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Knife Defense!

KMRED

Avi Nardia

Israeli Jiu Jitsu



Jiu Jitsu

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Nardia

Avi Nardia presents in this new and innovative DVD his approach to Israeli Martial Arts and especially to Israeli Jiu-Jitsu, developed on the basis of a vast experience as a Black Belt of different arts and instructor, among others, of the Yamam elite unit of the Israeli Special Forces. Israeli arts are rather a concept, a philosophy, with the idea of mixing things, similar to MMA, but incorporating Self-Defense, and for this you need a good base, with a knowledge of Brazilian Jiu Jitsu, Japanese Ju 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.

REF.: • DVD/KAPAP9



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Editorial

Leadership. Who wants it?

"A leader is best when people barely know he exists; when his work is done, his aim fulfilled, they will say: we did it ourselves."

Lao Tzu

"Example is not the main thing in influencing others. It is the only thing."

Albert Schweitzer

"The first responsibility of a leader is to define reality.

*The last one is to say thank you.
In between, the leader is a servant. "*

Max De Pree

*"A leader takes people where they want to go.
A great leader takes people where they don't necessarily
want to go, but ought to be."*

Rosalynn Carter,

Former First Lady of the United States

Leaders are born, but they are also made. Leadership is not a job described on any place, but a condition of being and doing before yourself and before others. This condition is not positive or negative in itself, it depends on how you live in it.

There are both destructive and constructive leaders; there are those who elevate the group they precede, and those who sink it down. Among them there are also categories and levels, not only for their dedication and motivations, but also for their way of carrying them out.

The less evolved leader will use his strength to drive, while the finest one drives without driving, as an emerging member from the group. He is like a sail that inflates with the winds, rather than an engine pushing with boldness and obfuscation, obsessed with keeping a course. Both the first one, willful and rigid, and the second one, graceful and detached, carry out their task, which is no other than being at the helm of the boat on which those who voluntarily travel with him sail.

Standing firm against the onslaughts of personal fate is not easy, but enduring those of the group fate is far harder. Not only the outer forces that defy the journey are to be addressed, but also the arrangement of the inner forces, the emergence of possible aspirants, the pressure that emanates from the group's constant fear and mediocrity, the loss of direction, the abandonment, the unceasing inner and outer questioning, the doubt and fear that you must never show even if they are eating you up inside.

The tyrant, when autocrat and dictator, is the inconsistent and degraded form of the good commander; the antithesis of the leadership; the dark side of the force that ends up trapping anyone who neglects such responsibility.

Leading is not easy, and unlike those who generally want such a position, it's by no means a tasteful dish. So paradoxically, the true leader is not a leader because he wants to, rather he accepts the position out of responsibility, and probably because when a man got injured in a hunting party for the first time in the history of mankind, they all looked at him. He then realized that no one else was available or willing to pull those chestnuts out of the fire, so he took a step forward and they all breathed a sigh of relief.

The true leader doesn't want to be, but ends up in such a position. Why? It's simply a sort of primordial mass what defines him in that position, an enormous atomic weight,

around which the satellites that surround him tend to turn, with the same naturalness that the Moon turns around the Earth. Therefore, the true leader knows about the interferences and mutual influences of these relationships and he never deludes himself. Leading is not an autonomous task, but the result of a complex consensus of interdependencies. The sun leads the planets around itself, but in turn it's directed by the center of our galaxy to a super massive black hole. The good leader knows, therefore, that there is always a force greater than that of the group itself and, of course, than his own. He knows that we all serve something bigger and that our transitory role is as important as it is excused. Otherwise vanity, pride and personal importance, will blind his work and lead the group to disaster.

Leading is not passing the buck, ordering others to do what bothers us, or justifying our shortcomings in favor of a greater good. To be a center doesn't mean to force others to revolve around us, but to be able of accepting impeccably that it happens; it means putting the common thing even before the personal. Leadership is a self-sacrificing, long-suffering and too heavy job, so that those who seek it fiercely are paradoxically disqualified to exercise it. Sitting on the hump of your neighbor to see higher than the rest will not make you wise, but a slave, because those who aspire to be served end up serving.

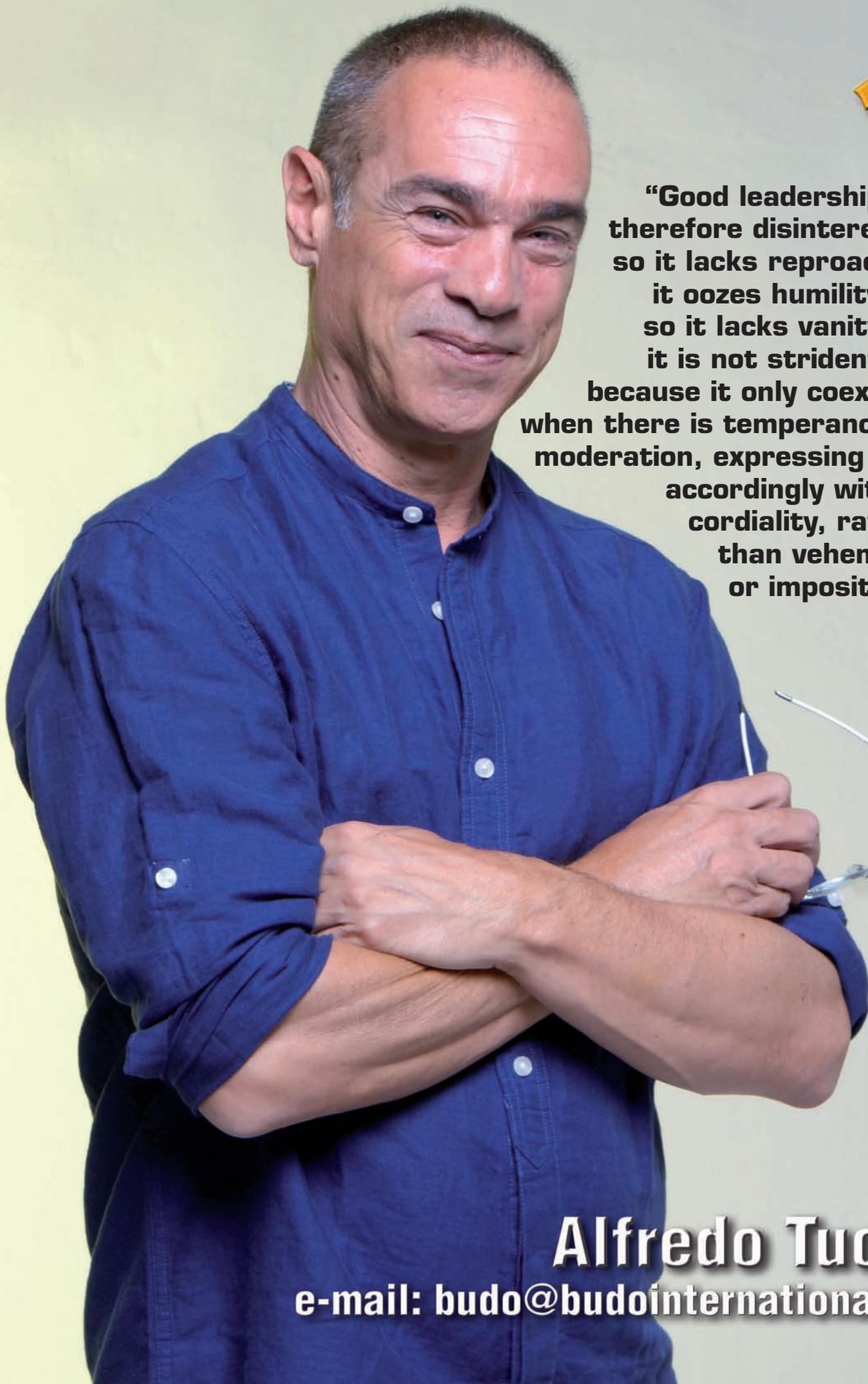
Good leadership is therefore disinterested, so it lacks reproaches; it oozes humility, so it lacks vanity; it is not strident, because it only coexists when there is temperance and moderation, expressing itself accordingly with cordiality, rather than vehemence or impositions. The spirit of a leader is analogous to the surface of a calm sea, where nevertheless, in its depths nest the tremendous pressure and the hidden furies of thousands of storms. At the top of the pyramid, the leader exists in infinite solitude, carrying spiritually on his back the weight of all the bricks that physically hold him in position. That's why in this dual and paradoxical world, the only form of authentic leadership is that of serving others.

The leader is born illuminated with an intense specific weight of his own, but he is also made, tempered with hammering for life, like a sword in the crucible of destiny. On that trip he will have to do away with his excesses, so that once submitted to a refined alchemic version of himself, he may shine like gold, when, (and unfailingly, only then), the shinning be totally worthless to him.





“Good leadership is therefore disinterested, so it lacks reproaches; it oozes humility, so it lacks vanity; it is not strident, because it only coexists when there is temperance and moderation, expressing itself accordingly with cordiality, rather than vehemence or impositions.”



Alfredo Tucci
e-mail: budo@budointernational.com





"Pearls" of the Warrior

*"I am very methodical
and I always consider
every opponent to be the hardest one
so as to face every bout
as if it were the final match
of a championship."*

*By
Royler Gracie*





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Dan Zahdour Christian Wil





Knife Attacks, the KMRED concept

Introduction: Between myths and realities

Defenses against knife attacks have long fueled the fantasies of students and masters of Martial Arts and self-defense. Nowadays there are countless systems or instructors who are selling "miracle solutions" to survive and even "win" in complete safety against stabbing attacks, with high-sounding arguments such as: "In front of a knife the best solution is running away...", or "Most of times you'll end up hurt...", etc. But the very fact of holding this discourse and proposing technical solutions that are worthy of the greatest magicians demonstrates how far these people are from the harsh reality of a knife attack...



Krav Maga RED Knife Defense KMRED

mouth

Faustino Hernandez





Krav Maga RED

After more than 15 years of research, tests and various practices, the various KMRED group specialists on this field have decided to present to you the results of their research on self-defense against knives in this new DVD. And, as always, true to our principles, the proposed areas of work have been subject to long hours of analysis and experiments.

1 / Our balance in 2018

- Reports on attacks with bladed weapons in general, knives, pocketknives or even screwdrivers appear on an almost daily basis in the front pages of regional, local or even national mass media of the entire world.

