wanted to do. The second bronze was in Rome in 1997. On that occasion, after beating Getsadze from Belarus, the favorite of my weight, I was disqualified in semifinals against Iran's Shahvandi for a supposed groin kick that never happened. You were there, so I'm sure you'll remember.

**B.I.:** Certainly, it was a terrible arbitral decision and a shameless set-up on the part of the Iranian, who later passed to the final, only to throw in the towel scarcely begun the first round.

**C.L.:** Exactly! Everybody in the stadium knew perfectly what had happened and he was non-stop booed at the moment of receiving his silver medal in the podium. However, when I received my

# CUNGLÉ



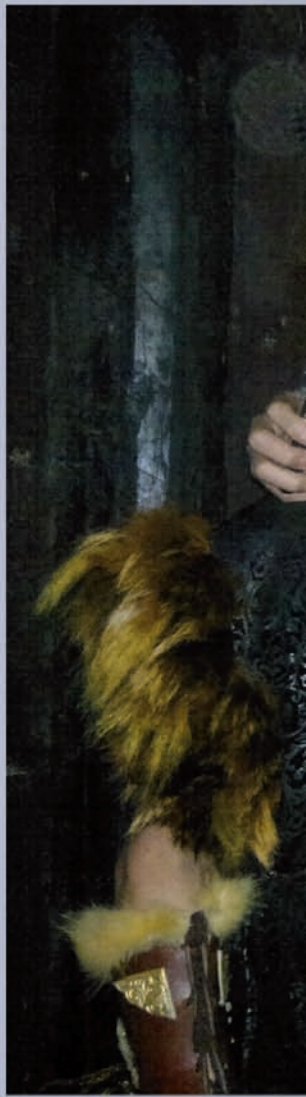




bronze, the audience responded with a real ovation that meant a lot to me. Finally, the third bronze was in Hong Kong in 1999. Unfortunately, on that trip I contracted a serious dysentery that affected me very much. Anyway I got the bronze, although it was complicated. I had to fight Ataev, from Russia, in the quarterfinals, and in the first half of the first round I was winning, but suddenly I felt like if I had run out of fuel in my tank, and that was it. It was a real crying shame, since I was in the best











shape of my life. Just a few months before I had defeated one of the best Sanda fighters in the world, the "Mongolian Sanda king" Nashun Gerile, but I fell ill and I couldn't do anything to remedy it.

**B.I.: And now that you have developed your career as a MMA tournament fighter. Do you see Sanda as a closed chapter in your life?**

**C.L.:** The Sanda chapter will never be closed in my life, because I still practice it, I promote it and I teach it, but obviously, I no longer participate in competitions. In a way, for me it's been like having ascended from the minor leagues to the big leagues, and when you are in the first division you've got to rule yourself by professional contracts and fight only inside a specific organization, etc. But I feel that doing what I do now I can promote Sanda or Sanshou much better than if I still were within the scope of the Chinese Martial Arts championships, or in the Sanshou world circuit, etc. Also, within MMA, salaries are much better! (laughs).

**B.I.: Can you explain to us some of the main differences between Sanda and MMA?**

**C.L.:** Sure, there are all kinds of differences. On the one hand, Sanda championships are usually up to four days, in which you can compete up to eight times against people who, in some cases, you don't even know, while in MMA you prepare to fight against one single opponent. Now, MMA assaults are longer, the gloves are smaller and you don't fight on a "leitai" (elevated platform) as in Sanda. Strategically speaking, if you know how to move about the leitai, and how to use the rules in your favor, you can get out of every Sanda fight without being really hurt. Of course, during the elimination bouts you will receive some punishment, which among fights you can be piling up, but it will never be as much as it is inside the octagon, where you have to be paying attention to many other things. For example, on the leitai, everybody is worried about not being pulled from it, because if you're taken out twice you lose the assault, while inside the octagon the fight doesn't

# CUNG LE







## Interview

stop; they can finish you off against the cage wall and keep giving you punishment, or rapidly follow the fight on the ground; there are elbows, there are knees, you really can't escape so easily from punishment. Everything is different.

**B.I.: What is your opinion about the typical debate that traditional Martial Arts are not effective against MMA fighters?**

**C.L.:** Well, a lot of people are fond of saying things like "my style is better than yours" and all that, but it really boils down to being able to keep an open mind and evolve within the Martial Arts. In the same way that human beings are constantly evolving, technology is evolving too; in this universe, things that don't evolve tend to be extinguished. In Martial Arts it's the same. In order to become great masters, many traditionalists have known how to evolve within their respective arts, while those who have maintained a more pigeonholed attitude in the "old school" may have harmed their disciplines. When practicing Martial Arts, you must maintain the natural state of things within the universe, and

if you don't let it flow, you lose the ability to freely express yourself. It's not about what martial discipline is best, it's the person behind the Martial Art what makes the difference. Talent, open mind and capacity for change, is a process that never ends.

**B.I.: Your first fight in the UFC against Wanderlei Silva was really tough, how did you do it not to shrink or withdraw in front of such an extreme situation? Didn't you feel afraid and wanted to stop?**

**C.L.:** We're all scared, but the secret is in how you control fear. One can get to the fight in a better or worse physical preparation, but in reality the most important factor is inside you, in your heart and in your mind. I simply showed my fighter's heart and my temper of traditional martial artist; that was the best thing I could do. And although it's true that he broke my nose, I have broken my nose three times already and that was not going to stop me. I felt that I still had strength inside me to fight and that's why I never lost my composure. Also, he was hitting me behind my head, and that's clearly forbidden. If the fight had stopped for five minutes, as

# CUNG LE











# CUNG LE

**“With regard to the cinema and the fact of fighting in front of the cameras, I had a great first-hand experience when I worked with Jean Claude Van Damme in ‘Dragon Eyes’”**







the regulations provide, maybe I would have had the chance to recover and return to the fight, or maybe not, we will never know. Anyway, that's history now, I've learned from experience and I've followed my path. Evolution.

**B.I.: Now, moving into your film career, you have worked with several of the big names, such as Donnie Yen, Jean Claude Van Damme, the director Yuen Woo-Ping, etc. How did all this happen?**

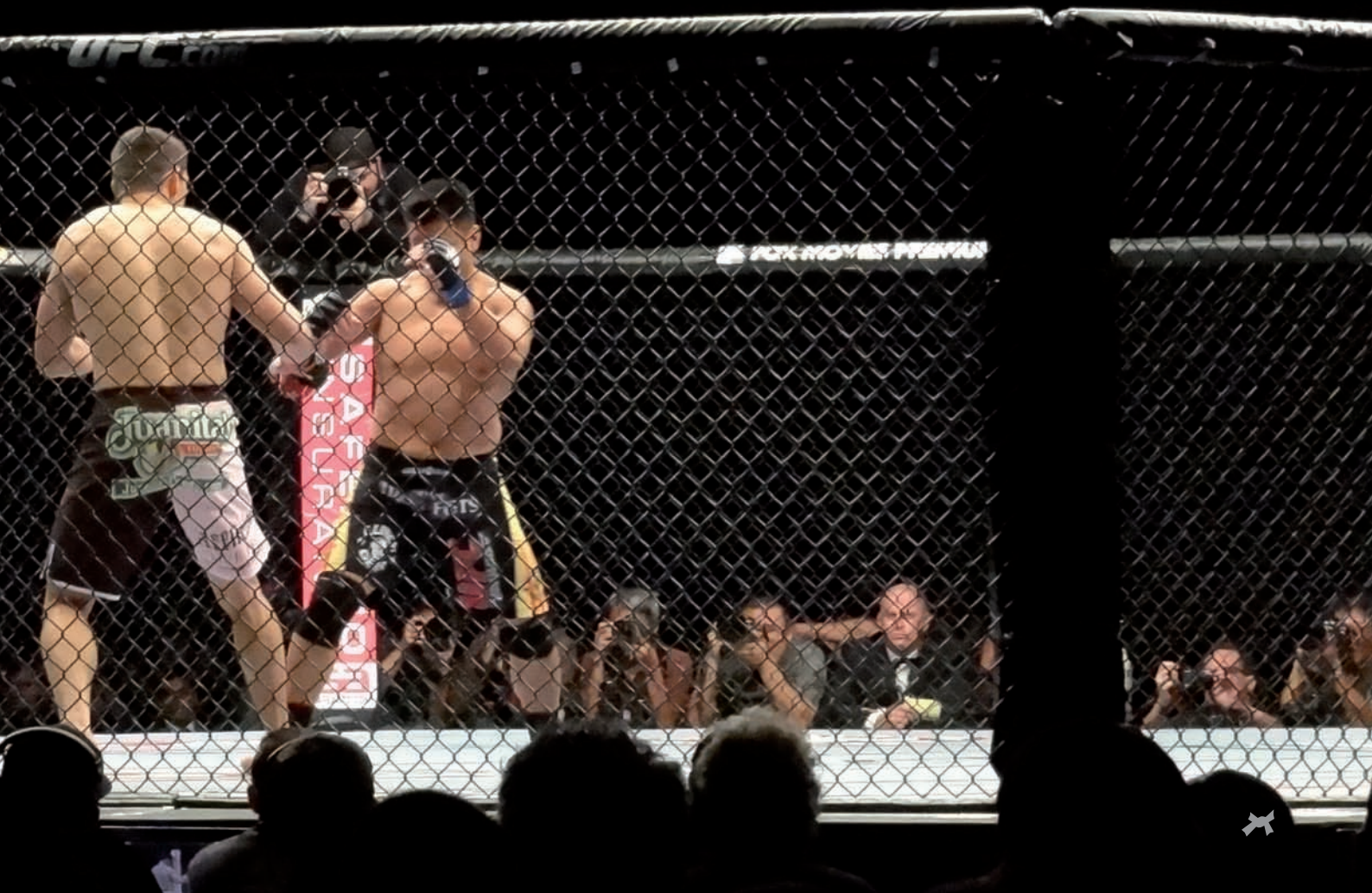
**C.L.:** Again, it's been the natural flow of the universe that has favored me at all times! (Laughter). The simple fact of not remaining closed-minded, and continuing to learn, has given me this opportunity. It was after my fourth MMA fight, against Tony Fryklund, that it was broadcast on pay-per-view and cable TV; my current promoter saw the fight and immediately thought: "This man is good looking and has a fighting style that can only be seen in the movies or in the videogames, we should take him to the movies...", recognizing the potential that I had. And a couple of weeks later he had already contacted me with some offers in mind like "Fighting" (2009) and "Tekken" (2010). Then, after my fight against Frank Shamrock I got the role in "Pandorum" (2009), and with these three films I got some recognition; that was how the Hong Kong producer Bill Kong got interested in taking me to China to work on a project he had along with director Yuen Woo-Ping. So I went to China to shoot "True Legend" (2010), and my work in this film would be the main factor that would allow me to establish myself in the Hong Kong cinema and be referred by Master Woo-Ping for different productions as "Bodyguards and Assassins" (2009) and "The Grandmasters" (2012).

