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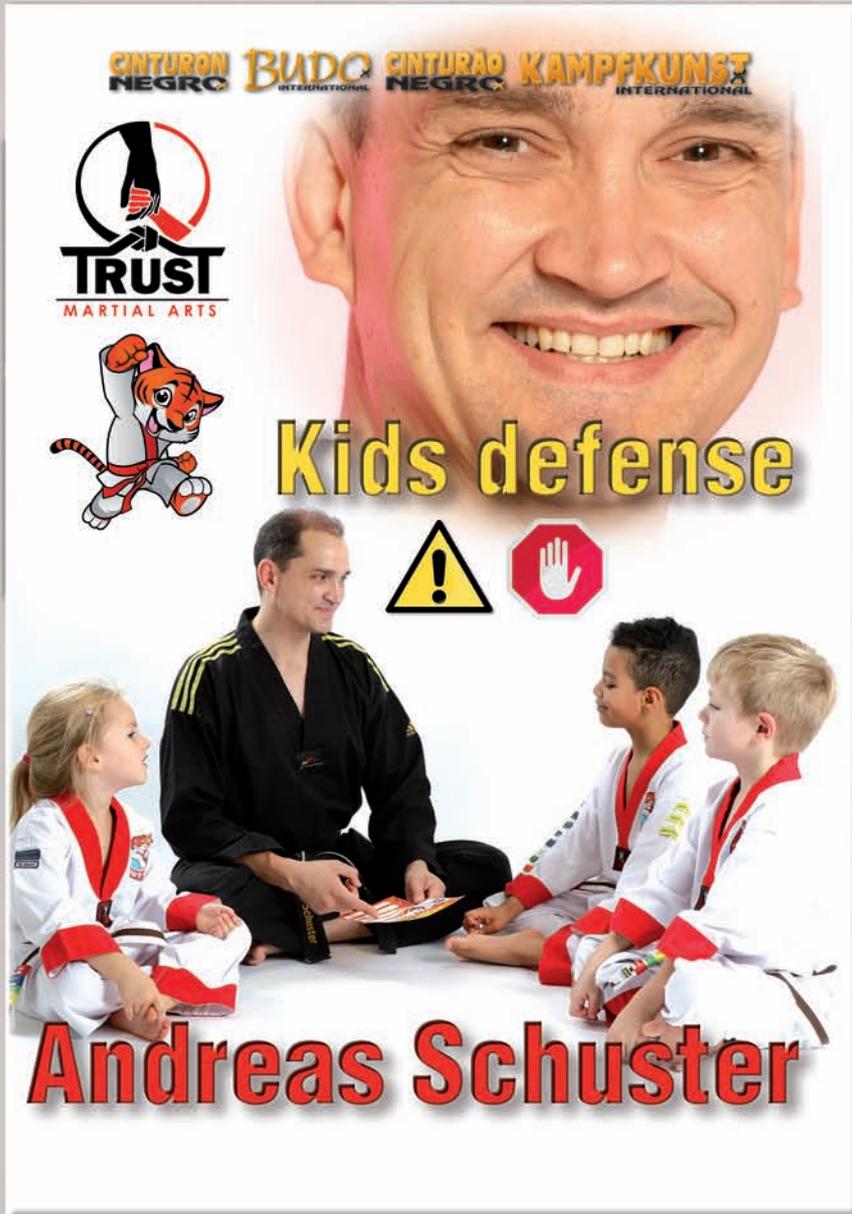
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of the King of MMA**

Conor McGregor



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Schuster

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



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Editorial

The arena of life

"You fight bulls the way you are. That's why the bull denounces the bad bullfighters and impostors."
Antonio "Chenel" Antoñete.

"For some things in life we are bulls, for other things we are bullfighters."
José María Sánchez Barrio

Every person or entity is subject to the big laws of beginning and end, raise and fall. From its beginning, everything tends to develop and extract what it carries inside. The initial phase will be predominantly marked by structural growth. Once this process is finished, every structure as such enters a period of decline and the functions are necessarily framed in a new paradigm, which will focus on the best use of its energy; it's a time, so to speak, where the skill will be more important than the strength. At best, the worn-out energy will have been now transformed into wisdom. At worst, we will find ourselves without any of the two.

While the first phase is structurally expansive, the second phase will be expansive in its functionality. The cycles in which that process is organized, must be carefully considered to navigate in them with wisdom.

The Bullfighting, Bulls Festival or Fiesta, magnificent epitome of life, is subdivided into "suertes" (lots) or "tercios" (thirds). In the first third, "the lancing third", the bull comes out of the "chiquero" (bull pen) and shows his nature, his structure and his strength. The bullfighter, as an analogical record of the circumstances of life, will teach him to enter the "capote" (cape), performing a series of passes (also called "engaños" or deceits) and taking him to his first big test, the "picador" on horseback armed with a "vara" (lance). At this point, the picador stabs just behind the "morrillo", a mound of muscle on the fighting bull's neck. Here the bull will demonstrate his strength and ability to overcome difficulties and pain; if the animal has what it takes, he will not run away from the encounter and will push firmly "with his kidneys"; the more he pushes, the more he will stab himself with the lance. So is also in life, when we're young we thrust boldly and our own intensity measures us in proportion, time and hour. The so-called "suerte de varas" (the lancing third) is therefore not only a test of strength, but mainly of bravery, which is nothing but the ability to continue attacking, even when we are inflicted punishment. From that moment the bull will lose energy in his bleeding and emptying of spurious forces, distilled these with the fight, and thus he will show the essence of what it has inside, his race and his caste.

Still "young" in the analogical times of the ring, that bull will be challenged by the "banderilleros", who with their body uncovered and their provoking actions seem to say to him: "Every time you seek my body, you will find punishment". Now if the bull has been properly fought, must be "learned" and ready for the task with the small red cape, or "muleta". His outstanding initial strengths will have diminished and what is inside will be ready to come out and show off his real essence on the "muleta". And so: If he is "bravo" (brave), he will ram "por delante y por derecho" (ahead and rightfully). If he is "manso" (gentle), he will flee from the encounter; he will take refuge near the exit of the bull pen; he will try to jump out of the ring; he will show excessive meekness and will start throwing sand on his wounds; he will shun the fight. If he has "caste", he will rise to the challenge, repeating with insistence and rectitude and drawing strength from weaknesses and he will perform his noble attack "humiliating", that is, with his head down; if he lacks "casta" he will shrink and look for the shortest ways to get rid of the challenges and he give up "asking for death".

The last "third", called "of truth", is that of the bull's encounter with death. Contrary to what happens with humans, in the Fiesta, a symbolic transgression of the order is realized, since there exists the figure the "pardon". Very rarely, if the bull has fought in a way extremely brave and noble, the public may ask the event's president to grant the bull an "indulto" (pardon). If it is granted, the bull's life is spared, his wounds will be cured and he will be returned to its home ranch where he will be a stud for the rest of his life. Otherwise, the supreme moment, that "of the truth", is

death, as it is for us. In it, the bull will attack for the last time and, analogically, in a last onslaught, he will stab himself with the sword that the matador will have put "right on top". Even in his death the bull will be able to demonstrate his bravery when, wounded, instead of seeking refuge from the wooden boards that form the bullring, he will die standing, fighting, or in the center of the arena.

Beginning and end are the key moments of every spiral, those of the biggest power. No other moment in between possesses the natural vigor of both. Nevertheless, in both cases, we will not be we the ones to be in the command of the situation, but Life and its hazards, Karma or Destiny, with capital letters. It's what we do between both moments what defines our nature. Outside of it, life, like the Fiesta, marks us "the times" with detailed certainty and implacable accuracy. It will be our actions that will mark the echo of the people, that will celebrate our successes as easily as they will criticize our mistakes; anyway the cycles and times are not negotiable and they will always find us. But although Kronos is implacable and time passes for everybody, not all of us walk through it in the same way.

The "thirds" and the life cycles with their advent multiple markers are a scenario, a proposal to which we all give different answers. Virtue lies precisely in that particular aspect. As bulls before life, we're also marked by times; as bullfighters, which we also are, we must learn to dodge with courage and impeccability the onslaughts, problems and characteristics that each circumstance might pose to us. The environment is always stronger and bigger than us, as is the bull for the bullfighter. We could never beat a bull by the strength, but with cunning, courage, wisdom and character. That's why true bullfighters are like the priests of an ancient and pagan Mediterranean religion, in which adolescents reach their coming of age by facing the danger and the terror of the black fierceness symbol: the bull. Dressed as a woman and a dancer, they will win their manhood by confronting the fearsome darkness of danger and death.

Meanwhile, in the Fiesta, as in life, the Art appears or not among those circumstances, when the masculine principle, the bull, and the feminine principle, the bullfighter, are each one pure in their essence. The former in his stillness, the other in his mobility; the one in its rectitude and strength, the other in his circularity, temper and parsimony. When in the center of the sacred circle of life, both play their role in an impeccable way, the Fiesta becomes an Art, ephemeral as life itself, authentic as only death can certify, and magical as any encounter where the truth and mystery of the opposites appears in no uncertain way. A liturgy where death, as a possibility for the bullfighter and a certainty for the bull, is what gives value to life. In the words of the philosopher Fernando Savater: "Yes, in bullfighting death is present, but as an ally, as an accomplice of life: death plays the role of an extra so that life asserts itself."

If, as it is de facto, for better or worse, each of us is a unique product of the infinite however much we have in common, at least we possess that dignity of the exclusive, as well as, with the brand of the ephemeral, our Date of Expiry. The finitude is the certainty that enables and forces the transformation, which although it is and it will be predefined by our natures, can be nonetheless modulated and eventually transcended by experience and knowledge, perhaps our only real chance to achieve that pardon that virtually will lead us to another life.

The cycles and becomings are marked for everyone, like they are marked for the bull, but the way to deal with them is always optional. For some things we are more bulls, for other things we are bullfighters, and although the cycles determine us, they will not necessarily define us.

Halted the process of growth, reached the apex of the structural, there's only one path: deterioration and fall. The only way to transcend the inevitable is hidden in the words of that Zen





proverb: "When you reach the top, keep going up". If the first stages depend predominantly on the structural, the subsequent phases basically rely on the functional. After a certain age, what defines you is not what you are physically, but what you do and the way you live in it. The second part of our lives is therefore essentially functional; when the body starts to decay, the spirit must continue to grow. Life will not work so much through automatic resources, but it will do it with "manuals". Where once there were hormones, now there must be will; where before there were impulses, now there's reflection; where before desire, now imagination and creativity.

If, as they say, at forty we are all responsible for our face, at sixty we are responsible for our mood, and at eighty for our frustration or peace. The "supreme lot", our "last third" or "moment of the truth", awaits us all; what we do in between will definitely be the only thing that distinguishes us. Each one with his measuring rod, each one with his idea, each one with his world, will take out in the ring of life what he or she has inside.

So, "Valor ... y al toro!"
(that is, be brave and grab the bull by the horns!)

Alfredo Tucci

e-mail: budo@budointernational.com





“Pearls” of the Warrior

*“Practicing Budo
improves mental strength,
to the effect that it potentially
enables practitioners
to control an adversary
with no need for a physical clash.”*

*By
Nishiyama Sensei*





Conor



On the front page



Connor Anthony McGregor, the King of Mixed Martial Arts

A group of boisterous young people get in the house, jokes and laughter all over, my daughter calls us and makes the pertinent introductions; when leaving my office, the youngsters are surprised to see a room full of shelves with book and magazines; one of them asks:

"Have you read them all?"

Smiling, I answer them: "No, just some."

My daughter remarks: "Everything's Martial Arts, many of them are Bruce Lee's."

One of them comments: "Ah, the one with the scratches! I saw the fight between Chuck Norris and him at the Colosseum in Rome."

Unable to avoid the question, I ask them:

- Haven't you people seen any of his movies?

The refusal was unanimous. Another young man comments:

Text: Pedro Conde

Pedro Conde analyzes the Connor phenomenon, his lights and shadows, his charm and his controversies, which have placed him at the top of the Martial Arts of our times.

King of MMA McGregor





On the front page

- "They're very old and they're awful... Do you know Connor McGregor? That guy is a real crack, I've seen some of his matches and he's amazing."

Then everyone started talking about him...

More than 30 years ago, when I spoke with neophytes in Martial Arts, I was asked about Bruce Lee; at present, things have changed and the questions revolve around Connor McGregor. You have to surrender to the evidence, nowadays Martial Arts films are no longer released, there are no more celluloid heroes ... Nowadays, the mass media scarcely speak on the fighting arts and if they do it it's about Connor McGregor. Currently, the most famous boxers, masters and even actors of martial arts cinema, have been displaced by him. Unquestionably, he is the great "star" of the fighting arts.

But who is really Connor McGregor?

Who is this character that has managed to draw all the attention of the mass media?

It is true that he has many supporters and followers, as well as censors and detractors, but if Martial Arts are once again in the news is undoubtedly because of him, so it's time to learn more about this new "King of the Martial Arts".

“It is true that he has many supporters and followers, as well as censors and detractors, but if Martial Arts are once again in the news is undoubtedly because of him, so it's time to learn more about this new King of the Martial Arts.”





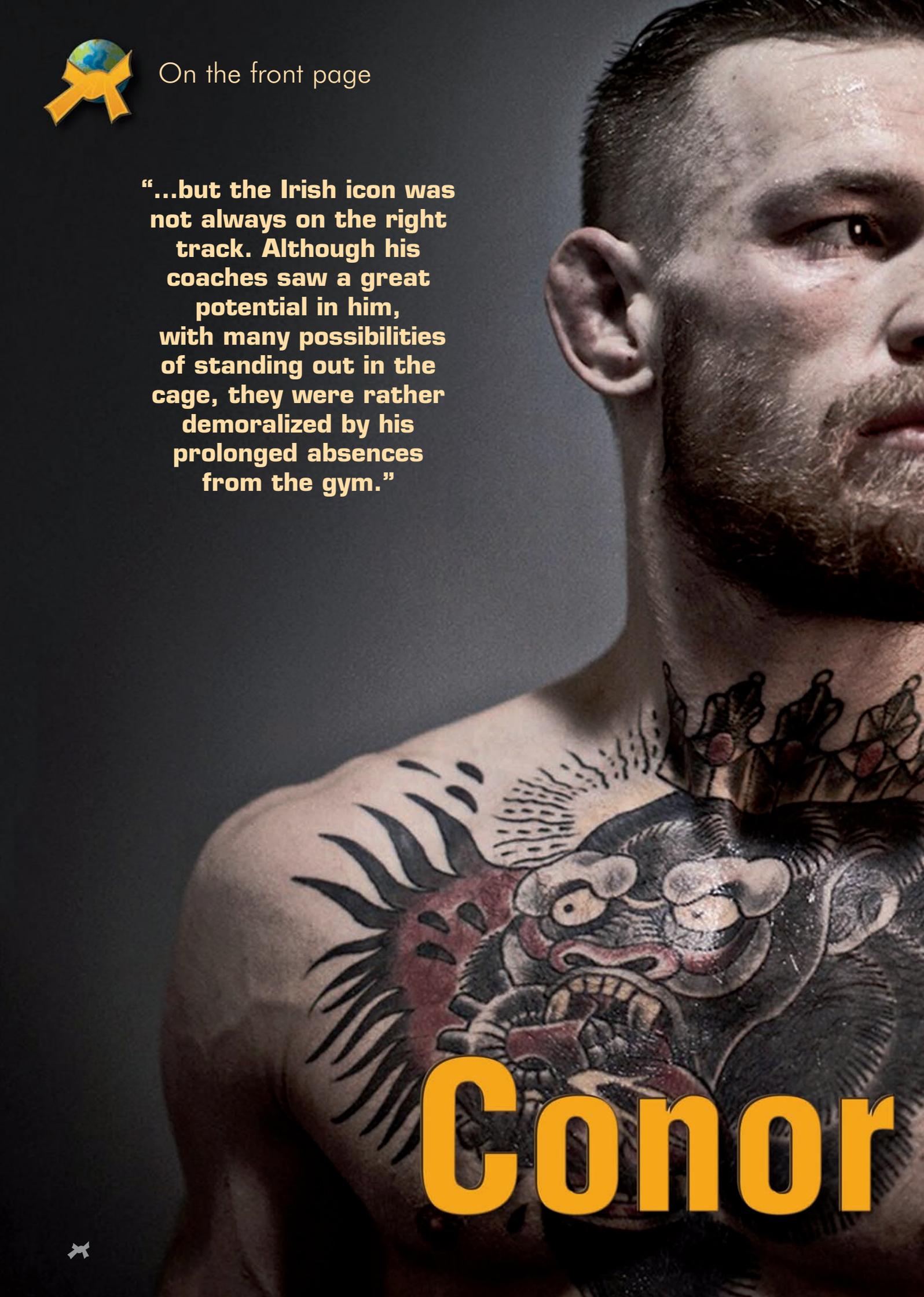
**King of MMA
McGregor**





On the front page

“...but the Irish icon was not always on the right track. Although his coaches saw a great potential in him, with many possibilities of standing out in the cage, they were rather demoralized by his prolonged absences from the gym.”



Conor





Connor Anthony McGregor

Connor Anthony McGregor was born on July 14, 1988, in Crumlin, Dublin, son of Tony and Margaret McGregor. The origins of "The Notorious" come from a very modest family who lived in the Dublin labor district of Crumlin. As a child he studied at a Gaelscoil school (schools where the instruction language is Irish), specifically at Colaiste of Hilda, in Tallaght.

From the very beginning he stood out more for his passion for sports than for his studies; football was his main interest, to which he dedicated all the time he could, dreaming of becoming someday a recognized player. His fondness for football was such that his parents decided to inscribe him in the Lourdes Celtic Football Club, in which he stood out as a striker. The only drawback that his coach always admonished him for was that he never played in team, being too individualistic. At the age of 12 he began to combine his football passion with Boxing, that he trained at the Crumlin Boxing Club.

In 2000, McGregor moved with his family to Lucan, Dublin, and started attending the Gaelcholáiste Colaiste Cois Life. At the school he was a victim of bullying; it has been said that he suffered the dreaded school bullying because of his skill in football, apart from being some kind of 'blabbermouth'. Although he had practiced boxing, having less height and weight than his teammates, he always took the brunt of it, especially when they performed in groups. Due to this and the shortage of money, which was usual in his family (he always lived very humbly in his home), he left school at the age of 16 and began to learn his father's trade: plumbing. His father didn't want him to devote himself to his trade, but for a few years he had no other choice. In fairness, Connor McGregor was never a great student and F's were predominant in his school qualifications...

“At the age of 12 he began to combine his football passion with Boxing, that he trained at the Crumlin Boxing Club.”

King of MMA McGregor





Due to the school bullying he had suffered, he decided to expand his martial "horizons" and started practicing Mixed Martial Arts; his handler and personal coach was Tom Egan (years later a note UFC competitor). Nobody could imagine that the career of the Irishman, perhaps, wouldn't have existed had it not been for the unconditional support of his father; indeed, when McGregor became interested in MMA, his father, who had practiced boxing in his youth, far from opposing, supported him despite the bad reputation that such discipline had, but being aware of the character of his son and what he had suffered in school, allowed him to choose his own path and, making an economic effort, he defrayed all his son's training expenses and equipment.

Of course, it was obvious that Connor Anthony McGregor showed promise, he had managed to be an amateur youth boxing champion, so the experience accumulated in this sport greatly helped him to adapt to change, consolidating little by little in the Mixed Martial Arts, but the Irish icon was not always on the right track. Although his coaches saw a great potential in him, with many possibilities of standing out in the cage, they were rather demoralized by his prolonged absences from the gym; it was clear that if he was not constant in his training, he could hardly reach success. In those days he still didn't know whether to choose football or opt for MMA, and for a while his fanaticism for Manchester United kept being stronger than him. He hadn't rejected the idea of becoming a great football player; in fact, he managed to play in the Yellowstone, known today as the Stanaway Celtic; being the top scorer of the team; however, the good results in the Crumlin Boxing Club, where he had started, along with the encouragement from his family environment and his coaches ended up turning the tide in the Mixed Martial Arts favor.

In 2006 he met his girlfriend, Dee Devlin, in a pub in Dublin. The attraction was instantaneous. He approached her to talk, since he thought she was "a good girl", and they quickly discovered that they had many things in common: Like McGregor, she was also proud of her Irish heritage and roots. For her part, Dee saw in McGregor a very amusing man and when she found out what he was doing, she felt great admiration for him. Dee was from an Irish suburb of Dublin called Walkinstown; soon after, they moved in together.

For years they lived in a small rented apartment, in a town 30 kilometers from Dublin. McGregor only had a monthly revenue of 188 €, that was the benefit

or support that grants the Irish government to the unemployed, because he had given up everything and had devoted himself to train in order to become the best Mixed Martial Arts fighter in the world. Dee, on her part, unconditionally supported her partner so that he could achieve his dream. To be able to survive, and in order that McGregor could follow a balance diet in line with his training, she worked as a secretary. All those endeavors and hardship that she went through, and especially her unconditional support, is something that McGregor has thanked her publicly on more than one occasion: "My girlfriend has been with me from the start, she has helped me throughout my career. If it wasn't for her, I probably wouldn't be where I am right now. I thought I could be a champion, and so did she. She trusted me and despite the lack of money, she always tried to make me eat properly and follow my daily diet. Every time I got home after an exhausted training day, she said to me: "Connor, everything's okay, you can do it."

“Due to the school bullying he had suffered, he decided to expand his martial "horizons" and started practicing Mixed Martial Arts.”



Conor





To this, Dee Devlin added: "He's always been very sure of himself, we had the intuition that this was going to happen - it was almost as if we were predicting the future."

McGregor, excited, stated: "She worked very hard for years and she was by my side when I had absolutely nothing. All I had was just a dream: That she didn't have to work and give her everything she had always wanted; travelling the world with her fills me with pride. It gives me the strength to continue."

Obviously all those sacrifices, hardships and efforts paid off and on March 9, 2008, he debuted at the Cage as an MMA fighter in the featherweight category, beating Irish wrestler Gary Morris. Two months later, specifically on May 3, he obtained the same result against Mo Taylor. In front of these overwhelming victories and in the need to get money, just a few weeks later, on June 28, he fought the Lithuanian Artemij Sitenkov, with whom he lost by submission. That defeat made him consider and value Grappling techniques in a different way...

On December 12 he would fight against Stephen Bailey again, coming out victorious. After that there was a break in his career of almost two years; he returned to the Cage on October 9, 2010, beating his rival Connor Dillon. On November 27, he changed category, instead of fighting in featherweight he did it in the lightweight division with terrible results ... Joe Duffy made him "bite the dust" with a submission technique. Again Grappling had proved to be his "Achilles' Heel".

It seems that he learned the lesson, again returned to his category savoring the laurels of victory: on February 12, 2011, he won Hugh Brady; on March 12, he would do the same in his fight with Mike Wood; and again on April 16 in front of Paddy Doherty. So many fights in a row can seem crazy, but his financial need pushed him to it; besides, he won all these fights with a relative ease in the first round, almost effortlessly.

On June 11 he fought against the Polish Arthur Sowiński, winning the Celtic Gladiator Featherweight

"In those days he still didn't know whether to choose football or opt for MMA, and for a while his fanaticism for Manchester United kept being stronger than him."

King of MMA McGregor





On the front page

Championship in England. On the circuits of MMA he was beginning to acquire great notoriety.

On September 8 he fought Aaron Jahnsen, with the expected result. On February 18, 2012 he would meet Steve O'Keefe, with a new victory for McGregor. On June 2 he disputed the Cage Warriors Featherweight Championship in front of Dave Hill, winning his first major MMA title. Months later, specifically on December 31, almost seeing off the year, he fought for the Cage Warriors Interim Lightweight Championship title - this time his rival would be Ivan Buchinger -, where he gave a real show; his opponent did not pass the first assault...

By then, McGregor's fame had crossed the ocean. In February 2013, the UFC organization announced that McGregor had signed a contract with them, thus becoming the second Irish fighter to fight in the UFC; the first one had been Tom Egan, Connor McGregor's trainer.

Connor McGregor in the UFC

McGregor's UFC debut was on April 6 in Sweden, against Marcus Brimage; the Irishman won the bout by knockout in the first round destroying his opponent in one minute; his victory was so spectacular that he won \$ 60,000 after getting the best K.O. of the night. It would seem as though his economic hardship had started to stay behind and new horizons were opening for him...

On August 17, 2013, McGregor faced Max Holloway, winning the fight by unanimous decision. Right after the encounter, McGregor started to feel great discomfort in one leg, he could barely walk; an MRI revealed that during combat, he had torn the anterior cruciate ligament, requiring an operation to rebuild it; this would keep him out of the circuit for up to ten months.

McGregor would return to the cage on July 19, 2014, almost a year after his injury. There was a lot of talk that it was too early and it was simply impossible that he could ever respond, neither at cardio nor at technical level; he was going to face Diego Brandão. Again the Irishman surprised everyone; clearing the doubts of his detractors, he not only won the fight by technical knockout in the second round, but he also won the prize for the best K.O. of the night.

On January 18, 2015, he would face Dennis Siver with identical results from his previous fight, just as he had predicted. Days before the event, Dana White had announced that if McGregor managed to beat Siver, he would be given the opportunity to contest the featherweight championship against Jose Aldo.

On July 11, McGregor faced Chad Mendes for the provisional featherweight championship, again winning the fight by technical knockout in the second round; besides, and as it was usual in the evenings he participated, he won the prize for best knockout.

Connor McGregor showed such degree of self-confidence that he was able to beat his rivals even before entering the cage, like Mohamed Ali. In the presentation to the press and in the weigh-in he



Connor





“My girlfriend has been with me from the start, she has helped me throughout my career. If it wasn't for her, I probably wouldn't be where I am right now. I thought I could be a champion, and so did she.”



King of MMA McGregor





On the front page

gave a real show; with his verbiage he mocked his opponents and ridiculed them, as he himself declared: "I believe in myself in such a way that nothing is able to stop me." The popular commentator and UFC specialist Joe Rogan expressed his opinion on McGregor's confidence: "He has so much self-esteem and he is so good speaking that it gives off a charisma with which he intimidates his rivals". McGregor's extreme confidence increases in the most natural way because of his ability to predict the future. The Irishman has been guessing the odds for his matches for years with surprising accuracy, in most cases he's even predicted the round in which he was going to win.

On December 12, 2015 he would finally face José Aldo, a legend in the UFC, for ten years unbeaten. This match had to be celebrated a few months before, but the Brazilian got injured and Chad Mendes took his place. This was something that McGregor had predicted in advance, and never got tired of repeating over and over that Jose Aldo was afraid of him and so he was trying to elude the encounter.

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As the day of the encounter approached, the whole thing got hotter and hotter until it turned into something personal; it was more than the UFC Featherweight Championship what it was at stake. The polls placed the veteran and experienced José Aldo, whom no one had managed to beat in the cage, as the favorite to win the bout. But it took the Irishman just thirteen seconds to knock him out. As it was published in some media, it was the fastest KO in the history of the UFC.

McGregor's meteoric career was unstoppable, as his ambition; he had faced and beat the very best, and there he was, without opponents of a certain entity in the featherweight, so he decided to fight in the welter weights. They said that he wanted to get and keep the crown in the two categories. On March 5, 2016, he fought against Nate Díaz, an American fighter of Mexican origin. "There is only one impossible thing, and that is to win a person who won't give up." -, had declared the Irishman. His predictions were truncated when he found himself in front of a rival who wouldn't take a step backwards, and whom blows didn't seem to affect, despite the cuts and bruises in his face.

McGregor literally smashed up his hand trying to knock out Diaz to no avail, and in the second round, to everyone's surprise, he lost by submission.

As in the past, changing the category didn't favor him and once again he had succumbed to the Grappling... Far from sinking down, and as he himself stated: "Failure is not an option for me, since success is all I'm ambitious for." The rematch was held on August 20, 2016. McGregor had the lesson learned, and far from getting exhausted by hitting Nate Diaz, he kept him at a distance and avoided grappling at all times; this time there was no knockout, but he won to the points by unanimous decision. The event exceeded the pay-per-view sales record with 1,650,000 purchases; no combat in the history of the UFC had approached these figures.

Months later, specifically on November 12, he would play his last MMA match against Eddie Álvarez, this time in the lightweight category. Once again, the Irishman won in the second round. The city of New York witnessed the consecration of a star. With his mastery of the distance and the fists combinations, he ran over a non-existent rival, who yielded his world champion belt without offering any apparent resistance.