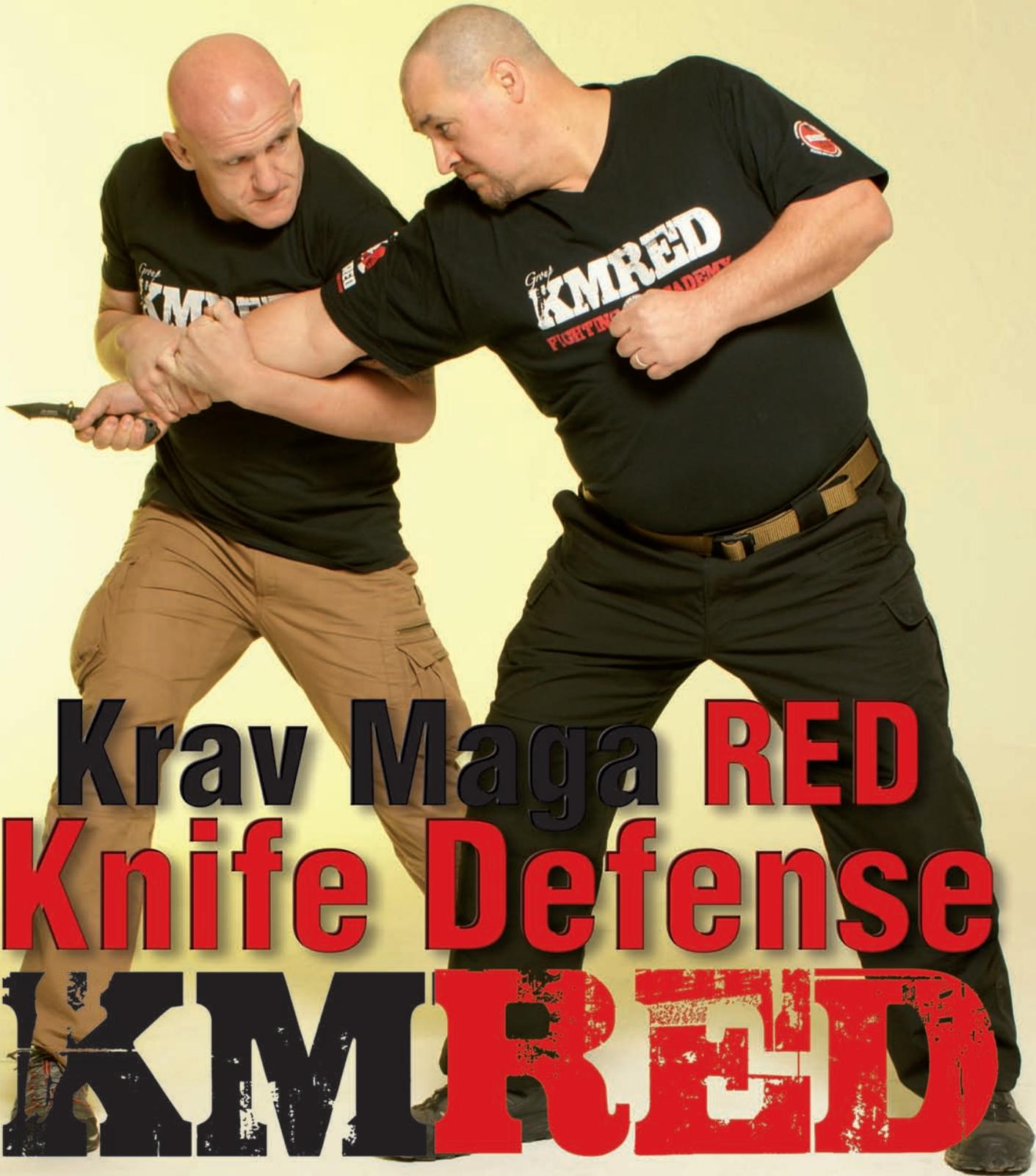


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Self Defense



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Christian Wilk





**“Statistics show that,
in absolute terms,
THERE'S NOTHING
WRITTEN...
some people who
received one single knife
stab died, while others
with multiple wounds
were lucky to
escape alive...”**

- In most cases, the reported attacks ended with the death of the victims or at best, with a dire prognosis...

- Among the issues to be considered is the facility and the low cost of acquiring a blade weapon, as well as the ease to conceal it. Knives are an integral part of everyday life. Whether in the house, restaurants, bars, supermarkets, shops, internet etc., they are everywhere and available to everyone.

- Knives have been part of the accessories of everyday life for centuries. A common object, as well as dangerous, which has been present in the collective imagination feeding fantasies and fears since the dawn of time...

- Who hasn't ever cut himself or herself with a knife, a cutter or another object of the kind? Who hasn't ever seen a movie that shows the damage caused by a knife?

- All the studies show that 80 % of the victims of knife assaults hadn't seen the weapon or understood at the moment what had happened... some of them hadn't even felt the cut or the penetration of the blade in their own flesh, and only the sight of their own blood allowed them to realize that they had been assaulted ...

- Statistics show that, in absolute terms, THERE'S NOTHING WRITTEN... some people who received one single knife stab died, while others with multiple wounds were lucky to escape alive ...

- We know that only those who have great determination will be able to limit the damage and sometimes survive.

- If the first stabs don't take away from you the ability to defend yourself, and you are determined to survive, then it will be the time to start a defense 'process'.

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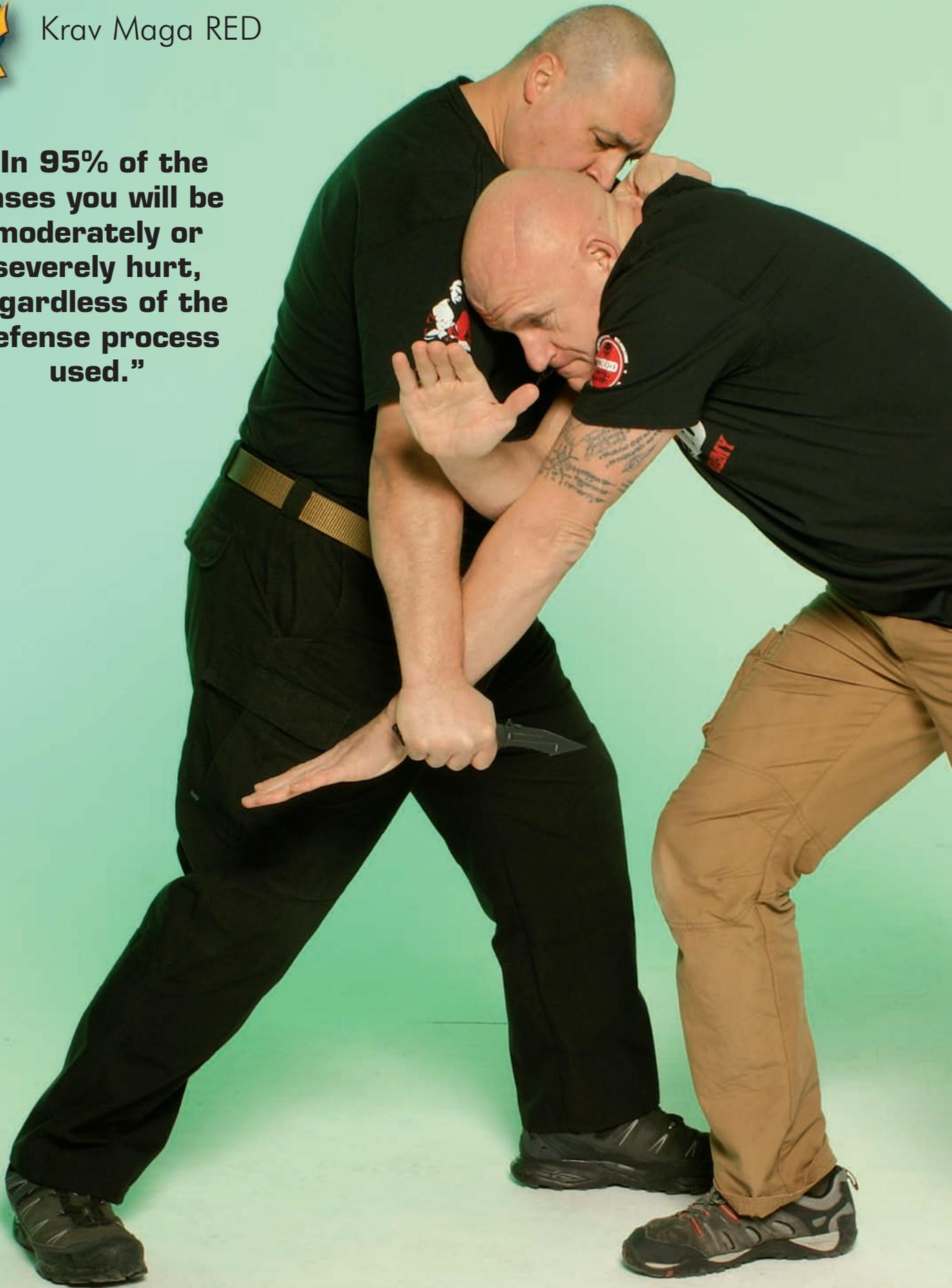
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“In 95% of the cases you will be moderately or severely hurt, regardless of the defense process used.”



Dan Zahdour

Christian Wilk





“We know that only those who have great determination will be able to limit the damage and sometimes survive”

- Defense processes mustn't be "intellectualized", therefore "technical", but resort to our reflexes and primary instincts, as well as to the bases and to the "fighting fundamental principles".

- Training processes should generate a permanent discomfort to stimulate our adaptive capacities. They must also develop our will in the face of danger..

- In 95% of the cases you will be more or less severely hurt, regardless of the defense process used.

- Many factors can influence this "struggle" to stay alive one way or another etc., etc.

THERE'S NOTHING WRITTEN.

2 / Contexts and attacks with a knife. The gap between fantasy and reality.

Most of the solutions offered today for self-defense against knife attacks are at odds with reality. In fact, all they offer is a series of actions that are supposed to be based on reflex techniques or conditioned reflexes.

But when we analyze the contexts in which these could be applied, the fact is that almost all of them require to anticipate the aggression of an aggressor who "freezes" after the first action... From the outside, our analysis shows that the majority of knife attacks are made by surprise and therefore leave little room for anticipation. On the other hand, the attackers are almost never satisfied with a single stab and don't remain frozen after the first move.

Once again, it is necessary to bear in mind that much too often you will be touched by the first knife strokes, and if you still keep your fighting skills, it will be time to survive!!

There is a great disconnection between reality and the often proposed solutions... Also, many masters turn out to be inherently dangerous due to the inadequate content they convey.

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**“Who hasn't ever cut himself or herself with a knife,
a cutter or another object of the kind?
Who hasn't ever seen a movie that shows
the damage caused by a knife?”**

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“Most of the solutions offered today in self-defense against knife attacks are at odds with reality.”