**B.I.: How different is it fighting before the cameras? Was it hard for you to adapt to the movies rhythm and choreography?**

**C.L.:** With regard to the cinema and the fact of fighting in front of the cameras, I had a great first-hand experience when I worked with Jean Claude Van Damme in "Dragon Eyes" (2012). I had the opportunity and responsibility of designing the choreography of all the fights of this movie, including my fight against Van Damme, and obviously I learned a lot. In the cinema you work many hours and there's some pressure to complete your work and do everything as well as possible, but if you make mistakes during the shooting, in most cases you can try to repeat the scene, while in actual combat, one single mistake can leave you with the lights off! (Laughter)

**B.I.: Thank you very much for granting us this interview and we wish you the best in both the cinema and the cage. Do you have any additional comments?**

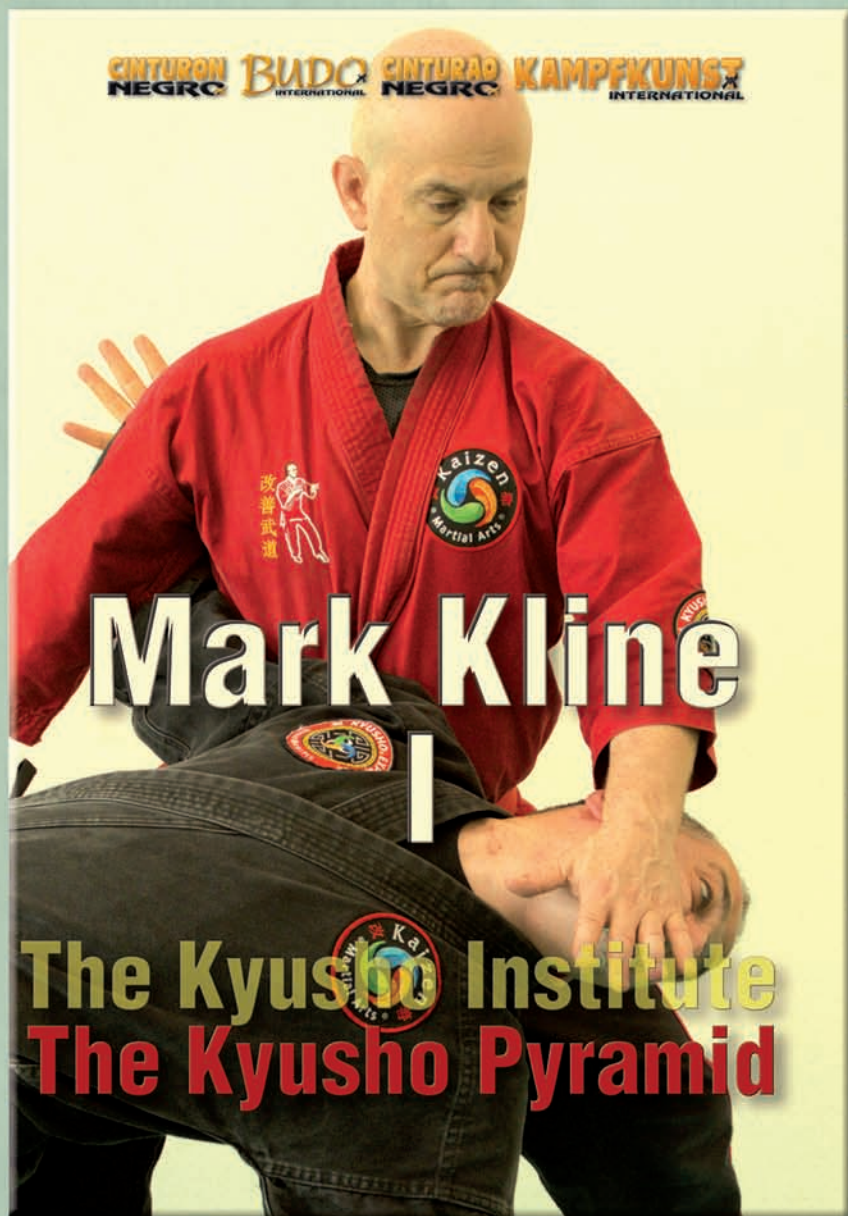
**C.L.:** Thank you. And for all your readers, always remember to give 185% in everything you do. OSS!





# The Kyusho Institute The Kyusho Pyramid

# Mark Kline I



Kyusho Jitsu is not an Art in itself but an advanced part of each Martial Art; the principles that Grandmaster Mark Kline specifies in these 2 videos will certainly help you increase the effectiveness of your martial discipline. Master Kline's apprenticeship with teachers such as George Dillman, Wally Jay and Remy Presas, among others, was immeasurable for his understanding of self-defense with or without weapons, through the strategies and concepts that he has coded in order to help us increase our efficiency, regardless of the style or training time. The PinPoint® method is a strategic and tactical pressure points methodology, easy to learn and quick to implement. The 2 DVDs that make up this first work, present the 10 steps that will increase the effectiveness of any Martial Art:

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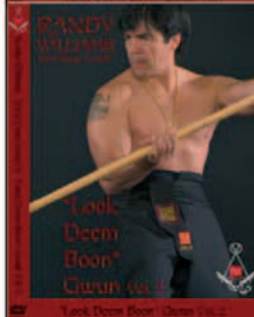
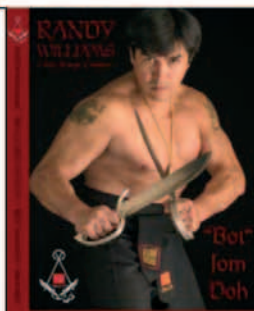
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Content: Pole Details, Pole Drills, Pole Footwork, Form Overview, "Look Deem Boon" Gwun Form, 6 ½ Strikes of the Pole, Applications: Pole vs. Pole

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**GM John Pellegrini**

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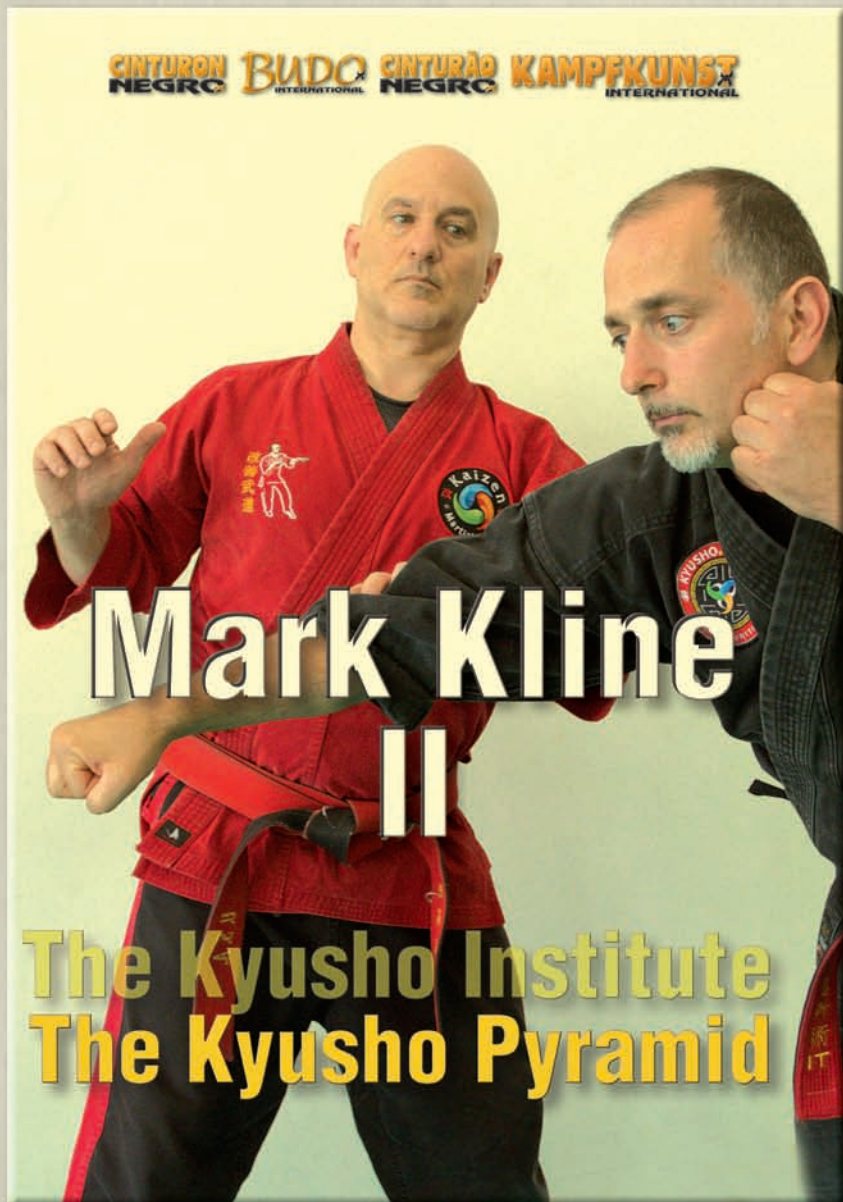
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# The Kyusho Institute The Kyusho Pyramid

# Mark Kline II



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George Dillman, Wally Jay and Remy Presas, among others, was immeasurable for his

understanding of self-defense with or without weapons, through the strategies and concepts