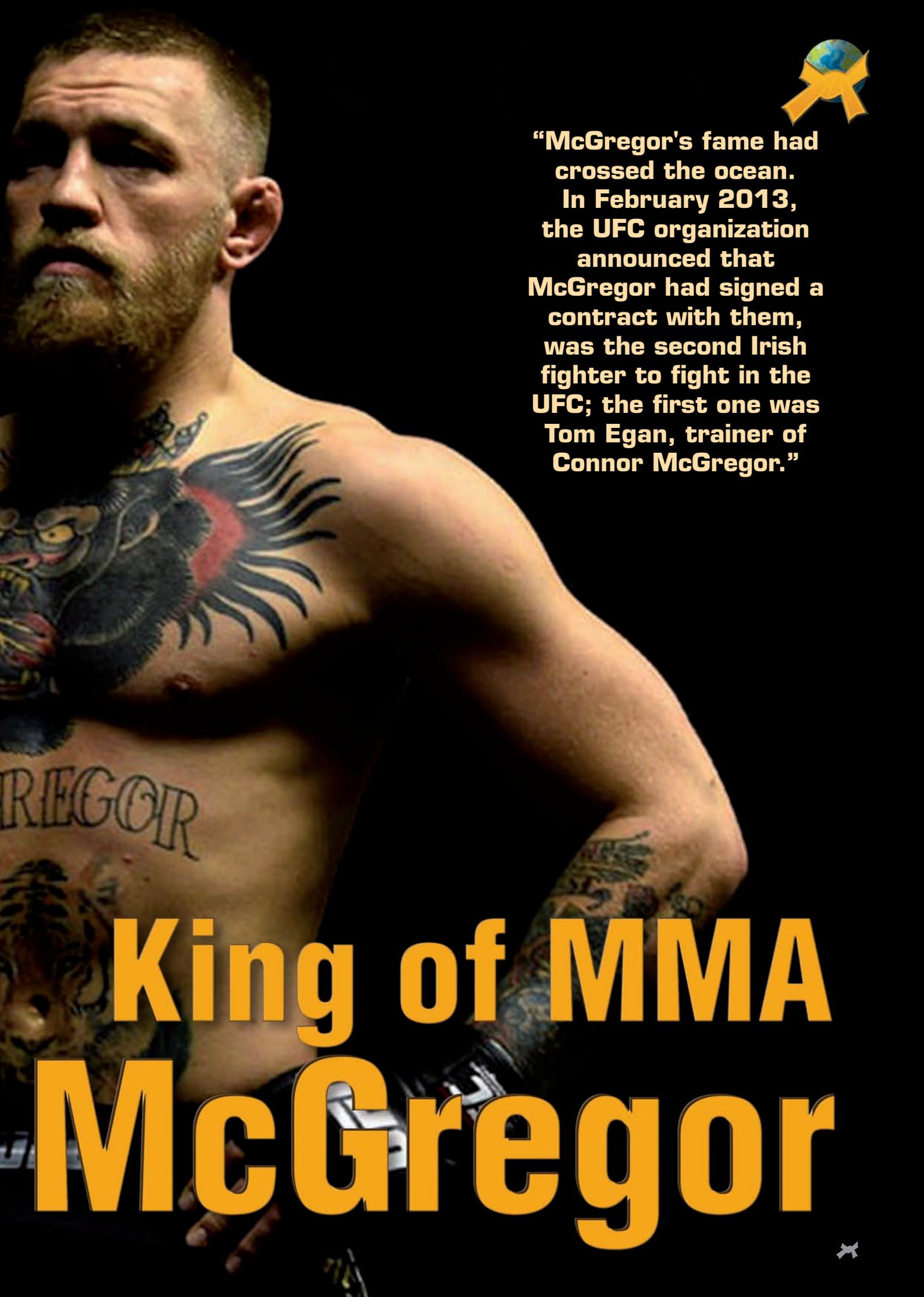


Conor





“McGregor’s fame had crossed the ocean. In February 2013, the UFC organization announced that McGregor had signed a contract with them, was the second Irish fighter to fight in the UFC; the first one was Tom Egan, trainer of Connor McGregor.”



King of MMA McGregor





On the front page

THE FIGHT OF THE CENTURY OR THE GREAT FAKE?

In just four years, McGregor passed from having nothing to entering the Forbes list of the richest people in the world. If one thing is well known to Connor McGregor and his marketing team it's how to fuel the interest around any fight in order to increase the price and sales of the tickets. With an estimated profit of about 22 million dollars a year, McGregor entered to stay on the Forbes list of the richest people in the world. In addition to what he earns per combat, a large part of his income comes from advertising. It's no coincidence that he is so active in social networks and is considered the best dressed sportsman in Ireland.

His fame had grown disproportionately. Not only was he known on the martial circuit, he had also transcended what only Bruce Lee and Jean Claude Van Damme had achieved: universal popularity. It was clear that Connor McGregor was going through his prime, his name being synonymous with money, and UFC president Dana White just had to take advantage of it. In January 2017, he informed the media that a negotiation had been opened for a possible boxing match between the already retired champion Floyd Mayweather Jr. and Connor McGregor. And he commented that, in case it should happen, the sales of the pay-per-view would possibly surpass those of Mayweather vs Pacquiao.

After months of negotiation and meetings, on May 18, 2017, McGregor accepted all the terms imposed by Mayweather for the fight and signed the contract, which included a clause by which a heavy financial penalty would be imposed on him should he perform any technique that was illegal in the discipline of the 'noble art', in which he was making his debut, so the Irishman should be fully focused not to throw kicks, knee blows or elbow strikes, among other typical movements in the discipline of which

he was the King, that is, the Mixed Martial Arts.

The event was organized by "Mayweather Promotions", the company that runs the American boxer, and the television rights were transferred to Showtime, so the fight, as expected, would be casted through pay per view.

In boxing environments, the news was received with suspicion. Floyd Mayweather, the legendary boxer, Olympic medalist, who had retired only two years before, with an undefeated record of 49 fights, and as champion in five different categories: super feather, light, superlight, welterweight and super welterweight; considered for a long time the best boxer "pound for pound" according to "The Ring", thanks to a very refined technique, his constant displacements along the ring and the ability to control the pace of combat at will. Floyd Mayweather had beaten all the great ones of boxing, including: Saúl "Canelo" Álvarez, Miguel Cotto, Shane Mosley, Oscar de la Hoya and Manny Pacquiao. The purists of the 12 ropes wondered: "If these great boxers were unable to beat him, what possibilities might Connor McGregor have? Someone who is not even in the ranking?"

It was more than obvious that all that show had been built to make money. "It's not money what motivates him the most" - said Connor's coach and manager John Kavanagh - "He could easily earn the same amount of money by participating in some movies or advertising. It's the challenge. That's why he goes to the gym every day. If he leaves the gym now and stops fighting, what would he do with his free time? You can only drive one car at a time, you can only eat one meal at the same time. In the end, what you want is doing what is nice and agreeable for yourself. And that's why Connor goes back to the gym. It's what he likes."

The official confirmation of the fight was made on June 14, the encounter would take place on August 26, 2017, at the T-Mobile Arena in Las Vegas (Nevada, USA).

“At the school he was a victim of bullying; it has been said that he suffered the dreaded school bullying because of his skill in football, apart from being some kind of blabbermouth.”

King of MMA

Connor





An international press tour was held from July 11 to 14. Both contenders met in Las Vegas and friction between the two of them raised from the start. Floyd Mayweather introduced himself surrounded by a legion of bodyguards. The television cameras jumped squarely on him. First interviews, hundreds of flashes and first message: "Bets are allowed, the fight will not reach twelve rounds," said the American boxer.

Very belatedly, Connor McGregor finally appeared in scene, perfectly dressed and with a smile in the mouth.

When the people accompanying Mayweather and McGregor were close, some pushing and some words louder than others arose, although fortunately there was no physical contact. As expected, the fighter wouldn't keep his mouth shut and launched a verbal first 'hit': "No, this match will not be the most complicated of my career, I will crush Mayweather... I'll see if I do it in one or two rounds" - Connor added.

Everything seemed to indicate, except surprise, that he would have to conform himself without that throne, because there were few those who gave him the victory. Mike Tyson, a boxing major, and Jon Jones, his MMA counterpart, claimed that "The Notorious" wouldn't be able to raise his arms after the 12 rounds. If he ever arrived to the end. Nevertheless, the Irishman felt very sure of himself: "I'm going to face the god of boxing, he could have stayed like a god, he could have retired with a record of 49. Instead, I'm here and I'm the god of boxing." - Connor said in a more than optimistic attitude.

Boxers like Canelo Alvarez, Gennady Golovkin, Manny Pacquiao and Juan Manuel Marquez, among others, assured that Connor McGregor had no chance of beating him. Manny Pacquiao said: "McGregor has no chance in this fight, in fact, it may be quite boring, he will not be able to connect a decisive

blow to Floyd, how could he? He has no experience in professional boxing," sentenced Pac-Man.

For the purists of the noble art, such combat discredited and demeaned boxing, giving a bad image of it. Mike Tyson, a supporter of tradition, declared: "No, it does not discredit boxing. It's interesting. It just gives boxing a bad image because Connor does not have enough skill to box with Floyd. If Connor fought like they do in the UFC, and Floyd was boxing, that would be more interesting; we would see Floyd dealing with kicks to the legs and all those things. Connor is not a boxer, you know, he has some amateur boxing skills, but he's not a professional boxer. He's an amateur."

Connor "The Notorious" McGregor availed himself of his Instagram account to send a message to professional boxers, saying: "A fighter who trains just one Martial Art, would have no chance to emerge victorious from an MMA cage."

The comments of connoisseurs and fans mostly revolved around the few possibilities that the Irishman had to beat Mayweather; no one doubted that in a cage, things would be different, but on a ring...

In order to add some interest to the issue and give Connor some possibility, Mayweather admitted in a video he posted on his Instagram account, that

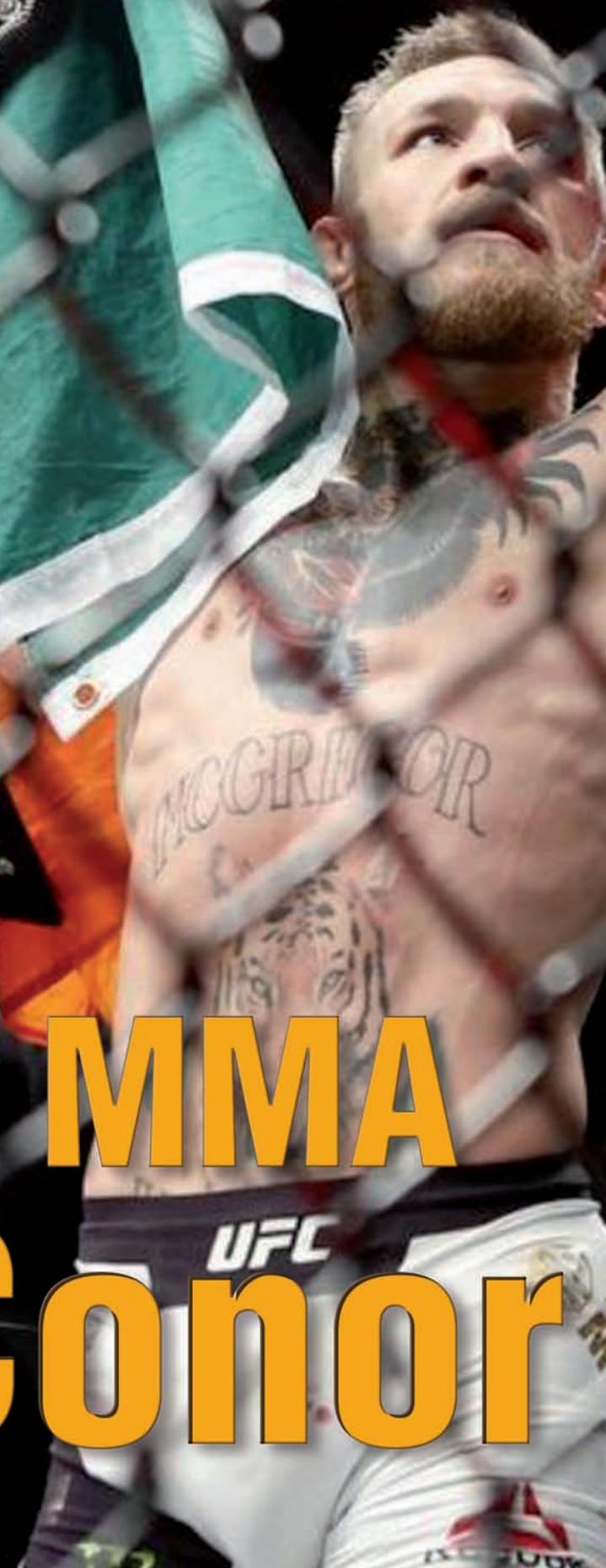
he no longer was the boxer he had been in the past. The boxing world champion had returned from his retirement and he was preparing himself against the clock to get to the fight in good shape. He recalled that his last fight had been in 2015. "I know I'm not the fighter I was 20 years ago, nor the one I was 10 years ago; in fact, I'm not even the same fighter I was five years ago, I'm just an old legend training with 16 ounce gloves."

Since there would be no title at stake in the fight, the World Boxing Council (WBC) created one for the occasion, baptizing it openly and undisguised as "The Money Belt".

"Of course, it was obvious that Connor Anthony McGregor showed promise, he had managed to be an amateur youth boxing champion, so the experience accumulated in this sport greatly helped him to adapt to change, consolidating little by little in the Mixed Martial Arts."

McGregor





King of MMA Conor



On the front page



Mauricio Suleiman, the Council Chairman, surrounded by the two fighters, presented the green color belt, as lavish as it was expensive, made with Italian alligator skin: "Indeed it is the Money Belt, it's been manufactured with great care, handmade, 3600 diamonds, 600 sapphires, 360 emeralds, and 2.2 lb. of 24 carat gold; it's something spectacular and will be the souvenir for the winner of this fight that breaks paradigms."

The fight figures added up to millions. Every news on the subject was related to another river of cash that would make its protagonists earn even more money. Being at the height of his fame and notoriety, and despite all the bluster, Connor didn't forget the person who has always supported him and materialized his dream of champion: "I need Dee to be here. She makes me feel better." He acknowledged to the press that she was the key to his success. She always trusted that it would be so. In her own words: "He's always had a lot of confidence in himself; we always knew what was going to happen, it was almost like predicting the future." Dee Devlin supported him when he suffered his first loss to Nate Diaz. She's not only a source of support and stability for him, she also works with the team, handles McGregor's finance, and even cooks for the whole team; but Dee's most important role is that of mother: she gave birth to McGregor's first son, Jack McGregor, who was born on May 5, 2017, filling the couple with happiness. The baby weighed three and a half kilos. Little Jack couldn't have been born at a better moment!

Floyd Mayweather and Connor McGregor had agreed to fight with 8 oz gloves, at the request of the Irishman, but the Nevada Athletic Commission refused it. The contenders had thought that, being both in agreement, there wouldn't be any problem, but the regulations forbade it: 8 oz gloves could be used only in fights up to 61,2 kg., a weight that was far from the 69.9 kg in which the combat had been agreed. The Nevada Athletic Commission affirmed by active and passive that it did so for the safety of both fighters, but slightly more than one week before the fight the Commission retracted and allowed the agreement reached by the two promoters.

The news, in addition to satisfying Mayweather and McGregor, served as a trigger for the sale of tickets; the promoters believed that this would increase the chances of victory for the Irishman and balance the bout; at least that's the way it was disseminated in the mass media, increasing the interest of the public in the encounter.

The marketing team did an exceptional job; when there was only a week left for the fighting, news appeared in the press that Floyd Mayweather had been knocked out by his sparring partner while training. And on top of that, that sparring partner, Zab Judah, had the same physical features as Connor McGregor. In the pre-combat images, the American

McGregor





On the front page



boxer appeared quite relaxed, doing his daily life and never training; it seemed that he had not abandoned his retirement, while the Irishman, on the contrary, was seen leaving all of it in the gym. The various shorts that were leaked out from the Connor's sparring sessions facing the ex-champion in two categories Paulie Malignaggi, managed to feed "the summer soap opera". This training partner ended up disclosing strategic information to his opponent's gym for being seriously engaged in the offered recordings. In short: among the change of 8 oz gloves that clearly benefited McGregor (those of MMA are 4 oz), Floyd Mayweather's age (40 years) along with his professional inactivity of two years, etc., many

fans started to believe in the possibilities of Connor McGregor's victory; if this were to happen it would be a real hecatomb for boxing, as MMA gain more and more followers every day at the expense of boxing; the show was served...

In some forums, the question began to be debated: What would it happen if his 49-0 was marred by a loss to Connor McGregor? Even the worst fighter in the world has his chance and the Irishman appeared as the only simultaneous champion of two weights in the UFC history, with 24 bouts (21 wins, 18 by knockout, and 3 losses).

The interest and sick curiosity grew disproportionately in the days leading up to the fight. This concern and

King of MMA Connor





“For years they lived in a small rented apartment, in a town 30 kilometers from Dublin. McGregor only had a monthly revenue of 188 €, that was the benefit or support that grants the Irish government to the unemployed.”

McGregor





nervousness was shared by many of the betting houses in Las Vegas, the game capital of the world. If McGregor managed to knock out Mayweather, in the first rounds, bookmakers would have to pay millions of dollars, and suffer their biggest setback in the history of sports betting.

The fans of the UFC star had overflowed the betting houses with \$ 100 bills in favor of McGregor and a last-minute increase in the bets for Mayweather would be insufficient to balance the scale.

"I'm fine now, but I might need a cardiovascular monitor later when the bell rings and Connor starts punching in. It's not about professional gamblers, they're just ordinary guys; the butcher and the barber are putting their \$ 100 for McGregor and that has been accumulating" - acknowledged Nick Bogdanovich of the William Hill betting

house, who admitted that he would suffer multi-million dollar losses if McGregor won the fight. And if he won by knockout, as he had promised, it would be even worse. There was also a strong betting for Mayweather, who remained the favorite. Among these bets it should be highlighted one of \$ 500,000 and another of \$ 1,000,000.

On August 25, a few hours before entering the ring of the T-Mobile Arena, Floyd Mayweather and Connor McGregor met at the official weigh-in. Almost 20,000 people came to see them step on the scale.

The Irishman was covered by the "green tide" that accompanied him. The stands were crammed with Irish flags to the rhythm of songs honoring their champion. McGregor appeared wearing the flag of his country. Shortly after Floyd Mayweather appeared to the rhythm of the

King of MMA Connor



On the front page



“The interest and sick curiosity grew disproportionately in the days leading up to the fight. This concern and nervousness was shared by many of the betting houses in Las Vegas, the game capital of the world.”

McGregor





provocative English song 'In The Air Tonight' by Phil Collins. Few supporters supported him in the compound, he was booed by the green tide at all times. "I've been in this situation many times, and in the ring it will be just him and me. Weight doesn't win fights. Take note: this fight will not come to an end. It's going to be McGregor's last." - Mayweather declared. The American showed to be in a very good shape and weighed 67.8 kg

while the Irishman gave 69.3 kg. on the scale, only 500 grams below the limit set for the bout (69.8 kg). Even if they exceeded the weight, the event didn't risk of being cancelled since it was of a semi-official nature. "We are ready for the 12 rounds of three minutes of non-stop rhythm, I'm going to keep going, I'm going to put the pressure on this old man and I'm going to knock him out," the Irishman provoked. "I'm going to beat him in

“Failure is not an option for me, since success is all I'm ambitious for.”



Conor





his own sport. I will run over Mayweather because tomorrow I will go up to the ring with 77 kilos. I will be the king of both sports. I am the Mixed Martial Arts champion, and soon I'll be also the boxing champion." Calmly, Mayweather replied: "Forget about that, I've been hit with everything in 21 years and I'm still here. If you know how to give blows, you have to know how to receive them."

Of course, McGregor couldn't remain silent and replied: "I'm going to kick his ass. I'll get to the ring much bigger and stronger than him. I've seen he's got fear." Then he added: "Las Vegas is now Ireland, I'll be in the middle of the ring tomorrow and I will not go anywhere, we'll see if he can deal with that."

These statements and images were broadcast on television around the world, further heating up the



King of MMA McGregor





On the front page

atmosphere. The expectation increased rapidly and with it the morbid fascination for viewing the fight...

On August 26 the expected encounter took place. Depending on the optics, hobbies and interests of each spectator, a different approach to combat is given. McGregor went out to win the fight on the fast track, and in the first four rounds he threw punches from every angle and trajectory, some of which impacted plainly on his rival. To be objective and fair, it must be recognized that, not being a ring professional, he did it really well. What would have happened if the tables had been turned and the fight would





**King of MMA
McGregor**





have been in a cage? The fact is that Mayweather let him get tired, using the same strategy as Ali in his fight against George Foreman in Kinshasa, and from the fifth round on he did a demolition job.

McGregor, with no physical endurance and a great lack of technical resources was an easy prey for the American boxer, and in the tenth round the referee stopped the fight declaring a technical K.O. With this triumph, Mayweather, 40, as expected, signed an immaculate sports career with 50 wins and no losses, surpassing the record of Rocky Marciano. At the end of the fight, both fighters put their heads together, gave each other a kind of hug and exchanged sincere compliments.

After the fight, the Irishman assured that "they had stopped the fight too soon" and that "it could have continued". The results of the medical review after the fight took away his reason and showed that it was more a question of personal pride than of reality: Connor McGregor

“Since there would be no title at stake in the fight, the World Boxing Council (WBC) created one for the occasion, baptizing it openly and undisguised as ‘The Money Belt’.”



Connor





King of MMA McGregor





On the front page

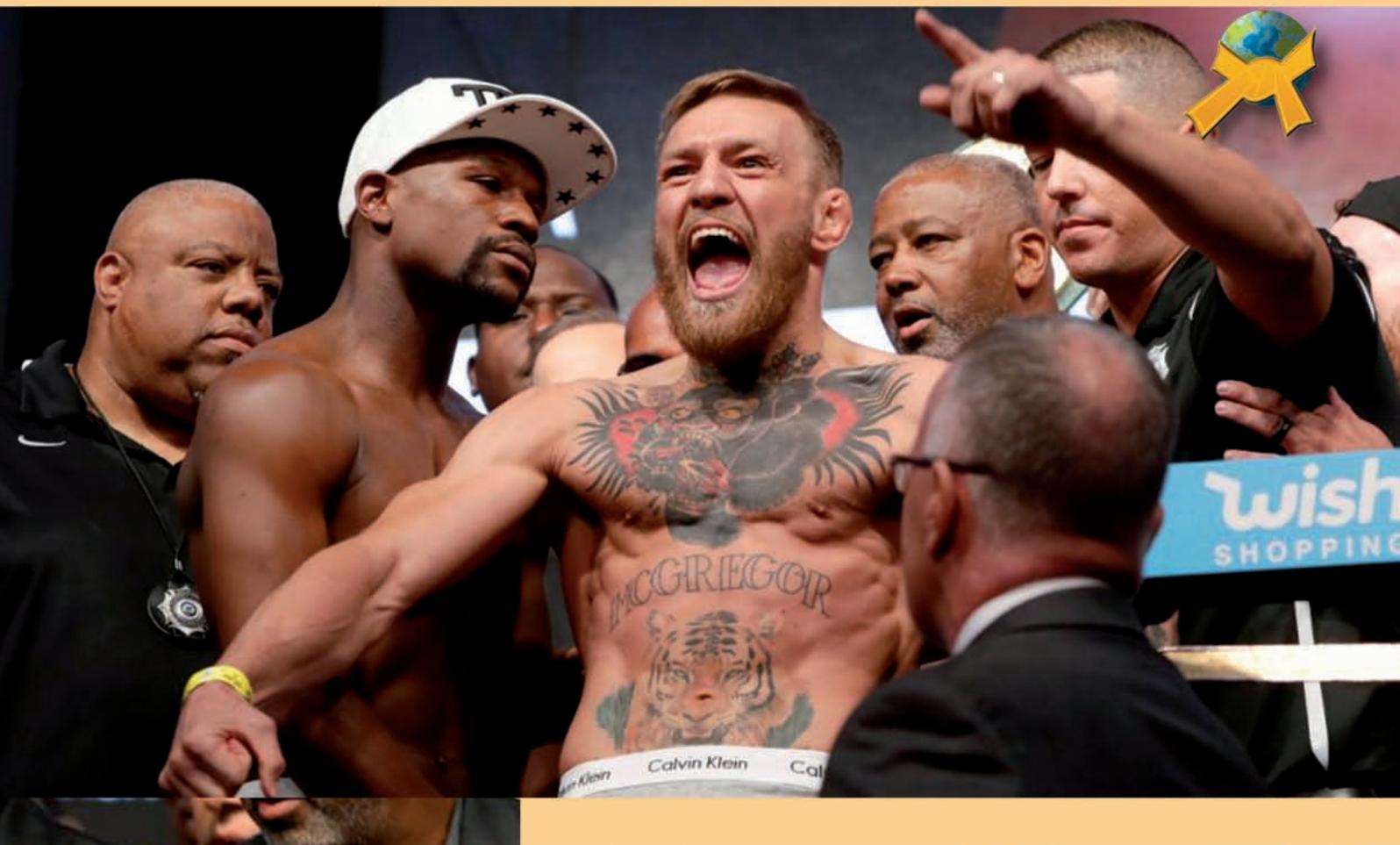
was suspended for a month and a half by the Nevada State Athletic Commission: during that period of time he shouldn't train or compete until October 11th. Mayweather didn't get the sick leave.

Two days after the fight, there came the time for numbers; the event didn't reach the amount of 1,000 million dollars, as estimated by the Nevada Athletic Commission, but it was close. Anyway, according to some media, shortly after, it reached them. In the case of Floyd Mayweather, the huge figures make him the highest paid athlete in history for a single day of work, earning a whopping 350 million dollars. In the case of Connor

McGregor, he approached the 100 million, a bag that never in his life as a UFC fighter had achieved, his record figure in the octagon being 3 million.

Shortly after the match, both contestants came together, Connor McGregor praised his rival: "It was an honor to meet in the ring with Floyd, my congratulations to Floyd for the way he fought. He has a lot of experience and he is methodical with his work. I wish him the best in his retirement. He is an incredible boxer. His experience, patience and endurance helped him in this fight without a doubt. I had always told him that he was not a fighter but a boxer. But sharing the ring with him made me admit that he is a solid fighter."





King of MMA McGregor





On the front page



Floyd Mayweather also praised his rival and recognized to have been pleasantly surprised by the level shown by the Irishman in what it had been his professional debut. "He's better than I thought."

