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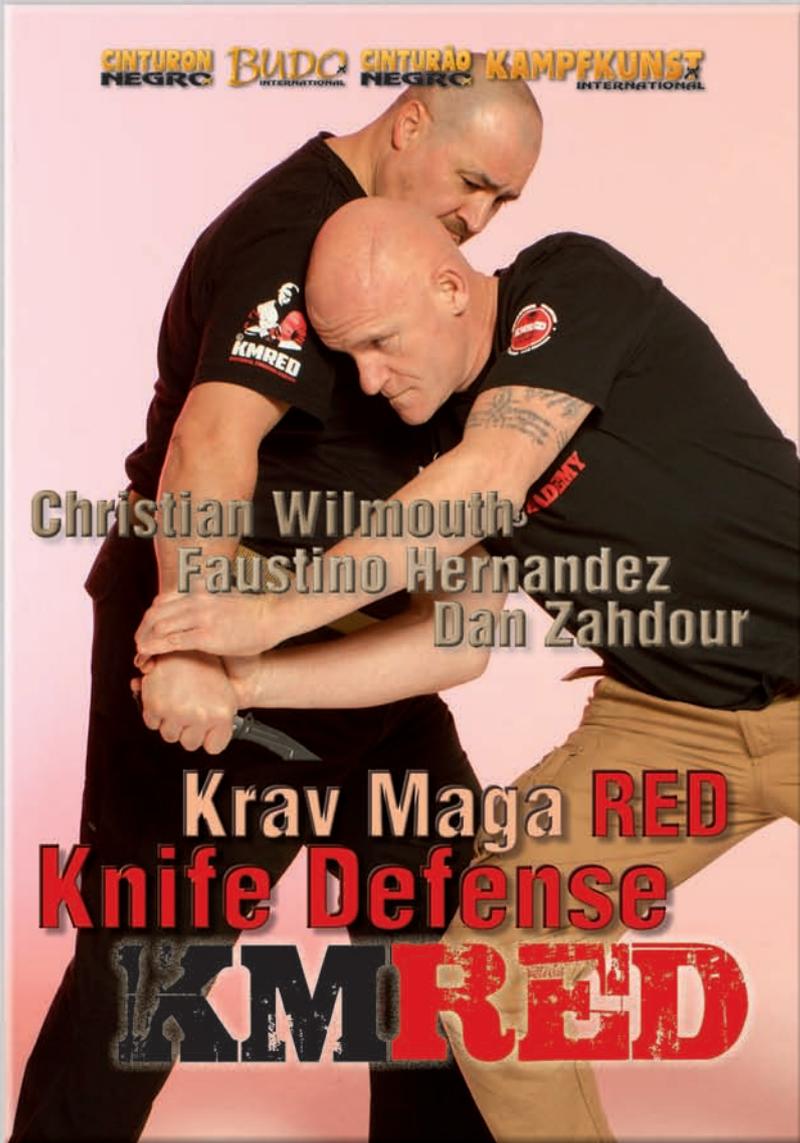
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Editorial

Preserving a culture

"When countries crumble and fall, the only thing that remains is their culture, that's why it's so important. A country without culture is bound to disappear."
Alejandro Jodorowsky

"It's licit to violate a culture, but with the condition of making a son to her."
Simone de Beauvoir

Today, watching a TV news report, faith in the humanity returned to me unexpectedly and at one single stroke. A certain Karembeu (as my wife, who is much more eloquent than me about this kind of stuff, explained to me), is a famous former Real Madrid soccer player. My painting master always said that soccer was a bit gay game (he himself was gay!): 22 men in shorts chasing a ball ... And every time they celebrate having scored a goal they get naked while throwing themselves on top of them others!

Beyond the zinger (a wink and a fond memory to my longed master, Manolo Tarazona... God rest his soul!), I never expected that among them there were people with concerns and talents beyond the kicking of a ball. But yes, apparently there's life after soccer! And I'm an idiot with prejudices...

Good old Karembeu was presenting a great documentary about a native people of the Brazilian Amazon. I've always loved Indians and the former soccer star was doing a remarkable job.

The story was focused on the son of the tribe's shaman. The man had been videotaping for years all the rituals and important festivities, preparing of meals, building of houses, etc.; in short, everything that entails their culture. He was also the architect who designed their houses, which are made with local materials, and if that were not enough, he was the "doctor" who looked after the health of all of them, in a well-ordered dispensary.

This man, a true factotum, was the soul that kept active all this people and had achieved not only the survival of the tribe, but the respect of the Brazilian Government.

But it wasn't always like that; when his father, the shaman, told him that it was a good idea that he learned to be a male nurse, while he, the shaman, would take care of the spiritual part of the village, the purists insulted him, warning him that if he left and dressed like the white man, he'd end up contaminated. They called him a traitor and other similar niceties and he had to endure all this during his three years of study every time he returned to the village. Today he is responsible for the continuity of an entire culture, which otherwise probably would have been lost.

Of course, there were things that had to be adapted; adaptation is the essence of all survival. They were nomads, but not having the conditions to dig new wells like the one he made for them, they finally chose to stay in that place; yes, they are much more stable and safer in one place, because that potable water has prevented many deaths among their children. His knowledge of medicine has allowed his people to live longer and better and from his infirmary he is able to alleviate most of the tribe's problems, using modern medicines when they need them.

But his greatest commitment is that of returning the pride of his people's culture to the youngest and preserve their traditions for the future. With this aim in mind, he's been placing himself behind the camera for years, recording and editing the events and tasks of his people's daily life. He has a computer where he assembles the videos, and his job has woken up the interest of numerous reporters, who for years keep visiting the place, giving exposure to his adventure and creating a media spot that has preserved them from extinction

"Besides being something rather idiotic, purism is dangerous and when you want to realize you find yourself invading Poland."





Alfredo Tucci
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Editorial

Preserving a culture

on that border, where deforestation and soy farms are gobbling up the Amazon forest and, with it their way of life. It's been so much so that his intervention has allowed to stop and to preserve some areas considered sacred by his people, now protected by the state so that they are outside the reach of the greed of the "whites".

The younger ones see how white people come to learn and study their customs, and in that look of admiration they find a just cause for pride. The hardliners had to swallow their words, although they kept complaining for years and insulting him for not being a purist and for striving to find, not a middle path, but a possible way, so that theirs was not just another culture in the museum, that place where dead things hang from the walls, empty of use, but of course, immaculate in their pristine purity.

Nature abhors the pure. Everything that is pure is ephemeral or it's used to make necklaces. In every culture, the pure is a violent transit, a passing spasm, because the balance and the transition are the essence of life, and the pure is a moment that has passed, a moment that no one can treasure, nor maintain, because the truth is that nobody knows what or when it actually took place.

Besides being something rather idiotic, purism is dangerous and when you want to realize you find yourself invading Poland. We are all nomads of life, "a species on a trip that has no belongings, but luggage", as Jorge Drexler's latest album preciously tells... Above all differences we are a great tribe, the human tribe. "I'm not from here, but neither are you" and we're travelling on the ship Earth for a short period of time, which is life.

I understand and appreciate the sentimental heartbeat of the dreamy and distant litany of "any time in the past was better", of "the love for the wisdom of the elderly", of "the passion for a culture", but I hate the fanatics, who exalted in their supposed moral superiority, pretend to show the exemplifying truth of their his vision of things, and from there throw stones at the roofs of those who, like the small male nurse of the tribe, dared to swim against the current and today are the soul of it.

In the end, these extremists have children who leave their tribe to live as the whites, mainly to no longer see their parents, who wither in their rancor, even more determined behind the veil of their pride, in being the owners of the pure truth and of "what it must be." They are the ones who prefer being right than being happy, but who inexorably lost all their right the day they got stuck in their littleness.

When I learned that some of these intransigent, lofty self-proclaimed Founding Fathers of the pure truth, dared to criticize publicly and in writing to my e-bunto teacher, questioning his purity and behavior, without knowing the half of it, without ever having studied everything he studied, or having done everything he's done to honor the memory of his Masters, and ignoring by the way, at a single stroke, all the efforts we are making (We do!) to preserve a whole living culture, with a knowledge that they, the purists no longer have... my stomach got upset and my insides just screamed... But I went to the bathroom and I emptied my bowels.

So if it stinks, well, you know ... Beware!

In the end it might just turn out that the inheritors were others...

“Everything that is pure is ephemeral or it's used to make necklaces. In every culture, the pure is a violent transit, a passing spasm, because the balance and the transition are the essence of life, and the pure is a moment that has passed, a moment that no one can treasure, nor maintain, because the truth is that nobody knows what or when it actually took place.”





Alfredo Tucci

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"Pearls" of the Warrior

*"Masters have unfair advantage
over most people - they were willing
to fail, but tried anyway"*

*By
Avi Nardia*





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Jean Phoenix Le G
Lost Legacy





What can one expect from a Martial Arts System of Combat founded and created by a lifelong martial arts practitioner and Grand Master that has flawlessly mastered numerous martial arts disciplines and styles? A system that incorporates the concepts and theories of his ancestral Family Style and inventively extracts what is practical, efficient and precise from the traditional Chinese, Japanese, Korean, American, African and Thai forms. One that focuses on life, whereby the physical expression of its principles translates into advanced mental, emotional and practical responses to life's deepest challenges. And one that provides inspirational and motivational components centered on the individual and his or her quest for continuous learning, expansion, reinvention and evolution. These are the very definitions of Lost Legacy Systems Traditional Mixed Martial Arts and all systems within it.

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Lost Legacy Systems was founded and created by Shidoshi Jean Francois “Phoenix” Le Grand in 1998 and is an eclectic system of Martial Art Styles; consisting of elements and concepts from different forms of Chinese Kung Fu; Japanese Karate, Jiu Jitsu, Ninpo/Ninjutsu and Kobū-jutsu, African Montu Arts and Martial Sciences and Korean Tae Kwon Do. Shidoshi Le Grand’s fusion of five ways of fighting – hands, feet, throwing, grappling and weaponry form into one effective, extreme and innovative Martial Arts system of combat – making Lost Legacy Systems Traditional Mixed Martial Arts of South Florida, USA one of the most sought-after systems, highly recognized for its survivalist, realistic combat, high energy and explosive styles effective in any and all fight, self-defense and self-awareness circumstances.

Who is Shidoshi Jean Francois “Phoenix” Le Grand?

Shidoshi Jean Francois “Phoenix” Le Grand has been practicing martial arts for 44 years (32 years as an instructor) and is an 8th Degree/Dan Black Belt under Tiger Jude 7 Styles Kung Fu and Karate. Born in Haiti, Jean Le Grand was raised with a traditionally strict and proper Haitian-Caribbean value system whereby children were not granted options or choices of preference in any matters. Children simply did what was mandated by their elders, without outward display of resistance or reluctance. For Le Grand, his mandate came in the form of Martial Arts. In 1974, he began his official, traditional training in Tae Kwon Do and Kung Fu under direct tutelage of uncles Grand Master Dr. Jude Innocent (10th Dan of Tiger Jude 7 Styles Martial Arts, descendant of Grand Master Sifu Carter Wong), Grand Master “Tiger” Paul Innocent (9th Dan of Tiger Paul Tae Kwon Do Modern Karate) and the late Master Pierro Innocent. Also, having parents who were both traditionally trained Black Belts guaranteed that Martial Arts would provide more than just structure and

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discipline. For Jean Le Grand, martial arts became a way of life, a way of being and the blueprint of his existence.

On the surface, what we see is a timeless, anomalous Black Grand Master, deeply rooted in the esteemed lineage and pedigree from which he descends. What lies beneath is the embodiment of a complex, cross-cultural, modern day Warrior. To properly acknowledge his lineage is to first reflect upon the history of the rise and popularity of Martial Arts within contemporary Black culture. The 1960s and 1970s were a time of expanding social, cultural and artistic consciousness for Black people globally. Historically, marital arts and unarmed combat has always been a secret weapon of oppressed groups within a society as a means of self-defense and a basis of psychological warfare against their oppressors. Effectually, rising social conflict influenced social movement within Black communities all over the world, and the allure of martial arts was interconnected with these ideologies of Black nationalism, identity and survival.

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March 20, 2018
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Martial Arts, at that time, not only became an expression of self-defense and self-protection it also became a powerful symbol of empowerment, resistance and even defiance. Grand Master Dr. Jude Innocent, Grand Master "Tiger" Paul Innocent and Master Pierro Innocent embraced martial arts during a time of broadening cultural consciousness amidst Black people and during a time of rising interest in and popularity of Asians in pop-culture. What gave birth to a unique cultural phenomenon. It inspired many legendary Black martial artists on a global scale to practice and create their own viable, effective martial arts systems, including Grand Master Dr. Jude Innocent and his system Tiger Jude 7 Styles Kung Fu and Karate.

Tiger Jude 7 Styles, being quick and agile like the Tiger, incorporates the styles and techniques of Karate do, Thai-Boxing, Korean Tae Kwon Do and Hapkido to form one effective system, unique both in structure and style. Grand Master Innocent was a student of the great Grand Master Sifu Carter Wong, of the Yan Jay Pai Kung-Fu System and

best known for his immense contributions to martial arts film. As his student, Grand Master Innocent participated in and won over 55 worldwide Kung Fu and Full Contact competitions. Grand Master Innocent and Sifu Carter Wong are the co-founders of The New Shaolin Boxing Association are both still active, honored Ambassadors to the Arts today.

Grand Master Innocent established the Tiger Jude 7 Styles Karate Center in New York and after years of rigorous training under Tiger Jude 7 Styles, Shidoshi Le Grand was encouraged by his uncles to become a student of different martial art forms. As a 4th Dan, he was introduced to the late Grand Master Richard Sinclair Sr. (10th Degree Black Belt) of the Iron Octopus Martial Arts Survival Defense Academy (IOMASDA Ryu), Brooklyn, NY. Sosai Sinclair was well renowned for his intricate system of combat which combined the stylings of Karate-Do, Ninjutsu, Kobujutsu, Taijutsu, Aiki-jujutsu and Tae Kwon Do. Under the tutelage of Sosai Sinclair, Shidoshi Le Grand was exposed to the teachings of Martial Arts legends the late Professor Ronald Duncan, Sr. (Father of American Ninjutsu/Way of the Winds) and the late Dr. Moses Powell (Sanuces Ryu Jiu-Jitsu). As an advanced practitioner of the Arts, Shidoshi quickly mastered the curriculum at IOMASDA and within five years, earned the rank of 2nd Degree Black Belt and title of Chief Instructor where he conducted classes under the IOMASDA system.

While continuing to study under Grand Master Sinclair and Grand Master Dr. Jude Innocent, Shidoshi Le Grand was introduced to the Yan Jay Pai Kung-Fu System of Grand Master Sifu Carter Wong. Having mastered numerous Martial Arts disciplines and systems, Shidoshi was inspired to create his own system that would innovatively and effectively combine the styles and elements of: Tae Kwon Do, several forms of Jiu-Jitsu, Ninjitsu, Tai-jutsu, Aiki-jujitsu, Uke-Jutsu/Ukemi, Karate-Do, Judo, Kung Fu, Kobu-Jutsu/Kobudo, Grappling, Wrestling and Ground Fighting, Boxing and Hand-to-Hand Combat. Thus, in 1998, Lost Legacy Systems Traditional Mixed Martial Arts was created. Shidoshi continued to cross-train in many styles in search of perfection in art, form and philosophy with which to create the strongest foundation possible for Lost Legacy Systems. Notwithstanding, Shidoshi Le Grand is the lineage holder



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Jean Phoenix Le Grand

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of Tiger Jude 7 Styles and has also incorporated its deepest concepts and theories into Lost Legacy Systems.

The Lost Legacy Systems Philosophy

Lost Legacy Systems Traditional Mixed Martial Arts is a Family Style of combat, accredited and

internationally recognized with a Foundership Certification under the World Organization of Mixed Martial Arts (WOMA). It is a martial arts system of combat that is as distinct as it is multifaceted, both tactically and philosophically. The name "Lost Legacy" has dual meaning:

At its root, the word "Legacy," meaning to be a living example of standing by one's passions, committing to your success and having an impact and positive influence on each person you meet; being remembered and carrying forth, from generation to generation, all of the rich traditions and knowledge (KUDEN) that one establishes.



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**“Shidoshi teaches that
as our physicality is
improved through
martial arts,
our mental, emotional
and practical
responses become
more advanced and
more precise.”**

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At its core, the expression “Lost Legacy,” meaning to reclaim what has been lost and redefining its very existence.

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To Shidoshi Le Grand, what had become “Lost” was the acknowledgement of the African origin of indigenous fighting systems and traditions of self-defense within martial arts. History proclaims that the earliest “documentation” of organized combat originated from Egypt in 4000 B.C.E. In fact, the depiction of the African Montu Arts in the form of hieroglyphics on tombs and temples are some of the oldest evidenced representation of an organized combative system, illustrating the execution of open hand combat, grappling, weaponry and other forms of fight disciplines. Acknowledging what are, perhaps, the origins of martial arts in tandem with his traditional martial arts foundation was not a contradiction. Rather, it represented 360° of continuous knowledge – a cipher. Therefore, Shidoshi Le Grand’s “Legacy” is found within his incredibly profound appreciation of his traditional Martial Arts lineage as well as for his ancestors and their inspiration of his dedication to the arts. Lost Legacy Systems Traditional Mixed Martial Arts is arguably one of the world’s most diverse, multi-cultural systems of combat because it seeks to encompass each culture’s unique contribution to the arts. And through this, Lost Legacy Systems appeals to individuals internationally and cross-culturally.

Thus, the Lost Legacy Philosophy is actually centered on the Individual – one’s individual freedom of expression, expansion and growth. It also emphasizes Life – one’s ability to extract the teachings and values of Martial Arts whereby the physical expression of it becomes a progression of mental, emotional and spiritual attunement and the ability to create a harmonious and enhanced lifestyle. Shidoshi teaches that as our physicality is improved through martial arts, our mental, emotional and practical responses become more advanced and more precise. When we allow martial arts teachings to influence our mental and emotional responses to life’s circumstances, we are essentially allowing martial arts to shape our character, our moral code and even our image. Our actions and responses reveal our true nature and perhaps our knowledge of self. In fact, it reveals the truth about who we are as martial artists, as individuals and what we aspire to be. Shidoshi Le Grand instills in his students that as martial artists and as

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individuals, we understand that it is through continuous learning that we are able to become better, to evolve and to express our unique individualism. Lost Legacy Systems allows the individual to shine and through this, one's inimitable Legacy is created.

The Eye of the Storm

Defined as "the calm region at the center of a storm," this is the principle theory that makes up the forms and techniques of Lost Legacy's system of combat. Literally and figuratively, the eye is the false sense of calm amidst the outer bands of chaos that surrounds it. During conflict, one must maintain a sense of calm, focus and clarity so that one can function with a heightened sense of awareness. It is through this calm that one can learn response vs. reaction, especially when one is faced with impending danger or chaotic circumstances. Therefore, Lost Legacy Systems focuses solely on what is precise, what is practical and what is the most efficient use of force in order to immobilize threat. It incorporates the kicking styles of Tae Kwon Do with practical blocking, Jiu-Jitsu, Aiki-Jujitsu and Tai-Jutsu with striking and joint manipulation to hit nerves that immobilize an adversary. Also incorporated into Lost Legacy technique is "Octo-boxing," whereby one's 4 limbs become 8, finding it necessary to react twice as fast as one's adversary in order to mitigate threat. These techniques are demonstrated

"Lost Legacy Systems allows the individual to shine and through this, one's inimitable Legacy is created."



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“When we allow martial arts teachings to influence our mental and emotional responses to life’s circumstances, we are essentially allowing martial arts to shape our character, our moral code and even our image.”

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using a mixture of Shaolin Boxing, Wing Chun, Meihua Quan and Choy Lay Fut as well as a mixture of Japanese JiuJitsu, Aiki-Jitsu, Tai-Jutsu, Kobo-Jutsu/Kobudo and Judo.

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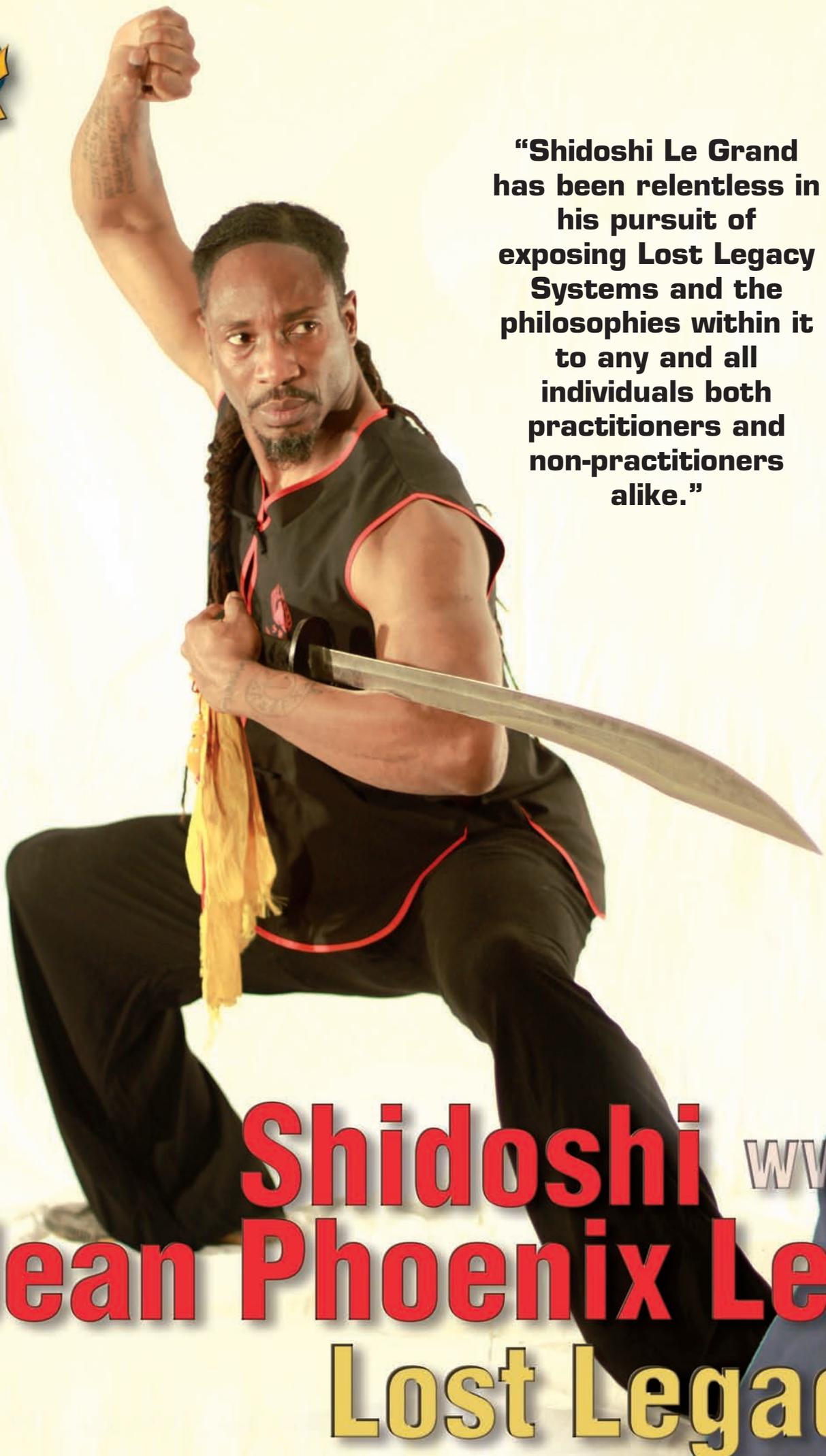
Etymology of The Phoenix

Emblazoned within the logo of Lost Legacy is the Phoenix. The mystical Phoenix bird is the core symbolism of the Lost Legacy logo and represents the principles of renewal, rebirth and immortality. Legends of the mythological Phoenix are far-reaching across many cultures and throughout time: Egyptian (Benu), Greek (Phoenix), Chinese (Fêng-Huang),

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“Shidoshi Le Grand has been relentless in his pursuit of exposing Lost Legacy Systems and the philosophies within it to any and all individuals both practitioners and non-practitioners alike.”

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Japanese (Ho-Oo), Jewish (Milcham) and Native American (Yel). Unique and rare, with radiant feathers of scarlet and gold shimmering as bright as the sun, only one Phoenix can exist at any given time. Hence, the Phoenix obtains its renewed life by ascending from the ashes of its predecessor to begin a glorious new life cycle of regeneration and reinvention.

Shidoshi Jean Francois "Phoenix" Le Grand is the Phoenix personified, unique in style and rare in vision, which continuously evolves. Lost Legacy Systems is the martial arts system that inspires transformation and rebirth through a continuous flow of knowledge and expression of self. He states, "it is through gaining knowledge that we achieve mastery, and as masters, we express wisdom. True mastery of self begins with an understanding of all things which can only be achieved as a constant flowing system, a cycle of regeneration and a constant rotation of 360°." Just as the Phoenix.

The Legacy Continues

Shidoshi Le Grand has been relentless in his pursuit of exposing Lost Legacy Systems and the philosophies within it to any and all individuals, both practitioners and non-practitioners alike. Today, he remains inexorably active and present within the arts, holding several prestigious

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“Emblazoned within the logo of Lost Legacy is the Phoenix. The mystical Phoenix bird is the core symbolism of the Lost Legacy logo and represents the principles of renewal, rebirth and immortality.”

awards and honors from 1999 to present, including the Esteemed Modern Warrior Award, Ambassador of Goodwill to the Martial Arts and the Silver Lifetime Contributions 35+ Years to the Martial Arts (Action Martial Arts Hall of Honor), the Munich Martial Arts Hall of Honours Founder of the Year Award, the Masters of Martial Arts Award and the Silver Lifetime Achievement Award (Worldwide Martial Arts Hall of Fame) and Who’s Who in the Martial Arts Legends Edition.

Shidoshi Le Grand is member of several prestigious professional organizations such as The New Shaolin Boxing Association (N.S.B.A.), Kuro Bushi International (one of the 13 original Founding Fathers), Way of the Winds Martial Arts System, Family of Sanuces (F.O.S.), Dong Koo Yudo Kwan, Jun Mo Wing Chun Association, Lee Koon Hung Choy Lay Fut Kung Fu Association, International Meihua Quan Federation, and S.W.A.M. Academy of Modern Martial Science

Most notably, Lost Legacy Systems Traditional Mixed Martial Arts of South Florida is the first official USA Kung Fu school to partner with Songshan Shaolin Traditional Wushu Academy (International Shaolin Wushu Cultural Center) and has incorporated authentic Shaolin Wushu forms, Meihua Quan, Tai Chi, Qin Na, Sanda and QiGong into the curriculum. Shidoshi Le Grand has also been appointed as Ambassador for the International Meihua Quan Federation, committed to the preservation and cultivation of Meihua Quan culture.

<http://kungfushaolins.com/project/master-jean-phoenix-le-grand-lost-legacy-systems/>

Shidoshi Le Grand continues to study Chinese martial arts styles under Songshan Shaolin Traditional Wushu Academy, Jun Mo Wing Chun Association and Lee Koon Hung Choy Lay Fut Kung Fu Association, and Japanese martial arts styles of Satori Kobu-Jutsu Kai and Tetsu Onigawara-Jutsu under Hanshi Lee Haughton. He conducts regular traditional martial arts classes at Lost Legacy Systems in South Florida and has expanded its mission to become an outreach for young adults and at-risk youth. He is also an actor, director, writer, filmmaker and fight choreographer within the action film genre with his stunt team called Team Legacy Stunts of South Florida & NYC, under his production company It’s Your Best Kept

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Secret Multi-Media Group, Inc. Notwithstanding all of his extraordinary accomplishments and life-long dedication to martial arts, Shidoshi Le Grand's future outlook and contribution to the Martial Arts is unexpectedly simple. He has no desire to become known as the best martial arts practitioner in the world or no design to own the biggest martial arts dojo in the world. He simply wants to be a worldwide Ambassador to the Martial Arts and to be revered as the true exemplification of a Martial Artist. Simply, to become ICONIC. This is HIS Legacy.

The Legacy Continues...

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<https://www.teamlegacystunts.com/>

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IMDb: <http://www.imdb.me/jeanphoenixlegrand>

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Lost Legacy Systems is hosting the first Meihua Quan Seminar and International Kung Fu Tournament on October 12-14, 2018 in Ft. Lauderdale, FL USA. This marks 34th Generation Shaolin Monk Shi Yanjun of the International Meihua Quan Federation's first appearance in the USA. For more information visit: www.lostlegacysystems.com/kung-fu.

“Shidoshi Le Grand continues to study Chinese martial arts styles under Songshan Shaolin Traditional Wushu Academy, Jun Mo Wing Chun Association and Lee Koon Hung Choy Lay Fut Kung Fu Association, and Japanese martial arts styles of Satori Kobu-Jutsu Kai and Tetsu Onigawara-Jutsu under Hanshi Lee Haughton.”

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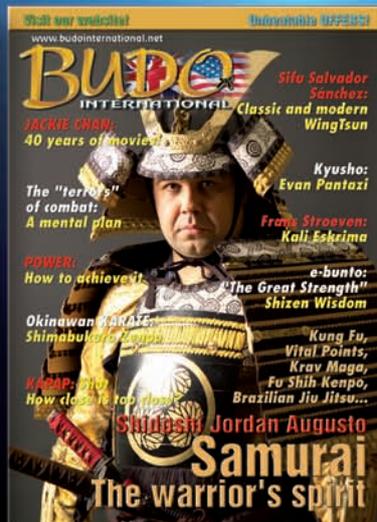
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Samurai
O espírito do guerreiro

Sifu Salvador Sanchez:
O WingTsun Clássico e moderno

Kyusho:
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Aikido

When some years ago the author of the present article released his first video "Old & Rare Aikido" it produced a big stir in the paralyzed scheme of things in Aikido, which was ritualized and at the same time geared toward the masses and fading, perhaps due to the extraordinary success with which it was being received, a success that amazed everybody. Since then, many voices have been raised in defense of a more credible Aikido, less mystical, a "Martial Art" Aikido, which has allowed the beautiful style the O Sensei created to recover to a great extent the "essences", or at least the students around the world knew that there were alternatives to the formula "ballet" that they teach in many dojos. Today, Sensei Longueira comes back in an article that questions some of the "untouchable" points of the "catechism" of the Aikidoka and reminding us in a new and magnificent video that there are other techniques, another way of working which truly distils an Aikido that brings us back to the "Dojo of hell," as the Uchi Deshi called their training place in the epoch times of the young O Sensei.



Aikido

Sensei Alfonso Longueira





“Our ears are still ringing as a result of the criticisms we received since we did the first exhibition with kicking techniques, as much defending ourselves from them as attacking in turn. That these techniques are not (yet) a part of the programs of grading levels is not to say that they don’t exist.”