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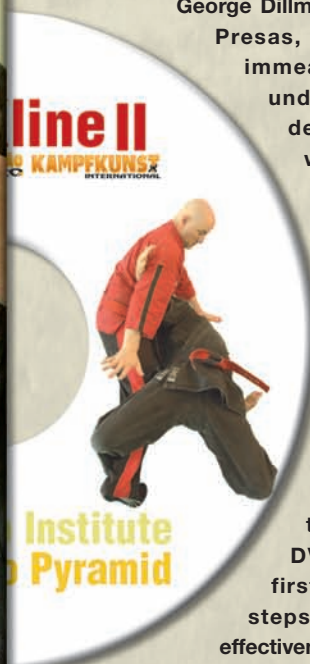
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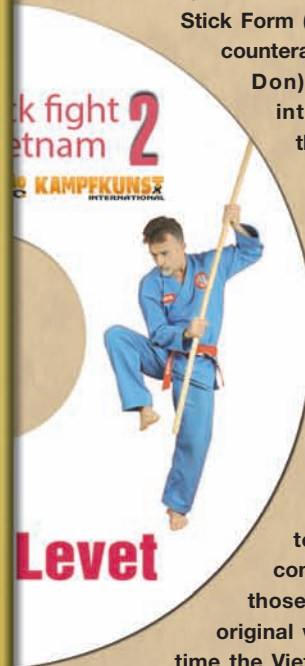
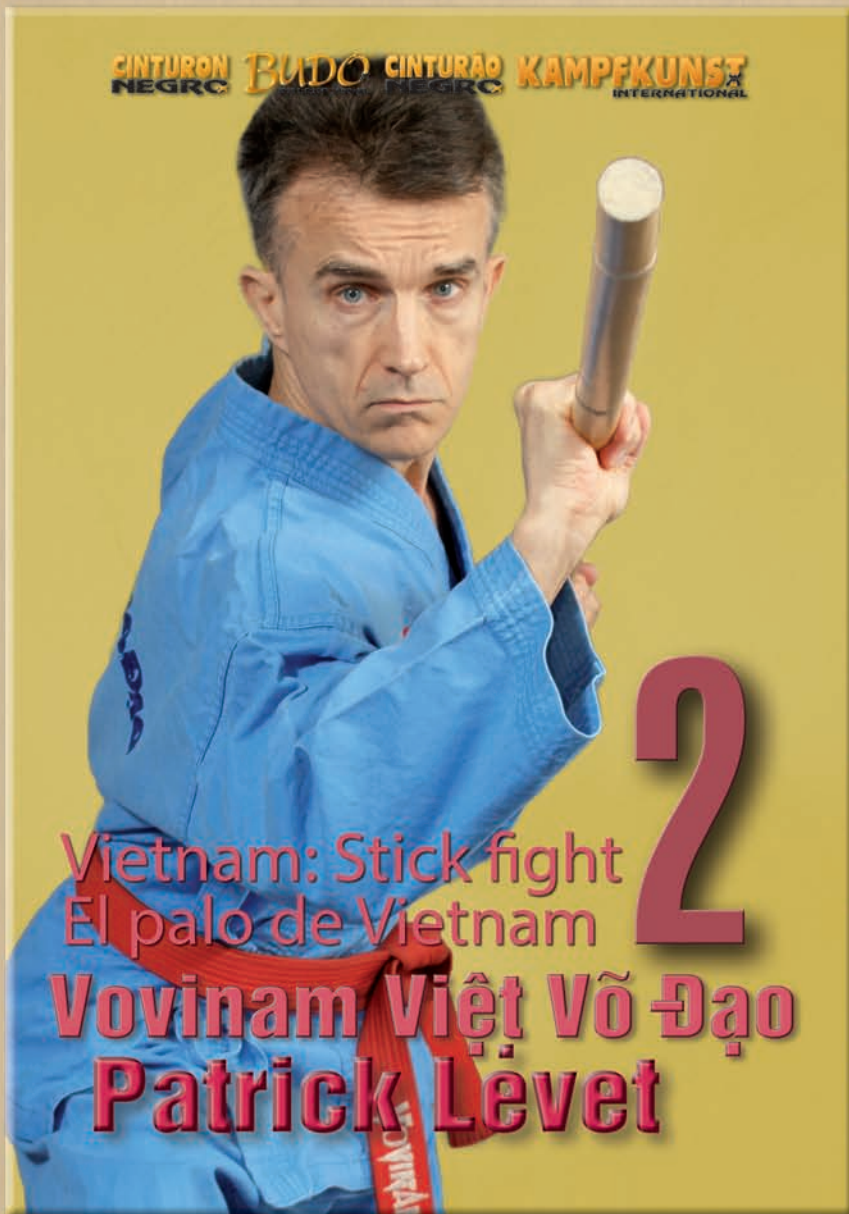
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# Vietnam: Stick fight 2

# Patrick Levet



In this new DVD of Vovinam, Patrick Levet has wanted to show the facets of the use and handling of the Vietnamese Stick. Although little known, the Vietnamese long stick is, without a doubt, the most important weapon among all the weapons of the traditional Martial Arts of Vietnam. The Vovinam school, in its official program, only proposes the Stick Form (Tu Tuong Con Phap) and the counterattacks of stick vs. stick (Phan Don), without explaining the intermediate movements. But the Vietnamese stick goes far beyond these two facets and Master Levet offers us 2 detailed DVDs on all the applications of the numerous intermediate movements of the Stick Quyen. In this second volume, Levet executes the Quyen Tu Tuong Con Phap, and explains in detail the Phan Don counterattacks 1-12, and the 39 techniques and applications contained in the form, including those for intermediate moves. An original work that shows for the first time the Vietnamese stick in a complete and exhaustive way.



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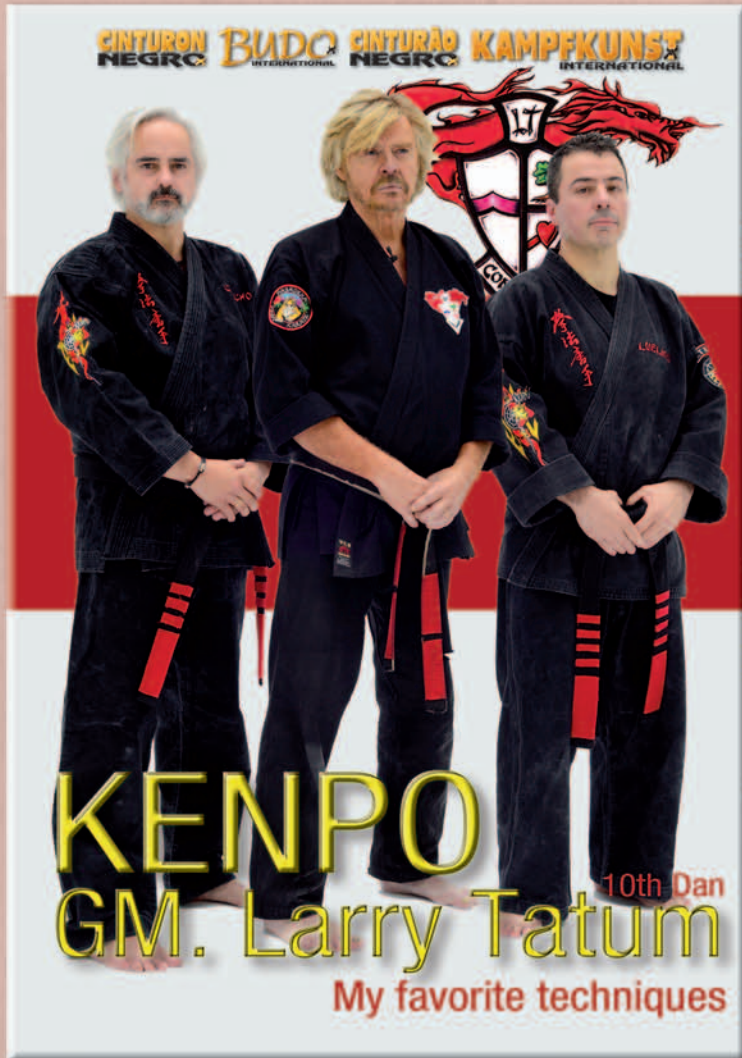
Wing Tsun  
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Muhammad Ince



# KENPO GM. Larry Tatum

## My favorite techniques



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REF.: • DVD/LARRY4

DVD: 22,00 €



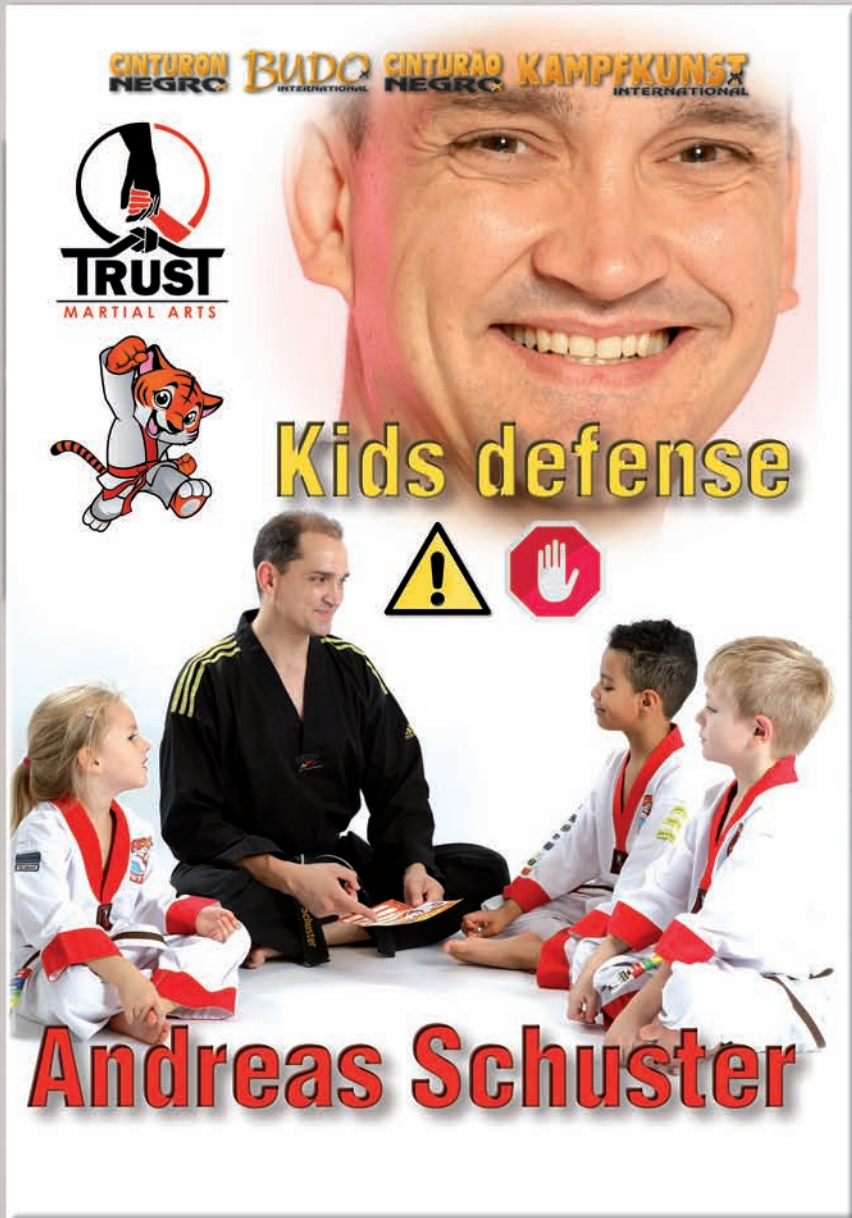
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# Kids Defense Andreas Schuster



Trust Martial Arts, TRUST Tiger Program: Children's self-defense, values education, character training, movement training, assertiveness, self-assurance, self-control, safety and life skills. The increasing concern of parents about their children's security in the face of the dangers to which kids are exposed in modern societies is not something that has gone unnoticed to Martial Arts masters. Few of them, however, have developed specific projects on this subject as successfully as Professor Andreas Schuster; a scheme about which he speaks to us in here, and that explains in detail in this great video. In it, both parents and Disciplinary Arts teachers will find guidance and inspiration to strengthen the safety of that lovely little people, so important to all of us. An original, practical and brilliant work that will undoubtedly be a reference for all of us who are concerned about this issue. "Trust us for a better life".