Dan Zahdour

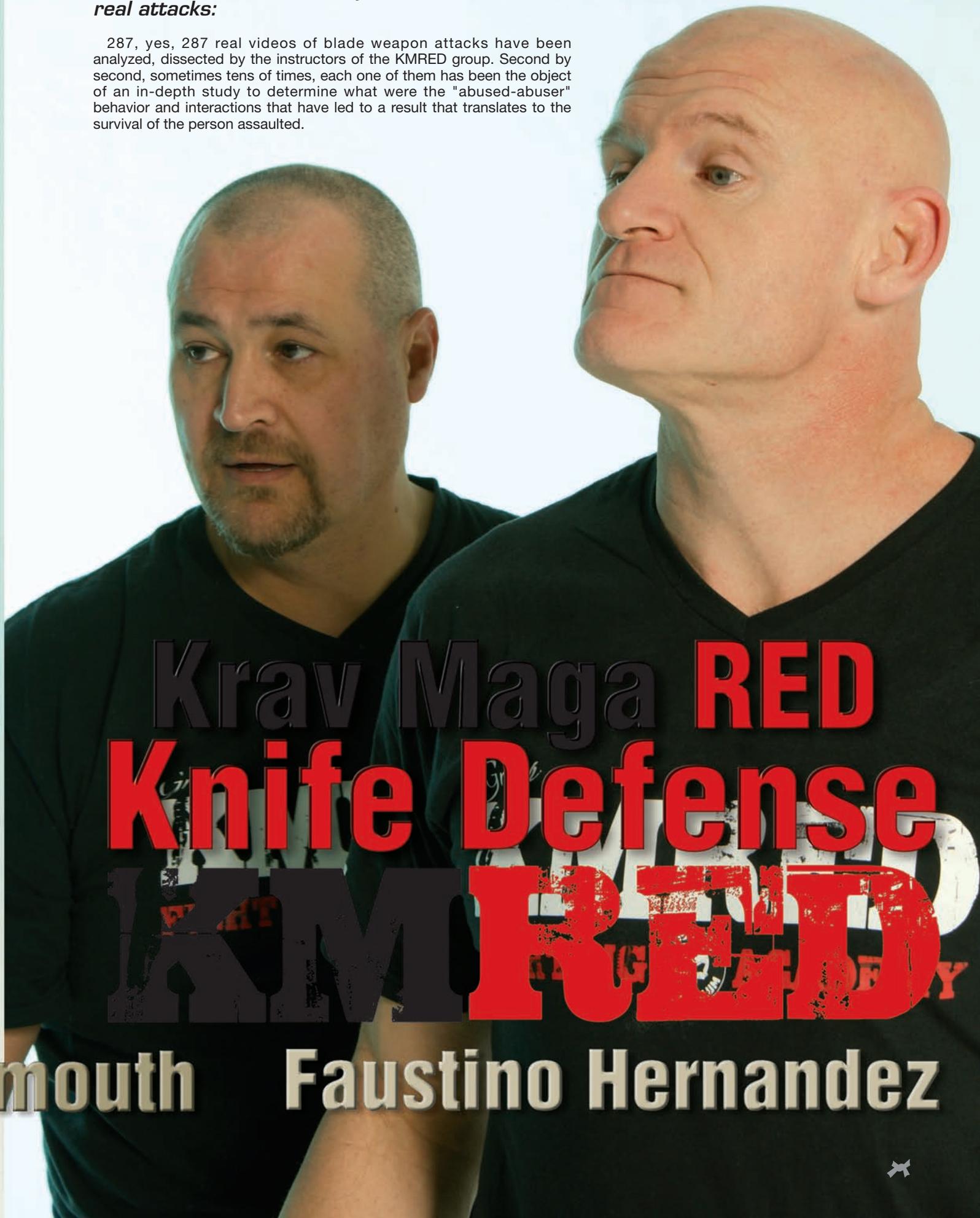
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3 / The results of the analysis of 287 videos of real attacks:

287, yes, 287 real videos of blade weapon attacks have been analyzed, dissected by the instructors of the KMRED group. Second by second, sometimes tens of times, each one of them has been the object of an in-depth study to determine what were the "abused-abuser" behavior and interactions that have led to a result that translates to the survival of the person assaulted.



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Christian Wilk





“Beautiful techniques certainly flatter the ego, but they have no place in the "real world". While training in the gym everything "works", but in reality it turns out to be very different...”

But we haven't been contented with just "analyzing"... We've also have reproduced with the maximum intensity and realism every studied scheme, sometimes ignoring our own security, so as to model a training concept that optimizes the most suitable "behaviors" for surviving in front of a blade weapon...

Example of analysis results:

In our video database, we have numerous video tapes showing real knife attacks on members of security staff, army and law enforcement units in Israel, the homeland of Krav Maga. And although all of them were trained in Krav Maga, in none of the cases have we ever seen a defense movement of the "360 ° knife blocking" type, which turns out to be one of the technical foundations of this discipline... On the other hand, in addition to the fact that they used their firearms in most cases, the primary actions they carried out were perfectly consistent with our research... Look for the error... This observation is one of many examples of the "gap" between fantasies and realities that can be seen in the majority of the so-called self-defense disciplines...

Beautiful techniques certainly flatter the ego, but they have no place in the "real world". While training in the gym everything "works", but in reality it turns out to be very different...

Other non-exhaustive examples of analysis:

- 90% of knife attacks are made at a distance equal to the length of the aggressor's arm.
- In the same proportions, the attacker grabs and then hits, or hits once and then grabs to continue.
- The primary natural reflex shouldn't last. In cases where we realize or perceive the knife attack, the natural reflex of almost everyone is moving away the body part that is the target and put 'something' in opposition, often destined to control what is hitting us.

Example: when we're attacked in a low area, we perform a backward movement with our pelvis while putting our hands in opposition. This natural reflex, practically impossible to erase, mustn't to last in time. This is because in the case of an attacker who repeatedly multiplies the

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stabs, the fact of performing 2 opposing actions, retreating and pushing, allows him to have more amplitude to carry out his movements back and forth as he moves forward.

- The flee: "the miracle solution"? Any self-defense master worthy of the name should encourage his students to flee contact with an armed aggressor. This makes sense, but is it always feasible? ... Our analyses and experiments lead us to say CAUTION!

In many cases escape will not be possible or simply will not be the solution to the situation. One thing also warned us... in the videos analyzed, more than half of the people who managed to flee were hit by the aggressor.

3 reasons for this:

First: the aggressor was faster or determined than his victim.

Second: the environment was not conducive to a quick escape, which allowed the aggressor to retake contact.

The third reason is behavioral ... the victim had seen the knife and in his flight he sought and looked behind him all the time trying to keep eye contact with the knife and making his running random and conducive to fall.

These examples call into question the "flight" solution and don't take into account the case in which the victim is accompanied and has to protect others. So the trying to escape is all right, but we must bear in mind that this is only one of the survival options against a knife...

- Ideas about hand changes...

Our training process and our experiments have led us to focus on the "control" of the armed arm. And when in training we come into contact with the aggressor, and the struggle begins for the control of the arm that holds the weapon, some of our students, playing the role of the aggressor, by adaptation, game or will to win, sometimes they passed the weapon from one hand to another. We then decided to provide a concrete answer on the relevance of these actions. And the observation is that it is very rare to see changes of hand and this for two main reasons.

The first one is behavioral; indeed, when you hold a gun in your hand (most often the strongest hand) and something hinders your action, it's natural "to focus" on the preservation of this advantage by going into a trial of strength to get back our freedom of movement.

**“The flee:
"the miracle solution"?
Any self-defense master
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The second reason comes from the type of action and the type of weapon... we are talking about sharp weapons, perforating and in movement ... all these factors don't incite the aggressor to risk hurting himself with his weapon in a random attempt to change hands.

However, there are rare and proven cases where the environment allows to freeze for a moment the combat situation, for example against a wall or in the ground, giving the aggressor the opportunity of switching hands. And this has an explanation... only when the risk of injury to the attacker is limited, he will try to change the weapon from one hand to the other...

4 / The training material

To train as close as possible to reality, you have to work out well protected and use accessories that give a real sense of "danger". But beware of fun and exotic accessories such as the Chock Knife, for example, that gives micro electric shocks that simulate a cut ... I tried it myself, and once passed the first electrical stimulations, this object no longer inspires fear; besides, its imposing size doesn't represent the majority of the weapons used in real life. There are also the marking knives that leave a visible mark on the place of contact, making you "aware" of the possible damage. The interest of these devices is limited because it's well known that we will be cut or punctured, but also that THERE'S NOTHING WRITTEN, as I said earlier ... For our part, we use rigid plastic knives and round-tipped aluminum knives, and we tool up with breastplates and protection goggles... Security forces us to do so... "realistic" defense work with the knife has its limits, but training patterns need to stick with reality! It's what we do!

5 / Our influences, our partners:

Our long research work has led us to come across many specialists in this field. So far, although some of them have been able to provide some interesting content, only one person, who was a pioneer in this field, is in line with the fruit of our work. This is Vincent Roca and his team of 'Rapid Defense' that have strengthened us in our choice because the content of their system, the result of a work started a long time ago, is basically in line with our concept.

Welcome to KMRED 3.0!

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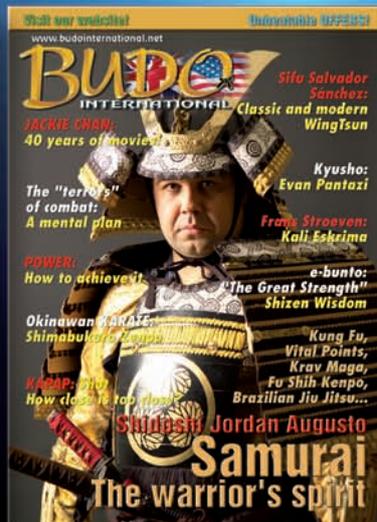
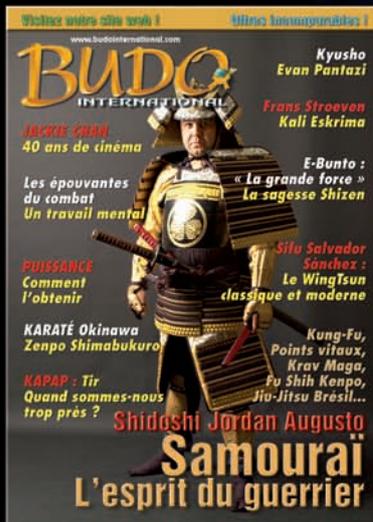
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Weng Chun

Weng Chun Kung Fu

The culmination of Southern Shaolin combat arts

Weng Chun Kung Fu is an effective traditional Chinese martial art, which combines the knowledge of the southern shaolin fighting monks about combat, strengthening and maintaining health with mental and spiritual discipline (Chan).