Text: **Alfonso Longueira** 7th degree black-belt in Aikido
Angel de Prado 4th degree black-belt in Aikido

“We firmly believe that the truth will strengthen the art of AIKIDO and will assure its endurance through time, always when we accept that it must evolve.”

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Beyond the "Dogmas of faith" ...

Great fallacies of Aikido

We know that many will be surprised that people dedicated body and soul to AIKIDO, sometimes even bordering on obsession, can at times turn against what is established, when, in theory, it would be more logical that this would go against their practice more than it favors it within the martial current they are involved with. This might seem to be the case at first glance, but if we scratch beneath the surface a little and observe the "print" that is beneath this apparent varnish, we will discover people who base the respect of others and of themselves on rectitude, on firm convictions, perseverance and hard work as a means to reach their ends, and not subterfuge, preferential treatment by way of friends, and politicking. Therefore, though the easiest thing was to swim with the current and let it take us, we preferred the difficult but sincere way, and this way happens by not accepting all that they want us to believe and conserving our critical spirit, whatever the situation or difficulty might be that we find along the way.

It is not our intention to make enemies, nor to avoid making them, staying quiet and letting many continue to exploit these deceits and barefaced lies to their own benefit, fundamentally because the only thing that they do is hide what they don't know in the practice of the AIKIDO that lies behind these deceits. We firmly believe that the truth will strengthen the art of AIKIDO and will assure its endurance through time, always when we accept that it must evolve (this is another battle that we will wage on another occasion), and furthermore, we will save ourselves the



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“We don’t understand this fixation that AIKIDO practitioners have about how everything Japanese is the best, that the AIKIDO they practice is the most perfect.”

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disillusionments and disappointments of those who approach it and of those who practice AIKIDO.

Let there be no mistake, we are proud practitioners of AIKIDO, for that it hurts us more than anyone that with these lies the art that we love so much and that offers us such satisfaction and happiness is damaged.

Without further introduction, we are going to enumerate some of these "fallacies" to which the self-proclaimed supporters of traditional AIKIDO already have us accustomed. We will enumerate them and we will give a brief explanation of why we believe they are lacking, be it intentionally or for lack of knowledge.

The "ki"

The belief in "Ki" is not exclusive to AIKIDO as most of us know; however, the abuse that is made of it in AIKIDO is worrying. It is very significant that those who most fill their mouths speaking about "Ki" are the most inept and the least qualified in the physical development of the techniques, that is to say, they are the ones who most abuse the permissiveness of the Uke in the development of the techniques, citing the great power of "Ki". We are not denying the existence of an energy, science has demonstrated the existence of adrenaline and the power of concentration and hard training is evident, but the existence of "Ki" has not been scientifically demonstrated. There doesn't exist any point in the body where the energy of the body and mind is united. Simply, what is below the navel is the body's center of gravity that is taken advantage of to guard our balance in order to provoke the unbalancing of our adversary, making it momentarily weak, a circumstance that we must take advantage of to do the techniques we have learned.



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In all of our years of practice with a great number of participants of all levels and many nationalities, we have not seen anyone who could demonstrate the existence of "Ki". We have only seen many "smart alecks" using tricks of pure and simple physics, citing the great power of "Ki". Anyone with a few years of practice and with some knowledge of physics (leverage, force vectors, etc.) and some talent for the stage (which always looks more impressive) would be capable of doing this despite not being physically strong. These demonstrations are very good for exhibitions to impress the crowd, the way a magician impresses. There is only one difference, the crowd knows that the magician is employing tricks, whereas they think that what the Master in Martial Arts is doing is real, and therefore they are tricked. We know that this is not exclusive to AIKIDO. It is very funny for us when practitioners of other Martial Arts in exhibitions place the grain of the wood incorrectly and after exploding strikes on it without doing any damage to it, notice the error, turn the board around and, with their hand already exhausted, they give it a strike and it breaks on the first try. There are hundreds of examples like this



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and anyone who has been involved in Martial Arts from some years knows what we are talking about.

The Japanese are the loyal guardians of Aikido

We don't understand this fixation that AIKIDO practitioners have about how everything Japanese is the best, that the AIKIDO they practice is the most perfect. We agree that AIKIDO was created by a Japanese and that its roots come from Japan, but there's a big difference between that and saying that today the best AIKIDO is practiced by them. We have been with them in many of our courses, or stages, whatever they want to call them. The great majority of them do not know AIKIDO, but simply abuse this inferiority complex that the majority of the Aikidokas have when with them; they do whatever they want and they don't teach you anything new, perhaps four base movements for the entire weekend and then they charge, which is why they come. Even so, the greater part of the attendant Aikidokas foolishly leave all happy after having paid their fees (the uninitiated are excused), when those four base movements are explained with full details and



“The belief in “Ki” is not exclusive to AIKIDO as most of us know; however, the abuse that is made of it in AIKIDO is worrying.”

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probably more correctly by the Master with whom the train daily, but since a Japanese says it, it must be true.

We would like to remind you that not even Ueshiba saw his son Kissomaru as the ideal one to take over AIKIDO, and yet he remained as the visible head. (It's like when a businessman, having more qualified workers, leaves the management of the company as an inheritance knowing that his son or daughter is inept, with the false hope that they will change. However, at the bottom of his heart, he knows that he or she is going to fail. It is for that that we all must feel the responsibility of inheriting his teachings and with the duty of transmitting it and evolving it toward the future, each one enriching it with their own personality and not being clones of one another.

In Aikido there are no kicks

Our ears are still ringing as a result of the criticisms we received since we did the first exhibition with kicking techniques, as much defending ourselves from them as attacking in turn. That these techniques are not (yet) a part of the programs of grading levels is not to say that they don't exist. Is it that facing an aggressor we are going to say, "Hey, kicks don't count, OK?" Let's be serious, we can't deny the evident; it is absolutely necessary to practice techniques in which kicks are included, as much in defense as in attack; if not, this Martial Art would be obsolete, and remember, we haven't pulled this out of our sleeve, this has always existed. What we don't understand is why for years they have tried to deflect attention from it, practicing only attacks with grips and strikes. However, there is something very significant. After the first video we filmed for this publication came out in which some of these techniques appeared, we received a flood of criticisms from the most conservative sectors in AIKIDO and from others that we considered more open. How surprised we were when we discovered that later many of them began to include these techniques in their exhibitions. If we were so wrong, why do they utilize them now? Let each one draw his own conclusions.

Aikikai and other Federations

We all know that there are not good relations among the diverse associations and federations. All of the differences stem from a desire for the spot light and for power on the part of their directors, (the least regular to the tatamis, those of the photo). When we know the directors of these federations and associations, we discover that the same ones who create some rules and demand some titles and the payment of fees for the sustaining of



Aikido

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“We agree that AIKIDO was created by a Japanese and that its roots come from Japan, but there’s a big difference between that and saying that today the best AIKIDO is practiced by them.”



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said federations and the regulations of a group of practitioners, are also the ones who later do not defend one who pays his fees religiously, and allow personalities that are not, according to their own norms, qualified nor who pay any fees at all to give classes, and in this way creating two situations: on one side, the qualified teacher and the one who pays his fees winds up not giving any classes and the unqualified teachers who pay no fees at all give classes without the necessary knowledge, directly damaging the student. And the only response that they give to these situations is that it is a benefit for the expansion of AIKIDO. For that, why be associated, why pay fees, why be examined? Let each one do whatever he wants, it's all to the benefit of the expansion of AIKIDO. Well, in our opinion, NO. Everything should be regulated, and though there are diverse federations and associations, they should have the protection and development of AIKIDO as their only objective, having the obligation to watch over it because the rights and duties of its members could be defended, valued, and taught, forgetting about the only thing that interests them: power and money.

All the federations that exist are all non-lucrative private associations, all of them registered in the Ministry of the Interior. In order to be totally of the State and not private, they would have to be State Federations, which doesn't exist today. Therefore, all those that speak about grades should review and inform themselves as to how things are, though not only the Western federations, but also the Japanese, and here we are referring to the Organization that is so much talked about among Aikidokas. I believe that all qualifications have the value that each one wants to give it. For us, it is as valid as the Japanese, though many don't like it. I have mentioned qualifications and I'd like it known, for example, that in Arab countries they are giving titles to people with few years of practice simply to develop Aikido. Have you ever questioned the years that you have been practicing and why you haven't achieved the qualifications these people have, grades given by Grand Masters who constantly repeat that Aikido is practice and more practice? But that doesn't only happen in Arab countries, it has been happening recently in Latin America as well.

Meanwhile, AIKIKAI, which in theory should watch over the good of AIKIDO, permits all of this to happen and they themselves arbitrarily concede grades and official titles without having direct knowledge as to whether these people are truly qualified.



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It is the sacred cows of AIKIDO who are condemned to ostracism and devaluation, and only the base practitioner has the power to change things, evolving and changing the mentality, abandoning the ambition for power and money.

We will continue to reveal what is hidden within some "dogmas of faith" that exist in AIKIDO, though this annoys a lot of people. Meanwhile, we would like to receive your uncertainties, doubts, and criticisms (if possible, apart from constructive, reasoned out) by e-mail, whatever the Martial Art you practice. We will try to respond directly to your mail in some cases, and in others we will take the opportunity that this publication offers us to respond to you in future articles.

ABOUT THE AUTHOR

Alfonso Longueira is the creator of Aikido Longueira-Ryu that encompasses:

Modern Effective Budo Aikido and
Combat Aikido

He was born in Madrid, Spain on October 15, 1952 and in February of 1964, at the age of eleven, he went to live with his parents in Paris, initiating his studies in the Martial Arts in January of 1968 with intensive practice of this Martial Art along with Karate and Savate with the best international Masters, giving rise to Master Logueira's moving toward a very short and efficient practice with combative ideas. It is a way of working that is as effective and pure as it was in its origins.



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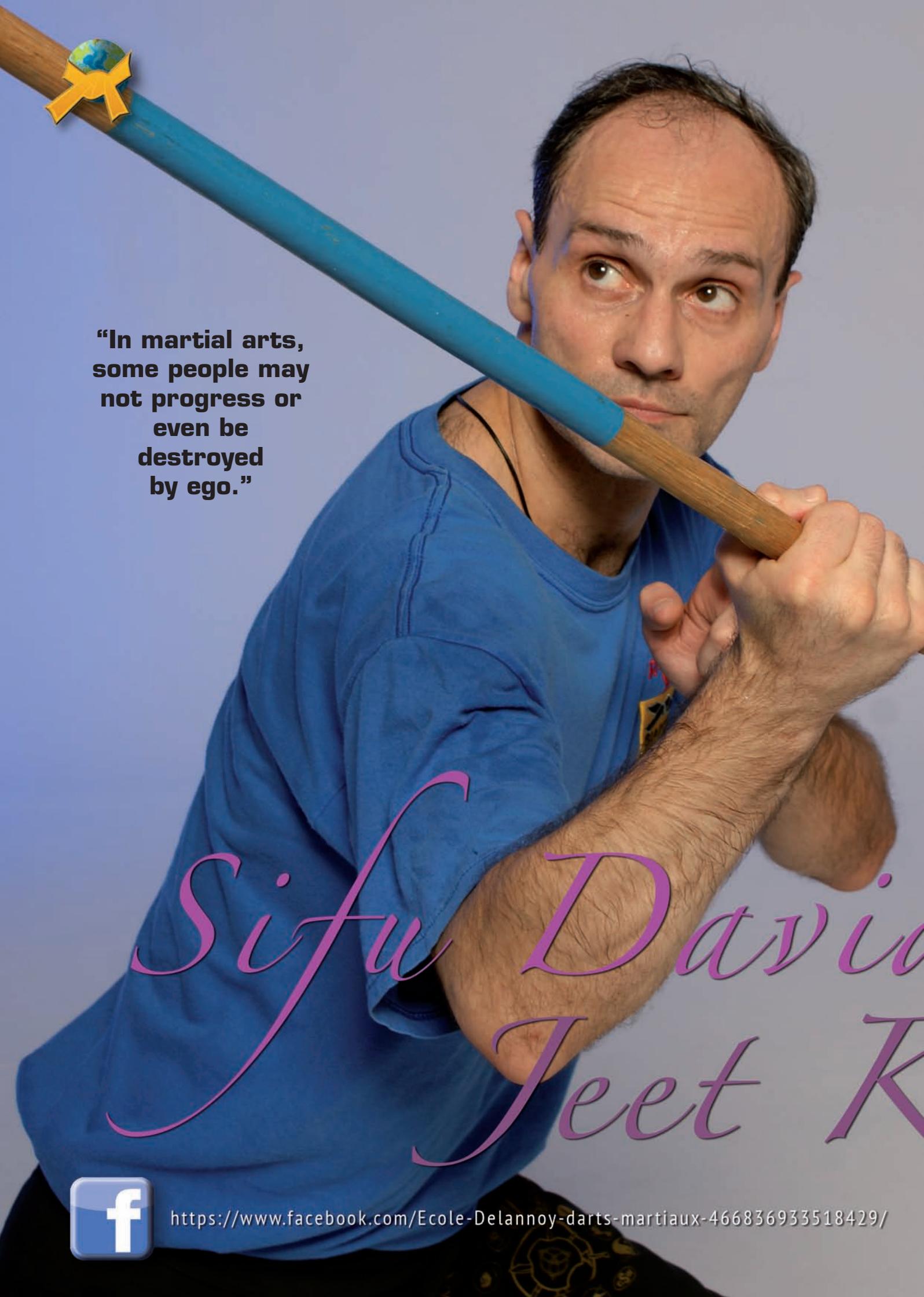
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some people may
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Jeet Kune Do



Ego in martial arts

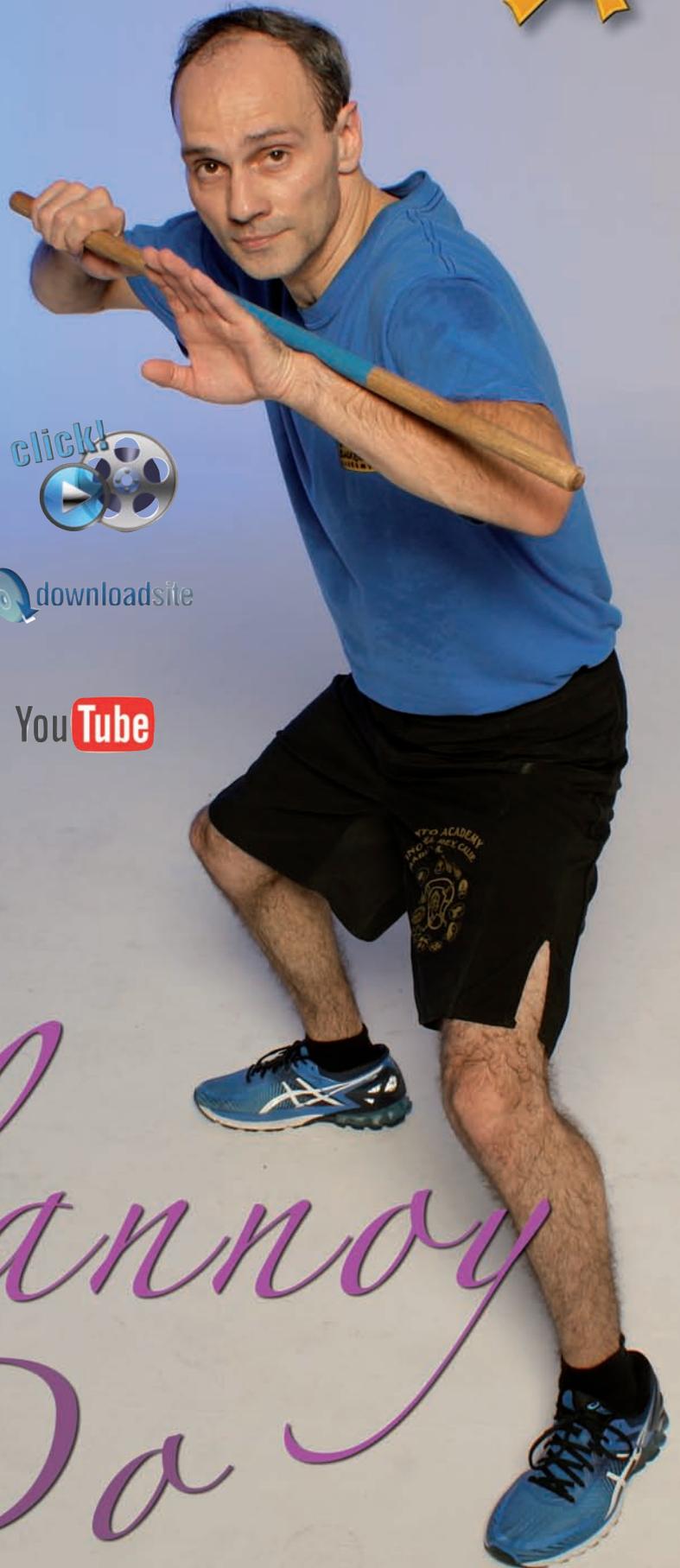
In martial arts, some people may not progress or even be destroyed by ego.

Indeed, if you want to surpass yourself and become better and better, this approach will be positive and your ego will be a force that will boost your progression and your martial path.

But often, unfortunately, ego may slow you down or stop you completely.

Usually, this oversized ego pushes some people to believe that they are better than other practitioners, and put these people down. They think they are the only effective martial artists, and that only their point of view are the good one. They denigrate anyone who disagrees with their vision and practice.

Moreover, the ego becomes a source of laziness.



Ed Delannoy
Jeet Kune Do





Jeet Kune Do

So why would you practice, train and go see your teachers to be corrected, when you think you are the best?

If you think that you are invincible, too good, and that all the other teachers and practitioners are bad, then you don't need to waste your time anymore.

It may seem incomprehensible, but unfortunately, it is more and more real.

This disproportionate ego is currently wreaking havoc among teachers and practitioners of martial arts and combat sports.

Indeed, since several years, with the appearance of these "modern" arts, and the emerging technologies, like the Internet, DVDs, and other supports, the traditional learning and the patience necessary to become a good practitioner and a good teacher no longer exist.

Everything accelerated, and everybody wants to become a teacher in a very short time, to satisfy their vanity and ego.

Nobody cares about time. People just want to teach in order to shine and boost their oversized and ravaging ego.

So after a few months or years of practice, some people create their own style of martial art, and self-identify themselves as Supreme Great Master with a black belt, tenth Dan.

Recently, I even saw someone with a black belt with at least twenty Dan. This surprised and shocked me deeply.

How can you acquire this much Dan when you are 50 years old, while real masters get their tenth Dan after 60 years of intensive practice, always showing humility and having respect for other practitioners who are less qualified than them?

On top of that, these people put down and criticize all other practitioners and teachers.

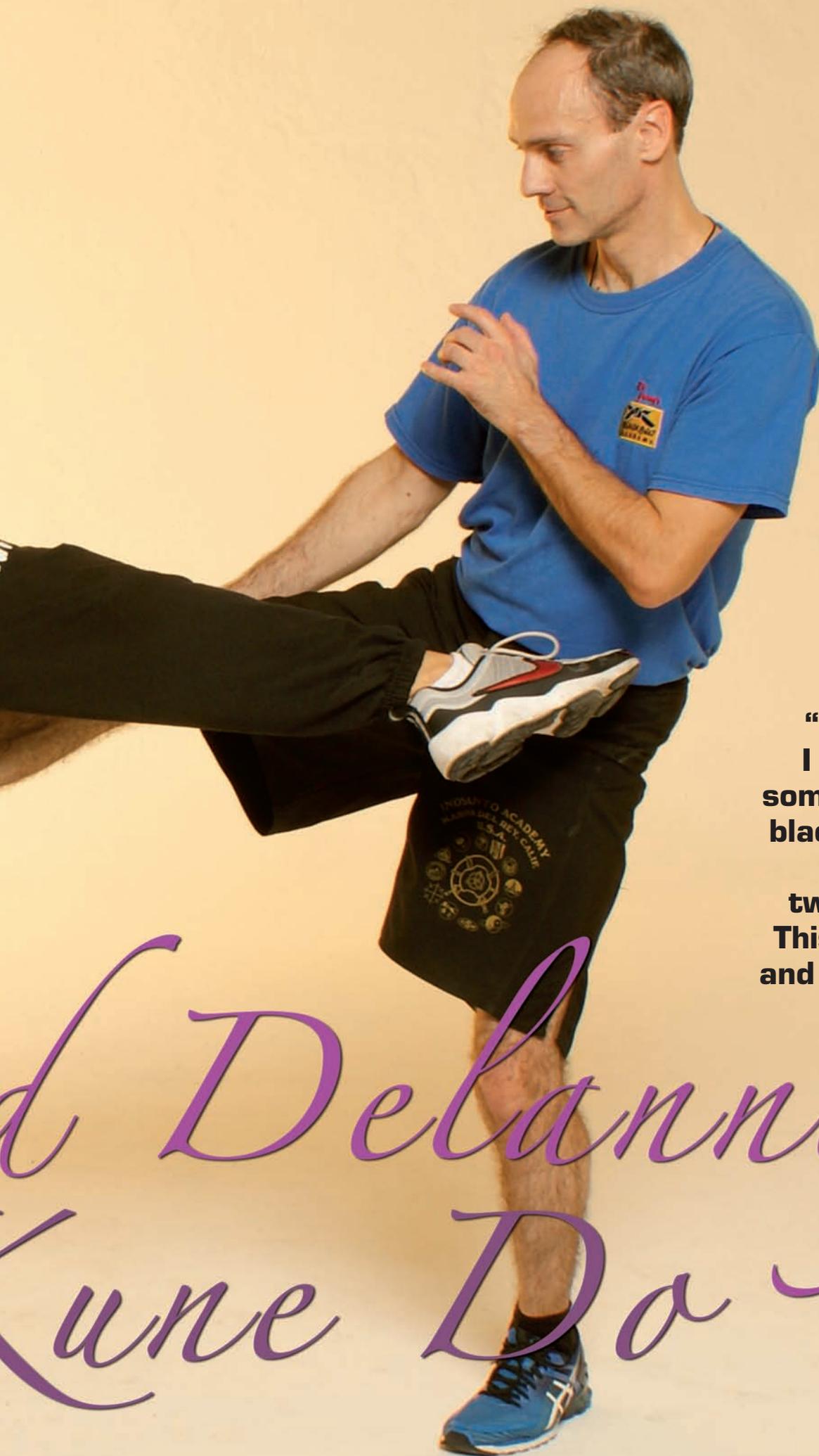
Indeed, how can their ego endure that a "nobody" can pretend to teach, while they are here, better than them?



*Sifu David
Jeet K*



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**“Recently,
I even saw
someone with a
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twenty Dan.
This surprised
and shocked me
deeply.”**

*Delannoy
Lune Da*





Everybody must kneel and bow before these kings of martial arts. Because yes, we are back to a monarchy with these kings who want all people to admire them and bow before them. It is a kind of dictatorial monarchy: these people want to be recognized as the only kings and as the only good teachers in this world of incompetents.

Only them, calling themselves experts, are competent enough and can train people. Other trainers are parasites that they need to get rid of, and silenced, just because they don't tolerate any advice and criticism, in order to improve their high level.

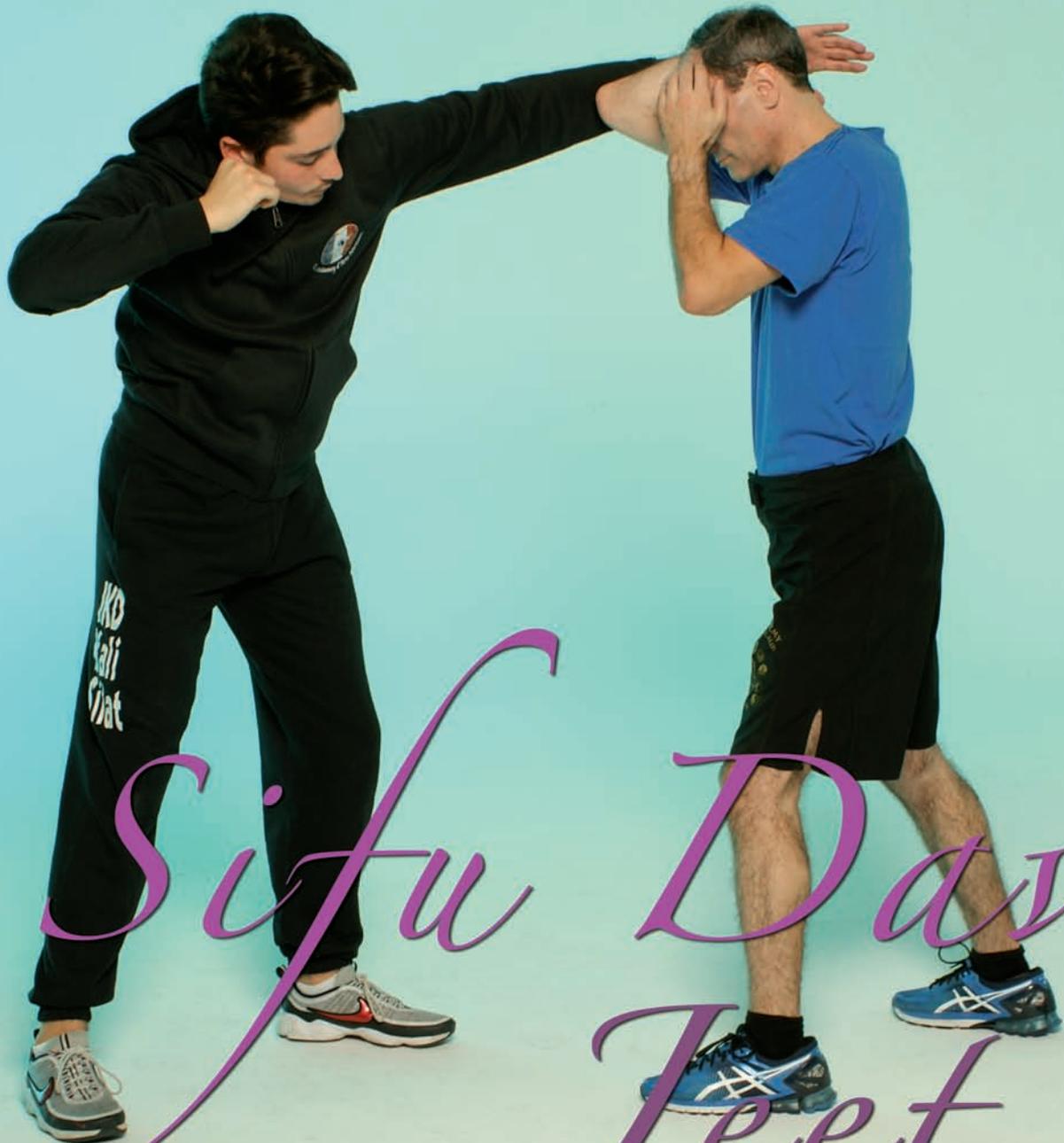
They can only tolerate other teachers who flatter them, and who are like them, with an oversized ego. So,

these amazing teachers, with a court and servants, are meeting together with other kings, with their own court and servants, all around the world.

They congratulate each other, develop networks of congratulations in order to satisfy their thirst of flattery, and the development of their ego.

It attracts gullible practitioners, who don't know anything about martial arts and the value of the years of training needed to have a real level in martial arts. They are like butterflies, going where the light shine the most, and unfortunately, end up burned.

Indeed, after a few years of martial art practice, these poor beginners are disgusted by the arrogance, the lack



*Sifu David
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“They congratulate each other, develop networks of congratulations in order to satisfy their thirst of flattery, and the development of their ego.”

Ed Delannoy
Jeet Kune Do





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of respect, and the disdain of their renowned teacher.

They don't understand why they are treated like this, and why humility, respect and all the other qualities that are supposed to be developed by practicing martial arts are nonexistent in their famous teacher.

So a lot of practitioners leave, and won't practice anymore, too disappointed by what they saw and lived: the absence of these qualities, supposed to be acquired while practicing.

This ego makes teachers paranoid, feeling watched, judged, criticized by these other teachers. But they don't even realize that these teachers don't care about them, are indifferent to them. Indeed, they are not saddened to see that practitioners are going to be used as tools to flatter their voracious ego, more and more destructive for the people around them.

To sum up, wanting to surpass yourself through your ego is necessary, and is an important tool for your progression and your development in martial arts.

Pushing yourself more and more is important to

*Sifu David
Jeet K*

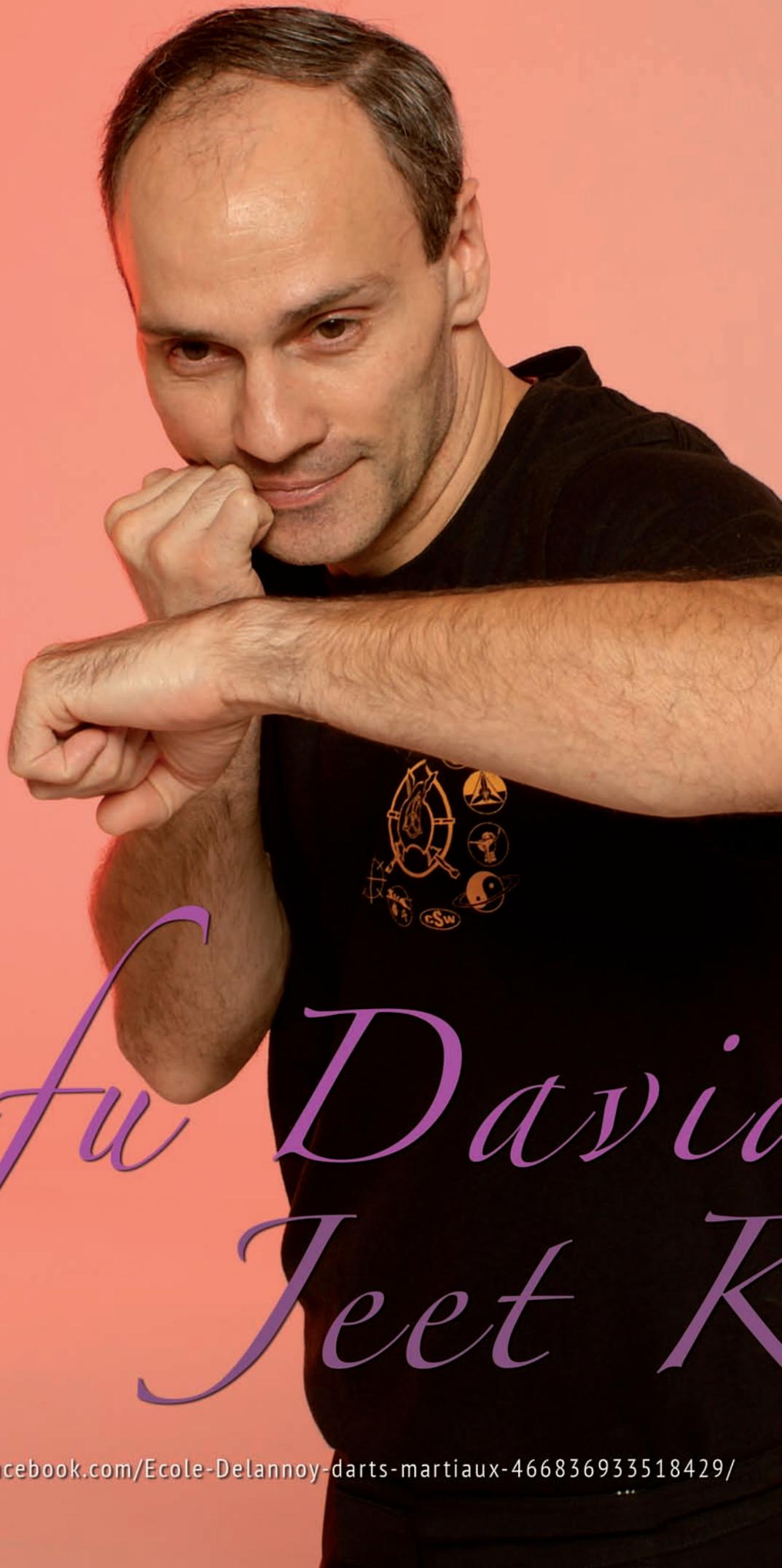


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“Ego is like in the Star Wars saga: It can make you someone good and humble, who will respect every kind of life on Earth by using your force to do good. Or it can make you someone bad who won’t stop destroying other people in order to reign like a great master. Use your ego positively to become a better human being, and not to destroy other people by cupidity.”

constantly evolve and progress. But, using your ego to crush other people never been a part of martial arts. Martial arts are a personal research and a path full of obstacles.