Defense  
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## Total Grappling & Vale Tudo

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**BUDO INTERNATIONAL PUBL.CO. DVD CATALOG**  
**MARTIAL ARTS, COMBAT SPORTS & SELF DEFENSE INSTRUCTIONAL DVDs**



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## DVD Kung Fu

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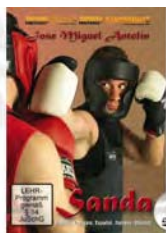
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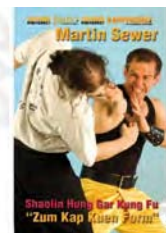
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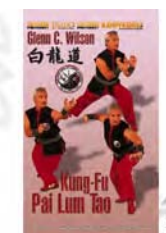
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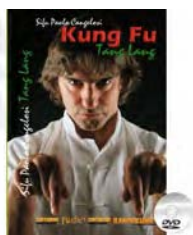


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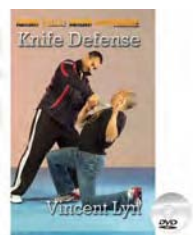
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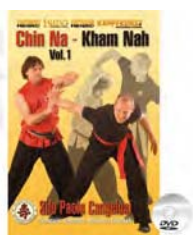
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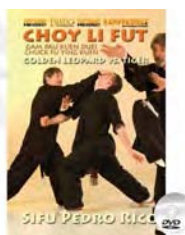
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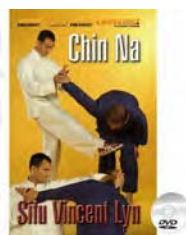
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Fu Kune Form  
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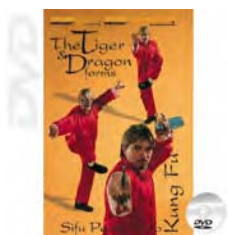


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## DVD Tai Chi

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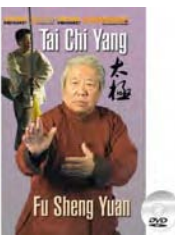
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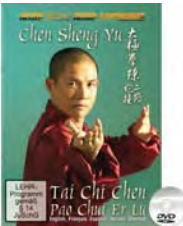
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DVD Wu Shu

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## DVD Wing Chun

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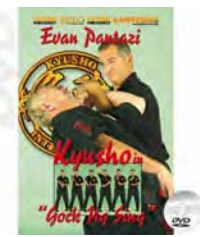
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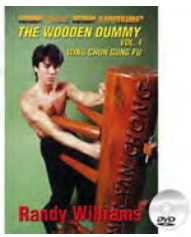
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Form & Applications  
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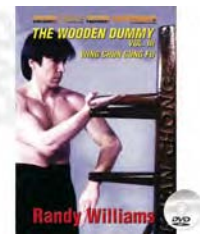
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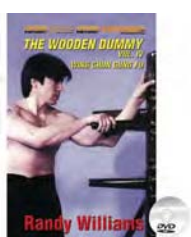
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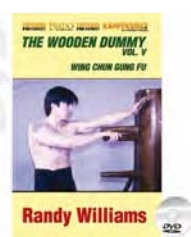
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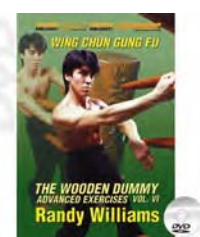
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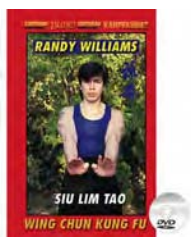
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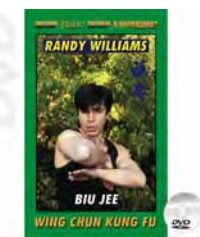
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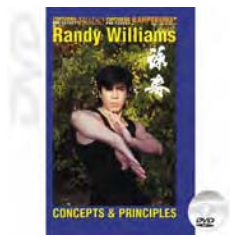


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## DVD Wing Tsun

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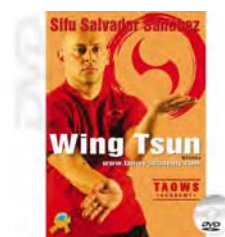
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Ref. DVD/WTS6  
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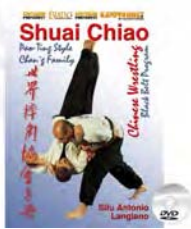
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## DVD Judo and Ju-Jitsu

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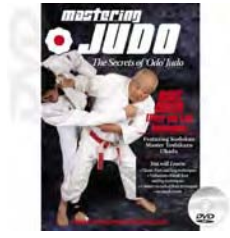
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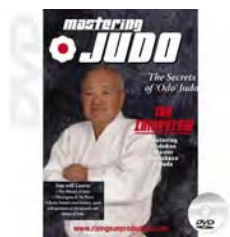
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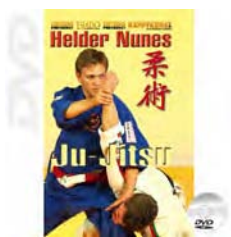
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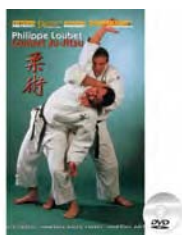
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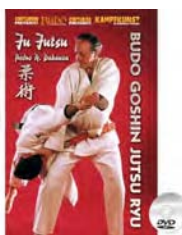
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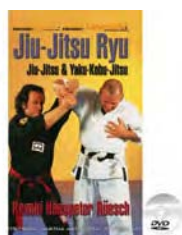
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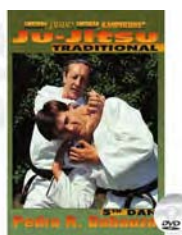
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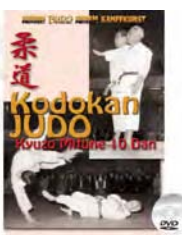
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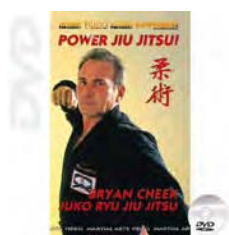


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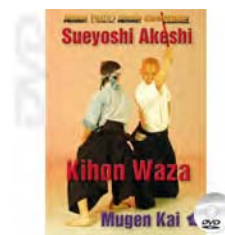
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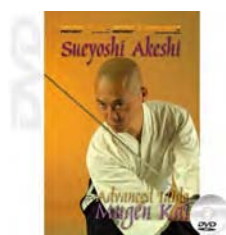
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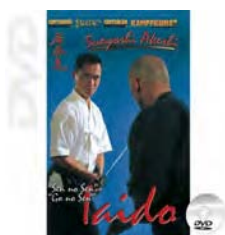
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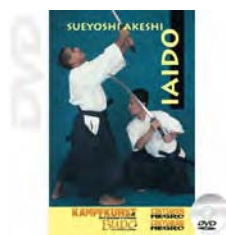
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## DVD Karate

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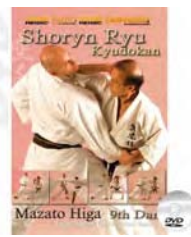
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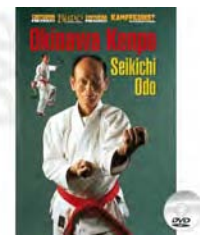
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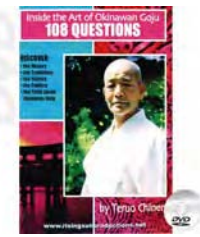
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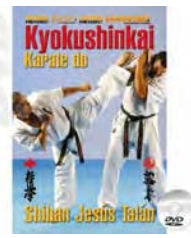
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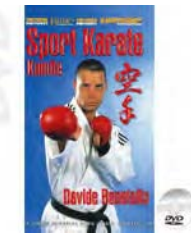
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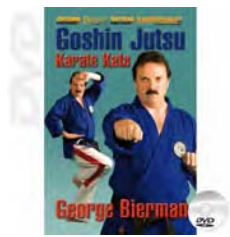


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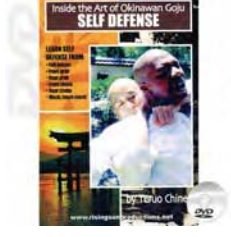
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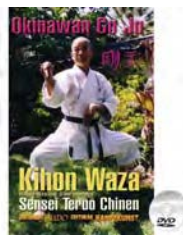
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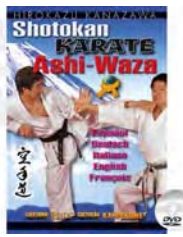
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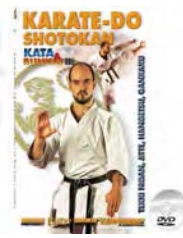
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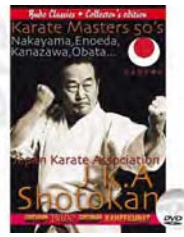
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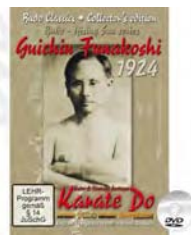
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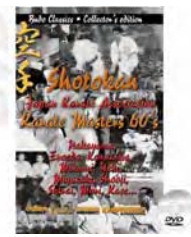
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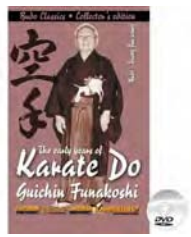
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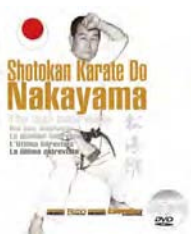
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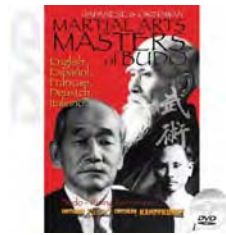
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## DVD Aikido

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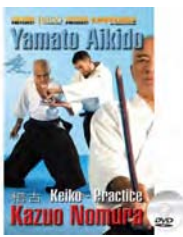
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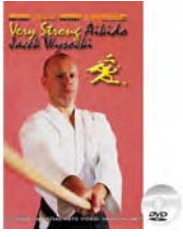
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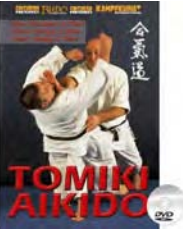
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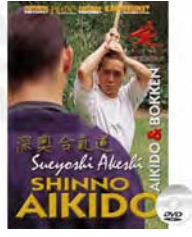
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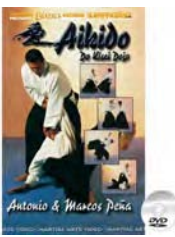
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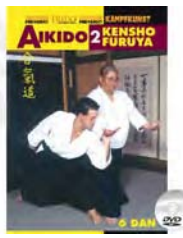
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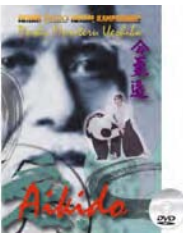
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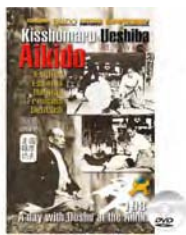
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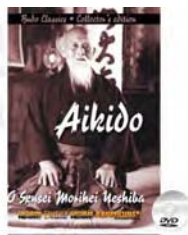
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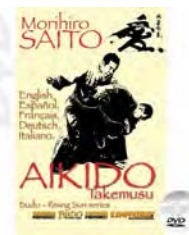
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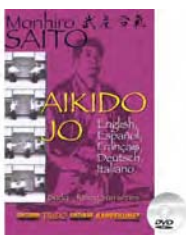
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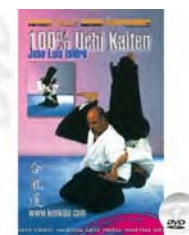
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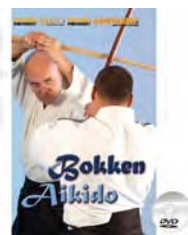
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DVD Kobudo & Aikido Bo-Jutsu  
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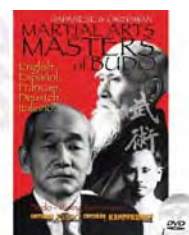
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DVD Aikido