In the environment of the boxing world there was a lot of criticism in general about the fight and in particular towards Connor McGregor, although not everything were critics: George Foreman, the former world champion was surprised by the courage of the Irishman and assured that the insurmountable Floyd's defense wasn't perfect for the first time: "Mayweather's defense didn't work so well against McGregor, who managed to hit him a lot. Mayweather had to fight like an old-school slugger, like me. McGregor not only surprised Floyd, he surprised me and a lot of experts." Besides, Foreman believes that the

UFC star had a chance to do real damage to his opponent, but the match referee, Robert Byrd, 'helped' the undefeated boxer: "He protected Mayweather in one of the last rounds. Connor had hurt him and he was looking for completion but the referee saved him. It was a blow to the body. Connor connected a hard blow and the referee got in the way without any motive. But that's typical in a boxing match." Apart from the judgements and opinions of supporters and detractors, the fight was developed as planned, and obviously, it was done only for money, reaching exorbitant figures that exceeded everyone's expectations, simply because of the morbid curiosity of seeing on the ring the best boxer and the best MMA fighter. The combat could be quite a show or simply disappointing, depending on the prism with which it is

Conor





WEATHER

“Mayweather’s defense didn’t work so well against McGregor, who managed to hit him a lot. Mayweather had to fight like an old-school slugger, like me. McGregor not only surprised Floyd, he surprised me and a lot of experts.”
George Foreman

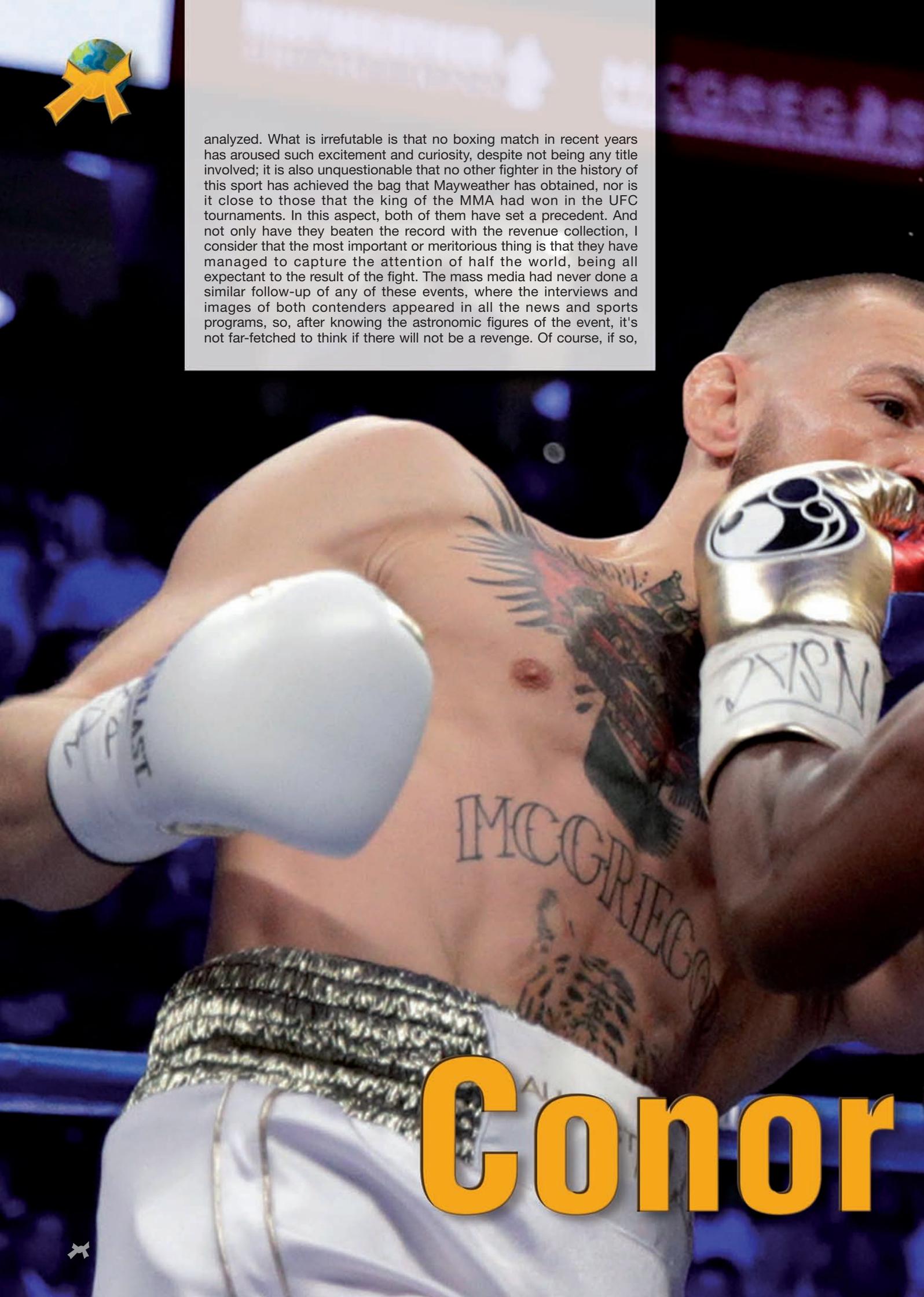
ESTHER LIN/SHOWTIME

King of MMA McGregor





analyzed. What is irrefutable is that no boxing match in recent years has aroused such excitement and curiosity, despite not being any title involved; it is also unquestionable that no other fighter in the history of this sport has achieved the bag that Mayweather has obtained, nor is it close to those that the king of the MMA had won in the UFC tournaments. In this aspect, both of them have set a precedent. And not only have they beaten the record with the revenue collection, I consider that the most important or meritorious thing is that they have managed to capture the attention of half the world, being all expectant to the result of the fight. The mass media had never done a similar follow-up of any of these events, where the interviews and images of both contenders appeared in all the news and sports programs, so, after knowing the astronomic figures of the event, it's not far-fetched to think if there will not be a revenge. Of course, if so,



Conor



On the front page



“What is irrefutable is that no boxing match in recent years has aroused such excitement and curiosity, despite not being any title involved.”

King of MMA McGregor





ESTHER LIN/SHOWTIME

it will have to be in the short term. Mayweather is already 40 years old and time goes by for all...

The question is: what is McGregor going to do now? For the moment, he is going to take a fine vacation until 2018, and later he will see what is the project that attracts him more. Obviously, in MMA he would never earn so much money in a fight, and a defeat could make him lose a lot of prestige; unquestionably he is the "enemy to beat" in the cage, where everyone longs for his position and fame, and with all the money that he amasses, what's the need of fighting for a pittance? Advertising, and perhaps cinema, wait for him. Whatever decision he makes, nobody can deny that he is the new king of Martial Arts and that thanks to him, these have returned to be fashionable, which is something to be grateful for, so: Long live the King of MMA!



King of MMA Conor

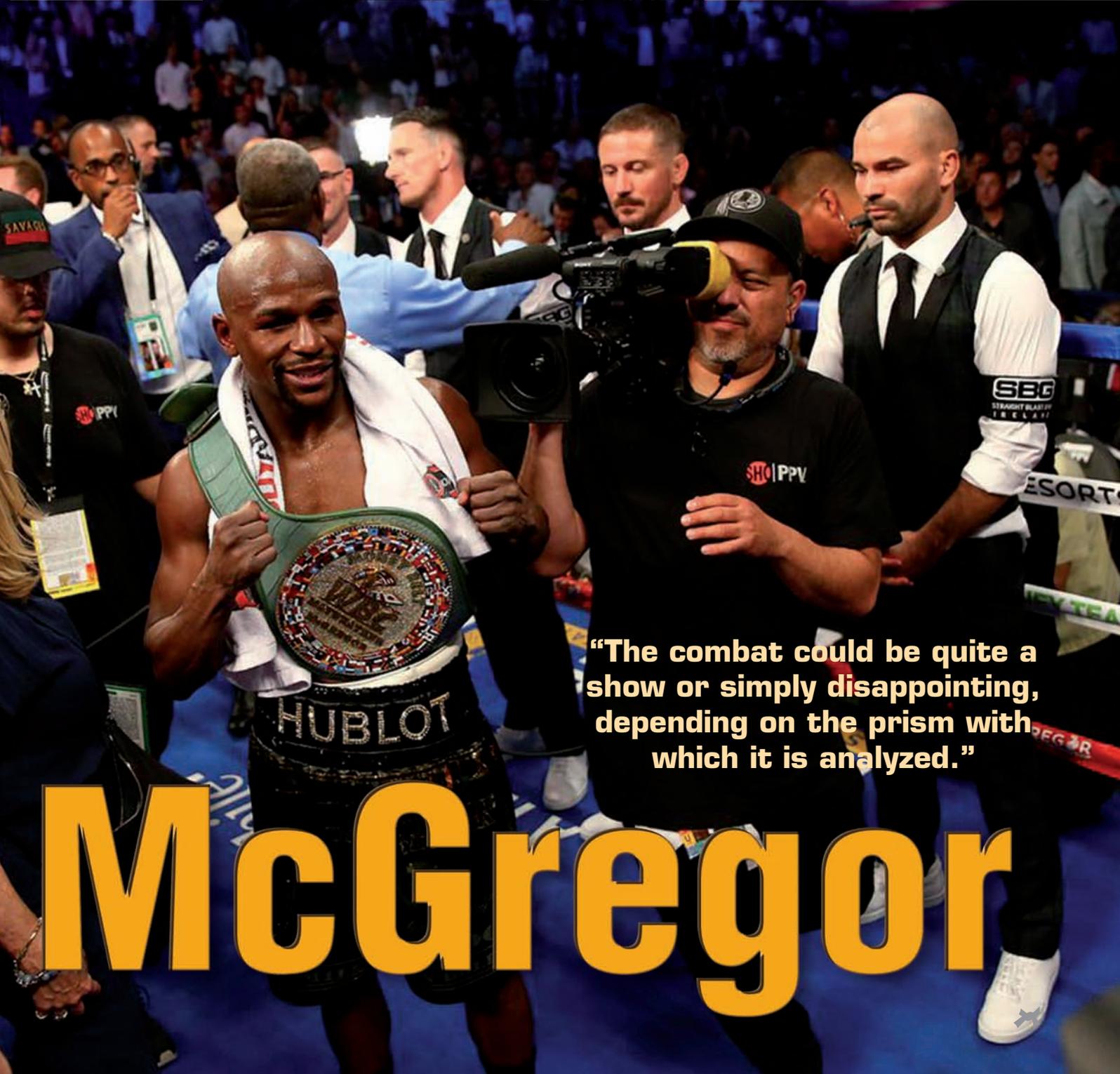




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“What’s the need of fighting for a pittance? Advertising and perhaps cinema, wait for him.”



“The combat could be quite a show or simply disappointing, depending on the prism with which it is analyzed.”

McGregor



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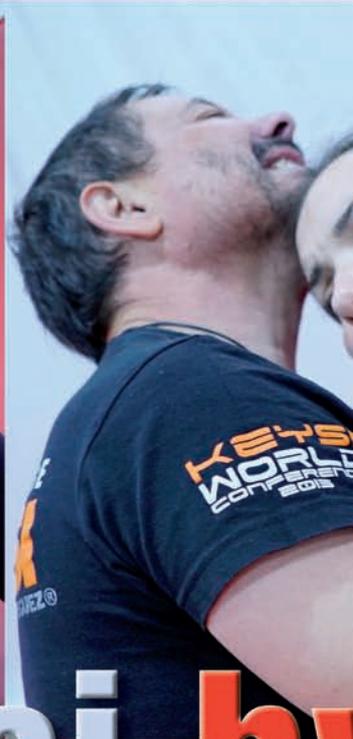
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Text: Franco Vacirca
 Photos: Mari Carmen Vacirca

Grandmaster Carley Gracie Report of the Swiss Seminar. Part 2

After the seminar I had the opportunity to show Grand Master CARLEY GRACIE and his son CLARK a small part of our beautiful city. I am so grateful to be living in Zurich and having the possibility of travelling to so many other countries. Its size and the mix of so many people from different countries and cultures have made Zurich become not only an international city, but also attractive to the people who live in here. This evening we have decided to visit together the old city, the so-called "Niederdorf", and have dinner there. Finally, we've stepped into a traditional Swiss restaurant where we've had a delicious cheese fondue. There's been time to talk about diets, drinks, projects and our families. The more I've listened to them the more I've realized that both father and son are real gentlemen who don't seek by no means to be the center of attention. It's been also quite interesting hearing the different stories that the great master has told about his father CARLOS and his uncle HÉLIO, since he had spent a lot of time with them. During the pleasant conversation, he's mentioned several times that he liked riding, a passion that he shared with his uncle. He also said that he had spent many hours training with his father and, over time, also with his two brothers, CARLSON and REYSON Gracie.

In my career in Gracie Jiu-jitsu, in which I was started in 1989, I had the chance to be instructed by one of the most appreciated Gracie professors, the great master PEDRO HEMETERIO, a gentleman and true mentor in this art.

He received his knowledge from CARLOS Gracie in person, and later he taught along with HÉLIO Gracie at the Gracie Academy in Rio de Janeiro. Until today, I continue to travel there to train with the greatest professors, and with the sons of HÉLIO Gracie. Thanks to Grandmaster RICKSON Gracie I got to know the Jiu-Jitsu from his family, and this in turn thanks to my former teacher of Jeet Kune-Do, Sifu Paolo Vunak.

The great master REYSON Gracie had always supported me a lot and he immediately welcomed me as a private student when my teacher died.



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W



Then I met the biggest Gracie fighter in the world: Grandmaster CARLSON Gracie. I met him in his academy in Copacabana. I trained with him in the United States and we share our love for Italian music.

It didn't take me too long to get to know great master Carley Gracie. I am convinced that, with an instructor like him, the study and progress in Jiu-Jitsu would not only turn out to be something very funny, but it would also make you feel very good. Yes, maybe this is the magic pill that everyone is waiting for. Certainly training in this way rejuvenates both body and soul!

Aged people want to remain "young" at any cost, and for that reason they behave like ridiculous and stupid teenagers, instead of living their life as a good example for the new generations, with a right attitude, a healthy diet and sound exercise. This is why we need professors of Jiu-Jitsu like Great Masters RICKSON and CARLEY, who do not bother to be the new messiah, but to teach a Lifestyle, a meaningful way of life to all those who follow them.

When I use the expression "Lifestyle" I'm not talking about living on the beach, surfing, eating only fruit or drinking coconut milk. We are human beings, individuals who can be smart enough to feel and understand what really suits them. One of my students, a specialist doctor and dietician, told me recently that he had never had so many new patients with diet problems and anorexia, like now. No matter our combat style, origin or beliefs, we all must understand that growing old is part of life and not only can we serve as an example as martial artists for new generations, but we must also show them the road where they can evolve in the most positive way.

The great masters CARLEY and CLARK Gracie are planning to visit us again next year, approximately in June 2018. Our seminars and events are open to all belts, age groups and schools - irrespective of whether they belong or not to the Association. Everyone is invited to train with us. We hope that no one misses this next occasion!

Meet the legend!

For four years, CARLEY Gracie has been the Brazilian master of both competition disciplines: sports Jiu-Jitsu and Vale-Tudo, the Brazilian version of the American MMA / Mixed Martial Arts. He has never been defeated whether in public or private combat, nor within the Gracie family. He has the prestigious title of Grandmaster Red Belt Ninth Degree of Brazilian Jiu-Jitsu issued by the federation of Rio de Janeiro.



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Within the Gracie family, CARLEY is one of the real technical fighters, and the last of them who were trained by his father Carlos Gracie himself. For his strength and courage, he is also called "leo" in his family.

For his technical knowledge, at twenty-two he was granted the black belt seventh grade, something that had never happened before. His professional record is incomparable within the Gracie family. Known as "O Indestrutível" (the indestructible) in Brazil, CARLEY was able to resolve the fight between the Gracie's by simply offering to participate in the fighting.

The story of Gracie Jiu-Jitsu

Jiu-Jitsu arrived in Brazil in the year 1900, with the first Japanese emigration of farmers, workers and professors of Martial Arts. At the beginning of the 20th century, GASTÃO Gracie, a businessman of Scottish roots, took his son CARLOS to Jiu-Jitsu classes. Jiu-Jitsu schools were run by one of the most famous champions, Mitsuyo Maeda, also called "Conte Coma". Jiu-Jitsu practitioners, especially in Brazil, have never managed to reach an agreement whether Carlos Gracie had been trained by a Japanese teacher or, as reported by some Brazilian newspapers, he had learned this Martial Art under the guidance of a student of Maeda, called Donato Pires.

But what is undeniable, as shown by some newspapers of the time, is that Carlos Gracie and his younger brother, HÉLIO Gracie, were very interested in street self-defense, and their knowledge on the subject was such that they were able to modify and specialize the classic techniques of Mitsuyo Maeda.

CARLOS, as later did HÉLIO, tested and perfected the GRACIE family fighting system by participating in several Vale-Tudo tournaments. And it was through these challenging encounters that his style became more efficient and practical.

He also used fairly aggressive advertising in newspapers to find new customers. He guaranteed to everyone that his fighting style would work even in the most dangerous streets of Brazil and, willing to demonstrate at all costs the superiority of the system, he would face anyone who was ready to get in the ring with him,



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Brazilian Jiu Jitsu

independently of age, weight or style of combat.

This tradition of open challenge has been part of the Gracie family's legacy.

CARLOS Gracie passed on his knowledge to some of his elder children, such as CARLSON, REYSON and CARLEY. When he said goodbye to active life on the ring, he took charge of the business management and

brother HÉLIO 7. So they created a huge dynasty of fighters and masters who until today have been present with great success in many sports events of both MMA and Jiu-Jitsu.

For more information, visit our website:
www.graciejiujitsu.eu



the professional career of his brother HÉLIO and that of his sons, to challenge the fighters of all styles, thus continuing to demonstrate the superiority of the Gracie Jiu- Jitsu in real fights, almost without rules. Grand Master CARLOS Gracie had 21 children, and his





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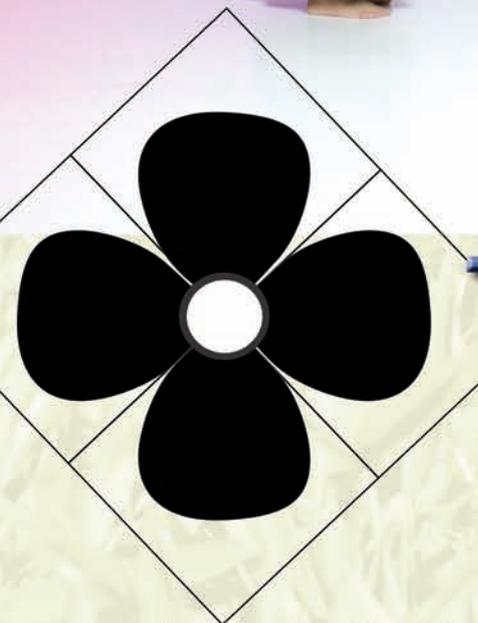
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自然の伝統

旧式の貴族

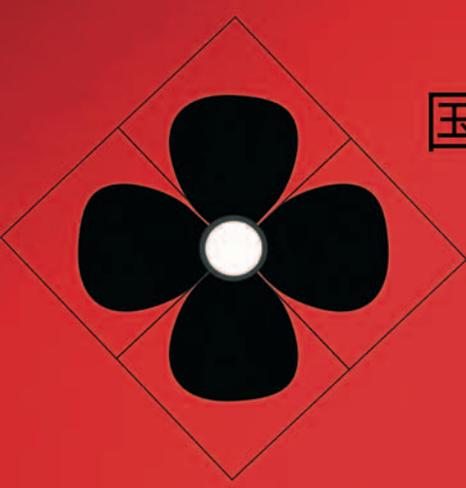
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hi Jordan Augusto



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The Shizen Tradition



La nobiltà delle vecchie forme
Der Adel der alten Formen

La noblesse des anciennes formes
The nobility of the old forms

La nobleza de las formas

古い芸術の優

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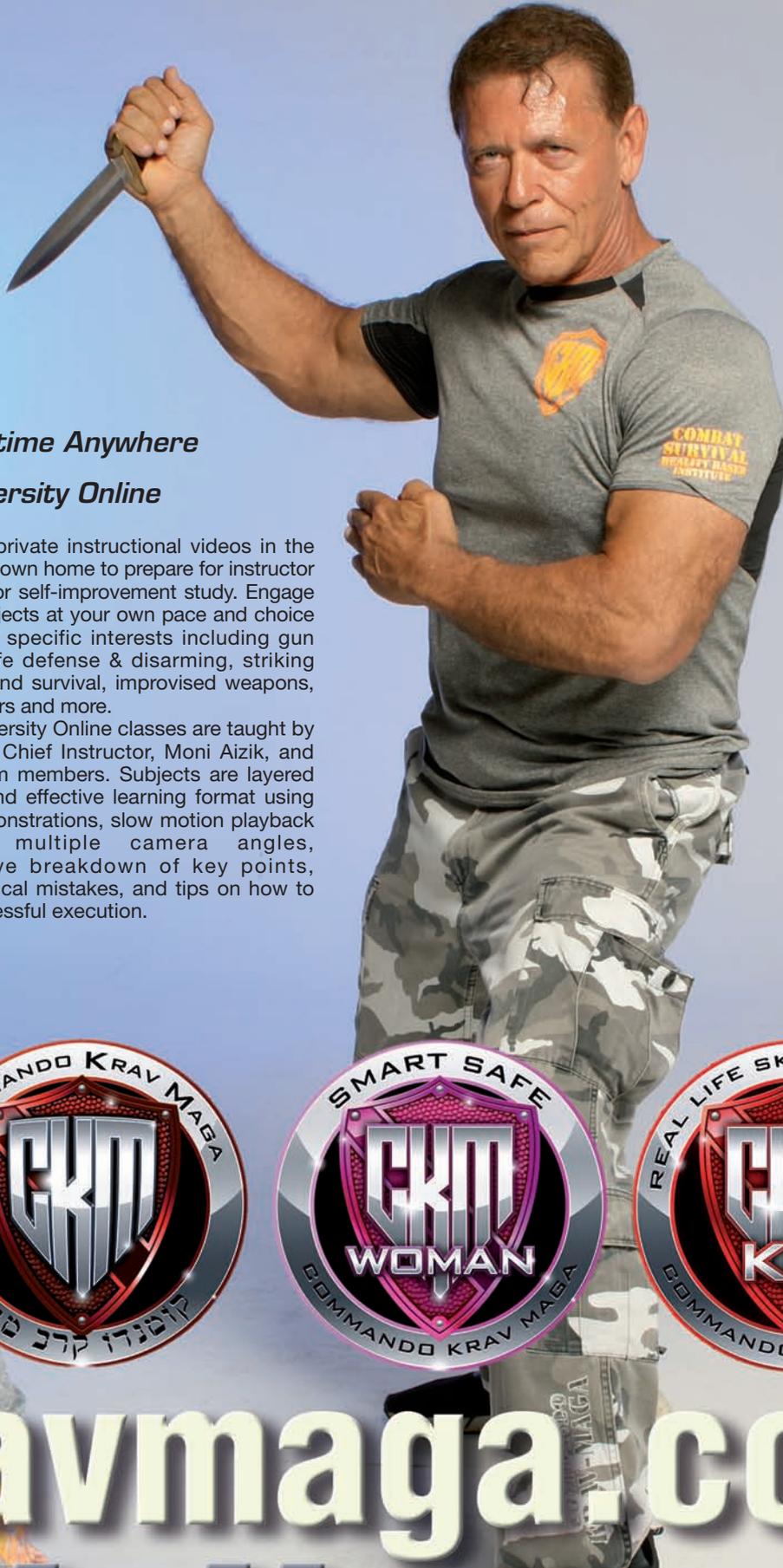
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Commando Krav Maga

Can you defend yourself? Do you feel safe walking the streets by yourself? What would happen if someone kicked in your front door? What if they came after you with a knife? Or someone held a gun to your head? Worse still, what if they held a gun to the head of someone you love? What can you do to be prepared?

Moni Aizik created Commando Krav Maga for this very purpose, to teach normal people how to defend themselves, no matter what comes their way.

Enroll in CKM University Online today, where Moni and his team will show you how to deal with the most vicious attacks and make it home safe. Regardless of if your attacker has a gun, knife or advanced training; we'll teach you how to protect yourself and survive.

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- Get recognition and earn an official certificate as a CKM student at the level achieved.



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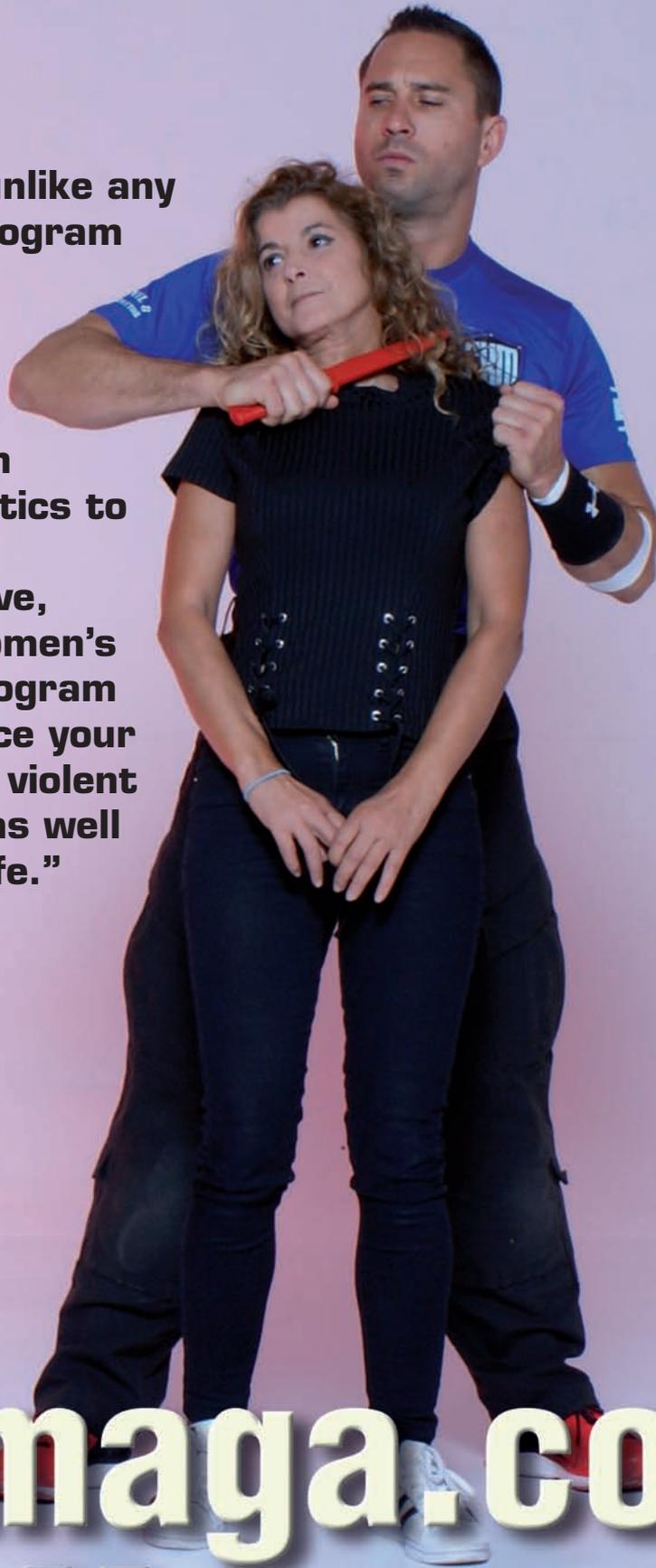


Moni





“Smart Safe is unlike any self-defense program that has come along before it. We’ve merged situational awareness with preventative tactics to create a comprehensive, reality-based women’s self-defense program that will enhance your ability to handle violent confrontations as well as everyday life.”



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**“Can you to defend
yourself?
Do you feel safe
walking the
streets by
yourself?
What would
happen if someone
kicked in your
front door?”**

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- Enjoy CKM Bootcamp discount, offered exclusively to CKM University online students.

Smart Safe University Online:

1 in 3 women—mothers, wives, friends, sisters and daughters—are statistically likely to become a victim physical or sexual violence within their lifetime. Despite the best efforts to crack down on the offenders, these horrifying statistics aren't getting any better. Women are being attacked by vicious criminal who have no sense of morality or decency. These criminals are looking for the weakest among you to take advantage of and scar not just physically, but emotionally for life. Tragically, these altercations sometimes end fatally for the victim. Every woman needs to know how to defend herself in these life or death situations. It's because of this great need that Moni Aizik developed the CKM Woman's Smart Safe Program.

Smart Safe is unlike any self-defense program that has come along before it. We've merged situational awareness with preventative tactics to create a comprehensive, reality-based women's self-defense program that will enhance your ability to handle violent confrontations as well as everyday life.

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- Highly detailed personal instructions from the founder and chief instructor Moni Aizik and Smart Safe Elite Team Instructors.
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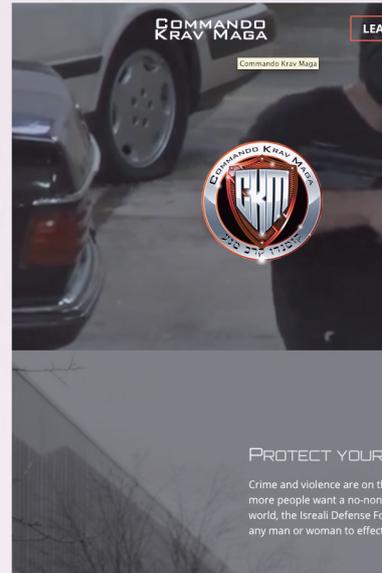
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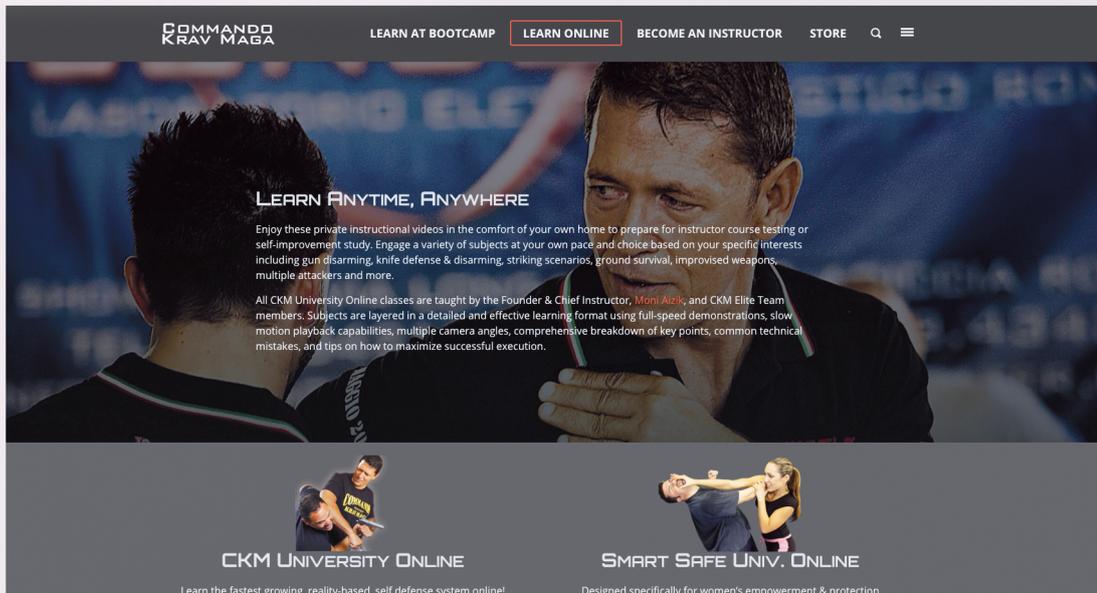
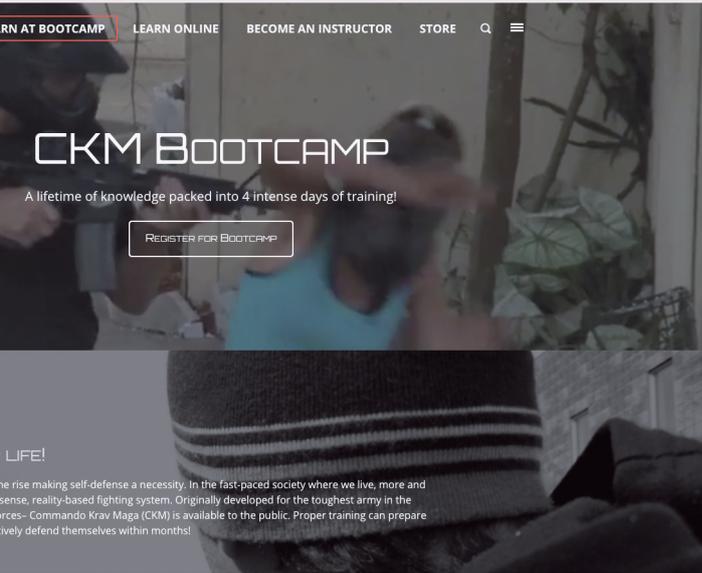
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Self defense

Reality Based **JIM WAGNER**

Surviving a Kidnapping

With the global economic crisis, the world is becoming an increasingly dangerous place. People need money, and one way for low-level criminals to get easy money is the so-called "Express Kidnapping". They don't abduct important diplomats or wealthy businessmen, but people like us, like you or me. Our partner or we can become the target of a kidnapping simply by being in the wrong place, at the wrong time. That place can be our vacation place, and what were supposed to be pleasant days can turn into a horrible nightmare.