Your partners and teachers are here to help you in your practice and your progress.

Crushing them, or pulling them down won’t change the way you progress, and the achievement of your goals. Worse, it will make you a despicable being, and an unworthy martial artist.

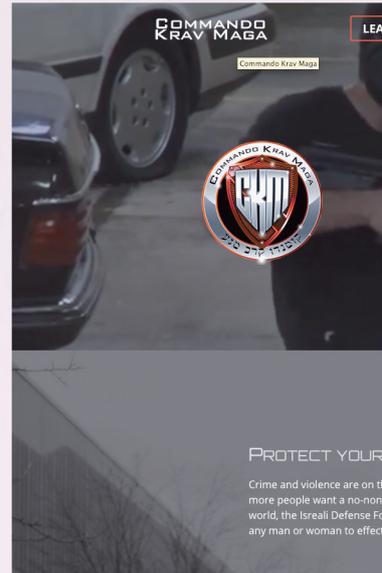
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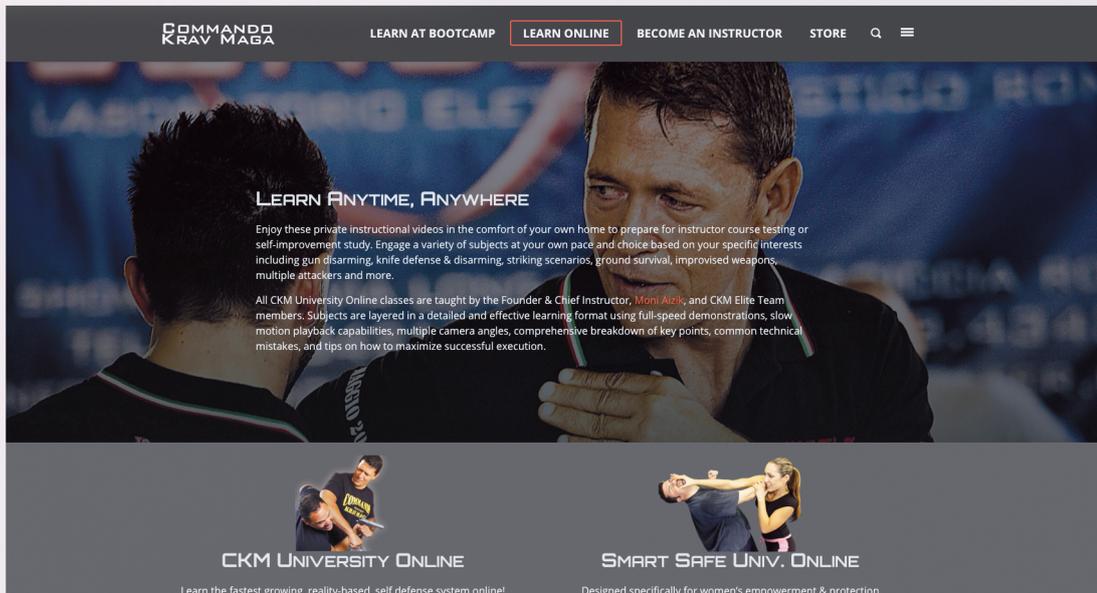
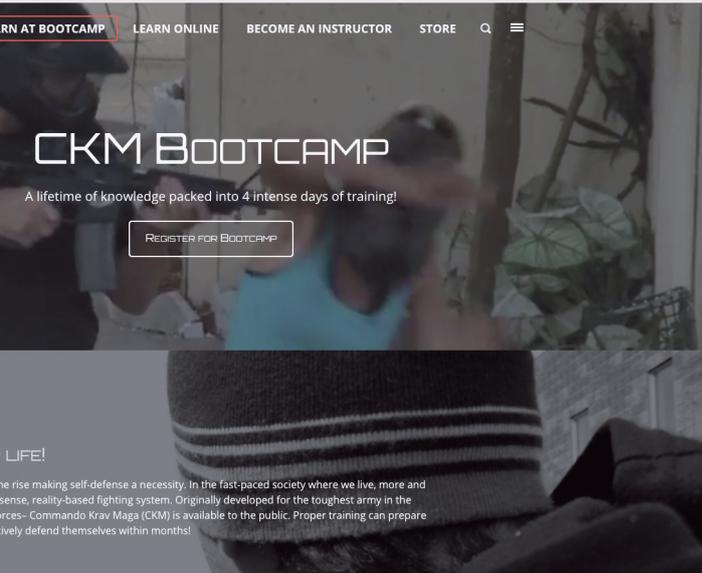
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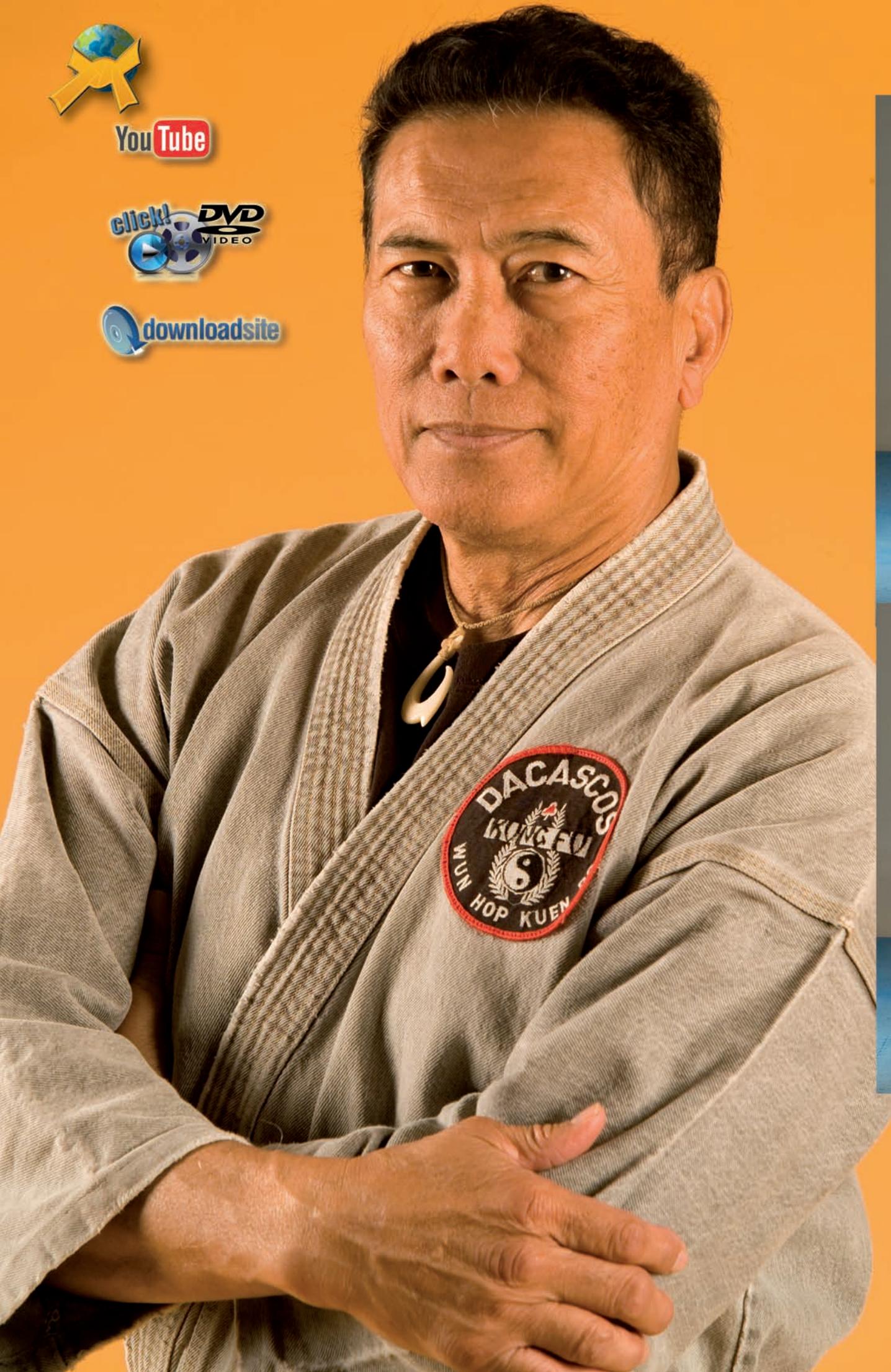


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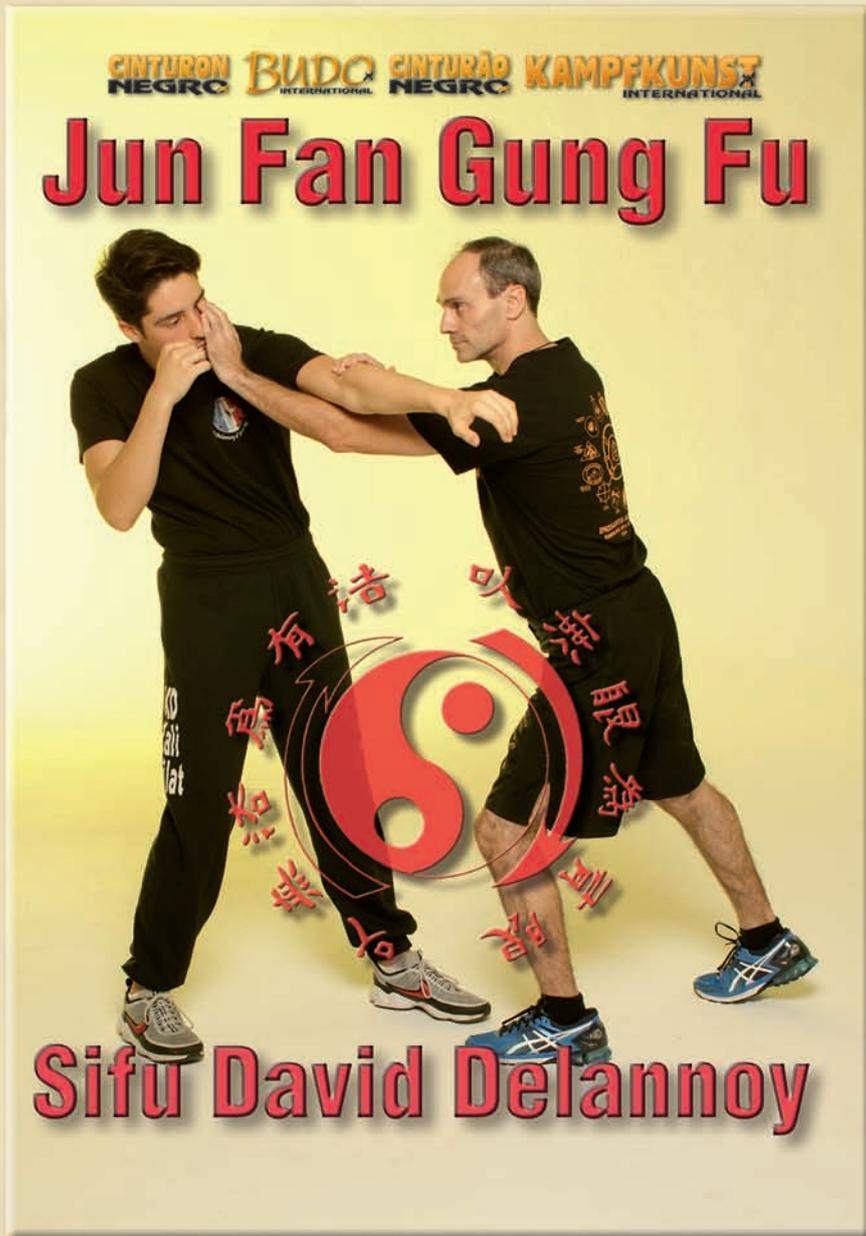
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Great Masters

Taiwan. Interview with Sifu Lo Man Kam

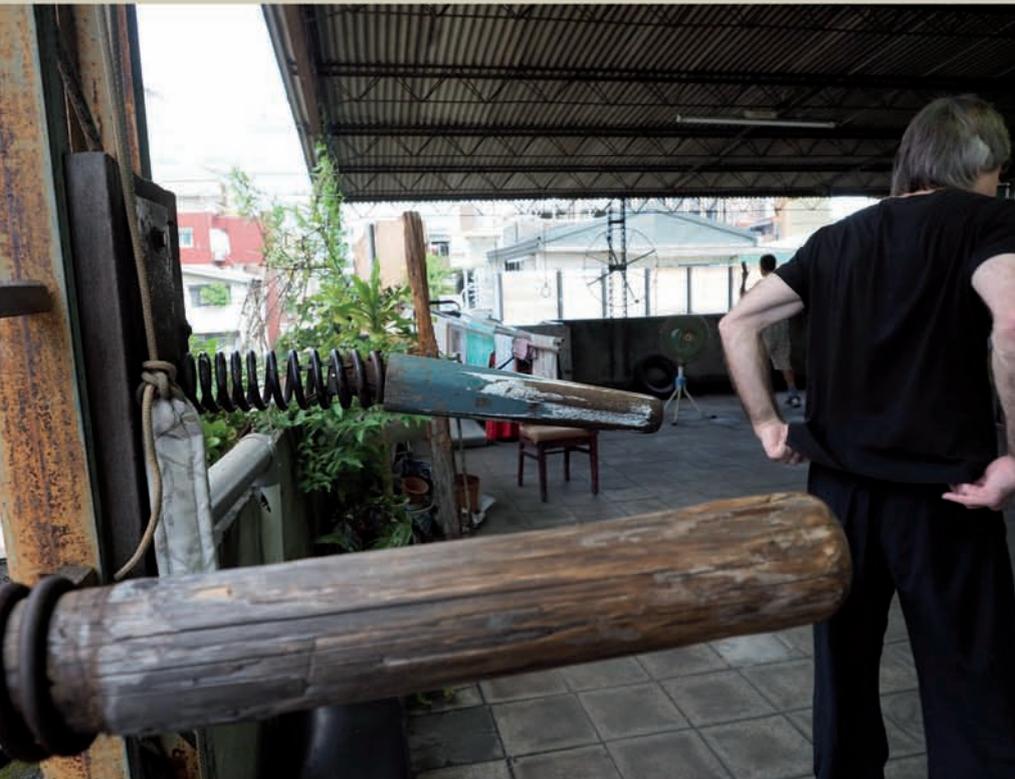
Interview and Photos: Sifu Salvador Sánchez

On my last trip to China, I resolved to travel a few kilometers further east ... Taiwan. I was very interested in knowing this country for which I've always felt a special attraction (its history, its evolution in time, its Chinese / Japanese culture, etc.) I have to say that I got really surprised in a very positive way. I will no doubt return!

But the main reason for my trip was to meet some Martial Arts personalities, in particular Master Lo Man Kam, nephew of Great Grandmaster Yip Man. And I must add that, for me, it was also a great and highly positive surprise. I really got fascinated by his school, his home, where a deep sense of Wing Chun history can be felt in every corner; a place that breathes itself Wing Chun Kung Fu all over. Moreover... Sifu Lo Man Kam appears as a humble, nice and absolutely generous person. His students adore him for all that and he is constantly visited from many places in the world. As the old Spanish saying goes: "something has water when they bless it..."

Simply reading Master Lo Man Kam's words in this interview, I'm sure the reader will understand what I mean. I was delighted to note that a traditional Wing Chun master had such an open and forward-looking mind. I only have words of gratefulness to Sifu Lo Man Kam.

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Wing Chun Kung Fu

Sifu Lo Man Kam



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Wing Fu Kam





Wing Chun Kung Fu
Sifu Lo Man K



“Any Kung Fu style is like the food we eat. To a greater or lesser extent, everything we eat is nourishing but, undoubtedly, not all food is the same.”

Wing Fu Kam

Iwould also like to wholeheartedly thank a Spanish master who lives in Taipei for years. Without him, this interview wouldn't have been possible. Sifu Jose M. Ovejero Márquez has been Sifu Lo's pupil for many years. He combines his practice with his work as a master of Filipino Martial Arts, Jeet Kune Do and, of course, Wing Chun Kung Fu. I can only thank him for his help and I'm looking forward to see him again soon in this great country: Taiwan

Budo International: When did you start practicing Ving Tsun Kung Fu?

Sifu Lo Man Kam: I started when I just turned 17. At the beginning of 1950. I was born in 1933.

B.I.: Who was your master?

S.L.M.K.: My only master was Yip Man, my uncle. I remember it was in the Hong Kong's Chio-Lung area, in 1950, when uncle Yip Man started teaching Wing Chun in Hong Kong, at the Hostelry Guild. At that time there were only a few students. The older one was Liang Xiang, the second Luo-Yao, and then me. Then more people joined: Yeh Bu-Jing, Hsu Shan-Ting, and others. Actually, there weren't too many students because classes were exclusively for members of the Hostelry Guild.

B.I.: What do you emphasize most when you give lessons?

S.L.M.K.: Any Kung Fu style is like the food we eat. To a greater or lesser extent, everything we eat nourishes us but, undoubtedly, not all food is the same. There are people who know what to eat to be properly fed and stay healthy. They know how to take advantage of food and keep up their health and energy. But there are also people who eat junk food that doesn't have any nourishing capacity thus ruining their health.





**“Kung Fu forms are dead in themselves.
The person who learns Kung Fu must
understand this and know
how to give them life,
how to fill them with meaning.”**

**Wing Chun Kung Fu
Sifu Lo Man K**



Wing Fu Kam

Yip Man left two sayings to his students: "If you don't learn well now Wing Chun, in the future you will have to go abroad to learn..." When the students asked why, Yip Man replied: "Foreign students train very hard and they strive to learn. Also physically they are better, taller, stronger..." Another saying was: "I have taught you everything I know about Wing Chun. I don't have any ace in my sleeve..." I often resort to these sayings of my master to show my students the correct focus in practice.

I also insist on the need to "give life to the forms". Kung Fu forms are dead in themselves. The person who learns Kung Fu must understand this and know how to give them life, how to fill them with meaning.

I think this is a differential issue with other Wing Chun schools. Other students of Yip Man's lineage have not understood this. That is why I wonder if they have really "digested what they ate..."

Wing Chun emphasizes Chi-Shao as a means to understand the mobility and sensitivity of our hands and body. When you finally understand it (when you have digested it), you can add any movement that is suitable at a given moment. For example, in Taiwan I have also learned Judo, Chin-na, etc.; all this knowledge can be applied and perfectly combined with Wing-Chun.

Referring again to the way of feeding... When we are hungry and want to survive, anything we can eat will serve us. Sometimes, in order to survive, you have to skip certain rules, like those of a Muslim who doesn't eat pork or a Buddhist who doesn't eat veal.

If you have a kilo of veal and some vegetables, you can cook veal roast with vegetables. But you can also cook grilled vegetables with veal, or a soup of veal and vegetables. You can even cook fried veal and vegetable salad ... there are thousands of combinations.

Techniques are dead by themselves, we are the ones who must give them life and let them feed us.



B.I.: Do you think that Martial Arts films, especially those about Grand Master Yip Man's life, are positive for Wing Chun Kung Fu as a style? Or, on the contrary, they're not good for Kung Fu, as many masters claim?

S.L.M.K.: Surely many people have known about Wing Chun through cinema. But we must understand that cinema is an art. The aim of a film is to entertain the public and thereby it's not a documentary or an educational course. Yip Man's latest films have some relationship with reality but the content is only fiction. For example, (Yip Man 1), in Foshan there was no cotton factory of that size. There was a cotton thread factory, but it wasn't that big.

The fight with the Japanese general is a complete fiction. The high status of a Japanese general wouldn't have allowed him to stoop to fighting against a poor master of Chinese Kung Fu, a nonentity... Nonetheless, there actually was a fight against Japanese soldiers and their master, but behind closed doors. One of the reasons was that the master was also Chinese. Yip Man thought that if he won him he could ridicule his Chinese comrade and his styles, and he couldn't let that happen.

That was the reason for which he put the condition of fighting behind closed doors, and under the promise



Wing Chun Kung Fu
Sifu Lo Man K



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**ing Fu
Kam**



Great Masters



Wing Chun Kung Fu
Sifu Lo Man K



that there wouldn't be reprisals on the part of the Japanese if he won the fight. Finally, the fight took place and Yip man was the winner, but it was nothing so long or spectacular as in the movie. In just a few seconds the fight finished with the victory of Yip Man.

After having won this fight, his friends advised him to hide for a time outside of Foshan, because the Japanese were not men of their word, and were afraid of reprisals. The situation was also complex because there were rumors that Yip Man was an agent or friend of the Guo Min-Dang (Chinese Republican Party). At that time Japan had invaded China and all Chinese citizens had a responsibility with their nation to fight against the enemy. Yip man, like many other Chinese, helped the Chinese opposition government, Guo Min-dang, to the best of his ability, but he was not an agent or an activist. The Japanese had done terrible things to the Chinese people, and the majority of the people wanted to help in the defense of the country. There were also those who helped the Japanese invaders, the so-called han-jien (traitors).

In short, Wing Chun films have helped promote the style and that is a good thing.

B.I.: Do you think that Wing Chun is evolving or, conversely, it's undergoing an involution? In other words, do you think that Wing Chun should continue being traditional or it should evolve?

S.L.M.K.: I would like to start by clarifying something: a lot of people believe that Wing Chun comes from a woman (Ng Muei, Yim Wing Chun and other stories). All that is false! It sounds like a tale extracted from a cheap story book.

The Art of Wing Chun (whatever we may consider to be the origin of the style, it had no name), was created a long time ago in the north by someone named Jiang-Wu. He was a Martial Arts expert who wouldn't accept the government of the Manchurian Qing Dynasty (Qīngcháo mǎnzhōu zhèngfǔ - 清朝滿洲政府) mistreating and oppressing the Han people (Hàn rén - 漢人), Chung Yuen Ren (or Zhōngyuánrén - 中原人). The word traitor (Hanjian or Hànjīan - 漢奸) comes from that time; Chinese people who helped the Qing government were called "Hanjian", traitors. Pursued by the Qing government, Jiang-Wu traveled south to Guang Dong, to the city of Foshan. Besides practicing Kung Fu, he was an expert in Chinese opera: acting, playing instruments, etc. It was he who taught Guang Dong actors all their knowledge.

Plenty of the opera actors were against the Qing government and practiced different fighting styles and techniques! One of them was the Hungar style (洪拳), perhaps the best known. But there was more, some styles didn't even have a name, they were just forms and movements to fight against the Qing government army and the traitors. Those who developed this fighting techniques were aware of their effectiveness. They finally decided to call them WingChun (詠春 - read in Cantonese; in Mandarin it's pronounced Yong Chuen or Yǒng chūn), because in Chinese, to sing Chinese opera is "Ke Yung". Also, the same pronunciation, Yǒng, with a different character, 永, means "eternal"; and chuen (春) is spring, to express that the Chinese people never die and are reborn, sprouting again and again with new generations. This name perfectly represents the spirit of the Chinese people.

In Foshan, in the district of Da Ji Wei, there is a Chinese opera association called Chung-Fa club, in which you still can find data on this group of ancestors of the Opera, although most of the information had been burned by the army of the Qing dynasty.

B.I.: But then, do you think that the style should remain as before or adapt to the new times?

S.L.M.K.: Wing Chun is a very scientific and logical style. It's not like other styles that are based on animal movements and their abilities. When we try to imitate an animal, for example the tiger, we must understand that actually there are many types of tiger! Foreign students find it difficult to understand the differences.

Wing-Chun directly teaches the movement, the technique. The student only has to learn the movements and their application. Of course, in my opinion he should learn their Chinese names by a logical question: Wing Chun is part of China's culture. I think that names like Chisao, Bongsao, Billjee, Lapsao, etc., are not so hard to learn and are very familiar to all Wing Chun practitioners. This teaching is part of the Chinese culture, of the style and its origin, the legacy, and I believe that it shouldn't be changed.

Wing Fu
Kam





“Although Wing Chun has a specific way of training and particular techniques, it must be adapted to each one depending on the person’s size, strength, etc.”

**Wing Chun Ku
Sifu Lo Man K**



Wing Fu Kam

B.I.: How do you see the future of Wing Chun in the world? Do you like the style's current massive growth in number of practitioners and schools throughout the world?

S.L.M.K.: Today many new Wing Chun masters have appeared because the style is fashionable and they make money easily with it. Many of these new teachers have practiced Wing Chun for a very short time or they have simply attended a few seminars, and neither understand nor know what Wing Chun really is. If your master has been good, he will surely have taught you geometry, mathematics, physics, weapons, strategy, etc.; all this is part of Wing Chun. A good master must correct even the smallest details of his pupils, because they are also very important. If when you start building a house, you put the pillars crooked from the beginning, probably it won't be noticeable on the first floor, but as you reach the 3th or 4th floor the whole building will collapse.

Wing Chun has nothing to do with animals. As I said before, Wing Chun is geometry, mathematics, physics... the things we see and can use and apply. The true spirit of Wing Chun is that it be useful and practical in its application without being limited by the techniques. Today, if you can afford it, you can eat





Great Masters

expensive food, but if you don't have much money, then you buy something cheaper. The important thing, the essential thing is not to starve.

Although Wing Chun has a specific way of training and its own techniques, it must nevertheless be adapted to the person according to his or her volume, strength, etc. A movement can have many different applications, and by the same token we can also apply different techniques against the same attack, depending on the person or moment.

Kung Fu means "expert work" (work very well done, achieved thanks to perseverance and persistence in training). Thus we say, "this cook has very good Kung Fu" (cooking). Or, "that tailor's Kung Fu is great" (when he does a good job with a suit). In our practice, constancy is very important. Your movements become reactions and reflex acts that arise without needing to think about them. Your body knows how to do it and then the maximum skill emerges. That's Wing Chun Kung Fu!

B.I.: Do you teach Wing Chun as your only trade or you combine it with another job?

S.L.M.K.: No. All I do is teaching Wing Chun

B.I.: Tell us more about your experience in Wing Chun with Master Yip Man, any anecdote. We find it very interesting to listen to you.

S.L.M.K.: Well ... I think it's an important issue to know that the name Wing Chun is a part of Chinese culture. A phonetic translation of the sound in Cantonese. If we say it in Mandarin, it is no longer Wing Chun, but Yung Chuen. Many people change the way of writing or pronouncing it to make a distinction and get a share of the market (using marketing techniques and deceiving more people to earn more money). When using Ving-Tsun, Ving-tuen, etc., all this is simply a way of writing words for a language (English) that has letters, translating from another (Chinese) that has no letters but characters. The same thing, but in reverse, is happening now with many words in Chinese that come from foreign languages, such as Taxi, Bus, bye, etc.

Another important issue to be addressed are those who say that Yip-man has exclusively taught him a special technique, a unique secret technique for them only. Let's see, Yip-man had two sons and he did not teach them those techniques, but he passed them on to those "masters?" ... Is that what they say? For Heaven sake! Let's use our brains ... It seems logical to think that a man who is about to die leaves his golden chain to his wife, his children, grandchildren or another family member, but not just any person. Many masters invent stories and tales to deceive foreign practitioners and even their Chinese compatriots. This is very low, immoral and disrespectful. Yip man had more than a thousand students; to say that he taught you a technique in sole right and hid it from others, isn't insulting Yip man? By saying that he didn't teach his other hundreds of students what he exclusively taught you, aren't you calling him a liar and a deceiver?

Another important issue, or so it seems to me, is that people call Yip Man Grand Master, Founder / Creator (眾師 - Zhòng shī). It must be understood that this was simply a way of expressing great respect for him and his Kung Fu. When Yip Man came to Hong Kong there was no Wing Chun, he was the first to lead and promote the style, so people called him creator (眾師). To conclude, I would like to send a very important message: If Kung Fu is not taught, whether to Chinese or to foreign people, when you die the art will die with you.

It's better to transfer it to the new generations. Kung Fu is a great jewel of Chinese culture. It doesn't make any sense using it simply to fight and quarrel. If you want to fight is better that you do it with a knife or a gun. Kung Fu teaches us to understand our body, to achieve balance, to be respectful with your master and training mates, to be humble and the sense of humility. It also helps us learning to forgive and thousands of other attributes. And of course, where necessary, it also teaches us how to defend ourselves and defend our loved ones.

Salvador Sánchez: Thank you very much MASTER. It has been an immense honor meeting you in person and listening to the words and the great knowledge of a reference of the purest Yip Man Ving Tsun. All my respect.