ORIGINS

According to legends, when the southern Shaolin temple was destroyed in the 17th century, the fighting monks carried their legacy with them and started to teach their art secretly, mainly on the red boat. There, the Weng Chun kung fu system was handed down from the last abbot of southern shaolin temple Chi Sin Sim Si (meaning "extreme compassion Zen master) to the red boat opera performers Wong Wah Bo and San Gam („Painted Face" Gam) and from them on to Fung Siu Ching, who in the 18th century became the most famous Weng Chun hero and kung fu hero in south china. In the Chinese cities Xi Qao and Fatsan Fung Siu Ching Fung Siu Ching passed the Weng Chun legacy to the Lo family and they passed their legacy to Wai Yan, who became (with Chu Chung Man) the most famous Weng Chun master of the 19th century in Hongkong. Grandmaster Wai Yan built the Weng Chun Research Academy in Hongkong named Dai Duk Lan. Andreas Hoffmann from Germany was the last student of the Dai Duk Lan Research Academy and the only western student of Grandmaster Wai Yan. Between 1986 and 2002 Grandmaster Wai Yan passed on his Weng Chun heritage to Andreas Hoffmann, his only western student ever. In the beginning of the 90s Weng Chun Kung Fu, like many other Kung Fu styles in China and Hongkong started to die out. Grandmaster Andreas Hoffmann founded the International Weng Chun Kung Fu Association and introduced Weng Chun in more than 12 countries. Today he is guiding more than 500 Weng Chun instructors worldwide. Under his direction Weng Chun Kung Fu maintains its strong Shaolin identity and combat effectiveness.

WENG CHUN KUNG FU IS A CONCEPTIONAL STYLE

Weng Chun Kung Fu is not a technical style - it is a conception style.

It is a guide to the core principles of Southern Shaolin martial arts and to the understanding of real combat.

As a combat system, Weng Chun covers all ranges of combat including many kicking, fist and open hand striking, elbow/knee, shoulder/hip and head, joint locking and throwing techniques, the use of long (long pole) and short weapons (double knives, swords) - all directed by the principles (Yiu Dim - important ideas).

The core interrelated principles are: the 18 Kiu Sao, 6 1/2 principles, 16 words, 10 wisdoms and Heaven, Man and Earth concept.



WWW. WENG-CHUN.COM

WENG CHUN KUN

SIFU ANDREAS HOFF



“Weng Chun Kung Fu is not a technical style - it is a conception style. It is a guide to the core principles of Southern Shaolin martial arts and to the understanding of real combat.”

HEAVEN, MAN AND EARTH THE FOUNDATION AND UNDERSTANDING OF THREE-DIMENSIONAL COMBAT

Real Combat means for a Martial Artist the capacity to handle any possible fighting distance or fighting situation. Any Martial Arts System that claims to prepare its students for self-defense must contain this feature.

Awareness is the basic skill to feel in all direction and in all dimensions. In Weng Chun, the space between two combatants is divided into 3 distances and three heights: Heaven - Man - Earth.

Heaven is the use of weapons, hand and foot strikes in the long distance. Furthermore in combat it represents the situation with no contact. In Weng Chun terms: "Mo Kiu Mahn Yau Kiu" -without a bridge, ask for the bridge. From the height perspective Heaven represents all actions to the upper body.

**NG FU
EMANN**



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Weng Chun

From a range perspective Man represents elbow and knee strikes and in combat the situation in which one has contact with the opponent. In Weng Chun terms; „Kiu loi kiu seuhng gwo"- if the bridge is held, cross and control it from above. From the height Man are actions to the middle body.

From a range perspective Earth represents head, shoulder and hip strikes and in combat the situation in which one has contact with the trunk of the opponent or the situation in which one can control the opponent. In Weng Chun terms: "Lei kiu bin jik da"- if the bridge is withdrawn, strike directly. From the height Earth are actions to the lower body.



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THE BRIDGE (KIU) - CONTROLL YOUR OPPONENT WITH A LITTLE FORCE

In Weng Chun Kung Fu the bridge (Kiu) means that the Weng Chun fighter always adopts a position with respect to the attacker, or uses timing in such a way that he can achieve the greatest possible effect on the attacker by applying relatively little force, so that he is able to control him effortlessly. The Weng Chun bridging exercises are taught according to the 18 bridging concepts in 9 relative "Yin and Yang" pairs.

1. TIU - BUT: USE THE SITE ANGLES AGAINST YOUR OPPONENT

Tiu is an inside angle with your arm, shoulder, leg, weapon which allows you to control your attacker. It is an action or position from outside, from which you use the power of your attacker through a windshield wiper like movement.



WENG CHUN KUNG FU
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Weng Chun

2. DA - PUN: STRIKE AND FOLD YOUR OPPONENT

With the Da Kiu exercises you learn the situations and timing to strike efficiently which the strikes of Weng Chun.

With Pun Kiu one learns to bend the arm for defense after striking or to attack with another part of the body, for example striking with the elbow after a punch. Another meaning is that you fold for example the arms of your opponent in order to control him.



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3. JAAU - LAI: PUSH AND PULL, WENG CHUN PUSHING HANDS

Jaau is the push with your whole body through your arms or other parts of your body. Lai is the pull.

4. SEE - CHE: SHOCK YOUR OPPONENT

With See the attacker is pulled and struck at the same time. This approach renders the force for striking or throwing enormously effective. With the Che action one uses a "fast pull/jerk/" to disbalance an attacker.



NG FU
MANN

“Real Combat means for a Martial Artist the capacity to handle any possible fighting distance or fighting situation.”





Weng Chun

5. KAM - NA: CATCH AND CONTROL YOUR OPPONENT

Kam means to catch your opponent's arm in an arm lock. Na is the skill to control an attacker with your lock, take down or choke.

6. FUNG - BAI: ALLOW YOUR OPPONENT NO MOVEMENTS

With Fung Kiu opponent's limbs or body are trapped so that he cannot move. Fung also means to stop the blood from flowing. With Bai you build a barrier so that the attacks of your opponent cannot reach you. You build an umbrella as a safety zone.

7. BIK - HUP: CORNERING AND OVERRUN YOUR OPPONENT

Bik means to use a "force angle" to an attacker or just to squeeze as in choking. Hup is the feeling to use a small hole in the defense of your opponent to overrun him with strikes or follow up attacks.

8. TUN - TUO: SWALLOW AND SPIT THE FORCE OF YOUR OPPONENT

Tun teaches the Weng Chun follower to destroy the attacking energy at his highest level by swallowing. Tuo is like the movement of the wave, it is usually easily possible to follow the swallowing Tun by striking the attacker with the recoil, or to "skewer" him.

9. BOK - SAAT: GUIDE YOUR OPPONENT BY ATTACKING AND DON'T ALLOW HIM TO GUIDE YOU

In the Bok exercises you learn to guide and surf your opponent with your attack. Saat is on the one hand the final attack to control your attacker and on the other hand to destroy the attempt of your opponent to guide you.



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Weng Chun

WENG CHUN KUNG FU IS AN INTERNAL COMBAT ART

1. "BE ONE WITH THE ATTACKER"

The fundamental idea of the internal styles like Weng Chun is that the attacker provides the force which the defender can take control of. The internal method is effortless for the practitioner, but for the opponent it is without compromise. He is being controlled at his most sensitive places with the force of a whole body and becoming shocked by the whipping "inch" force generated by the Weng Chun fighter.

2. "DEVELOP THE POWERFUL SPIRIT (SHEN) OF A WENG CHUN FIGHTER"

Even the best method of combat is useless if the mental and emotional condition of the defender makes it impossible for him to apply it. For this reason in addition to the physical training, the Weng Chun method contains mental training.

In Weng Chun Kung Fu as a fighter you need to melt the concentration power of your thinking/judgment mind (Yee) with the power of your emotions and transform it into the spiritual mental power which has qualities like: fearlessness, calmness, clearness and awareness.

3. SHAOLIN PROMISE

If one uses the above mentioned method the mind gets stronger and is ready to take the shaolin promise to protect helpless people in a combat situation. The person is ready for the ultimate test to become a spiritual shaolin fighter: to protect people and oneself in the riddle of aging, illness and death.

OUTLOOK

Nowadays, in Europe and the USA thousands of enthusiastic students are undergoing the Weng Chun Kung Fu training under the leadership of engaged teachers and masters. This brings the art to a new blossoming. Many Weng Chun Kung Fu followers have been able to win international competitions using their knowledge in educational activity and to give help in order to protect themselves and others from violent attacks (women's self-defense, special police and army units, protection of property, etc.).

Since this art can be practiced by persons of any age, by men and women, there is a great hope that many people will decide to practice Weng Chun Kung Fu and therefore will live their lives more consciously, more fearlessness, more powerful. Their lives will be enriched and brightened up; they will be able to protect themselves.

International Weng Chun Kung Fu Association - Grandmaster Andreas Hoffmann: www.weng-chun.com

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WENG CHUN KUNG FU

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“Nowadays, in Europe and the USA thousands of enthusiastic students are undergoing the Weng Chun Kung Fu training under the leadership of engaged teachers and masters.”





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Saturday, May 26, 2018, from 10.30 to 15.30