“If we see a group of men approaching us, or observe a strange look in our interlocutor's eyes, then we must run as fast as possible, away from the ambush.”





Self defense

Reality Based **JIM WAGNER**

Although I teach kicking and punching as any other Martial Arts instructor can do, in our Jim Wagner's personal protection system, based on reality, we believe that for a self-defense system to be effective in today's world, it's necessary to know the attacking methods of terrorists and criminals.

A "complete" system must prepare students to face the conflicts they are likely to face and one of these conflicts can be kidnapping. This is how it works.

We are on vacation in another country. It may be in Mexico City, where the term "express kidnapping" originated, in Rio de Janeiro, Buenos Aires, Bangkok, or another city of any other country. Perhaps this crime is even being committed right now in any city in our own

country, but few people know about Express Kidnappings, as they are hardly reported.

We're walking around the tourist area of a city, and the person we are with stops on a store attracted by something and gets in to take a look and the criminals who are watching see that you have been left alone.

Someone comes up to us and very kindly asks us something as inoffensive as: "Excuse me, I just got to town. Could you recommend me a good place to eat?" While we try to answer the question, two men we didn't see they were following us, approach from behind. Suddenly, "the friendly interlocutor" thanks us and punches us in the face. Before we can react the two other men hold us strongly by the arms while a fourth man seizes our legs from behind, right below the knees. We are







Self defense

“If someone - a "hook", as they are called in the wrongdoers' jargon - comes up to us, we should never stop to talk, as most people do. We must move from right to left so that it seems that we really are in a great hurry.”

levitating on the ground, while the aggressor makes a signal to a van that stops at the side of the street, while they inject us with some type of drug. In just five seconds we went from being a tourist to being a hostage that is taken to an unknown place.

The outlaws find out who we are with and call that person. Then they ask for a small amount of money, such as 1,500 or 2,000 euros, because they know that tourists can have that amount of money with them, or at least they can extract it easily in a local bank with a credit card. If a criminal gang manages to perpetrate about ten Express Kidnappings a week, they sure will get a good sum of money. Few people report these crimes because they know that the police could only complicate things and endanger the safety of their companion or loved one.

Tactical advice

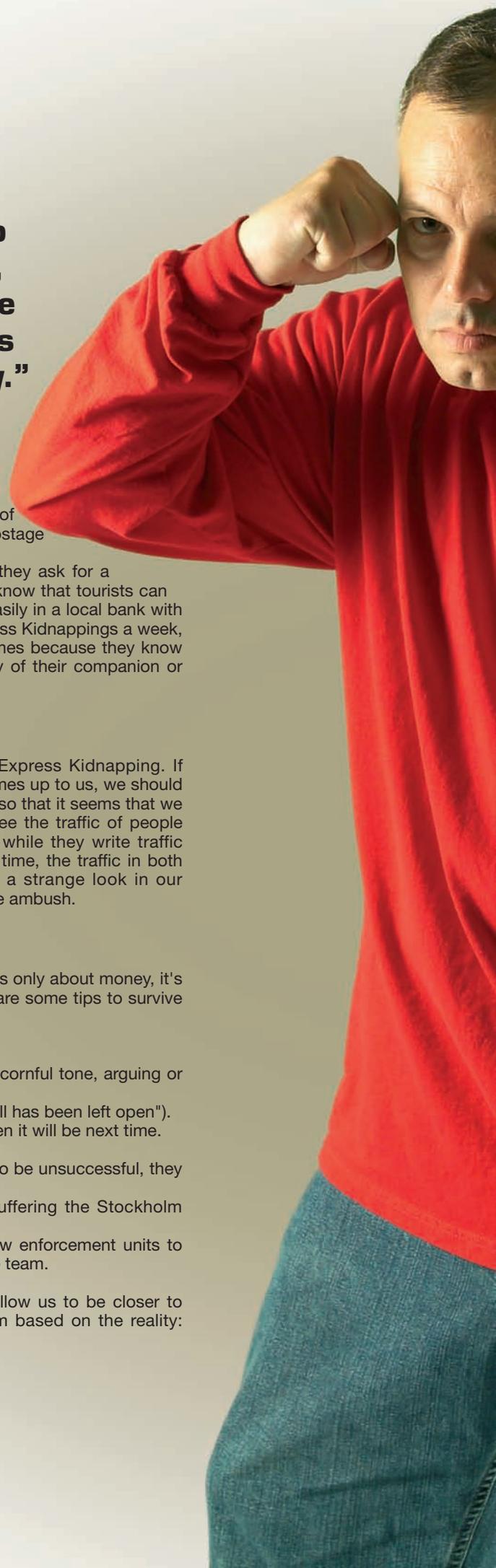
Let me give you some safety tips, to avoid being victims of an Express Kidnapping. If someone - a "hook", as they are called in the wrongdoers' jargon - comes up to us, we should never stop to talk, as most people do. We must move from right to left so that it seems that we really are in a great hurry. If we stand beside the person we can see the traffic of people moving in front and behind us. Police officers do this all the time, while they write traffic tickets. They want to see the person they stopped and, at the same time, the traffic in both directions. If we see a group of men approaching us, or observe a strange look in our interlocutor's eyes, then we must run as fast as possible, away from the ambush.

If you are kidnapped

Once abducted, you must accept the situation and remain calm. If it's only about money, it's much more advantageous for the kidnappers to keep you alive. Here are some tips to survive this situation:

- 1) Speak only if they speak to you.
- 2) Do not test the kidnappers (with challenging looks, voice with a scornful tone, arguing or with a bad attitude).
- 3) Do not make suggestions or offer help (like: "Sir, the door of my cell has been left open").
- 4) Try to rest, eat and drink as much as possible. You don't know when it will be next time.
- 5) Be an observer, but without it hardly being noticed.
- 6) Escape only if you are sure to succeed. If your attempt turns out to be unsuccessful, they will very likely kill you.
- 7) Maintain a cordial relationship with the captors, but without suffering the Stockholm syndrome (sympathizing with the kidnappers).
- 8) Throw yourself to the ground if you are being rescued by the law enforcement units to avoid being shot in a crossfire, and follow the instructions of the rescue team.

Including anti-kidnapping techniques in our training program will allow us to be closer to achieving the final goal of Jim Wagner's personal protection system based on the reality: Being a difficult target.





Reality Based **JIM WAGNER**



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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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Alfred Johannes Neudorfer



WT Universe



WTU Wing Tsun

"Confluence of the knowledge of the Occident with the wisdom of the Orient."

The three centers of man

In the Wing Tsun Universe(WTU), we at the WTU Wing Tsun mainly use the terms center of moving, center of thinking and center of femotion in addition to the Asian philosophies taoism, confucianism and chan / zen. Why?



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“Taoism has its focus in moving, everything is in permanent change. Confucianism has its focus in thinking, in structures and rules. The Chan / Zen with its emphasis attention, mindfulness, I like to assign in the feeling area.”

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Alfred Johannes Neudorfer





“The three Asian philosophies are not religions, although they are often provided with a religious terminology”

The three Asian philosophies are not religions, although they are often provided with a religious terminology. This was caused by the first translations written by the Protestant pastor Richard Wilhelm. He used Christian vocabulary for lack of other terms. As a result, these ideas were provided with content that was not present in the original. Today, these stereotypes are strongly served and managed. Here one recognizes the problematic when one begins to import materials from one culture and / or another time into another environment.

I like to refer to these three Asian teachings as active philosophies. Why active philosophies? Because there are more or less exercises or instructions for moving, thinking, and feeling that are generally lacking in western philosophies.

In many areas, these three active philosophies have been practiced in different ways in Asia. This is a very personal selection of every human.

Roughly speaking, in all three philosophies the three aspects are moving, thinking, feeling present with different focus.

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“Gurdjieff, himself trained in the arts of movement, brought the terminology of the three centers to the West for the first time in the last century.”

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Alfred Johannes Neudorfer



WT Universe



Taoism has its focus in moving, everything is in permanent change.

Confucianism has its focus in thinking, in structures and rules.

The Chan / Zen with its emphasis attention, mindfulness, I like to assign in the feeling area.

But in Asia, as always, the three paths led to degenerate excesses. Taoism became purposive-opportunism, confucianism an impenetrable bureaucratic system of rules, and chanbuddhism a escape from life.



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WT Universe

In the WTU we use three terms and a corresponding mottos.

Movement Center - School of the moment

Thinking Center - Science of Consciousness

Feeling Center - Path with Heart

Wing Tsun / Wing Chun originated in our tradition not in the far East. It was created as an idea and got over there schools. Even the name given to him there, a little point out. Wing Tsun, Beautiful Spring or Ode to Spring. Spring is the season when everything starts to blossom after a cold winter. What a beautiful picture for our martial arts.

Gurdjieff, himself trained in the arts of movement, brought the terminology of the three centers to the West for the first time in the last century. They were practically unknown until then. There were only very watery, not appropriate paraphrases, such as body, soul, spirit and recently also energy. Soul and spirit are completely inappropriate in this context. Gurdjieff had not invented them, but received them from that source as part of his training, which prepared him for his task, which also sprang from the root of Wing Tsun / Wing Chun.

“We take the center of feeling into account with our festive seminars, travels and artistic activities.”

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Alfred Johannes Neudorfer





WT・ユニバース 中国武術
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WT Universe

***The three centers in
Wing Tsun Universe
(WTU)***

In the WTU, the focus of the exercise at WTU Wing Tsun is, of course, in the movement center. In the theoretical training of our teachers (LotG - Leader of the Group) training, we place emphasis on the center of thinking in the WTU University.

We take the center of feeling into account with our festive seminars, travels and artistic activities. The relationship levels of WTU Wing Tsun, teacher / student, student / teacher, training partner / training partner, business partner / business partner can also be assigned to this area.

SALVE :-)

***Alfred Johannes Neudorfer
GM of Wing Tsun Universe (WTU)***

**“In the WTU, the
focus of the
exercise at WTU
Wing Tsun is, of
course, in the
movement center”**

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Alfred Johannes Neudorfer





WT・ユニバース 中国武術

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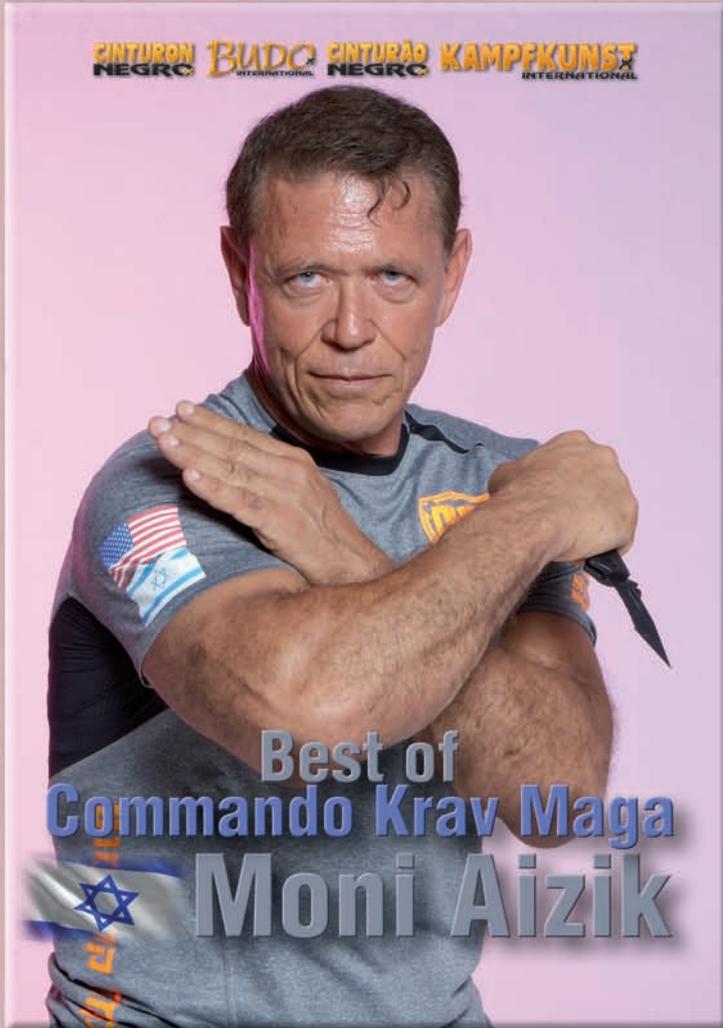
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Best of Commando Krav Maga Moni Aizik



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

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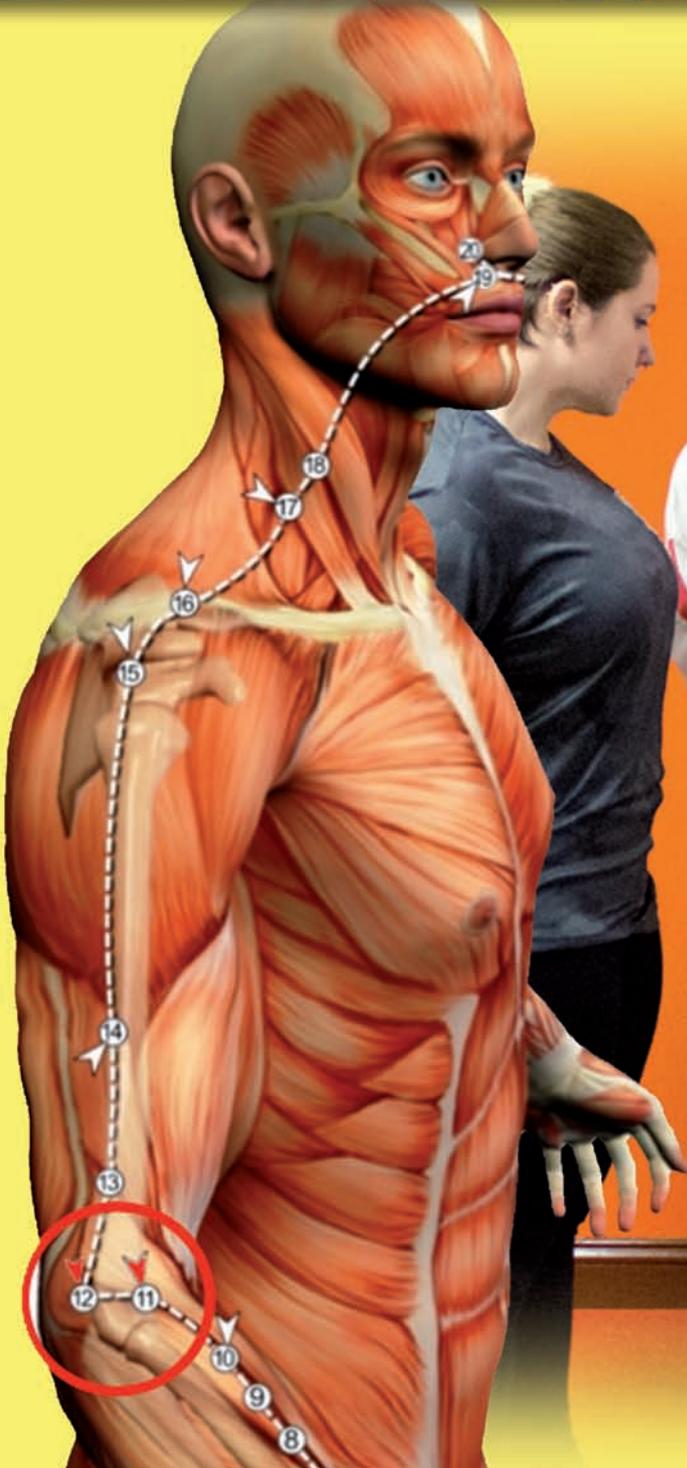
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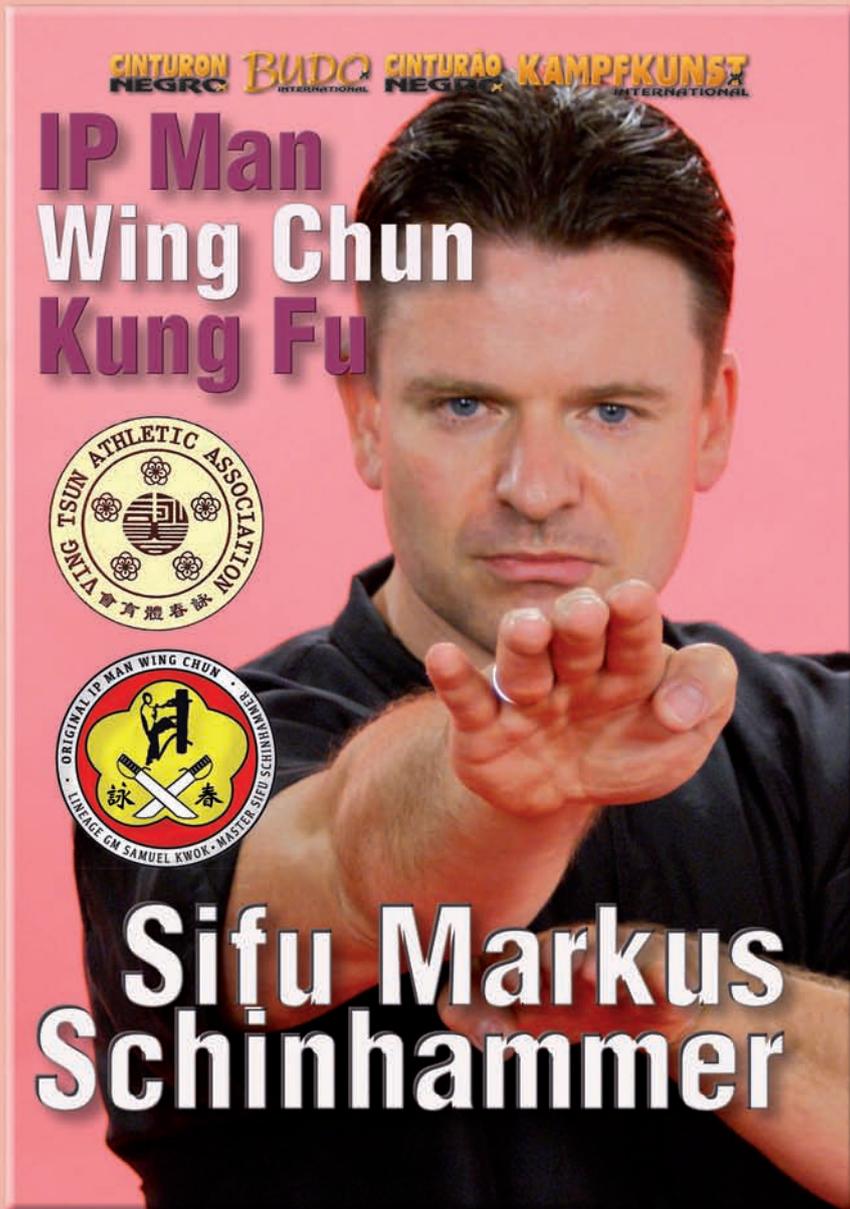
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www.kyushoInstitute.com



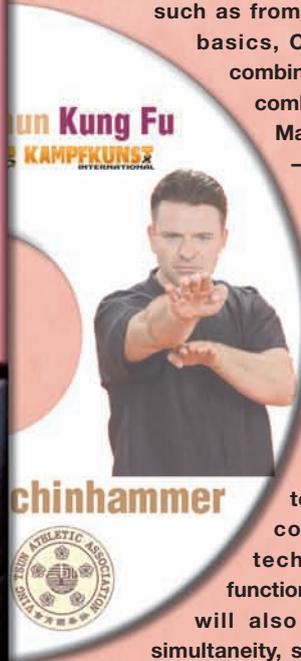
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IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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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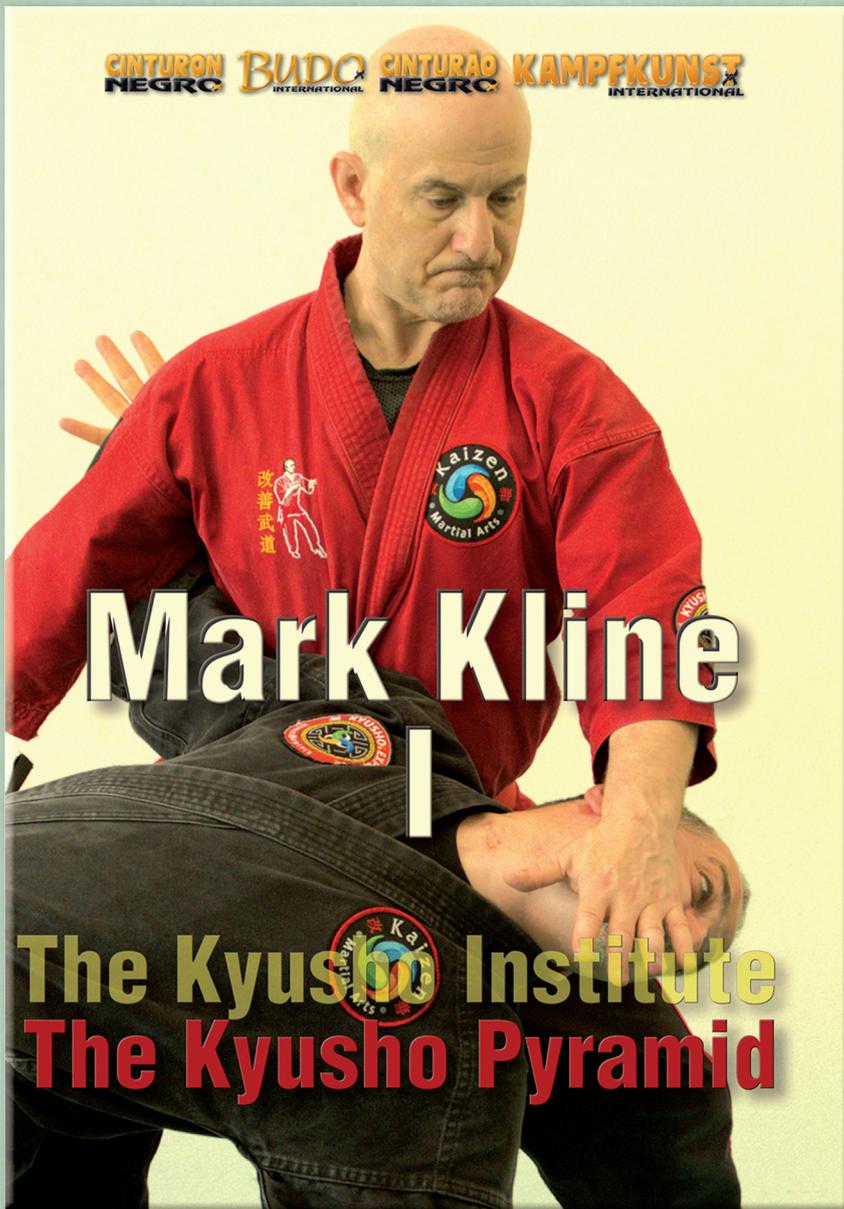
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The Kyusho Institute The Kyusho Pyramid

Mark Kline I



Mark Kline

The Kyusho Institute The Kyusho Pyramid

REF.: • DVD/KLINE01

DVD: 22,00 €



**English
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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.

DVD # 2: Anatomical Intuition, Transitions, Yin and Yang, Pressure Points / Anatomic Goals.



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Kung Fu



2018 - our year

We are at the beginning of a significant year for my school, the KUNG FU SCHOOL MARTIN SEWER AG, and for everyone who is associated with my teacher, Grandmaster Dr. Chiu Chi Ling. This article shall inform the Martial Arts community and especially my international Kung Fu family all over the world about upcoming events.



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Kung Fu



*China / Shaolin Tour,
Hong Kong & China*

In addition to that, we are visiting the origin of our art, the Shaolin monastery and also other important sites and affiliated schools. In Hong Kong at the end of our tour a grand tournament is going to be staged for my instructors and the students participating in the tour. Naturally, they will take part in the tournament. Finally, we are having a big Kung Fu birthday party in honour of my teacher. Since it may be that my teacher is organising this tour and the events for the last time, it may very well be a "once-in-a-lifetime" event for all of the students of the Chiu lineage and the schools affiliated with it.

Camp at Pentecost, Switzerland

Like every year, we are also organising our legendary PfiLa (camp at Pentecost). Last year a new location, which is much bigger than the one of the previous years, was inaugurated. We even had sweaters perfectly suitable for the camp, which I am planning on offering in the next camp as well.

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Kung Fu



*World Championship (World
Kuoshu Federation), USA*

The U.S Kuoshu Federation and the tournament in Baltimore, which is associated with the former, is one of the best amongst the traditional Martial Arts scene. We were all the more delighted to hear that the U.S Kuoshu itself is going to be the organiser of the World Championship 2018. Thus, it is very likely that the size and the professionalism of the event as we know it is going to be stepped up a few notches. And of course we are also participating in it. One of the reasons is that one of my goal is to organise the Championship in 2021 and thus, to bring it to Switzerland.

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Autumn Camp, Hong Kong

What's more, in 2018 we are organising our annual autumn camp for all of those who are not able to visit the China tour but also for those students who want to travel to Hong Kong with me once more this year in order to learn even more.

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***International Martial Arts
Research Institute Events
2018, Malaysia***

Just as in previous years, there is the possibility that the Martial Arts Research Institute in Malaysia will invite us again in 2018. Of course we would greatly appreciate it! On our last visit, we were very pleased when we were awarded once more and when the tournament amongst the ranks of Masters and Grandmasters chose us. My reputation in the Asian Kung Fu circles is well known and they know whose student I am.

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MEGA Event 2018 - 25th Anniversary, Switzerland

At the MEGA Event 2018, we are not only celebrating my birthday at the KUNG FU SCHOOL MARTIN SEWER AG, but also at the same time the 25th anniversary of my school. Obviously, I want to make this MEGA Event really special. Without promising too much, I would like to say that it is perhaps going to be one of the best events ever. Numerous VIPs, special awards and honours are only the tip of the iceberg.

In 2018 I hope to get really familiar with the numerous travels and events that my sifu is organising, in order to worthily follow in his footsteps. Come and be there in this eventful year and contact us at info@shaolin.ch.