Wing Chun Ku

Sifu Lo Man K



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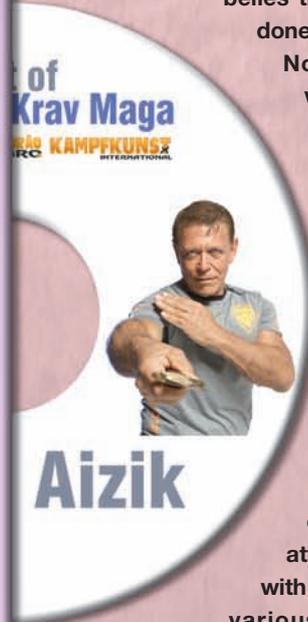
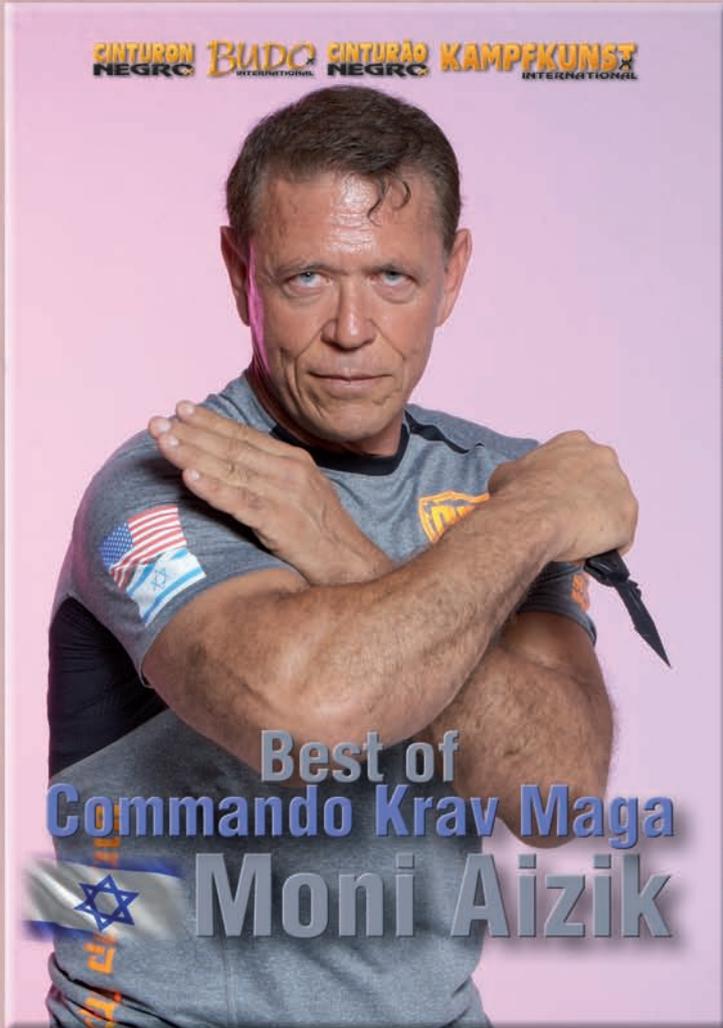
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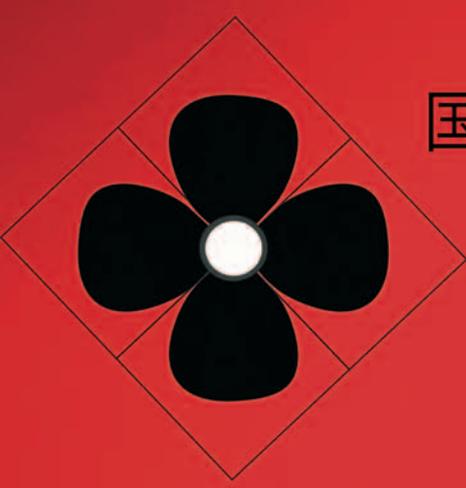
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La noblesse des formes anciennes
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Keysi

"You not only have to seek yourself; in order to find yourself you must think by yourself."

Socrates

I feel really lucky of being able to set my feet anew on the Portuguese ground, and this is due to the great effort of coordination of one of our members of the Keysi International Team in Portugal, Mr. Claudio Ferreira, and to Mr. Renato Soares, who kindly offered us his Linha Zero facilities. I would of course like to thank the whole team of instructors who, from the different points of Portugal, have travelled here in order to continue their training and personal growth.

It's been three days of physical and mental analysis. A hard training in body biomechanics, with the aim of connecting two of the four areas that we develop in Keysi: on the one hand, the position or alert attitude while on your feet and on your knees, and on the other, the way biomechanics acts when applied to an attack or in response to a counterattack.



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We've enjoyed both the private training and the Workshop, where participants from different Martial Arts have given us the opportunity to show the advantages of learning this method of development and personal growth.

We've not only had a great time training together, but we've also had a lot of fun taking advantage of the pauses -I speak in the first person- to savor and enjoy Portuguese gastronomy, which has helped to strengthen bonds of friendship.

A man with a beard and short dark hair, wearing a black t-shirt with the word 'KEYSI' in orange and white, is looking intently at a person's arm. He is holding a black knife against the arm. The background is a plain light blue.

Justo Diéguez

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**“We are our word,
and it's only by fulfilling it
that we can build.”**

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We are our word, and it's only by fulfilling it that we can build. We are the story that we tell and this is our commitment to make this method grow in Portugal; and for this to happen there must be a two-way communication, so that what is in our mind and our heart reaches other people, and from them it turns back to us.

We haven't been taught to think. We've been educated in a systematic way and we have to learn to think for ourselves, to fully assume our responsibility for our actions and ideas, and to not be afraid of the change. Because changing is an intrinsic part of the human being's evolution and it's a constant fact. This is the vision that inspires the Keysi team to understand the street, educating to use our natural expression capacity and encouraging future instructors in the responsibility they will have to face as teachers, promoting the development of their own expression and personal transformation.

The emotional state is one of the four areas of development in the Keysi method. I must

“You have to understand that nobody is more or less than me. Fight for what you believe as I do. Challenge your power of creativity; your audacity, your aptitude and the beauty of your expression can change the world.”

by Justo Diéguez

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admit that it's not an easy task, nevertheless it's perfectly possible. Let me explain it to you very simply just to give you a better understanding of what I'm talking about. Like I tell my students, the first step is the part in which we know, recognize and value our emotional state. The second step is the management of these emotions, in order to know, recognize and value the emotion state of others.

When you take on the responsibility of teaching, you must assume that there will be young and not so young people with different reactions, and that as a teacher, you will have to analyze and evaluate those emotions, because sometimes they will not even know what is happening to them. They will come wrapped in a mixture of disappointment, frustration, fear and insecurity, and this is where the teacher has a great responsibility; it's vital that he knows to recognize the kind of emotion that makes the students act in a specific way. A teacher shouldn't be afraid to ask his pupils and invite them to share their emotional state, since in this way he can empathize with them. What happens when we see a student who transmits sadness? We approach him, we listen to him and we try to encourage him. But what if the student is angry? We act in a different way, because what he is transmitting is that he wants to distance himself and needs his space.

The role played by emotions is on the agenda, making up a state that intervenes in a natural way when acting. They are usually short-term although intense, marked by their explosive tone and by their inherent call to action.

Here I share something that I always tell my children: "You have to understand that nobody is more or less than me. Fight for what you believe as I do. Challenge your power of creativity; your aptitude and the beauty of your expression will be able to change the world."



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Kenjutsu... kansatsu!

Mind and brain...

*"Enlightenment does not disturb the human being,
just as the Moon does not disturb the water.
A person does not block enlightenment,
just as the drop of dew does not block the moon in the sky."*

Since my student days, and as it happened to all of us, I was constantly forced to practice striking with the Bokuto against certain objects especially prepared to receive impacts, such as rice straw agglomerates of different shapes, sandbags, car and truck tires, bamboo bundles lashed together and other targets, on which we incessantly and exhaustingly repeated our techniques, emphasizing the type of breathing inherent to each movement. Logically, the essence of all these exercises, meant to strengthen the sword impact, was that of seeking a perfect cut.

On the other hand, whatever the exercise (and that took me years to really understand it), it's extremely important to evaluate properly the flow of body energy. To simply repeat a movement without understanding its true reason is to transform its essence into a series of repeated gestures.

指導士 ジョルダン アウグスト
Kaze no Ryu Bugei
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The Shizen Tradition



Bugei



自然の伝統 武芸

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Kenjutsu... kansatsu!

The downward movement striking the training device used as a target (which is in a horizontal position), represents the strength of the body. To that end, the Haragei makes the "Hara" work so that its contractions and expansions are able of constructing a heat producing movement - it's only right that such movement arises in the center of the body and follows along the spinal column up to the hands.

Ancient masters, especially in the mid-nineteenth century, studied heat in a scientific and rational way. Heat was recognized as a kind of movement of the matter molecules, considering that sword makers knew this theory well when applied their knowledge in sword manufacturing. The exercises of Haragei, in this case of the practice with swords, look for the two specific states of heat: steam and solid.

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Kaze no Ryu Bugei
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“To simply repeat a movement without understanding its true reason is to transform its essence into a series of repeated gestures.”

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Kenjutsu... kansatsu!

In the solid state, it's also believed that molecules vibrate or oscillate around fixed points inside the Hara and, consequently, in the blood, which causes that many, because of such consciousness, add nourishing supplements to their diets in order to strengthen their body energy.

When the Hara energy was seen under the "Water Element", this movement corresponded to heat in the liquid form. Thus, in this "liqueur" state, its movement was less restricted, because molecules were able to move beyond the others, with relative ease.

For the most learned teachers, it's in the element that produces the steam through the Hara where molecular movement becomes the greatest of them all. Hence the special assessment of KI in the form of steam. The conclusion was reached that, since the gas molecules were very far apart, their movements were not essentially affected by any attraction among molecules. Each molecule simply moved in a straight line until it collided with any other molecule that was in its trajectory, whether it belonged to the own KI itself or to another initiated process.

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Bugei



“For developing the sword impact, ancient masters enforced the method of repeating all the Elements a certain number of times, in order to strengthen the relation of the Hara with all of them.”

**自然の伝統
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Kenjutsu... kansatsu!

For developing the sword impact, ancient masters enforced the method of repeating all the Elements a certain number of times, in order to strengthen the relation of the Hara with all of them. The intention is that of using the Hara in the Earth Element, so that, after starting the Fire Element, it be applied so that the Ki flows in the shape of steam up to both hands. This means that, through steam, molecular movement is relatively free of intermolecular attraction forces.

Molecules go off freely through the empty space, colliding with each other, and with the arms strengthened by the exercise of the impact. The arms receive a continuous shelling, as the molecules reach them and jump. Each of these impacts produces a very small amount of force on the bony walls; all of them added form a constant average force, per area unit.

Thus, practicing simply the exercise will hardly strengthen the physical body. The real reason for the impact is in the concentration of the forces in the form of energy, during the impact or cut.

I clearly remember the study carried out about the separation between mind and brain - Kansatsu no Hou. For some, it's really where we begin to learn; for others, it's a new stage that is beginning to stand out. Kansatsu, in

指導士 ジョルダン アウグスト

Kaze no Ryu Bugei

Shidoshi Jordan Augusto

The Shizen Tradition





Japanese, means observation. It is the moment in which the student discovers that he can observe, that he understands the movements of others. It's the separation of the mind and the brain. Let me explain:

The brain is just a part of the central nervous system - even if it's the most complex. It consists of a mass of nervous tissues, which occupies most of the skull and performs, among other functions, that of reasoning and language. It's ovoid in shape, with the most elongated portion in the back. It weighs 1,100 grams on average. The left side of the brain governs the right side of the body and the right side governs the left side of the body. The left side of the brain is logical, while the right side is intuitive.

For Haragei masters and ancient specialists in the sword fighting art, it could be described as a three-story castle.

The 1st floor - subconscious - is the "residence of our automatic impulses", symbolizing the live summary of the services performed.



自然の伝統
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Kenjutsu... kansatsu!

The 2nd floor - conscious - is the "domain of current conquests", where the noble qualities we are building are raised and consolidated.

The 3rd floor - superconscious - is the "house of superior notions", indicating the eminences that we must reach.

In order for our mind to continue towards the highest, balance among these three areas of our brain is imperative.

The mind guides that microscopic universe (the brain), in which billions of corpuscles and multiform energies are consecrated to its service. Thereof emanate the will streams which determine a vast network of stimuli, react to the demands of the external landscape, or attend to the suggestions of the inner areas.

Various Zen masters and other mystical followers of Japanese culture establish an internal path in the mind, located between the objective and the subjective. This, according to the masters, is dictated by the Divine Law, that forces us to learn, to make sure, to choose, to repel, to accept, to collect, to keep, to enrich ourselves, to get enlightened, to progress always. From the objective plane, the person is received by the problems and influences of the direct struggle. From the subjective sphere, the person is absorbed by the inspiration, more or less intense, of the discarnate or incarnated intelligences that are related to him or to her, and the results of the mental creations that are peculiar to his or her personality.

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“Various Zen masters and other mystical followers of Japanese culture establish an internal path in the mind, located between the objective and the subjective.”

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Kenjutsu... kansatsu!

In the Way of Kenjutsu, the mind, although it remains seemingly stationary, continues unabated its path, advancing without flinching, under the unflinching action of visible or invisible forces. Many students who became great teachers, discovered in this form of observation that, during a fight, life and death are mixed; the value of the Ma-Ai is to be found in the separation of the feelings that are externalized in the form of "time and distance" with the opponent, thus reaching the perfect, exact distance!

Any form from the application point of view, and not only in the sword practice, needs a preparation or forms that allow a greater understanding. The Sujimichi, which years later was also called Kyoju-hō, refers to the preparatory exercises methods for forms specifically studied for war. They are divided first in the Shoden graduation in:

Iwa (Chōku; tō-sa; en-pō;)

Hendō (Shita; Ue; Jōge; Sayu; chikaku)

Matsu (Chōku; tō-sa; en-pō;)

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Through these exercises, the great masters of old built the martial personality of each student. We must think that the development process is influenced by factors such as: maturity (biological growth of the organs), exercising (functioning of the schemes and organs that leads to the formation of habits), social learning (acquisition of values, language, customs and cultural and social patterns) and balance (process of internal self-regulation of the organism, which is constituted in the successive search for rebalancing after each imbalance suffered).

This is where we can see the different identities related to the various "Ryu". In other words, to build this knowledge, the concepts of the Senpai-Kōhai relationship are combined with the information coming from the systems (the Ryu), to the extent that knowledge is neither conceived just as something discovered spontaneously by the student (kohai), nor transmitted mechanically by the external means or by adults, but as the result of an interaction, where the subject is always an active element; it's he who actively seeks to understand the world around him and seeks to solve the questions that such world provokes.

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“Recherche, Evolution et Développement”

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Wilmouth Faustino Hernandez

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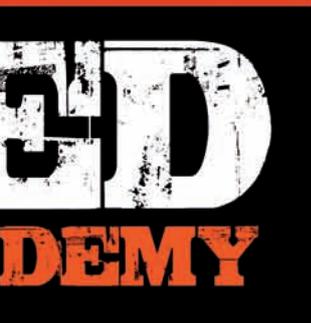


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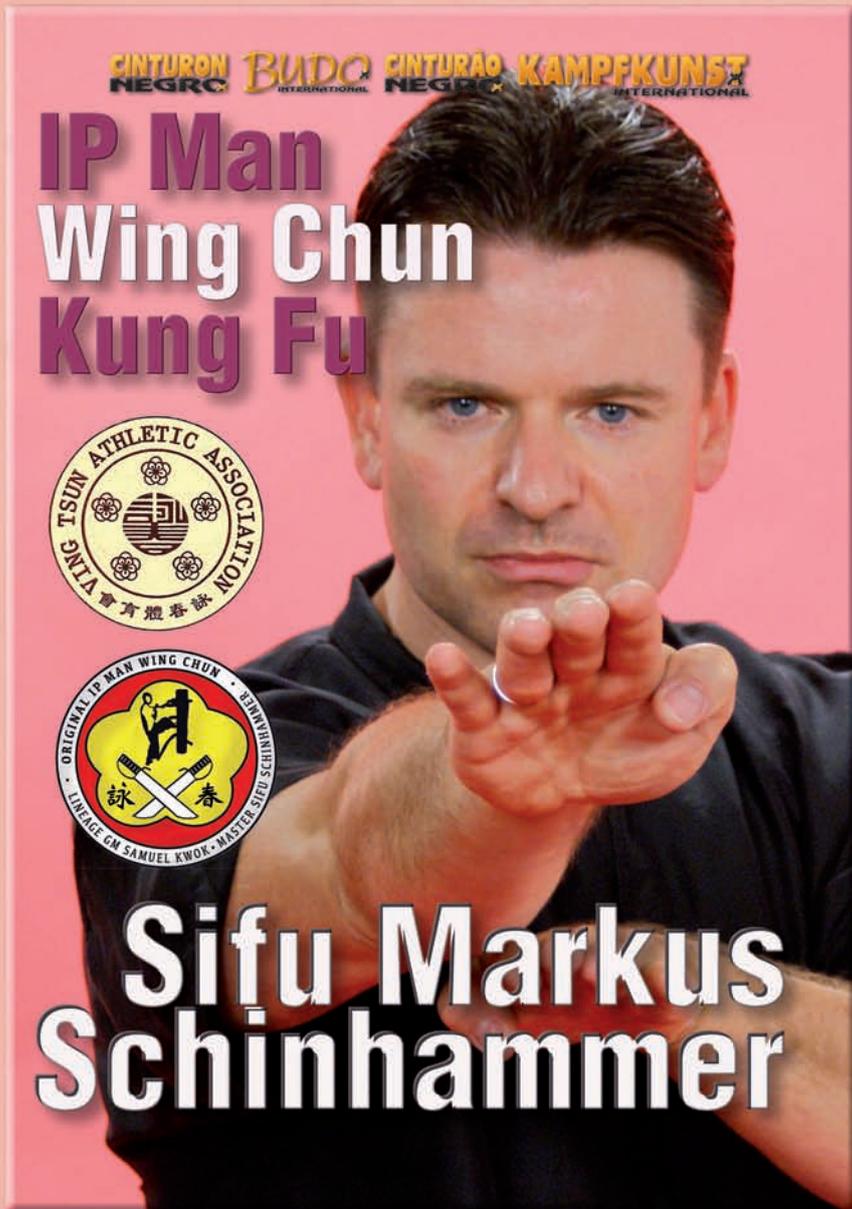
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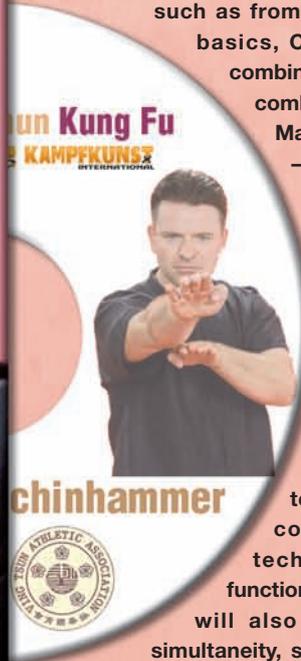


IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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



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Evan Pantazi



the ~~Disabled~~
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CINTURÃO NEGRO KAMPEKUNST INTERNATIONAL

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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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Masters & Styles



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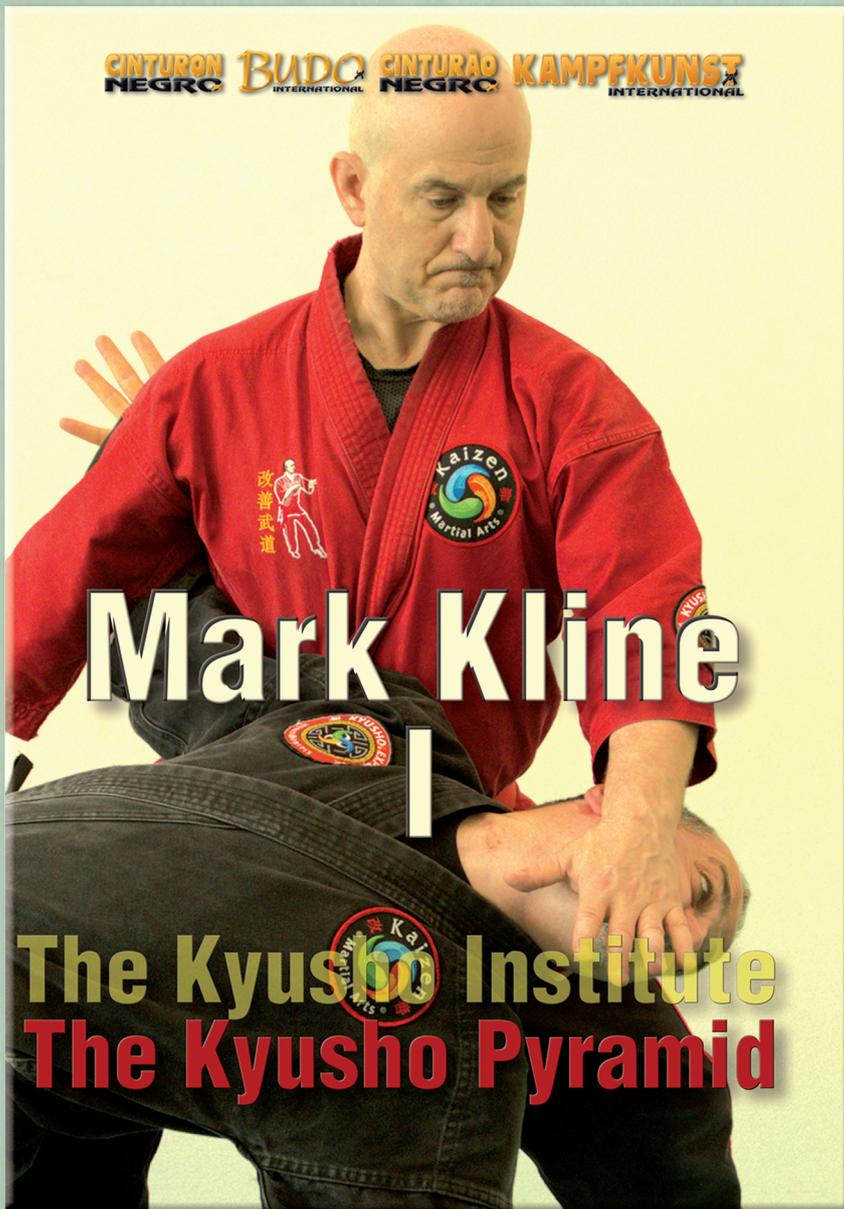
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The Kyusho Institute The Kyusho Pyramid

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:

DVD # 1: Controlling the center, Controlling the Center of your Opponent, Body movement, Body alignment, the Principle of Opposites and Multiple planes of movement.

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GM Chiu Chi Ling



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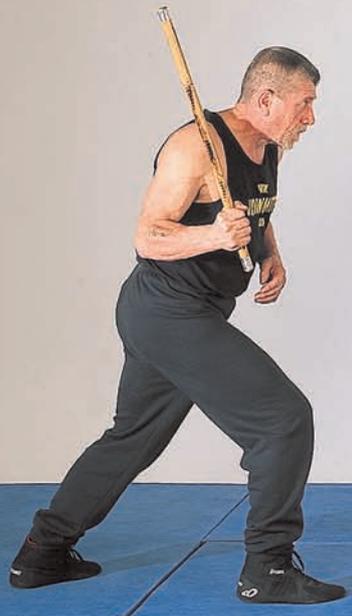
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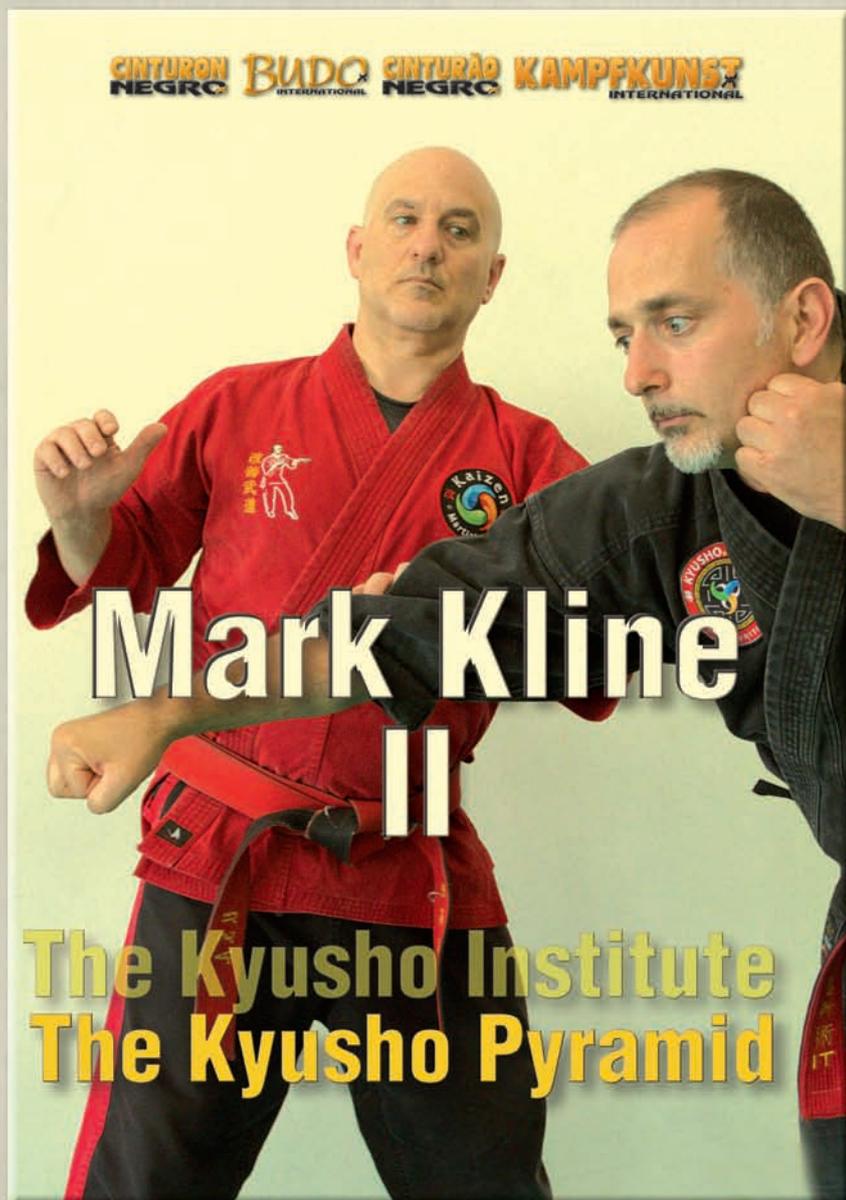


Jeet Kune do



The Kyusho Institute The Kyusho Pyramid

Mark Kline II



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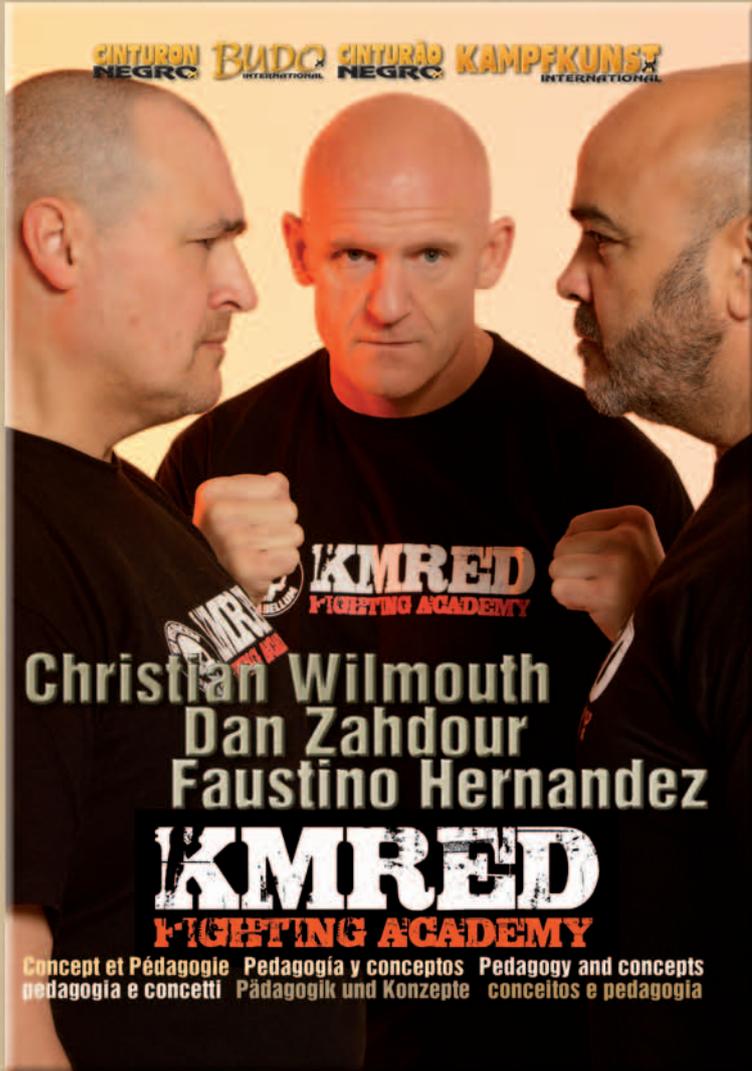
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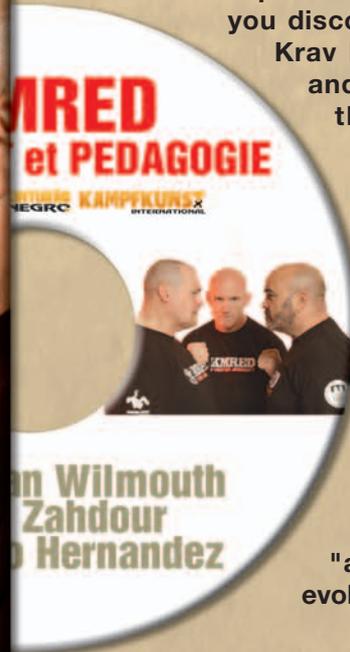
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We are pleased to present the second work of the KMRED group. This video bearing the name "Concept and Education" aims to make you discover a part of the concept Krav Maga Research, Evolution and Development, as well as the pedagogy developed within 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.