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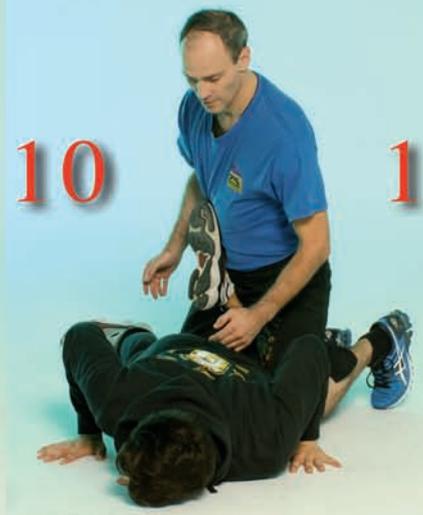
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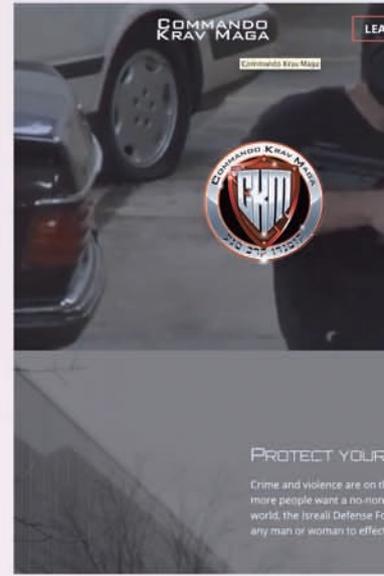
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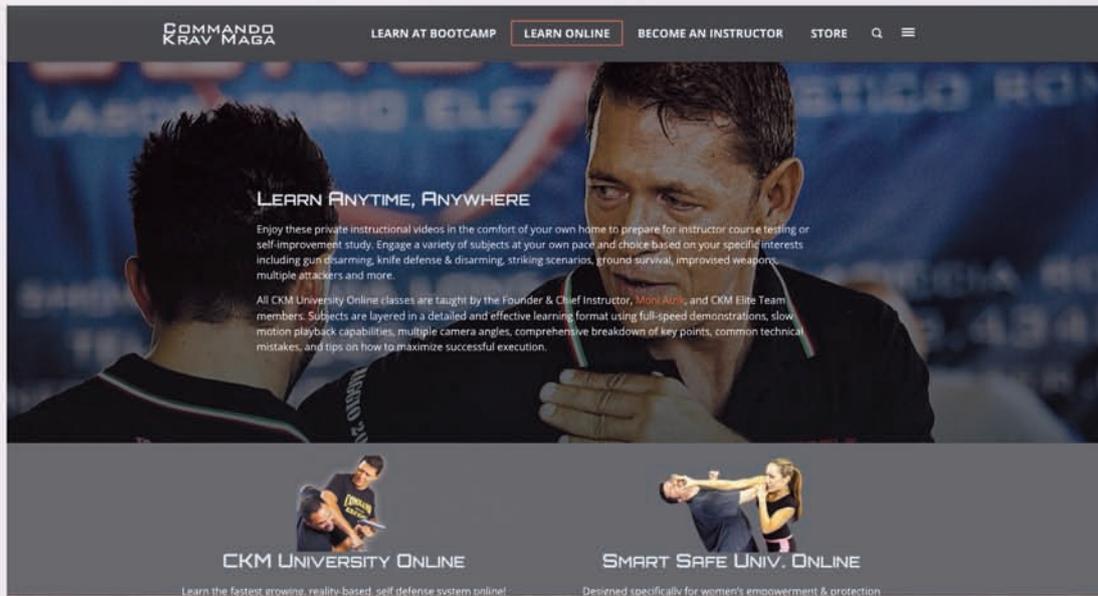
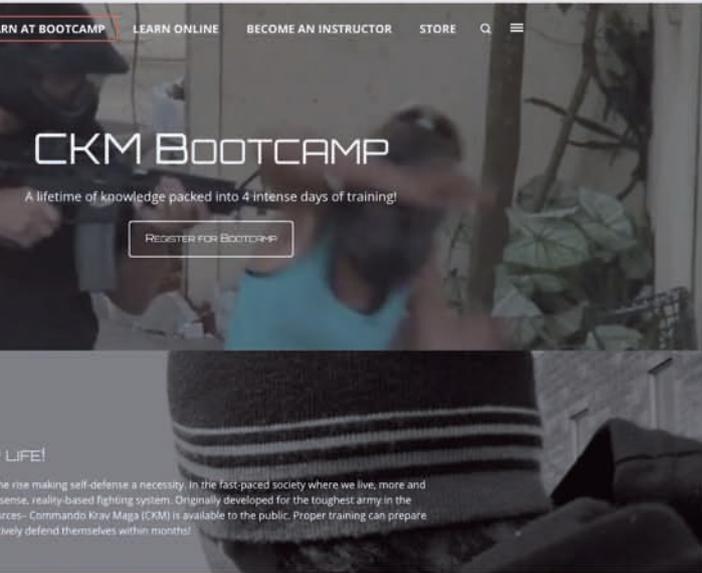
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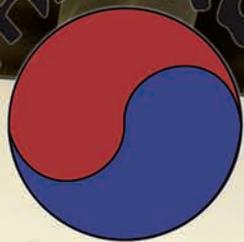
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HWARANGDO



화랑도

GM T



Question: You are the son of the Founder of Hwa Rang Do® and will carry the legacy as the heir to the art. That is a big burden to carry. What significance does this hold for you and how do you feel about the immense responsibility?

To most, the idea of inheriting a legacy might seem attractive and a blessing. However, the reality is far less romantic and ideal. I am not naïve to think that my future is secured by such a position. In fact, it is a huge burden and the perfect setup for self-destruction. Let me put it this way. Who do you remember in history for being in second place, what silver medalist? In fact, no one remembers who was ever second in anything. No matter what it is, the first, the originator, the creator, the founder are remembered and the one who proceeds them are usually known to have been worse than the first, ruining what was created

Knowing this even at an early age in my teens, I made a promise to my father that I would strive to acquire the position as the next heir.

Hwa Rang Do

taejoon Lee



Hwa Rang Do

However, he never promised it to me or anyone else. Contrary to some people, he did not practice nepotism and it was not my birthright. The title of Do Joo (Owner of the Way) would be given to the best Master who would prove their worthiness. He always announced publicly that only the best would become the heir and although I was his son, he would not give any favoritism. In fact, he was most critical of me and expected always for me to be at my best, which also meant he disciplined me most severely. I spent all of my life training, practicing, bettering myself to prove to him my worthiness.

This meant I had to sacrifice much of my childhood and assumed the position as teacher, leader, and master early on in my life. I gained the rank of Black Belt at the age of 7 and I started teaching at 13 years old out of my garage, which was converted into a dojang where I taught the friends of my sisters. I had my first official school at the age 16 and achieved the rank of Master level. Since then, I have not stopped training, teaching, and working on behalf of Hwa Rang Do and my father, my teacher and martial arts master.

I committed to Hwa Rang Do with all my mind, strength, and heart as I felt that I could add something to improve what was, as we should all live our lives with the belief that we have the potential to improve and better the world somehow. I am not my father and I can never be him nor do I want to. I am most grateful

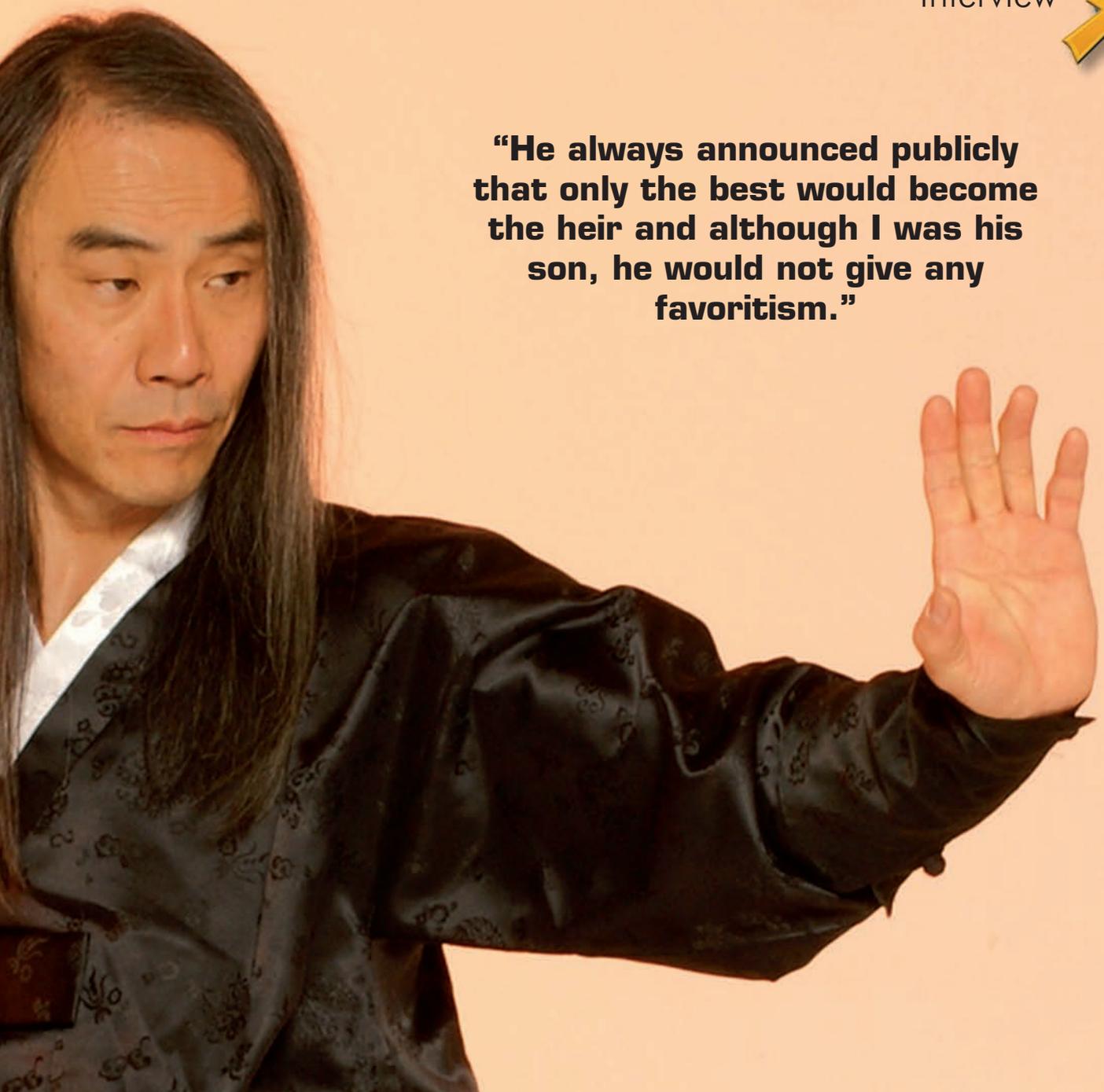


GM T

Interview



“He always announced publicly that only the best would become the heir and although I was his son, he would not give any favoritism.”



