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Hwa Rang Do

GM Taejoon Lee

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Nardia

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

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Editorial

Reproach

"Not repenting or reproaching others are the steps of wisdom."
Denis Diderot.

*"When you point at someone with your index finger, remember that three other fingers are pointing at you."
"Getting more than you bargain for... that is reproach."*
Huang Ta Chung

Beyond admonition and criticism, we find reproach. The others are guilty and responsible for the consequences of past fraudulent actions, and so we let them know, usually in the rearview mirror and not in a good mood.

Thus reproaching is essentially an act impregnated with eagerness of revenge, since it wouldn't make any sense to criminate again, that is, recriminate, moreover do it with hindsight, procrastination, and stacking, if it there didn't exist hidden past pains, unhealed or open wounds that, piled up in the darkest recesses of the soul, had fermented, and in their rotting would have generated piles and heaps of not evacuated gases with grudge aromas.

Reproach, like revenge, is mean, but unlike the latter, in order to do harm, it must count on the acquiescence of the rebuked person. That's why reproaching is the most wretched thing, since it only offends if the victim is joined to the aggressor by ties of affection.

If this is not the case, reproach is nothing more than a plaintive moaning, a remote and dark outburst that, passing by, will affect us pretty much in the measure of the value that we grant to the spokesperson who's trying to give us a hard time.

Reproaching is therefore an action as unproductive as it is barren. It doesn't even generate relief, because deep-seated pains are not evacuated in an instant; at the most they break out extemporaneously when least expected. Asleep in the sewers of the soul, they haven't found relief and for that reason they are especially pernicious, since the evil they attend to is never as great as the fact of having stored them in the bag of grudges.

Reproaching is painful especially for the one who poses it, because nobody treasures pain for pleasure. The territory of resentment and reproach are antithetical to forgiveness. Forgiveness, or failing that, healthy forgetfulness, are resounding medicines which, beyond avoiding the symptom that concerns us, they dissolve it and heal it. Forgiveness because it transcends the wound ... oblivion because it takes away all power.

Without personal importance there is no possible reproach. The connivance of an unhealthy egocentricity, with a certain narcissism, is absolutely indispensable to make others with

the reproach responsible for our troubles. When the damage inflicted is not direct, physical or contumacious, but verbal or emotional, it's really verified the dictation that nothing does anything to anyone. In this case, the worst damages are always invisible and are never the result of intentions, because these, even the good ones, when in excess and by accumulation, turn out to be bad. In the end we attract what we emanate, so before reproaching, the first mandate is and it must always be to look at yourself.

The stagnant animosity that arises from reproaching is not only poisonous, but little distinguished as well. Thus, above all other considerations, reproaching is not too elegant. In elegance, the distinction provided by restraining is inexcusable. Elegance hates the superfluous and the reproach always is. The gallantry, charm and courtesy that accompany elegance, can only be austere and centered and nothing breaks down the figure more than recrimination. Shaming someone for the walked roads, censoring and condemning gone by waters that no longer can move the mill, shows the smallness of the spirit of the accusing finger, which would better off stuck in his own butt as a stopper.

We have to take the dirt out of ourselves in time or, out of shame, never take it out, but in any case, we mustn't let it accumulate in the shelves of our being, because not only there is no pleasure or use in doing that, but because such action numbs our soul and confuses our wits, vitiating the lived reality, in that story that every memory is always determined to tell, by chance, tailor made. Because, memory is a tailor that cuts and sews at the exact size of its own desires. The reality recreated of any memory isn't but a readjustment of images attached to an emotion, which, as far as good judgment is concerned, are less reliable than a BB gun in the Normandy invasion.

And well, once said what has been said, I guess I'll leave it here, because I don't want to expand on this issue, nor reproaching reproach its existence. It's always better to defecate at the right time than accumulating detritus inside your body. So now I'll just wash my butt and... That's it! Everything's clean and ready for next ... What will it be? How nice is travelling light! And as they say... Since God hath given her to him, St. Peter bless her!





Alfredo Tucci
e-mail: budo@budointernational.com







"Pearls" of the Warrior

"All sports develop your body and your soul,
everyone follows his or her fighting style,
among all of them I chose Sambo."

By
Fedor Emelianenko

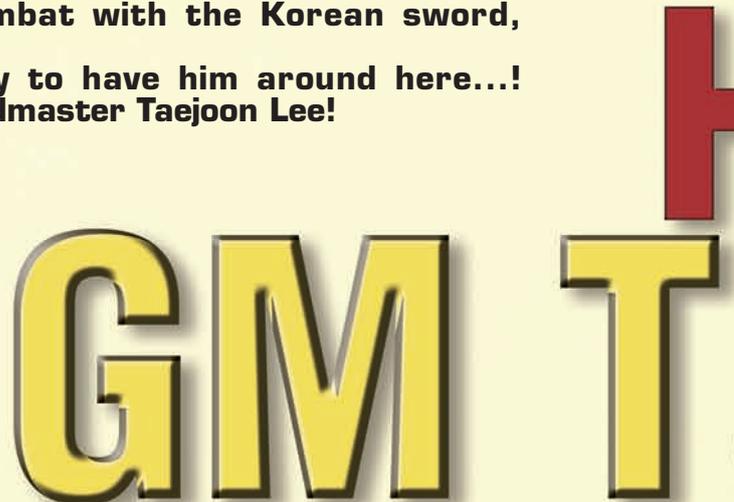


He is no doubt one of the best-prepared Masters of Korean styles of our generation. Heir to a complete, beautiful and complex Art that allows all who practice it to develop in a harmonic, balanced and complete way, Taejoon Lee is a real bridge between East and West, between tradition and modernity.

Raised in the USA, but under a strong Eastern tradition, Master Taejoon Lee has turned his work and project around on having decided to come to live in Europe. His father conquered America, today his son comes to consolidate the expansion of their Art in the old continent. The closeness of his place of residence in Luxembourg with the rest of Europe will allow him to teach and transmit his knowledge more effectively.

Today he comes again to our front cover with a series of texts that will be appearing in future issues, as well as a new video about the art of combat with the Korean sword, Gumtoogi.

A true luxury to have him around here...! Welcome Grandmaster Taejoon Lee!



Arts of Korea



Hwa Rang Do

aejoon Lee





What is Hwa Rang Do®?

Hwa Rang Do is a traditional Korean Martial and Healing art that dates back to the Three Kingdoms Period in Korean History when the Ancient Hwarang warriors of the Silla Kingdom unified the Korean Peninsula for the first time in its history. Hwarang is translated as "Flowering Man" or in this case "Knights" in English. So, Hwa Rang Do® means the "Way of the Flowering Knights."

The Hwarang were young men or rather teenagers ranging from 13 to 16 years old who were selected from the noble families of Silla. The Silla Kingdom was founded on the principles of Buddhism and its aspirations for maximizing the human potential, seeking beauty, and harmony with nature extended to all areas of civil and national pursuits. The goal was to create the best examples of Buddhist ideals for its people. The first attempt was made with an all female group called the "Wonhwa". However, two of the leaders became jealous of each other and one killed the other. Disillusioned with the all-female group, the King immediately disbanded the "Wonhwa". However, the desire to create the best that the country could offer still remained.

During King Chinhung's reign, he created an all-male group called the "Hwarang". First, he commissioned the then famous Buddhist Priest, Won Kwang Bopsa to create the moral foundation for these young warriors and the Hwarang O Kae (5 Code of Ethics) was born.

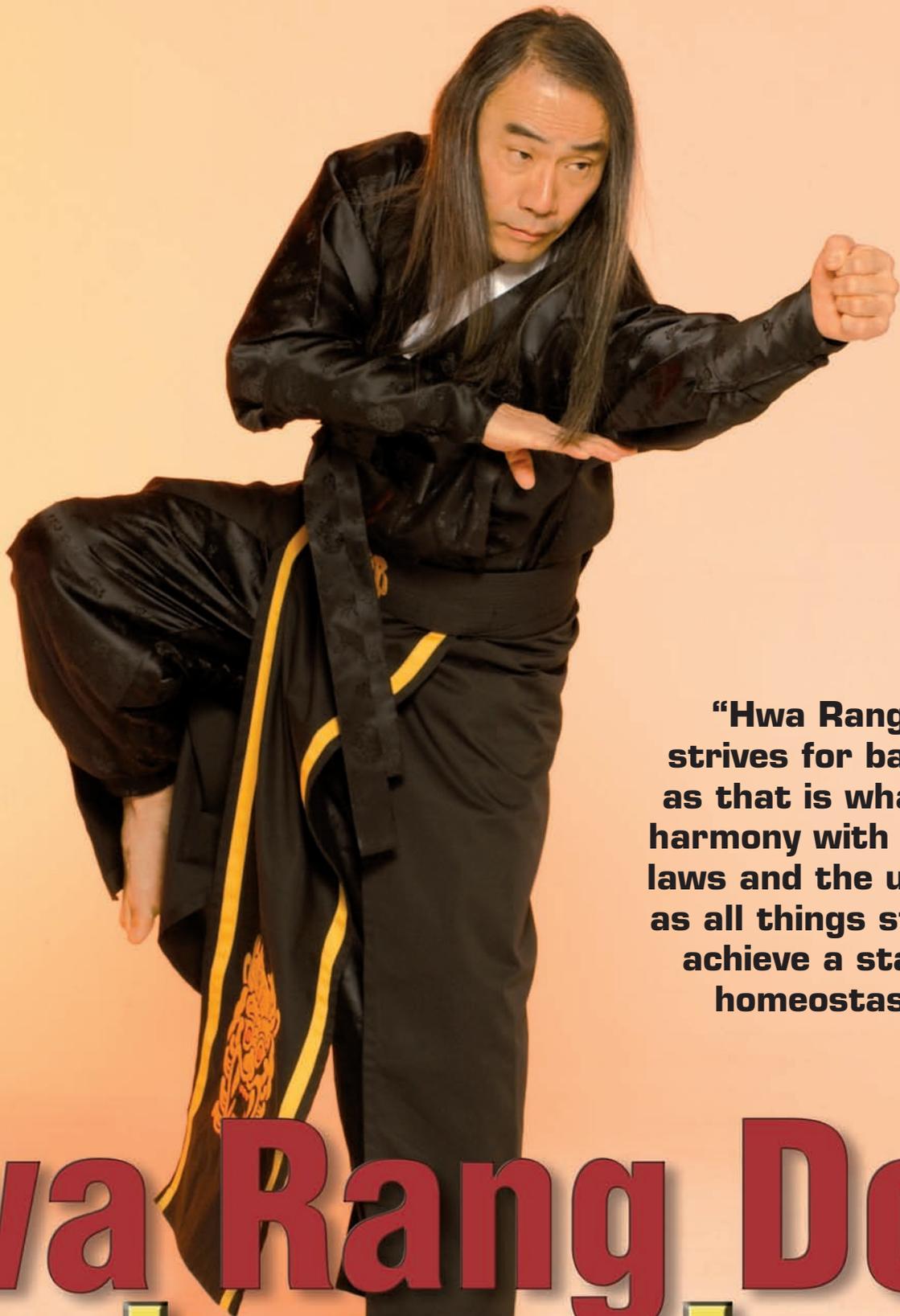
1. Sa Kun E Chung - Loyalty to One's King and Country
2. Sa Chin E Hyo - Loyalty to One's Parents and Teachers
3. Kyo Oo E Shin - Trust and Brotherhood Among Friends
4. Im Jun Moo Twae - Courage Never to Retreat in the Face of the Enemy
5. Sal Seng U Tech - Justice Never to Take a Life Without a Cause



화랑도

GM T





**“Hwa Rang Do
strives for balance,
as that is what is in
harmony with natural
laws and the universe
as all things strive to
achieve a state of
homeostasis.”**

Hwa Rang Do **aejooon Lee**





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HWARANGDO
화랑도

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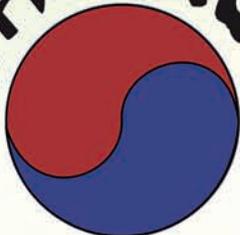
Hwa Rang Do

aejooon Lee



You must remember that they were not taught a particular martial art, as martial art styles is a creation of modern society. They were trained to become the perfect warrior-scholars, the most of what a human being can become. Therefore, the goal was to maximize their human potential in all aspects of the self, mental, physical, emotional, and spiritual. They were taught in all areas of warfare, philosophy, literature, and the arts, creating the first stylized form of poetry in Korean history called the Hyang-ga. They were also spiritual leaders, considered as Bodhisattvas who went on spiritual pilgrimages to India and China after their services to the Kingdom as warriors, then statesmen.



HWARANGDO

화랑도

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The name "Hwarang" itself might seem unusual for a warrior class, but in fact it was the perfect name for the warrior-philosopher/spiritual leader. The name has different levels of meaning. "Hwa-rang" possesses the concept of the Um/Yang Theory of dichotomy within its name. The character of "Hwa" means a flower, the feminine component and the character "Rang" stands for man, the masculine component. Together they symbolize the idea that within the universe exist two polar opposite forces, which created all things within the universe.

Furthermore, the flower in Buddhism represents the idea of blossoming, coming into being, enlightenment. Also, the flower possesses the essence of beauty without effort, just by merely existing, by being. This is also the aspiration of the Hwarang – to be strong without effort, without trying, but just by being.

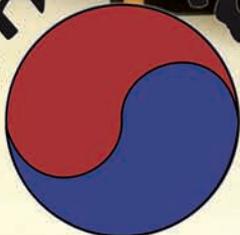


Hwa Rang Do

aejooon Lee





HWARANGDO

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“Fighters fight because they like to fight, and warriors fight because we must.”

It was a holistic approach to learning, which is forgotten in today's society as we have moved into industrialization by way of compartmentalization and specialization, arriving at a society centered primarily on consumerism. Hwa Rang Do strives for balance, as that is what is in harmony with natural laws and the universe as all things strive to achieve a state of homeostasis.

The reason that the Hwarang were successful in conquering the larger neighboring kingdoms with a smaller, younger army was in fact for this reason of holistic learning, by maximizing the human potential through strengthening all areas of the self rather than focusing only in part. Most importantly, however, it was the cultivation of a strong sense of loyalty, duty, and honor to the King and their fellow brothers that inspired them to fight not for themselves but for each other, which made them invincible. This is what we strive to do still to this date and it is our hope that by maximizing the self in total, that the foundation is strong to bare the weight of the ever-changing unstable world and allow the individual to courageously seek for the Truth and live a life of true meaning and purpose in the service to humanity for its betterment.

This is what Hwa Rang Do is for me.

Hwa Rang Do
aejooon Lee





“The reason that the Hwarang were successful in conquering the larger neighboring kingdoms with a smaller, younger army was in fact for this reason of holistic learning, by maximizing the human potential through strengthening all areas of the self rather than focusing only in part.”

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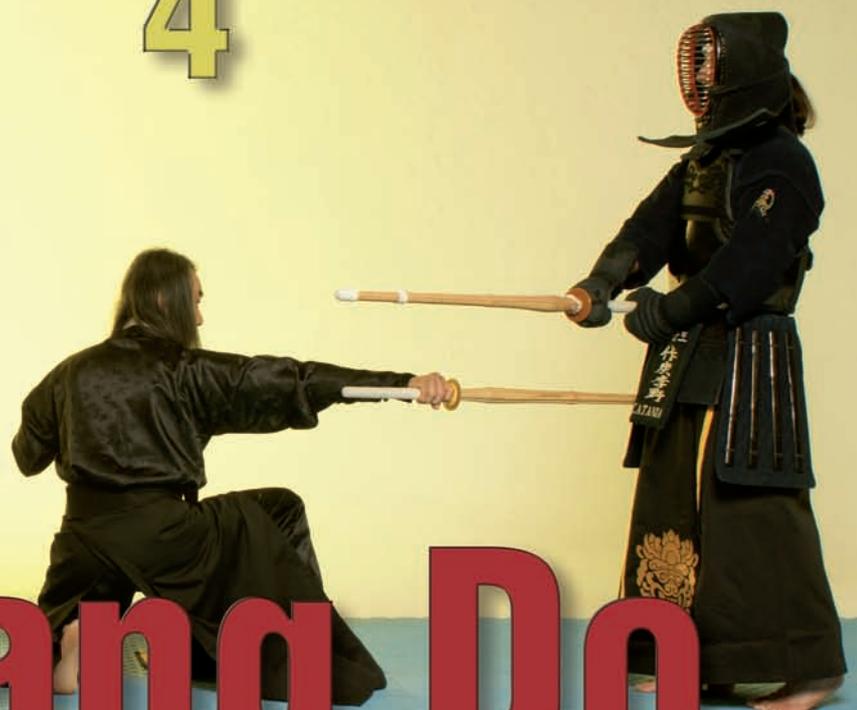




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Hwa Rang Do

aejoon Lee





Your father, Dr. Joo Bang Lee, is known as the Founder of Hwa Rang Do®. How did this come about?

Well, it all started with my grandfather. My grandfather grew up during the Japanese occupation of Korea (1910 to 1945), when the Japanese committed horrific atrocities attempting to commit cultural genocide against the Korean people, which I am not going to go into any further details here. As destiny will have it, my grandfather was fortunate to have had the opportunity to be educated in Japan, which had the finest universities and there he also learned the value of "Budo" (Martial Arts in Japanese), becoming adept in Judo, Kendo as well as boxing. When he returned to Korea he heard of a local monk in his region who was known for his martial art skills. He was a Buddhist hermit monk, Suahm Dosa. My grandfather sought him out and placed my uncle, Joo Sang Lee, and my father into the monk's care starting at an early age of only 4, 5 years old. The monk was teaching the martial art skills of the ancient Hwarang Knights passed down through the generations. After almost 30 years of direct tutelage, in 1969 before Suahm Dosa passed away, he granted the title as the 58th "Hwarang Warrior" to my father giving him the responsibility to preserve the knowledge and continue the lineage of the Hwarang.

My father, Dr. Joo Bang Lee, is credited as the Founder of Hwa Rang Do as he was the first person to systemize all the techniques into a modern martial arts syllabus and named it Hwa Rang Do, creating a modern martial arts system of the Hwarang martial skills for the first time in history. Hence, he is recognized as the "Owner of the Way", Do Joo Nim, which I am an heir to. He further trademarked the name Hwa Rang Do® and made it the proprietary property of the Dojoo.





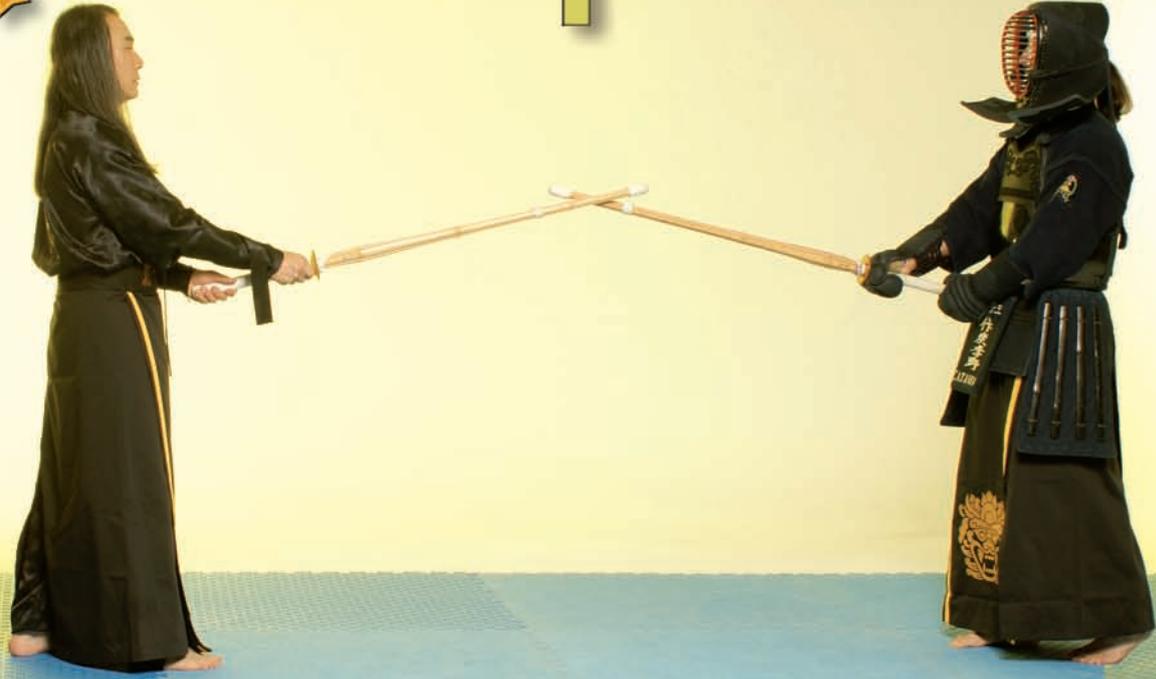
Hwa Rang Do
aejoon Lee





Arts of Korea

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HWARANGDO
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Hwa Rang Do

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Arts of Korea



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Hwa Rang Do
Aejeon Lee





Arts of Korea

What are the goals of the World Hwa Rang Do® Association and how do you hope to achieve them?

The World Hwa Rang Do Association is one of the few if not the only martial art organization to be a non-profit humanitarian organization. Our Mission Statement is as follows:

Hwa Rang Do®: A legacy of Loyalty
Relentlessly Seeking Truth
Empowering Lives
Serving Humanity

See, what you have to understand is that for us martial art is not the end; it is only a means. For us Hwa Rang Do provides a way for us to better ourselves so that we may better others, empowering the world one person at a time. We consider ourselves more as a school of leadership rather than a school of athletes or fighters.

We have another saying, "Fighters fight because they like to fight, and warriors fight because we must." Ultimately, our aim is peace and I realized that the only way to achieving peace is through peace and not war; violence only begets violence. I have spent all my life learning the vast curriculum of Hwa Rang Do of over 4,000 techniques to come to realize that I never needed them, as I never intend on using them. However, I had to first learn it all before I could let it go; first one must gain strength in order to become courageous; one must be unafraid to



GMT



fight before one can be at peace; unafraid to die before one can truly live. This is the paradoxical nature of our existence that weakness can never bring true peace and freedom and only through strength can one gain the courage to surrender to God and let it all go as it is whether weak or strong surrendering to anything other than God is not an option, but the only true way to peace is to surrender.

And, this is our mission to offer strength to understand the foundational truths and then gain true courage and power to surrender to the Truth, to God. And, by the mere definition of truth, truth must be exclusive. For man is imperfect and perfection cannot come from imperfection as something cannot come from nothing. Therefore, for man to seek perfection from man it is futile and it's only for vanity sake. However, through Hwa Rang Do and other true martial art disciplines, the aim should be to strive for perfection with the humility that we can never attain it and in so doing we honor the sacredness of our lives. The danger lies when one starts to believe that perfection, godhood, can be achieved, desiring to being right rather than seeking to do the "right" thing.



“My father, Dr. Joo Bang Lee, is credited as the Founder of Hwa Rang Do as he was the first person to systemize all the techniques into a modern martial arts syllabus and named it Hwa Rang Do.”

Hwa Rang Do

aejooon Lee





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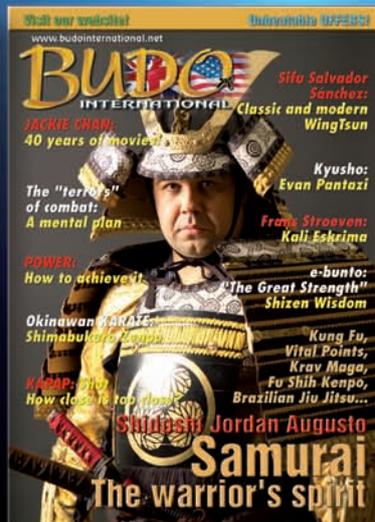
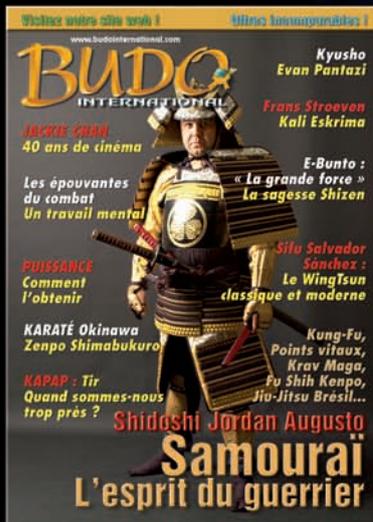
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Iaijutsu Metsuke & Hara

Iaijutsu... Parallels between Metsuke and Hara

After demonstrating a friend, Master of Iaido, a form of "omote nuki" nullifying the action of the Hara, he told me: "But why a parallel angle?"

- "Observe - I told him - that your happiness, which is the success in combat, is always in a straight line; however, if I cut your happiness, it will turn into fury and your next attack will be even more fierce. That means "FuRiKo", which some Masters translate as a pendulum that, in reality, is another movement carried out in a horizontal sense. This, with the larger initial letters means "small wind of reason" - and it's the way I have to enter and exit your attack. In other words, discover your will through my exposition. Search in you the answer to generate your own doubt. Then, he told me:

- But what if I didn't attack?

- Then the case would be certainly quite another.

"Through your movement, I find mine, so, we become one at that moment." - I said.

In the end, one thing leads to the other. We can't say that we know the path that generates the moments of practicing with the sword. Who could know it besides the sword itself? This means that you will only get to know it when you and your sword are one. It's a way of driving you to another place, of making you emigrate!

指導士 ジョルダン アウグスト

Kaze no Ryu Bugei

Shidoshi Jordan Augusto

The Shizen Tradition





Hara

自然の伝統
武芸

 KazenoRyu.Bugei



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Iaijutsu Metsuke & I

- All in all, knowing or not knowing does not apply to the emigration of the movement you have initiated. If there is no transmigration, then on the other hand there will be no need to free yourself from anything. There is no transmigration, and no liberation - I added and I explain it:

Chisai is a Japanese term that means small, and holds

in its understanding that the line that crosses the moment in which the mind is alone, the moment in which it seeks the explanation of the moment, the explanation of the truth that urges to draw the sword, the courage that leads the blade to leave the Saya ... It's a state of solitude; of expansion and retraction!