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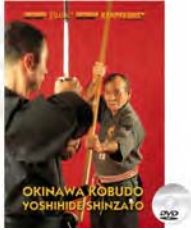
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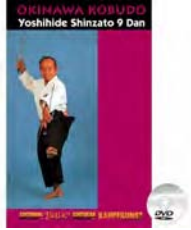
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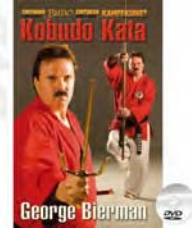
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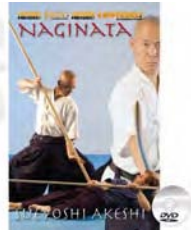
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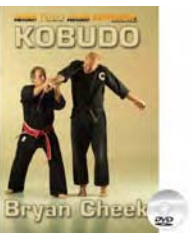
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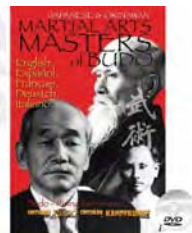
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DVD Japan Ninjutsu Shinobiken  
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Price Inc. Tax.....22,00 EUR



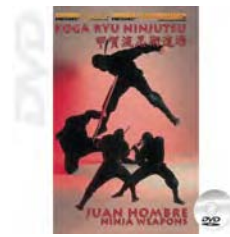
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Price Inc. Tax.....22,00 EUR



DVD Iga Ryu Ninjutsu Empty Hands  
Techniques  
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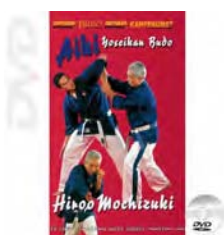
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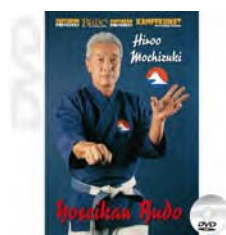
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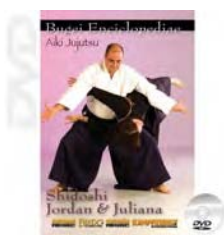
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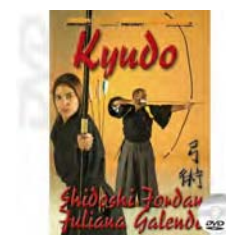
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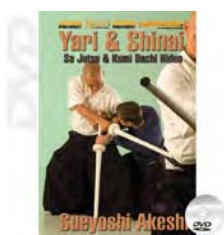


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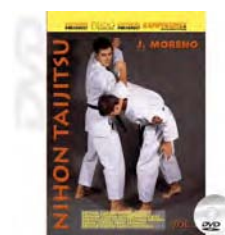
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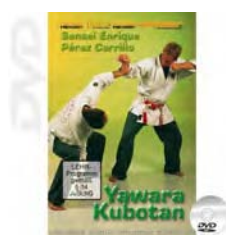
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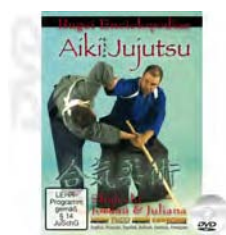
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## DVD Kyusho Jitsu

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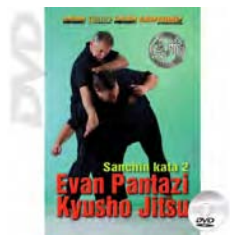
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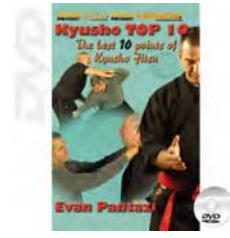
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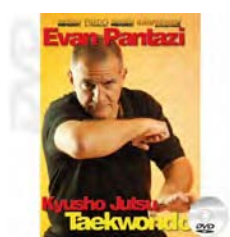
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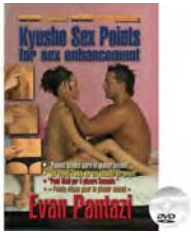
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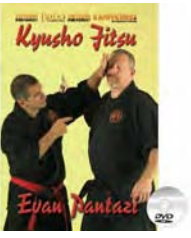
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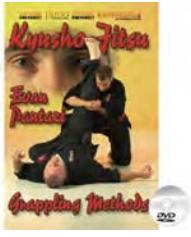
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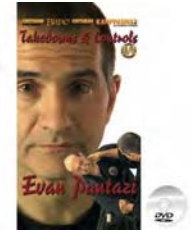
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## DVD Brazilian Jiu-Jitsu

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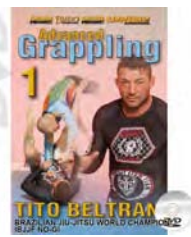
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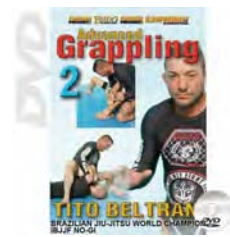
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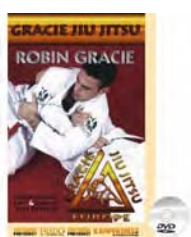
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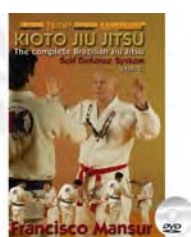
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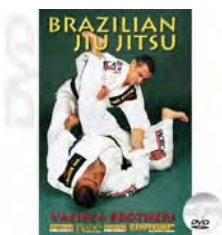
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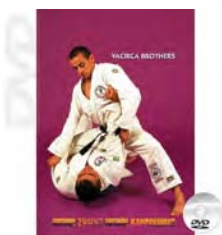
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DVD Brazilian Jiu Jitsu The Guard position  
Ref. DVD/REGO3  
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu Cross & Side Mount  
Ref. DVD/REGO2  
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu The Mount position  
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DVD Brazilian Jiu Jitsu Black Belt Grand Prix  
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## DVD Capoeira

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DVD Capoeira



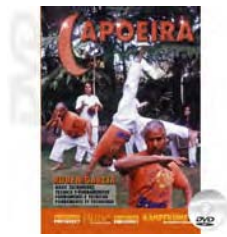
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 Price Inc. Tax.....22,00 EUR



DVD Capoeira Gerais  
 Ref. DVD/CAP2  
 Price Inc. Tax.....22,00 EUR



DVD Capoeira  
 Ref. DVD/CAP1  
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## DVD Kali Arnis Eskrima

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DVD Kali Arnis Eskrima



DVD Latosa Eskrima Edge Weapons Training  
 Ref. DVD/LAT3  
 Price Inc. Tax.....22,00 EUR



DVD Kyusho and Kali. Empty Hands Vol.2  
 Ref. DVD/KYUSHO25  
 Price Inc. Tax.....22,00 EUR



DVD Kyusho and Kali. Empty Hands Vol.1  
 Ref. DVD/KYUSHO24  
 Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Single Sword  
 Ref. DVD/FLORES2  
 Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Backyard Sulite Original Group  
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 Price Inc. Tax.....22,00 EUR



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



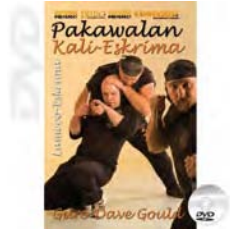
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DVD Warriors Eskrima  
 Ref. DVD/GURO  
 Price Inc. Tax.....22,00 EUR



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



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 Ref. DVD/GOULD4  
 Price Inc. Tax.....22,00 EUR

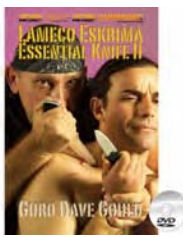


DVD Lameco Eskrima Essential Knife 3  
 Ref. DVD/GOULD3  
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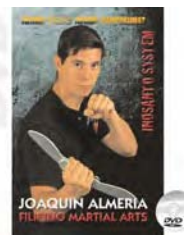
DVD Kali Arnis Eskrima



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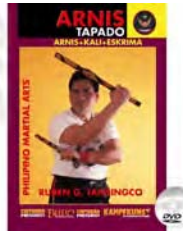
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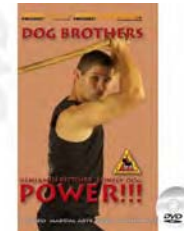
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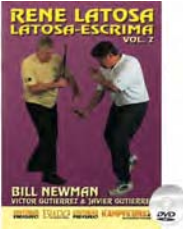
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Price Inc. Tax.....22,00 EUR



DVD Latosa Escrima Vol 1  
Ref. DVD/LAT1  
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  
Ref. DVD/BRU1  
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## DVD Kali Arnis Eskrima



DVD Kali, Arnis, Eskrima  
Ref. DVD/MALTE1  
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## DVD Staff and Cane

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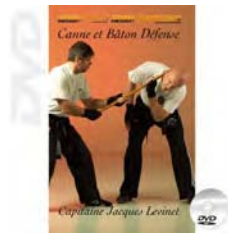
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DVD Staff and Cane



DVD La Canne de Combat Combat Cane  
Ref. DVD/CANNE1  
Price Inc. Tax.....22,00 EUR



DVD Cane & Staff Defense  
Ref. DVD/LEVI6  
Price Inc. Tax.....22,00 EUR



DVD Tolete Canario Traditional & Police Weapon  
Ref. DVD/TOLE1  
Price Inc. Tax.....22,00 EUR



DVD O Jogo Do Pau The Portuguese 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  
Price Inc. Tax.....22,00 EUR

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## DVD Nunchaku

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DVD Nunchaku



DVD Nunchaku Advanced Method  
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 Price Inc. Tax.....22,00 EUR



DVD Nunchaku The Method from 0 to 100%  
 Ref. DVD/TMNUN  
 Price Inc. Tax.....22,00 EUR