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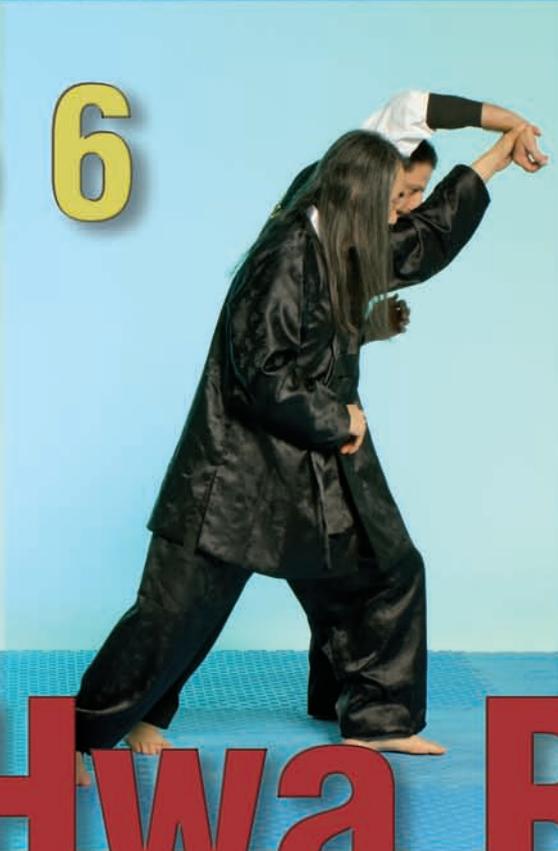
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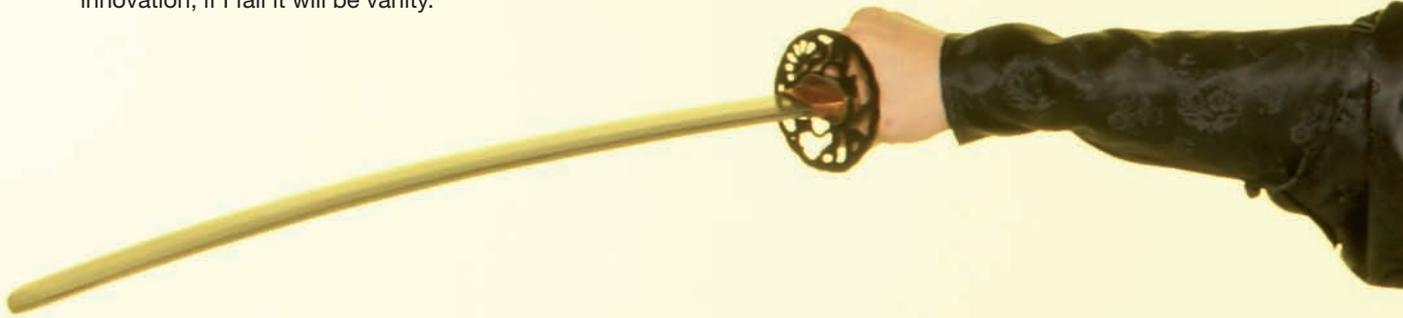
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Hwa Rang Do

to him for all his teachings, for without him I would not be who I am today, but most of all I thank him for being the greatest dad one can have. I will always strive to improve upon what he has built and to work toward the fulfillment of his dream of creating a Hwa Rang Do Academy/Sanctuary where we can preserve the knowledge of the Hwarang, creating strong world leaders of tomorrow. Furthermore, I am committed to teaching and raising the next Dojoo, who must be better and do better than me in order to continually thrive through the ages. As teachers, as parents that is our most important task to make the next generation better than ours.

Only history and God will determine how I was - if I succeed, it will be remembered as innovation, if I fail it will be vanity.



**“I committed to Hwa Rang Do
with all my mind, strength,
and heart as I felt that I could
add something to improve what
was, as we should all live our
lives with the belief that we
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I am not my father and I can
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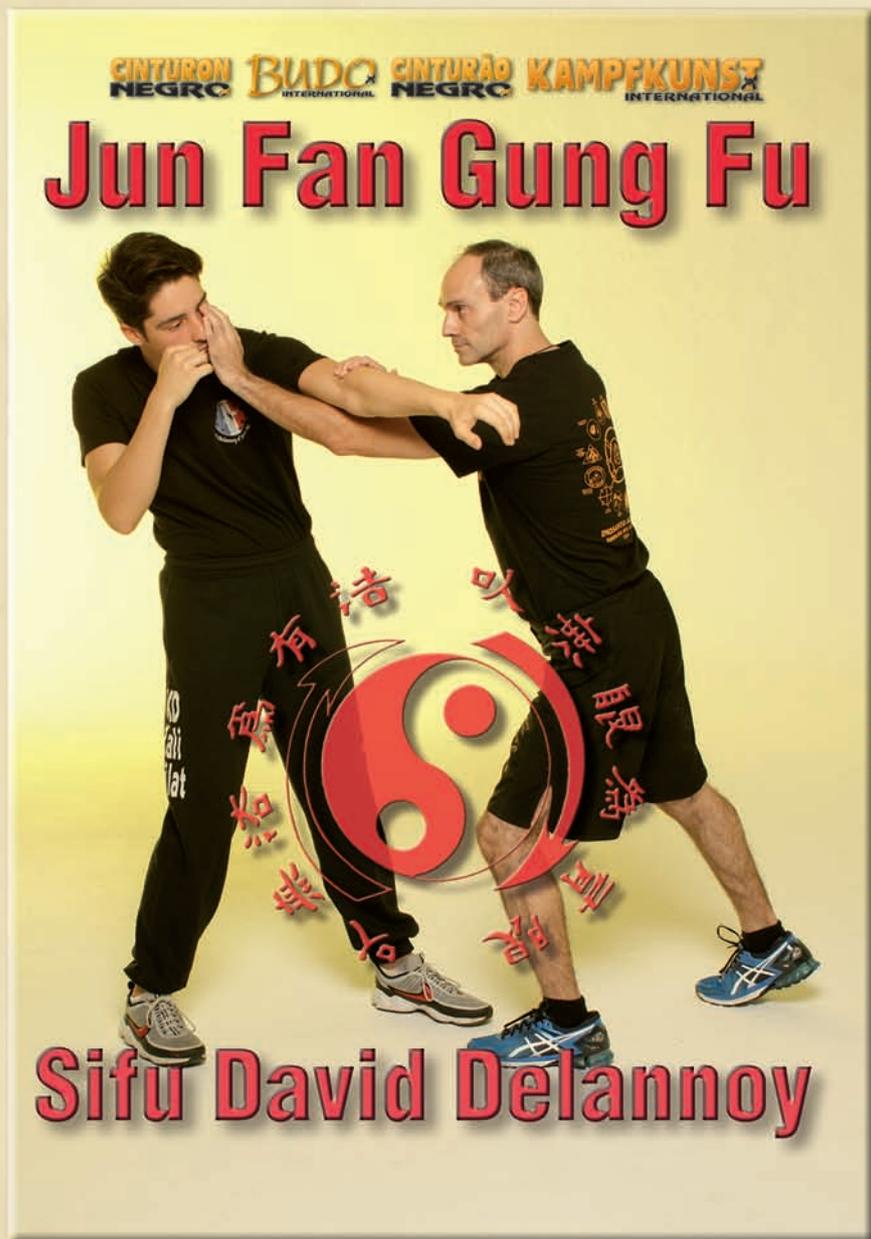


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Jun Fan Gung Fu Sifu David Delannoy



Sifu David Delannoy presents in his first work the keys of the style that Bruce Lee and his pupil Dan Inosanto programmed about their understanding of combat. The basics of Jun Fan Gung Fu will allow you to start with simple techniques in the form of essential series, so you can later express yourself through your own Jeet Kune Do, according to your abilities, desires, researches and feelings. Sifu Delannoy explains in detail the Guard, Footwork, SDA (Single Direct Attack), ABC (Attack By Combination), the Loy Da Series, the Ping Chuie Pak Sao Qua Chuie Series, Cons versus Jab-Hook & Jab-Cross, and the Jun Fan Trapping. In the second part, Delannoy presents his expression and the result of his real research, focusing on self-defense and, especially, on the "Pinching". You will also see the relevance that has the fact of misaligning - as boxers do - in the field of personal defense. Finally, and on the basis of feet-fists boxing exercises, applications of the Jun Fan Gung Fu defending techniques seen at the beginning of the DVD are shown.



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Fighting for your life is easier said than done. Under shock, most people will freeze up. Harnessing your mental toughness is more difficult than you think. This skill needs to be developed. That's why the Commando Krav Maga (CKM) Intensive Boot Camp is growing faster than ever.

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THE BIRTH OF CKM

Commando Krav Maga was founded by Moni Aizik, a former Elite Commando of the Israeli Special Forces. In his youth, Moni dominated the Judo and Jiu Jitsu arena winning 7 National titles. After turning 18, Moni served his country as a member of one of Israel's most elite commando units in the IDF. Having fought in the Yom Kippur War, Moni quickly learned what would and wouldn't work in real life situations.

After his military service, Moni went back to his martial arts roots by coaching some of the most elite fighters. His most successful students

www.kravmaga.com

Moni Aizik



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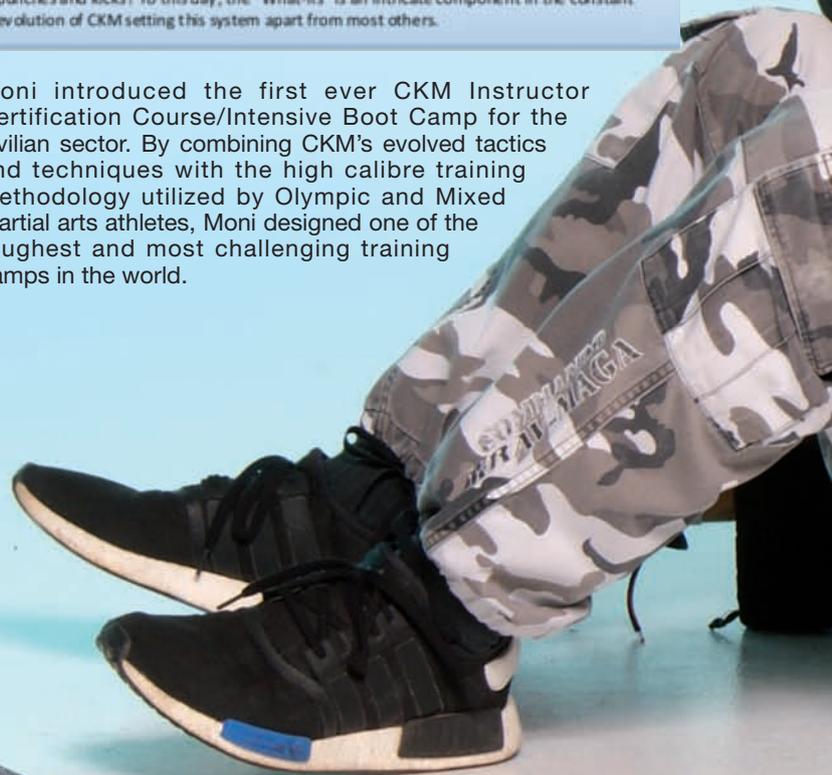
include Yael Arad, an Olympic Silver medalist, and UFC Champion, Carlos Newton. In addition, Moni produced many North American, Israeli and European Judo and Jiu Jitsu champions competing at the highest levels.

Through his extensive martial arts background and battlefield experience, Moni experimented with combative tactics and techniques under the most realistic conditions. By extracting the most practical and effective moves that could be utilized under the most stressful and unpredictable situations, Moni Aizik created Commando Krav Maga. CKM focuses on simple but highly effective tactics making it the system of choice for many law enforcement agencies, military units and civilians. In 2004,

The What-ifs

As true attacks are always dynamic and never predictable, Moni incorporated the "What-if" scenarios during rigorous field testing. What if the attacker suddenly pulls out a weapon? What if the attacker's friends jump in? What if the attacker is on drugs and doesn't feel your punches and kicks? To this day, the "What-ifs" is an intricate component in the constant evolution of CKM setting this system apart from most others.