If the mind is not completely alone, there is no release from the moment, from the body, from the spirit, from truths and untruths ... Only when the mind is able to shake off all the influences and interferences, only when it's able to be completely alone, independent, without company; free from all influence of the enemy that only exists in the mind; free from the expectation of right and wrong, free from the best strategy to be used! The truth is that in this state there is no strategy, there is no void, there is no moment. We plunge into the uncertainty of combat, of the living and true sword. Only in that state of solitude is there liberation of the mind; only in that state the sword becomes dangerous, alive ... Tenacious! But, that state of solitude is not understandable to the mediocre spirit, the one who scarcely repeats the gestures of the master; the mind that is exercised in an activity, in the technique, in the way of doing something.

指導士 ジョルダン アウグスト

Kaze no Ryu Bugei

Shidoshi Jordan Augusto

The Shizen Tradition





Hara

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Iaijutsu Metsuke & Hara

There is no style, there is no path!

For the wisest, the complete state gives liberation, mainly before the Metsuke (it could be translated as a form of version, as to execute it in the mind before the movement is carried out), it comes from the fact of how we define what each position represents.

Given this fact, the masters asked themselves: Would everything be imprisoned in the Hara? For those who study Haragei, Metsuke and Hara are intimately linked; parallel to the Hara is the stomach, so then, the depth between the consumed food and the Metsuke can be found in the Hara?

The stomach is perfect in regard to its digestive function; and so is the heart by virtue of its function in the circulatory system. In addition to this individual perfection, they both participate indirectly in the total perfection of the organism, through the harmonic functioning of the whole: this is the point we look for when closing our eyes, in the babbling of our words in communion with the whole!

The answer is simple: For Metsuke, the stomach is the symbol of the ego; in the way of the sword, self-centeredness implies the concept of freedom and separation. Whereas, love, consciousness and the liberation of the mind when it executes movement, represents union. For the Master it's the strength that rebalances the one-sidedness of egocentricity. If this were not the case, the original technique would be an unbalancing unit.

But, in the eyes of the student, what would be the perfection in the way of the sword? I say that, since we deduce that perfection is to be found in the balance between two opposing and complementary forces, we can't sever the isolated manifestation of any one of these two forces.

指導士 ジョルダン アウグスト

Kaze no Ryu Bugei

Shidoshi Jordan Augusto

The Shizen Tradition





Hara

“It's simple: in the void we flow ... In fluidity, we obtain certainty ... Once all fears and doubts have been eliminated, true confidence is strengthened. Absolutely nothing remains, nothing to think about, nothing to remember.”

自然の伝統
武芸

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Thus, in a perfect system, it's the right of the mind, of the conscience, of the eyes that close searching, to see with the eyes of the soul the practice and the use of its attributes. If balance was decisive, there would be no freedom or feeling and, in this way, the System would be a slave imposition. Metsuke, on the other hand, means freedom ... of the mind, of the heart, of the self!

Thought also obeys the universal law of phenomena. Actually, every concept is often analyzed and is increasingly deepened, so that it emerges expanded and linked to other new and more distant concepts. In the way of the sword, the first time appears in a generic way, as a panoramic view of the whole, but later, it appears differentiated, with particularities that emerge and are distinguished with autonomous individuality. Its detailed development cannot be verified if a primary and initial reflection is not followed.

Some teachers believe that "FuRiKo" also means return. Thus, it is understood the need to retake each issue in successive sets, to make it progress. Thus, our knowledge expands progressively, both in amplitude and in penetration, and, starting from the general principles, we

approach more and more the ability to act with a practical efficiency in our life.

Once, a friend of mine and I were face to face, with the Tō ready to be wielded. It was about, through speed, seeking the emptiness of the opponent. At a given moment, I

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realized that certainty is a brake for movement, when it's in front of another movement. The search for certainty hardly establishes a path as the correct one, that is, to calm the mind stopping its movement. That stillness will move it even more. That explains that while it is in that dualism, it will not be possible for it to know the unity.

Then, he asked me:

- And where is the void in Metsuke?

The deviations and curves of the void arise from the wrong views; there is no need to seek the truth; just cease those visions. This is the reason why there may be discrepancy, for example: between revelation of the moment of drawing the sword, cut, dodge, philosophy, science, etc., "one" void is like "two"; and each void contains all things; when there is no difference between this and that, how could you prefer one to the other? That is the moment in which dissolving certainty favors the void of the moment, of the opportunity, of the sword as an object of extension of the body.

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It's simple: in the void we flow ... In fluidity, we obtain certainty ... Once all fears and doubts have been eliminated, true confidence is strengthened. Absolutely nothing remains, nothing to think about, nothing to remember.

Incommensurable sensations can favor this attribute that takes us away from reality and transports us to the existing universe in our consciousness. As for the exercises classified as "Shinju", which in Japanese means pearl, establishing the communion between the two universes at the time of practice with the sword refers us to the idea that, exalting the conscience can harm the reality of the moment "Shinkuu" - a kind of emptiness.

For the wisest masters it's the moment in which we make evident the most adjacent lines of our conscience through the communion of the crushing feelings of the whole field of the imagination: it agglutinates and then dissolves. In the past they said that warriors embraced death during combat:

Precisely because he is in full realization, in full ascension of consciousness, the warrior matures and walks (mystically) to his death, while the one who is not awakened by the law of balance, appears below it as a weak, limited being experiencing fear and insecurity. Haragei masters explain that internal energies are connected and manifest as darkness and light that fight hand-to-hand in the heat of battle. It's the confrontation before the confrontation...

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“If the mind is not completely alone, there is no release from the moment, from the body, from the spirit, from truths and untruths...”

Hara

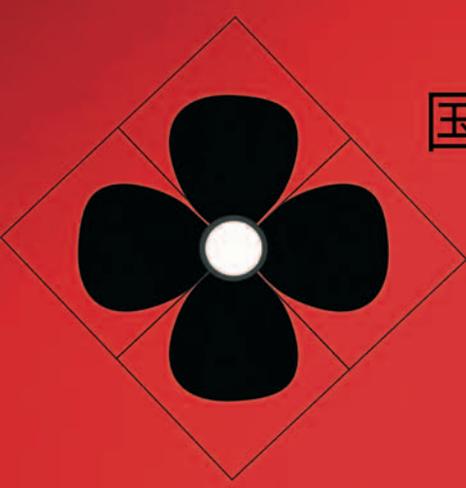


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La nobiltà delle vecchie forme
Der Adel der alten Formen

La noblesse des anciennes formes
The nobility of the old forms

La nobleza de las formas

古い芸術の優

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La nobiltà di forme antiche
Der Adel der alten Formen
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The permanent war inside of us

Martial arts and combat sports aim is to learn to know itself and to find inner peace . This one can maintain the external peace too .

Indeed, if we are in peace inside, we can live in peace with the external world. So, the discovery of the quietude and this inner peace calm down our desire of violence and fighting. The only way when we fight and use the violence is during our practice.

This violence is always controled and always in the respect of the life of our partner. Moreover, this violence is not only here in order to learn to control ourself and to know how to maintain peace inside us.

Unfortunately, there are many perverse effects during this inner exploration and during our attempt to check this violence which exist inside us in different levels. Each living being have a part of violence which is more or less expressed according to the awareness of each other.

We all know that during the different war in our history, many horror things and abuses have been done in the name and under the cover this supposed legitimacy which is the defense of our

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territory and our values. It is necessary to notice that no war is clean and no camp is cleaner than another. Indeed, there is an escalation and an overbid of the violence as soon as this one express in a side or another.

So if no one try to clear the situation or the conflict, horrible facts are going to appear and genocides took place throughout our history on the pretext of such population or another who claimed a country , a part of a land, or reproached at the other camp facts which occurred centuries before.

If we live in a constant revenge, no peace will be possible and sustainable. We must learn about the consequences and the lessons of history and more precisely of the wars, but we must not live in the hate of anyone wishing for revenge for passed facts.

The best proof of love is forgiveness. This one is so difficult and so precious to maintain peace.

Of course, it is necessary to punish through justice all the facts of aggression, violence, and genocide during wars. Nevertheless, after doing justice, we must remember these facts in order not to ever reproduce the same mistakes or perpetrate genocides again, but we must live in peace with ancient enemies and we do not have to reproach their descendants what their grandfathers or their ancestors had committed before.

**“The best proof
of love is forgiveness.
This one is so difficult and so
precious to maintain peace.”**



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Otherwise, peace will not be possible and sustainable. We noticed this fact between the two first world wars, the spirit of vengeful prevailed ending in the second world war.

Moreover, no countries have ever been an exemplary country during all his history. Each country or group of countries committed serious facts during different wars which adjoined our history.

So, it would be rather for each country and each population to forgive and to do an self-criticism instead of judge others claiming to be a model of lawlessness and acting as exemplary population who had never committed serious facts during their history.

Martial arts must be a tool which can be used to find peace inside and outside us. Practice must bring love to each others and not hate of others or some groups or some ethnies or some religions.

All men are good if they take time to discover each others and especially if they learn to control this constant violence inside us. If we deny or if we ignore this violence inside of us, it becomes impossible to learn to know it or to control it effectively.

We have been witnessing for many years to a use of an increasing insecurity in our societies, in order to earn money in the martial arts, combat sports and in the self defense clubs.

We claim in case of aggression, we must become a determined warrior in order to overcome for transforming a peaceful person in a constant warrior. Of course, it is necessary to protect our life to be violent and a determined warrior, but only the time of the aggression.

Being on our guard must not bring us to become violent, aggressive, disrespectful towards our own fellows.

Violence is now shown as a quality and an essential state to protect ourselves with efficiency.

It is totally wrong and dangerous, we must know to have self control and to be in peace in order to be ready for defend ourself in case of aggression, but it is essential to



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“Men succeeded to develop and to cross through centuries thanks to mutual assistance and cooperation between different populations. If men had only done wars, the human being would have disappeared for a long time ago.”

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respect people and to try to negotiate and to neutralize the contentious situations after using any violence.

A fight won is a fight avoided. Sparing a life is the most beautiful act of love and of respect of other people. Not having a fight or a war engaged is the most beautiful victory, indeed, sparing lives, we avoid hate, disrespect, rancor between people. During trainings, we must know how to control our violence and our anger as if we lost in a tournament or in sparring time, we have to stay relax and peaceful in order to analyse the reasons of our failure.

We must not believe that an excess of violence or a fierce hate for our opponent would have given us victory.

Anger will only make us lose our lucidity and our discernment.

So, we have to use our experiences during trainings in order to check this constant war against violence inside of us and in order to acquire a permanent peace which will provide us for an external peace by our fellows.

When we can see a human being in peace with others, we do not wish him evil in general and we leave him in his quietude as if sometimes this is not true; during aggressions of peaceful people, it does not mean that smiling and being in peace will make you overcome your opponent.

This love inside is an advantage which can make you relax, without hate and so being able to be lucid and more efficient than a supposed warrior totally hysterical and outstretched physically.

Lucidity on itself and physical and psychological relaxation are better than hate and permanente aggressiveness.

In many clubs, teachers teach how to kill, how to become super warriors without scruples in order to overcome all types of aggressions.

It is only for reassuring people who have no certainty to overcome and who will have by the way more chance to be defeated because of their lack of lucidity and their inner stress.

The result is a feeling of state of constant war between their students who feel a constant malaise and a desire to confront to the others.

So, this cause more inner and external wars than the feeling of quietude brought by inner peace.



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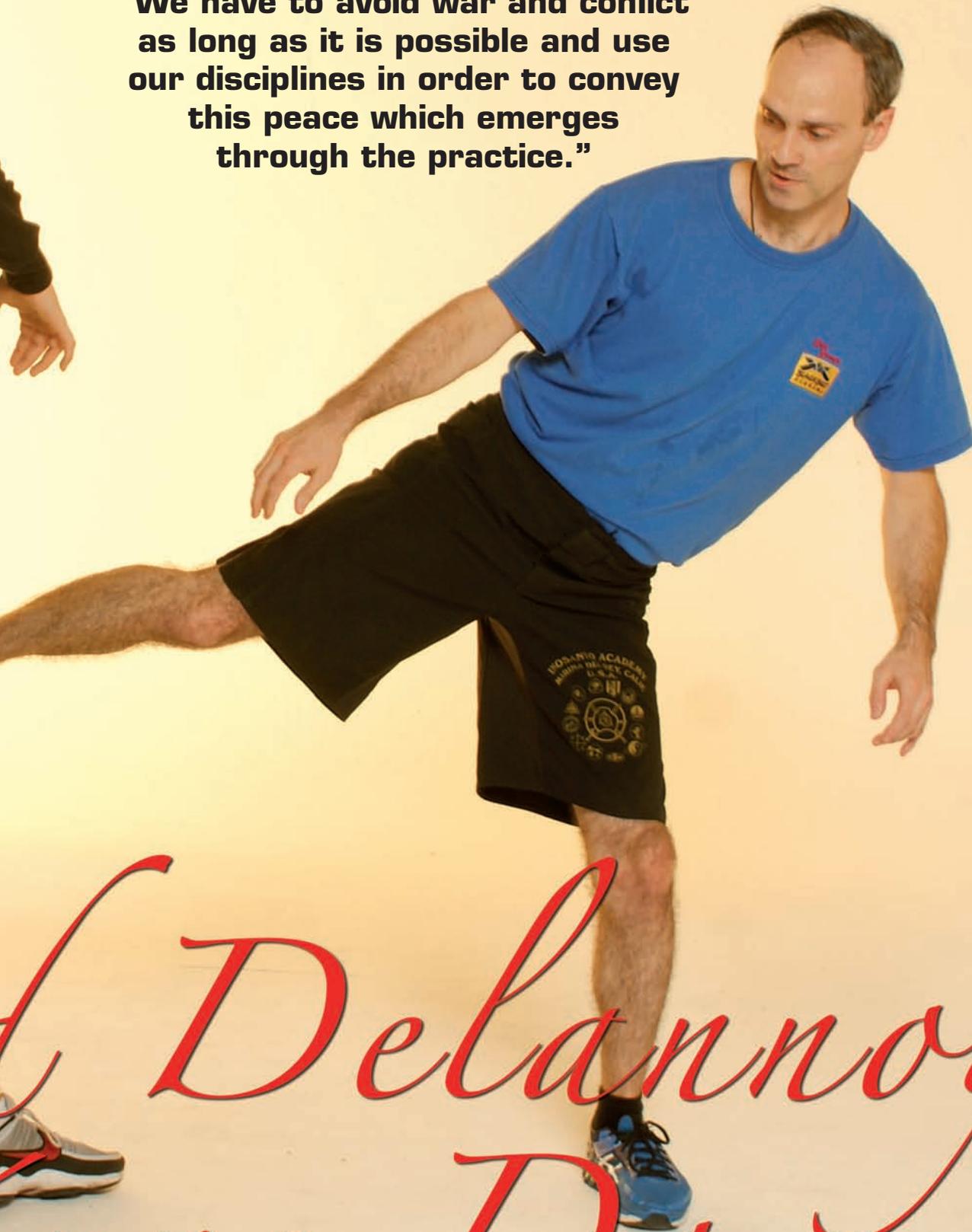


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David Delannoy



**“We have to avoid war and conflict
as long as it is possible and use
our disciplines in order to convey
this peace which emerges
through the practice.”**



David Delannoy
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Jeet Kune Do

Peace is like fear and violence, you have to accept them and learn to domesticate them to become better men in order to respect people.

So, it is better to teach how to protect itself but without willing to kill systematically or pretending for the best warrior of the world.

We must avoid the overbids of violence putting on line videos of massacres (karambits' techniques in front of an opponent without weapon, tomahawks' techniques,...), or the teacher who is hitting his cooperative student and without any control on line which is watching with excess these dangerous videos.

Leave the media ambition, the ambition of recognition, and the overinflated egos, the ambition of invincibility or super warrior one rather to show that our arts are only used to maintain peace between men and we do not have to be on slur on the life of no one if it is not strictly necessary or legitimate.

“We have been witnessing for many years to a use of an increasing insecurity in our societies, in order to earn money in the martial arts, combat sports and in the self defense clubs.”

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Men succeeded to develop and to cross through centuries thanks to mutual assistance and cooperation between different populations. If men had only done wars, the human being would have disappeared for a long time ago.

Each civilisation through history disappeared at their apogée because it destroyed itself through fratricidal wars.

So, we have to avoid war and conflict as long as it is possible and use our disciplines in order to convey this peace which emerges through the practice.

At least, we do not have to forget that a war has the only and unique goal to find peace and love between people.

War must not be a constant state but a state which can be used to arrive to the most constant peace as is possible to have.

“Martial arts and combat sports aim is to learn to know itself and to find inner peace. This one can maintain the external peace too.”



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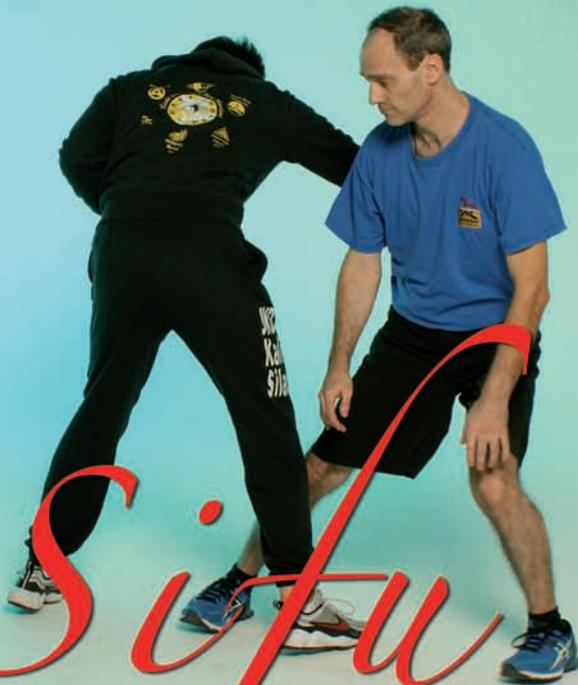
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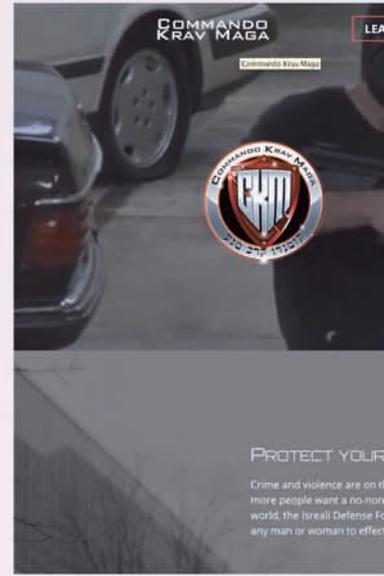
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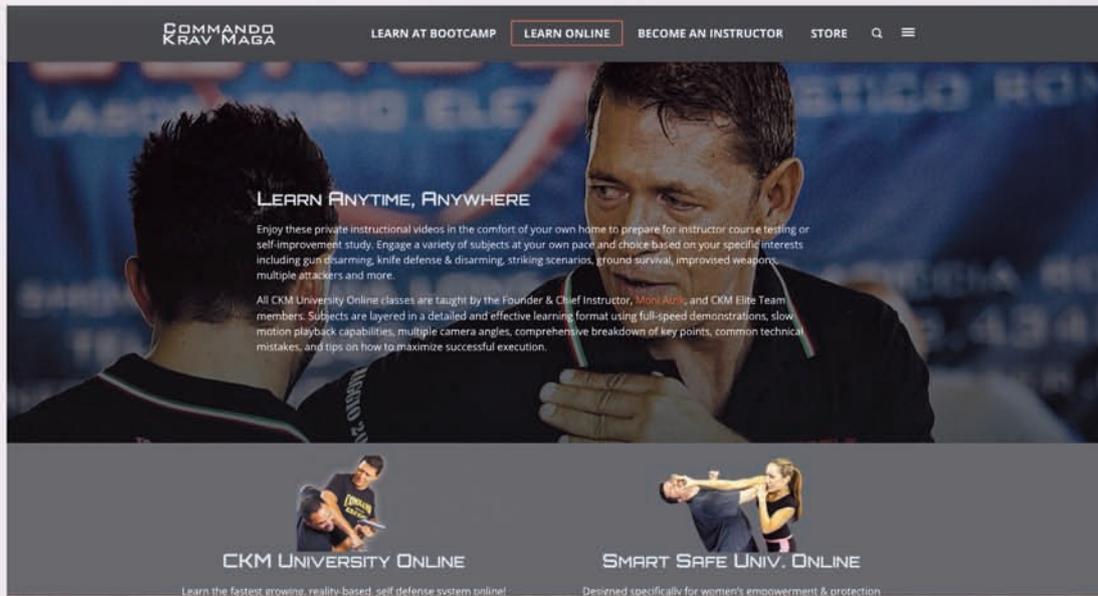
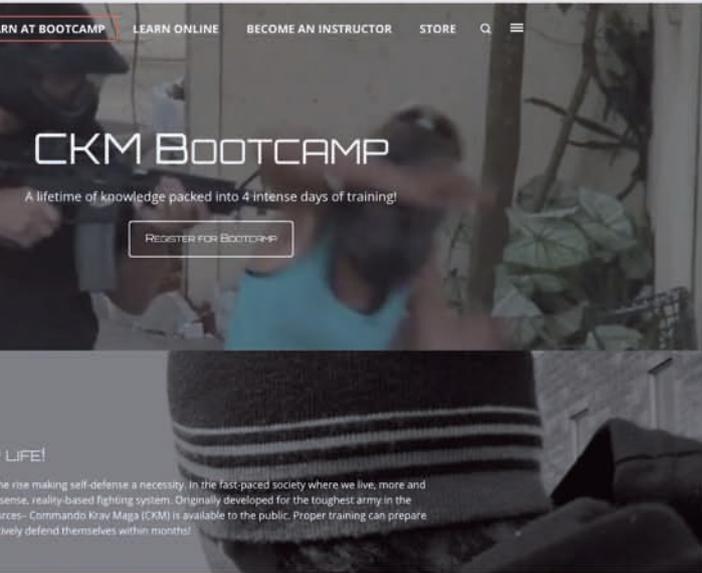
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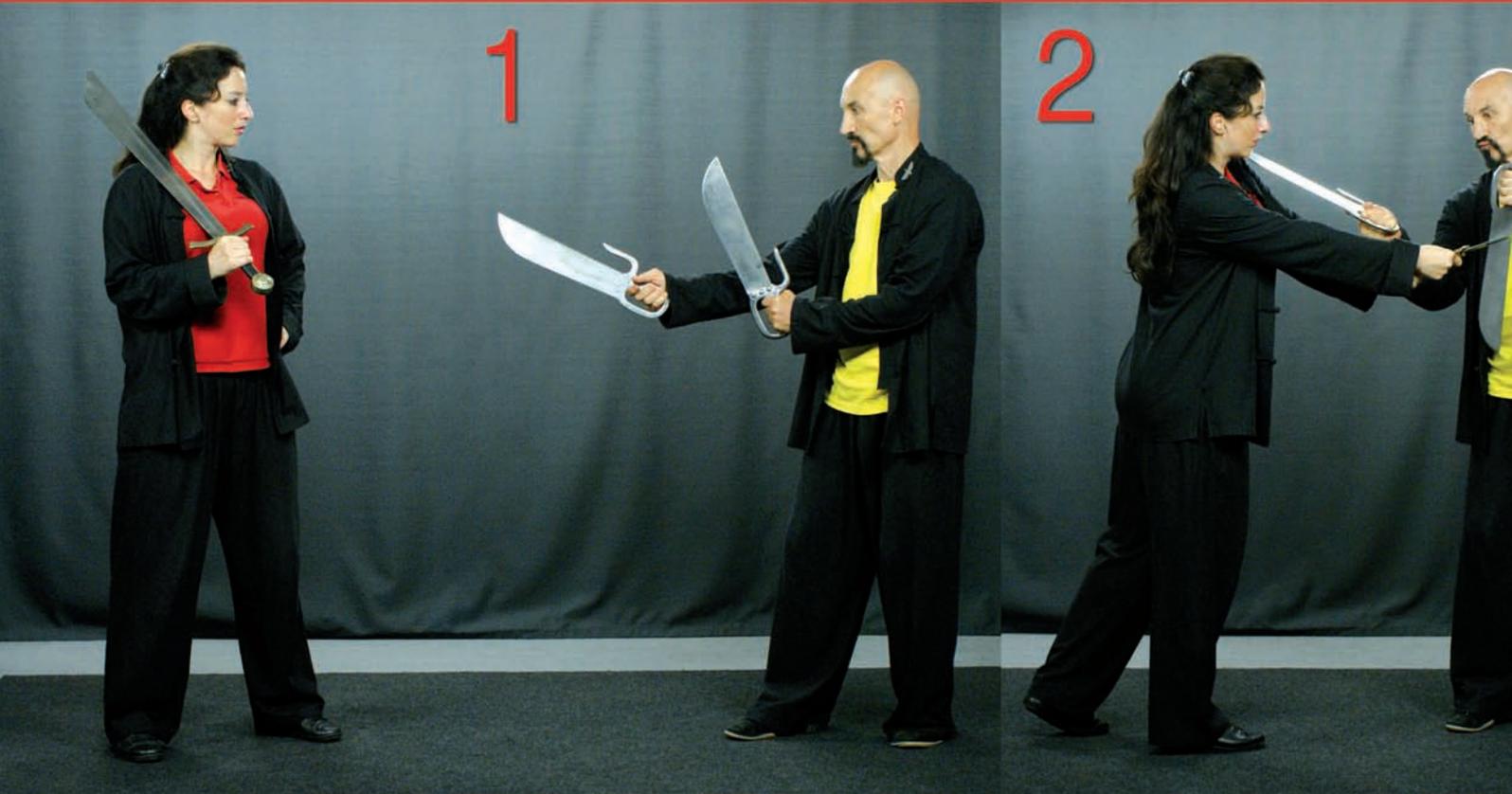
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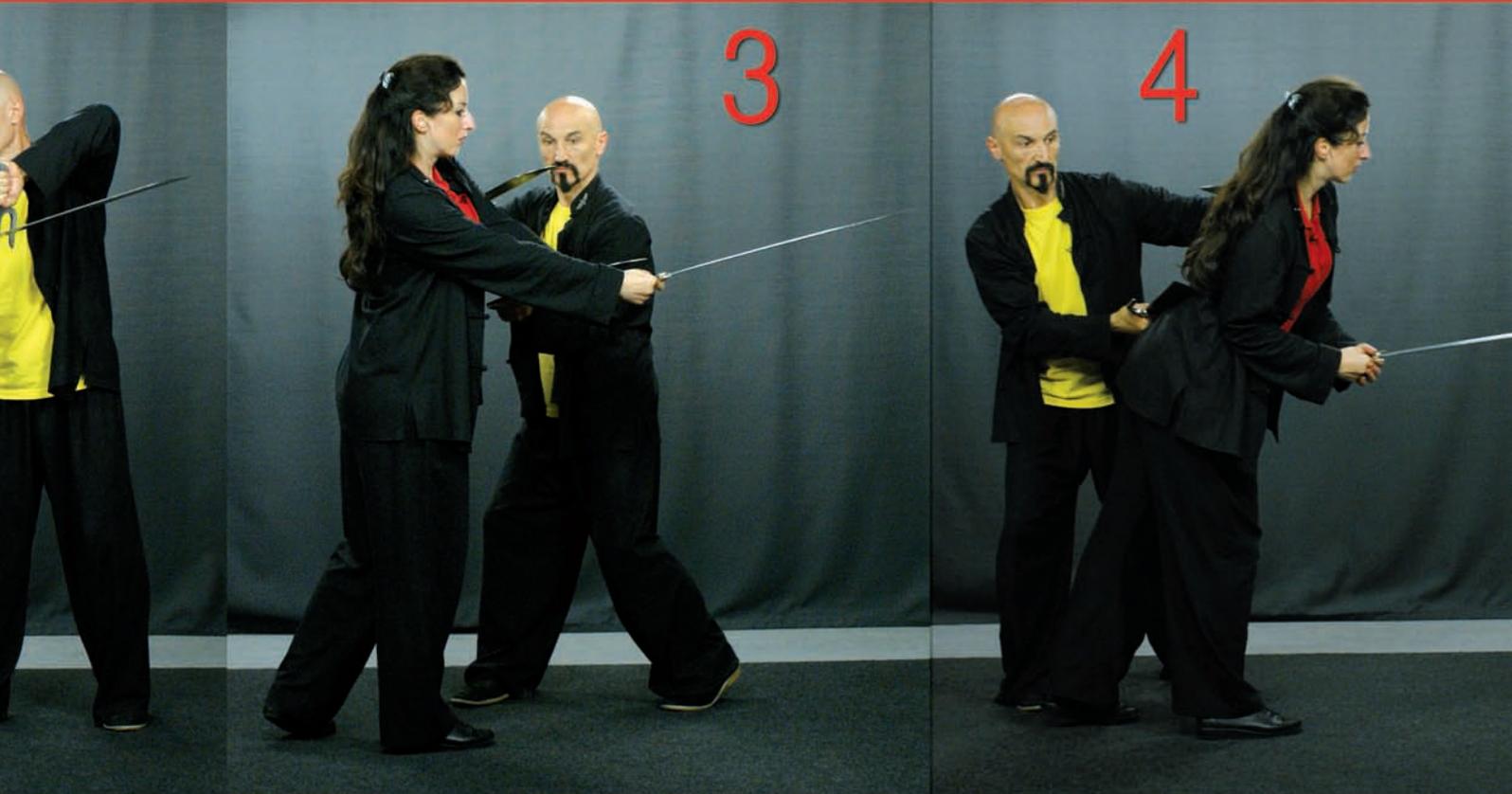
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Sifu Hang Lum A
Yip