DVD Combat Nunchaku  
 Ref. DVD/GLNUN  
 Price Inc. Tax.....22,00 EUR



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



DVD Nunchaku  
 Ref. DVD/RGNUN  
 Price Inc. Tax.....22,00 EUR

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## DVD Other Weapons

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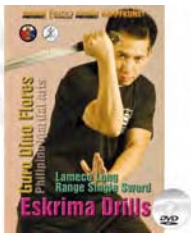
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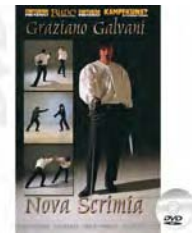
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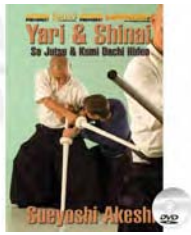
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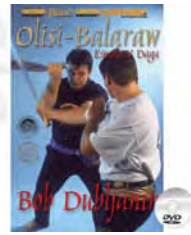
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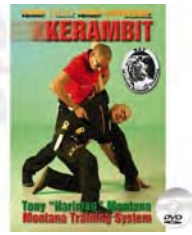
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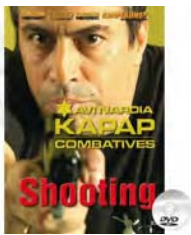
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Price Inc. Tax.....22,00 EUR



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



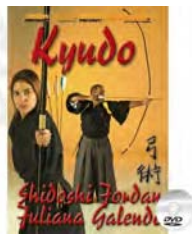
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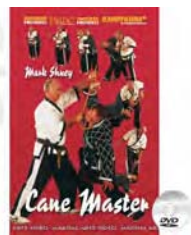
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Price Inc. Tax.....22,00 EUR



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



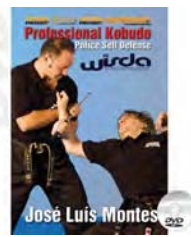
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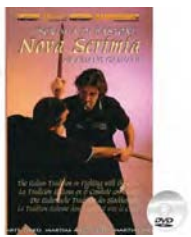
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Price Inc. Tax.....22,00 EUR

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**DVD Other Weapons**



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Ref. DVD/MONTES2  
Price Inc. Tax.....22,00 EUR



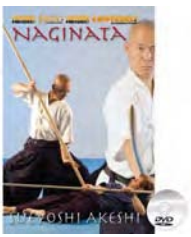
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Price Inc. Tax.....22,00 EUR



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



DVD Tai Chi Che Sword  
Ref. DVD/TAI3  
Price Inc. Tax.....22,00 EUR



DVD Naginata & Kumidashi Kihon  
Ref. DVD/NAGI1  
Price Inc. Tax.....22,00 EUR



DVD Kubotan  
Ref. DVD/KUBOT1  
Price Inc. Tax.....22,00 EUR



DVD Kendo  
Ref. DVD/KENDO  
Price Inc. Tax.....22,00 EUR



DVD Advanced Kendo  
Ref. DVD/KENDO2  
Price Inc. Tax.....22,00 EUR



DVD Toyama Ryu Iaido  
Ref. DVD/TOYAMA2  
Price Inc. Tax.....22,00 EUR



DVD Viet Vo Dao Con Phap. Long staff  
Vol.1  
Ref. DVD/VIET7  
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DVD Pro, Military, Police

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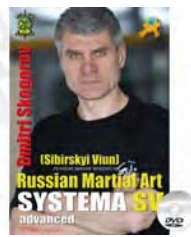
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DVD Russian Martial Art Systema SV Training Program Vol2  
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Price Inc. Tax.....22,00 EUR



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



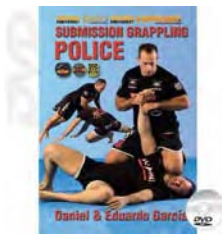
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Price Inc. Tax.....22,00 EUR



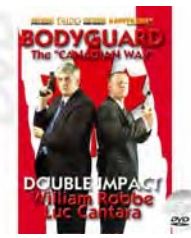
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DVD Police Grappling  
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Price Inc. Tax.....22,00 EUR



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



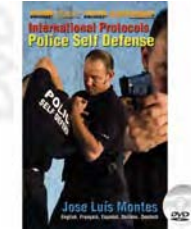
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Price Inc. Tax.....22,00 EUR



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



DVD Operational Tonfa  
Ref. DVD/LEVI7  
Price Inc. Tax.....22,00 EUR



DVD Police Self Defense  
Ref. DVD/DPOL1  
Price Inc. Tax.....22,00 EUR



DVD Kokkar Handgun Defensive Tactics  
Ref. DVD/OMAR5  
Price Inc. Tax.....22,00 EUR

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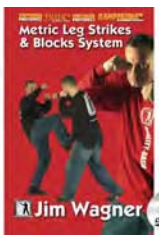
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DVD Europol Intervention Techniques  
Ref. DVD/CARTER3  
Price Inc. Tax.....22,00 EUR



DVD Metric Leg Strikes & Blocks System  
Ref. DVD/SARG11  
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  
Ref. DVD/SAN4  
Price Inc. Tax.....22,00 EUR



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



DVD Police Kaisendo Dim Mak Pressure Points  
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Price Inc. Tax.....22,00 EUR



DVD Police Tonfa  
Ref. DVD/TON1  
Price Inc. Tax.....22,00 EUR



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



DVD Reality Based Protecting the Others  
Ref. DVD/SARG15  
Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav Knife Defense  
Ref. DVD/LEVI5  
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DVD Operational Locks Self Defense Pro  
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DVD ROS Real Operational System  
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Price Inc. Tax.....22,00 EUR



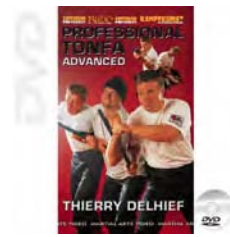
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Price Inc. Tax.....22,00 EUR



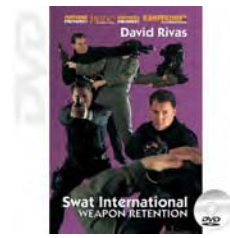
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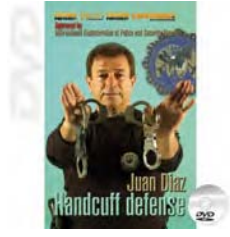
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Price Inc. Tax.....22,00 EUR



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



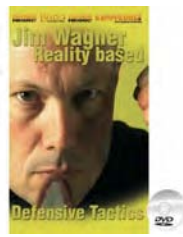
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DVD Reality Based Self Defense  
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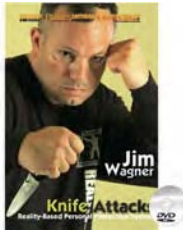
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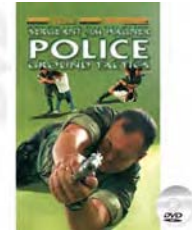
DVD Reality Based Training with Air Guns  
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Price Inc. Tax.....22,00 EUR



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



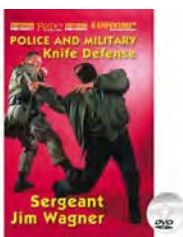
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DVD Reality Based Police Ground Tactics  
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Price Inc. Tax.....22,00 EUR



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  
Ref. DVD/JH1  
Price Inc. Tax.....22,00 EUR

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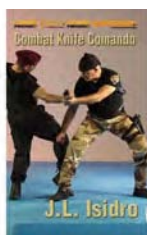
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DVD Pro, Military, Police



DVD Scuba Fighting  
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DVD Combat Knife Commando  
Ref. DVD/AKIS9  
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DVD Professional Bodyguard  
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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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74/125

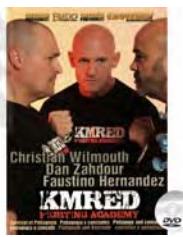
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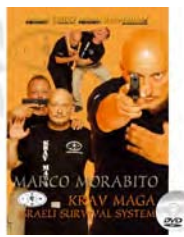
DVD Krav Maga



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



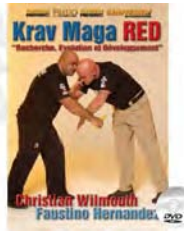
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Hand to Hand Combat  
Ref. DVD/KMISS1  
Price Inc. Tax.....22,00 EUR



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



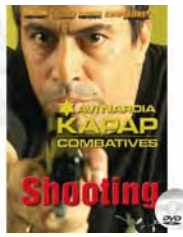
DVD Commando Krav Maga Urban  
Survival  
Ref. DVD/AIZIK4  
Price Inc. Tax.....22,00 EUR



DVD Original Krav Maga Blue Belt  
program Vol4  
Ref. DVD/YARON5  
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



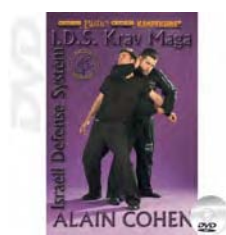
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Ref. DVD/AIZIK  
Price Inc. Tax.....22,00 EUR



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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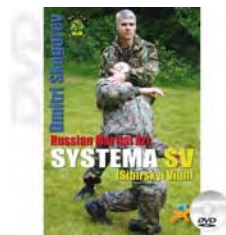
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DVD Systema



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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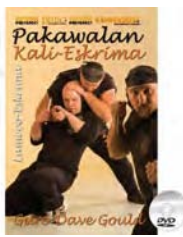
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DVD Knife Fighting



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



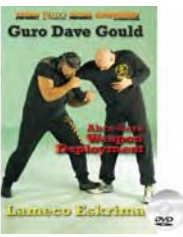
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Ref. DVD/FRANK1  
Price Inc. Tax.....22,00 EUR



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



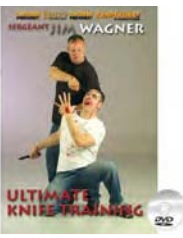
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Ref. DVD/GOULD3  
Price Inc. Tax.....22,00 EUR



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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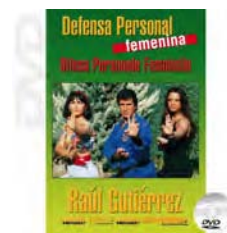
DVD Women's Self Defense



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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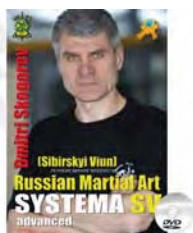
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**DVD Other Self Defense Styles**



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



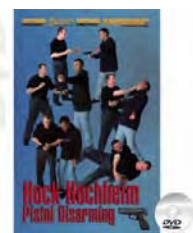
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techniques  
Ref. DVD/SYSTEMA2  
Price Inc. Tax.....22,00 EUR



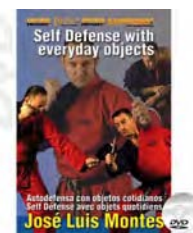
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Ref. DVD/SOG6  
Price Inc. Tax.....22,00 EUR



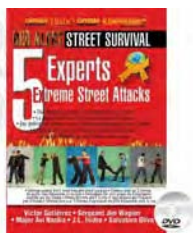
DVD SOG How to be your own  
Bodyguard  
Ref. DVD/SOG5  
Price Inc. Tax.....22,00 EUR



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



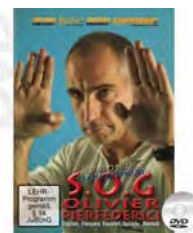
DVD Self Defense with everyday objects  
Ref. DVD/MONTES3  
Price Inc. Tax.....22,00 EUR