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WINGTSUN, UNIVE



Alfred Johannes Neudorfer



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+ Rosa Ferrante Bannera



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Tai-Chi Chen
en Sheng Yu

Form & Applications CHUM KIU

Sifu Alfred Johannes Neudorfer
Simo Rosa Ferrante Bannera



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



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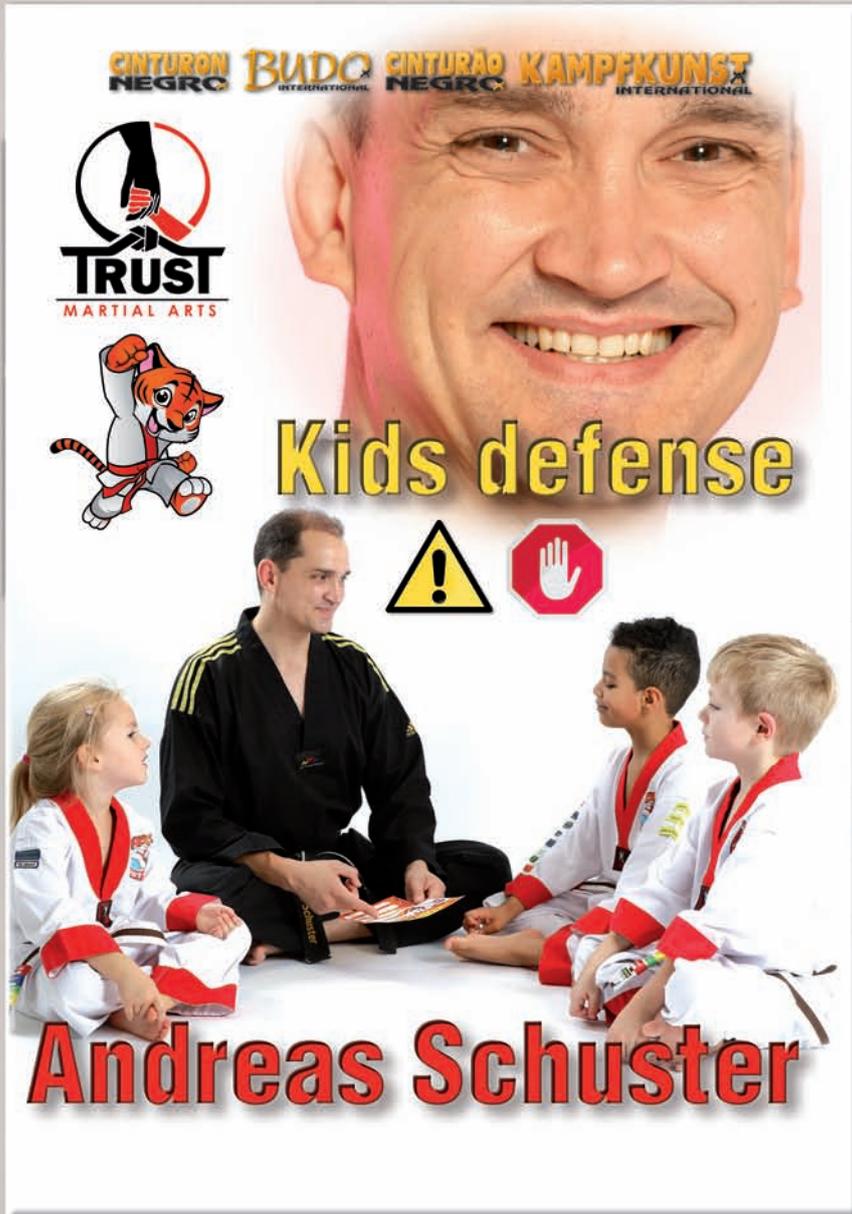


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سپید زاده
ورزشی تن و روان

Text & Photos: [Valentina Gambar](#)

HISTORY OF KUNG FU TO'A

History of Kung Fu To'a is very fragmented and troubled. After the 1979 Revolution, it was banned in its country of origin, Iran, making its transmission difficult. It was created in the early Seventies, before the Islamic Revolution, by the Ebrahim Mirzaii, whose direct heir, who collaborated with him in the elaboration and teaching of this art, is Master Mostafa Jalilzadeh.

Grandmaster Ebrahim Mirzaii, born in 1938 in the Iranian province of Golestan, undertook his studies at the Military University when he enlisted in Tehran. He became an officer, entered the Special Forces of Shah Reza Pahlavi and was employed in numerous missions (in Kurdistan, in Taiwan, in Lebanon, he held courses in Germany, Israel, France, where he obtained the Légion d' Honneur).



Master





مصطفی جلالی

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KUNG FU TO'A

Mostafa Jalilzadeh

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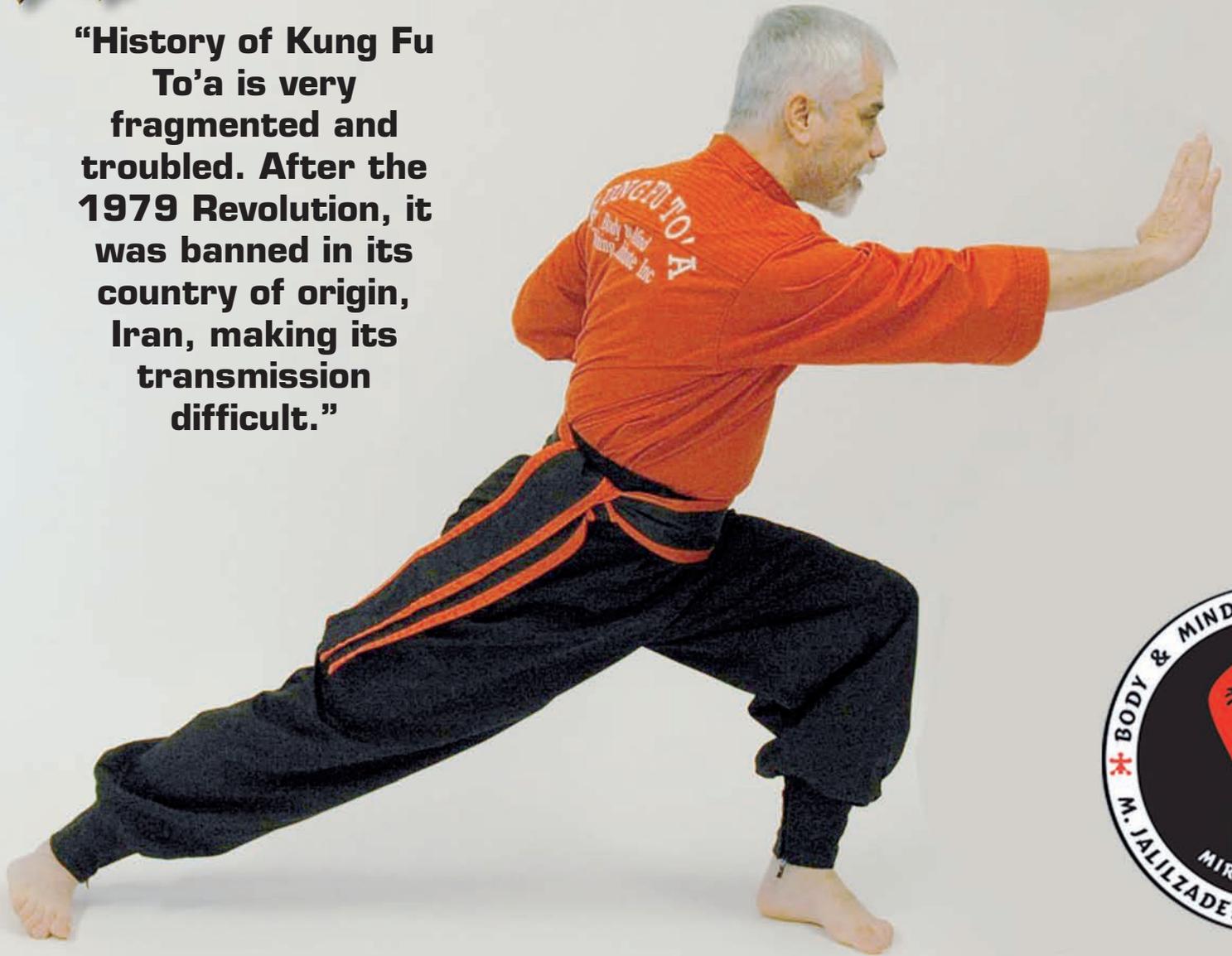


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“History of Kung Fu To’a is very fragmented and troubled. After the 1979 Revolution, it was banned in its country of origin, Iran, making its transmission difficult.”



Master

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He continued his studies obtaining a degree in social psychology at the University of Beirut. Before Kung fu To'a, Mirzaii became a black belt in Judo, taught Karate Goju Ryu and Taekwondo. He was sent to Taiwan for six months to learn and train with the Taiwanese army. In 1971, while still teaching Karate, he began to create his own style, based on both previous experience and education received in Taiwan.

1972 is the starting point for Kung Fu To'a. He refined it in the following years together with his best students, who were his source of inspiration. In 1973 he began to teach it in a military base. Its courses, initially reserved for the army or those with close relatives, were also open to outsiders and the number of students immediately leavened to more than 11,000. Each class consisted of two hundred practitioners. He thus gained great influence throughout Iran.

With the exponential increase of his students, he had to leave the Military Base. He signed agreements with a General, Khosravani, who owned a chain of gyms (Taj, meaning Crown) spread throughout Iran, where he continued to teach. One of them was called "Daneshkhadeh" (which means University), also known as "Body & Mind Training Institute". Over the years Mirzaii obtained the respect of some Shah's Army Generals (General



Kung Fu To'a



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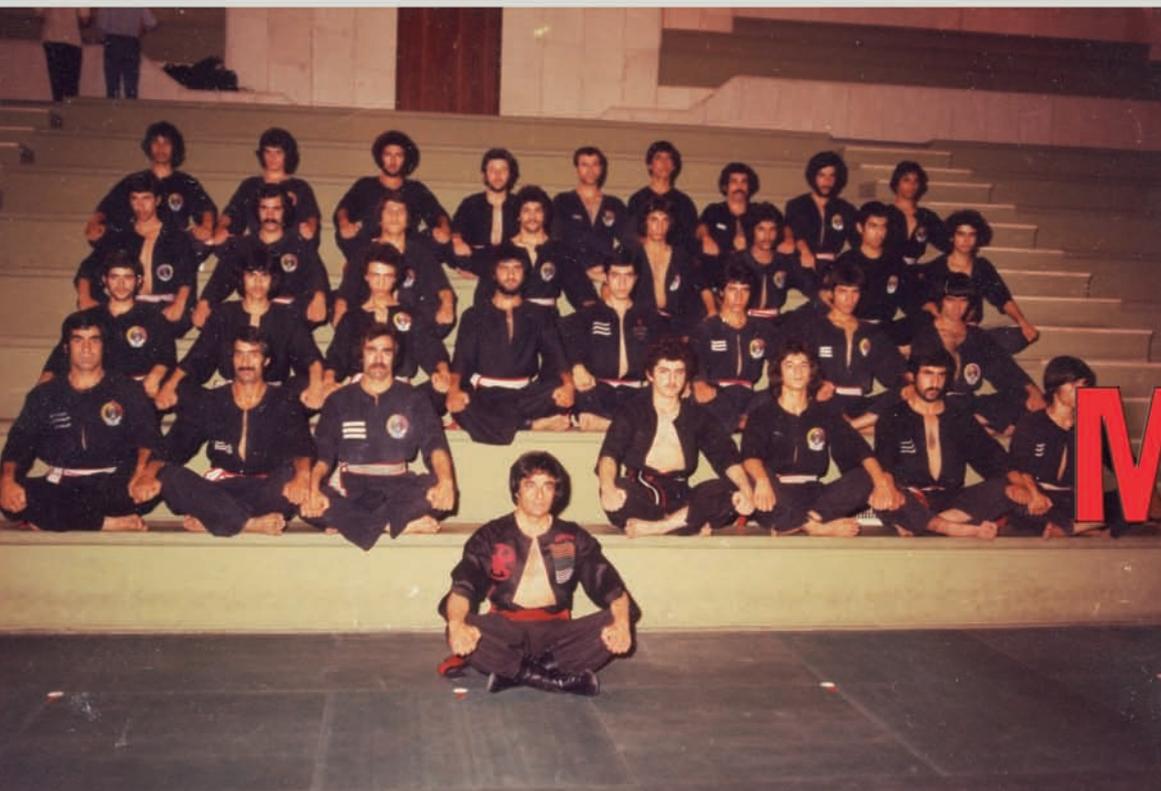




Khosrodad, head of the Special Forces, General Maghsudlou, Rector of the Military University).

Kung fu To'a gradually replaced the other martial arts used in the army (Karate and Taekwondo) and was then used to instruct officers who were in charge of all Iranian bases, becoming the main martial art both between the military and civilians.

The officers educated in this art, about eighty, were called Jangavaran (warriors); they were trained intensively for four months for two consecutive years, seven hours a day in the summer. Mirzaii instructed them with help from his best students, the "Bayaromeh" (among these were Mostafa Jalilzadeh, Hadi Minaii, Reza Aghiri, Fraidoon Ghotbi). But in 1977 the atmosphere was changing, the country presented

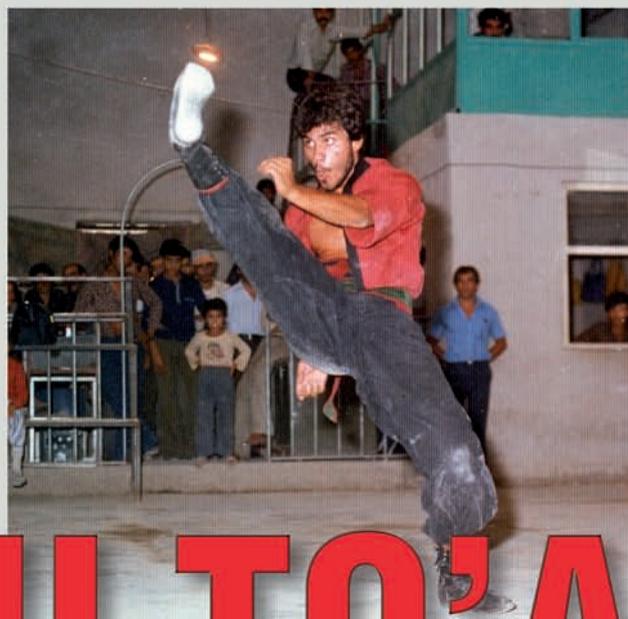


Master





strong social inequities and the ferment that ensued was addressed by the Shah with a harsh repression through the Savak, his secret police. Sided on the side of the people, Mirzaii decided to leave the army and this cost him the loss of all the gyms obtained through the agreements with the General, except the Taj Banovan, of which Mirzaii gave the task of dealing with the Masters Mostafa Jalilzadeh and Parviz Khodaiinia. While Ebrahim Mirzaii was in the US, the Head of the Martial Arts Federation, Shahriar Shafigh, summoned Mirzaii's best students (Mostafa Jalilzadeh, Firooz Habibpoor, Hoshang Habibpoor, Hossein Dadashi and Ali Ghari Haghighat) and offered them to renounce their Master in exchange for a full six month sponsorship for a six



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month education trip to South Korea to learn Taekwondo. None of them accepted the offer. Mirzaii, returning from his trip, resumed teaching with his best students. Protests on the streets against the Shah regime were increasing day by day, the training locations were disappearing and it had become difficult to train regularly. Every Friday Grand Master Mirzaii instructed his best students in survival techniques in the woods and in the desert and how to resist arrest and torture. The Revolution began on February 11, 1979, when some Air Force Base officers had lined up with the people, refusing to fight for the Shah. People gradually conquered military bases, appropriating ammunition. Several social forces were involved in the Revolution, but the Islamic component prevailed, which later brutally freed itself of all the others. For the first time in the history of Iran after millennia of the Persian Empire, it was possible to





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“Created in the early Seventies, before the Islamic Revolution, by the Ebrahim Mirzaii, whose direct heir, who collaborated with him in the elaboration and teaching of this art, is Master Mostafa Jalilzadeh.”



باشگاه پهلوی - باغشاه تهران - ۱۳۵۳
مصطفی جلیل زاده





candidate itself democratically in the elections for the Presidency and Mirzaii decided to apply, moved by the same spirit that when he was an officer in the Army he would give his life for his Country. He possessed special qualities that enabled him to relate and connect with people. He treated everyone fairly and firmly believed in justice, he was honest and respected by everyone, opposed to favoritism and nepotism.

But the Islamic Revolutionary Guards invaded Mirzaii's house. Jalilzadeh and his students hurried to join him. His house and the surrounding streets were surrounded by the Revolutionary Guards. Suddenly the Guards took him away on a Chevrolet Impala and a few days later they learned that they had shot him in the left leg and he had been taken to the Misaghiyeh hospital. After days of waiting outside the hospital, Jalilzadeh was allowed to enter. The shot had caused a fracture of the bone in numerous fragments. After being released from hospital, Mirzaii went to the Daneshkhadeh gymnasium to attend a Kung Fu demonstration conducted by Master Jalilzadeh, but following it, Mirzaii was asked to go to the Prime Minister to answer some questions and was arrested. Once released, he was forced to move out of Teheran, to another house he had in Malard, Karaj. Later the Minister took possession of the Daneshkhadeh building. Master Jalilzadeh was thus forced to teach in the nearby park, Park Laleh, and later opened his

KUNG FU TO'A

Mostafa Jalilzadeh

www.kungfutoa.webs.com



Toronto - 2017

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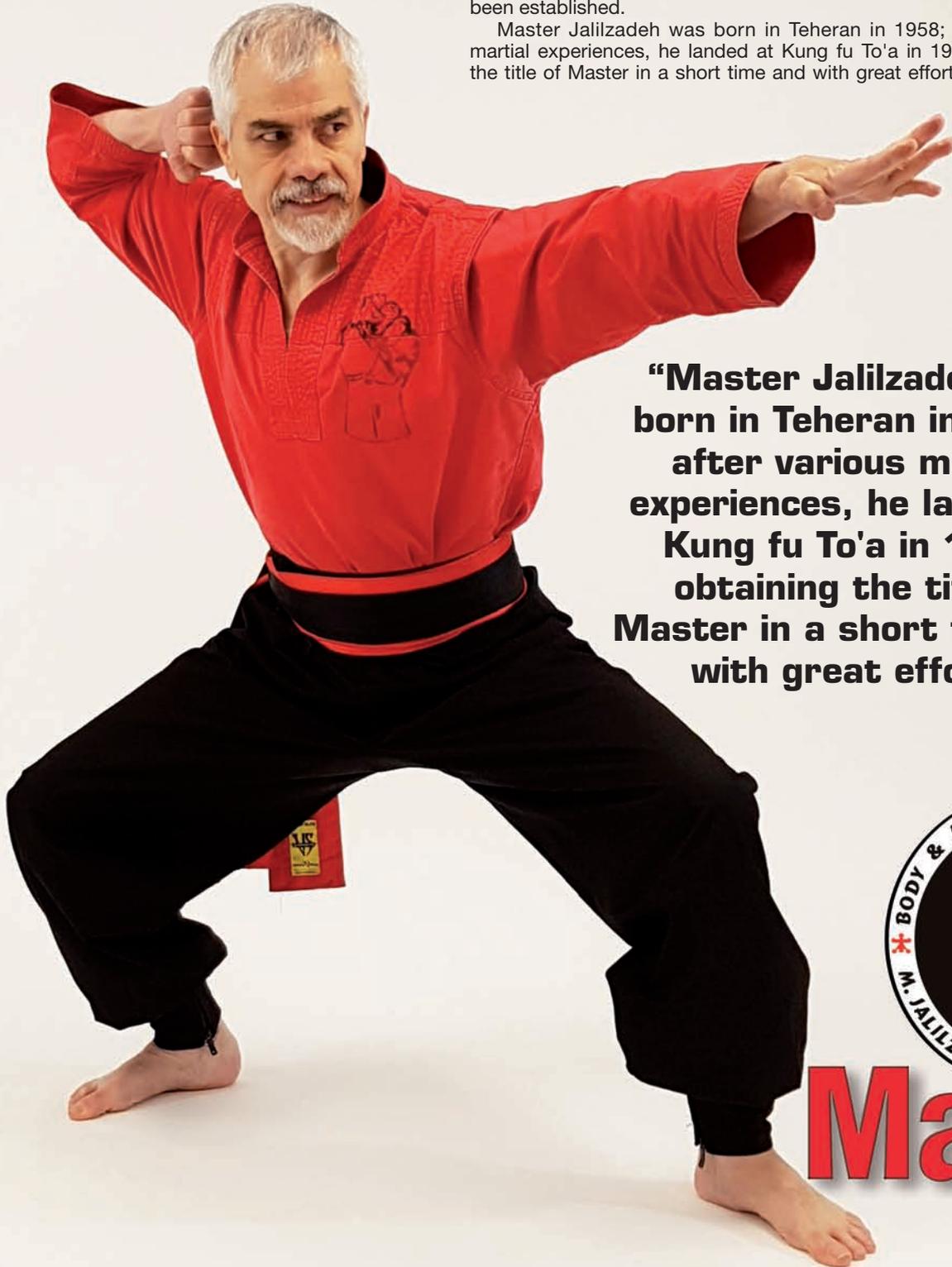




clubs. Grand Master Mirzaii was under extreme pressure from the new Islamic regime, he was isolated from his friends and his students, his passport was confiscated and his freedom was taken away. He had no choice but to take refuge in another country: he escaped to Turkey and then to Germany.

The world of Kung fu To'a dispersed into total chaos, since a perfect organization with regulations and directives had not yet been established.

Master Jalilzadeh was born in Teheran in 1958; after various martial experiences, he landed at Kung fu To'a in 1973, obtaining the title of Master in a short time and with great effort. A couple of



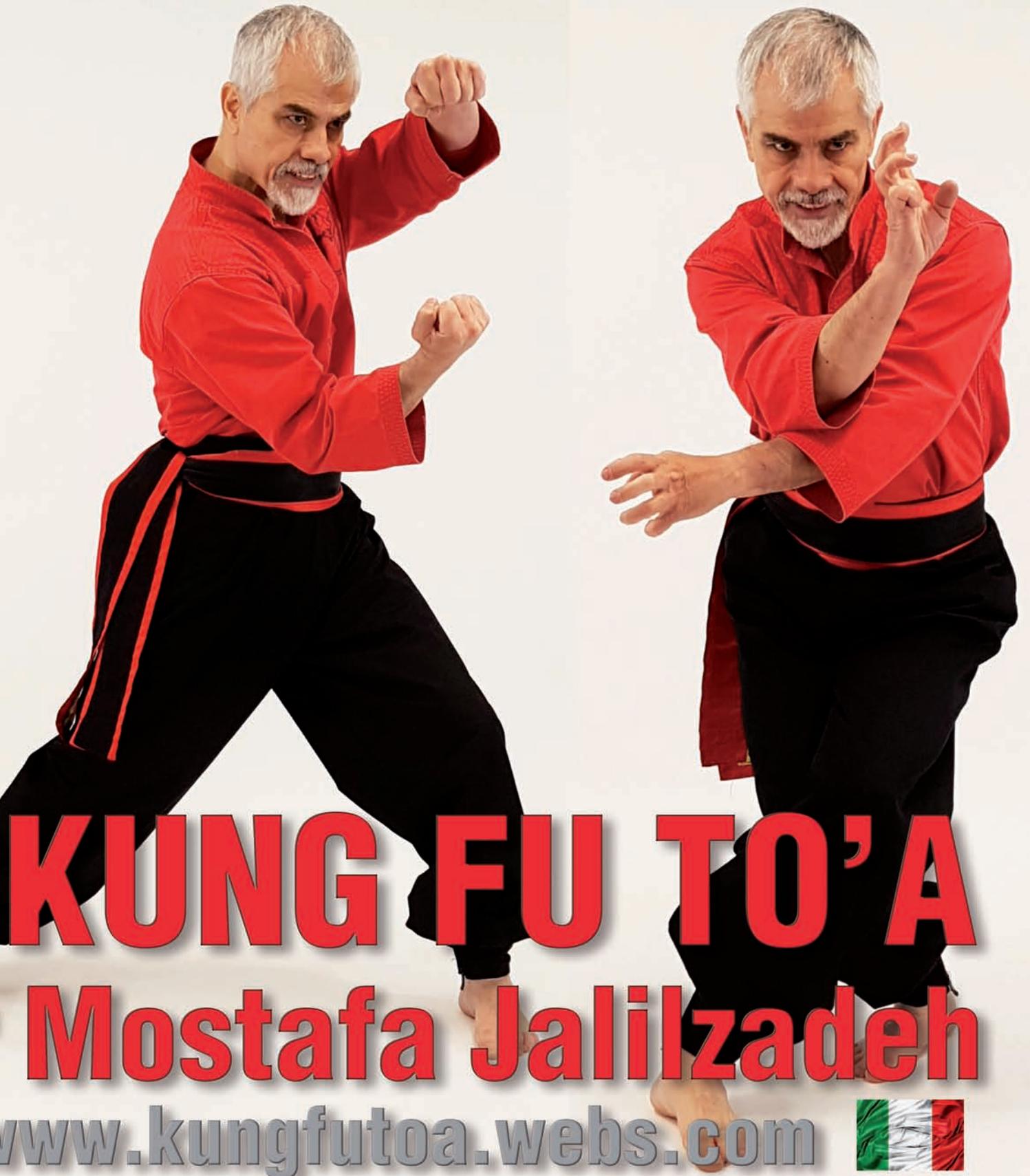
“Master Jalilzadeh was born in Teheran in 1958; after various martial experiences, he landed at Kung fu To'a in 1973, obtaining the title of Master in a short time and with great effort.”



Master



Kung Fu To'a



KUNG FU TO'A

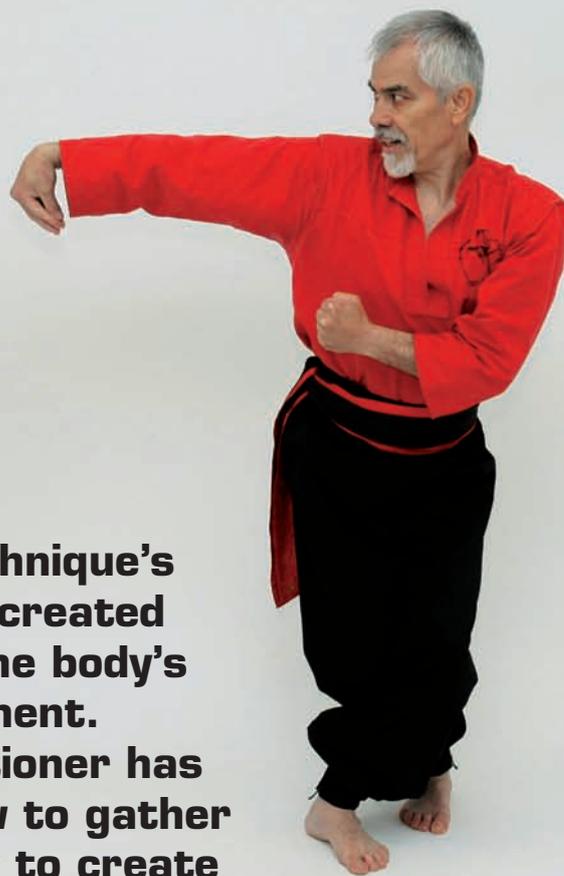
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“Each technique’s power is created through the body’s movement. The practitioner has to learn how to gather that energy to create the power for the technique.”

years later he was already alongside the Great Master Ibrahim Mirzaii as an instructor in the bodies of the Iranian Navy. In 1979 Mostafa Jalilzadeh wrote his first book, dedicated to the first form "Anattawa", which was used in the education of students, and in 1981 his second book, "Kung fu To'a: classical techniques".

In 1981, Master Jalilzadeh opened his first school, entitled "Body and Mind Training Institute" in Iran, which became a year later known throughout the country, with branches in other Iranian cities such as Tabriz, Isfahan, Ghazvin, Karaj and many others. In 1986 Master Jalilzadeh moved to Hamburg, Germany, where he continued to share his enthusiasm for Kung Fu To'a, teaching daily at the Titan Sports Club. Since his arrival in Canada in 1987, he began teaching self-defense in high school and at the University of Toronto and is still active. In 2005 he opened the "Body & Mind Training Institute Inc." in Toronto. In 2004 he launched his website, www.kungfutoa.ca, an interactive website with a unique and innovative approach to telematic teaching, an instrument that allows him to spread his knowledge to his students all over the world. Through this site the Master explains the basic techniques and allows access to different levels of teaching. Its purpose is a faithful transmission of the original Mirzaii techniques and a canonization of style on an international level. In 2015, Master Jalilzadeh organized a gathering of Kung Fu To'a in Paris, open to teachers of this art all over the world. In 2016 he wrote the book entitled "Samsamae".

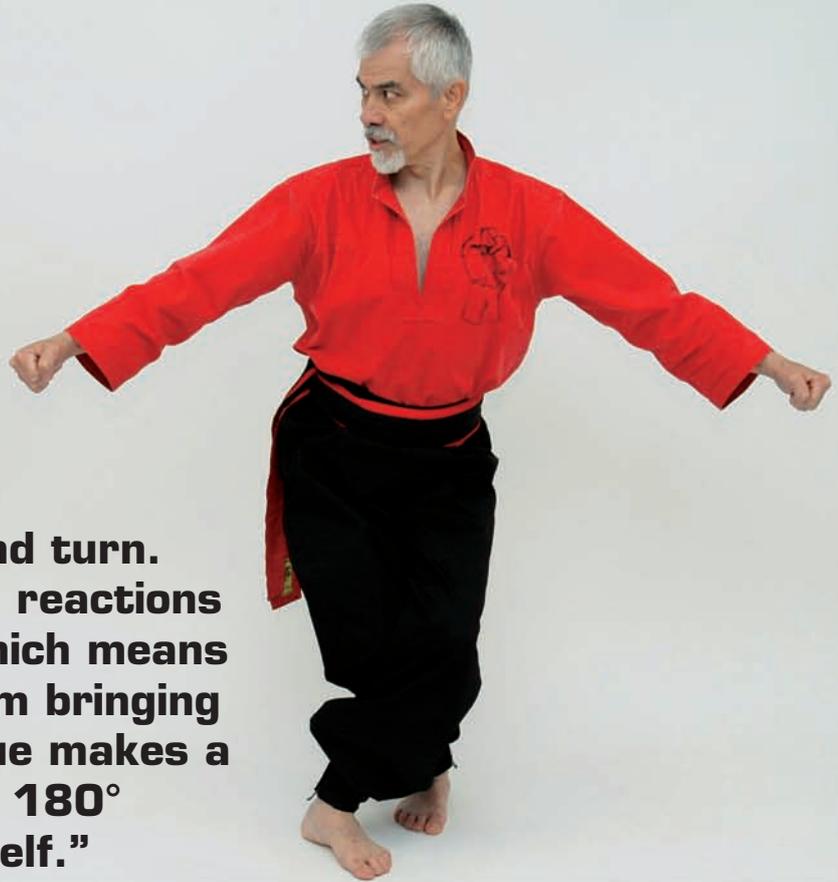


Master





**“Twist and turn.
Actions and reactions
“twists”, which means
that the arm bringing
the technique makes a
turn of 180°
on itself.”**



KUNG FU TO'A

Mostafa Jalilzadeh

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In August 2018 a new international meeting is planned in Koper, Slovenia, open to teachers and practitioners of Kung fu To'a (for informations contact kungfutoagathering2018@hotmail.com). Master Jalilzadeh is currently engaged with the drafting of two further books on techniques and with the creation of educational videos of the highest forms intended for his students.

WHAT CHARACTERIZES KUNG FU TO'A?

1. Action and reaction. Each action has a reaction with the other arm. When we hit a technique, the opposite hand, going backwards, must have the same energy of the opposite hand. For the legs, the reaction leg is the one on the ground.

2. Twist and turn. Actions and reactions "twists", which means that the arm bringing the technique makes a turn of 180° on itself. An example is the frontal punch Mato, that starts with the back of the hand towards the ground and ends up with the back of the hand watching upwards. The reason is to obtain a more penetrating effect.