Text and Photos: **Sifu Salvador Sánchez**



Sifu Hang Lum Andrew Ma

Among all the interviews to Wing Chun's Masters that I've been able to do in my last trips to China, the one I did to Grandmaster Hang Lum Andrew Ma is, no doubt, one of the most interesting for various reasons.

Sifu Andrew Ma is one of Grand Master Yip Man's first disciples. Never One of the most controversial characters in the Ving Tsun scene in Hong Kong had granted an interview of this kind, in which we could ask him without any type of filter or censorship. For many in Europe and the United States, Sifu Andrew Ma may not be a known name. Not in vain he's never devoted himself to the teaching of Ving Tsun Kung Fu. A successful businessman, he's practiced Yip Man Ving Tsun out of pure passion, and today, his position allows him to issue his opinions with total freedom because, as he himself affirms, "I have no boss..."

At times, and not without controversy, he has given his clear opinion about the Ving Tsun Kung Fu system and the situation in the current scenario. His words are not always pleasant to listen to

Hong Kong

Andrew Ma

Yip Man Ving Tsun





Sifu Hang Lum A
Yip

Ving Tsun



but, as he says, he only wants the best for Ving Tsun and for the memory of Grand Master Yip Man and his legacy to the world.

But after interviewing a large number of teachers, and although there exist different points of view about the Art, we can just as well affirm that there is a line that serves as a link among all of them. Andrew Ma is the "discordant note". Andrew Ma is rather harsh insofar as the Wing Chun Kung Fu current situation is concerned. He can publicly correct the structure and position of any teacher without taking into account any type of filter. I know that well because I myself have been directly criticized by him without any consideration, **ALTHOUGH** I must say that I greatly appreciate his corrections and ideas. Needless to say that I am doing my utmost to "correct" those technical points of view that he saw fit to advise me.

Also, I truly appreciate the candor of a person who

Hong Kong

Andrew Ma

Yip Man Ving Tsun





Sifu Hang Lum A
Yip



always says what he or she thinks at every moment, no matter what other people might think about it.

That's why this interview has been enormously positive for me and I would like to thank him from here. I was lucky enough to interview him on my last trip to Hong Kong at the school of sifu Chan Kim Man, who kindly offered to us his facilities to carry out this small talk, and I wish to thank both for their hospitality and generosity.

Hong Kong

Andrew Ma

Man Ving Tsun





“Yip Man was very demanding in terms of stances and the correct positioning of the hands. In short, in the perfect realization of the technique.”

Sifu Hang Lum A
Yip





Ving Tsun



But, who is sifu Andrew Ma?

Sifu Andrew Ma is one of Grandmaster Yip Man's first pupils, a member of the first generations of students who were trained in a very direct contact by Yip Man. His relationship with Wong Shun Leung, Chan Chee Man, Roland Tong and other references of the Yip Man Ving Tsun make him an authorized voice of the PUREST Yip Man Ving Tsun in Hong Kong.

Sifu Ma is a convinced traditionalist. For him, the extreme defense of the Ving Tsun Kung Fu system without CHANGES or innovations of any kind, is non-negotiable.

A successful businessman who, not having lost his passion for the Art of Ving Tsun, keeps working and striving to preserve the desires of Grandmaster Yip Man, whom he always refers to as "my / our DEAR Master Yip Man".

Sifu Salvador Sánchez: Good morning Sifu Andrew Ma. I want to thank you for receiving us and granting us this interview. It's an honor for me to meet you in person and interview you for the Budo International magazine in its Wing Tsun Column in the World Edition.

Sifu Andrew Ma: Thank you. You are most welcome.

Budo International: Please tell us something about your beginnings.

Hong Kong
Andrew Ma
Yip Man Ving Tsun





Hong Kong

**When did you start practicing Wing Chun Kung Fu?
Who was your teacher?**

Sifu Andrew Ma: I started practicing in 1954. My sifu was always Yip Man. I was one of the first disciples of our dear sifu Yip Man in Hong Kong. There aren't many of us left from that generation for obvious reasons (age)

Budo International: How was it like training in those days?

Sifu Andrew Ma: It was very hard. Sifu Yip Man was

very demanding. Back then we used to train a lot. First in our master's classes. But then some of us continued to train. We had a very close relationship with other disciples such as Wong Shun Leung, Chan Chee Man, Roland Tong, etc., and other students of the time. After class we used to practice for hours.

Yip Man was also very demanding in terms of stances and the correct positioning of the hands. In short, in the perfect realization of the technique.

“Movies depict passages about my sifu's life that are supposed to be true. But it's an almost entirely erroneous, inaccurate or simply false information.”





Budo International: Do you consider that Wing Chun at that time was better than now, or, on the contrary, you do think that today is better than it was then? I want to refer especially to a purely technical level...

Sifu Andrew Ma: Back then it was much better (emphatically)! Wing Chun today is a shame in most cases. There are very few serious practitioners who practice correctly and perform a correct Yip Man Ving Tsun.

Budo International: And to what do you think this "involution" is due?

Sifu Andrew Ma: Well, it's simple. The vast majority of practitioners do NOT understand the principles of the Ving Tsun system. Such poor comprehension of our Art causes that many of them introduce changes and ideas in practice that distort it. Everything has to do with this low level of understanding of the physical and structural principles of the system.



Hong Kong Andrew Ma Yip Man Ving Tsun



一代宗師

華夏振雄風

詠春傳正統



Sifu Hang Lum A Yip





Budo International: But it's something curious. Yip Man had many students. Don't you think that perhaps it's only a different point of view that depends on the different masters of Ving Tsun?

Sifu Andrew Ma: No. Yip Man had many students, indeed. But NOT everyone learned directly from him. Only a few were fortunate to be taught directly by him. There are teachers who claim to have been students of Yip Man. In some cases, I've never seen them before in my life. In other cases, they are indeed students of our Grandmaster,

but they studied with him for a very short time. Others simply never received any instruction directly from the master.

In short, the vast majority of them do something that has nothing to do with the pure Yip Man Ving Tsun.

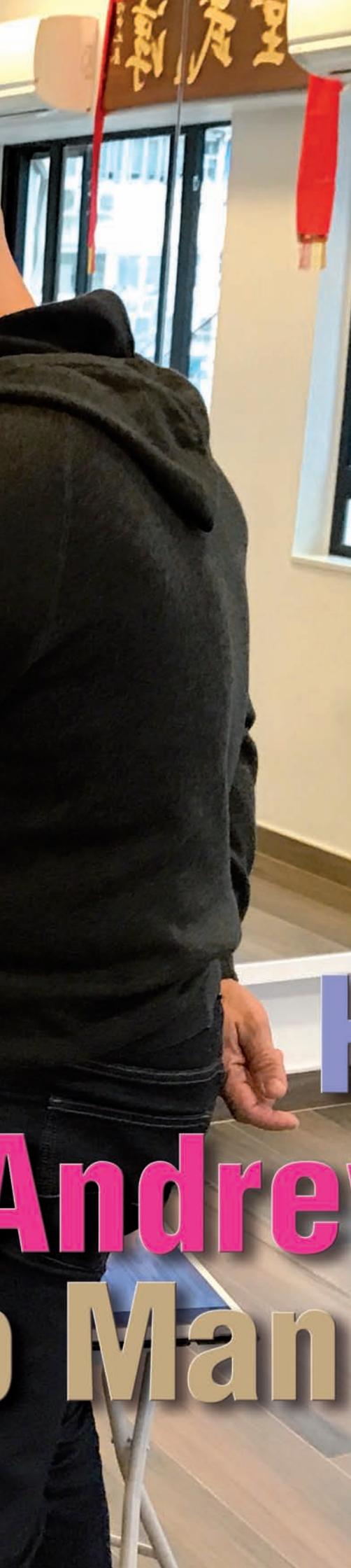
As our beloved Sifu Yip Man always said, Ving Tsun bases all his technique on clear and firm physical principles. This allows a correct use of the force and the structure. And all this will allow us to overcome enemies who are superior in strength or power. But a low level of understanding of these principles makes the practice

Hong Kong Andrew Ma Yip Man Ving Tsun





Sifu Hang Lum A
Yip



defective. You can even see it in some well-known masters in the current scene (social networks, internet, etc...)

I personally think that it's a real shame and it serves no other purpose than to spoil our style.

Budo International: This would explain the great difference in the practice of the system from one school to another. I mean ... if, for example, we look at the forms of the style, we perceive BIG differences in the technical realization from one to another. It is something curious for the people like me, who learned Wing Chun in Europe or the United States. Because we will agree that there can be a difference in the application of one concept or another ... but in the FORMS! Isn't it rather curious that that such big differences exist?

Sifu Andrew Ma: Of course it is curious. But it's the same subject ... The real issue is that very few of us learned from Yip Man. Many claim to have been students of Yip Man but they have never coincided with him. Even some who did so... barely attended a few weeks of training. But now they all join in because they are interested in saying that they are or they were students of our sifu. A few years ago there were few practitioners of our style, but in recent years, as a result of the Martial Arts cinema, very especially of the films about Yip Man, the number of Wing Tsun students has significantly increased. And there have been many who have wanted to take advantage of that. This explains why there is in many cases such a low level of Wing Chun in many teachers.

Budo International: Let's talk about that ... What is your opinion about the growth of the Wing Chun System around the world in the wake of the films about Ip Man? Do you think it's a good thing? Or, on the contrary, you consider, like many others do, that it's not too good for Wing Chun as a system... I would like to know your view.

Sifu Andrew Ma: Well, there's two parts in this. On the one hand, that Wing Chun has become a known style is a positive thing. It should be good that people get interested in the Ving Tsun style and in the figure of my sifu. BUT, now there's another part which is not good at all, because of two very important elements:

1) What they see in those movies has nothing to do with the Wing Chun system. Many people go to schools looking for what they've seen in the movies and the Ving Tsun is something completely different. I remind you again that our system is based on physical principles and requires a very methodical training. Generally, people who come after seeing a movie, don't find what they saw in it.

2) Movies depict passages about my sifu's life that are supposed to be true. But it's an almost entirely erroneous, inaccurate or simply false information. In short, I don't think it's good at all.

Budo International: Why haven't you ever taught Wing Chun in a public way?

Hong Kong

Andrew Ma

Yip Man Ving Tsun







Ving Tsun



Sifu Andrew Ma: In the first place, I've always devoted myself to my business and this has kept me very busy so I've never had much time to teach others.

Second, and perhaps most important, I'd never have given Wing Tsun lessons to become a "competitor" of my brother Wong Shun Leung. I feel an immense admiration and a deep respect for him.

Budo International: Finally, some advice for Wing Chun fans around the world?

Sifu Andrew Ma: Well... Finding a good Wing Chun teacher is not easy, but it's important to find one, in order to correctly understand the scientific concepts of the system as well as the correct realization of positions and techniques.

I personally offer to give my advice and corrections to anyone who wants to improve and practice the authentic Yip Man Ving Tsun. I am not interested in other systems, or in the people who transform or change things in our own system. But those who want to practice pure Yip Man Ving Tsun will always find in me a person willing to give advice and corrections

Sifu Salvador Sánchez: Sifu Andrew Ma, THANKS for receiving us! It's an immense honor being able to listen to you. I also want to thank you for being a true FATHER and PROTECTOR of the pure Yip Man Ving Tsun. Along with Sifu Chan Chee Man, Sifu Roland Tong and some other of Yip Man's first disciples, you are the true GUARDIANS of the authentic Yip Man Ving Tsun. And, believe me, there's a lot of people who admire all of you and follow with attention everything you say. You are a reference for all of us and we are most grateful by for your advices and generosity.

If you want to contact sifu Andrew Ma, we'll be glad to provide you with his contact address if you ask us at our email info@taows-academy.com

"I am not interested in other systems, or in the people who transform or change things in our own system."

Hong Kong Andrew Ma Yip Man Ving Tsun

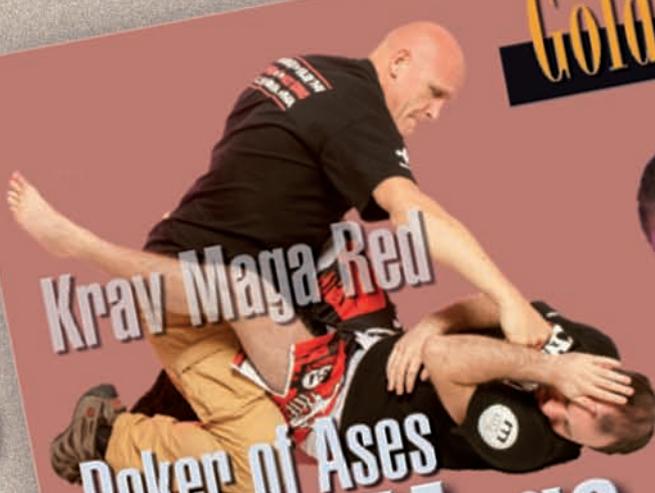




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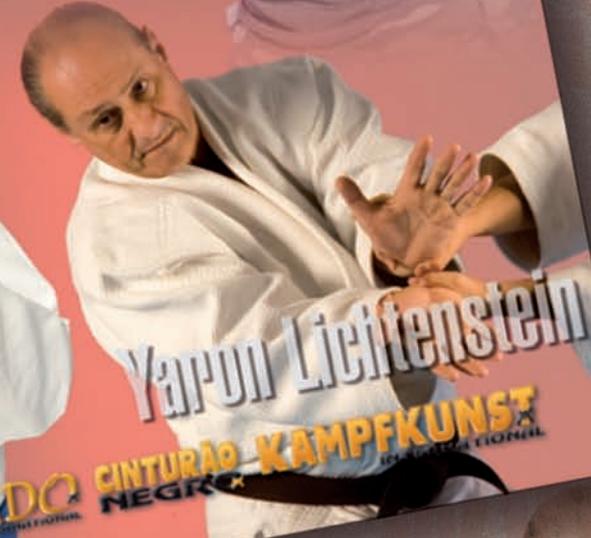
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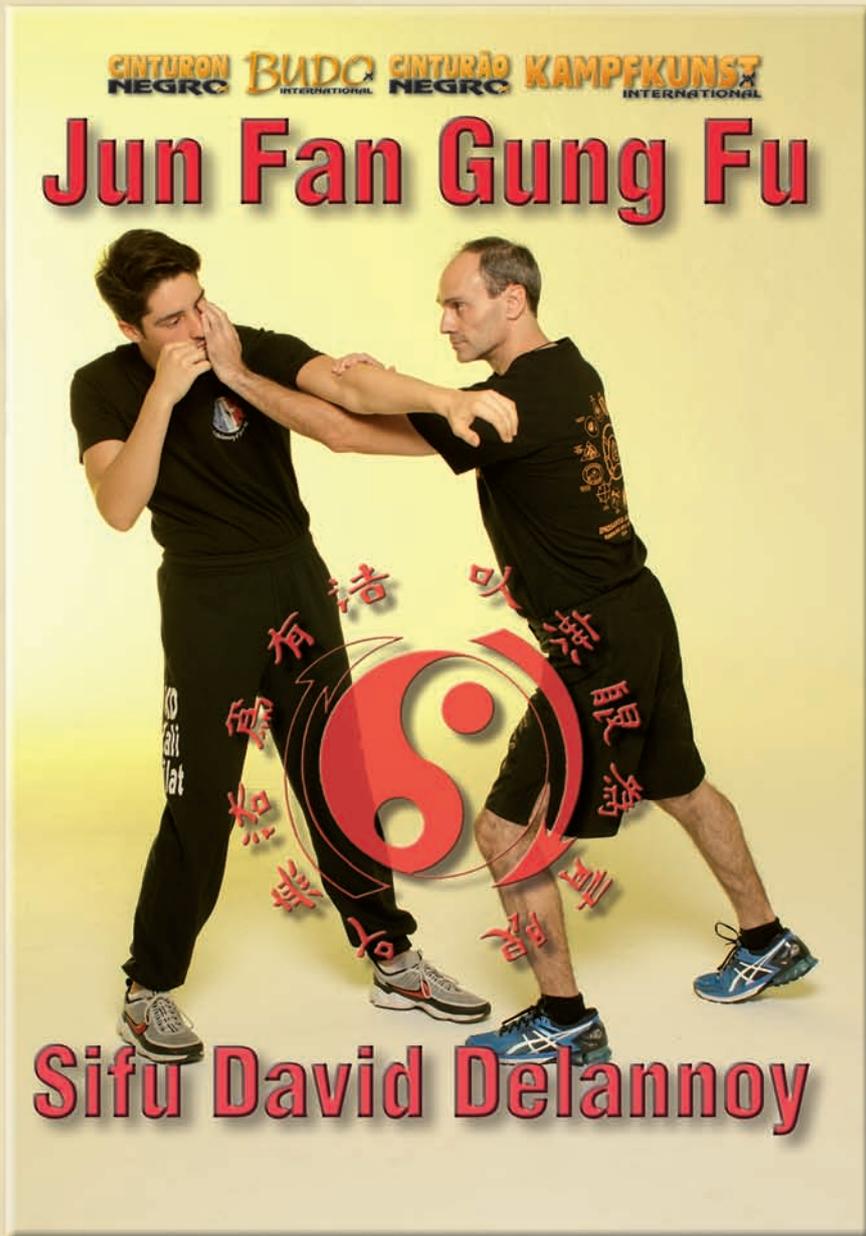
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Jun Fan Gung Fu Sifu David Delannoy



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



REF.: • DVD/TRUST1

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The best inheritance, the finest legacy that the Universe has left us for our evolution is called... ERROR!!! The human being is the center of attention...

A rather strange sentence to begin the description of a training weekend of this urban growth and self-defense method, it's nevertheless the way in which we are able to get to the core of each one of us who are in "Keysi by Justo Diéguez."

Text: Rouben Siegele

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Keysi



**“Keysi is not a rigid system,
people are bringing with
them their own history,
experiences,
resources and limitations.”**

Let's start with a little introductory information. On November 10 to 12, 2017, the creator and founder of the Keysi method, Mr. Justo Diéguez, was invited in Germany for one of the three training sessions that take place every year in that country for all Keysi instructors. This time we were invited by Pierre Haspel and his team, from the "Keysi The Club" Academy, in Öhringen. An important part of the development and evolution of our formation as Instructors is learning from each other and getting to know us better through the time we spend together.

That's why the three training weekends, distributed throughout the year, are carried out alternately in one of our Keysi schools,

So, each of our instructors, who runs a school, is a guest, but he's always a host.

During the training seminars, the opportunity of participating is given to all the persons interested in knowing this incredible method and having an idea of the vision of its founder. This is an open workshop of four hours that are always carried out on Saturdays. In this way, participants have the chance of valuing by themselves and knowing personally the different schools that teach Keysi in the country.

At first glance, this train-the-trainers program may seem like a nuisance for applicants, since it includes commuting to and from the meeting place, especially if we take into account that people not only proceed from Germany; instructors from other European countries also get to Germany in order to take part in the seminar. But the positive effects completely outweigh this investment of time. Through regular personal contact, it allows participants to experience and share with others their strengths and weaknesses, in the context of a joint and positive training, always emphasizing the appreciation and assessment of people in an individual way.

Justo Diéguez

www.keysiworld.com





Keysi is not a rigid system, people are bringing with them their own history, experiences, resources and limitations. Our goal is to use all that and give participants the opportunity of growing together. It's not just about learning techniques and practicing different procedures! Techniques are important to give training a common thread to this method and provide participants with an orientation; techniques are the letters of our common language; but they are only a tool that we use for personal development, they are not the core of Keysi! We want to get out of our comfort zone; not all movements are correct, not all techniques are understood from the beginning. But only if you take the time to live new experiences, if you are open to new things, if you look at things from different angles and also leave your own ego behind, only then you will be able to broaden your horizons! Over time, you'll understand the meaning of the method, the challenge it has reached. Keysi opens new doors for the mind, the body and the emotions. It's you who have to learn to explore behind the spaces. Then you will feel that, at the same time, new doors open up to new horizons. The journey with Keysi doesn't have a fixed goal in itself, but Keysi has a fixed goal: personal growth, and this growth has no end! The journey goes on and on, and the goal is to enjoy the journey, the method adapts and evolves constantly, the Keysi method is a challenge to our self...

The human being is our center of attention! By this we mean that every training session of the Keysi method help to forms and completes the Instructor's training! There is always a give and take, students and instructors constantly learn from each other.

This is how Justo Diéguez, the founder of Keysi, sees it. His idea of self-defense goes far beyond from simply spreading his method. His vision is to continue developing Keysi and integrate his own experiences, and connect with the experiences of his students and instructors in this development. And for that, personal contact is enormously important. That's why Justo comes to Germany as often as possible to train with his instructors

Keysi is not a one-way street: Keysi is a dialogue! This also applies to all participants who attend our open workshops. We learn through them all and we appreciate each and every one of the experiences; on the other hand, we are happy to share our ideas.

Only together can we expand our horizons.