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



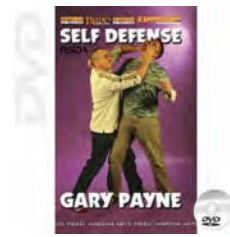
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Price Inc. Tax.....22,00 EUR



DVD Russian Systema  
Ref. DVD/KADI1  
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



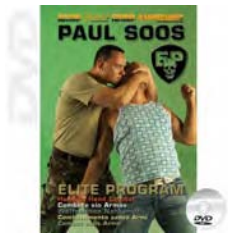
DVD Close Combat Vol 1  
Ref. DVD/MALTE2  
Price Inc. Tax.....22,00 EUR

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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



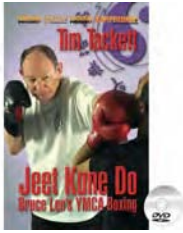
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Documentary  
Ref. DVD/BL  
Price Inc. Tax.....22,00 EUR



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



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



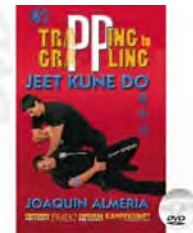
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Ref. DVD/ALM5  
Price Inc. Tax.....22,00 EUR



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



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

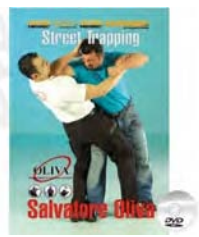


DVD Jeet Kune Do Trapping to  
Grappling  
Ref. DVD/ALM1  
Price Inc. Tax.....22,00 EUR

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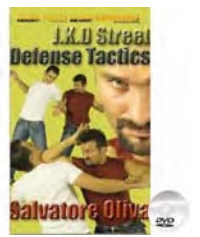
DVD Jeet Kune Do



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



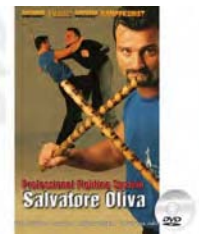
DVD Explosive Dumog Filipino Grappling  
Ref. DVD/SALVA6  
Price Inc. Tax.....22,00 EUR



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



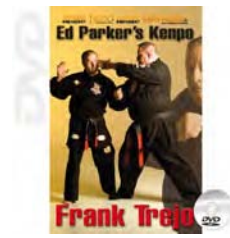
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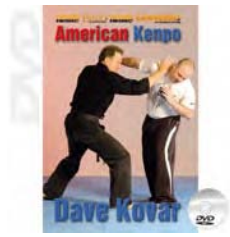
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Price Inc. Tax.....22,00 EUR



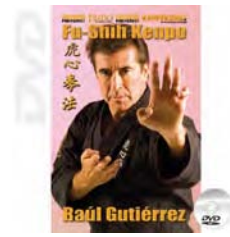
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Ref. DVD/TREJO1  
Price Inc. Tax.....22,00 EUR



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



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



DVD Fu Shih Kenpo  
Ref. DVD/FUSHIH1  
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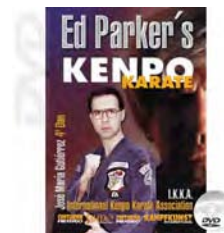
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## DVD Kajukenbo

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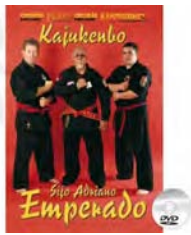
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94/125

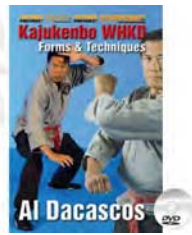
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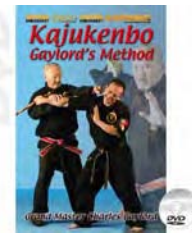
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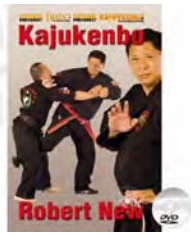
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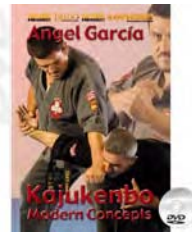
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DVD Kajukenbo Vol 2 The Training Method  
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## DVD Martial Arts Vietnam

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DVD Martial Arts Vietnam



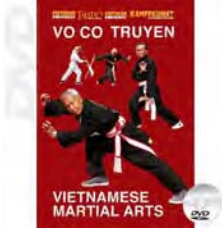
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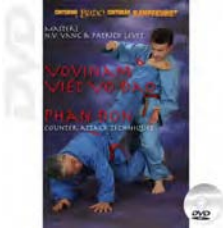
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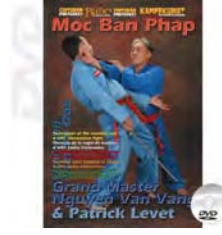
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Price Inc. Tax.....22,00 EUR



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



DVD Vovinam Viet Vo Dao Vol 1  
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## DVD Other Martial Styles

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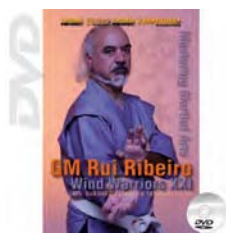
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DVD Other Martial Styles



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



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



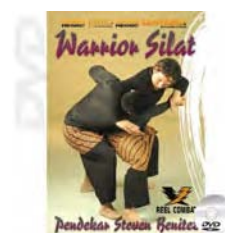
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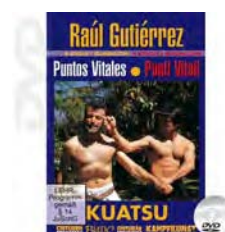
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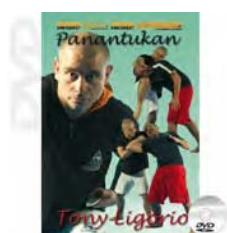
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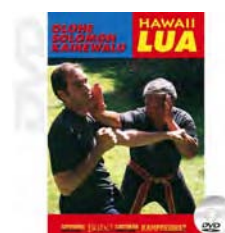
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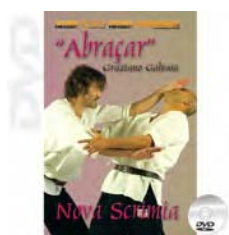


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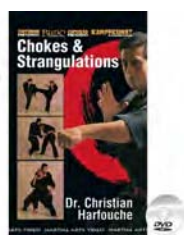
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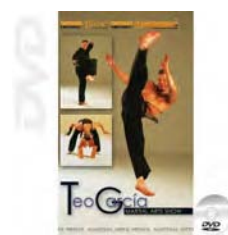
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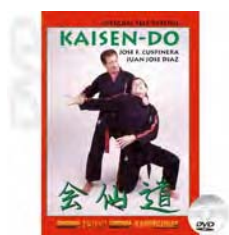
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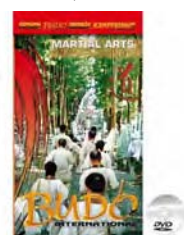
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DVD Kaisen Do  
Ref. DVD/KAISEN1  
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DVD Martial Arts The Way of the Warrior  
Documentary  
Ref. DVD/TV1  
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DVD Lan Do Chen Siue Pay Vol2  
Ref. DVD/YANIS2  
Price Inc. Tax.....22,00 EUR



DVD Hall Of Fame ISMA 2006  
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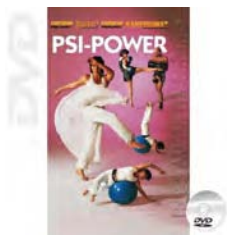
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DVD Other Martial Styles



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



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



DVD Pencak Silat  
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Price Inc. Tax.....22,00 EUR



DVD Pukulan Pencak Silat Serak.  
Weapons  
Ref. DVD/SERAK2  
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## DVD Pencak Silat

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DVD Pencak Silat



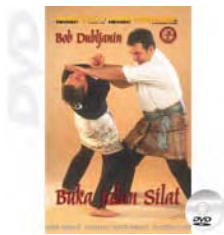
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Hands  
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Price Inc. Tax.....22,00 EUR



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



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



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



DVD Pencak Silat  
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## DVD Tae Kwon Do

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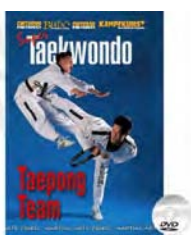
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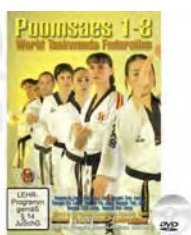
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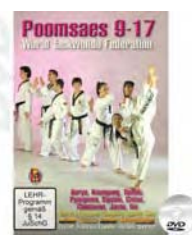
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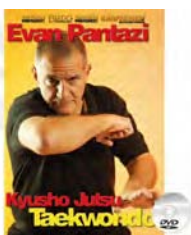
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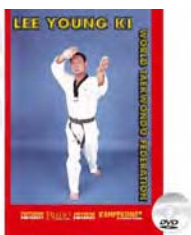
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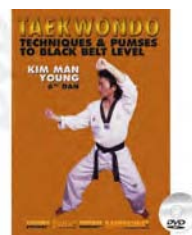
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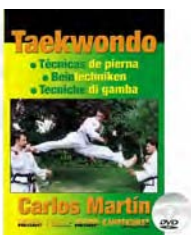
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Price Inc. Tax.....22,00 EUR



DVD Taekwondo ITF Tul Vol 1  
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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  
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DVD Taekwondo Fighting Secrets  
Ref. DVD/MAURI2  
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DVD Hapkido

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DVD Hapkido



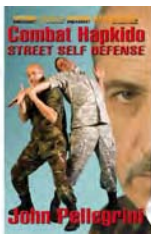
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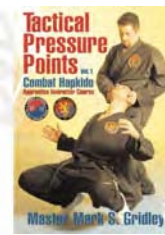
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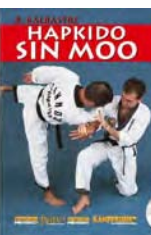
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Price Inc. Tax.....22,00 EUR



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DVD Sin Moo Hapkido  
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## DVD Other Styles Korea

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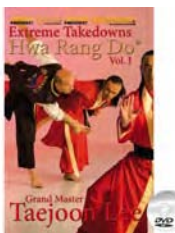
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DVD Other Styles Korea



DVD Kuk Sool Won  
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DVD Hwa Rang Do Extreme Takedowns  
Vol1  
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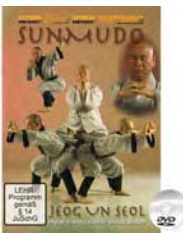
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Price Inc. Tax.....22,00 EUR



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



DVD Sib Pal Ki  
Ref. DVD/PALKI  
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DVD Sun Mu Do  
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DVD Tang Su Do  
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## DVD Muay Thai

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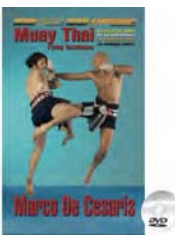
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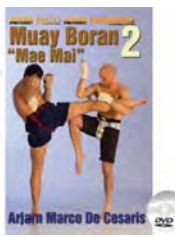
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DVD Muay Thai