Moni introduced the first ever CKM Instructor Certification Course/Intensive Boot Camp for the civilian sector. By combining CKM's evolved tactics and techniques with the high calibre training methodology utilized by Olympic and Mixed Martial arts athletes, Moni designed one of the toughest and most challenging training camps in the world.



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After the first day, most people find themselves extremely tired and sore but it's just the start. In Day 2, the high intensity training continues with more advanced CKM tactics and techniques in addition to everything you learned from Day 1. At this point, you will be emotionally drained while your body is tested beyond its physical limits. Day 2 is a breaking point for many participants. This is when you really need to focus and gather every ounce of mental toughness you have left to push yourself to the end.

Due to the condensed nature of the course, breaks are minimal. In a 9 or 10 hour training day, you may get two 7-minute breaks. The reason – the Camp was designed to give you maximum value for your time. In the course of the day, you want to cover as much material and training as possible. This task alone will test your mental toughness as you fight through fatigue and hunger to get through each physically demanding day.



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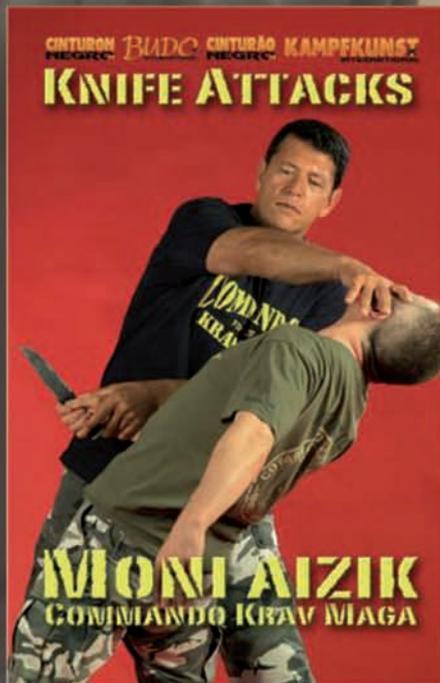
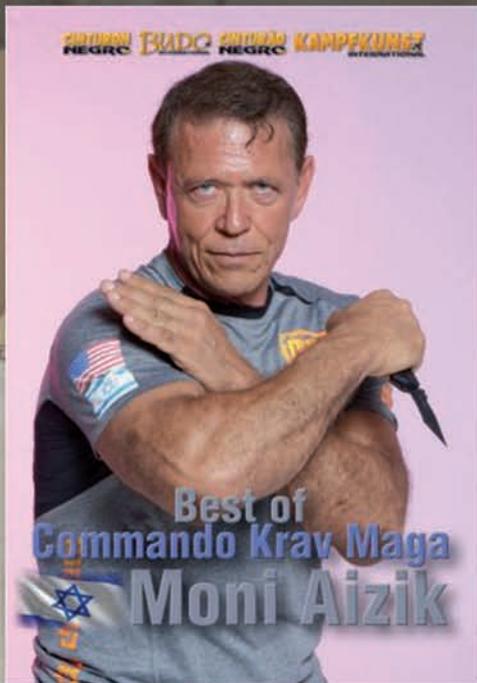


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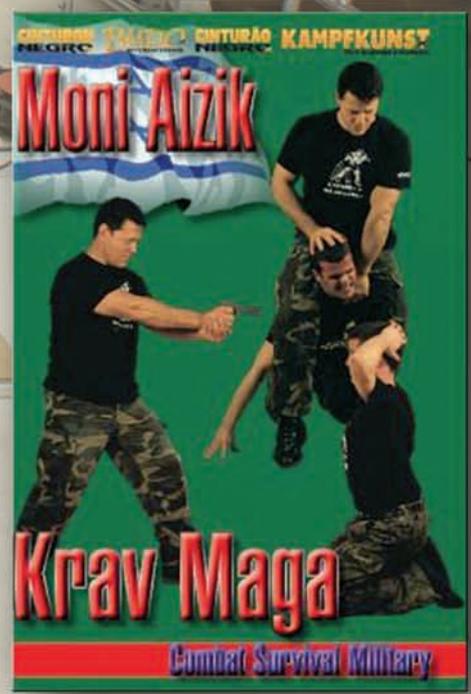
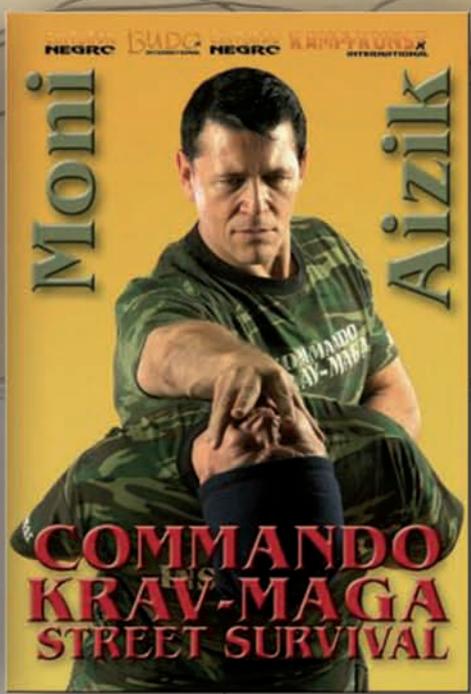


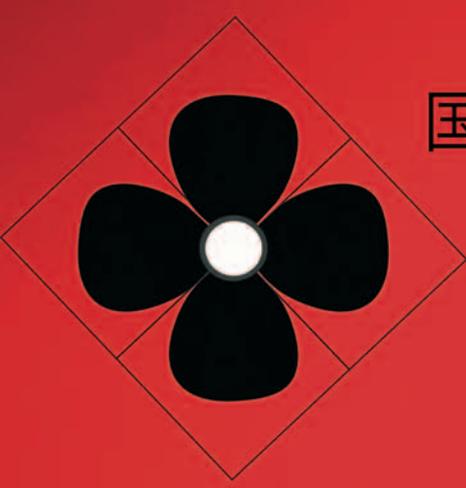
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The Shizen Tradition



La nobiltà delle vecchie forme
Der Adel der alten Formen

La noblesse des anciennes formes
The nobility of the old forms

La nobleza de las formas

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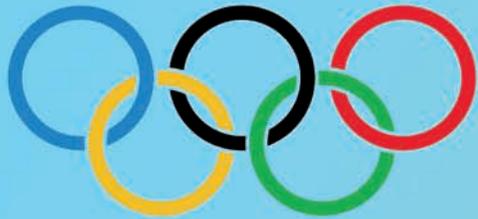


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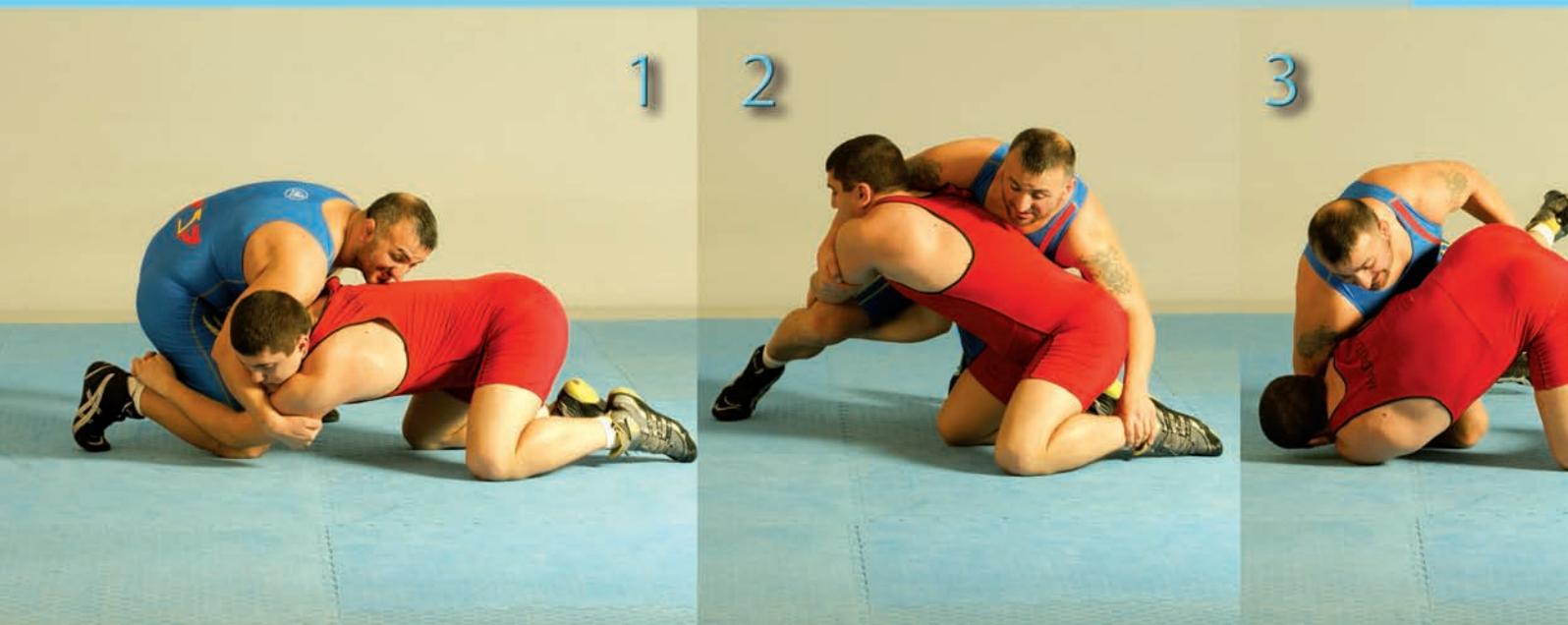




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*WTU Wing Tsun
and recapitulation*

For us, learning means questioning the old, changing attitudes, moving.

To learn - in our case we talk about WTU Wing Tsun - a recapitulation is very important. With a recapitulation we create an alternative viewpoint to our lives. You move from one to another, from your current state of memory and the reality of yourself at that time, to what your world once constituted. They see the patterns that repeat themselves in your life. At some point, you recognize the energetic connections (interactions).

Not the everyday ego, no the new point, the real "I" objectively and abruptly sees

WINGTSU



WING TSUN

Alfred Johannes Neudorfer





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+ Rosa Ferrante Bannera





"I do not understand learning the knowledge of data or information, but a skill so applied knowledge."