Keysi by

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Keysi



**“The human being is
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attention!**

**By this we mean
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from each other.”**

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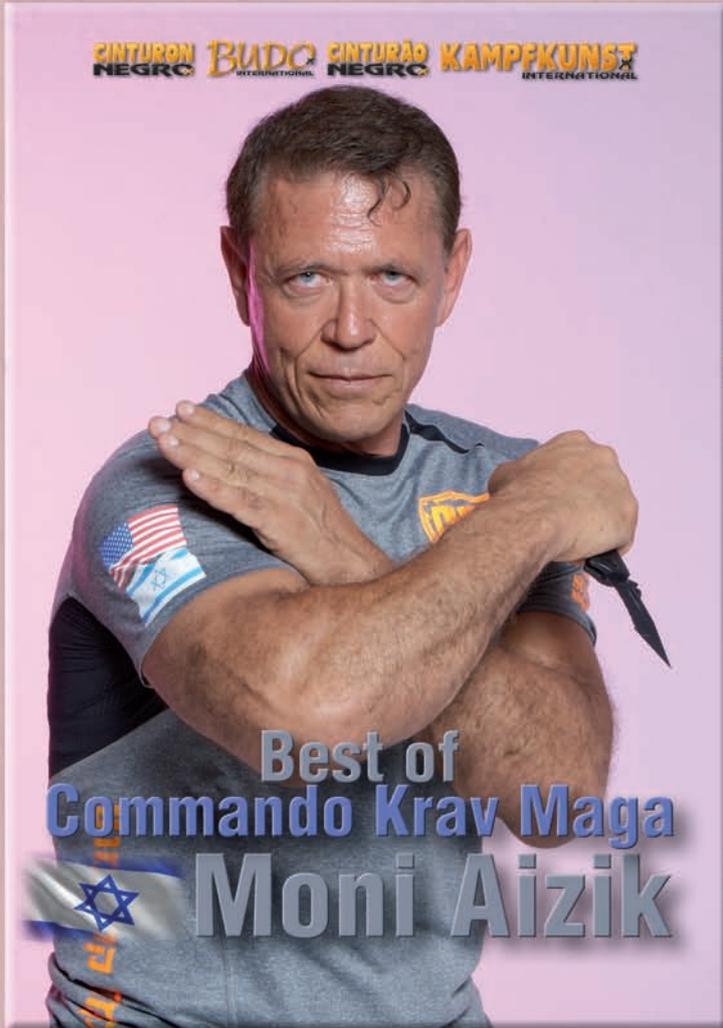
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Best of Commando Krav Maga Moni Aizik



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.

REF.: • DVD/AIZIK5



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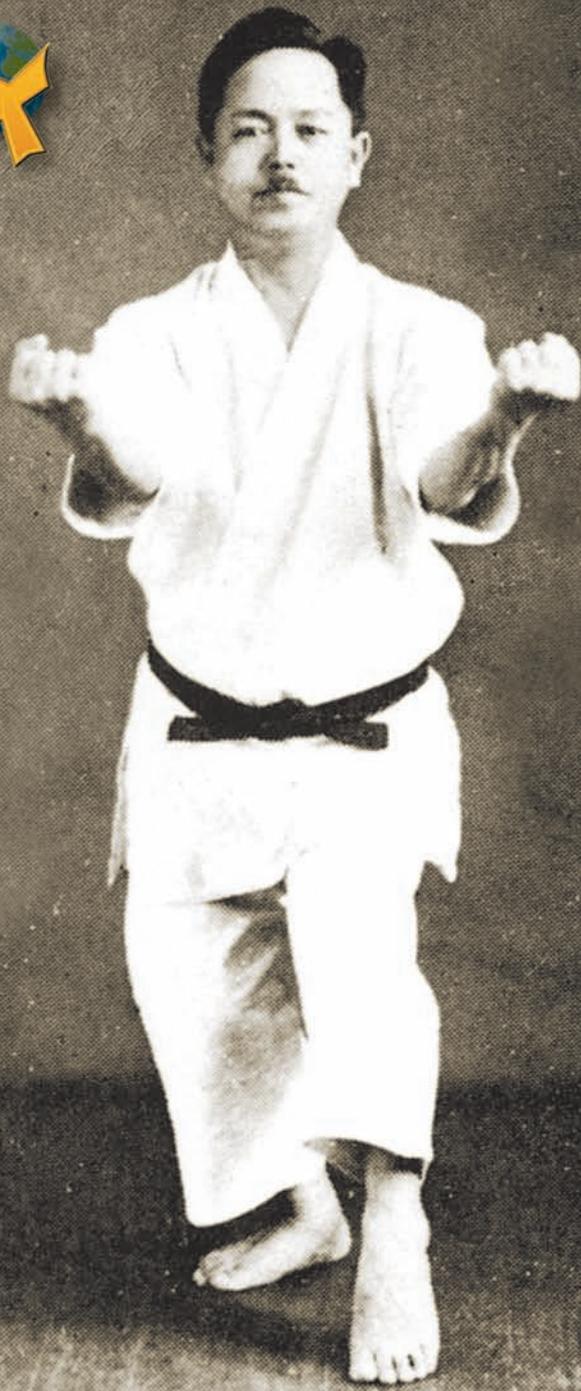
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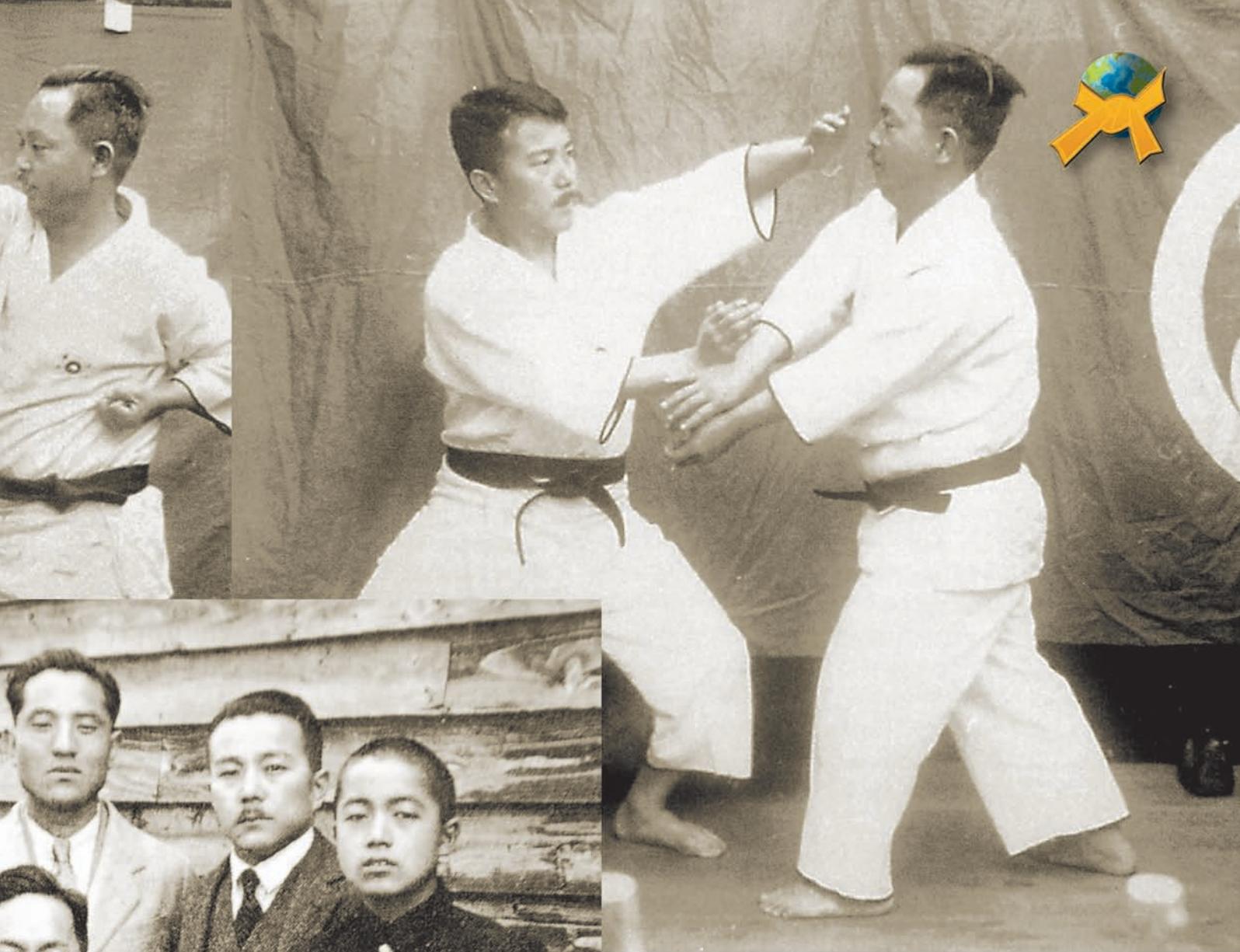
Wing Tsun



Kenwa Mabuni

空手道





Karate aphorisms

**"Karate-Do is a study
for life."
- Kenwa Mabuni**





Chotoku Kyan

**"A punch should stay in the sleeve like a treasure, it should not be used indiscriminately."
- Chotoku Kyan**

**"The ultimate aim of Karate lies not in victory or defeat, but in the perfection of the character of its participants."
- Gichin Funakoshi**

Guichin Funakoshi







Sun Tsu

"For to win one hundred victories in one hundred battles is not the acme of skill. To subdue the enemy without fighting is the acme of skill."

- Sun-Tsu, The Art of War

"When you look at life think in terms of karate. But remember that karate is not only karate - it is life".

- Gichin Funakoshi

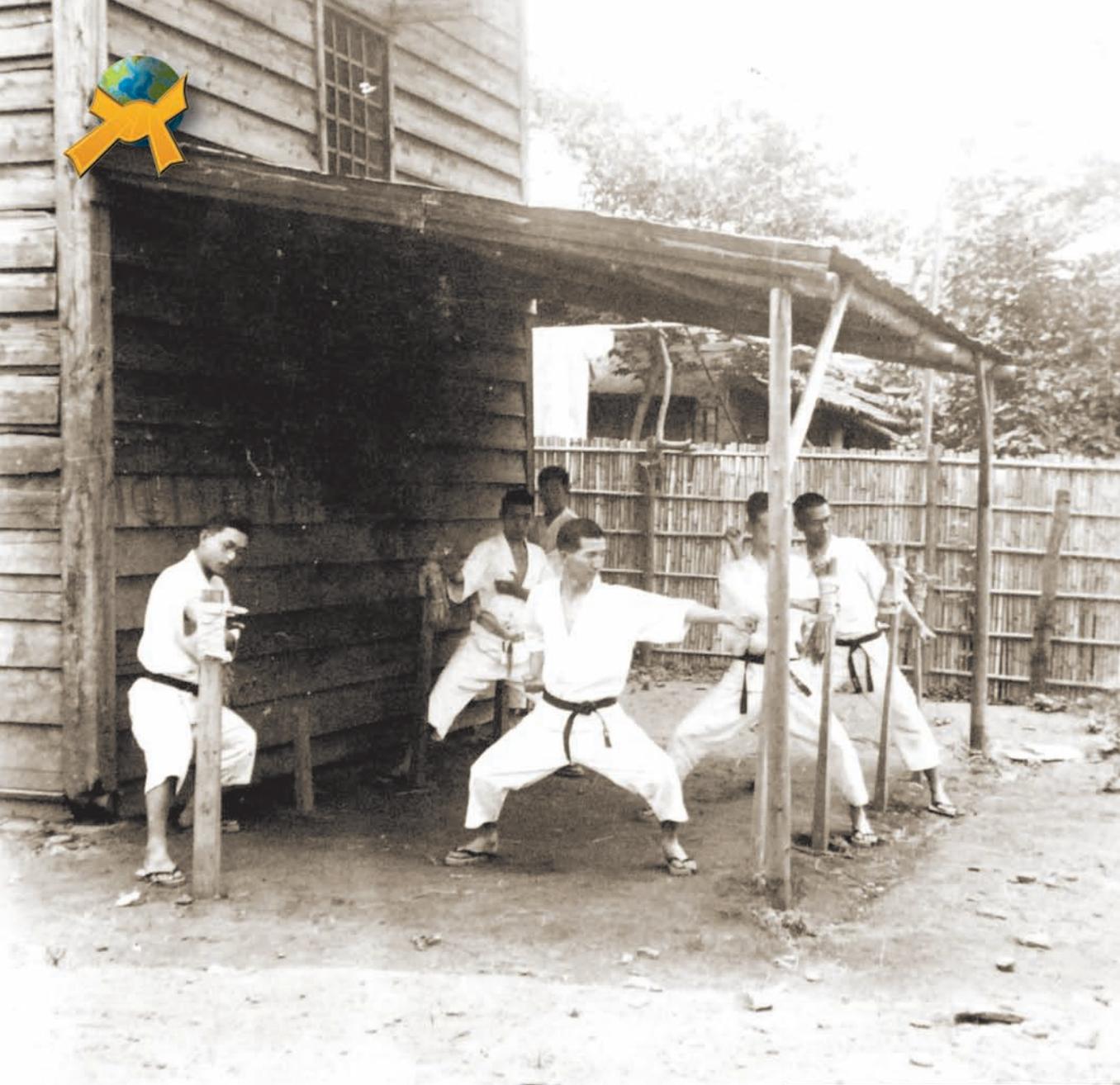
Guichin Funakoshi







空手道



**"The practice of Karate is for
life; when you breathe, you
practice."
- Anonymous**



Lao Tse

Karate



"Knowing others is intelligence; knowing yourself is the true wisdom"

- Lao-tzu, Tao Te Ching





Karate

空手道

"He who knows, does not speak. He who speaks, does not know."

- Lao-tzu, Tao Te Ching

"Even after many years, kata practice is never finished, for there is always something new to be learned about executing a movement."

- Shoshin Nagamine

"No matter how you may excel in the art of te, and in your scholastic endeavors, nothing is more important than your behavior and your humanity as observed in daily life."

- Teijunsoku (Nago Oyakata)





拳不老



甲寅新春

雲石書

時年九十二



Shoshin Nagamine

"Karate-do may be referred to as the conflict within yourself, or a life-long marathon which can be won only through self-discipline, hard training, and your own creative efforts." - Shoshin Nagamine





Karate

"If instead of fighting with your enemy you tell him "you have won", and bow to him, this is the greatest feat in the world."

- Anonymous

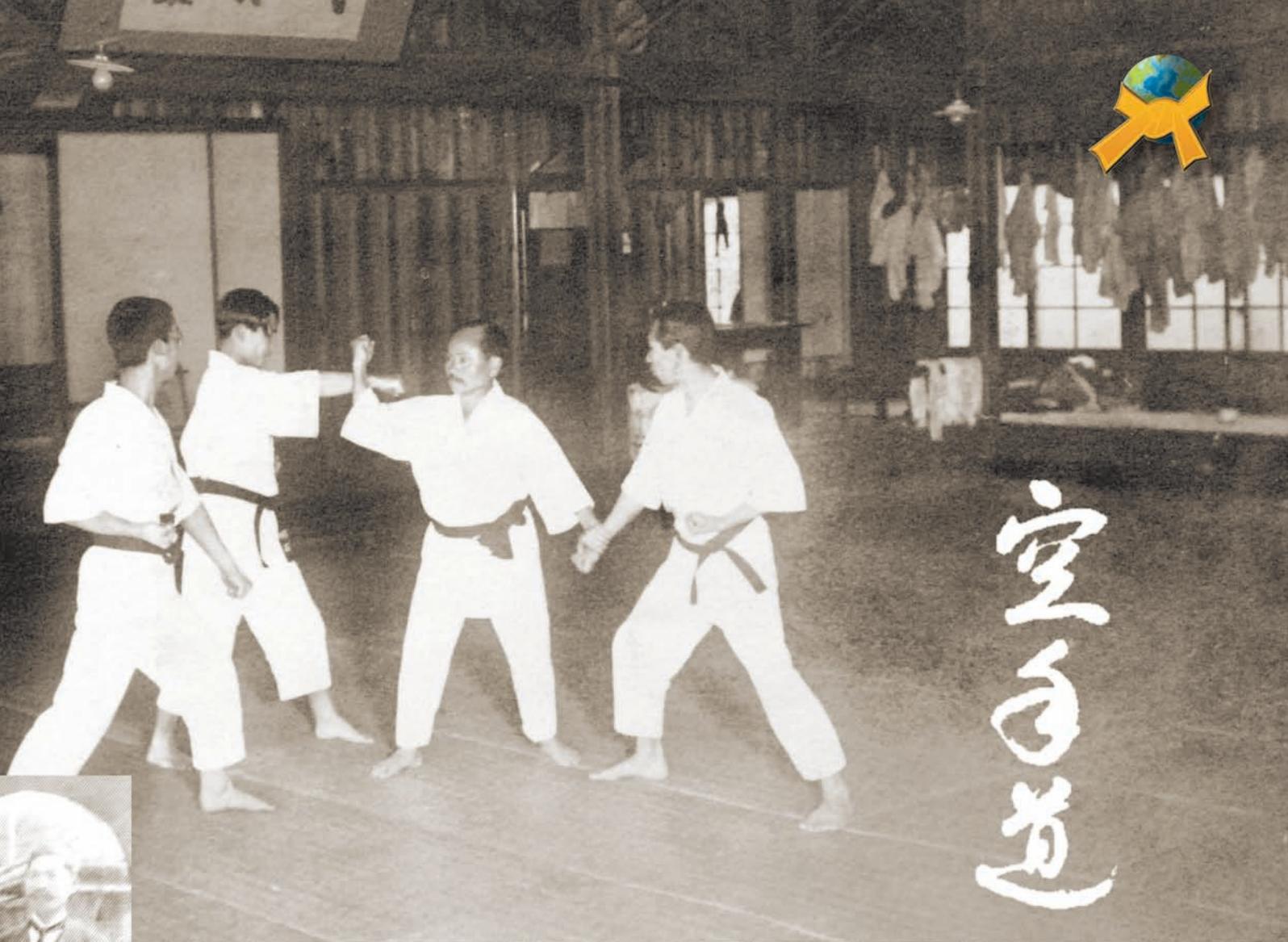
"From white belt to black belt you fine-tune the tools; in the black belt you learn how to use them"

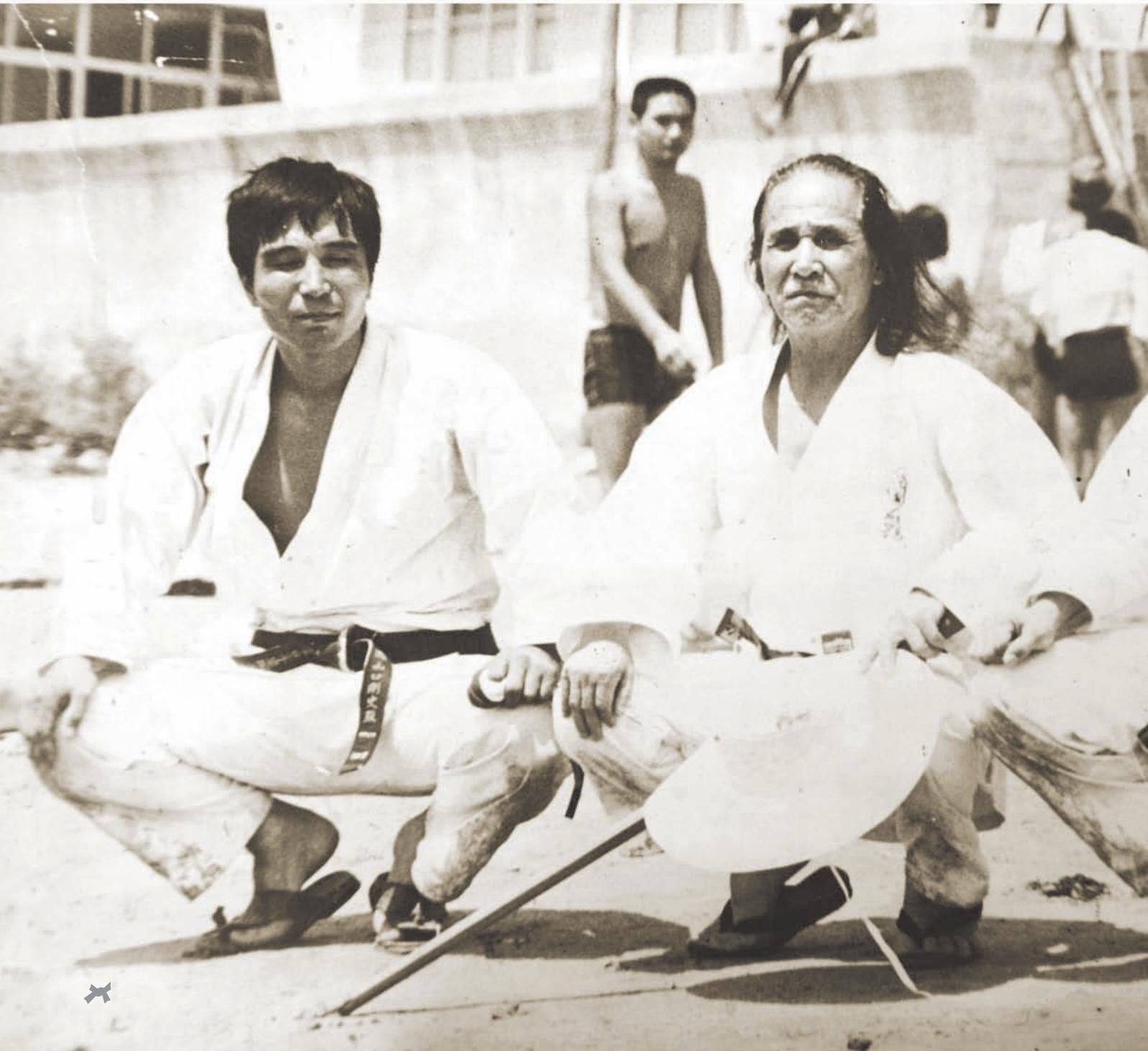
- Anonymous



皇太子殿下御前演武記念
大正拾年參月六日









"Don't be afraid of pain, as long as you can feel it you will know that you are still alive"

- Anonymous

"Karate is about discipline and the first act of discipline is showing up to class."

- Carter-sensei

"Knowing others is wisdom, knowing yourself is enlightenment"

- Lao-Tzu

"Teachers open the door for you, but you must enter yourself."

- Anonymous

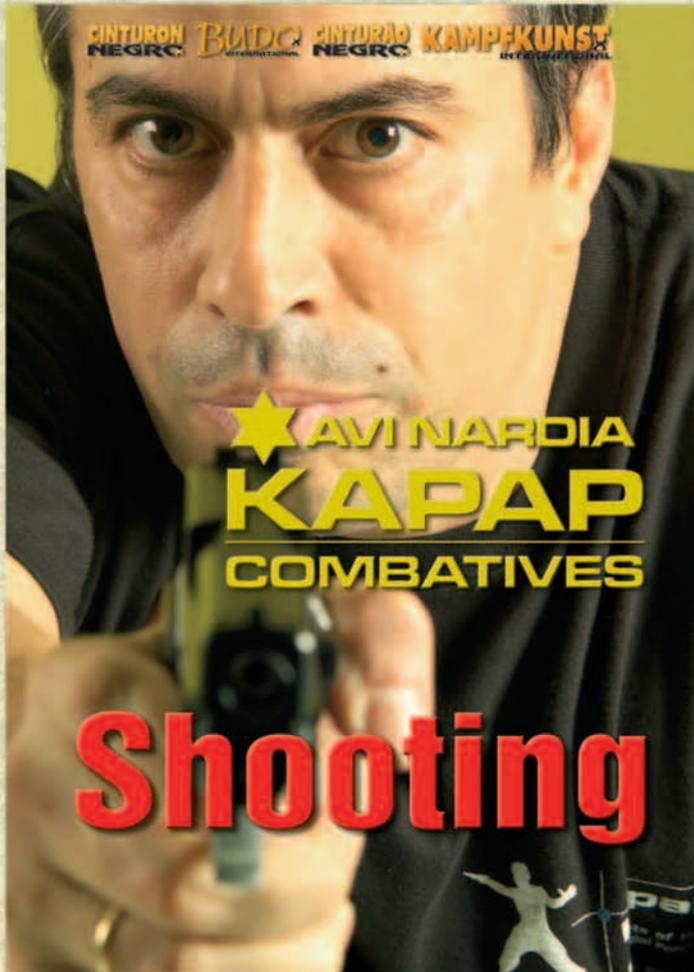
"Karate begins and ends with courtesy."

- Gichin Funakoshi



★ AVI NARDIA KAPAP COMBATIVES

Shooting



Major Avi Nardia is one of the leading head official instructors for the Israelite army and police in anti terrorism and CQB, he along with Ben Krajmalnik have made a new basic dvd in the field of firearms and safety, training techniques in IPSC. Instinctive Shooting in Combat. Combat Instinctive Point Shooting - IPSC is a shooting method based on instinctive reactions and kinematics to shoot short distances fast and in dynamic situations. A self defense discipline in order to survive in life threatening situations , where you need a very fast and accurate shooting abilities, when you must take the gun out as soon as possible and shoot at a short distance without using the sight. In this first volume you will study how to handle the weapon (revolver and semi -automatic) dry firing practice and security, "Point Shooting" or instinctive shooting , at a close range and a series of movements and exercises for weapon retention , low stress and multiple attackers ; exercises on how to recharge with one hand, ... and finally practice shooting gallery with guns such as AK- 74, M -4 , M -249 machine gun and even M -16 grenade launchers .