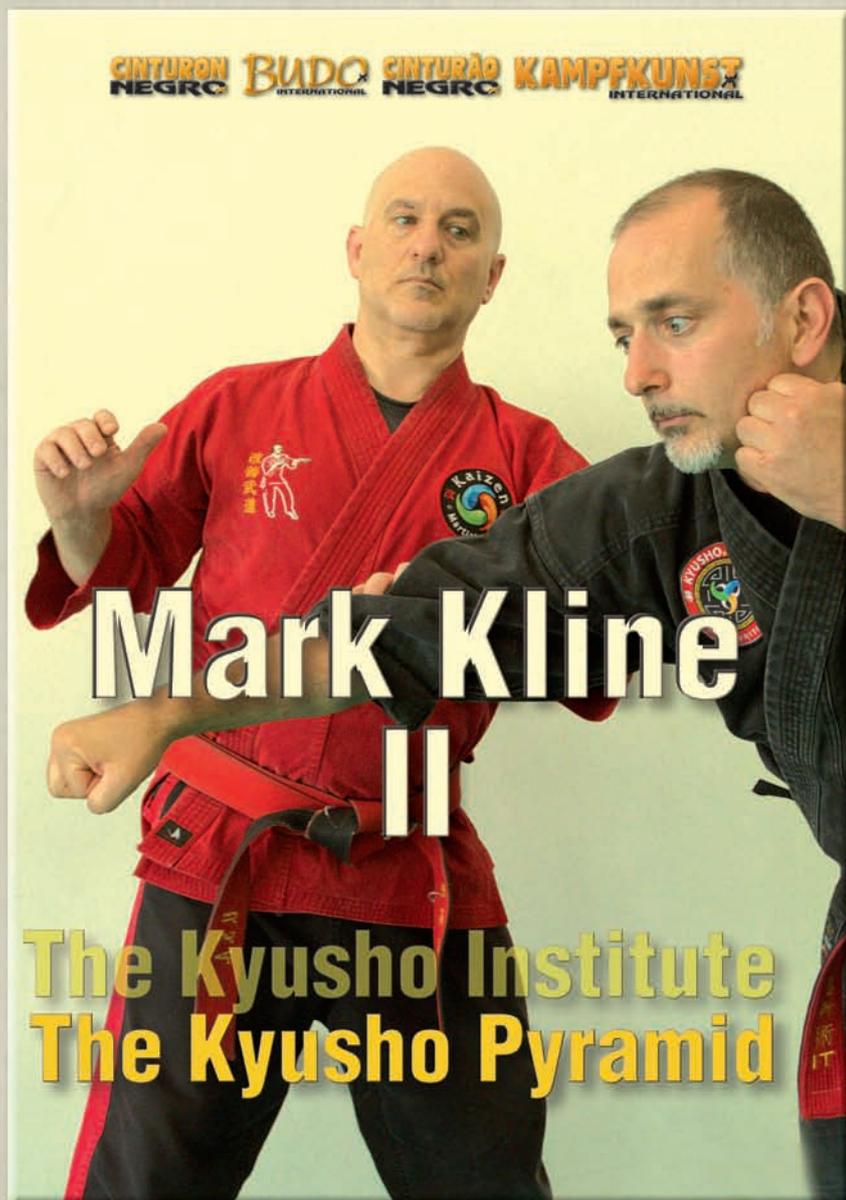
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The Kyusho Institute The Kyusho Pyramid

Mark Kline II



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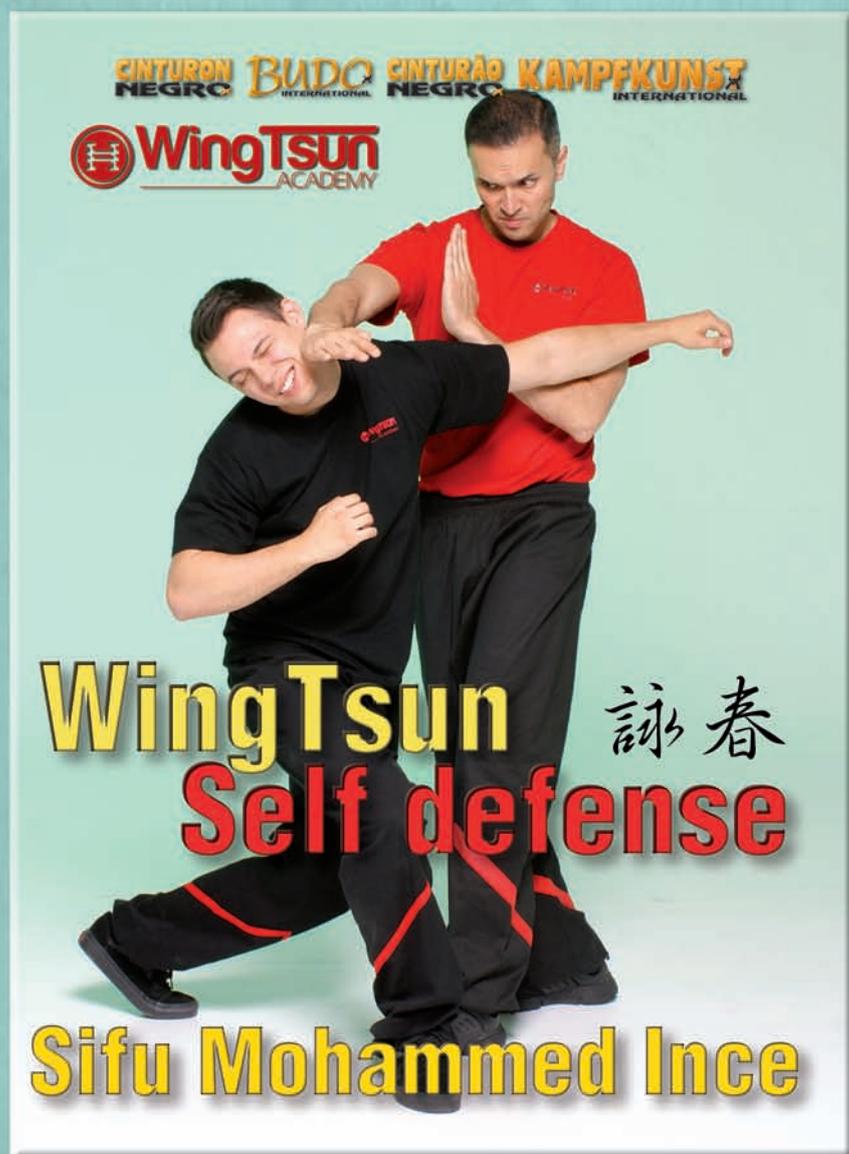
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WingTsun Sifu Mohammed Ince Self defense



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



REF.: • DVD/TWTINCE1

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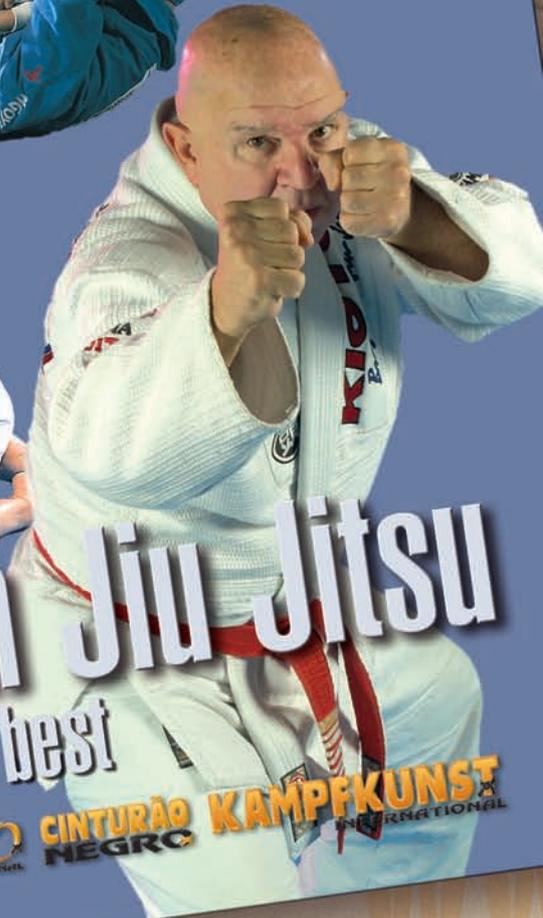
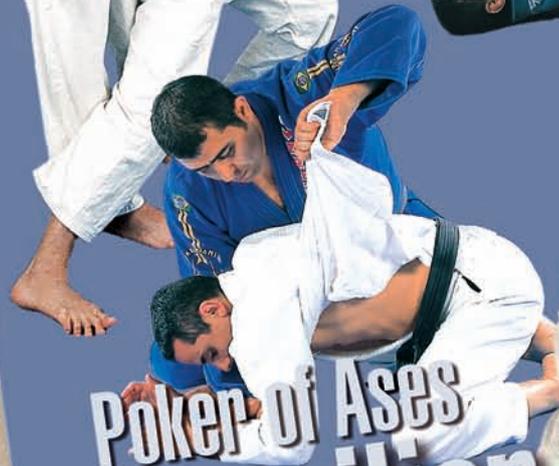
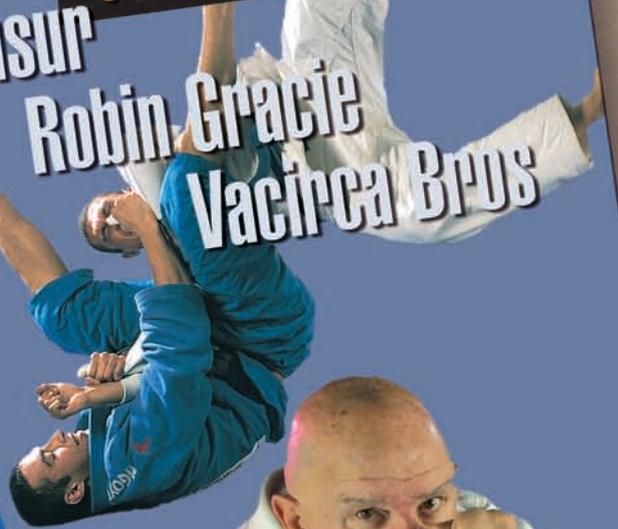
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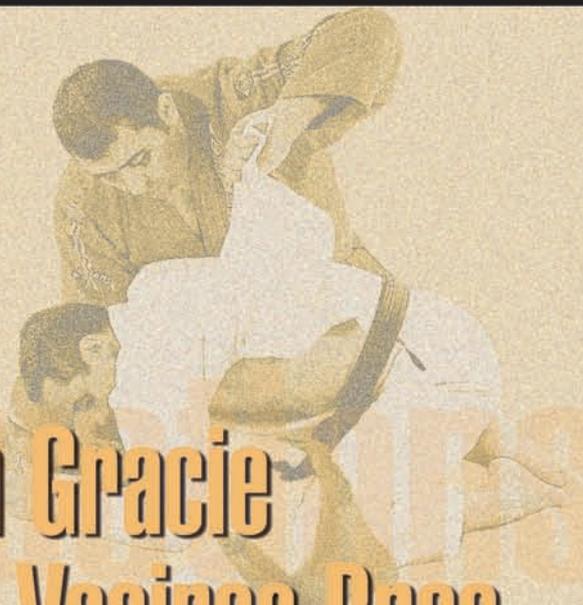
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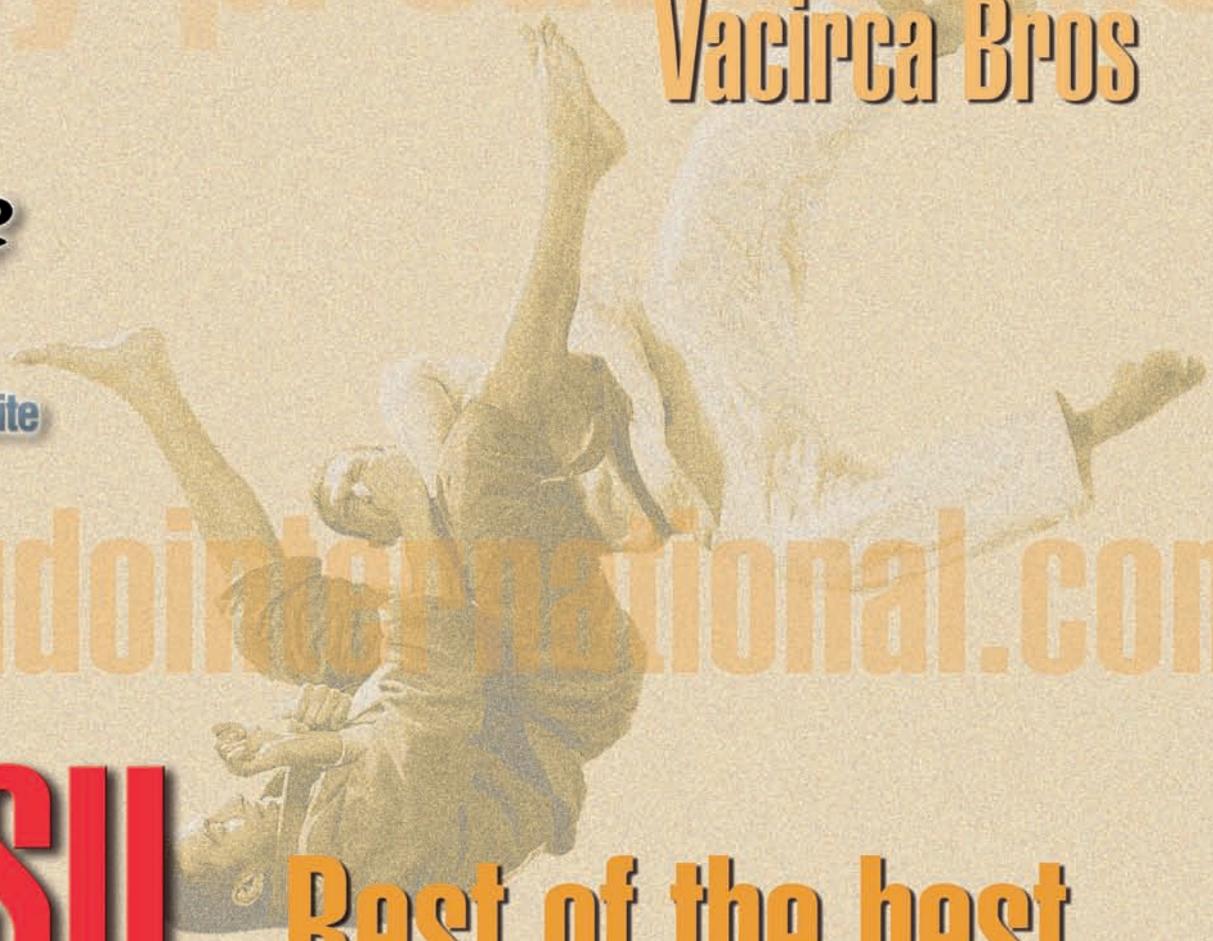
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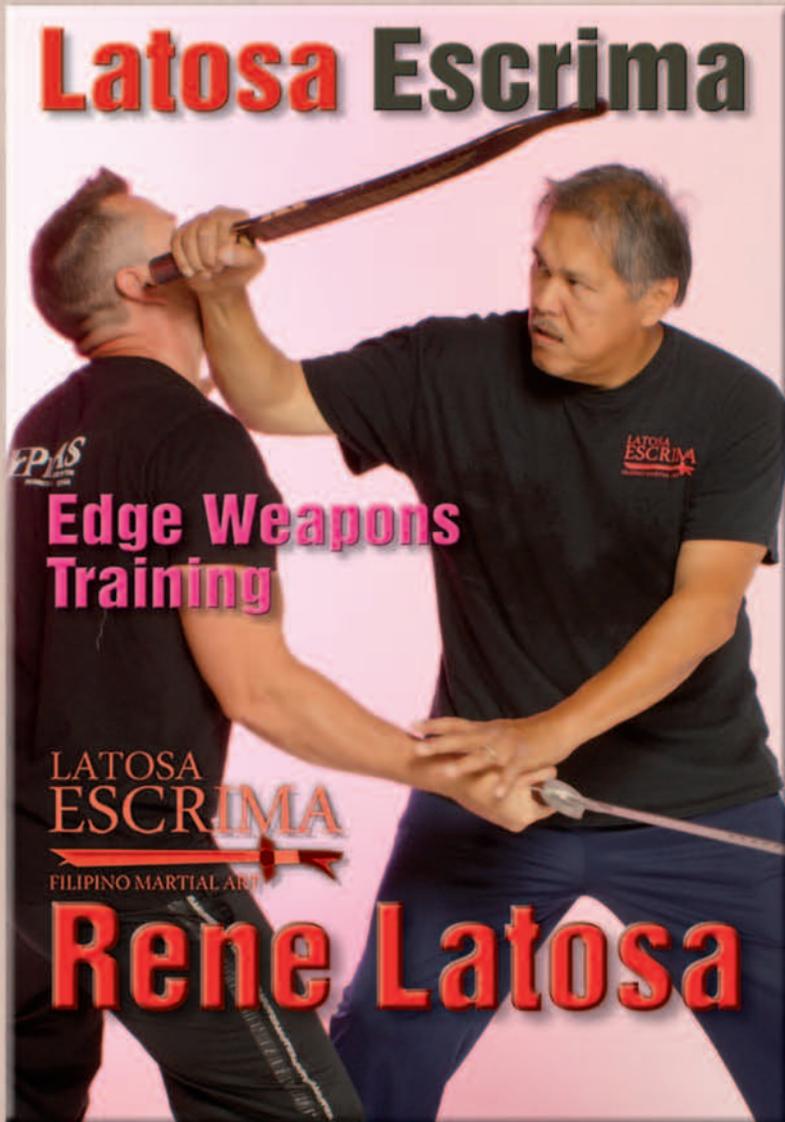
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Latosa Escrima Rene Latosa

Edge Weapons Training



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

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



REF.: • LAT-3



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Muay Boran: The powerful weapon of Meditation

by Marco de Cesaris
www.muaythai.it

Although there are many attack and defense instruments available to a Muay Thai practitioner, the iron will, forged under the supervision of a truly skilled Muay Master, often turns out to be the supreme weapon capable of defeating any adversary.

Besides contact with other athletes (Nak Muay) and the advice of a good instructor or Khru Muay to cultivate the mental strength and superior "inner energy" that allows the practitioner to rise above the average of the fighters, the ancestral meditation techniques are also a powerful element. My guide in the arduous path of understanding this methodology of spiritual consolidation - as important as physical consolidation itself - has been my mentor Grandmaster Chinawooth Sirisompan. In times when the essence of the Thai Boxer preparation was a set of exercises that, while preparing the body they also trained the mind and the spirit, Master Chinawooth, unconcerned with the comments filled with doubts of many of his colleagues, developed and taught with conviction the traditional Thai meditation techniques. Indeed, according to what he has always claimed, the techniques of the ancient Siamese warriors to prepare themselves for the battle (as well as for empty-handed combats), beside foreseeing the use of magic tattoos, blessed charms, prayers (mantras) and herbs, included the use of meditation techniques.

These techniques were performed either by staying for a certain period of time in a specific position, or by moving within a certain area (as is the case today with the Ram Muay forms, considered by many as real exercises of meditation in motion). Over time I personally experienced the effectiveness of those exercises in which a state of relaxation and security is achieved, and often you get to perceive a higher level of awareness with clarity; now we will try to illustrate the principles of meditation as taught by Master Sirisompan.



タイ武道

Muay Thai

Arjan Marco de C



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**“Through meditation,
the practitioner tries
to go beyond the
thinking mind,
reaching a deeper
state of relaxation
and awareness.”**

タイ武道

Muay Thai

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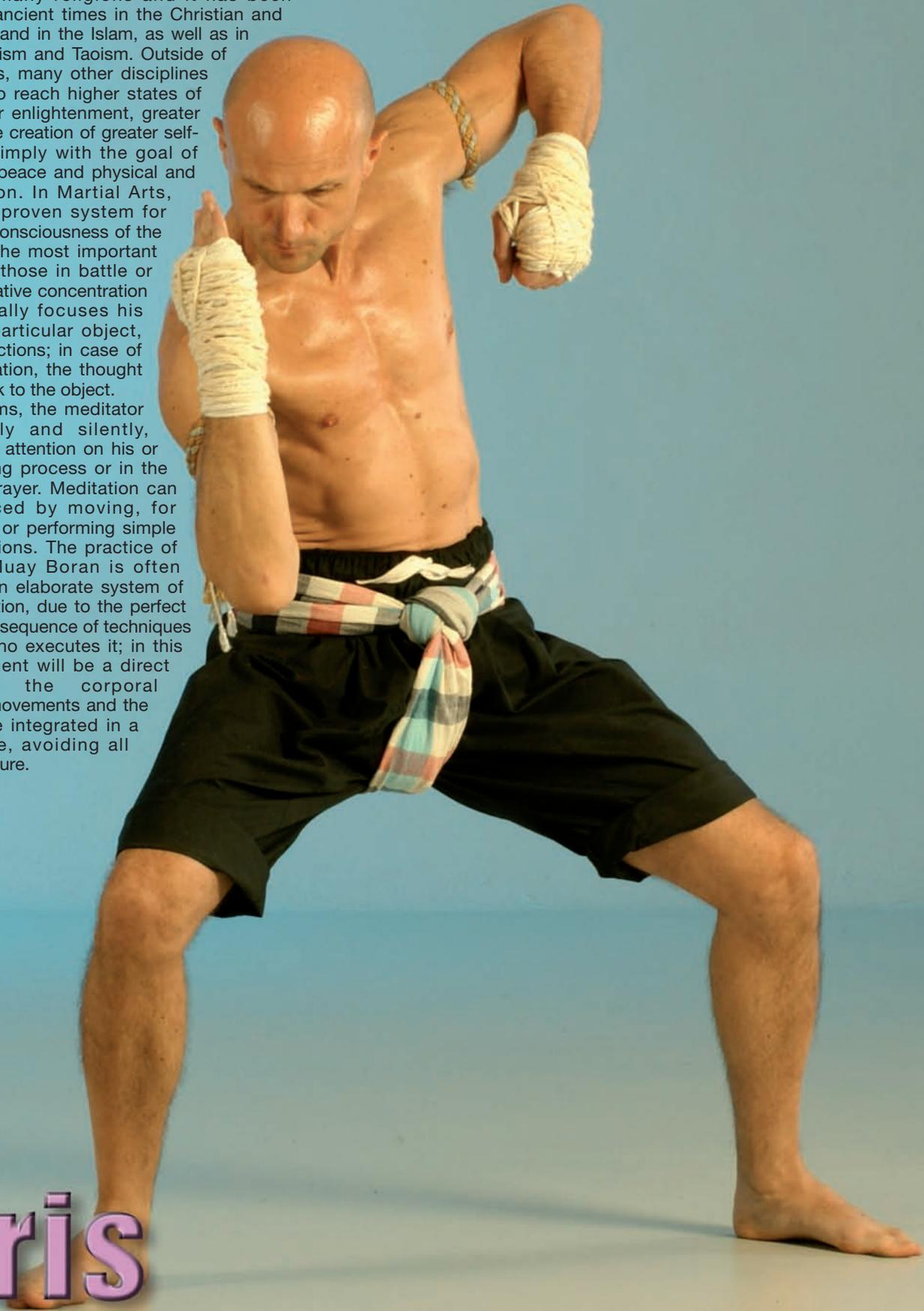
**IMBA
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BORAN**





Through meditation, the practitioner tries to go beyond the thinking mind, reaching a deeper state of relaxation and awareness; this is a fundamental component of many religions and it has been practiced since ancient times in the Christian and Hebrew religions and in the Islam, as well as in Hinduism, Buddhism and Taoism. Outside of religious contexts, many other disciplines use meditation to reach higher states of consciousness or enlightenment, greater concentration, the creation of greater self-awareness, or simply with the goal of seeking spiritual peace and physical and mental relaxation. In Martial Arts, meditation is a proven system for developing "the consciousness of the here and now," the most important mental form for those in battle or combat. In meditative concentration the person usually focuses his attention on a particular object, minimizing distractions; in case of loss of concentration, the thought has to be led back to the object.

In some systems, the meditator sits comfortably and silently, concentrating his attention on his or her own breathing process or in the repetition of a prayer. Meditation can also be practiced by moving, for example walking or performing simple repetitive operations. The practice of the Forms of Muay Boran is often combined with an elaborate system of meditation in motion, due to the perfect knowledge of the sequence of techniques on the part of who executes it; in this way, the movement will be a direct emanation of the corporal expression, the movements and the breathing will be integrated in a rhythmic course, avoiding all conscious procedure.



Cesaris





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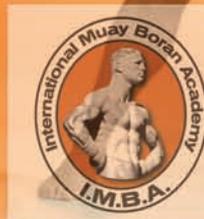


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Muay Thai



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Meditation positions

The various spiritual traditions and different instructors use and suggest several ideal body positions for meditating. The most common ones are without a doubt those in which the adept is placed on the floor with his legs crossed; among them the most used is the so-called "Lotus position" or Padmasana, according to the Hindu tradition (the Padma or Lotus flower is also known as a symbol of spiritual ascension).

Hand positions • Mudras

The position of the hands also plays an important role in the practice of Meditation; the various gestures of the

hands, or Mudras, are taught in detail in each meditative form. In Buddhism many of the positions performed during meditation exercises are associated with gestures of Buddha, and are believed to facilitate the flow of vital energy during practice.

Prayers - Mantras

Normally you meditate in silence, in the stillness of a secluded place; in some cases, the repetition of verbal formulas called Mantras help to reach deeper meditative states. It has been shown that pronouncing formulas or prayers can help empty the mind of excess information accumulated in daily life, thus facilitating the achievement of an appropriate mental state.

“The various spiritual traditions and different instructors use and suggest several ideal body positions for meditating.”



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タイ武道



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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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

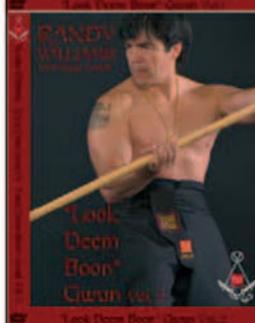
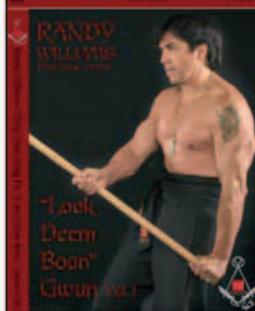
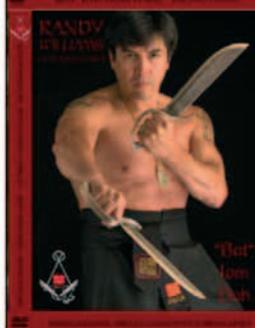
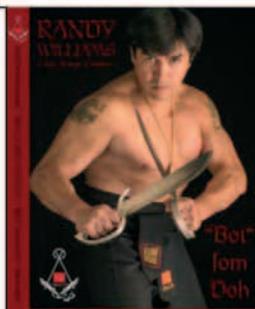
Contents: The concept of "Reverse Engineering," Chokes; Rear, Front Standing, "Guillotine," Head-and-Arm, Side-Mount Shoulder Choke, and many other Groundfighting drills and techniques.

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

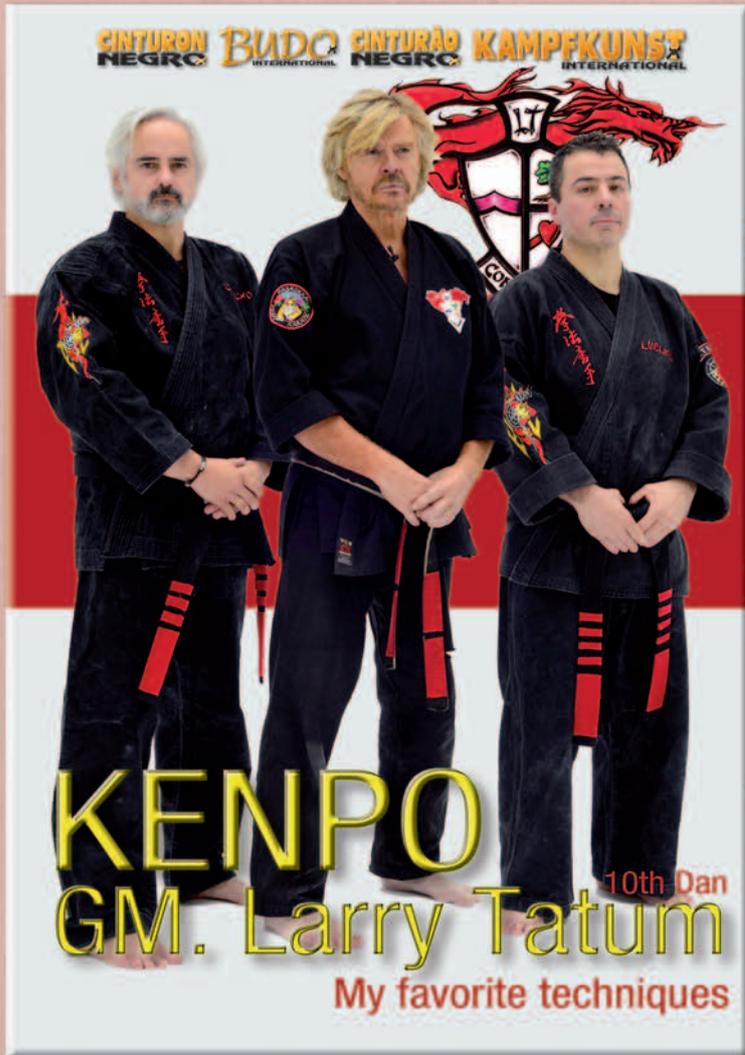
"Look Deem Boon" Gwun Volume 2 (60 min.)