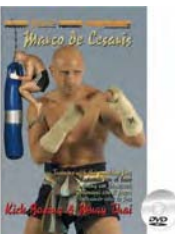
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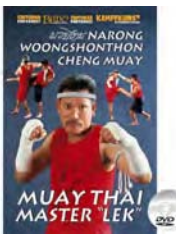
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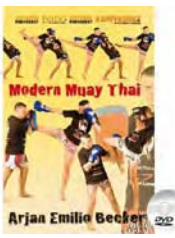
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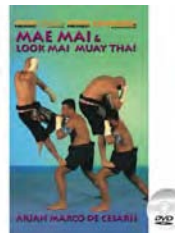
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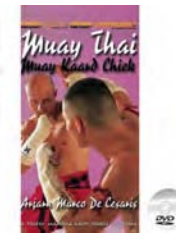
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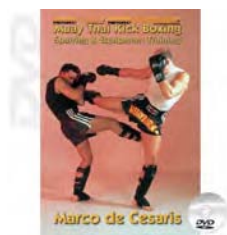
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DVD Muay Thai



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



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



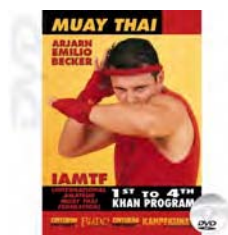
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DVD Muay Thai Master Woody  
Ref. DVD/WOODY  
Price Inc. Tax.....22,00 EUR



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



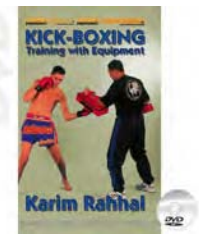
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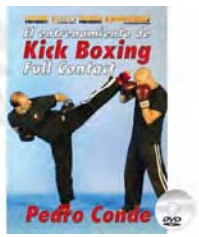
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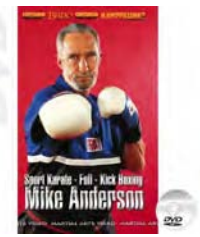
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Price Inc. Tax.....22,00 EUR



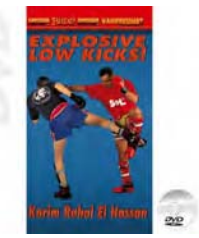
DVD Kick Boxing Training with Equipment  
Ref. DVD/KARIM2  
Price Inc. Tax.....22,00 EUR



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



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



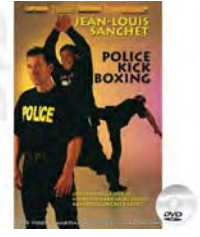
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Price Inc. Tax.....22,00 EUR



DVD Semi Contact  
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Price Inc. Tax.....22,00 EUR



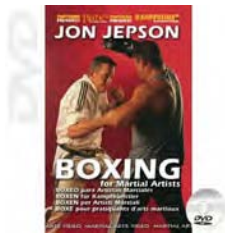
DVD Police Defense Kick Boxing  
Ref. DVD/KIKPOL  
Price Inc. Tax.....22,00 EUR

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## DVD Kick Boxing



DVD Boxing for Martial Artists  
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## DVD Grappling Wrestling

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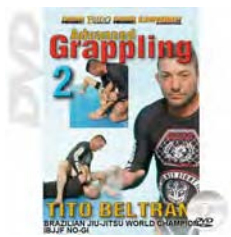
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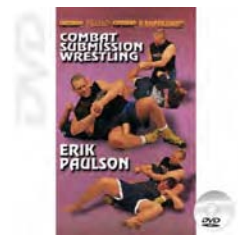
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DVD Advanced Grappling Vol.1  
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DVD Advanced Grappling Vol.2  
Ref. DVD/TBELTRAN-2  
Price Inc. Tax.....22,00 EUR



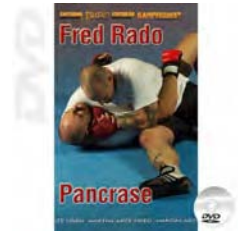
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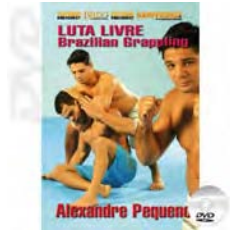
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Price Inc. Tax.....22,00 EUR



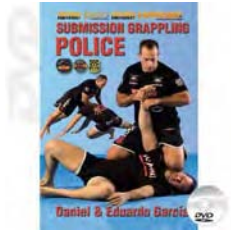
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Price Inc. Tax.....22,00 EUR



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



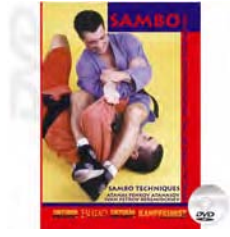
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Price Inc. Tax.....22,00 EUR



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  
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DVD MMA - Vale Tudo

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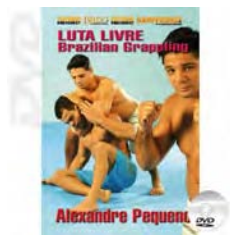
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DVD MMA - Vale Tudo



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



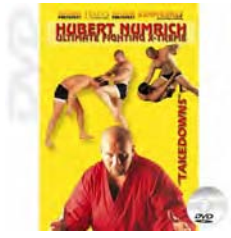
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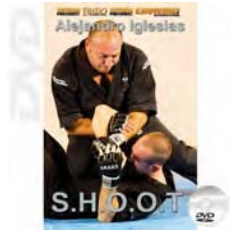
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Price Inc. Tax.....22,00 EUR



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



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



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DVD Shoot Mix Fight  
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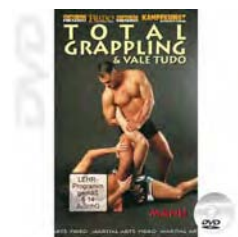
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DVD Professional Vale Tudo  
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Price Inc. Tax.....22,00 EUR



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



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

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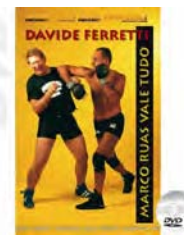
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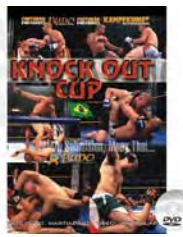
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Price Inc. Tax.....22,00 EUR



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



DVD Bugei Total Combat  
Ref. DVD/BTC1  
Price Inc. Tax.....22,00 EUR



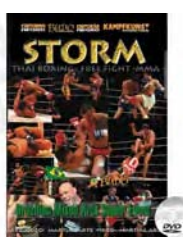
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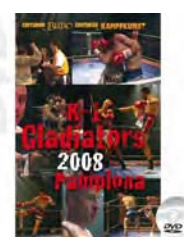
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Ref. DVD/BRA2  
Price Inc. Tax.....22,00 EUR



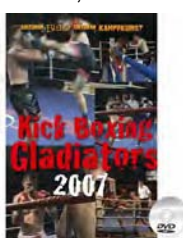
DVD Meca World Vale Tudo The Very Best  
Ref. DVD/MECA1  
Price Inc. Tax.....22,00 EUR



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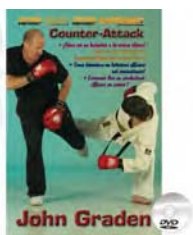
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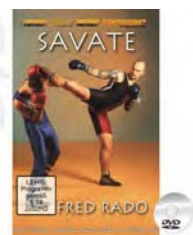
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Ref. DVD/GRAD1  
Price Inc. Tax.....22,00 EUR



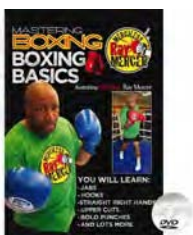
DVD Kick Boxing How to be an efficient counter fighter  
Ref. DVD/GRAD2  
Price Inc. Tax.....22,00 EUR



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



DVD Mastering Boxing Basics  
Ref. DVD/MERCER2  
Price Inc. Tax.....22,00 EUR



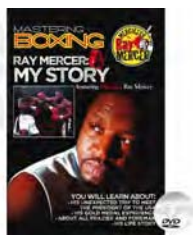
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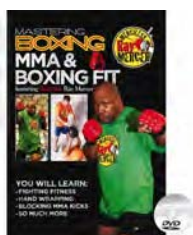
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Price Inc. Tax.....22,00 EUR



DVD Mastering Boxing Ring Smarts  
Ref. DVD/MERCER5  
Price Inc. Tax.....22,00 EUR



DVD Mastering Boxing My Story  
Ref. DVD/MERCER6  
Price Inc. Tax.....22,00 EUR



DVD Mastering Boxing MMA & Boxing Fit  
Ref. DVD/MERCER1  
Price Inc. Tax.....22,00 EUR



DVD Olympic Wrestling  
Ref. DVD/LUCHA1  
Price Inc. Tax.....22,00 EUR

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## DVD Health - Wellness

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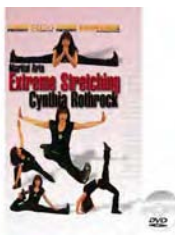
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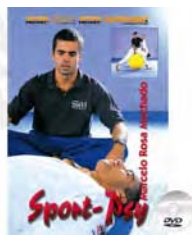
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DVD Martial Arts Extreme Stretching  
Ref. DVD/CYNTHI  
Price Inc. Tax.....22,00 EUR



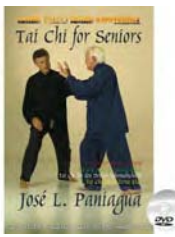
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Ref. DVD/SIMAC1  
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DVD Sport-Psy for competition  
Ref. DVD/MARCE  
Price Inc. Tax.....22,00 EUR



DVD Facial Yoga Natural rejuvenation  
exercises  
Ref. DVD/FY1  
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Chuan for Seniors  
Ref. DVD/TAI4  
Price Inc. Tax.....22,00 EUR



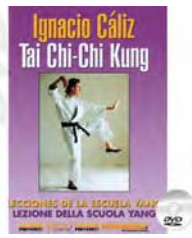
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Price Inc. Tax.....22,00 EUR



DVD Tai Chi Yang Style Vol 1  
Ref. DVD/FUSE  
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DVD Mastering Boxing MMA & Boxing  
Fit  
Ref. DVD/MERCER1  
Price Inc. Tax.....22,00 EUR



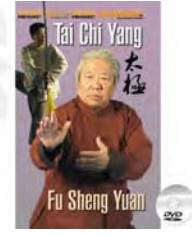
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Ref. DVD/TAI1  
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DVD Tai Chi Yang Style Kung Chia Form  
& Applications  
Ref. DVD/TCC  
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Yang Style Vol 2  
Ref. DVD/FUSE2  
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Yang Style Vol 3  
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DVD Health - Wellness



DVD Tai Chi Yang Style & Chi Kung Vol 2  
Ref. DVD/TAI2  
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DVD Tai Chi Che Sword  
Ref. DVD/TAI3  
Price Inc. Tax.....22,00 EUR