REF.: • KAPAP7

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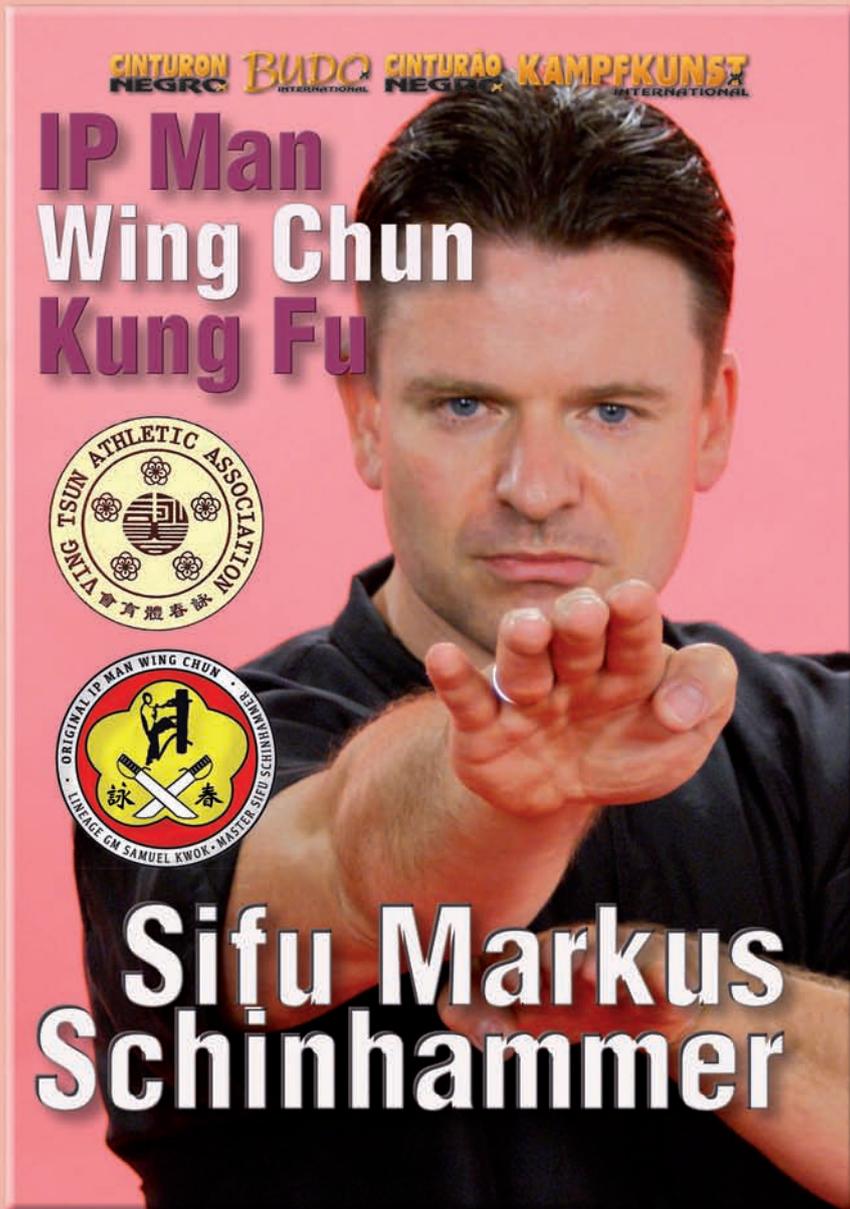


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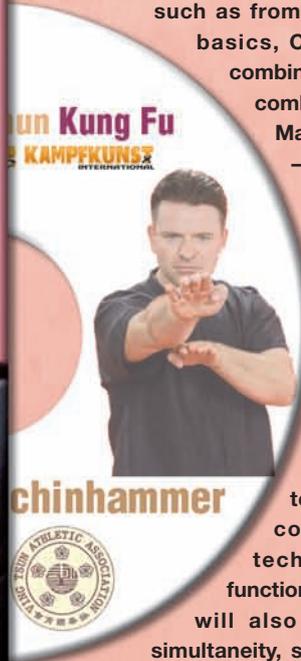
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IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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

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



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GURO DAVE





Real combat

When people who don't know him ask me about him, I always answer the same: "He is one of those who know!" Oh yeah, nobody like Dave Gould to explain the intricacies of the thousand and one options you can find in a real combat. His process of reflection and constant learning make him an inexcusable reference for anyone who is interested in real combat. His seminars and DVDs are a source of continuous inspiration, teaching not only the technical ways, but also and what is even more important, a way of "thinking" the reality of combat and the ways to train more effectively the solutions that best define our survival capabilities.

Nothing is alien to this reflection and, once again, his latest work, that we present today, is among the most interesting of the moment as far as real and street combat technique is concerned. All those who have to deal with it simply cannot miss it.

Alfredo Tucci

GOULD



LAMECO ESKRIMA

Pakawalan: The Art of Weapon Retention

Retaining the weapon is an essential skill that must be thoroughly investigated, explored, developed and updated by every serious student of combat, so as to be effective in all circumstances. One of the first items on combat is to be able to maintain possession of one's own weapon on the battlefield. If a fighter is unable remain in possession of his weapon to carry out what he is trying to do, he will compromise his own safety, since the weapon can be snatched from him and used against its defenseless owner, what will have devastating consequences for him, it even may result in his death.

In Lameco Eskrima, weapon retention has always been an element that must be studied and, in order that it can be correctly realized, Punong Guro Edgar G. Sulite created a subsystem inside the Lameco Eskrima, called "Pakawalan", in which this subject is thoroughly treated, no matter what type of weapon is being used. Under his tutelage we have carried out specific training sessions to

retain weapons as sticks, knives, machetes and diverse other blade weapons.

Thanks to my experience in training corps of the military elite, I have also been able to train using various firearms like pistols and rifles; we specifically did it when training as Special Ops Soldiers and as Law Enforcement Officers, all over the world. That special instruction taught us in what circumstances should a soldier shoot at close range to avoid that he can be deprived from his weapon in the battlefield endangering his survival.

In the moment that an aggressor can grab or disable our weapon, there is a risk that he can take it away, which creates a delicate situation of emergency that can lead to death; the longer is in danger the possession on our weapon, the bigger the possibilities that it can be used against us. This is a problem that we must solve and therefore we must train all possible options, to gain experience in this matter. For this we have to analyze the different things that can happen in a battlefield. In the end, experience is the best teacher, since it quickly reveals to us what works and, what is most important, what doesn't work when it comes down to it.



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“Retaining the weapon is an essential skill that must be thoroughly investigated, explored, developed and updated by every serious student of combat, so as to be effective in all circumstances.”

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GOULD





LAMECO ESKRIMA

The first thing that we try in the training of this matter is making sure that we are able to access our weapon at all times to get it out and deploy it in a fraction of a second, whenever necessary. Therefore, the system we use to carry any weapon in combat is vital, so we must train to be able to draw the weapon with both hands equally, so that in a critical situation we can draw the weapon with both the right or the left hand. Punong Guro Edgar G. Sulite trained us so that none of us would use only one hand, instead we were all would be skillful using both hands and we could use the weapon with the hand that was closer to the threat, so as to neutralize the danger with greater ease. Having a preference always leads to unwanted situations when responding to a crisis circumstance in a "specific way". When you can answer without having a preference, the problem is not where the situation begins, but from where it is answered, either with the left hand or with the

right hand, and you should not act according to the hand you prefer to use, but according to the one that should be used in that particular situation.

The second subject that we must train is to know how to respond quickly, with strength and with confidence. When someone catches our weapon or grabs the hand with which we hold the weapon, we have less than a second to get rid of that threat or risk of losing the weapon. Punong Guro Edgar G. Sulite used to teach us that if someone is able to grip our weapon or the hand with which we hold our weapon for more than a second, he will have many chances to take it away, but if he can't maintain the grip of the weapon or the hand with which we hold the weapon for more of a second, then he will not have time to take it from us. That's why it's imperative that as soon as we realize that someone could try to catch our weapon or our hand, we respond switching hands immediately, or we will

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“The first thing that we try in the training of this matter is making sure that we are able to access our weapon at all times to get it out and deploy it in a fraction of a second, whenever necessary.”

GOULD





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GURO DAVE





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“A person must train to have access to his weapons and be able to use them with both hands and not do it following his or her own preference, but the dictation of the need and the opportunity.”

GOULD





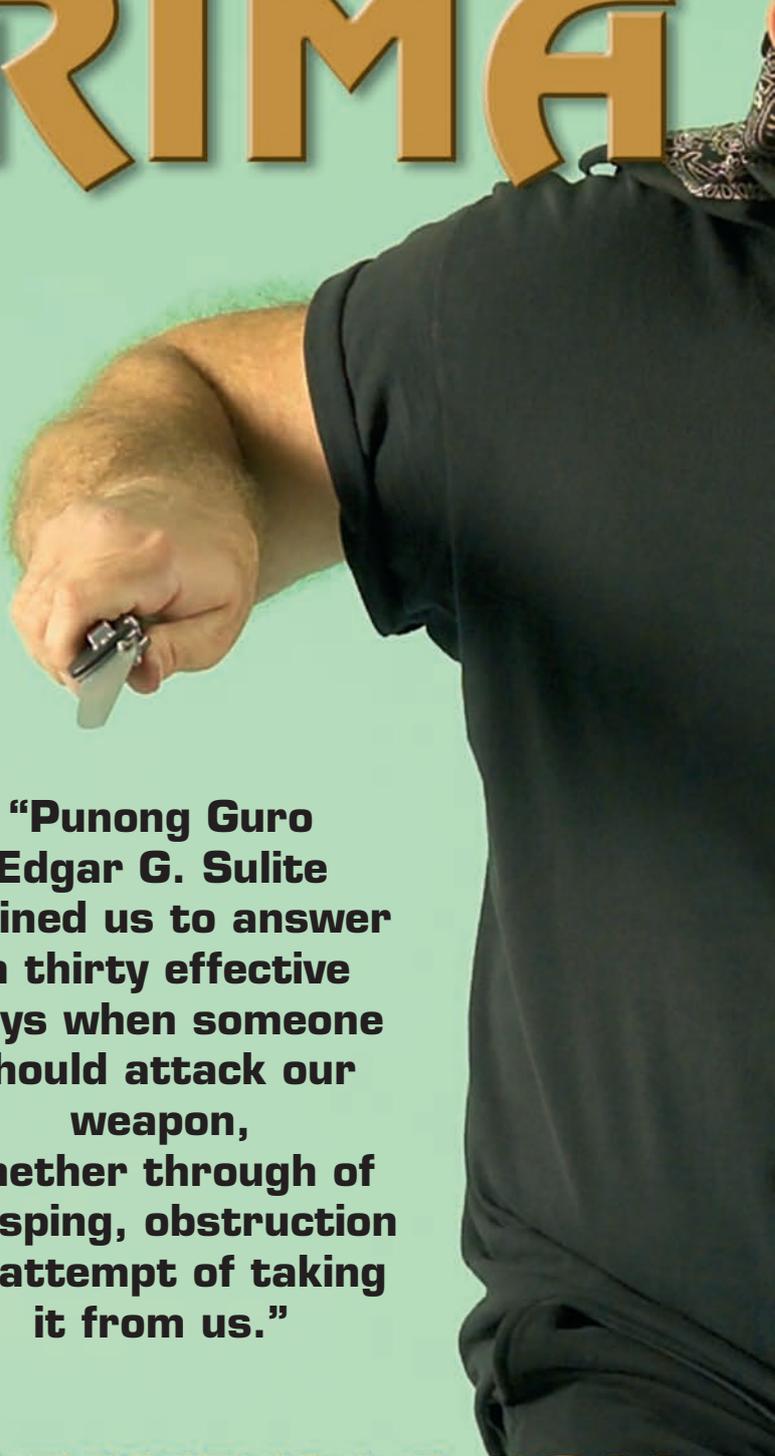
LAMECO ESKRIMA

suffer the consequences of our inability to react in time and in the right way.

Punong Guro Edgar G. Sulite trained us to answer in thirty effective ways when someone should attack our weapon, whether through of grasping, obstruction or attempt of taking it from us. Training sessions always consisted of attacking our training partner with strength and intensity to try to take the absolute control of our weapon. This is the way I think that this aspect should be trained: without including too much adversity in the training environment, the more resistance and less cooperation there is, the more effective it will be and the better results will be obtained from these practices.

At the opposite extreme, when we understand what is needed to prevent someone from snatching the weapon from us, we can also understand the way another person's weapon can be threatened and snatched against his or her will. For that reason, Punong Guro Edgar G. Sulite trained us so that we were able to take control of our opponent's weapon and take it away from him, which proved to be very valuable in order to progress in our training, since each student was able to get to know what he had to do to carry out both tasks. In this way, by learning all the nuances of this specific reality, we are capable of carrying out these things along the lines of how they would happen in a real exchange at random, plagued with uncertainty and with violence.

In order to be successful in the face of an attempt by someone to snatch the weapon from us, we must react quickly in order to escape the grip or the obstruction in less than a second, or we will give the adversary too much time in which he can find a way to take away our weapon. On the other hand, to succeed on snatching the opponent's weapon, it is necessary to grip the weapon or the hand that holds the weapon very tightly, and keep the grip for at least a second. In the case of not being able to maintain the grip



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Edgar G. Sulite
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in thirty effective
ways when someone
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grasping, obstruction
or attempt of taking
it from us.”**

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during that time, it won't be possible to find a way to snatching the weapon from the opponent.

Working from the two sides of this combat equation, we will be able to find a way to catch the opponent's weapon and take it away from him, and develop the necessary technical skills and responses to prevent the opponent from catching and snatching our weapon. All this will have as a final result that the student will be able to keep his weapon from getting jacked against his will, and also to snatch his opponent's weapon, whenever he has the chance.

The third and final issue at the time of training this aspect is to prevent someone from obstructing our weapon or stealing it from us even before we can have put it into play. Punong Guro Edgar G. Sulite often taught us that when it was certain that a fight was going to take place, the best move for us to do was that of taking away the opponent's weapon before he could take it out and put our life in jeopardy. When we mix among people, we always look at those persons who are around us and who carry weapons. In prevention of what may happen, one of the procedures to be performed should be to try to avoid the situation of someone trying to steal the weapon from another and use it to harm everyone around him. Therefore, we must do a workout aimed to develop our ability of preventing someone from accessing our own weapon before we do, as well as our ability to steal the weapon from the opponent before he can use it. For example, if I carry three knives all the time and I am able to steal the weapon from my opponent before he can draw it, then I would have four weapons and my opponent would have none. Therefore, I would have all the advantage.

To successfully train this system, known in the Lameco Eskrima as "Pakawalan", or "Art of weapon retention", it's necessary to train to quickly access your own weapon and get it out immediately with both hands to use it as indicated by the situation. In addition, we must train to respond positively, making sure that our opponent will not be able to control our weapon for at least one second, neutralizing all his attempts to get a hold on our weapon, or grasp the hand with which we brandish the weapon, or obstruct our weapon and in that way use his without any impediment. Finally, we must train to prevent the opponent from stealing our weapon before we can take it out and use it, and also be able to steal or obstruct the opponent's weapon and thus prevent him from using it. The ultimate goal is to access our weapon, draw it without hindrance in order to use it and thus survive a combat situation without suffering serious injuries.

If you train as if your life was at a stake, you will also fight that way. We must carry out challenges in daily training and make adversity show us the way to mastery.

To successfully train this system, known in the Lameco Eskrima as "Pakawalan", or "Art of weapon retention", it's necessary to train to quickly access your own weapon and get it out immediately with either hand to use it as

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indicated by the situation. In addition, we must train to respond positively, making sure that our opponent will not be able to control our weapon for at least one second, neutralizing all his attempts to get a hold on our weapon or grasp the hand with which we brandish the weapon, or obstruct our weapon so as to use his without any impediment. Finally, we must train to prevent the opponent from stealing our weapon before we can take it out and use it, and also be able to steal or obstruct the opponent's weapon and thus prevent him from using it. The ultimate goal is to access our weapon, be able to extract it easily in order to use it and thus survive a combat situation without suffering serious injuries.

If you train as if your life was at a stake, you will also fight that way. We must carry out challenges in daily training and make adversity show us the way to mastery.



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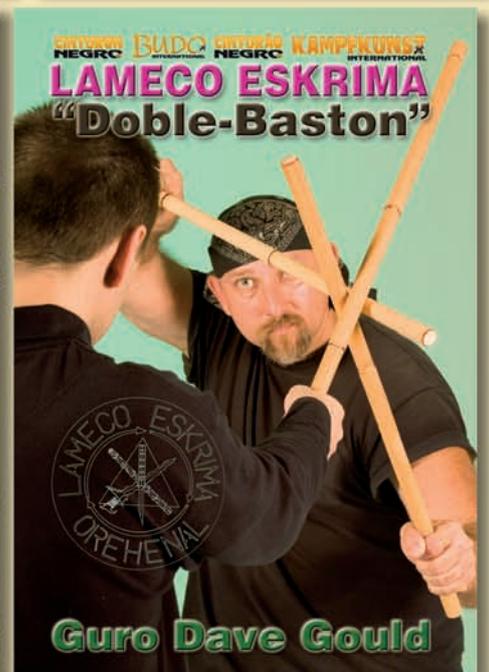
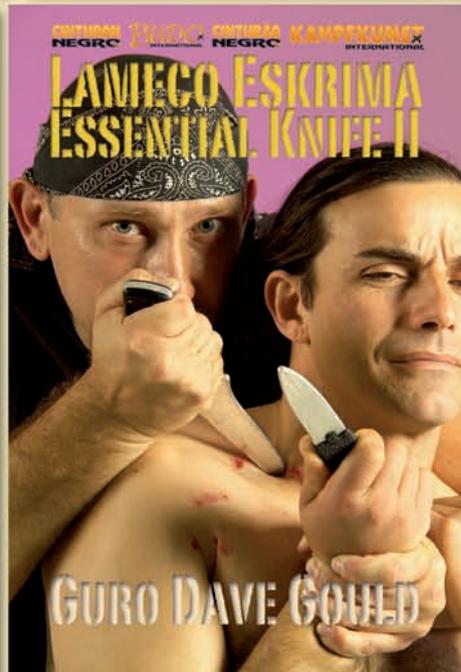
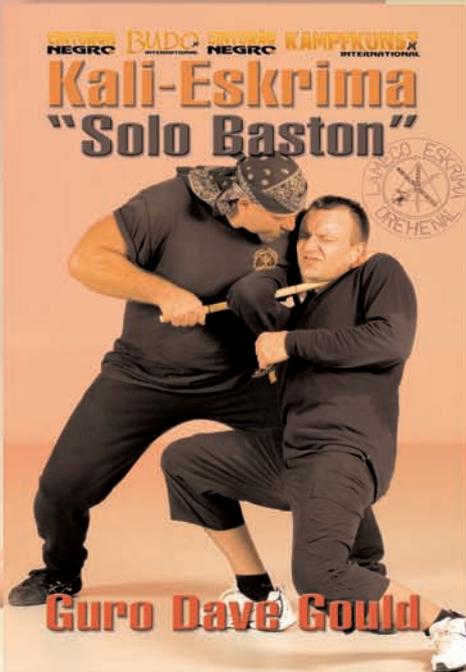
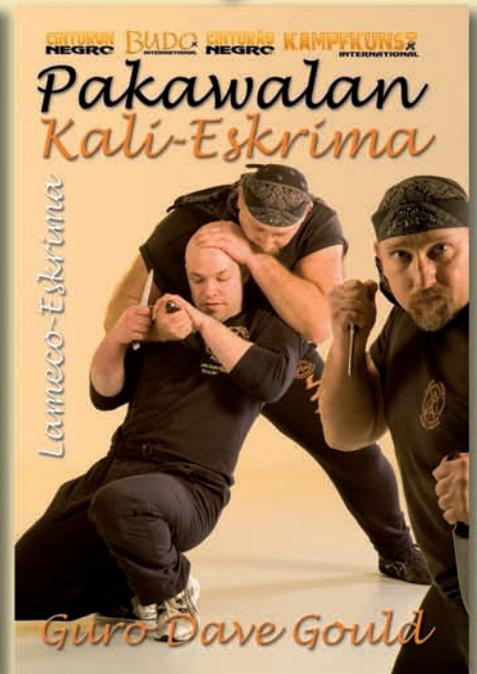
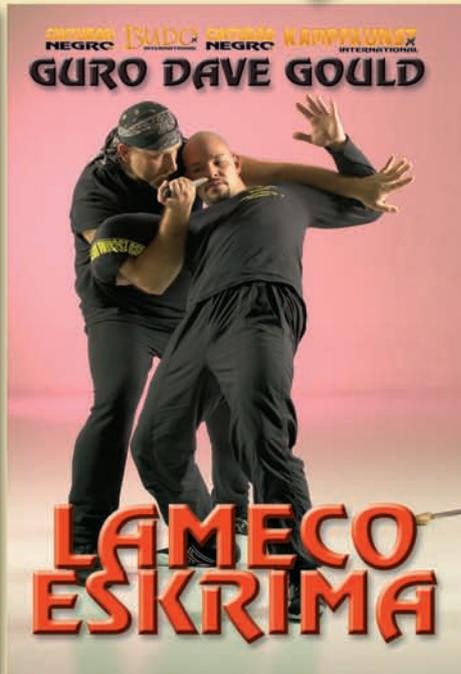
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The main emphasis of training with an edged weapon is knowing and understanding all the dangers associated with this type of weapon. All the "What if's", and "Yeah but's", are all great for trial and error, and assuming predictability. The serious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

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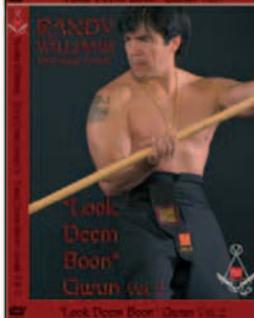
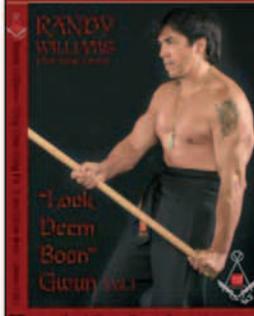
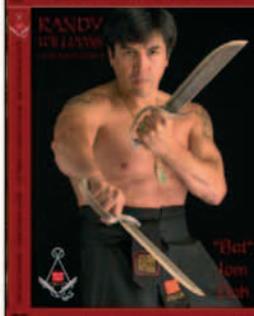
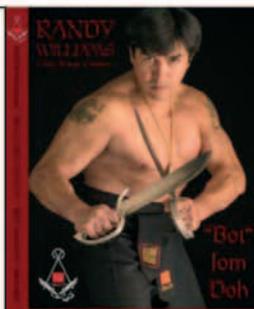
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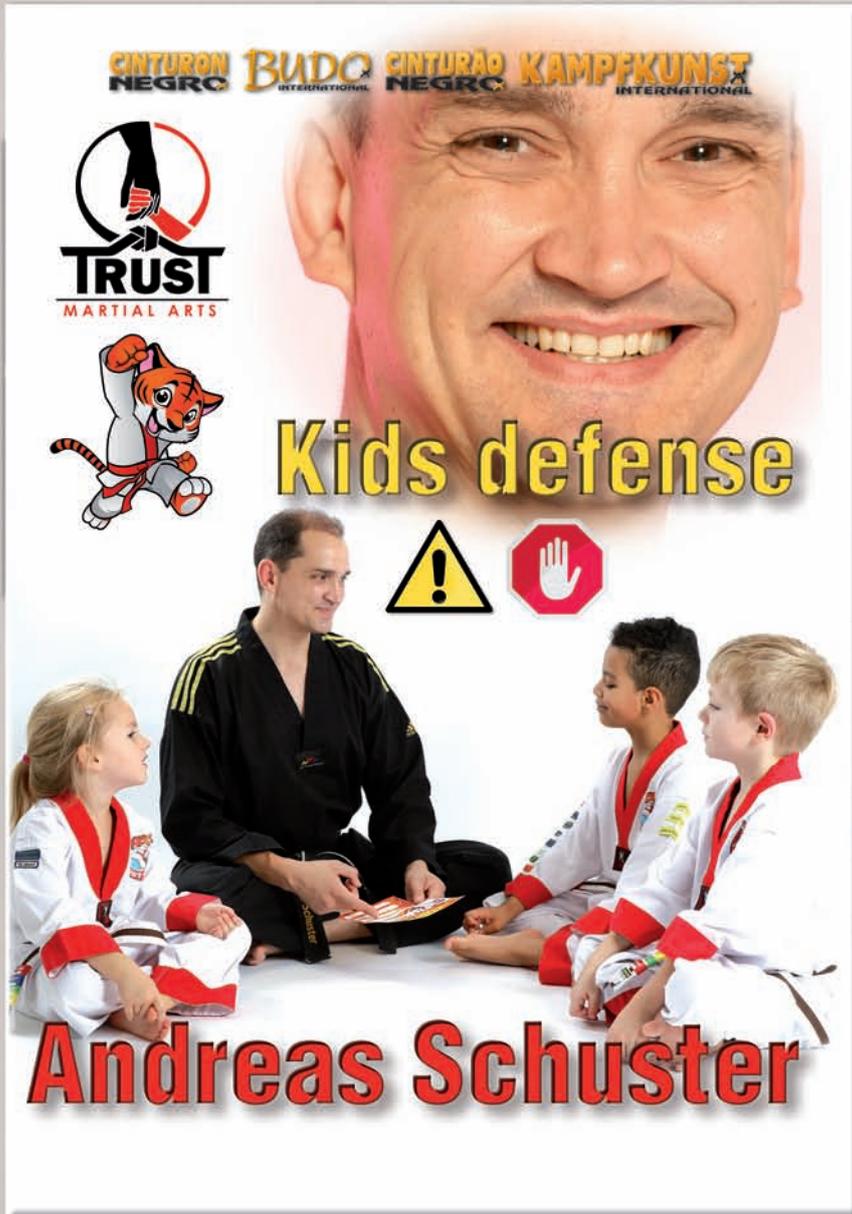
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Trust Martial Arts, TRUST Tiger Program: Children's self-defense, values education, character training, movement training, assertiveness, self-assurance, self-control, safety and life skills. The increasing concern of parents about their children's 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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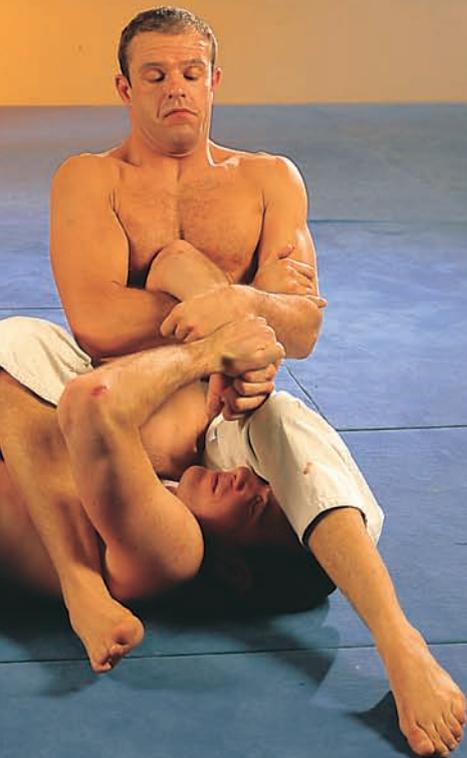
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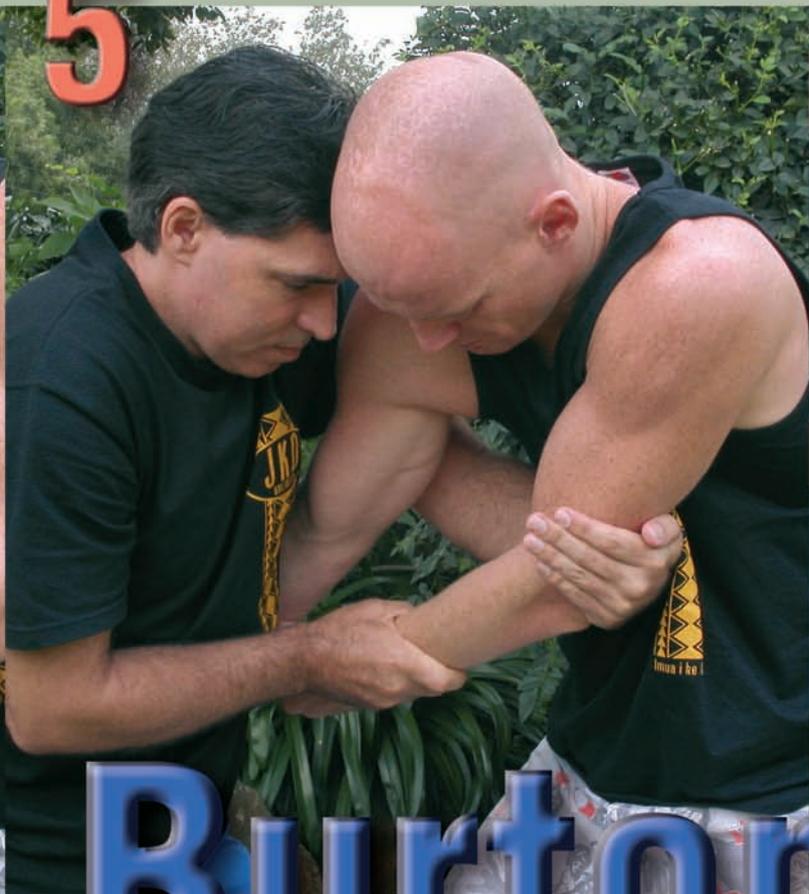
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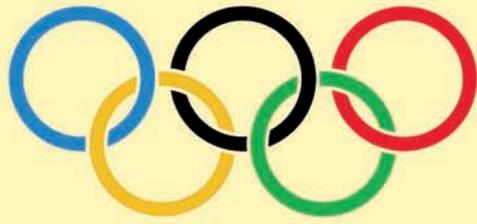
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DEPRESSION

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DEPRESSION - HOW TO USE MARTIAL ARTS TO OVERCOME DEPRESSION

Depression is as old as humankind, and is one of the oldest described diseases in the history of medicine.