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



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.

REF.: • DVD/LARRY4

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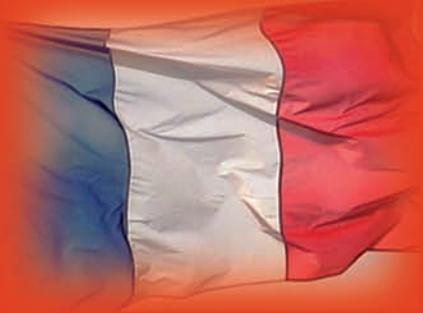
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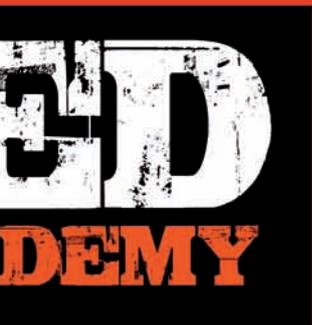
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Self Defense

Christian Wilmouth

自己防衛



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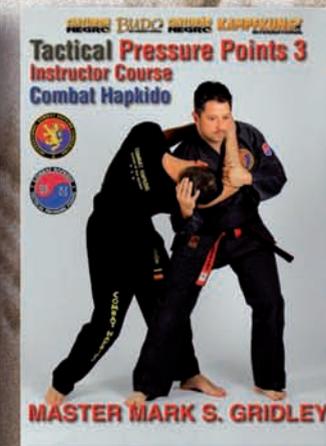
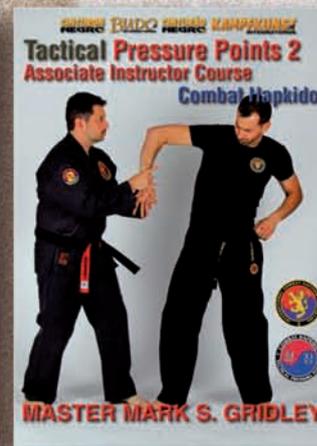
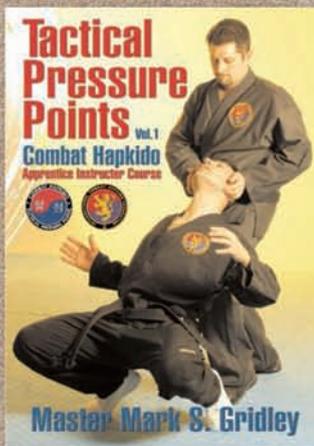
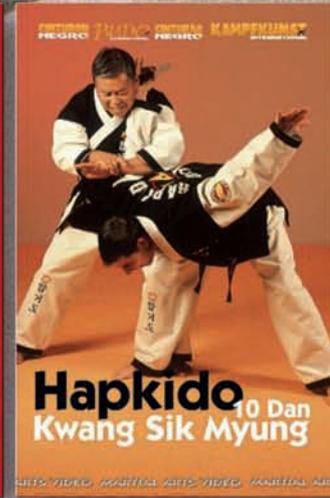
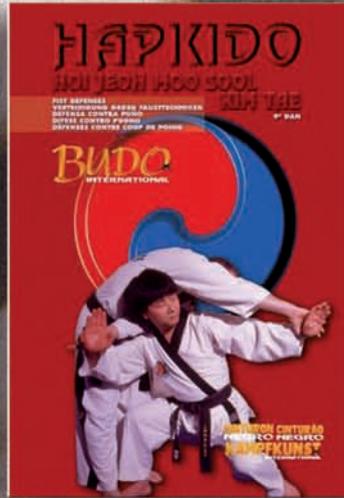
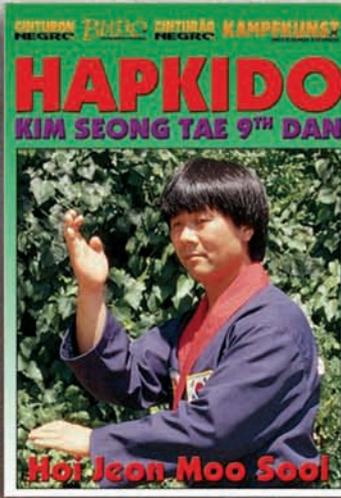
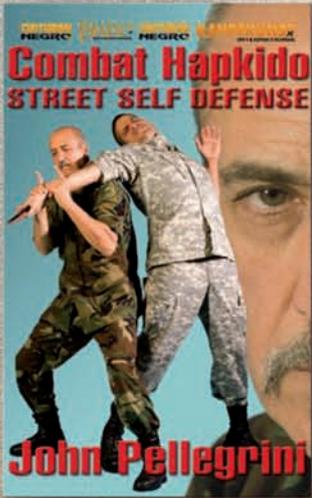
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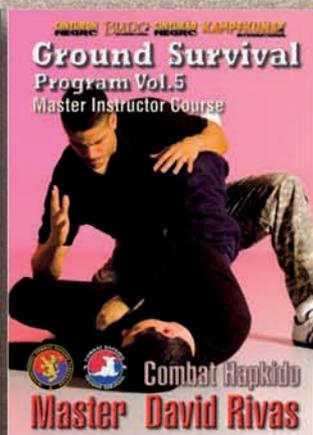
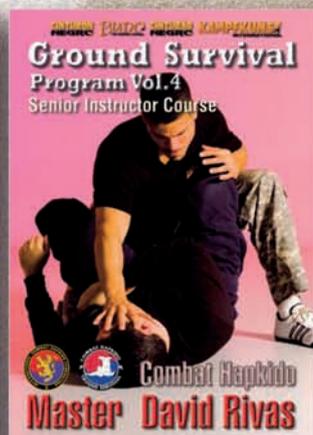
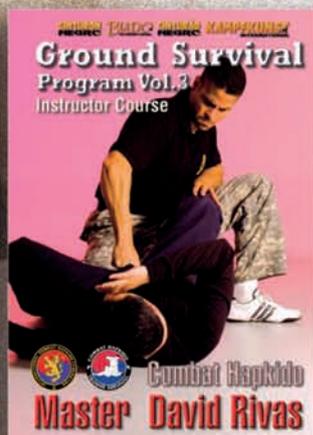
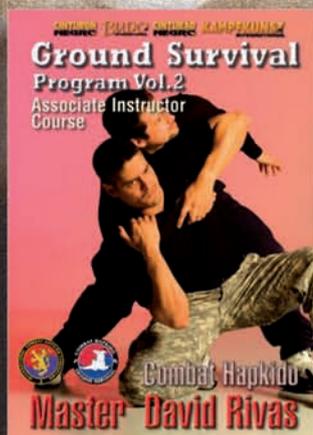
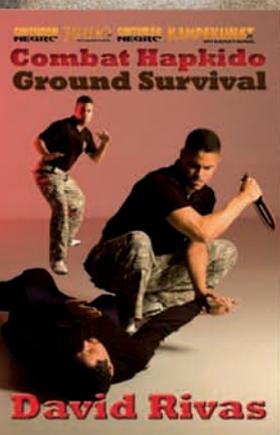
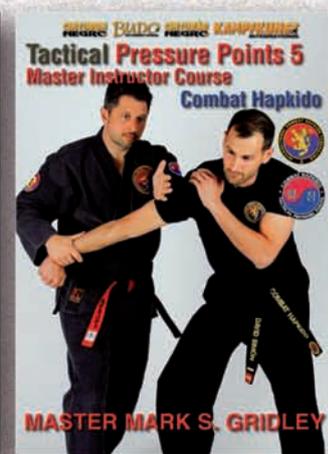
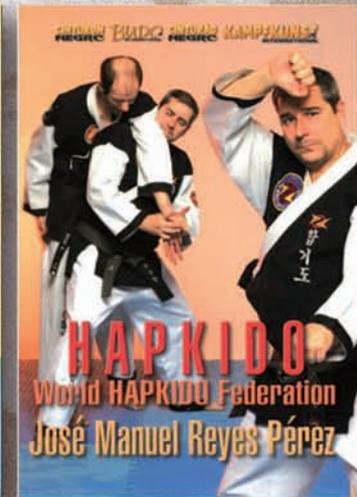
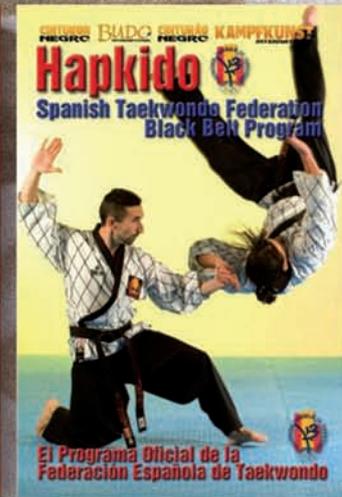
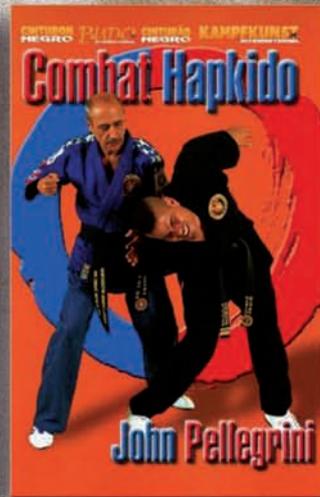
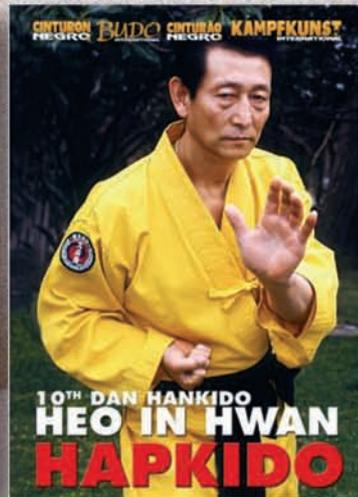
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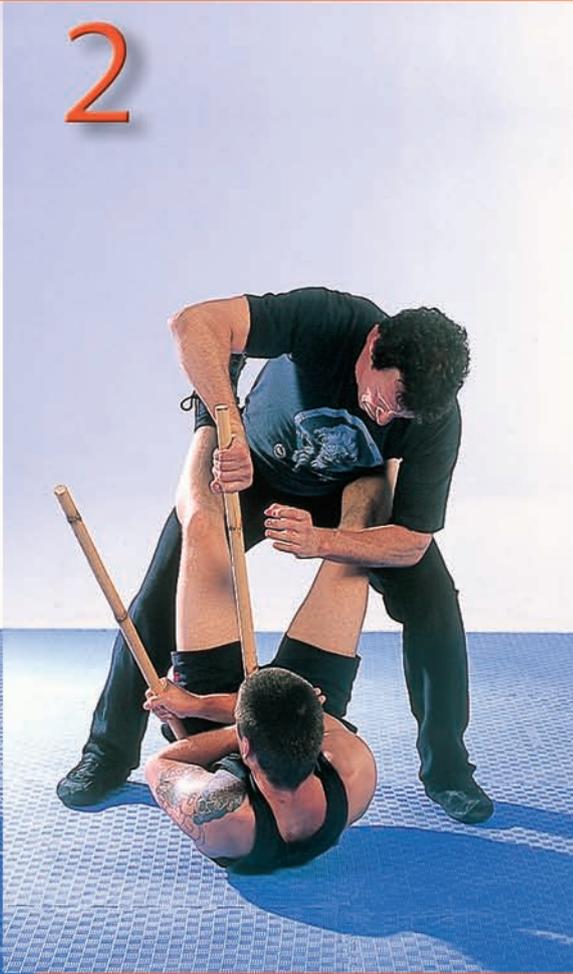
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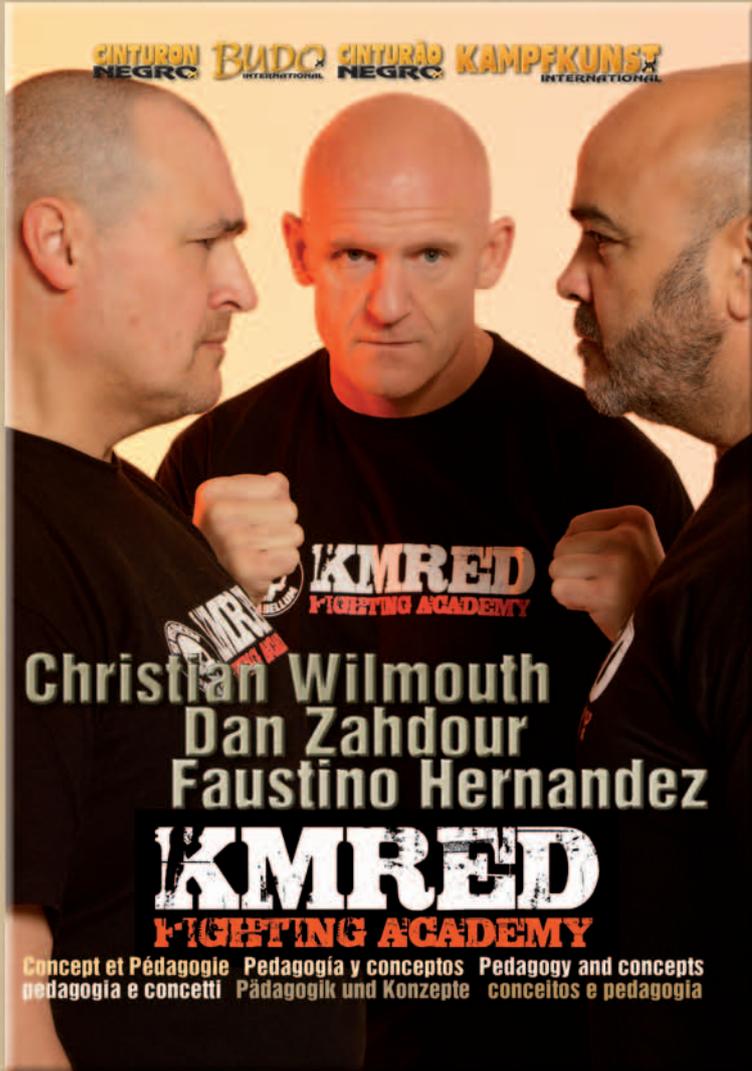


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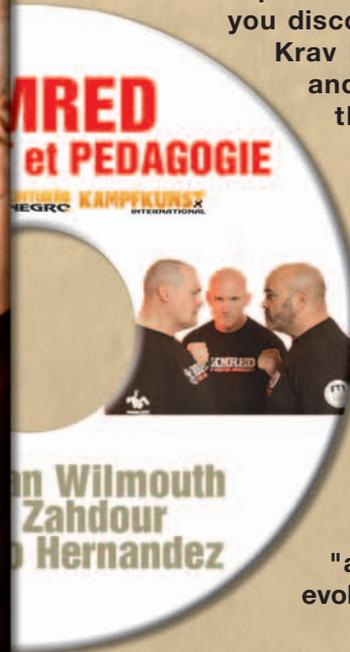


KMRED FIGHTING ACADEMY

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



Christian Wilmouth
Dan Zahdour
Faustino Hernandez



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



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KEYSI Original! Justo Diéguez



Hi. My name is Justo Diéguez. I am the creator and founder of the KEYSI method. The difference between the KEYSI method and other systems is based on values: self-defense begins by valuing yourself, valuing who you are, and then you can start to value who the others are. Self-defense starts when you believe in yourself, when you really feel who you are, when you are really living your inner world, when you are you. It doesn't begin by wanting to be a person with bigger muscles than the rest; or because you believe to be more than others, or more intelligent; it doesn't even begin because you have different qualities. It begins when you believe in yourself. Fighting is based on intuition, on instinct, not on technicalities.

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Justo Diéguez

KEYSI is differentiated by a very simple way of working: While the rest of the martial arts are based in the development of the technique as an end in itself, in KEYSI we use the technique, of course, but we use it as a means, not as an end.

KEYSI stands out for its simple way of working: While the rest of Martial Arts or any other system are based on the development of techniques as an end in itself, in KEYSI obviously uses technique but we use it as a means, never as an end. KEYSI's basic weapons and instruments are our natural weapons and tools: our limbs and our body in its entirety: Every part of our anatomy is liable to become a weapon. All this, combined with key elements such as body mechanics, distance, self-control, etc., give rise to this new and effective method. Justo Diéguez, its creator, presents in this video a complete sample of the Keysi method, which includes empty-hand workout, focus gloves, sticks, and numerous examples of empty-handed self-defense situations as well as and against attacks with weapons such as sticks, knives, including defense on the ground and in restricted spaces.

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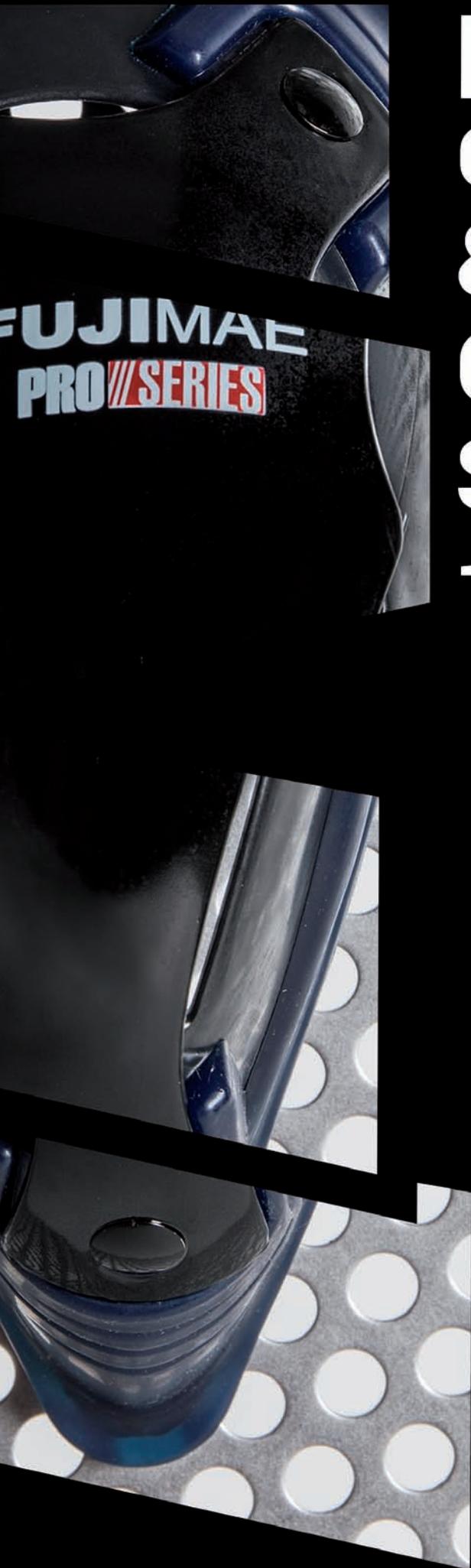


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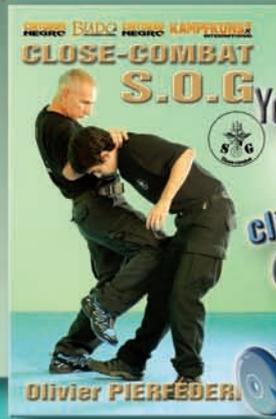
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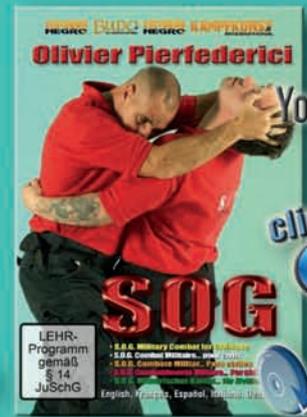
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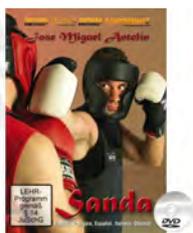
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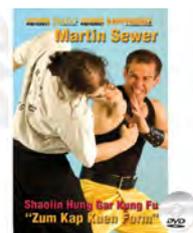
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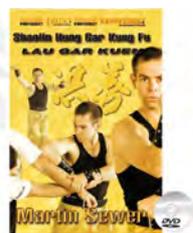
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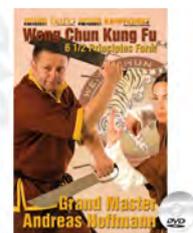
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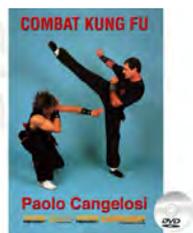
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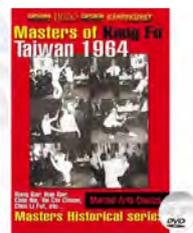
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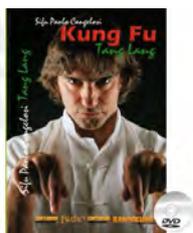
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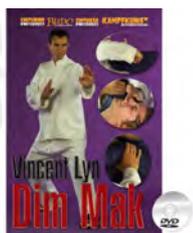
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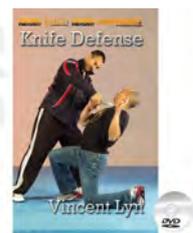
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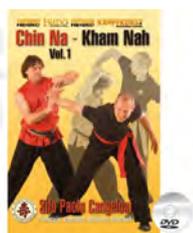
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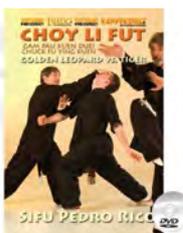
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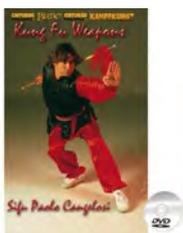
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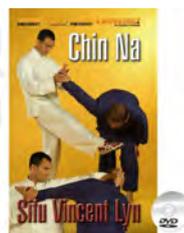
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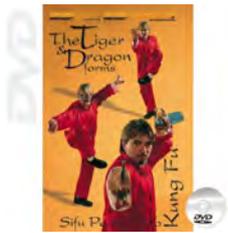
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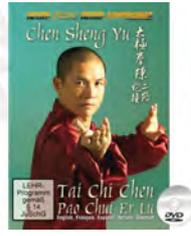
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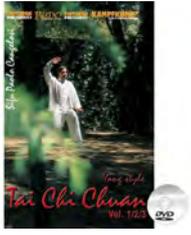
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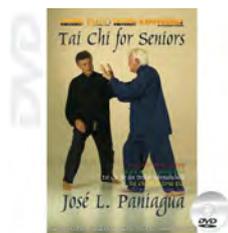
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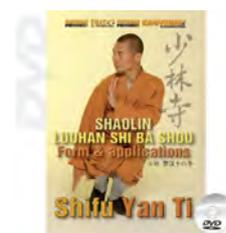
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DVD Wu Shu

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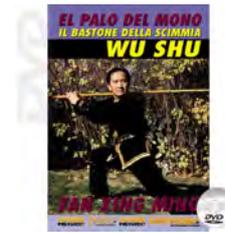
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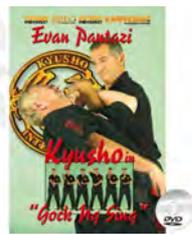
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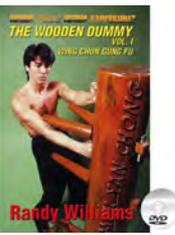
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Form & Applications
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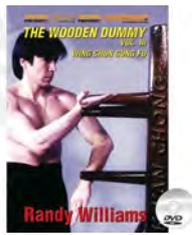
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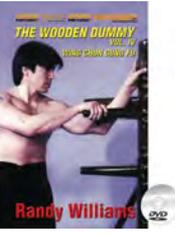
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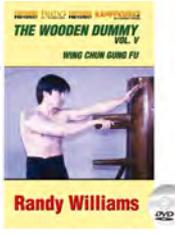
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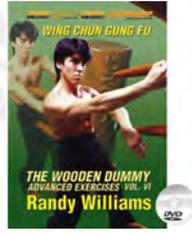
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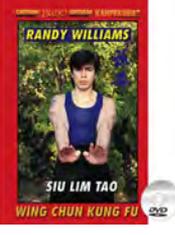
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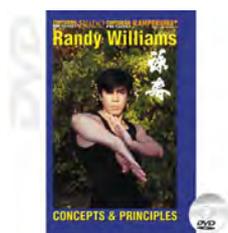
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DVD Wing Tsun

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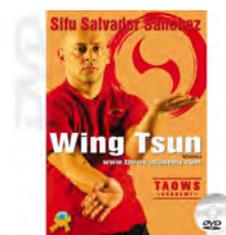
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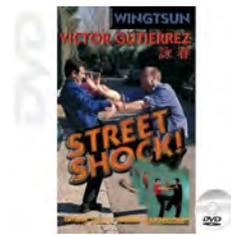
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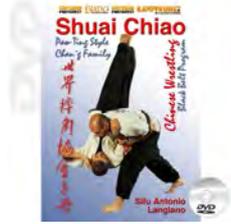
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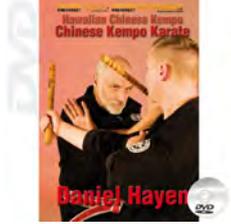
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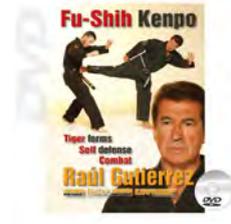
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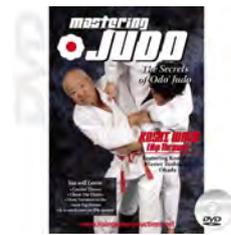
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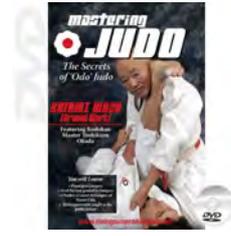
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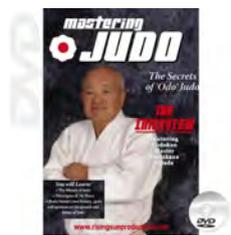
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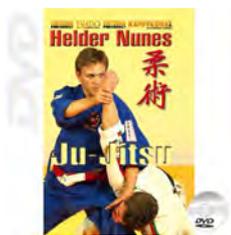
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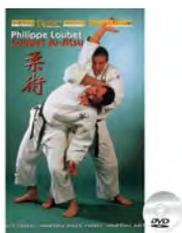
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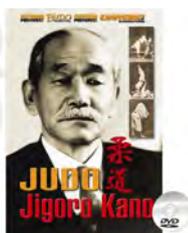
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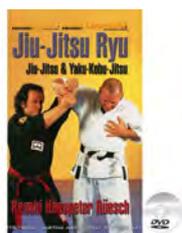
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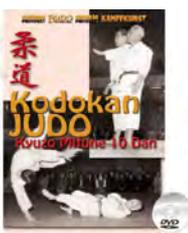
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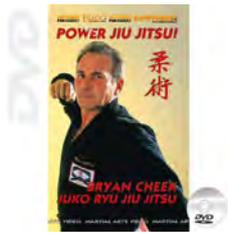
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Vol 2

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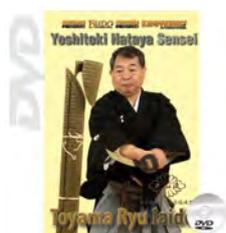
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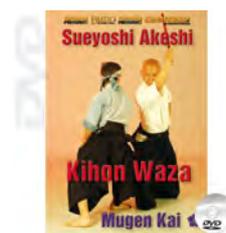
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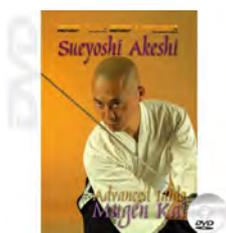
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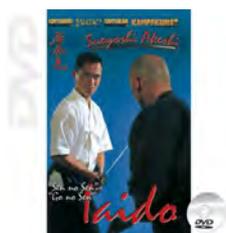
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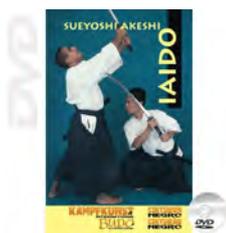
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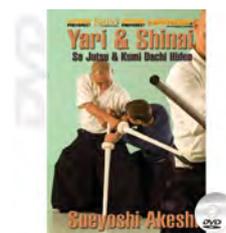
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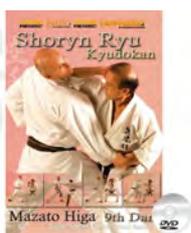
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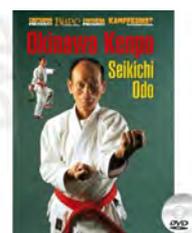
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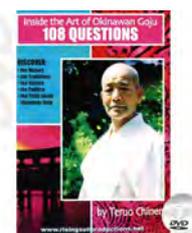
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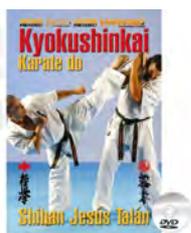
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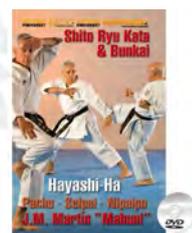
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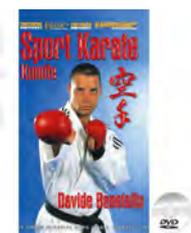
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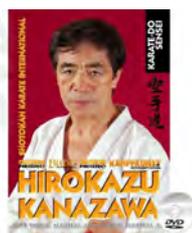
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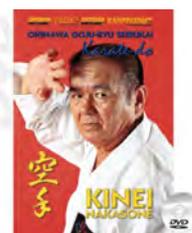
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Price Inc. Tax.....22,00 EUR