3. Gathering of power. Each technique's power is created through the body's movement. The practitioner has to learn how to gather that energy to create the power for the technique.

4. Body Position. In every move we make, the body must be kept perpendicular to the ground.

For informations about the international Kung Fu To'a's gathering write to:
kungfutoagathering2018@hotmail.com.
www.kungfutoa.ca (Canada)
www.kungfutoa.webs.com (Italy)

Article by Valentina Gambar. All the informations about the history of Kung Fu To'a are taken from Master Jalilzadeh's book "Samsamae".

"When we hit a technique, the opposite hand, going backwards, must have the same energy of the opposite hand."



Master



Kung Fu To'a



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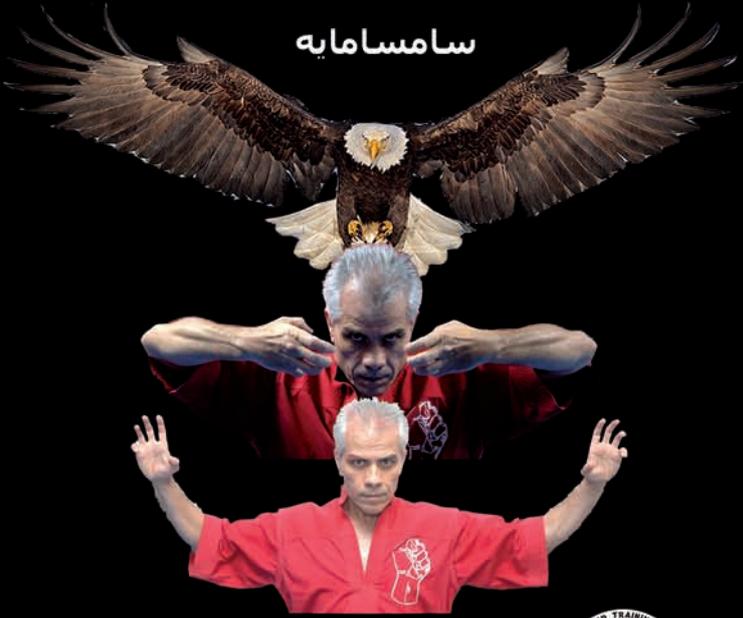


Master

W

“برای رسیدن به معشوق بایستی عاشق بود”

سامسامايه



مصطفی
جلیل زاده

کونگ فو
توآ



سامسامايه - مصطفی جلیل زاده

SAMSAMAEH - MOSTAF JALILZADEH

“If you really **WANT** it
you have to **LOVE** it”



SAMSAMAEH



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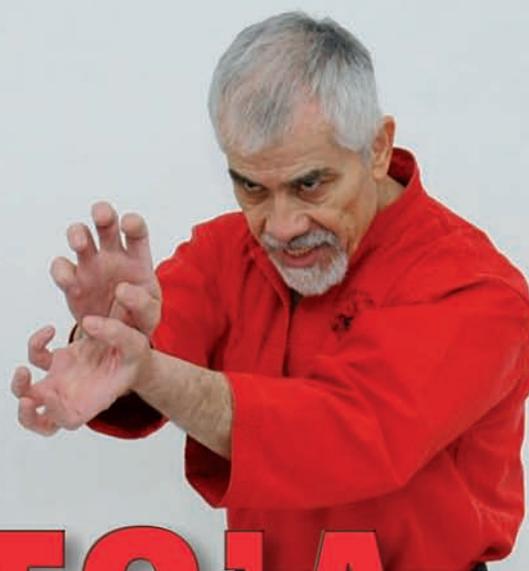
About the author Valentina Gambar:

Born in Trieste, in the north-east of Italy, on the border with Slovenia, she graduated in Educational Sciences, studied languages, music and works as an educator. After a few years experience with yoga and meditation, she looked for a martial art which could combine physical and spiritual discipline, so started practising Kung Fu To'a in year 1995 in the Netherlands with an Iranian teacher. Training was hard, army style. Persian and Zen philosophy were fascinating. To go on with this martial art, she travelled to Germany, Portugal, Sweden, Turkey and to Iran, learning all bare-handed and weapons forms. In 2012 she eventually found out Master Jalilzadeh's school, Body and Mind Training Institute: it was the first time she had the chance to learn from a direct pupil of Grand Master Mirzaii, learning thus Kung fu To'a from its source. As this style wasn't codified due to such a troubled history, finally it was possible to learn it precisely how it was created.

Her experience in these years of teaching this practice (from 1996 to the present) to people of various age groups, from infancy, to pre-adolescents and adolescents, to youngsters and adults, took place both in an institutional context (in public schools) and a more informal one, within a sports association. Even the cultural contexts have been very different, depending on the various districts of the city in which this activity was proposed, both in contexts with a higher socio-cultural level, in which it was possible to continue with a program set much more didactically and with the provision of a large number of techniques, both in more disadvantaged contexts, in presence of specific learning problems, where the martial art was used as an educational instrument.

In the last years she volunteered teaching Kung Fu To'a to refugees coming from countries at war, to offer them one more opportunity of social integration.

She's 2018 International Kung Fu To'a gathering 's organizer and keeps learning from with Master Jalilzadeh, collaborating with the other Kung fu To'a's teachers under the Body and Mind Training Institute in Italy and abroad, whose schools are enlisted on the quoted internet sites.



KUNG FU TO'A

Mostafa Jalilzadeh

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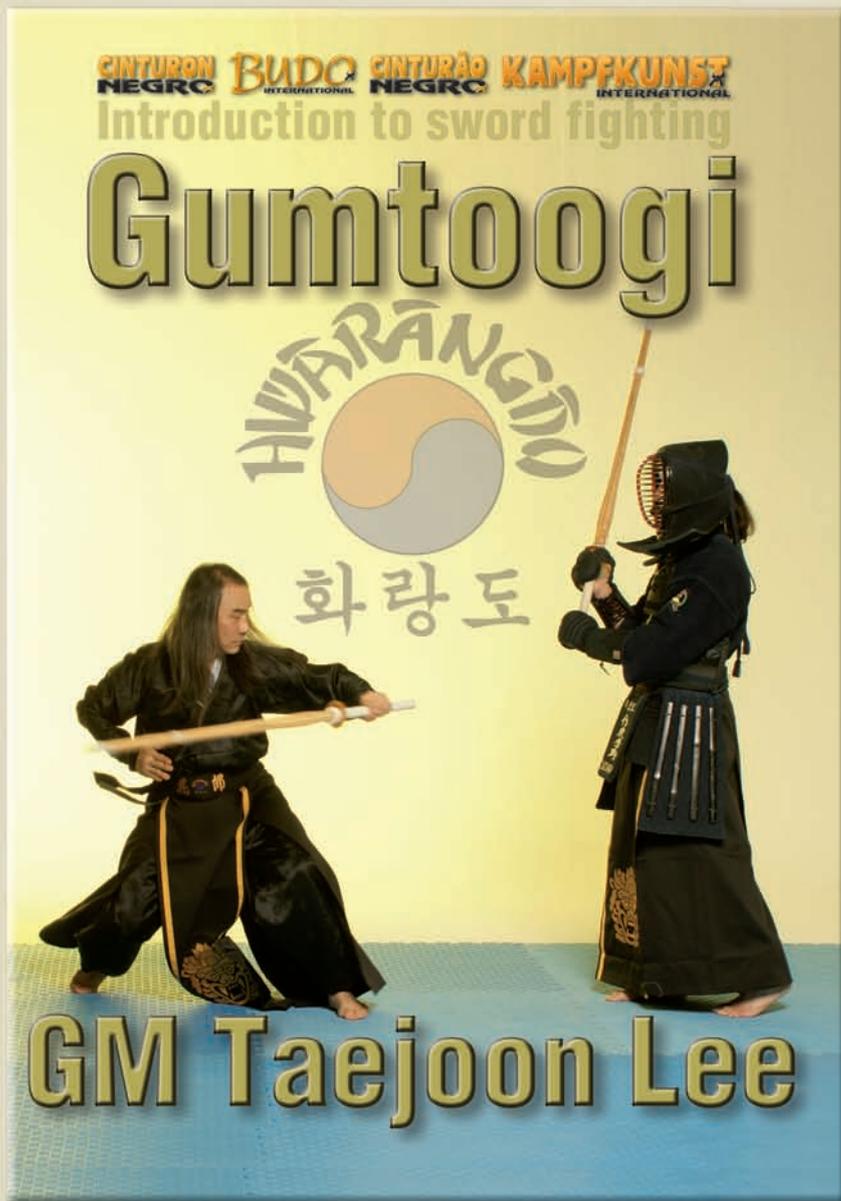
Guro Dino was one of Punong Guro Edgar Sulite's favorite fighters from the Infamous Lameco Backyard Group. He was personally trained by Punong Guro to be a fighter above all else. Even accepting challenges on Punong Guro Sulite's behalf. He is also a Certified Instructor under Grandmaster Christopher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

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

Join us in Madrid. Guro Dino is offering a high level intensity training seminar. As an option only - for those who want to take full advantage of this combat oriented training, bring you sparring gear. Find out personally why Lameco S.O.G. and Kali Ilustrisimo is respected in the Martial Art World.

Introduction to sword fighting

Gumtoogi GM Taejoon Lee



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

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

“death”; there are no do-overs. This is the true warrior's mind-set. Gumtoogi is the best way of cultivating this “Warrior Ethos”, “The Hwarang Spirit!”

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

In the search of creating a modern sport venue of

weapon fighting that aligns with the

comprehensiveness of the Hwa Rang Do

curriculum, we seriously looked into

the possibility of adopting an existing

weapon fighting system with its equipment and

armor. Thereby we have decided to use the

Kendo/Kumdo armor by adding a

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

leg strikes as well as spinning cuts, and incorporated the rotational strikes to make it unique to

our Art of Hwa Rang Do. In addition, we practice fighting with all sizes, variations and combinations of swords

(made in bamboo) as well as incorporating a wide range of movements and techniques. In this DVD, Grandmaster

Taejoon Lee explains in detail the bases of stepping, distancing, basic strikes to head, wrist, waist and legs,

spinning leg strike, counters and an introduction to Ssang-gum, Twin Swords.



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WING CHUN GUNG FU:

The Explosive Art of Close Range Combat



Sifu Randy Williams' extensive collection of books on Wing Chun in 6 volumes, the series contains the history of Wing Chun, the theory and description of all Wing Chun forms in detail, Volume 6 is focused on instructing the system and provides additional information about Wing Chun Combat Theory from A to Z! This great work, originally written in 1988 and newly revised and updated is a must for the library of any serious student of the art.

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www.shop.crca.de

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Biu Jitsu DVD	€ 25,90
DVD Set (all 5)	€ 149,90

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Five brand new Wing Chun DVDs

1 DVD: "Bot" Jom Doh Basics

Complete "Bot" Jom Doh Form, 108 Motions, Historical Information about the Wing Chun Broadsword, Detailed Knife Blocking and Striking Techniques, "Bot" Jom Doh Footwork, Details of the footwork orientation of the form, One-man "Bot" Jom Doh Drills

2 DVD set: "Bot" Jom Doh, Applications, Drills, Concepts & Principles

Applications of the motions from the "Bot" Jom Doh form, Knife vs. Knife, Knife vs. Pole, Drills, Concepts and Principles, Specially created Knife drills for the Wooden Dummy, Detailed Knife Blocking and Striking, Knife techniques as compared to their empty-hand counterparts, Cutting Principles

1 DVD: CRCA Wing Chun "Biu Jitsu" Groundfighting

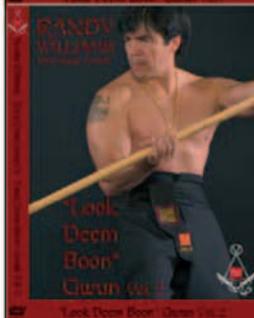
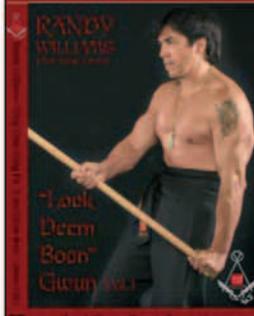
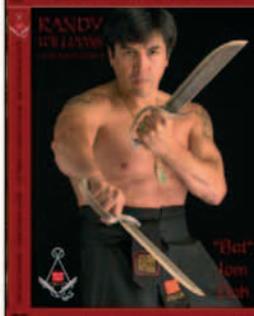
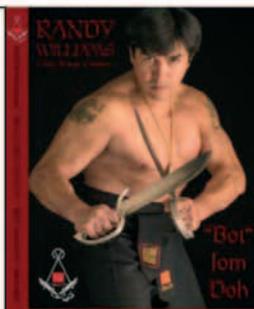
Contents: The concept of "Reverse Engineering," Chokes; Rear, Front Standing, "Guillotine," Head-and-Arm, Side-Mount Shoulder Choke, and many other Groundfighting drills and techniques.

2 DVD set: "Look Deem Boon" Gwun Volume 1 (55 min.)

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

"Look Deem Boon" Gwun Volume 2 (60 min.)

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



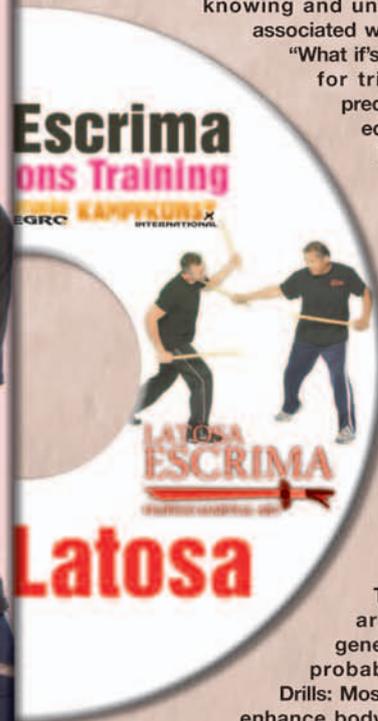
Latosa Escrima Rene Latosa

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.



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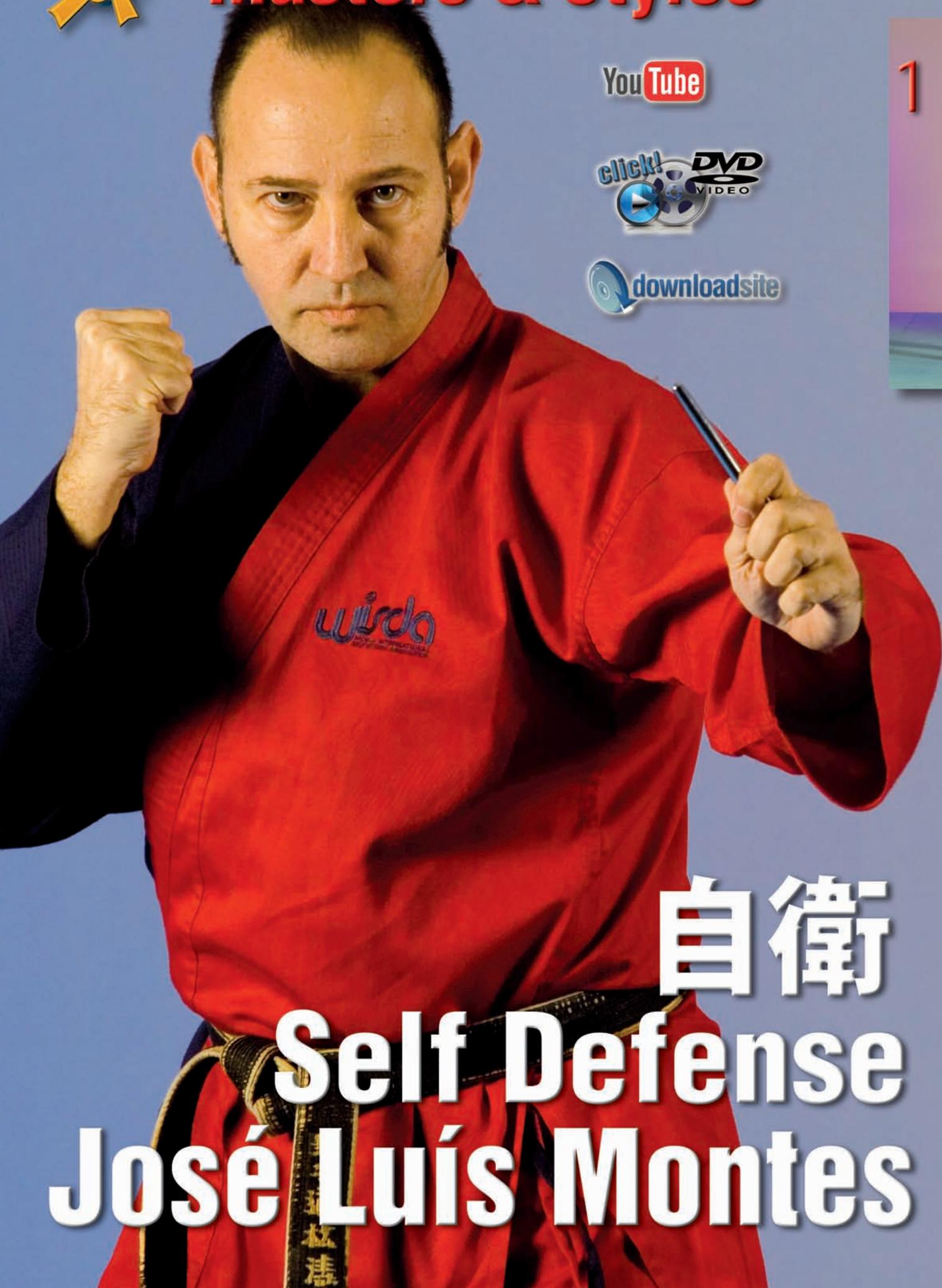


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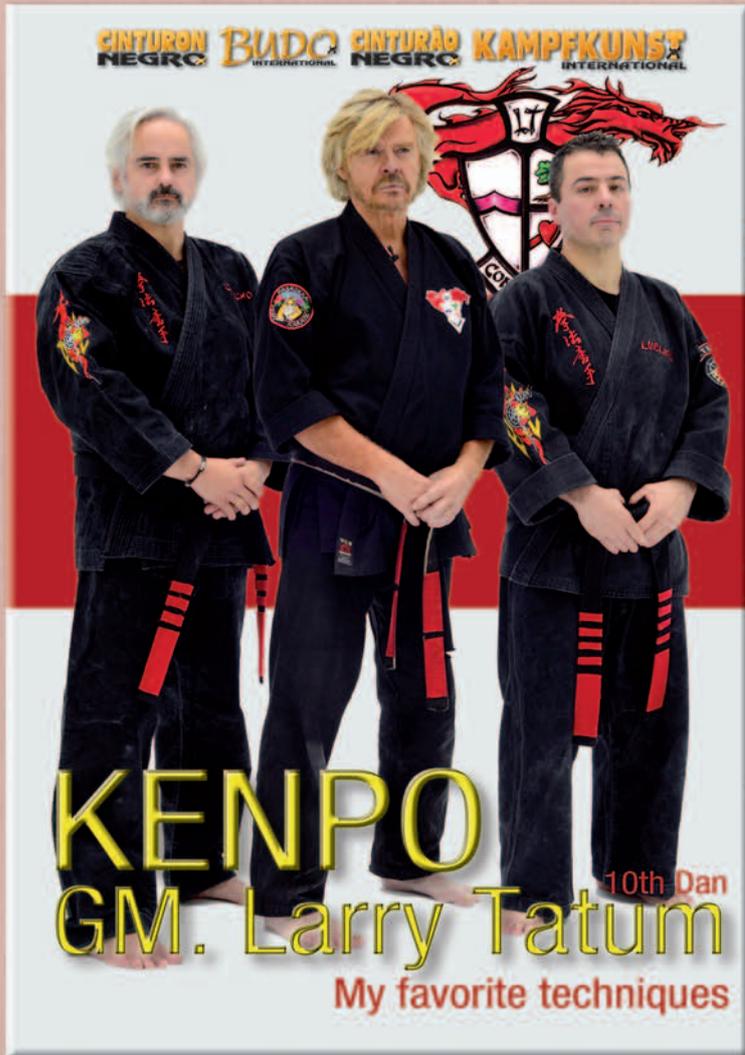
Inspired by the smooth and light flow
of Tai Chi moves and forms





KENPO GM. Larry Tatum

My favorite techniques



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

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DVD: 22,00 €

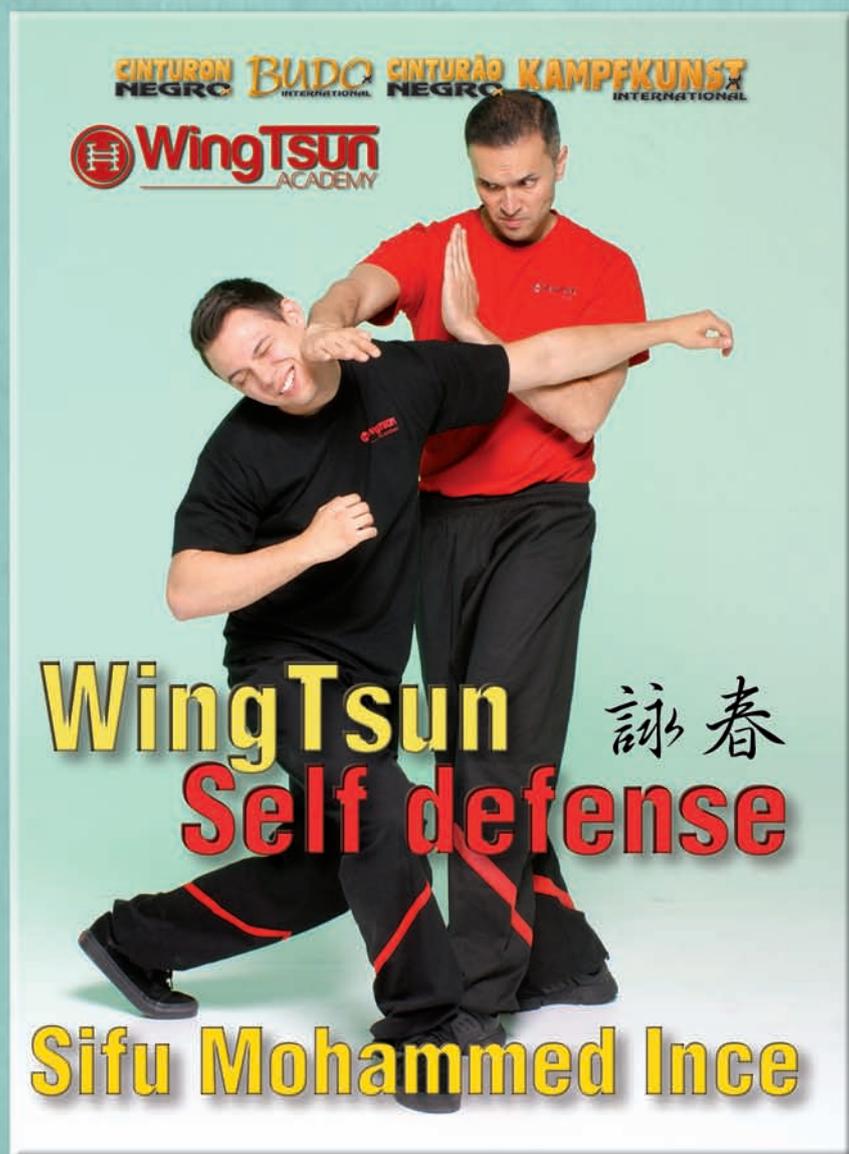


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WingTsun Sifu Mohammed Ince Self defense



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

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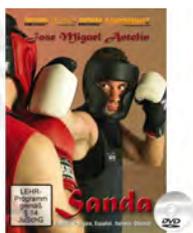
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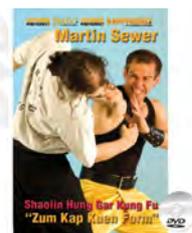
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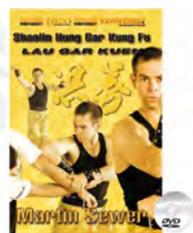
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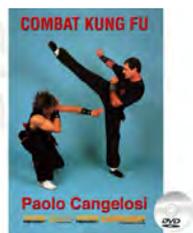
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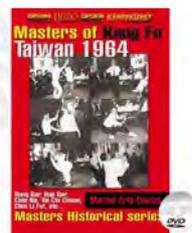
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Price Inc. Tax.....22,00 EUR



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



DVD Kung Fu Masters Historical Series Taiwan 1964
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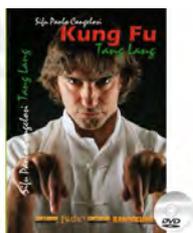
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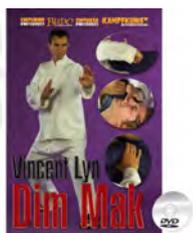
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Vol 2
Ref. DVD/TOA2
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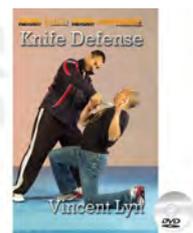
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DVD Ling Gar Kung Fu Dim Mak
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Price Inc. Tax.....22,00 EUR



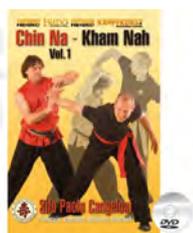
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Price Inc. Tax.....22,00 EUR



DVD Weng Chun Kung Fu
Ref. DVD/WENG
Price Inc. Tax.....22,00 EUR



DVD Kung Fu Chin Na Vol 1
Ref. DVD/PC2
Price Inc. Tax.....22,00 EUR



DVD Hung Gar Gung Gee Fook Fu Kuen
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Price Inc. Tax.....22,00 EUR

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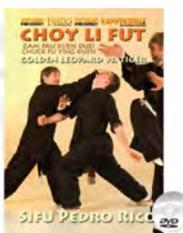
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Vol 1
Ref. DVD/TOA
Price Inc. Tax.....22,00 EUR



DVD Kung Fu Choy Li Fut Forms
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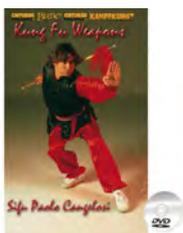
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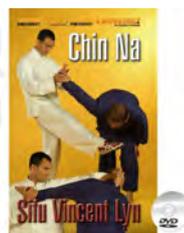
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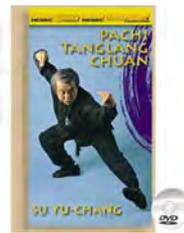
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Price Inc. Tax.....22,00 EUR



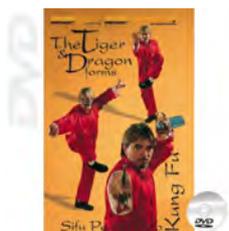
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DVD Kung Fu Pa Kua
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DVD Kung Fu



DVD Kung Fu Choy Li Fut Tiger &
Dragon Forms
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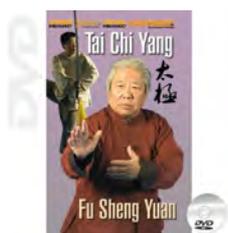
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DVD Tai Chi Yang Style Vol 3
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DVD Tai Chi Chen Style Tui Shou
Ref. DVD/YU3
Price Inc. Tax.....22,00 EUR



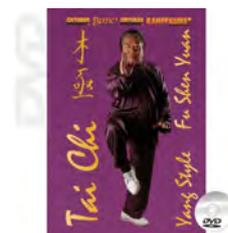
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Form
Ref. DVD/CHEN1
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Chen Style Pao Chui Er Lu
Form
Ref. DVD/YU2
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 1
Ref. DVD/FUSE
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Chen Style
Ref. DVD/YU
Price Inc. Tax.....22,00 EUR



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



DVD Tai Chi Beijing Jen The Straight
Sword
Ref. DVD/TCE
Price Inc. Tax.....22,00 EUR



DVD Ling Gar, Tai Chi & Qi Gong
Ref. DVD/LYN
Price Inc. Tax.....22,00 EUR



DVD Mongolian Tai Chi Chi Kung
Ref. DVD/MONGO1
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Chuan Yang Style
Ref. DVD/PR1
Price Inc. Tax.....22,00 EUR

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DVD Tai Chi



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



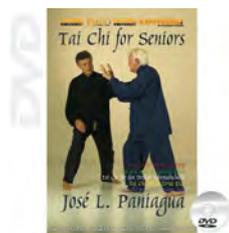
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Ref. DVD/TAI1
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Yang Style & Chi Kung Vol 2
Ref. DVD/TAI2
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DVD Tai Chi Che Sword
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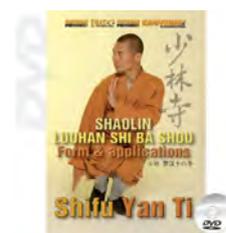
DVD Shaolin Kung Fu



DVD Shaolin Qin Na
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 Price Inc. Tax.....22,00 EUR



DVD Shaolin Luohan Shi Ba Shou Form Taolu
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DVD The 18 movements of Shaolin Kung Fu
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DVD Shaolin Kung-Fu Shi De Yang Interview
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DVD Wu Shu

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DVD Wu Shu San Jie Gun The 3 Section Staff
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 Price Inc. Tax.....22,00 EUR



DVD Wu Shu Hou Kun The Monkey Staff
 Ref. DVD/FAN1
 Price Inc. Tax.....22,00 EUR

DVD Wing Chun

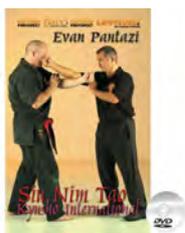
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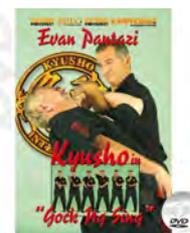
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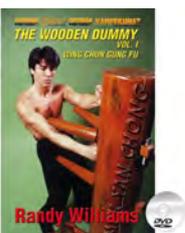
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Form & Applications
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Price Inc. Tax.....22,00 EUR



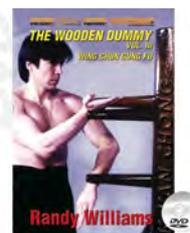
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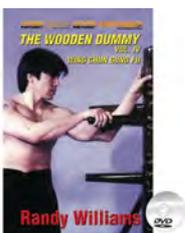
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Price Inc. Tax.....22,00 EUR



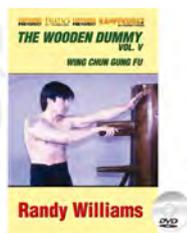
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Part 2
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Price Inc. Tax.....22,00 EUR



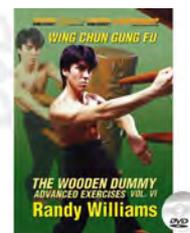
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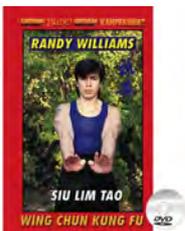
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Price Inc. Tax.....22,00 EUR