World Health Organization predictions suggest that depression in 2020 will be the second cause of disability for general population, immediately after cardiovascular disease, and in 2030 even the first.

David „Sensei“ Stainko
Prof. of kinesiology
7th Dan MMS (mixed martial scientists)







DEPRESSION

How Martial Arts Can help

Though it was known in all cultures and civilizations, depression is certainly an important determinant of our time and there is an impression that today we are dealing with epidemic proportions.

Depression affects people of all status around the world.

Today more than 600 million people suffer from depression.

Most people will go through more than 10 (minor or major) depressive episodes during their lifetime.

Depression in most patients begins gradually and almost completely unnoticed. Their contacts and ordinary conversations with people slowly become obsolete and boring, they gradually lose interest in everyday small things, they feel uncomfortable in society as the interest in close and dear people is slowly disappearing, their souls no longer have joy, and almost every thought and every task to be done is followed by an inexplicable sense of discomfort and fear.

In the case of the ill, there is apparently unprovoked sorrow that lasts and lasts and follows a man for days and does not stop at all.

The causes of depression are closely related to poorer mental health, and experts agree that depression causes a man to feel uncomfortable with mental pain and that this is the worst life experience for a man to face.





All of us sometimes find ourselves in life situations that we do not know how to deal with, which we are pressed and pulled down - into a state of depression. Simply, certain circumstances of life made it possible that life at a certain point required us more than we could give.

Stressors are sometimes so powerful that they also lead to breakdown and psychotic symptoms in a healthy individual.

The real depression should be diagnosed when a person is constantly feeling sad every day in a period of two weeks or longer and when nothing can cheer one up again.

In the case of psychological symptoms of depression, seek advice from mental health professionals. Be careful, there is no easy way to treat depression because your brain is not easy either. Also, no depressive patient is similar to another, so treatment should always be individual.

The psychiatrist will most likely prescribe tablets after the interview. Such tablets - antidepressants do not actually treat the disease, but just suppress the sensations you are experiencing. Such tablets will reduce the feeling of fear and anxiety, but only for a while, because the medication will not work the same after a certain time and will not be so useful, and if you suddenly stop taking it you will feel a terrible abstinence crisis. The psychotherapist will give you different kinds of analysis of your problems, but it will give you more food for thought, instead of relieving you of excessive thoughts.

In group therapy, you will hear from other people about their various problems which you might consider to be at that moment unable to listen to because you have too many of your own. Also, you will realize that you are unable to help yourself to anything else and then you will know the fact that the best therapy is still self-help and self-cure.





DEPRESSION

How Martial Arts Can help

You will gradually accept the fact that the best thing for your self-help and self-indulgence is moderate but regular exercise. It is known that physical activity encourages the production of endorphin neurotransmitters responsible for a sense of satisfaction, and it is also proven to stimulate the growth of new brain cells. After exercise, you will feel better because of serotonin that supports the feeling of happiness. Exercising outdoors, as well as exposing to the sunlight certainly help too.

One of the best, if not the best, self-help techniques in treating depression, is exercising some of the martial arts skills. Practising martial arts not only relieves and removes depression but also greatly prevents its return. Certainly one of the most effective exercises is the breathing exercise, whether it is a known technique of breathing yoga - pranayama, or similar breathing technique - uyai, or kung-fu breathing technique -chi kung, or karate technique -kokya (aikido, tae kwon do) or breathing technique with the emphasis on exhalation technique - kiai (kihap). The breathing technique helps people with depression to relax and calms them down. One of the best ways to breathe is the technique in which a slow inhalation is carried out through the nose while you count up to three, followed by a shorter pause, and a slow release on the mouth with a count of six. The breathing can be performed so that we breathe first and then later, through the other nostril. Another method of breathing is the more powerful inhalation of the nose, followed by the more powerful exhalation of the mouth, with the knocks being carried out by the kiai (kihap). The sufferers from depression should initially practice breathing techniques next to the windows in their bedroom or living room, and only after a while in their backyard or nearby park.

Certainly, proper meditation will also help the patients, but it needs to be done gradually and with control. They will also be helped to perform the appropriate katas (forms), especially those with an emphasis on breathing technique. It is well known that some of the kata (forms) are considered as a kind of meditation on the move (sanchin,tensho, wuji-qigong,thai chi, etc.). It is also good if those suffering from depression while performing the kata, perform only some sections of the kata, not the entire kata, especially not some complicated and harder (masterful) kata. At the beginning, the kata can be run in their own flat, then in the yard or in the nearby park, and later somewhere in the nature.

Depressed people need to leave their home after a certain time and start practicing in the nature and outdoors, preferably with exposure to sunlight. Starting a training session for the sick will be initially quite a traumatic and stressful event. The depressed person will

be very reluctant to come to the training. It is very important for instructors, or their assistants, to learn that such a person can behave rather uncommonly. They should note that a certain sick person is dejected, slow, acting sadly and listlessly, and above all, avoiding other exercisers and searching for solitude. It is good for such persons (and probably they will ask for it themselves) to let them do some training alone. Do not force them into training or ask to do some more complicated or heavier task because too many demands can increase the feeling of failure. Give such people some lightweight task for which you are sure they will successfully solve, and praise them for a well-done one, preferably in front of the others.

Exercising martial arts greatly increases people's awareness of themselves and their abilities and eliminates anxiety.

It is good for a depressed and anxious person to be in the company of stable personalities with strong character, who will show them that various life problems can be treated as a specific challenge rather than some unsolvable problem.

An anxious person will be influenced by a company of strong personalities, who are ready to fight, ie those who are born fighters, used to various challenges and life difficulties. Such persons will help the depressed one to gradually change his or her negative thinking and hopelessness into positive attitude.

A depressed person will feel a certain loss of strength and energy, so that various other people in the club - such as leaders, competitors, or some of the members - will instigate the depressed one, using their own example, to try and exercise more. In a group of strong and self-confident people, the anxious and depressed person will feel safe and secure, and will gradually want to become a strong and confident person, too.

A depressed person feels that no one wants to be with him/her, because it is known that all people prefer to be in the company of cheerful people rather than depressed ones, but it is not significant for the exercisers of martial arts. Those practicing martial arts do not have time for fear, insecurity, or any regret for the disadvantages they have experienced, but they keep fighting against the troubles, because life itself is a kind of struggle.

Don't think depression is a disease affecting only weak or lanky people, because that is not true.

You might be surprised to find that some familiar people, such as retailers in a nearby store, bankers, nurses, doctors, cops, firefighters, teachers, students, some military personnel, artists, journalists, businessmen, drivers, and various other people, are or were suffering from depression.





Sometimes men knowingly conceal their illness behind a variety of aggressive and irritable types of behavior, but when they come among those who train some of the martial arts they will be exposed because martial arts require self-control, certain calmness, great self-confidence and overly controlled aggression. So, people who practice martial arts should, by their example, point out a desirable behavior to a depressed person, both in the club and outside. It is commonly known that many people want to throw out some of their dissatisfaction and frustration, some of their inner discomfort and anger by kicking a sack, a makiwara, or a wooden kung fu (muk-yong) dummy or a rubber man-shaped puppet. Such persons will also be recognized by the leader, and they will be warned and taught so that they can learn to rule their emotions. Depression is sometimes hidden behind such uncontrolled aggression (more often with men).

The fact is that a certain hormonal status may, through biological processes in the brain, condition the occurrence of various and even depressive disorders in women. Practising martial arts helps women greatly to overcome such health problems. Women often heal their inner discomfort, a certain fear, sadness, concern, or a disease like depression, with yoga, tai chi or some kind of meditation. Unfortunately, it is less known that one of the best ways of treating such conditions in women is fencing (modern or kendo). The discipline requires certain calmness, concentration, focus on a particular moment, all of which encourages women in self-confidence, and removes fear as well as undisputable concern for some event in the future.

Exercise of the kata (forms) will also help with such depressive conditions, as well as the katas with various tools or weapons that are aesthetically appealing to women. Women also feel much stronger and safer if they hold some of the tools or weapons such as swords, spears, tonfas, some knives, and so on.

Practising various martial arts also helps children in eliminating various depressive states. If a child is in training or somewhere else, uncontrollably aggressive, irritable, listless and confused, do not immediately conclude that he/she is simply undisciplined because he/she may be ill and suffering from depression. Such a child's condition will be immediately recognized in the training, and the trainer (instructor) will help the child with his example, as well as with the conversation with the child. The child will be directed to controlled aggression and also to a certain correct control of his/her emotions, and in particular there will be certain exercises to enhance his/her self-esteem.

Although depression can be cured in more than 50 percent of cases, it is recurrent. In the prevention of relapses, it is important, together with the use of appropriate and carefully dosed medications, to work on oneself, to induce certain lifestyle changes, reformulate and set up new and realistic goals, or apply a whole range of psychological and social interventions. Then a person will certainly be greatly assisted with some of the martial arts skills.

Martial arts help people not to get into a state of depression, they help in its elimination, as well as in preventing the relapses of the disease. The treatment of depression lasts for a long time, but it can be greatly reduced if a person undergoes proper training of some of the martial arts skills.

David „Sensei“ Stanko
Prof. of kinesiology
7th Dan MMS (mixed martial scientists)



Form & Applications CHUM KIU

Sifu Alfred Johannes Neudorfer
Simo Rosa Ferrante Bannera



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



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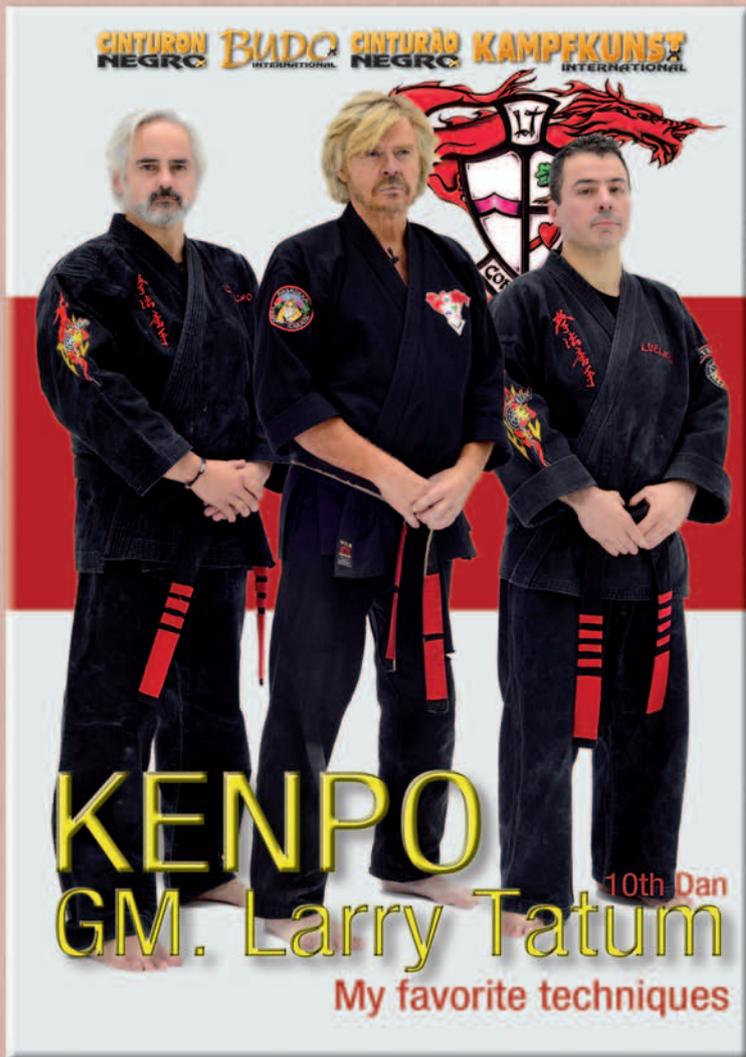
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KENPO GM. Larry Tatum

My favorite techniques



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

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Table of contents

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

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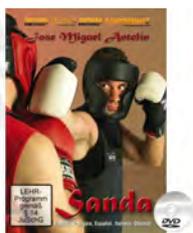
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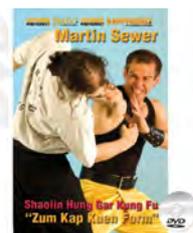
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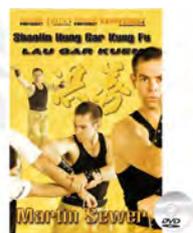
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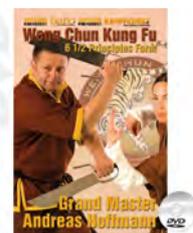
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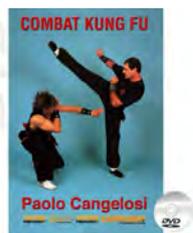
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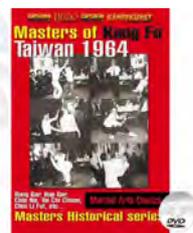
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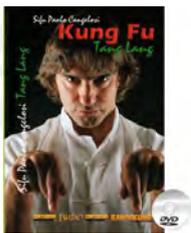
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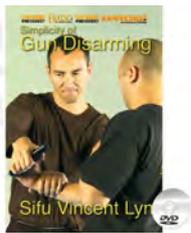
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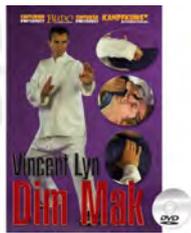
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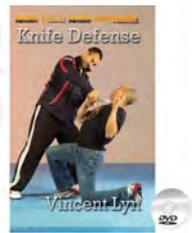
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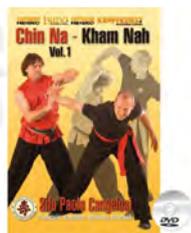
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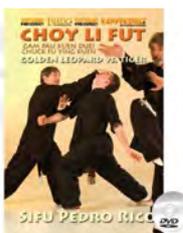
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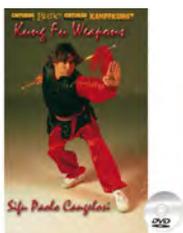
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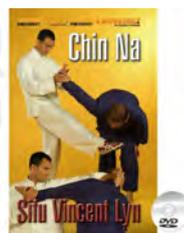
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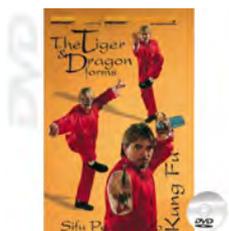
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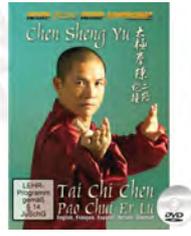
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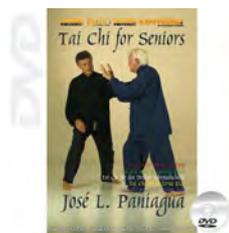
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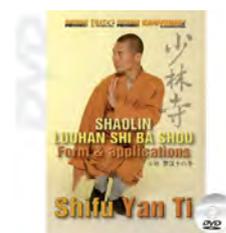
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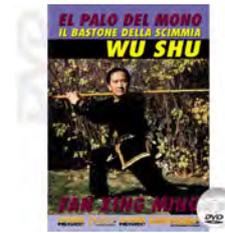
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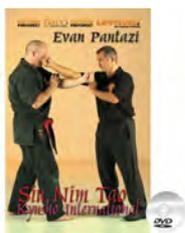
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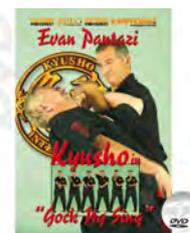
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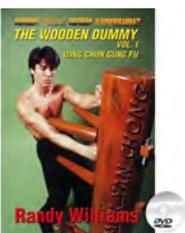
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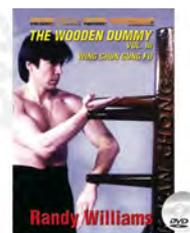
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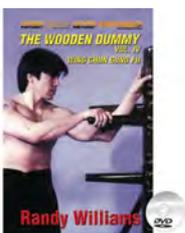
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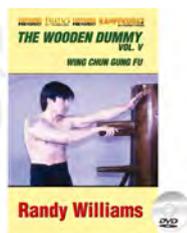
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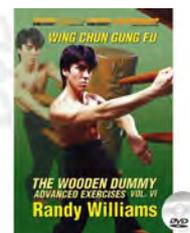
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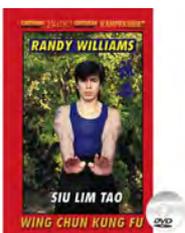
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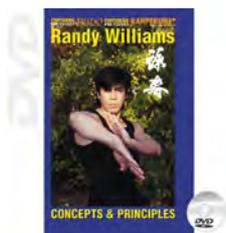
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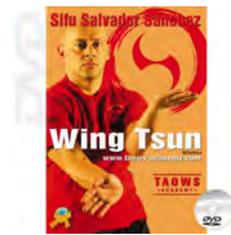
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DVD Other Styles China

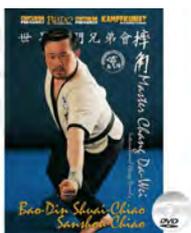
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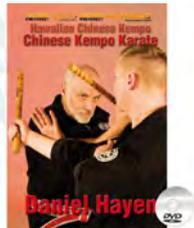
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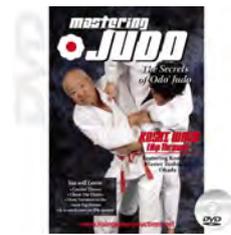
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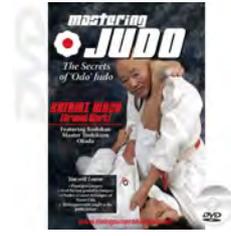
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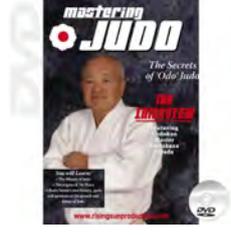
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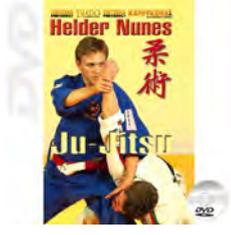
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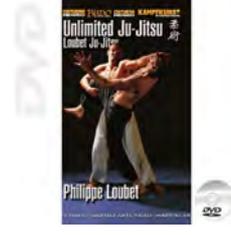
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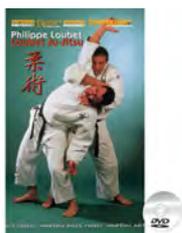
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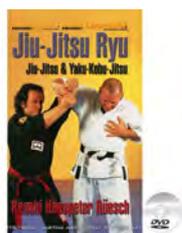
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Combat
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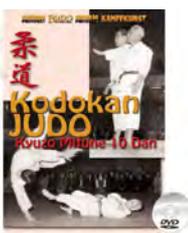
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Ref. DVD/JUJ
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DVD laido

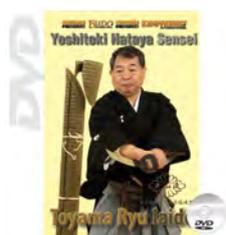
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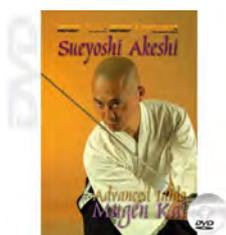
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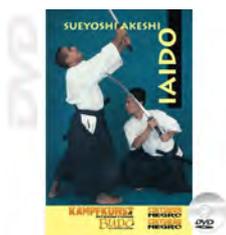
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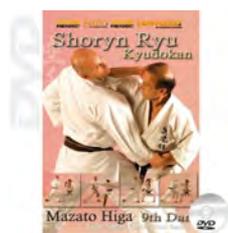
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DVD Goju Ryu Karate Vol 7 Interview
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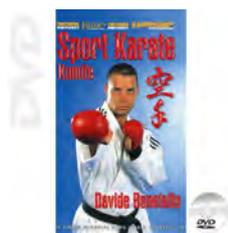
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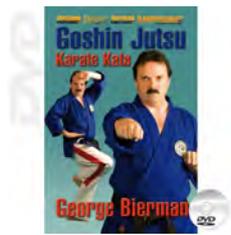
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DVD Shito Ryu Karate Pinan Kata & Bunkai Vol 1
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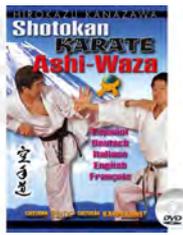
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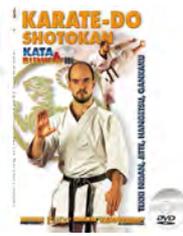
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DVD Karate-do Shotokan Kata & Bunkai
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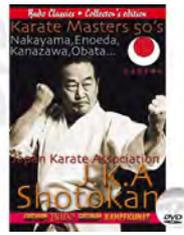
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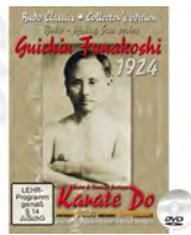
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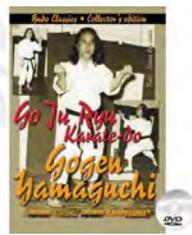
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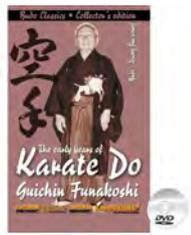
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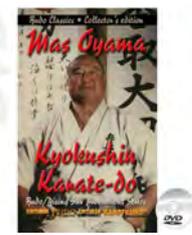
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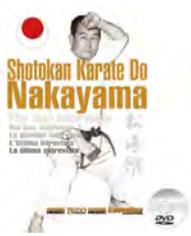
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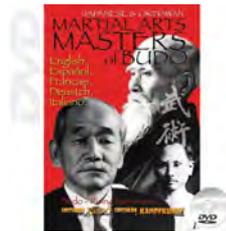
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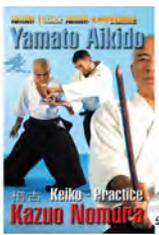
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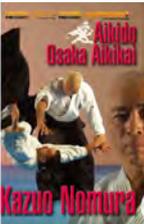
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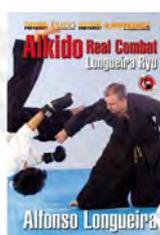
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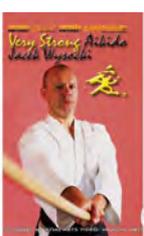
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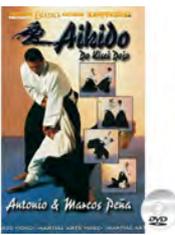
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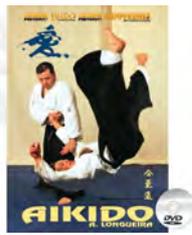
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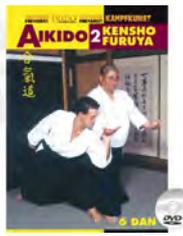
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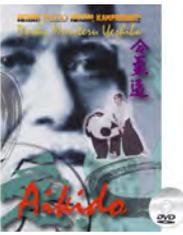
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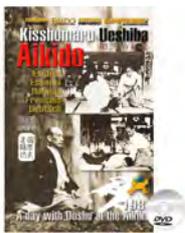
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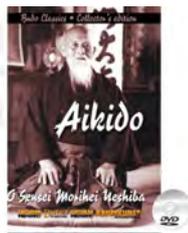
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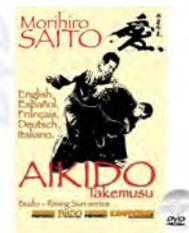
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DVD Aikido Kissshomaru Ueshiba
Interview & Technique
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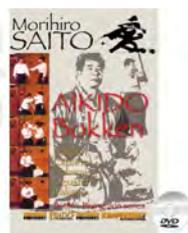
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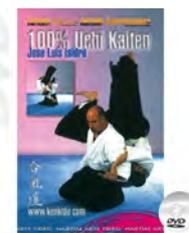
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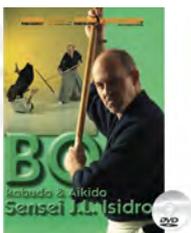
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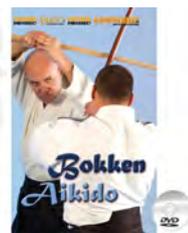
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DVD Aikido 100% Uchi Kaiten
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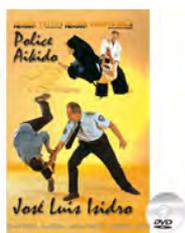
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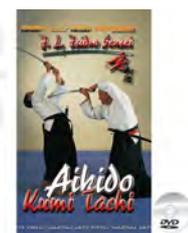
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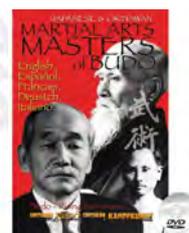
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DVD Police Aikido
Ref. DVD/AKIS2
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DVD Aikido Kumi-Tachi
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DVD Aikido