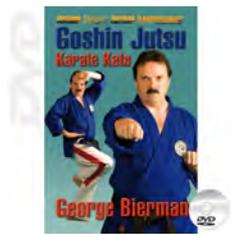
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DVD Shito Ryu Karate Pinan Kata & Bunkai Vol 1
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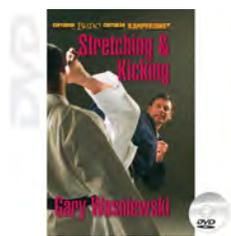
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DVD Goju Ryu Karate Vol 4 Bunkai-2
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DVD Goju Ryu Karate Vol 3 Bunkai-1
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DVD Karate



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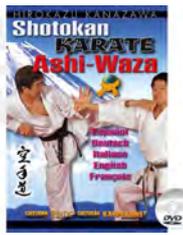
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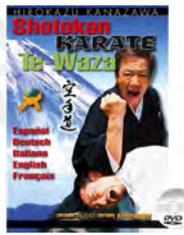
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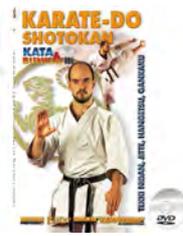
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Ref. DVD/KANA3
Price Inc. Tax.....22,00 EUR



DVD Mastering Karate Te Waza
Ref. DVD/KANA2
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DVD Karate-do Shotokan Kata & Bunkai
Vol3
Ref. DVD/SHJ3
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DVD Karate-do Shotokan Kata & Bunkai
Vol2
Ref. DVD/SHJ2
Price Inc. Tax.....22,00 EUR



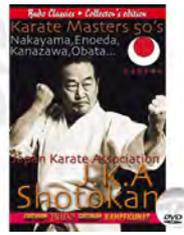
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Ref. DVD/SHJ1
Price Inc. Tax.....22,00 EUR



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Ref. DVD/BC6
Price Inc. Tax.....22,00 EUR



DVD Ishin Ryu Karate
Ref. DVD/BC23
Price Inc. Tax.....22,00 EUR



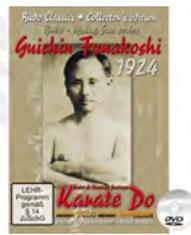
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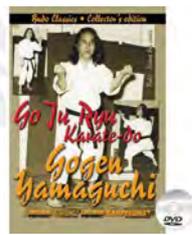
DVD Karate



DVD Karate 1924 Kata & Vintage Footage Funakoshi
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Price Inc. Tax.....22,00 EUR



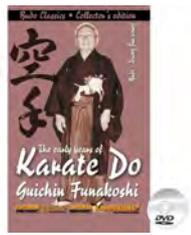
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Ref. DVD/BC20
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DVD Goju Ryu Karate GYamaguchi
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Price Inc. Tax.....22,00 EUR



DVD Karate JKA Masters 60's
Ref. DVD/BC3
Price Inc. Tax.....22,00 EUR



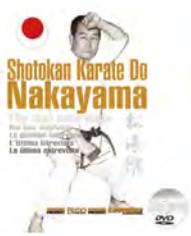
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Ref. DVD/BC1
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DVD Kyokushin Karate Mas Oyama
Ref. DVD/BC5
Price Inc. Tax.....22,00 EUR



DVD Okinawa Isshin Ryu Karate Kata
Ref. DVD/CAN2
Price Inc. Tax.....22,00 EUR



DVD Shotokan Karate Nakayama, the last interview
Ref. DVD/NAKENT
Price Inc. Tax.....22,00 EUR



DVD Uechi Ryu Karate K.Uechi
Ref. DVD/BC21
Price Inc. Tax.....22,00 EUR



DVD Wado-Ryu Karate
Ref. DVD/BC15
Price Inc. Tax.....22,00 EUR



DVD World Karate Championships 2004 Pack
Ref. DVD/WKF2
Price Inc. Tax.....22,00 EUR



DVD Karate-do Shinshinkan Okinawa Kata
Ref. DVD/CAN1
Price Inc. Tax.....22,00 EUR

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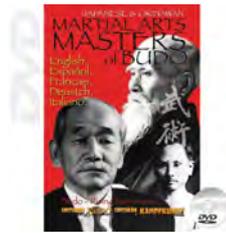
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DVD Karate



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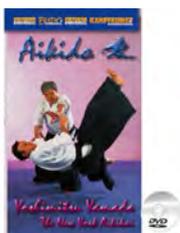
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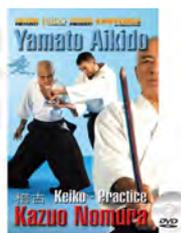
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DVD Aikido



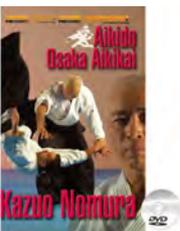
DVD Aikido Technique
Ref. DVD/YAMA4
Price Inc. Tax.....22,00 EUR



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



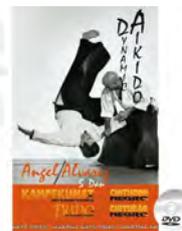
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Ref. DVD/NOMURA2
Price Inc. Tax.....22,00 EUR



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



DVD Aikido Tanto Dori
Ref. DVD/FUR4
Price Inc. Tax.....22,00 EUR



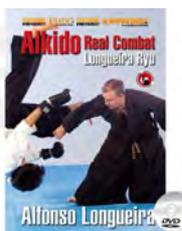
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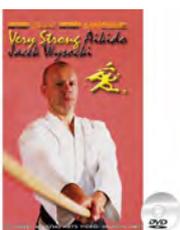
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Ref. DVD/SAVE
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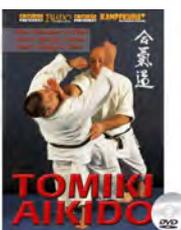
DVD Aikido Tenshin Dojo Vol 1
Ref. DVD/MIYA1
Price Inc. Tax.....22,00 EUR



DVD Aikido Combat Vol1
Ref. DVD/LONG6
Price Inc. Tax.....22,00 EUR



DVD Very Strong Aikido Kobayashi Ryu
Ref. DVD/JACEK
Price Inc. Tax.....22,00 EUR



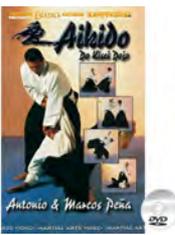
DVD Tomiki Aikido
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DVD Shinno Aikido Aikido & Bokken
Ref. DVD/SHINNO
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DVD Aikido Kisei Dojo Basic, intermediate & advanced
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DVD Aikido Evolution
Ref. DVD/LONG5
Price Inc. Tax.....22,00 EUR



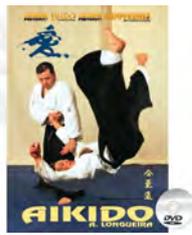
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Price Inc. Tax.....22,00 EUR



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



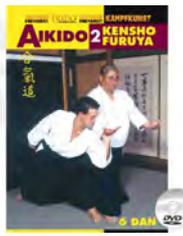
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DVD Aikido Longueira Ryu
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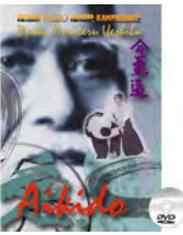
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Ref. DVD/FUR2
Price Inc. Tax.....22,00 EUR



DVD Aikido Furuya VOL1
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Price Inc. Tax.....22,00 EUR



DVD Aikido Moriteru Ueshiba Interview & Seminar
Ref. DVD/DOSHU
Price Inc. Tax.....22,00 EUR



DVD Aikido Yamada Seminar Barcelona
Ref. DVD/YAMA2
Price Inc. Tax.....22,00 EUR



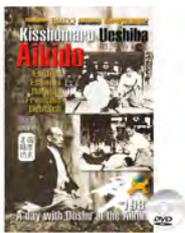
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Ref. DVD/YAMA1
Price Inc. Tax.....22,00 EUR

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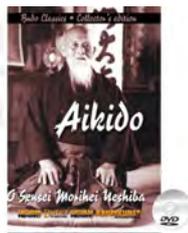
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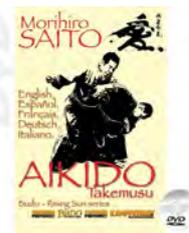
DVD Aikido



DVD Aikido Kisshomaru Ueshiba
Interview & Technique
Ref. DVD/KISHO
Price Inc. Tax.....22,00 EUR



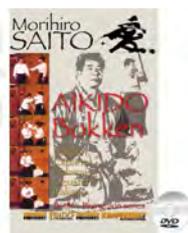
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Ref. DVD/BC2
Price Inc. Tax.....22,00 EUR



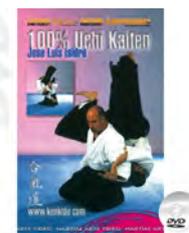
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Ref. DVD/BC11
Price Inc. Tax.....22,00 EUR



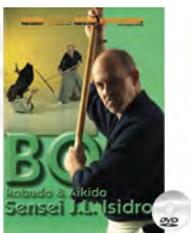
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Ref. DVD/BC10
Price Inc. Tax.....22,00 EUR



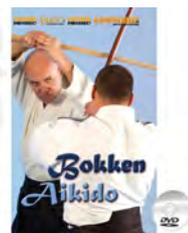
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Ref. DVD/BC7
Price Inc. Tax.....22,00 EUR



DVD Aikido 100% Uchi Kaiten
Ref. DVD/AKIS5
Price Inc. Tax.....22,00 EUR



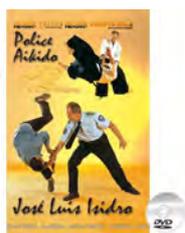
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Ref. DVD/AKIS6
Price Inc. Tax.....22,00 EUR



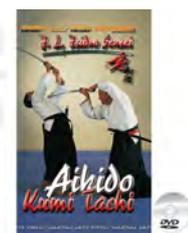
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Price Inc. Tax.....22,00 EUR



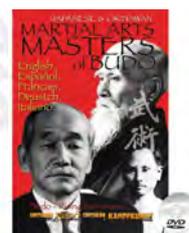
DVD Aikido 100% Kokkyu Nage
Ref. DVD/AKIS1
Price Inc. Tax.....22,00 EUR



DVD Police Aikido
Ref. DVD/AKIS2
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DVD Aikido Kumi-Tachi
Ref. DVD/AKIS3
Price Inc. Tax.....22,00 EUR



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Budo Japan & Okinawa
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DVD Aikido



DVD Aikido Ni-To Ichi
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DVD Kobudo

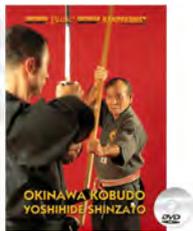
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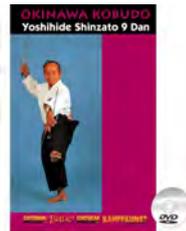
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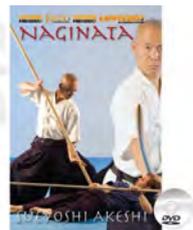
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Ref. DVD/KOBU2
Price Inc. Tax.....22,00 EUR



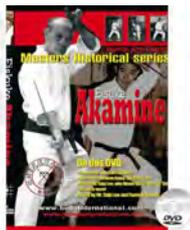
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Karate-do
Ref. DVD/KOBU1
Price Inc. Tax.....22,00 EUR



DVD Kobudo Kata
Ref. DVD/BIERMAN1
Price Inc. Tax.....22,00 EUR



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



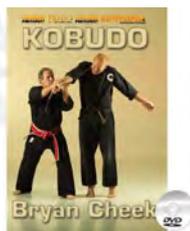
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Ref. DVD/BC19
Price Inc. Tax.....22,00 EUR



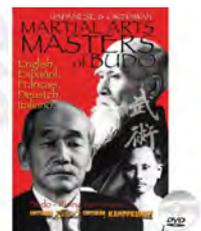
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Ref. DVD/BC17
Price Inc. Tax.....22,00 EUR



DVD Bo Jitsu Okinawa
Ref. DVD/BC22
Price Inc. Tax.....22,00 EUR



DVD Webbs Kobudo
Ref. DVD/JUKO3
Price Inc. Tax.....22,00 EUR



DVD Classic Martial Arts Masters of
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DVD Ninjutsu

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DVD Ninjutsu



DVD Bujinkan Budo Tai Jitsu
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DVD Japan Ninjutsu Shinobiken
Ref. DVD/JH5
Price Inc. Tax.....22,00 EUR



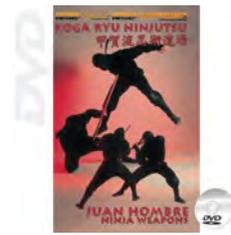
DVD Bujinkan Dojo Taijitsu Taikai Vol 1
Ref. DVD/HATSU1
Price Inc. Tax.....22,00 EUR



DVD Bujinkan Dojo Taijitsu Taikai Vol 2
Ref. DVD/HATSU2
Price Inc. Tax.....22,00 EUR



DVD Iga Ryu Ninjutsu Empty Hands
Techniques
Ref. DVD/JH4
Price Inc. Tax.....22,00 EUR



DVD Koga Ryu Ninjutsu Weapons
Ref. DVD/JH3
Price Inc. Tax.....22,00 EUR



DVD Koga Ryu Ninjutsu Empty Hands
Ref. DVD/JH2
Price Inc. Tax.....22,00 EUR

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DVD Other Styles Japan

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DVD Other Styles Japan



DVD Toyama Ryu Batto Jutsu
Ref. DVD/TOYAMA1
Price Inc. Tax.....22,00 EUR



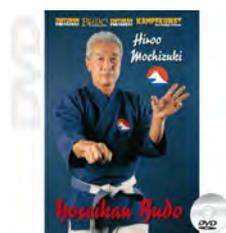
DVD Advanced Kendo
Ref. DVD/KENDO2
Price Inc. Tax.....22,00 EUR



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



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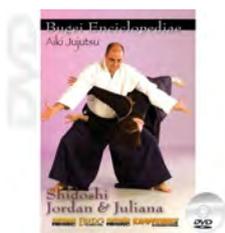
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Price Inc. Tax.....22,00 EUR



DVD Bugei Koppo-Jutsu
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Price Inc. Tax.....22,00 EUR



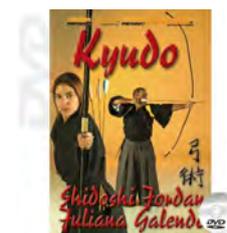
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Price Inc. Tax.....22,00 EUR



DVD Bugei Aiki Jujutsu Vol2
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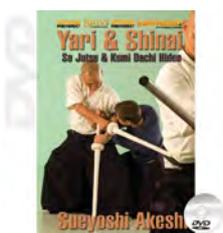
DVD Kendo
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DVD Kyudo Kyu-Jitsu
Ref. DVD/KYUDO1
Price Inc. Tax.....22,00 EUR

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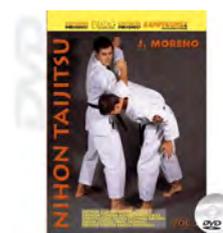
DVD Other Styles Japan



DVD Yari and Shinai
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Price Inc. Tax.....22,00 EUR



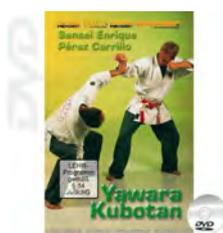
DVD Nihon Taijitsu Vol 1 Defense
against Front Grabs
Ref. DVD/NT1
Price Inc. Tax.....22,00 EUR



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



DVD Yawara Jitsu
Ref. DVD/YAW
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DVD Yawara Kubotan
Ref. DVD/YAW2
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DVD Kempo Jutsu
Ref. DVD/KIMO
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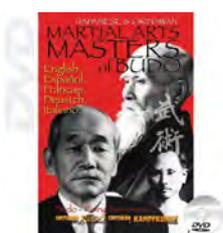
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DVD Bugei Aiki-Jujutsu
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DVD Kyusho Jitsu

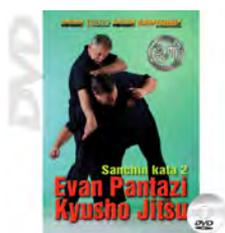
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DVD Kyusho Jitsu



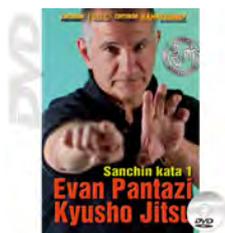
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Price Inc. Tax.....22,00 EUR



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



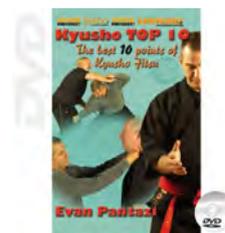
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Vol.1
Ref. DVD/KYUSHO24
Price Inc. Tax.....22,00 EUR



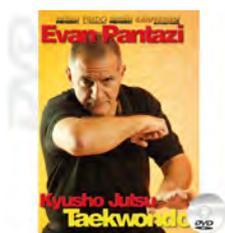
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Ref. DVD/KYUSHO23
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DVD Kyusho Tactical Control Program
Module 1
Ref. DVD/KYUSHO22
Price Inc. Tax.....22,00 EUR



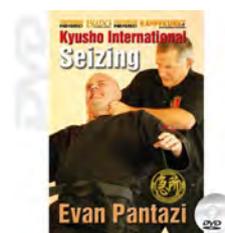
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DVD Kyusho in Taekwon Do
Ref. DVD/KYUSHO20
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DVD Kyusho Jitsu Seizing
Ref. DVD/KYUSHO18
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DVD Kyusho The 6 Ji Hands
Ref. DVD/KYUSHO17
Price Inc. Tax.....22,00 EUR



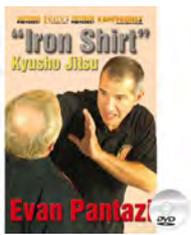
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DVD Kyusho Jitsu



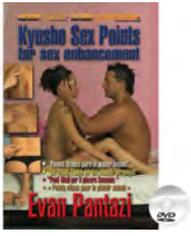
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Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Points for Sex Enhancement
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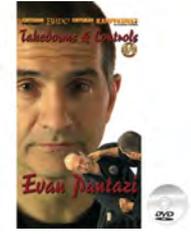
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Ref. DVD/KYUSHO9
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DVD Kyusho Jitsu Tuite Joint Locking
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DVD Kyusho Jitsu



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DVD Kyusho Self Protection for Women
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DVD Brazilian Jiu-Jitsu

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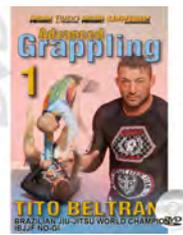
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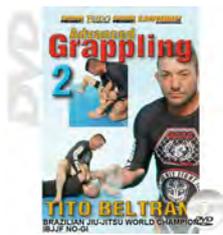
DVD Brazilian Jiu-Jitsu



DVD Brazilian Jiu Jitsu Ultimate Competition Techniques 1
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DVD Advanced Grappling Vol.1
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



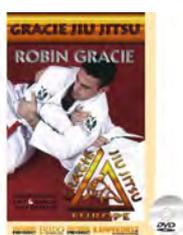
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Ref. DVD/MANSUR6
Price Inc. Tax.....22,00 EUR



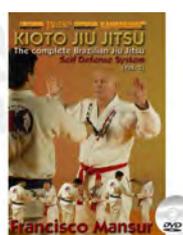
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Ref. DVD/VACIR5
Price Inc. Tax.....22,00 EUR



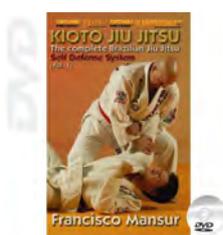
DVD Brazilian Jiu Jitsu Advanced Techniques Vol 2 Submissions
Ref. DVD/REGO5
Price Inc. Tax.....22,00 EUR



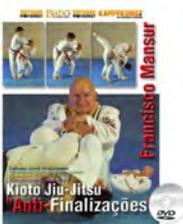
DVD Gracie Jiu Jitsu Submissions, escapes and Self Defense
Ref. DVD/GRACIE2
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DVD Kioto Jiu-Jitsu Self Defense Vol 2
Ref. DVD/MANSUR5
Price Inc. Tax.....22,00 EUR



DVD Kioto Jiu-Jitsu Self Defense Vol 1
Ref. DVD/MANSUR4
Price Inc. Tax.....22,00 EUR



DVD Kioto Jiu Jitsu Defenses against submissions
Ref. DVD/MANSUR3
Price Inc. Tax.....22,00 EUR



DVD Kioto Jiu Jitsu Submissions
Ref. DVD/MANSUR2
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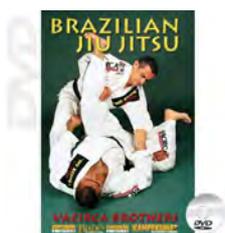
DVD Brazilian Jiu Jitsu Kioto System
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DVD Brazilian Jiu Jitsu Vol 2 Blue Belt Program
Ref. DVD/VACIR2
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DVD Gracie Jiu Jitsu Throws & Self-defense
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Ref. DVD/REGO3
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DVD Brazilian Jiu Jitsu Cross & Side Mount
Ref. DVD/REGO2
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu The Mount position
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DVD Capoeira

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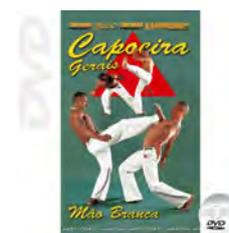
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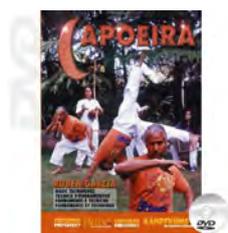
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DVD Capoeira Banzo de Senzala
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DVD Capoeira Gerais
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DVD Kali Arnis Eskrima

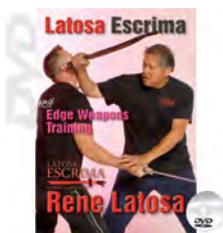
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DVD Kali Arnis Eskrima



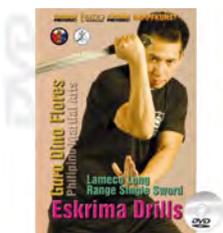
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Ref. DVD/LAT3
Price Inc. Tax.....22,00 EUR



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
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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



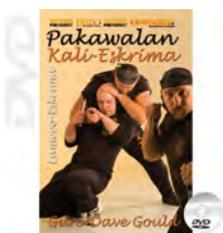
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Price Inc. Tax.....22,00 EUR



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



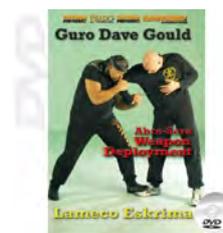
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Price Inc. Tax.....22,00 EUR



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



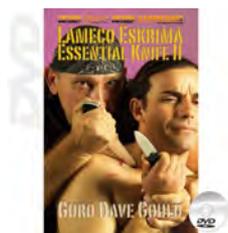
DVD Lameco Eskrima Solo-Baston Single Stick
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Price Inc. Tax.....22,00 EUR



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

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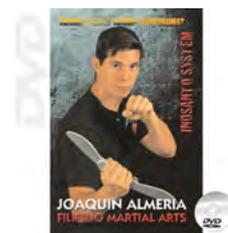
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DVD Lameco Eskrima Essential Knife 2
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DVD Lameco Eskrima Essential Knife 1
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DVD Filipino Martial Arts Inosanto System
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DVD Arnis Tapado Single Stick
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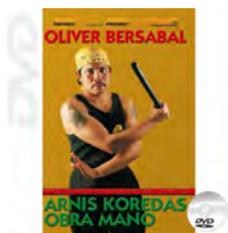
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DVD Dog Brothers Power Development
Ref. DVD/DOG3
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DVD The Dog Brother's Way
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DVD Arnis Koredas Obra Mano
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DVD Latosa Escrima Vol 1
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DVD Latosa Escrima Vol 2
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DVD Filipino Kali Eskrima
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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
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DVD Tolete Canario Traditional & Police Weapon
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DVD O Jogo Do Pau The Portuguese Staff
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DVD Palo Canario Canarian Stick
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DVD Garrote Canario Canarian Staff
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DVD Nunchaku

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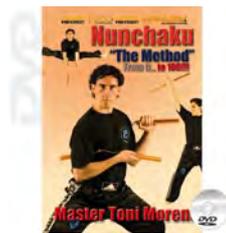
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DVD Nunchaku



DVD Nunchaku Advanced Method
 Ref. DVD/TMNUN2
 Price Inc. Tax.....22,00 EUR



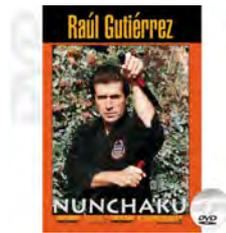
DVD Nunchaku The Method from 0 to 100%
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DVD Combat Nunchaku
 Ref. DVD/GLNUN
 Price Inc. Tax.....22,00 EUR



DVD Artistic & Combat Nunchaku
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DVD Other Weapons

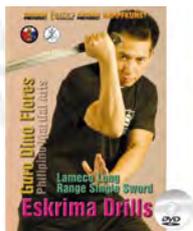
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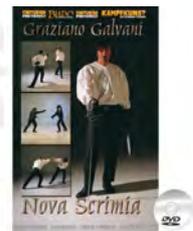
DVD Other Weapons



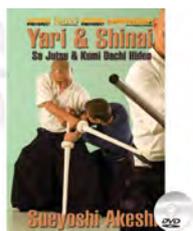
DVD Lameco Eskrima Single Sword
Ref. DVD/FLORES2
Price Inc. Tax.....22,00 EUR



DVD Toyama Ryu Batto Jutsu
Ref. DVD/TOYAMA1
Price Inc. Tax.....22,00 EUR



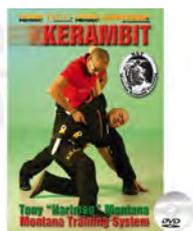
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Ref. DVD/NOVA
Price Inc. Tax.....22,00 EUR



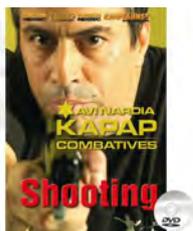
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Ref. DVD/IAIDO6
Price Inc. Tax.....22,00 EUR



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



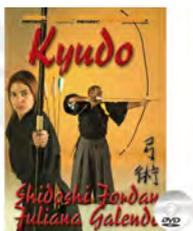
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Price Inc. Tax.....22,00 EUR



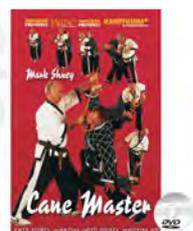
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Ref. DVD/KAPAP7
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DVD Bugei Shuriken-Jutsu
Ref. DVD/EBUGEI4
Price Inc. Tax.....22,00 EUR



DVD Kyudo Kyu-Jitsu
Ref. DVD/KYUDO1
Price Inc. Tax.....22,00 EUR



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



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



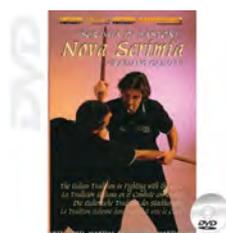
DVD Extreme Katana
Ref. DVD/KATA1
Price Inc. Tax.....22,00 EUR

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DVD Other Weapons



DVD Police Kobudo
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DVD Novascrimia Bastone The Cane
Ref. DVD/NOVA2
Price Inc. Tax.....22,00 EUR



DVD Nova Scrimia The Sword
Ref. DVD/NOVA3
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DVD Tai Chi Che Sword
Ref. DVD/TAI3
Price Inc. Tax.....22,00 EUR



DVD Naginata & Kumidashi Kihon
Ref. DVD/NAG1
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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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



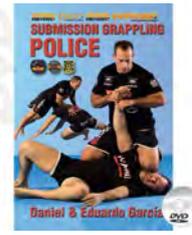
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Price Inc. Tax.....22,00 EUR