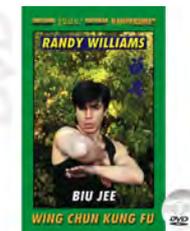
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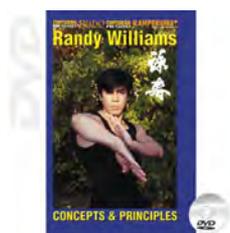
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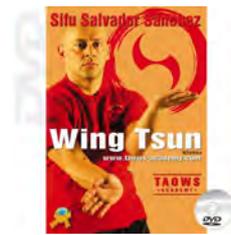
DVD Wing Tsun



DVD Wing Tsun Universe. Siu Nim Tao Form & Applications
Ref. DVD/WTU1
Price Inc. Tax.....22,00 EUR



DVD Wing Tsun Right or Wrong?
Ref. DVD/LT
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DVD WingTsun Combat Techniques
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DVD WT Re-Evolution 2
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DVD WingTsun Combat Program
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DVD WingTsun Anti-grappling
Ref. DVD/WTS2
Price Inc. Tax.....22,00 EUR



DVD WingTsun Street Shock Vol 1
Ref. DVD/WTS3
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DVD WingTsun Street Shock Vol 2
Ref. DVD/WTS4
Price Inc. Tax.....22,00 EUR



DVD WingTsun Lat Sao
Ref. DVD/WTS5
Price Inc. Tax.....22,00 EUR



DVD WingTsun Chi Sao Vol1
Ref. DVD/WTS6
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Ref. DVD/WTS8
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DVD Other Styles China

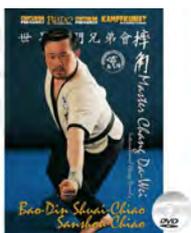
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DVD Bao-Din Shuai Chiao Advanced Program
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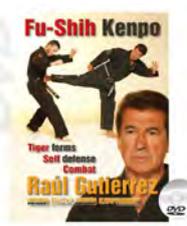
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DVD Shuai Chiao Black Belt Program
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DVD Chinese Kempo Karate
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DVD Fu Shih Kenpo Vol.2 Tiger Forms & Self Defense
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DVD Judo and Ju-Jitsu

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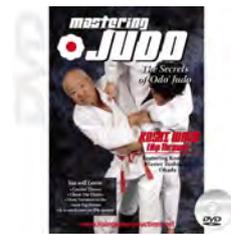
DVD Judo and Ju-Jitsu



DVD Mastering Judo Introduction
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Price Inc. Tax.....22,00 EUR



DVD Mastering Judo Te Waza Hand Techniques
Ref. DVD/JUDO2
Price Inc. Tax.....22,00 EUR



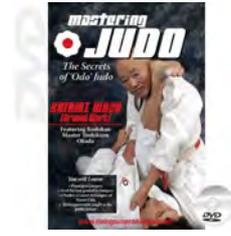
DVD Mastering Judo Koshi Waza Hip Techniques
Ref. DVD/JUDO3
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DVD Mastering Judo Ashi Waza Foot & Leg Techniques
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Price Inc. Tax.....22,00 EUR



DVD Mastering Judo Sutemi Waza Sacrifice Techniques
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DVD Mastering Judo Katami Waza Ground Work
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Price Inc. Tax.....22,00 EUR



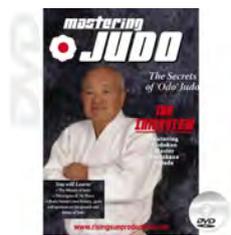
DVD Mastering Judo Shime Waza Strangulation Techniques
Ref. DVD/JUDO7
Price Inc. Tax.....22,00 EUR



DVD Mastering Judo Kensetsu Waza Joint Locking
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Price Inc. Tax.....22,00 EUR



DVD Mastering Judo Ne Waza Clinic
Ref. DVD/JUDO9
Price Inc. Tax.....22,00 EUR



DVD Mastering Judo Master Okada Interview
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Price Inc. Tax.....22,00 EUR



DVD Jiu Jitsu Kyoo Soku Seishin Ryu
Ref. DVD/NUNES
Price Inc. Tax.....22,00 EUR



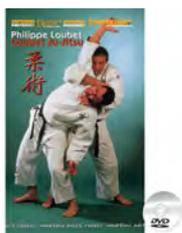
DVD Unlimited Ju Jitsu
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DVD Judo Classics Jigoro Kano
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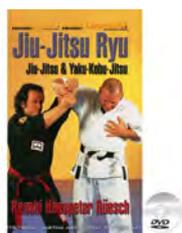
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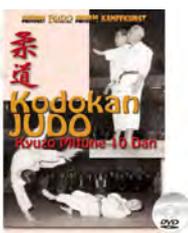
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DVD laido



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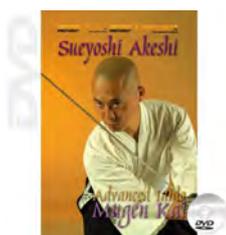
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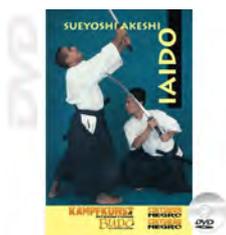
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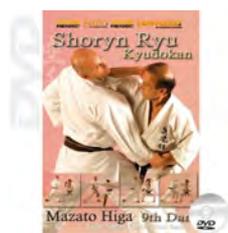
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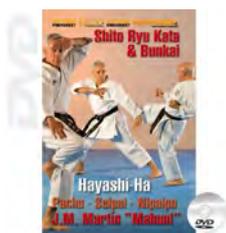
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DVD Goju Ryu Karate Vol 7 Interview
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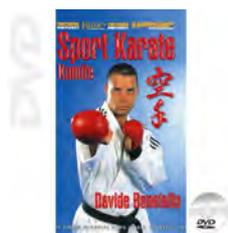
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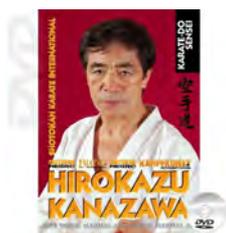
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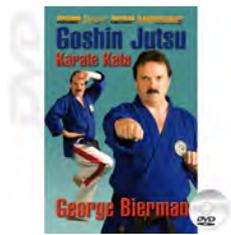
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DVD Goju Ryu Karate Vol 6 Self Defense
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DVD Goju Ryu Karate Vol 3 Bunkai-1
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DVD Goju Ryu Karate Vol 2 The Meaning
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DVD Karate



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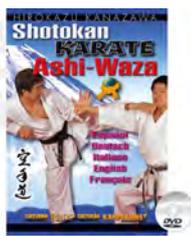
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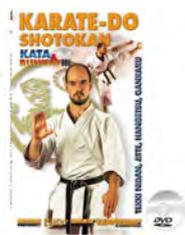
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DVD Mastering Karate Te Waza
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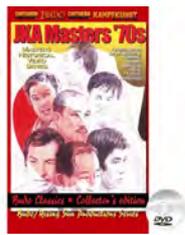
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Vol3
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DVD Karate-do Shotokan Kata & Bunkai
Vol2
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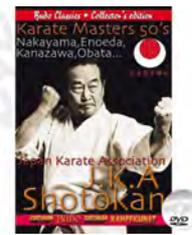
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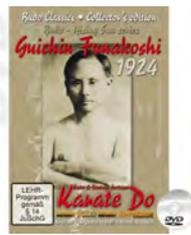
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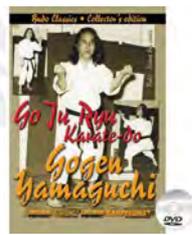
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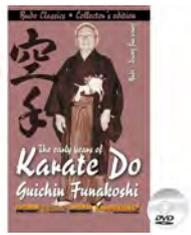
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DVD Karate JKA Masters 60's
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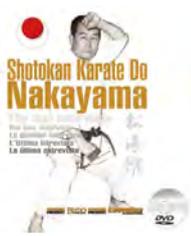
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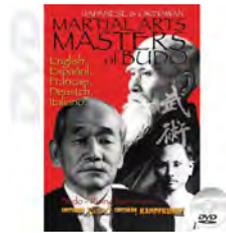
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DVD Aikido

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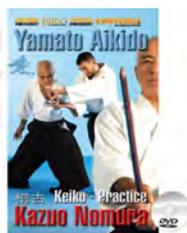
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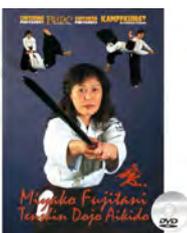
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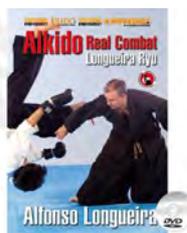
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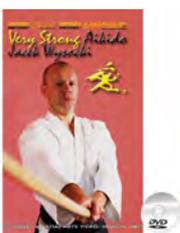
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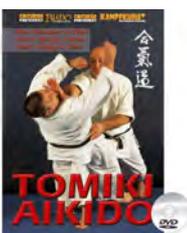
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DVD Very Strong Aikido Kobayashi Ryu
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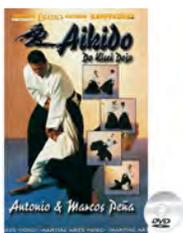
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DVD Shinno Aikido Aikido & Bokken
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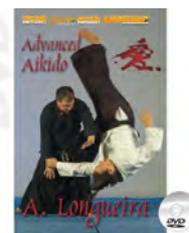
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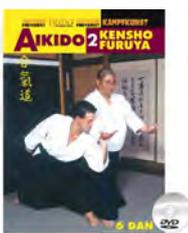
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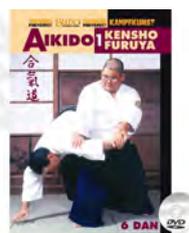
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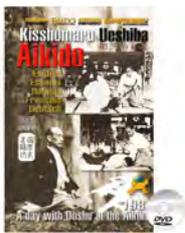
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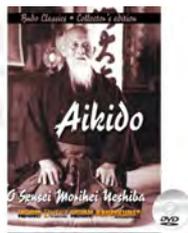
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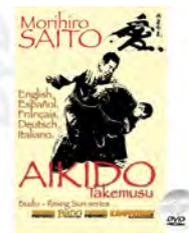
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Interview & Technique
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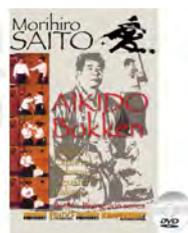
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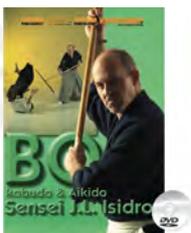
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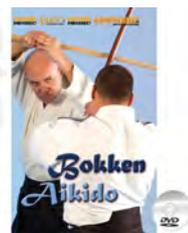
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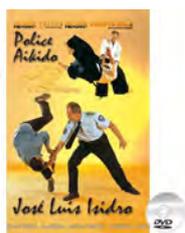
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Ref. DVD/AKIS6
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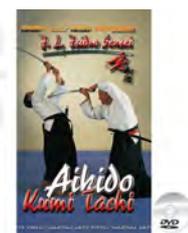
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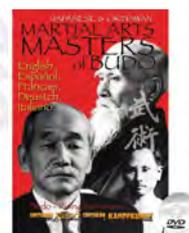
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Ref. DVD/AKIS1
Price Inc. Tax.....22,00 EUR



DVD Police Aikido
Ref. DVD/AKIS2
Price Inc. Tax.....22,00 EUR



DVD Aikido Kumi-Tachi
Ref. DVD/AKIS3
Price Inc. Tax.....22,00 EUR



DVD Classic Martial Arts Masters of
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DVD Aikido



DVD Aikido Ni-To Ichi
Ref. DVD/AKIS8
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DVD Kobudo

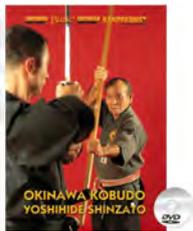
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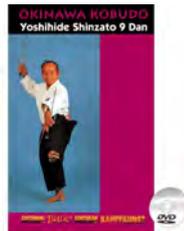
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DVD Kobudo



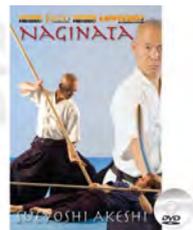
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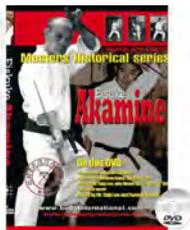
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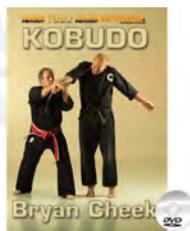
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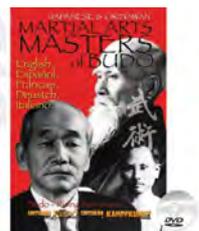
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DVD Bo Jitsu Okinawa
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DVD Webbs Kobudo
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DVD Classic Martial Arts Masters of
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DVD Ninjutsu

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DVD Japan Ninjutsu Shinobiken
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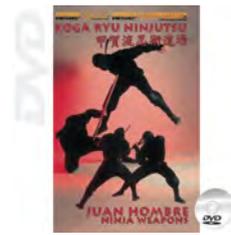
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Ref. DVD/HATSU1
Price Inc. Tax.....22,00 EUR



DVD Bujinkan Dojo Taijitsu Taikai Vol 2
Ref. DVD/HATSU2
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DVD Iga Ryu Ninjutsu Empty Hands
Techniques
Ref. DVD/JH4
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DVD Koga Ryu Ninjutsu Weapons
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DVD Koga Ryu Ninjutsu Empty Hands
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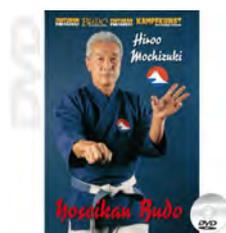
DVD Advanced Kendo
Ref. DVD/KENDO2
Price Inc. Tax.....22,00 EUR



DVD Yoseikan Budo complete course
Ref. DVD/HIRO3
Price Inc. Tax.....22,00 EUR



DVD Aiki Yoseikan Budo
Ref. DVD/HIRO2
Price Inc. Tax.....22,00 EUR



DVD Yoseikan Budo
Ref. DVD/HIRO
Price Inc. Tax.....22,00 EUR



DVD Bugei Kusari-Jutsu
Ref. DVD/EBUGE11
Price Inc. Tax.....22,00 EUR



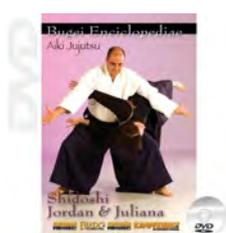
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DVD Bugei Shuriken-Jutsu
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DVD Bugei Aiki Jujutsu Vol2
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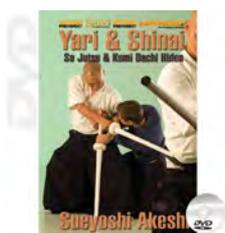
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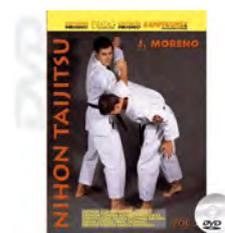
DVD Other Styles Japan



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Ref. DVD/IAIDO6
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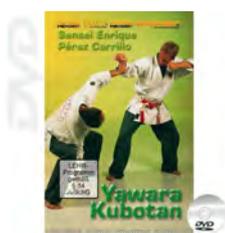
DVD Nihon Taijitsu Vol 1 Defense
against Front Grabs
Ref. DVD/NT1
Price Inc. Tax.....22,00 EUR



DVD Nihon Taijitsu Vol 2 Defense
against Front Attacks
Ref. DVD/NT2
Price Inc. Tax.....22,00 EUR



DVD Yawara Jitsu
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DVD Yawara Kubotan
Ref. DVD/YAW2
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DVD Kempo Jutsu
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DVD Bugei Aiki-Jujutsu
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DVD Classic Martial Arts Masters of
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DVD Kubotan
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DVD Kyusho Jitsu

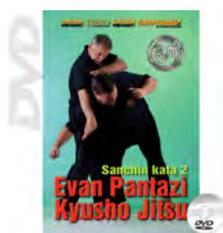
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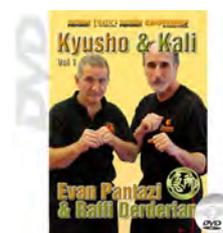
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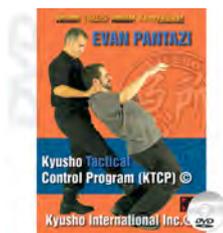
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Ref. DVD/KYUSHO25
Price Inc. Tax.....22,00 EUR



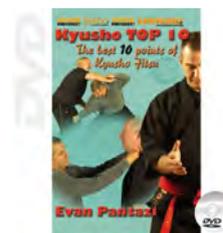
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Ref. DVD/KYUSHO24
Price Inc. Tax.....22,00 EUR



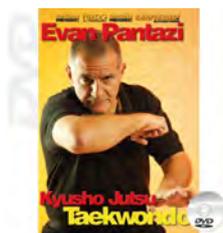
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Price Inc. Tax.....22,00 EUR



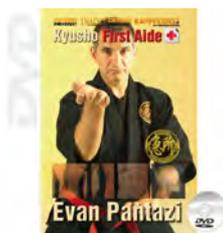
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Ref. DVD/KYUSHO22
Price Inc. Tax.....22,00 EUR



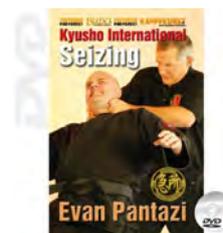
DVD Kyusho Jitsu Kyusho Top 10 Points
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DVD Kyusho in Taekwon Do
Ref. DVD/KYUSHO20
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Price Inc. Tax.....22,00 EUR



DVD Kyusho The 6 Ji Hands
Ref. DVD/KYUSHO17
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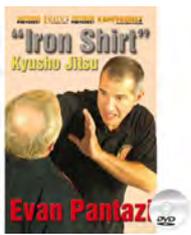
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Price Inc. Tax.....22,00 EUR



DVD Kyusho Gock'Ng 'Sing
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DVD Kyusho Jitsu



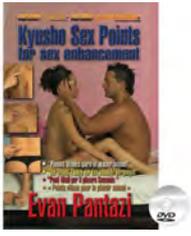
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Ref. DVD/KYUSHO13
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu in Forms Siu Nim Tao
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Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu KO Energetic Transfer
Ref. DVD/KYUSHO11
Price Inc. Tax.....22,00 EUR



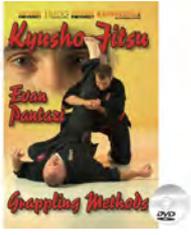
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Ref. DVD/KYUSHO10
Price Inc. Tax.....22,00 EUR



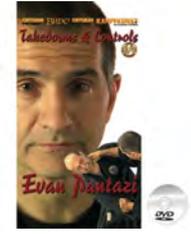
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Ref. DVD/KYUSHO9
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Tuite Joint Locking
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DVD Brazilian Jiu-Jitsu

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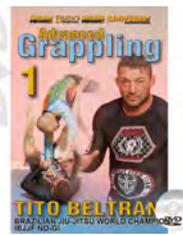
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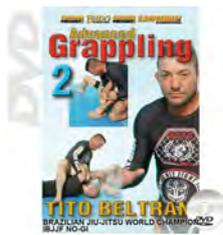
DVD Brazilian Jiu-Jitsu



DVD Brazilian Jiu Jitsu Ultimate Competition Techniques 1
Ref. DVD/FABRI1
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DVD Advanced Grappling Vol.1
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Price Inc. Tax.....22,00 EUR



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



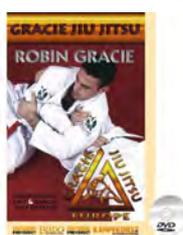
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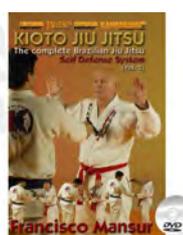
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Price Inc. Tax.....22,00 EUR



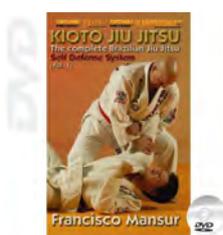
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Price Inc. Tax.....22,00 EUR



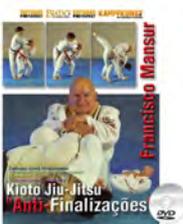
DVD Gracie Jiu Jitsu Submissions, escapes and Self Defense
Ref. DVD/GRACIE2
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DVD Kioto Jiu-Jitsu Self Defense Vol 2
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DVD Kioto Jiu Jitsu Submissions
Ref. DVD/MANSUR2
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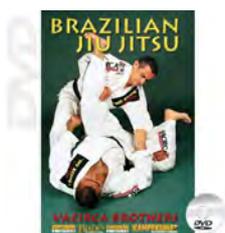
DVD Brazilian Jiu Jitsu Kioto System
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DVD Brazilian Jiu Jitsu Vol 2 Blue Belt Program
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DVD Brazilian Jiu Jitsu Advanced Techniques Vol 1
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DVD Brazilian Jiu Jitsu The Guard position
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DVD Brazilian Jiu Jitsu Cross & Side Mount
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DVD Capoeira

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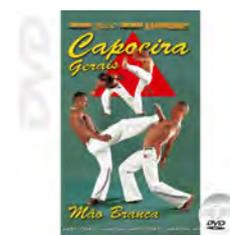
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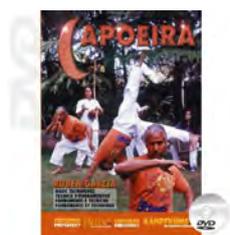
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DVD Capoeira Banzo de Senzala
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DVD Kali Arnis Eskrima

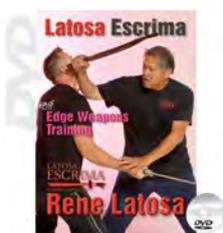
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DVD Kali Arnis Eskrima



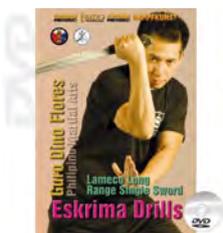
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Ref. DVD/LAT3
Price Inc. Tax.....22,00 EUR



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
Ref. DVD/FLORES1
Price Inc. Tax.....22,00 EUR



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



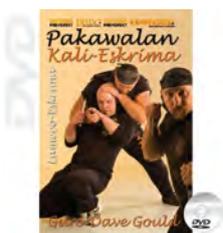
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DVD Dog Brothers Kali & Krabi Krabong
Ref. DVD/DOG2
Price Inc. Tax.....22,00 EUR



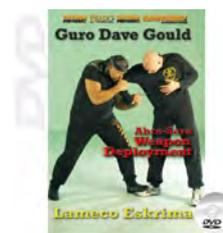
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Ref. DVD/GOULD5
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DVD Lameco Eskrima Solo-Baston Single Stick
Ref. DVD/GOULD4
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DVD Lameco Eskrima Essential Knife 3
Ref. DVD/GOULD3
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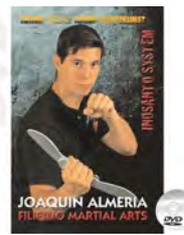
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DVD Lameco Eskrima Essential Knife 2
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DVD Lameco Eskrima Essential Knife 1
Ref. DVD/GOULD1
Price Inc. Tax.....22,00 EUR



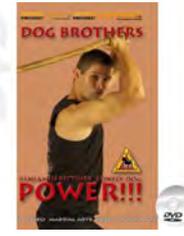
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Ref. DVD/ALM4
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DVD Arnis Tapado Single Stick
Ref. DVD/ARN1
Price Inc. Tax.....22,00 EUR



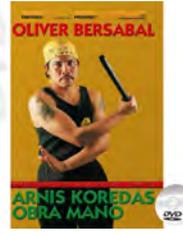
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Price Inc. Tax.....22,00 EUR



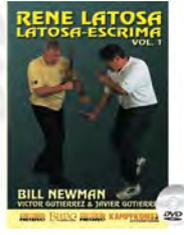
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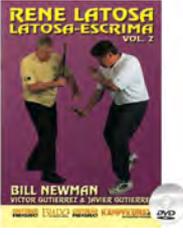
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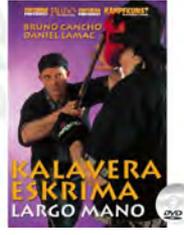
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DVD Latosa Escrima Vol 2
Ref. DVD/LAT2
Price Inc. Tax.....22,00 EUR



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



DVD Kalavera Eskrima - Largo Mano
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DVD Kali Arnis Eskrima



DVD Kali, Arnis, Eskrima
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DVD Staff and Cane

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DVD Staff and Cane



DVD La Canne de Combat Combat Cane
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DVD Cane & Staff Defense
Ref. DVD/LEVI6
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DVD Tolete Canario Traditional & Police Weapon
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DVD Nunchaku

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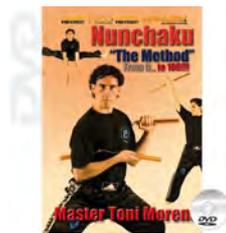
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DVD Nunchaku



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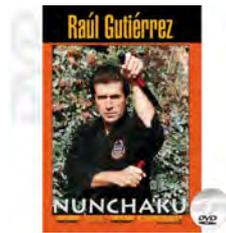
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DVD Artistic & Combat Nunchaku
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DVD Other Weapons

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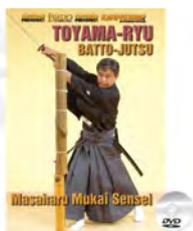
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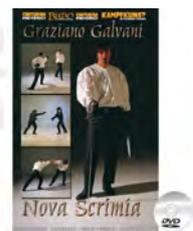
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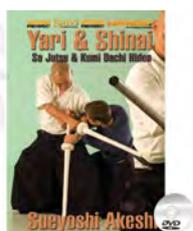
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Price Inc. Tax.....22,00 EUR



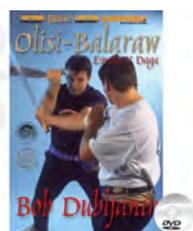
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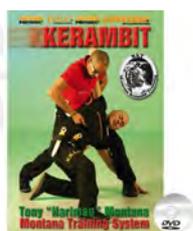
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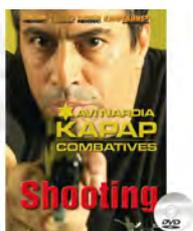
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Price Inc. Tax.....22,00 EUR



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



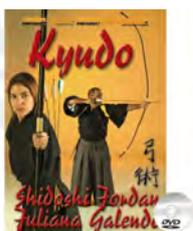
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Price Inc. Tax.....22,00 EUR



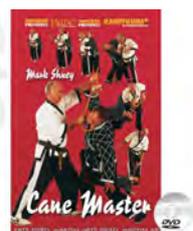
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Ref. DVD/CANE
Price Inc. Tax.....22,00 EUR



DVD Jo Jutsu
Ref. DVD/JO
Price Inc. Tax.....22,00 EUR



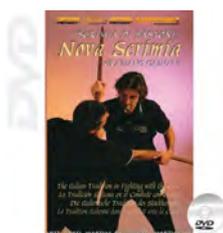
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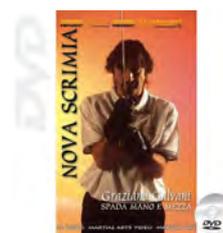
DVD Other Weapons



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Ref. DVD/MONTES2
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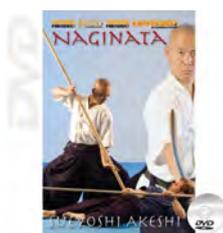
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DVD Nova Scrimia The Sword
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DVD Tai Chi Che Sword
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DVD Naginata & Kumidashi Kihon
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DVD Kubotan
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DVD Kendo
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DVD Advanced Kendo
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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
Price Inc. Tax.....22,00 EUR

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DVD Pro, Military, Police

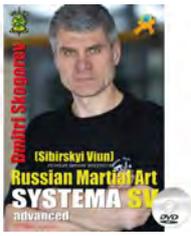
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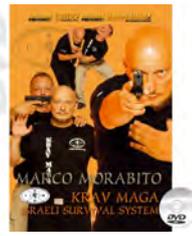
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DVD Pro, Military, Police



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



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



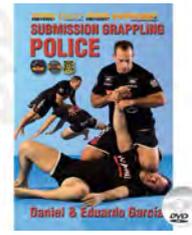
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Ref. DVD/LEVI8
Price Inc. Tax.....22,00 EUR



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



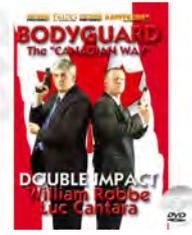
DVD Bodyguard Dynamic Training
Ref. DVD/BODY1
Price Inc. Tax.....22,00 EUR



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



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



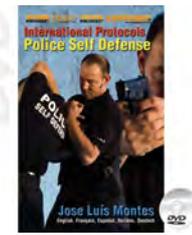
DVD Bodyguard The Canadian Way Double Impact Protection
Ref. DVD/DIP1
Price Inc. Tax.....22,00 EUR



DVD Canadian Bodyguard Defensive Tactics
Ref. DVD/BODY2
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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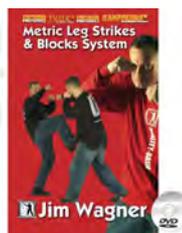
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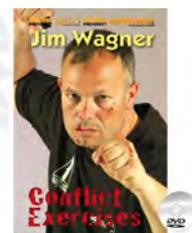
DVD Pro, Military, Police



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



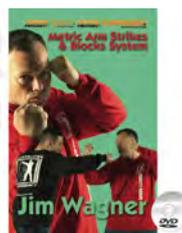
DVD Metric Leg Strikes & Blocks System
Ref. DVD/SARG11
Price Inc. Tax.....22,00 EUR



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



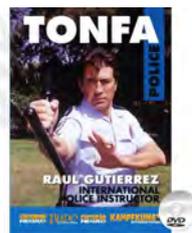
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Ref. DVD/SAN4
Price Inc. Tax.....22,00 EUR



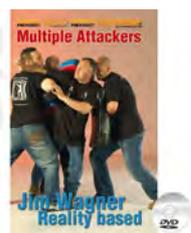
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Ref. DVD/KAISEN2
Price Inc. Tax.....22,00 EUR



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



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



DVD Reality Based Multiple Attackers
Ref. DVD/SARG14
Price Inc. Tax.....22,00 EUR



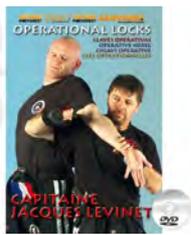
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Ref. DVD/SARG15
Price Inc. Tax.....22,00 EUR



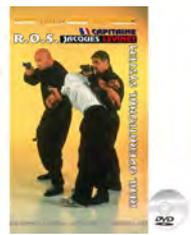
DVD Self Pro Krav Knife Defense
Ref. DVD/LEVI5
Price Inc. Tax.....22,00 EUR