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DVD Kobudo

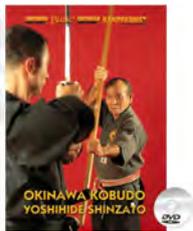
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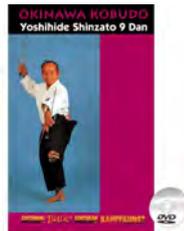
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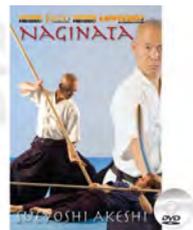
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Ref. DVD/KOBU2
Price Inc. Tax.....22,00 EUR



DVD Okinawa Kobudo Shorin Ryu
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



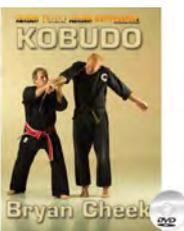
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Price Inc. Tax.....22,00 EUR



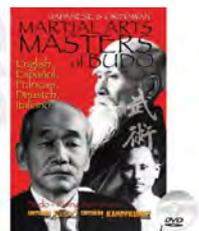
DVD Traditional Okinawa Kobudo
Ref. DVD/BC17
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DVD Bo Jitsu Okinawa
Ref. DVD/BC22
Price Inc. Tax.....22,00 EUR



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



DVD Classic Martial Arts Masters of
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DVD Bujinkan Budo Tai Jitsu
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DVD Japan Ninjutsu Shinobiken
Ref. DVD/JH5
Price Inc. Tax.....22,00 EUR



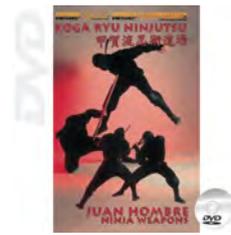
DVD Bujinkan Dojo Taijitsu Taikai Vol 1
Ref. DVD/HATSU1
Price Inc. Tax.....22,00 EUR



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
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DVD Other Styles Japan



DVD Toyama Ryu Batto Jutsu
Ref. DVD/TOYAMA1
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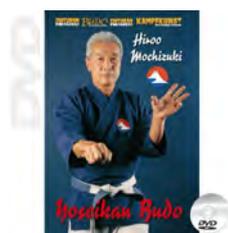
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Ref. DVD/KENDO2
Price Inc. Tax.....22,00 EUR



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



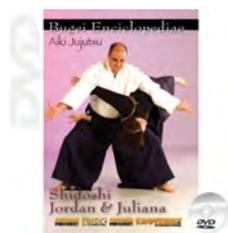
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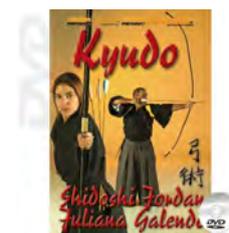
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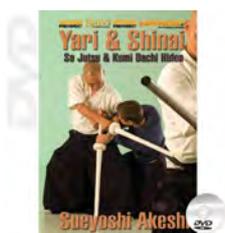
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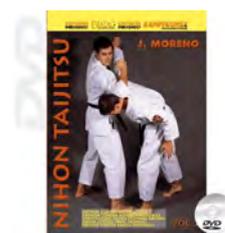
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DVD Yari and Shinai
Ref. DVD/IAIDO6
Price Inc. Tax.....22,00 EUR



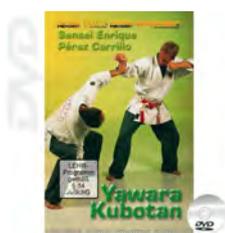
DVD Nihon Taijitsu Vol 1 Defense
against Front Grabs
Ref. DVD/NT1
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DVD Nihon Taijitsu Vol 2 Defense
against Front Attacks
Ref. DVD/NT2
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DVD Yawara Jitsu
Ref. DVD/YAW
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DVD Yawara Kubotan
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DVD Kempo Jutsu
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DVD Shugendo
Ref. DVD/SASHU
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DVD Bugei Aiki-Jujutsu
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DVD Bugei Ogawa Ryu
Ref. DVD/BUGE1
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DVD Kubotan
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DVD Kyusho Jitsu

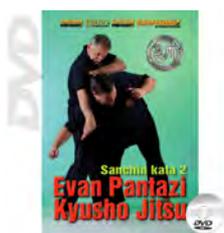
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DVD Kyusho Jitsu



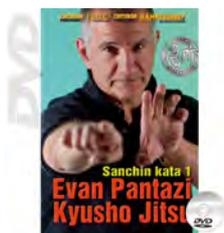
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Ref. DVD/KYUSHO26
Price Inc. Tax.....22,00 EUR



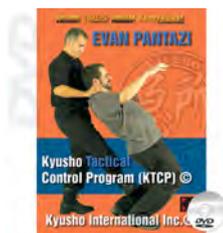
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Vol.2
Ref. DVD/KYUSHO25
Price Inc. Tax.....22,00 EUR



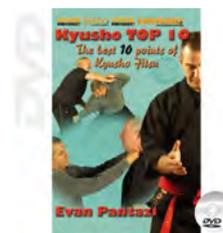
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Vol.1
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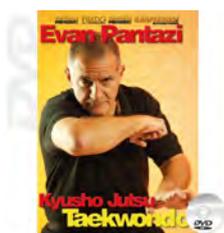
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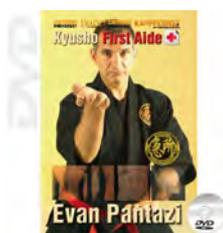
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Module 1
Ref. DVD/KYUSHO22
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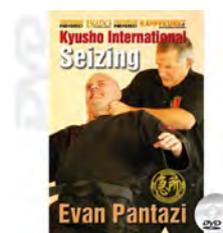
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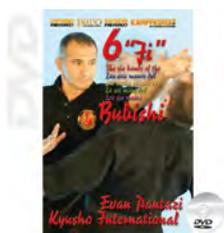
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Price Inc. Tax.....22,00 EUR



DVD Kyusho First Aide
Ref. DVD/KYUSHO19
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DVD Kyusho Jitsu Seizing
Ref. DVD/KYUSHO18
Price Inc. Tax.....22,00 EUR



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



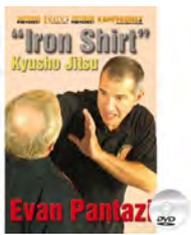
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DVD Kyusho Gock'Ng 'Sing
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DVD Kyusho Jitsu



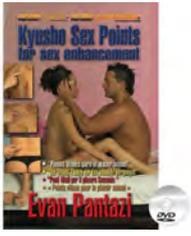
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Ref. DVD/KYUSHO13
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DVD Kyusho Jitsu in Forms Siu Nim Tao
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DVD Kyusho Jitsu KO Energetic Transfer
Ref. DVD/KYUSHO11
Price Inc. Tax.....22,00 EUR



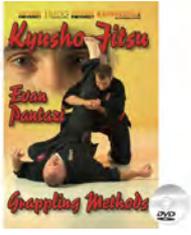
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Ref. DVD/KYUSHO10
Price Inc. Tax.....22,00 EUR



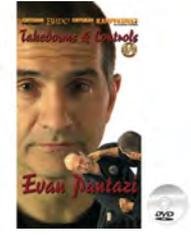
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Ref. DVD/KYUSHO9
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DVD Kyusho Jitsu Tuite Joint Locking
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Ref. DVD/KYUSHO21
Price Inc. Tax.....22,00 EUR

DVD Brazilian Jiu-Jitsu

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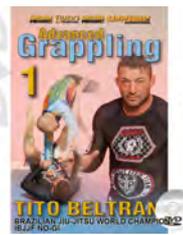
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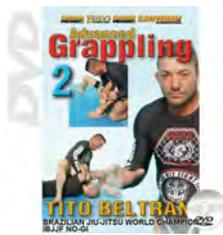
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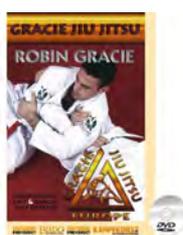
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Ref. DVD/MANSUR6
Price Inc. Tax.....22,00 EUR



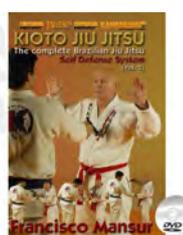
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Ref. DVD/REGO5
Price Inc. Tax.....22,00 EUR



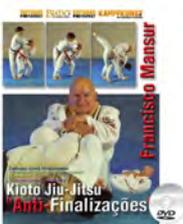
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Ref. DVD/GRACIE2
Price Inc. Tax.....22,00 EUR



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



DVD Kioto Jiu Jitsu Submissions
Ref. DVD/MANSUR2
Price Inc. Tax.....22,00 EUR



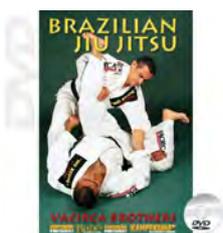
DVD Brazilian Jiu Jitsu Kioto System
Ref. DVD/MANSUR
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DVD Brazilian Jiu-Jitsu



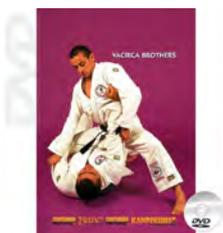
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Ref. DVD/VACIR3
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu Vol 2 Blue Belt Program
Ref. DVD/VACIR2
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu Vol 1
Ref. DVD/VACIR1
Price Inc. Tax.....22,00 EUR



DVD Gracie Jiu Jitsu Throws & Self-defense
Ref. DVD/GRACIE1
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu Advanced Techniques Vol 1
Ref. DVD/REGO4
Price Inc. Tax.....22,00 EUR



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



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



DVD Brazilian Jiu Jitsu The Mount position
Ref. DVD/REGO1
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DVD Brazilian Jiu Jitsu Black Belt Grand Prix
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DVD Capoeira

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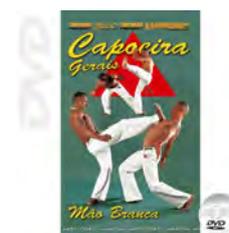
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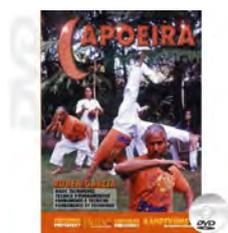
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DVD Capoeira Banzo de Senzala
 Ref. DVD/CAP3
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DVD Kali Arnis Eskrima

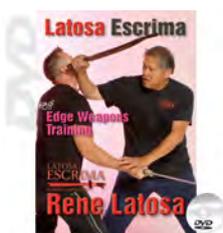
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DVD Kali Arnis Eskrima



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



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



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



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



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



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



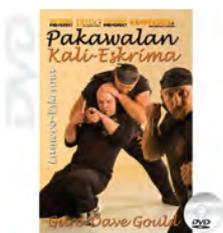
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DVD Dog Brothers Kali & Krabi Krabong
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Price Inc. Tax.....22,00 EUR



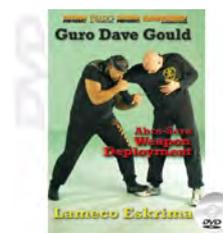
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DVD Lameco Eskrima Essential Knife Vol4 Pakawalan
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Price Inc. Tax.....22,00 EUR



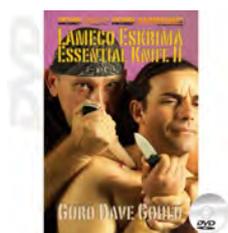
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Ref. DVD/GOULD4
Price Inc. Tax.....22,00 EUR



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

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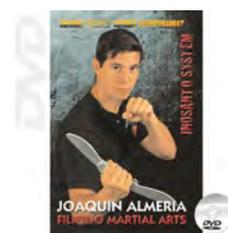
DVD Kali Arnis Eskrima



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



DVD Arnis Tapado Single Stick
Ref. DVD/ARN1
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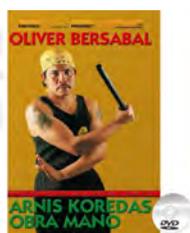
DVD Arnis Tapado Double Stick
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DVD Dog Brothers Power Development
Ref. DVD/DOG3
Price Inc. Tax.....22,00 EUR



DVD The Dog Brother's Way
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DVD Arnis Koredas Obra Mano
Ref. DVD/OLIV1
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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
 Ref. DVD/LEVI6
 Price Inc. Tax.....22,00 EUR



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



DVD O Jogo Do Pau The Portuguese Staff
 Ref. DVD/NUNO1
 Price Inc. Tax.....22,00 EUR



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



DVD Garrote Canario Canarian Staff
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DVD Nunchaku

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DVD Nunchaku



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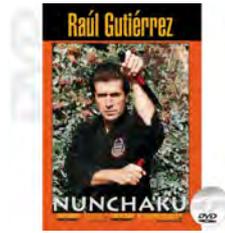
DVD Nunchaku The Method from 0 to 100%
Ref. DVD/TMNUN
Price Inc. Tax.....22,00 EUR



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



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

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DVD Other Weapons

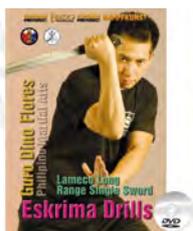
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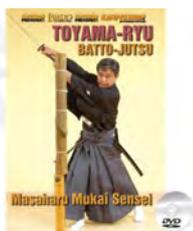
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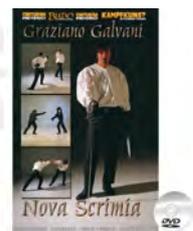
DVD Other Weapons



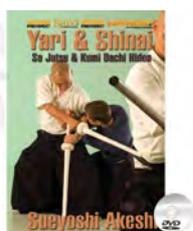
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Ref. DVD/FLORES2
Price Inc. Tax.....22,00 EUR



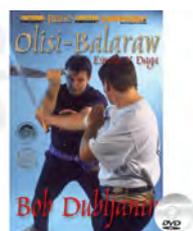
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Price Inc. Tax.....22,00 EUR



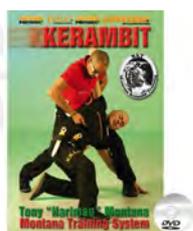
DVD Nova Scrimia Vol 1
Ref. DVD/NOVA
Price Inc. Tax.....22,00 EUR



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



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



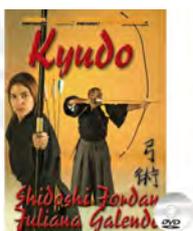
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Price Inc. Tax.....22,00 EUR



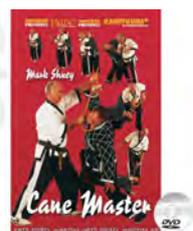
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Ref. DVD/KAPAP7
Price Inc. Tax.....22,00 EUR



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



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



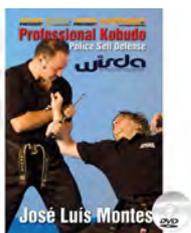
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Price Inc. Tax.....22,00 EUR

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DVD Other Weapons



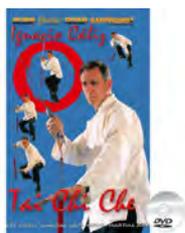
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Price Inc. Tax.....22,00 EUR



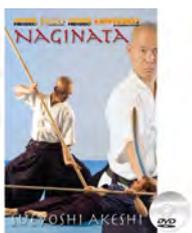
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Price Inc. Tax.....22,00 EUR



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



DVD Naginata & Kumidashi Kihon
Ref. DVD/NAGI1
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DVD Kubotan
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DVD Kendo
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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

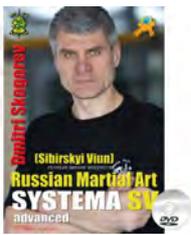
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68/125

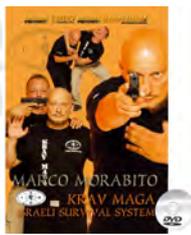
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DVD Pro, Military, Police



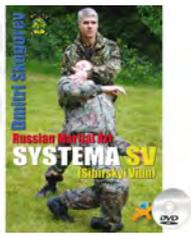
DVD Russian Martial Art Systema SV Training Program Vol2
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Price Inc. Tax.....22,00 EUR



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



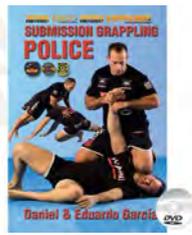
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Price Inc. Tax.....22,00 EUR



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



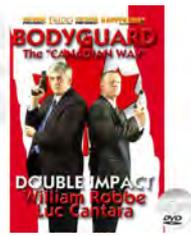
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Ref. DVD/BODY1
Price Inc. Tax.....22,00 EUR



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



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



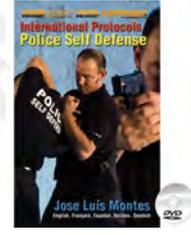
DVD Bodyguard The Canadian Way Double Impact Protection
Ref. DVD/DIP1
Price Inc. Tax.....22,00 EUR



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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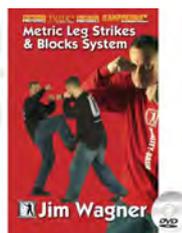
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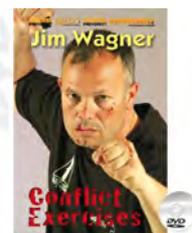
DVD Pro, Military, Police



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



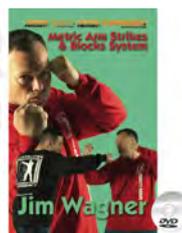
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Ref. DVD/SARG11
Price Inc. Tax.....22,00 EUR



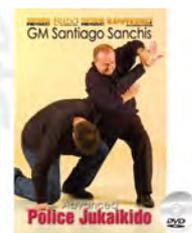
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Ref. DVD/SARG12
Price Inc. Tax.....22,00 EUR



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



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



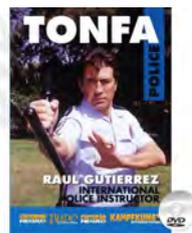
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Ref. DVD/SAN4
Price Inc. Tax.....22,00 EUR



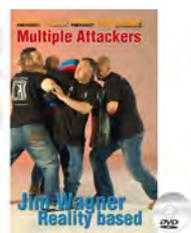
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Ref. DVD/KAISEN2
Price Inc. Tax.....22,00 EUR



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



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



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



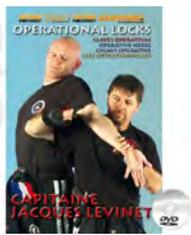
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Ref. DVD/SARG15
Price Inc. Tax.....22,00 EUR



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

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DVD Pro, Military, Police



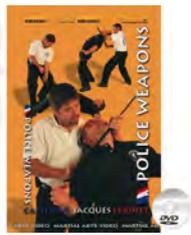
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Price Inc. Tax.....22,00 EUR



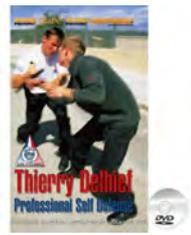
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Price Inc. Tax.....22,00 EUR



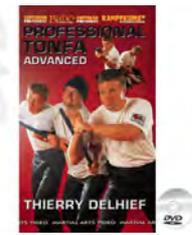
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Ref. DVD/LEVI2
Price Inc. Tax.....22,00 EUR



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



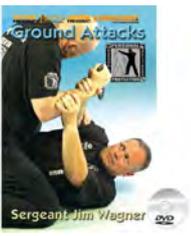
DVD Professional Self Defense
Ref. DVD/DEL1
Price Inc. Tax.....22,00 EUR



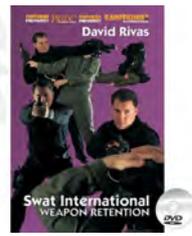
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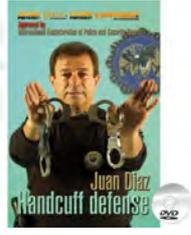
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Ref. DVD/DEL3
Price Inc. Tax.....22,00 EUR



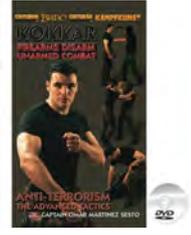
DVD Reality Based Ground attacks
Ref. DVD/SARG16
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Kokkar Kenpo
Ref. DVD/OMAR1
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DVD kokkar Special Combat Black Cobra II Vol 2
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Price Inc. Tax.....22,00 EUR



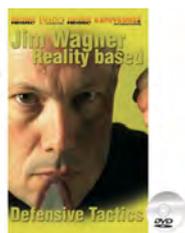
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Ref. DVD/OMAR2
Price Inc. Tax.....22,00 EUR



DVD Reality Based Self Defense
Ref. DVD/SARG4
Price Inc. Tax.....22,00 EUR



DVD Reality Based Police & Security Arrest & Control
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DVD Reality Based Defensive Tactics
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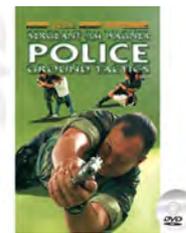
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Ref. DVD/SARG7
Price Inc. Tax.....22,00 EUR



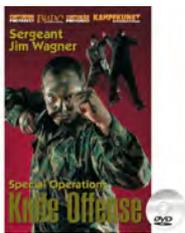
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Ref. DVD/SARG9
Price Inc. Tax.....22,00 EUR



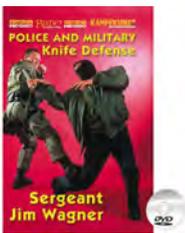
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Ref. DVD/SARG8
Price Inc. Tax.....22,00 EUR



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



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



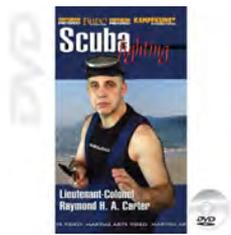
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Ref. DVD/SARG1
Price Inc. Tax.....22,00 EUR



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

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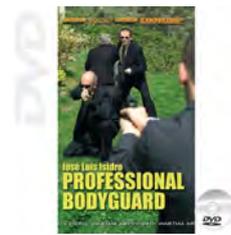
DVD Pro, Military, Police



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



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



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



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



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



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



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



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

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DVD Krav Maga

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74/125

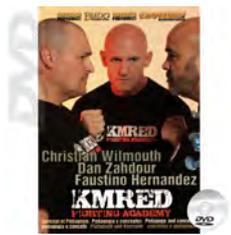
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DVD Krav Maga



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



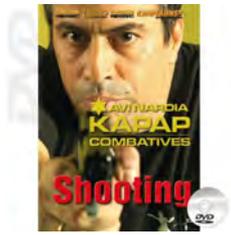
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Survival
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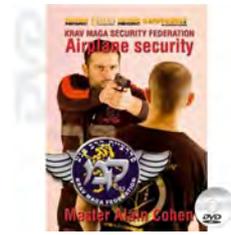
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program Vol4
Ref. DVD/YARON5
Price Inc. Tax.....22,00 EUR



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



DVD Kapap Shooting Firearms
Ref. DVD/KAPAP7
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DVD IDS Krav Maga Airplane Security
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DVD Combat Survival Krav Maga
Ref. DVD/AIZIK
Price Inc. Tax.....22,00 EUR



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



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



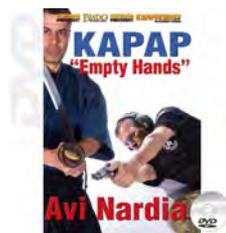
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Ref. DVD/IDS1
Price Inc. Tax.....22,00 EUR



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



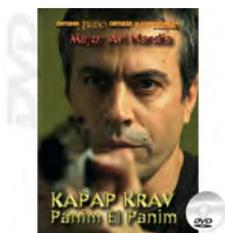
DVD Krav Maga for Security Professionals
Ref. DVD/IDS3
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Kapap Lotar Krav Maga
Ref. DVD/KAPAP
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DVD Krav Maga



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



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



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



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



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



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



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



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

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DVD Systema

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78/125

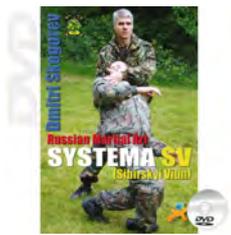
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DVD Systema



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



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



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



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



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



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

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DVD Knife Fighting

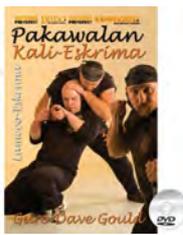
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DVD Knife Fighting



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



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



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



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



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



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



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



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



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



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

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DVD Women´s Self Defense

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82/125

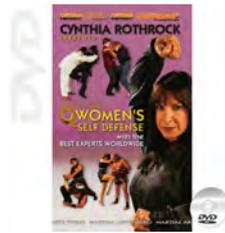
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DVD Women's Self Defense