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



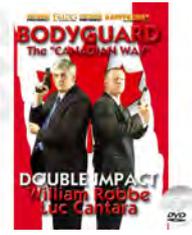
DVD Bodyguard Dynamic Training
Ref. DVD/BODY1
Price Inc. Tax.....22,00 EUR



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



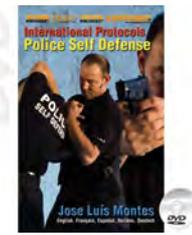
DVD Bodyguard The Canadian Way Double Impact Protection
Ref. DVD/DIP1
Price Inc. Tax.....22,00 EUR



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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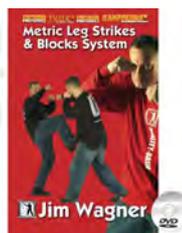
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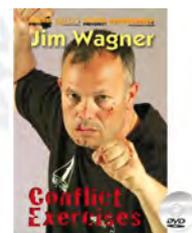
DVD Pro, Military, Police



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



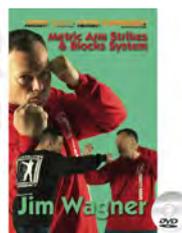
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Ref. DVD/SARG11
Price Inc. Tax.....22,00 EUR



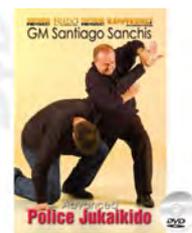
DVD Reality Based Conflict Exercises
Ref. DVD/SARG12
Price Inc. Tax.....22,00 EUR



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



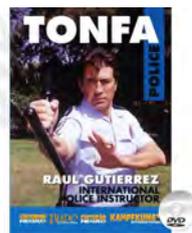
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Ref. DVD/SAN4
Price Inc. Tax.....22,00 EUR



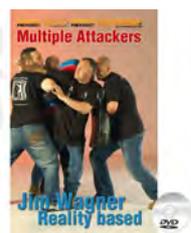
DVD Kaisendo Police Control
Ref. DVD/KAISEN2
Price Inc. Tax.....22,00 EUR



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



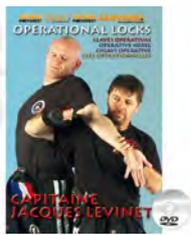
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Ref. DVD/SARG15
Price Inc. Tax.....22,00 EUR



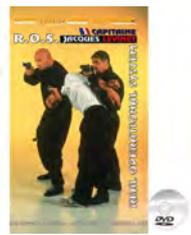
DVD Self Pro Krav Knife Defense
Ref. DVD/LEVI5
Price Inc. Tax.....22,00 EUR

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DVD Pro, Military, Police



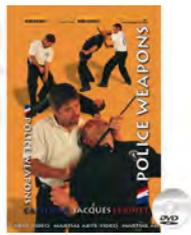
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Ref. DVD/LEVI4
Price Inc. Tax.....22,00 EUR



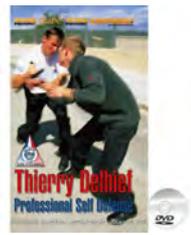
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Price Inc. Tax.....22,00 EUR



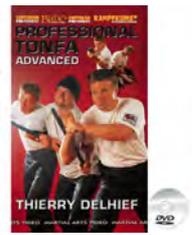
DVD Self Pro Krav
Ref. DVD/LEVI2
Price Inc. Tax.....22,00 EUR



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



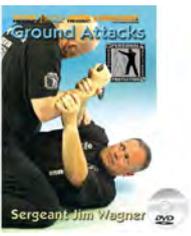
DVD Professional Self Defense
Ref. DVD/DEL1
Price Inc. Tax.....22,00 EUR



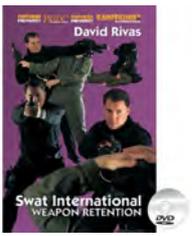
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Ref. DVD/DEL2
Price Inc. Tax.....22,00 EUR



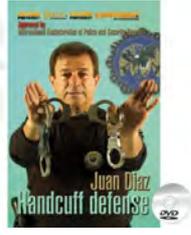
DVD Hidden Weapons Professional Self defense
Ref. DVD/DEL3
Price Inc. Tax.....22,00 EUR



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



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



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



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



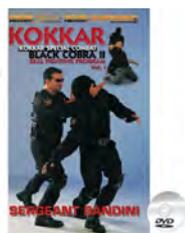
DVD Kokkar Kenpo
Ref. DVD/OMAR1
Price Inc. Tax.....22,00 EUR

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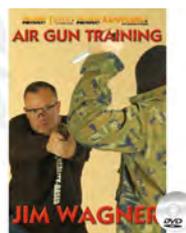
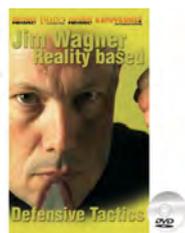
DVD Pro, Military, Police



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

DVD Kokkar Especial Combat Black Cobra II Vol 1
Ref. DVD/OMAR2
Price Inc. Tax.....22,00 EUR

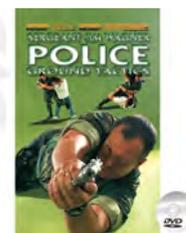
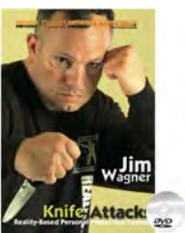
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Ref. DVD/SARG4
Price Inc. Tax.....22,00 EUR



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

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

DVD Reality Based Training with Air Guns
Ref. DVD/SARG7
Price Inc. Tax.....22,00 EUR



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

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

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



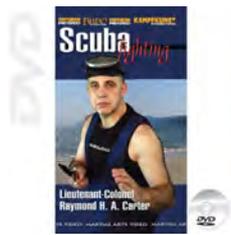
DVD Reality Based Police & Military Knife Offense
Ref. DVD/SARG2
Price Inc. Tax.....22,00 EUR

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

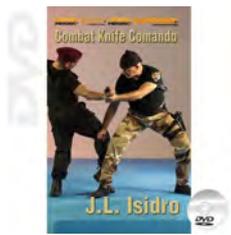
DVD Commando Combat Knife Assault
Ref. DVD/JH1
Price Inc. Tax.....22,00 EUR

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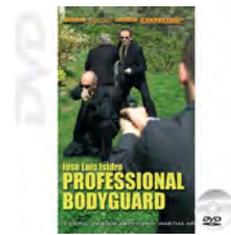
DVD Pro, Military, Police



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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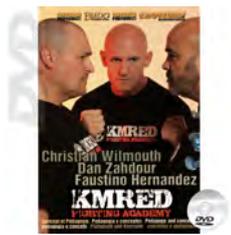
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DVD Krav Maga



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



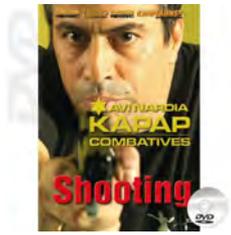
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Survival
Ref. DVD/AIZIK4
Price Inc. Tax.....22,00 EUR



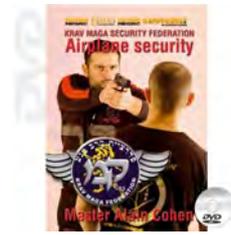
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program Vol4
Ref. DVD/YARON5
Price Inc. Tax.....22,00 EUR



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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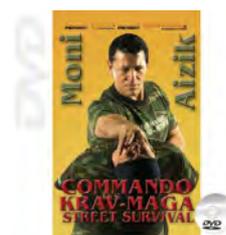
DVD Krav Maga



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



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



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



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



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



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



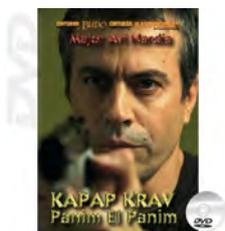
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Ref. DVD/IDS3
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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DVD Krav Maga



DVD Original Krav Maga Bukan School
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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
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DVD Kapap MMA
Ref. DVD/KAPAP6
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DVD Systema

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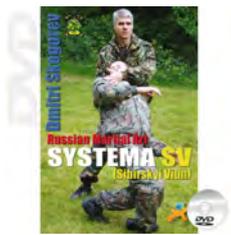
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DVD Systema



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



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



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



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



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



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

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DVD Knife Fighting

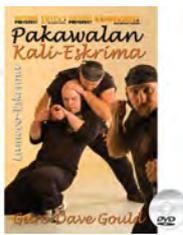
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DVD Knife Fighting



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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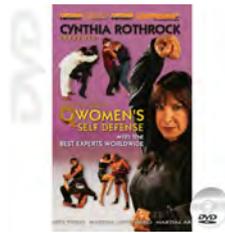
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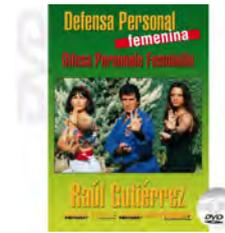
DVD Women's Self Defense



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



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



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

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DVD Other Self Defense Styles

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DVD Other Self Defense Styles



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



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



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



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



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



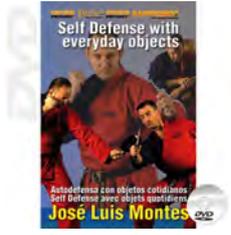
DVD SOG Close Combat Vol 6
Ref. DVD/SOG6
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



DVD SOG Extreme Close-Combat
Ref. DVD/SOG4
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Ref. DVD/SOG3
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DVD SOG Close-Combat DAS
Techniques
Ref. DVD/SOG2
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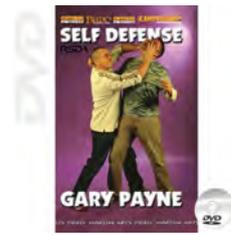
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DVD Russian Systema
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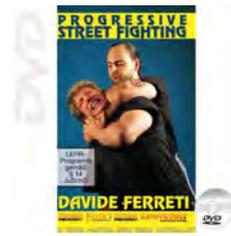
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DVD The Street Fighters Toolbox Vol 1
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Defense vol 2
Ref. DVD/KANSEN2
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DVD Progressive Street Fighting
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DVD Close Combat Vol 2
Ref. DVD/MALTE4
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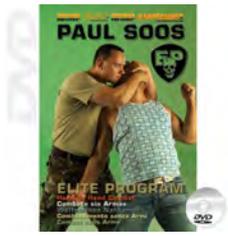
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DVD Jeet Kune Do

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DVD Jeet Kune Do



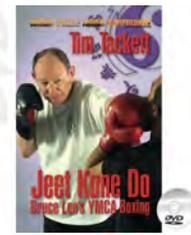
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DVD Bruce Lee The Man & his Legacy
Documentary
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Price Inc. Tax.....22,00 EUR



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



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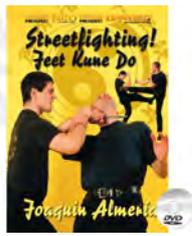
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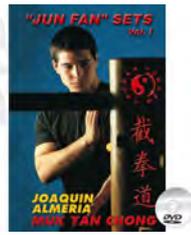
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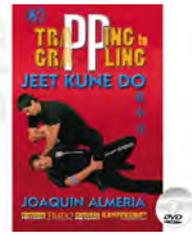
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DVD Wooden Dummy JKD Jun Fan Sets
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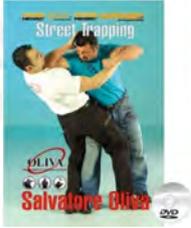
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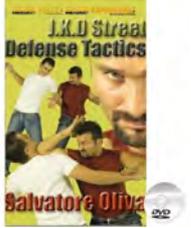
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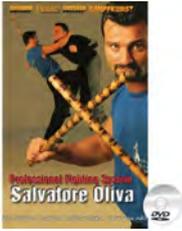
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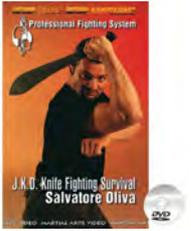
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DVD JKD Professional Fighting System
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DVD JKD Knife Fighting Survival
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DVD JKD Seal Program Hand to Hand combat
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DVD Kenpo

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DVD Kenpo



DVD Kenpo, My Favorite Techniques
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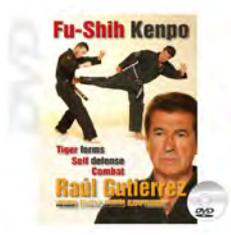
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DVD Extreme Kenpo
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DVD Kenpo Ed Parker's System
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Price Inc. Tax.....22,00 EUR



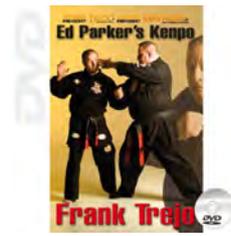
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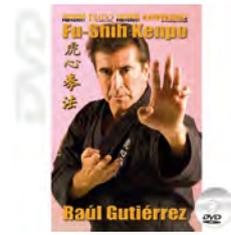
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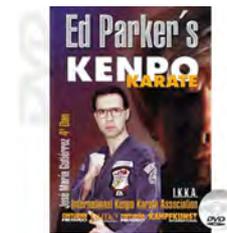
DVD Kenpo



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DVD Kenpo Knife Defense
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DVD Ed Parker's Kenpo IKKA
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DVD American Kenpo Karate
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DVD Wolf Extreme Defense
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DVD American Kenpo Karate Police Instruction
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DVD Kajukenbo

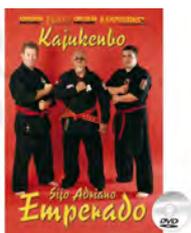
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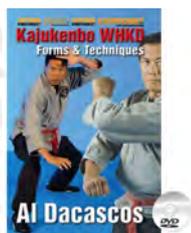
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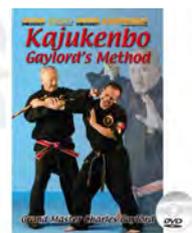
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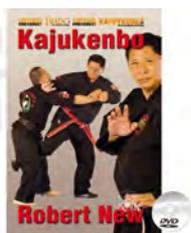
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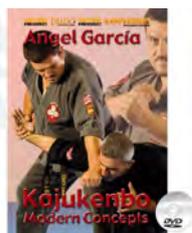
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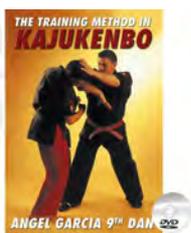
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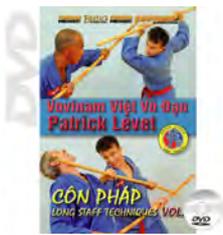
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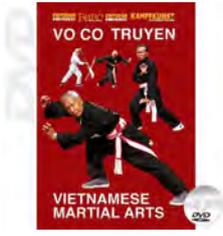
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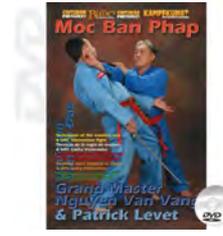
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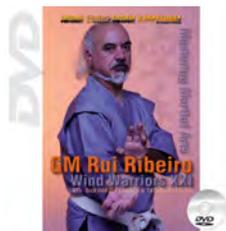
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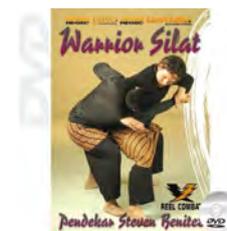
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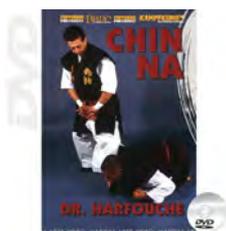
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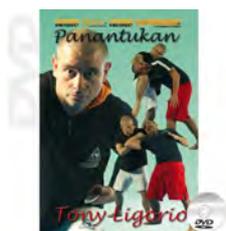
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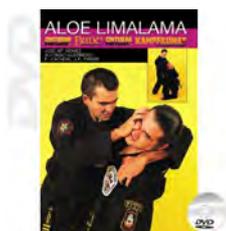
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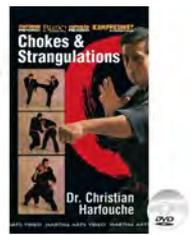
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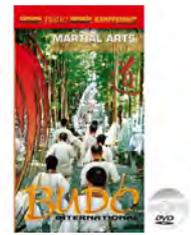
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Ryu Tai Jutsu
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DVD How to Martial Arts Show
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DVD Hall Of Fame ISMA 2006
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DVD Lan Do Chen Siue Pay Vol 1
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DVD International Grand Prix 2000
Martial Arts Festival
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Festival 2002
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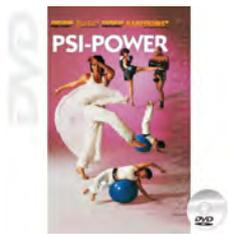
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Festival 2007
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DVD Martial Arts Night Gala Italy 2005
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DVD Martial Arts Night Gala Italy 2006
Ref. DVD/MAN2
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DVD The Tai Karate Way
Ref. DVD/GERMAN1
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DVD Pencak Silat
Ref. DVD/MALTE3
Price Inc. Tax.....22,00 EUR



DVD Pukulan Pencak Silat Serak.
Weapons
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DVD Pencak Silat

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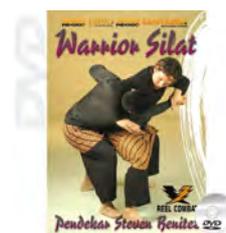
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DVD Pukulan Pencak Silat Serak. Empty Hands
Ref. DVD/SERAK1
Price Inc. Tax.....22,00 EUR



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
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DVD Pencak Silat
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DVD Tae Kwon Do

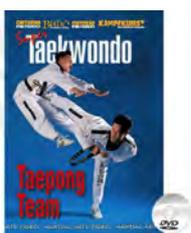
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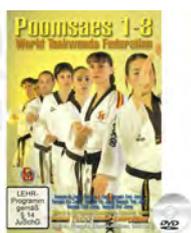
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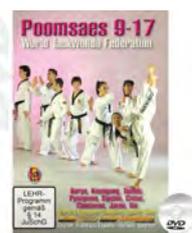
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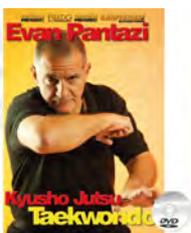
DVD Super Taekwondo
Ref. DVD/TEAM
Price Inc. Tax.....22,00 EUR



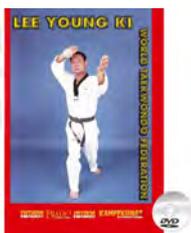
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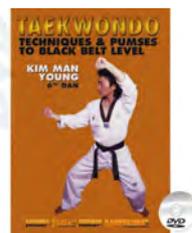
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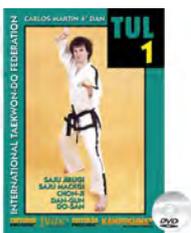
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Price Inc. Tax.....22,00 EUR



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



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



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



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

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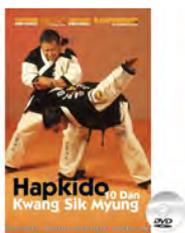
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106/125

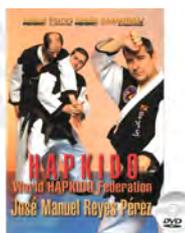
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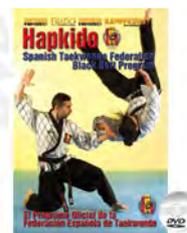
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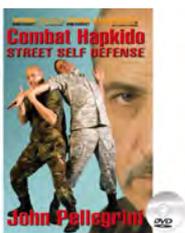
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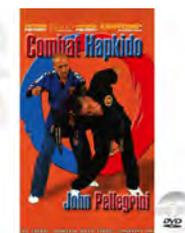
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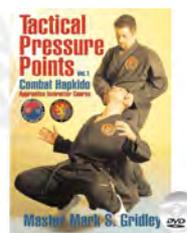
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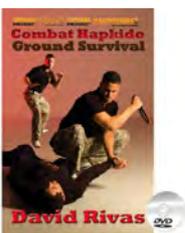
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Price Inc. Tax.....22,00 EUR



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



DVD 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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108/125

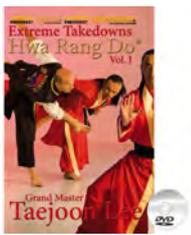
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DVD Other Styles Korea



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



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



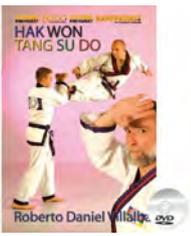
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DVD Sun Mu Do
Ref. DVD/SUN1
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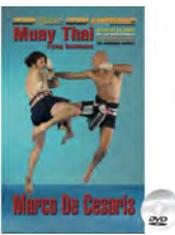
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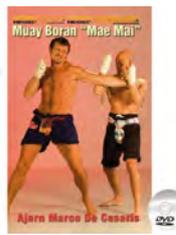
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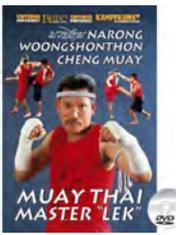
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Price Inc. Tax.....22,00 EUR



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



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



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



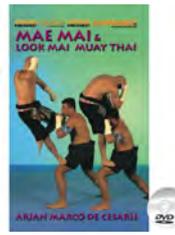
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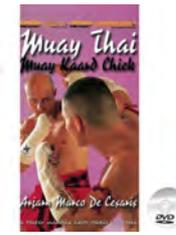
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Price Inc. Tax.....22,00 EUR



DVD Mae Mai & Look Mai Muay Thai
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DVD Muay Thai Boran Muay Kaard Chiek
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DVD Muay Thai



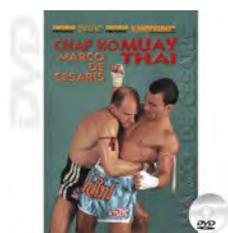
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Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Kon Muay Kee
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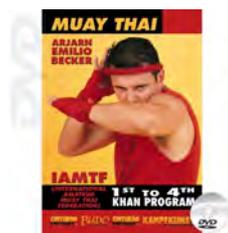
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DVD Muay Thai Master Woody
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DVD Muay Thai Competition Training
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DVD Muay Thai Program 1st to 4th Khan
Ref. DVD/EC1
Price Inc. Tax.....22,00 EUR



DVD Kapap Combatives Muay Thai Self Defense
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DVD Kick Boxing

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DVD Kick Boxing



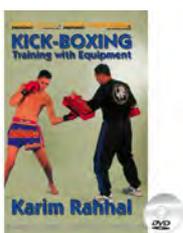
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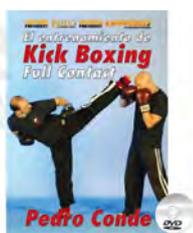
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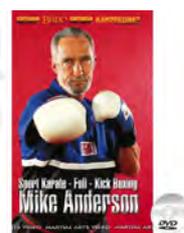
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Price Inc. Tax.....22,00 EUR



DVD The training of Kick boxing and Full Contact
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DVD Sport Karate, Full & Kick-Boxing
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DVD Kick Boxing Explosive Low Kicks
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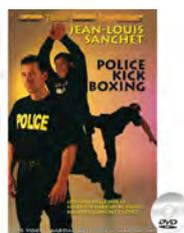
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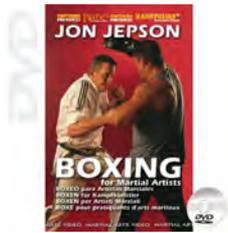
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DVD Police Defense Kick Boxing
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DVD Kick Boxing



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DVD Grappling Wrestling

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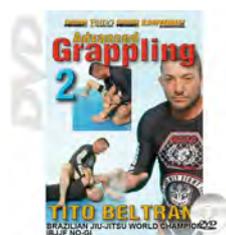
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DVD Grappling Wrestling



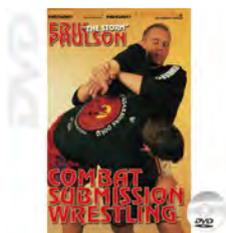
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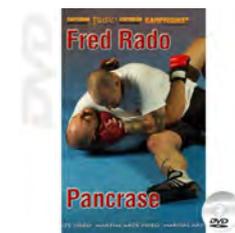
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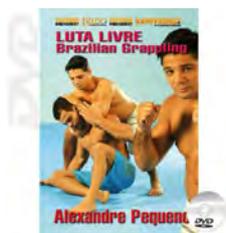
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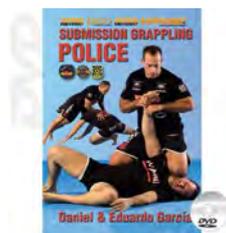
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Price Inc. Tax.....22,00 EUR



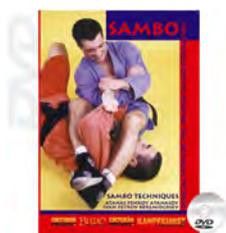
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DVD Police Grappling
Ref. DVD/PGRAP1
Price Inc. Tax.....22,00 EUR



DVD Police Grappling Techniques
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DVD Sambo Techniques
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DVD MMA - Vale Tudo

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



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



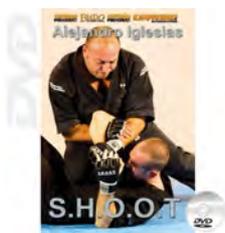
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DVD Ultimate Fighting X-Treme1 Takedowns
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Price Inc. Tax.....22,00 EUR



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



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



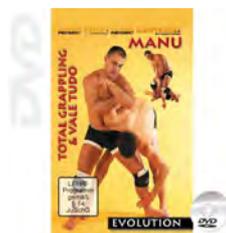
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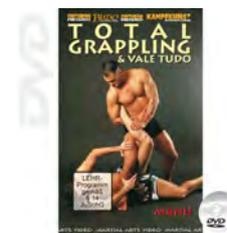
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DVD Professional Vale Tudo
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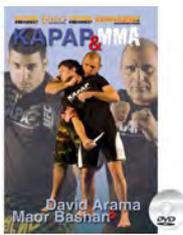
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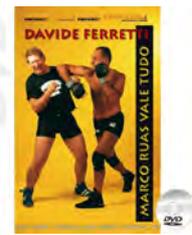
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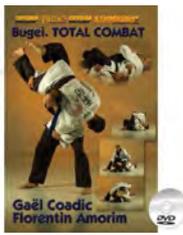
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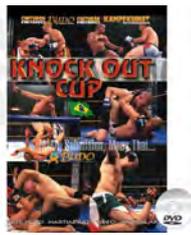
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Price Inc. Tax.....22,00 EUR



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



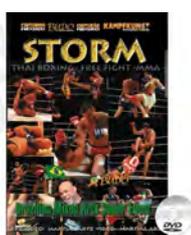
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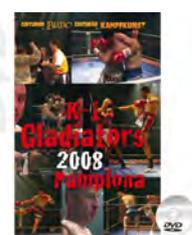
DVD Vale Tudo The Very Best of IVC 6 & 9
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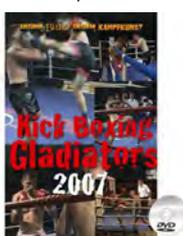
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DVD Storm Samurai Brazil MMA & Muay Thai
Ref. DVD/BRA4
Price Inc. Tax.....22,00 EUR



K-1 Gladiators Tournament 2008 Spain
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DVD K-1 Gladiators Tournament 2007 Spain
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DVD Other Contact Sports

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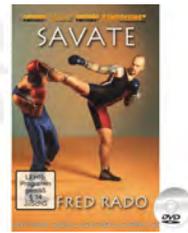
DVD Other Contact Sports



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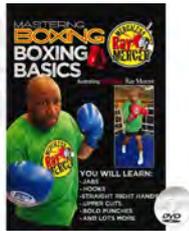
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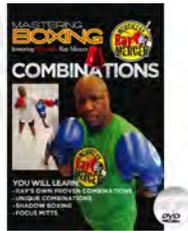
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Price Inc. Tax.....22,00 EUR



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



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



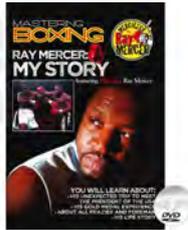
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DVD Mastering Boxing Ring Smarts
Ref. DVD/MERCER5
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DVD Mastering Boxing My Story
Ref. DVD/MERCER6
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DVD Mastering Boxing MMA & Boxing Fit
Ref. DVD/MERCER1
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DVD Olympic Wrestling
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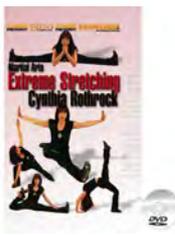
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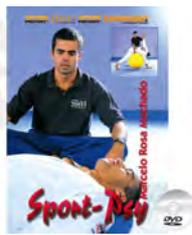
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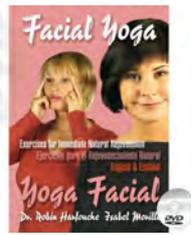
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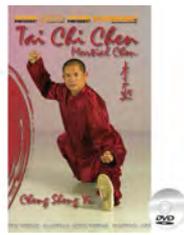
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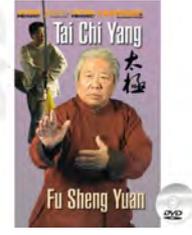
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