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DVD Pro, Military, Police



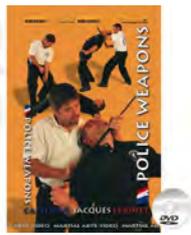
DVD Operational Locks Self Defense Pro
Ref. DVD/LEVI4
Price Inc. Tax.....22,00 EUR



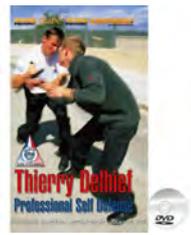
DVD ROS Real Operational System
Ref. DVD/LEVI3
Price Inc. Tax.....22,00 EUR



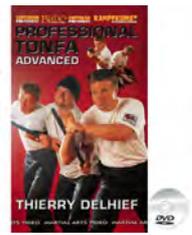
DVD Self Pro Krav
Ref. DVD/LEVI2
Price Inc. Tax.....22,00 EUR



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



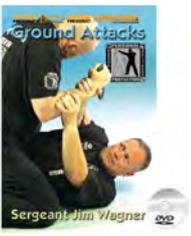
DVD Professional Self Defense
Ref. DVD/DEL1
Price Inc. Tax.....22,00 EUR



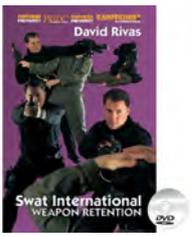
DVD Advanced Professional Tonfa
Ref. DVD/DEL2
Price Inc. Tax.....22,00 EUR



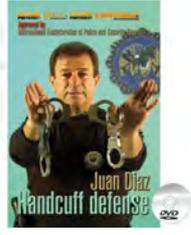
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Ref. DVD/DEL3
Price Inc. Tax.....22,00 EUR



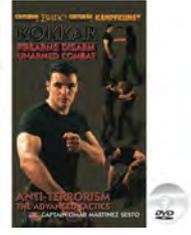
DVD Reality Based Ground attacks
Ref. DVD/SARG16
Price Inc. Tax.....22,00 EUR



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



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



DVD Kokkar Anti-Terrorism Advanced Tactics
Ref. DVD/OMAR4
Price Inc. Tax.....22,00 EUR



DVD Kokkar Kenpo
Ref. DVD/OMAR1
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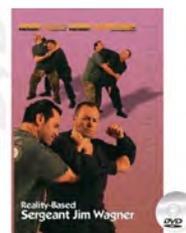
DVD Pro, Military, Police



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



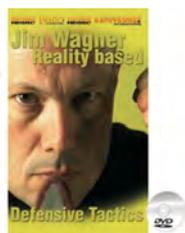
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Ref. DVD/OMAR2
Price Inc. Tax.....22,00 EUR



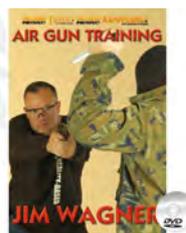
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Price Inc. Tax.....22,00 EUR



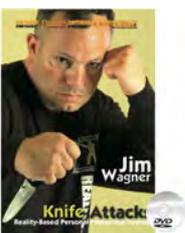
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Price Inc. Tax.....22,00 EUR



DVD Reality Based Defensive Tactics
Ref. DVD/SARG6
Price Inc. Tax.....22,00 EUR



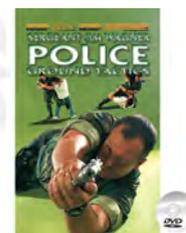
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Ref. DVD/SARG7
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DVD Reality Based Knife Attacks from around the World
Ref. DVD/SARG9
Price Inc. Tax.....22,00 EUR



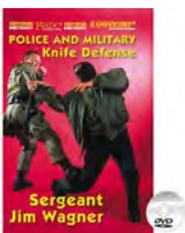
DVD Reality Based American Baton Police Tactics
Ref. DVD/SARG8
Price Inc. Tax.....22,00 EUR



DVD Reality Based Police Ground Tactics
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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



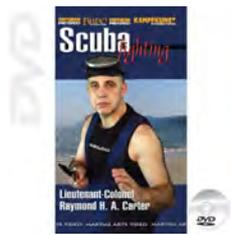
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Ref. DVD/SARG1
Price Inc. Tax.....22,00 EUR



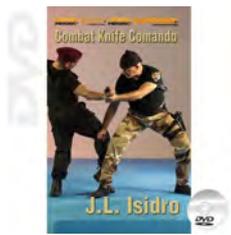
DVD Commando Combat Knife Assault
Ref. DVD/JH1
Price Inc. Tax.....22,00 EUR

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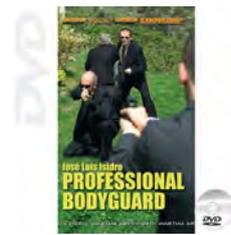
DVD Pro, Military, Police



DVD Scuba Fighting
Ref. DVD/CARTER2
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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

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DVD Krav Maga

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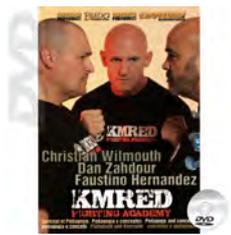
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DVD Krav Maga



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



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



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



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



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



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



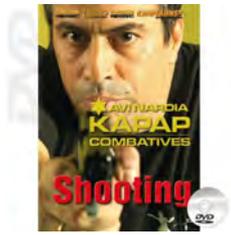
DVD Commando Krav Maga Urban
Survival
Ref. DVD/AIZIK4
Price Inc. Tax.....22,00 EUR



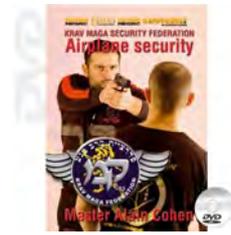
DVD Original Krav Maga Blue Belt
program Vol4
Ref. DVD/YARON5
Price Inc. Tax.....22,00 EUR



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
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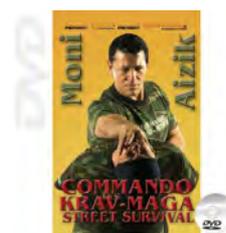
DVD Krav Maga



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



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



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



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



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



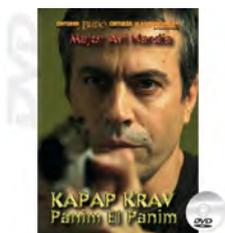
DVD Krav Maga for Security Professionals
Ref. DVD/IDS3
Price Inc. Tax.....22,00 EUR



DVD Kapap Empty Hands Self Defense
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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



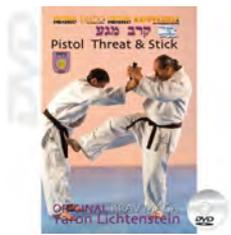
DVD Kapap Lotar Krav Maga
Ref. DVD/KAPAP
Price Inc. Tax.....22,00 EUR

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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
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DVD Systema

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DVD Systema



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



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



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



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



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



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

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DVD Knife Fighting

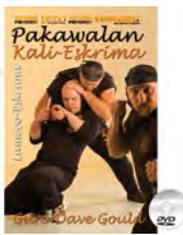
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DVD Knife Fighting



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



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



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



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



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



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



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



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



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



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

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DVD Women´s Self Defense

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82/125

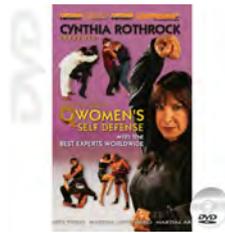
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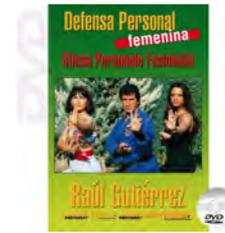
DVD Women's Self Defense



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
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DVD Other Self Defense Styles

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84/125

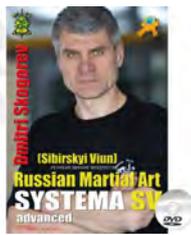
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DVD Other Self Defense Styles



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



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



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



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



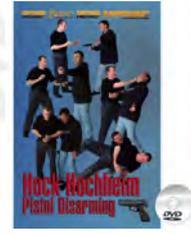
DVD Russian Systema, Disarm
techniques
Ref. DVD/SYSTEMA2
Price Inc. Tax.....22,00 EUR



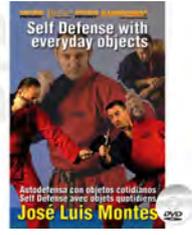
DVD SOG Close Combat Vol 6
Ref. DVD/SOG6
Price Inc. Tax.....22,00 EUR



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



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



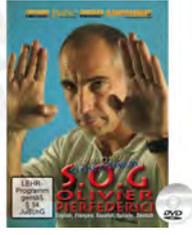
DVD Self Defense with everyday objects
Ref. DVD/MONTES3
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Other Self Defense Styles



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



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



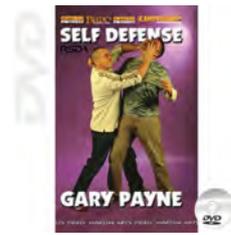
DVD SOG Close Combat Vol 1
Ref. DVD/SOG
Price Inc. Tax.....22,00 EUR



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



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



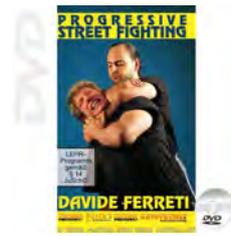
DVD Realistic Self Defense Vol 1
Ref. DVD/PAYNE
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



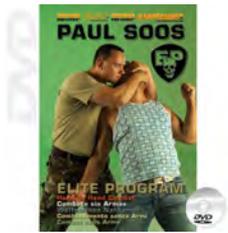
DVD Close Combat Vol 1
Ref. DVD/MALTE2
Price Inc. Tax.....22,00 EUR

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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



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



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



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



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



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



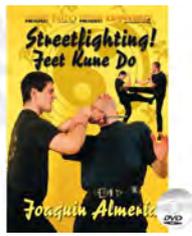
DVD Jun Fan Jeet Kune Do Vol 1
Ref. DVD/JKDTIM
Price Inc. Tax.....22,00 EUR



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



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



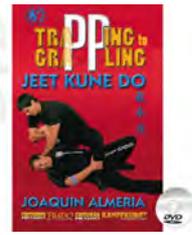
DVD JKD Streetfighting
Ref. DVD/ALM5
Price Inc. Tax.....22,00 EUR



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



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



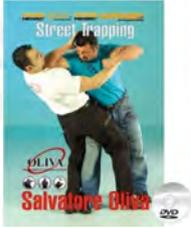
DVD Jeet Kune Do Trapping to Grappling
Ref. DVD/ALM1
Price Inc. Tax.....22,00 EUR

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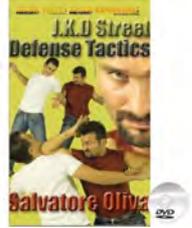
DVD Jeet Kune Do



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



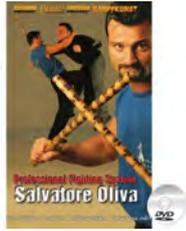
DVD Explosive Dumog Filipino Grappling
Ref. DVD/SALVA6
Price Inc. Tax.....22,00 EUR



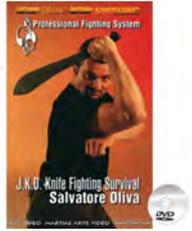
DVD JKD Street Defense Tactics
Ref. DVD/SALVA5
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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DVD Kenpo

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DVD Kenpo



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



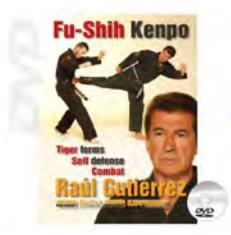
DVD Free Style Kenpo
Ref. DVD/LARRY3
Price Inc. Tax.....22,00 EUR



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



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



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



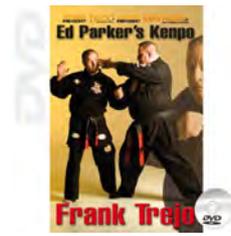
DVD Kenpo Golden Rules
Ref. DVD/PLANAS3
Price Inc. Tax.....22,00 EUR



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



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



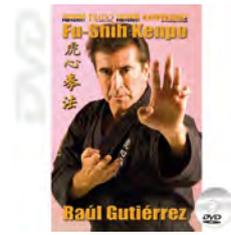
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Ref. DVD/TREJO1
Price Inc. Tax.....22,00 EUR



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

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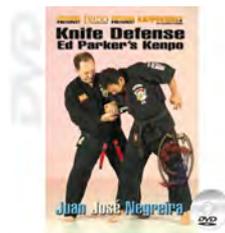
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DVD Kenpo



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



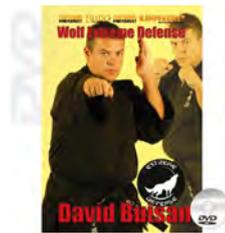
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Ref. DVD/NEGRE2
Price Inc. Tax.....22,00 EUR



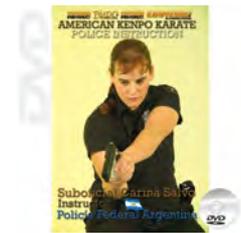
DVD Ed Parker's Kenpo IKKA
Ref. DVD/PARKER1
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Kajukenbo

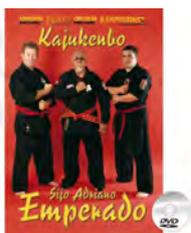
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94/125

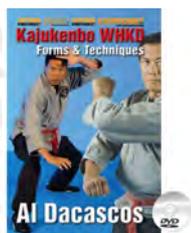
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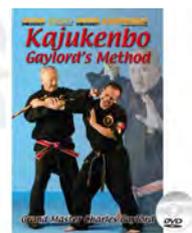
DVD Kajukenbo



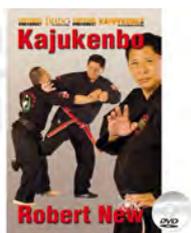
DVD Kajukenbo Emperado
Ref. DVD/KAJ4
Price Inc. Tax.....22,00 EUR



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



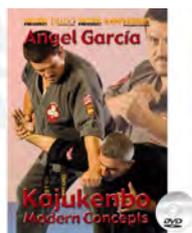
DVD Kajukenbo Gaylord's Method
Ref. DVD/GAYLORD
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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

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DVD Martial Arts Vietnam

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DVD Martial Arts Vietnam



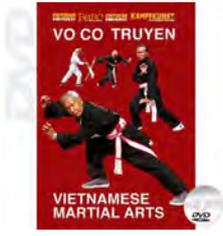
DVD Viet Vo Dao Con Phap. Long staff Vol.1
Ref. DVD/VIET7
Price Inc. Tax.....22,00 EUR



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



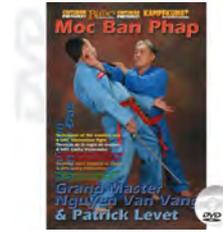
DVD Vovinam Viet Vo Dao saber and Halberd
Ref. DVD/VIET5
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Vovinam Viet Vo Dao Vol 1
Ref. DVD/VIET1
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DVD Other Martial Styles

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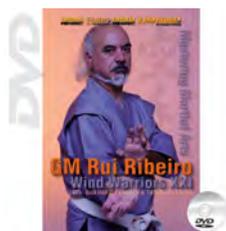
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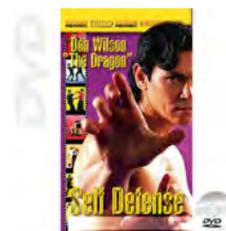
DVD Other Martial Styles



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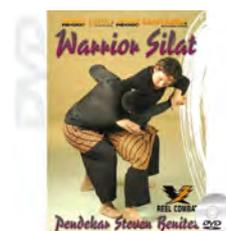
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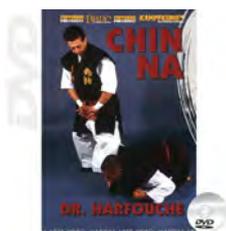
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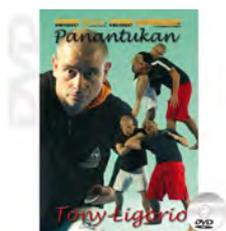
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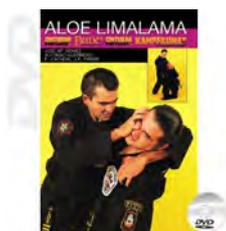
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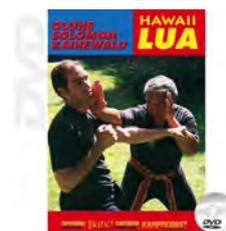
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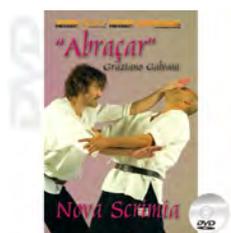
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Price Inc. Tax.....22,00 EUR



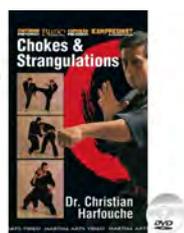
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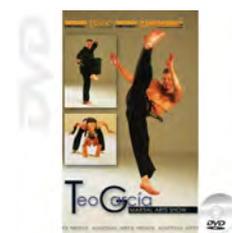
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Price Inc. Tax.....22,00 EUR



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



DVD Kaisen Do
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Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Budo Martial Arts International
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Price Inc. Tax.....22,00 EUR



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



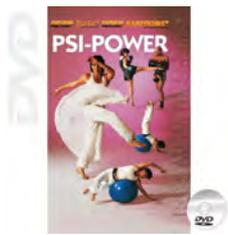
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Ref. DVD/FESTI1
Price Inc. Tax.....22,00 EUR



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

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DVD Other Martial Styles



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



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



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



DVD Pukulan Pencak Silat Serak.
Weapons
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DVD Pencak Silat

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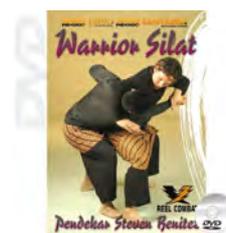
DVD Pencak Silat



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



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



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



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



DVD Pencak Silat Java & Sumatra
Ref. DVD/SILAT
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DVD Pencak Silat
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DVD Tae Kwon Do

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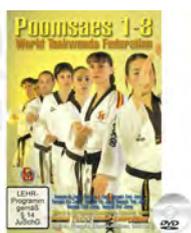
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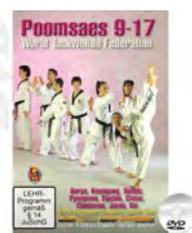
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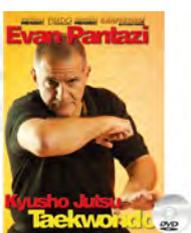
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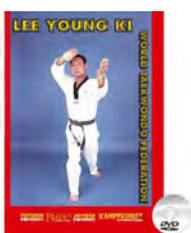
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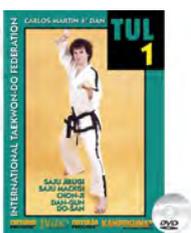
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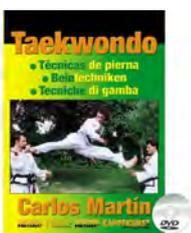
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Price Inc. Tax.....22,00 EUR



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



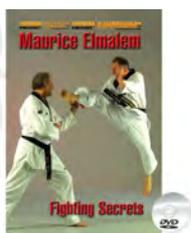
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Ref. DVD/TUL
Price Inc. Tax.....22,00 EUR



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



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



DVD Taekwondo Fighting Secrets
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DVD Hapkido

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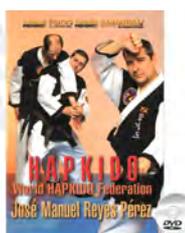
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DVD Hapkido



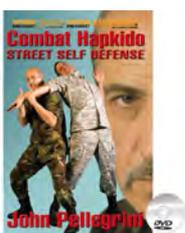
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DVD Hapkido Technique WHF
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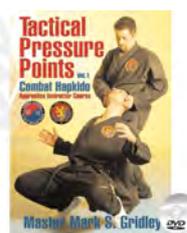
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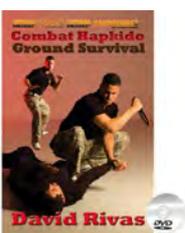
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DVD Combat Hapkido
Ref. DVD/COMH2
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Hapkido Hoi Jeon Moo Sool Vol 2
Ref. DVD/KIM2
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DVD Sin Moo Hapkido
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DVD Other Styles Korea

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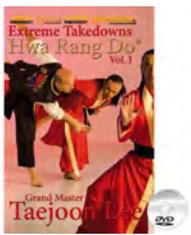
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DVD Hwa Rang Do Extreme Takedowns Vol1
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DVD Hwa Rang Do Knife Fighting
Ref. DVD/HWA1
Price Inc. Tax.....22,00 EUR



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



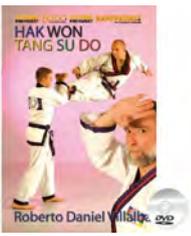
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Price Inc. Tax.....22,00 EUR



DVD Sib Pal Ki
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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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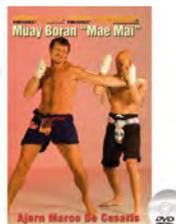
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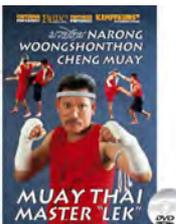
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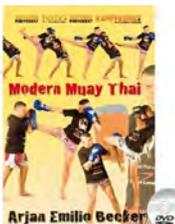
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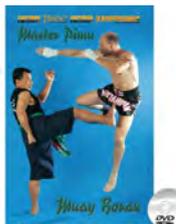
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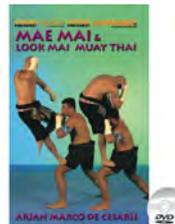
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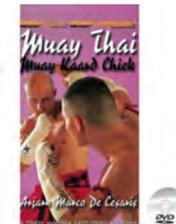
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DVD Mae Mai & Look Mai Muay Thai
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Price Inc. Tax.....22,00 EUR



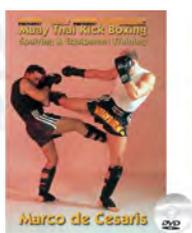
DVD Muay Thai Boran Muay Kaard Chiek
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DVD Muay Thai Kick Boxing Sparring
Ref. DVD/CESAR5
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DVD Cross Fighting Muay Thai & Brazilian Jiu Jitsu
Ref. DVD/CESAR4
Price Inc. Tax.....22,00 EUR



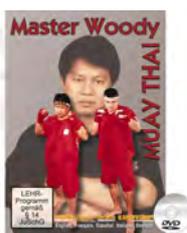
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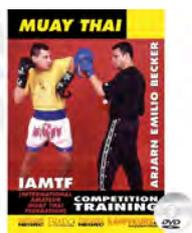
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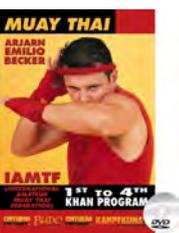
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Ref. DVD/CESAR1
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Kapap Combatives Muay Thai Self Defense
Ref. DVD/MUAYKAP
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DVD Kick Boxing

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DVD Kick Boxing



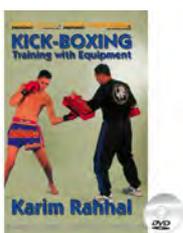
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Price Inc. Tax.....22,00 EUR



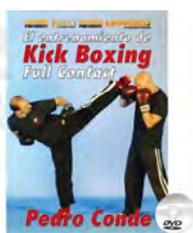
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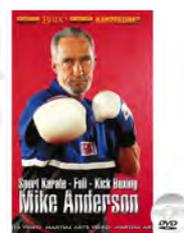
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Ref. DVD/DON2
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



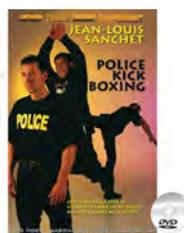
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DVD Semi Contact
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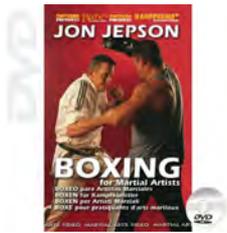
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Ref. DVD/BARADA1
Price Inc. Tax.....22,00 EUR



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

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DVD Kick Boxing



DVD Boxing for Martial Artists
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DVD Grappling Wrestling

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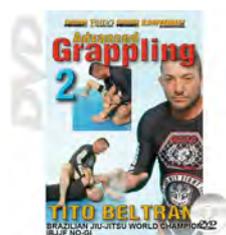
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DVD Grappling Wrestling



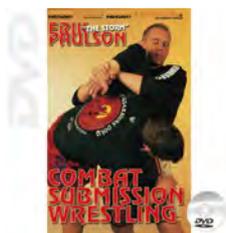
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Ref. DVD/TBELTRAN-1
Price Inc. Tax.....22,00 EUR



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



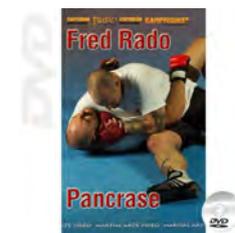
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DVD Combat Submission Wrestling Vol 2
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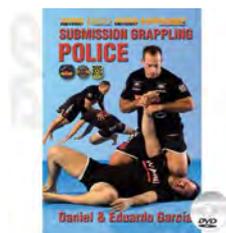
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DVD Pancrase
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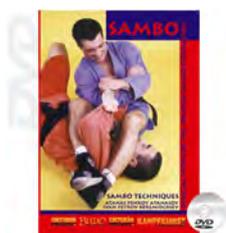
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Ref. DVD/ALEXP
Price Inc. Tax.....22,00 EUR



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



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



DVD Sambo Techniques
Ref. DVD/SAMB1
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DVD MMA - Vale Tudo

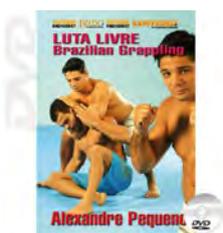
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DVD Brazilian Thai Boxing
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DVD Ultimate Fighting X-Treme3 Ground fighting
Ref. DVD/HUB3
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DVD Ultimate Fighting X-Treme2 Upright fight
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Price Inc. Tax.....22,00 EUR



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



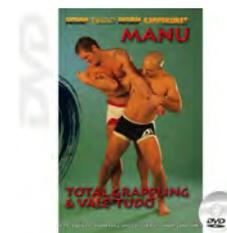
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Price Inc. Tax.....22,00 EUR



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



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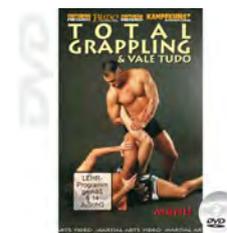
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Price Inc. Tax.....22,00 EUR



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



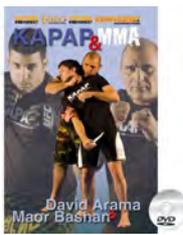
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Price Inc. Tax.....22,00 EUR



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

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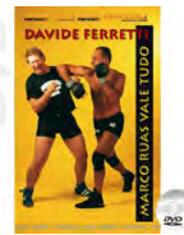
DVD MMA - Vale Tudo



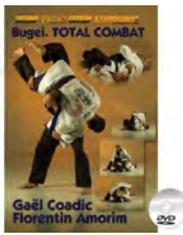
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Price Inc. Tax.....22,00 EUR



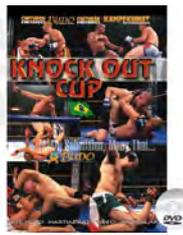
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Ref. DVD/NICO
Price Inc. Tax.....22,00 EUR



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



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



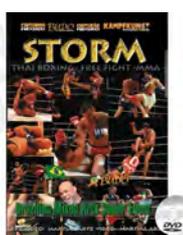
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Ref. DVD/BRA3
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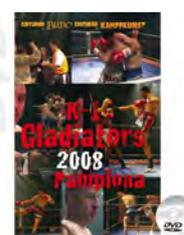
DVD Vale Tudo The Very Best of IVC 6 & 9
Ref. DVD/BRA2
Price Inc. Tax.....22,00 EUR



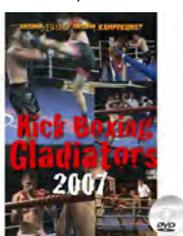
DVD Meca World Vale Tudo The Very Best
Ref. DVD/MECA1
Price Inc. Tax.....22,00 EUR



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



K-1 Gladiators Tournament 2008 Spain
Ref. DVD/GLA2
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DVD K-1 Gladiators Tournament 2007 Spain
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DVD Other Contact Sports

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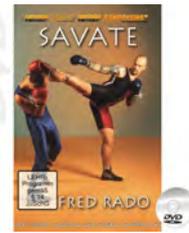
DVD Other Contact Sports



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



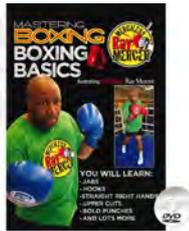
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Ref. DVD/GRAD2
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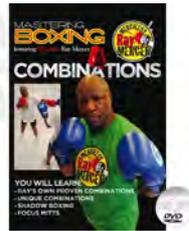
DVD Savate French Boxing
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Price Inc. Tax.....22,00 EUR



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



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



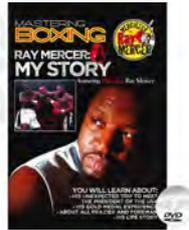
DVD Mastering Boxing Combinations
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Price Inc. Tax.....22,00 EUR



DVD Mastering Boxing Bag Work & Footwork
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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

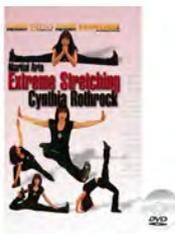
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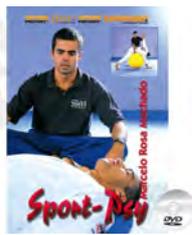
DVD Health - Wellness



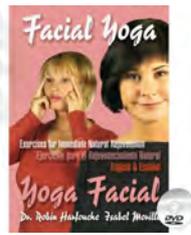
DVD Martial Arts Extreme Stretching
Ref. DVD/CYNTHI
Price Inc. Tax.....22,00 EUR



DVD Weights Training for Martial Arts
Ref. DVD/SIMAC1
Price Inc. Tax.....22,00 EUR



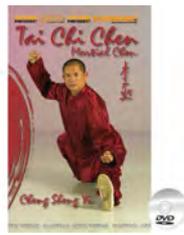
DVD Sport-Psy for competition
Ref. DVD/MARCE
Price Inc. Tax.....22,00 EUR



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



DVD Tai Chi Chen Style
Ref. DVD/YU
Price Inc. Tax.....22,00 EUR



DVD Tai Chi Yang Style Vol 1
Ref. DVD/FUSE
Price Inc. Tax.....22,00 EUR



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



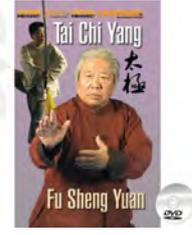
DVD Tai Chi Yang Style & Chi Kung Vol
1
Ref. DVD/TAI1
Price Inc. Tax.....22,00 EUR



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



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