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



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



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

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DVD Other Self Defense Styles

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84/125

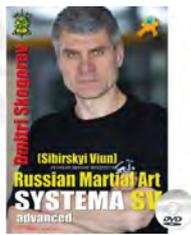
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DVD Other Self Defense Styles



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



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



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



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



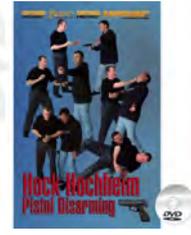
DVD Russian Systema, Disarm
techniques
Ref. DVD/SYSTEMA2
Price Inc. Tax.....22,00 EUR



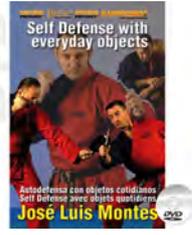
DVD SOG Close Combat Vol 6
Ref. DVD/SOG6
Price Inc. Tax.....22,00 EUR



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



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



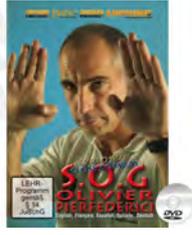
DVD Self Defense with everyday objects
Ref. DVD/MONTES3
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Other Self Defense Styles



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



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



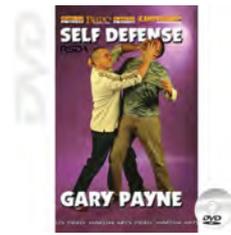
DVD SOG Close Combat Vol 1
Ref. DVD/SOG
Price Inc. Tax.....22,00 EUR



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



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



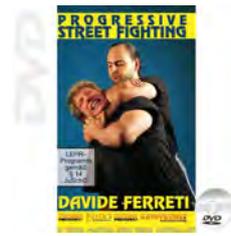
DVD Realistic Self Defense Vol 1
Ref. DVD/PAYNE
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



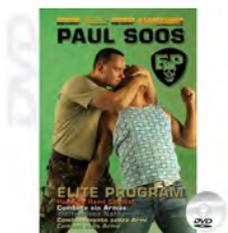
DVD Close Combat Vol 1
Ref. DVD/MALTE2
Price Inc. Tax.....22,00 EUR

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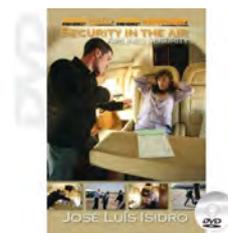
DVD Other Self Defense Styles



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



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



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

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DVD Jeet Kune Do

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DVD Jeet Kune Do



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



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



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



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



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



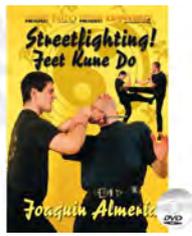
DVD Jun Fan Jeet Kune Do Vol 1
Ref. DVD/JKDTIM
Price Inc. Tax.....22,00 EUR



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



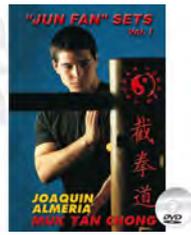
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Ref. DVD/BURTON
Price Inc. Tax.....22,00 EUR



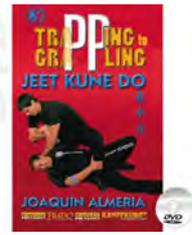
DVD JKD Streetfighting
Ref. DVD/ALM5
Price Inc. Tax.....22,00 EUR



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



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



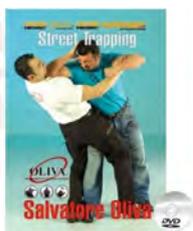
DVD Jeet Kune Do Trapping to Grappling
Ref. DVD/ALM1
Price Inc. Tax.....22,00 EUR

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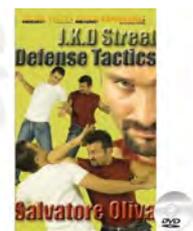
DVD Jeet Kune Do



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



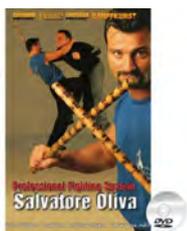
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Ref. DVD/SALVA6
Price Inc. Tax.....22,00 EUR



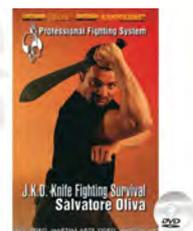
DVD JKD Street Defense Tactics
Ref. DVD/SALVA5
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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DVD Kenpo

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DVD Kenpo



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



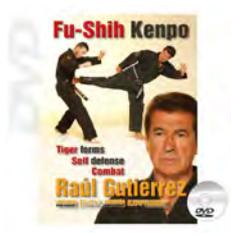
DVD Free Style Kenpo
Ref. DVD/LARRY3
Price Inc. Tax.....22,00 EUR



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



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



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



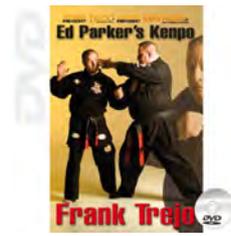
DVD Kenpo Golden Rules
Ref. DVD/PLANAS3
Price Inc. Tax.....22,00 EUR



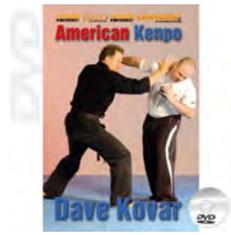
DVD Ed Parker's Kenpo Rules and Principles
Ref. DVD/PLANAS2
Price Inc. Tax.....22,00 EUR



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



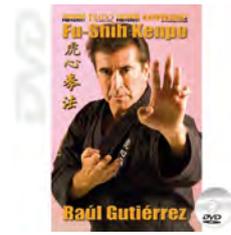
DVD Ed Parker's Kenpo Trejo Lineage
Ref. DVD/TREJO1
Price Inc. Tax.....22,00 EUR



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



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



DVD Fu Shih Kenpo
Ref. DVD/FUSHIH1
Price Inc. Tax.....22,00 EUR

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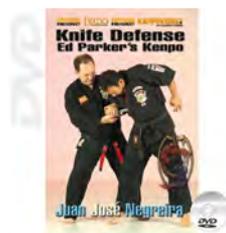
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DVD Kenpo



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



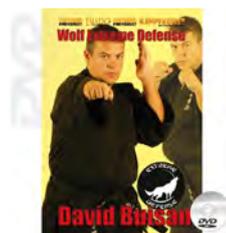
DVD Kenpo Knife Defense
Ref. DVD/NEGRE2
Price Inc. Tax.....22,00 EUR



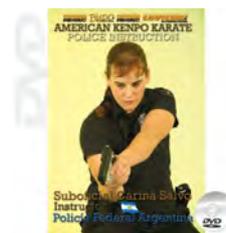
DVD Ed Parker's Kenpo IKKA
Ref. DVD/PARKER1
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Kajukenbo

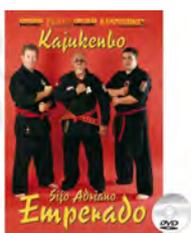
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94/125

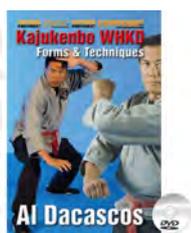
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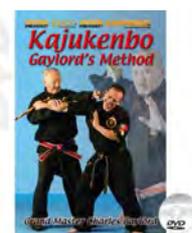
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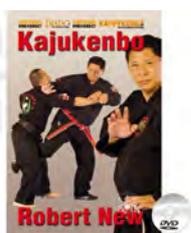
DVD Kajukenbo Emperado
Ref. DVD/KAJ4
Price Inc. Tax.....22,00 EUR



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



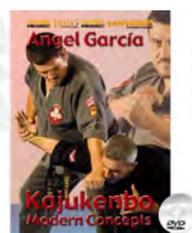
DVD Kajukenbo Gaylord's Method
Ref. DVD/GAYLORD
Price Inc. Tax.....22,00 EUR



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



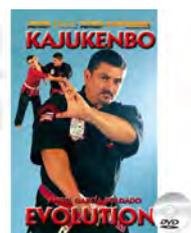
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Ref. DVD/WHKD2
Price Inc. Tax.....22,00 EUR



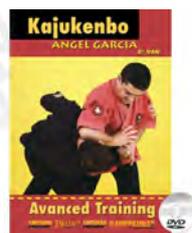
DVD Kajukenbo Modern Concepts
Ref. DVD/KAJ7
Price Inc. Tax.....22,00 EUR



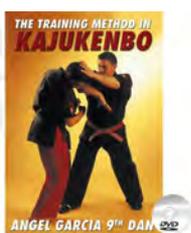
DVD Kajukenbo Weapons
Ref. DVD/KAJ6
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Martial Arts Vietnam

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DVD Martial Arts Vietnam



DVD Viet Vo Dao Con Phap. Long staff Vol.1
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DVD Integral Vovinam
Ref. DVD/VIET6
Price Inc. Tax.....22,00 EUR



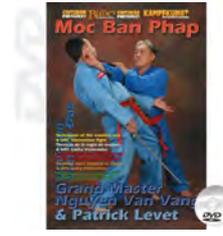
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DVD Viet Vo Dao Phan Don Counter Techniques
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DVD Vovinam Viet Vo Dao Moc Ban Phap & Vat
Ref. DVD/VIET3
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DVD Vovinam Viet Vo Dao Vol 2
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DVD Other Martial Styles

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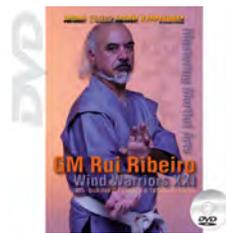
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DVD Wind Warriors XXI
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Price Inc. Tax.....22,00 EUR



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



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



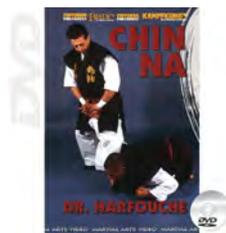
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Ref. DVD/SILAT
Price Inc. Tax.....22,00 EUR



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



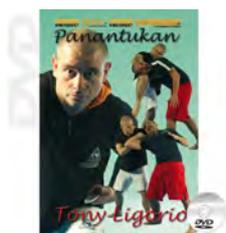
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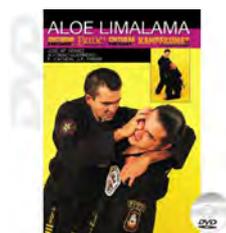
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Price Inc. Tax.....22,00 EUR



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DVD Filipino Panantukan
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Price Inc. Tax.....22,00 EUR



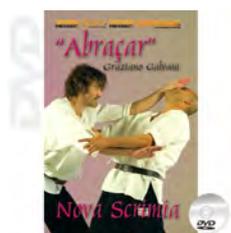
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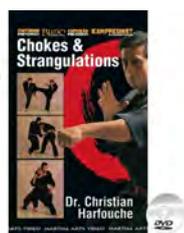
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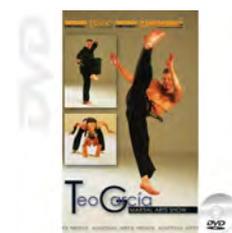
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DVD How to Martial Arts Show
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DVD Martial Arts The Way of the Warrior
Documentary
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DVD Lan Do Chen Siue Pay Vol2
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DVD Hall Of Fame ISMA 2006
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DVD Lan Do Chen Siue Pay Vol 1
Ref. DVD/VIL1
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Price Inc. Tax.....22,00 EUR



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



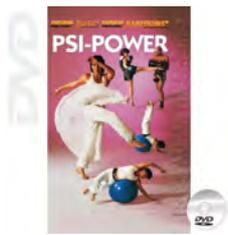
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DVD Budo Martial Arts International
Festival 2007
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DVD Other Martial Styles



DVD Psi Power for Martial Artists
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DVD Martial Arts Night Gala Italy 2005
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DVD Martial Arts Night Gala Italy 2006
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DVD Pencak Silat
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DVD Pukulan Pencak Silat Serak.
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DVD Pencak Silat

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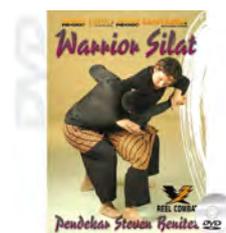
DVD Pencak Silat



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



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



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



DVD Buka Jalan Pencak Silat
Ref. DVD/SILAT3
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DVD Pencak Silat Java & Sumatra
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DVD Pencak Silat
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DVD Tae Kwon Do

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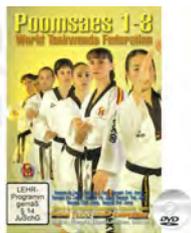
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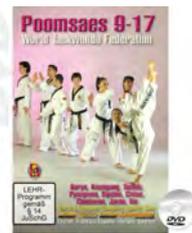
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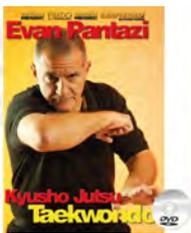
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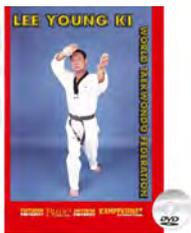
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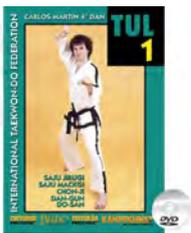
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DVD Taekwondo Superior Poomsae & Applications
Ref. DVD/PUM2
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DVD Taekwondo Basic Poomsae & Applications
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DVD Taekwondo ITF Tul Vol 1
Ref. DVD/TUL
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DVD Taekwondo ITF Leg Techniques
Ref. DVD/TPT
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DVD The Power of Combat Taekwondo
Ref. DVD/MAURI
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DVD Taekwondo Fighting Secrets
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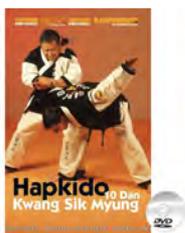
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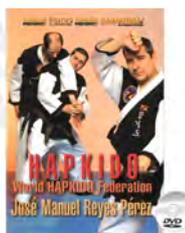
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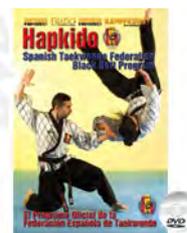
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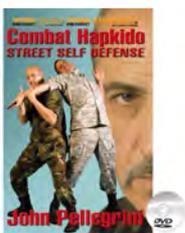
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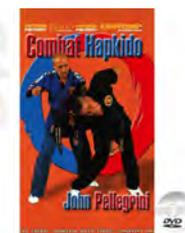
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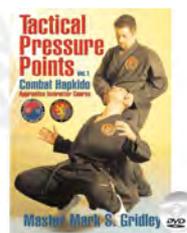
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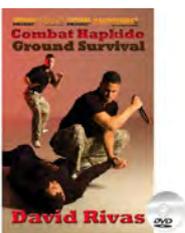
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DVD Combat Hapkido
Ref. DVD/COMH2
Price Inc. Tax.....22,00 EUR



DVD Combat Hapkido Tactical Pressure
Points Program Vol1
Ref. DVD/COMHTTP1
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DVD Combat Hapkido Ground Survival
Ref. DVD/COMH4
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DVD Hapkido Hoi Jeon Moo Sool Vol 1
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DVD Hapkido Hoi Jeon Moo Sool Vol 2
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DVD Other Styles Korea

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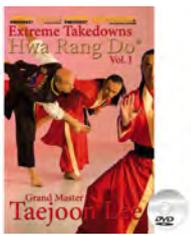
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DVD Hwa Rang Do Extreme Takedowns Vol1
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DVD Hwa Rang Do Knife Fighting
Ref. DVD/HWA1
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DVD Modern Farang Mu Sul How to develop Speed and Reaction
Ref. DVD/FARANG1
Price Inc. Tax.....22,00 EUR



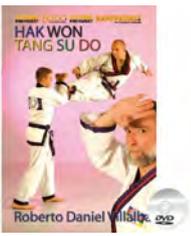
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Price Inc. Tax.....22,00 EUR



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



DVD Sun Mu Do
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DVD Muay Thai

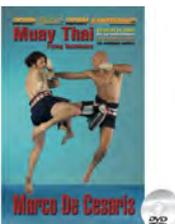
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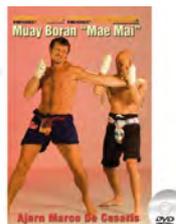
DVD Muay Thai



DVD Muay Thai Boran Flying Techniques
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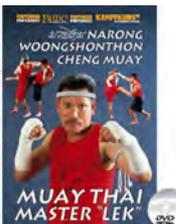
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DVD Muay Thai & Kick Boxing Punching Bag
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Price Inc. Tax.....22,00 EUR



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



DVD Muay Thai Cheng Muay
Ref. DVD/LEK1
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DVD Sillapa Muay Thai
Ref. DVD/LEK2
Price Inc. Tax.....22,00 EUR



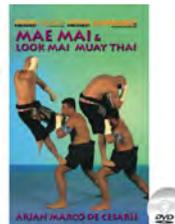
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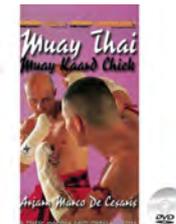
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DVD Mae Mai & Look Mai Muay Thai
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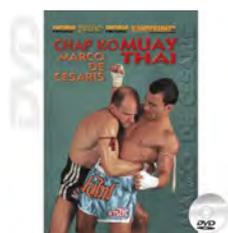
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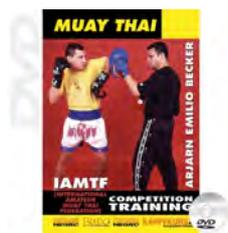
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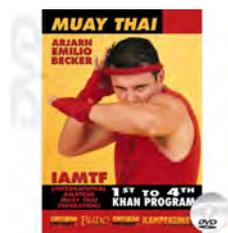
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Ref. DVD/CESAR1
Price Inc. Tax.....22,00 EUR



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



DVD Muay Thai Competition Training
Ref. DVD/EC2
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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
Ref. DVD/MUAYKAP
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DVD Kick Boxing

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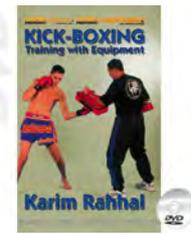
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Price Inc. Tax.....22,00 EUR



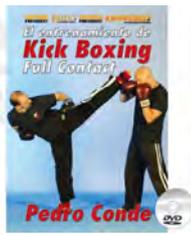
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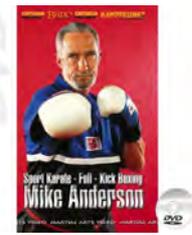
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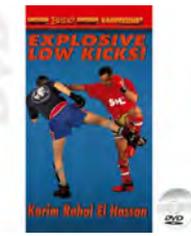
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Price Inc. Tax.....22,00 EUR



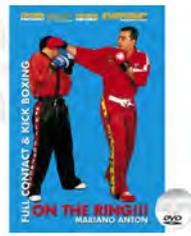
DVD The training of Kick boxing and Full Contact
Ref. DVD/CONDE1
Price Inc. Tax.....22,00 EUR



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



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



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



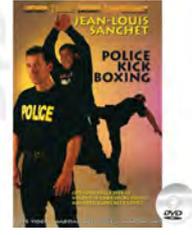
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DVD Semi Contact
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Price Inc. Tax.....22,00 EUR



DVD Super Sparring! Full Contact & Taekwondo
Ref. DVD/BARADA1
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DVD Police Defense Kick Boxing
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DVD Kick Boxing



DVD Boxing for Martial Artists
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DVD Grappling Wrestling

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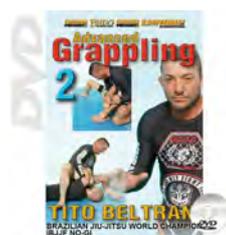
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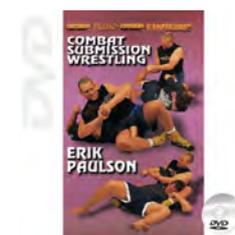
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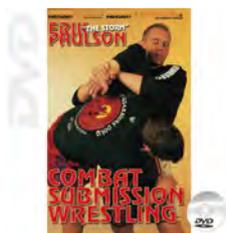
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Ref. DVD/TBELTRAN-1
Price Inc. Tax.....22,00 EUR



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



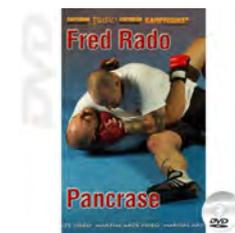
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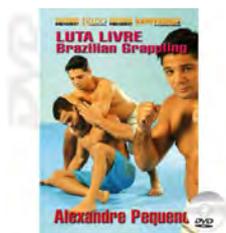
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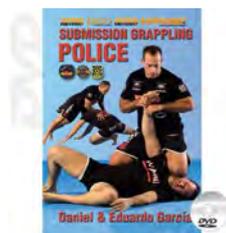
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DVD Pancrase
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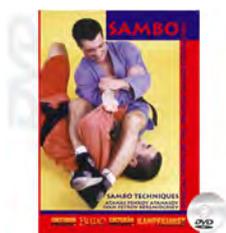
DVD MMA Brazilian Grappling
Ref. DVD/ALEXP
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD MMA - Vale Tudo

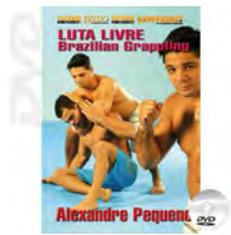
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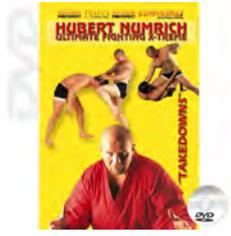
DVD Brazilian Thai Boxing
Ref. DVD/FEITO1
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



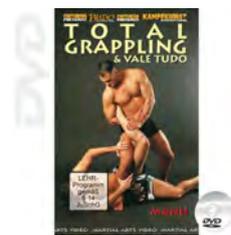
DVD Total Grappling & Vale Tudo Escapes & Submissions
Ref. DVD/TG4
Price Inc. Tax.....22,00 EUR



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



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



DVD Total Grappling & Vale Tudo Vol 1
Ref. DVD/TG1
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DVD MMA - Vale Tudo



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



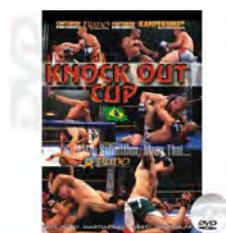
DVD MMA Free Fight Strategies
Ref. DVD/NICO
Price Inc. Tax.....22,00 EUR



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



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



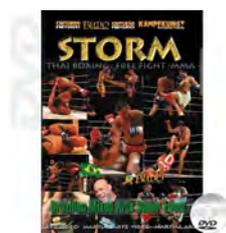
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Ref. DVD/BRA3
Price Inc. Tax.....22,00 EUR



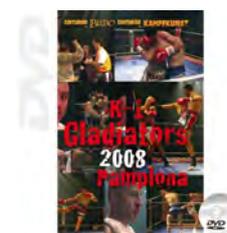
DVD Vale Tudo The Very Best of IVC 6 & 9
Ref. DVD/BRA2
Price Inc. Tax.....22,00 EUR



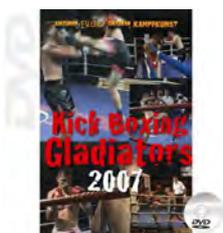
DVD Meca World Vale Tudo The Very Best
Ref. DVD/MECA1
Price Inc. Tax.....22,00 EUR



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



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



DVD K-1 Gladiators Tournament 2007 Spain
Ref. DVD/GLA1
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DVD Other Contact Sports

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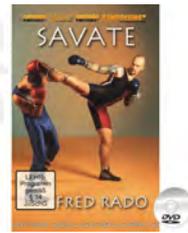
DVD Other Contact Sports



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



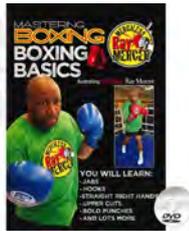
DVD Kick Boxing How to be an efficient counter fighter
Ref. DVD/GRAD2
Price Inc. Tax.....22,00 EUR



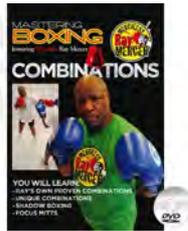
DVD Savate French Boxing
Ref. DVD/SAVAT
Price Inc. Tax.....22,00 EUR



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



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



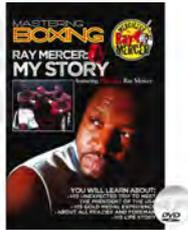
DVD Mastering Boxing Combinations
Ref. DVD/MERCER3
Price Inc. Tax.....22,00 EUR



DVD Mastering Boxing Bag Work & Footwork
Ref. DVD/MERCER4
Price Inc. Tax.....22,00 EUR



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



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



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



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

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DVD Health - Wellness

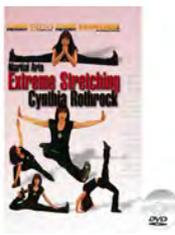
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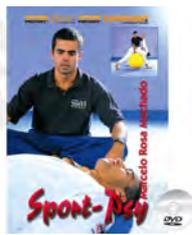
DVD Health - Wellness



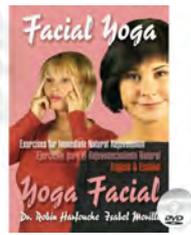
DVD Martial Arts Extreme Stretching
Ref. DVD/CYNTHI
Price Inc. Tax.....22,00 EUR



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



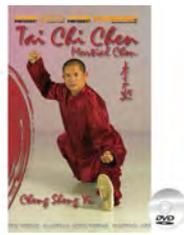
DVD Sport-Psy for competition
Ref. DVD/MARCE
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



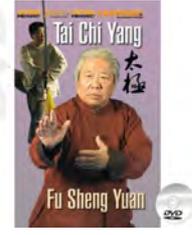
DVD Tai Chi Yang Style & Chi Kung Vol 1
Ref. DVD/TAI1
Price Inc. Tax.....22,00 EUR



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



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



DVD Tai Chi Yang Style Vol 3
Ref. DVD/FUSE3
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DVD Health - Wellness



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