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the reality behind your subjective memory. You activate this phantom point of the real "I" that we all potentially have but whose use prohibits us from the general consensus of everyday life let alone acknowledge and use it. It's like pulling the curtain away not only from yourself, but from the world as well.

Why is a recapitulation still important? If we want to learn. I do not understand

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learning the knowledge of data or information, but a skill so applied knowledge. This is only possible if we are able to change - or better - resolve our current reference points. Otherwise I always just try to confirm what I believe to be or know.

Also in terms of my plans, dreams, visions, it is important to get an objective view of oneself, that is, a view of the inherent patterns and interactions of events, rather than the memory of a conditioned intellectual or conditioned emotional perception. Achieving something different also means working with things other than the usual, it means something with which you identify yourself, for whatever reason, let go. What do you want to let go, what you do not even know, or not accepted. How do you want to adapt to the requirements, if you do not even know yourself?

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Alfred Johannes Neudorfer





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+ Rosa Ferrante Bannera





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WING TSUN

Alfred Johannes Neudorfer





Every company makes an inventory and a financial statement and from this it should draw the right conclusions. Otherwise it loses track of its own actions and where that ends we all know.

We also need something for our lives. Otherwise we will be driven by the outer tides. We do not live, we are lived. We are just flotsam. Flotsam has no goals and it does not answer, not because there are none, but because it is unable to ask the right questions.

GM Alfred Johannes Neudorfer
Master Rosa Ferrante Bannera
Wing Tsun Universe (WTU)



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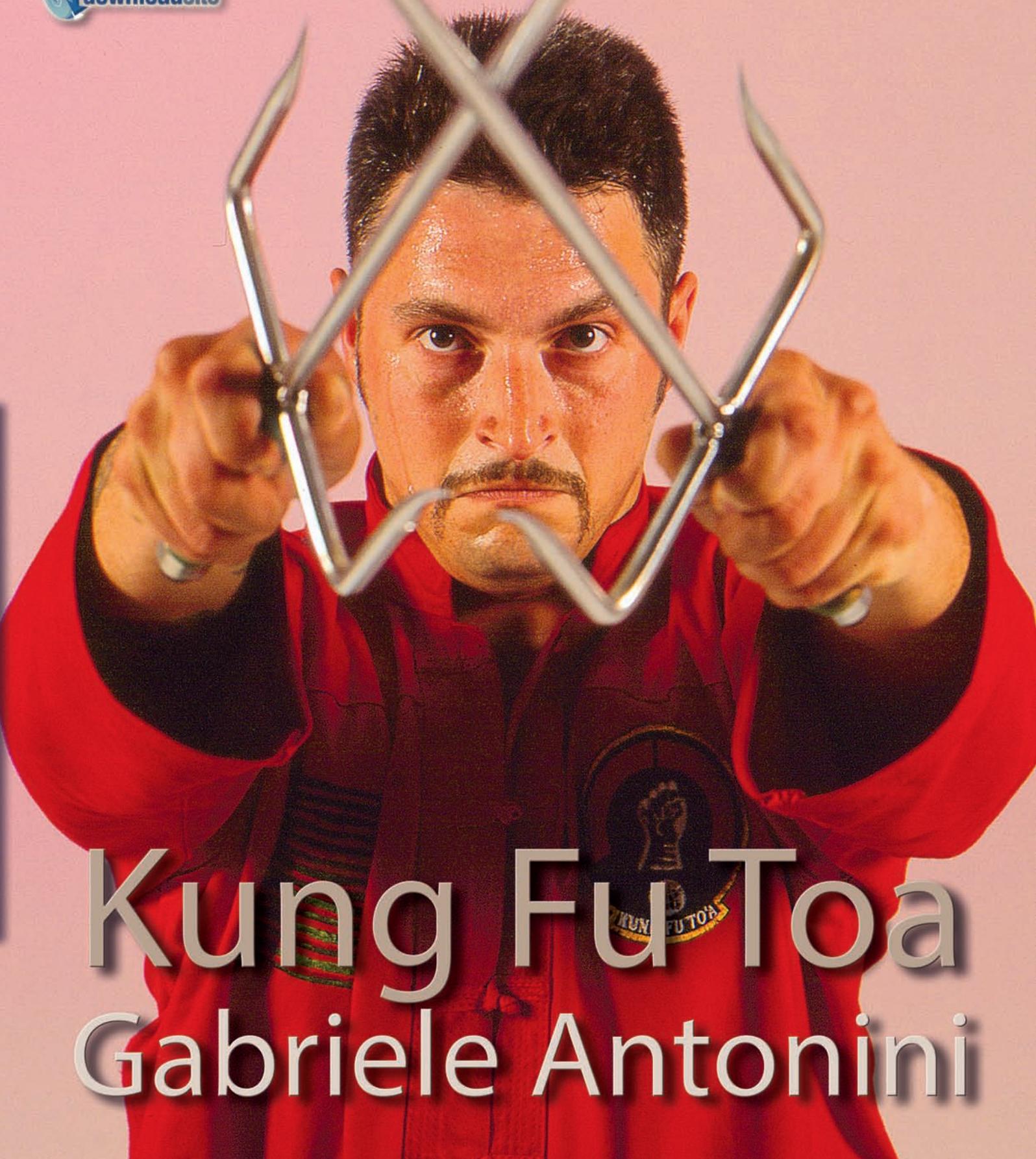


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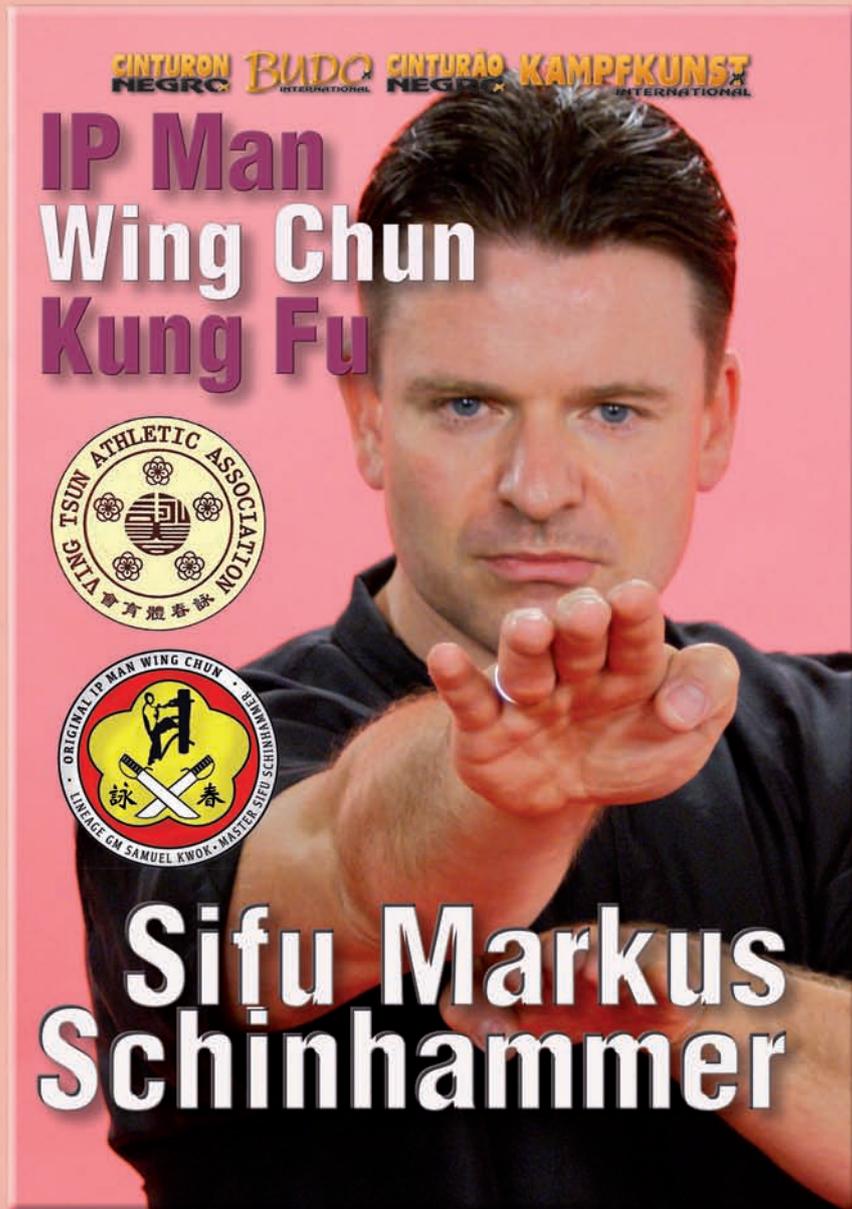
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IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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

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



REF.: • DVD/IMWC-1

DVD: 22,00 €



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Kung Fu

Yin and Yang

The “Yin and Yang” symbol or to be more precise the “Tao” is probably the most popular symbol in the global martial arts scene. Also outside of it many people know it and many are able to give some meaning to it. But only few people really understand what this symbol actually is about and what theory it is attached to.

There probably comes a point in every martial artist's life at which he deals with the symbol. Some may do so a bit more extensively than others. The fascination with the symbol is understandable as everybody has seen it before and many people have something to say about it. But only few people seem to really understand it. By means of this article I am striving to fathom the deeper meaning of the “Tao” symbol so that more martial artists worldwide understand it and gain insight into the philosophical education of the KUNG FU SCHULE MARTIN SEWER.



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I have just mentioned one of the most important things one has to know about this matter: it is a symbol. That means it is representative of something, a thing, an idea. Or in this case of a specific theory of a world view. Strictly speaking, it is for example irrelevant whether the colours of the symbol are black and white. They might as well be red and blue. A friend of mine, who is not so much involved with the martial arts, once made this statement with regard to the "Tao": "It means that in all good things there is a modicum of the bad and in all bad things there is a modicum of the good.", and mainly referred to the two dots in the symbol. One certainly cannot say that my friend was completely wrong with this statement. However, thereby he did not get to the heart of the matter. I would like to tell you how I explained it to him. Similar to how my teacher explained it to me once (or to put it more precisely, how he hinted at it in his own way):

The Yin and Yang theory in principle is based on three pillars:

1. The interdependence and polarity of Yin and Yang
2. The infinite divisibility of Yin and Yang
3. The transformation of Yin and Yang

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1. Yin and Yang are interdependent of each other, i.e. there is no Yin without Yang and vice versa. Only through the existence of one part can the other exist. So as there would be no night without the day or no shadow without light. One may already notice: Something, an arbitrary thing, thus, cannot stand for Yin or Yang on its own. Only in comparison to another thing can something represent the aspect of Yin or Yang in relation to the other. The "Yin" or "Yang" status of a thing, therefore, is always relative and by no means absolute. This status only exists due to

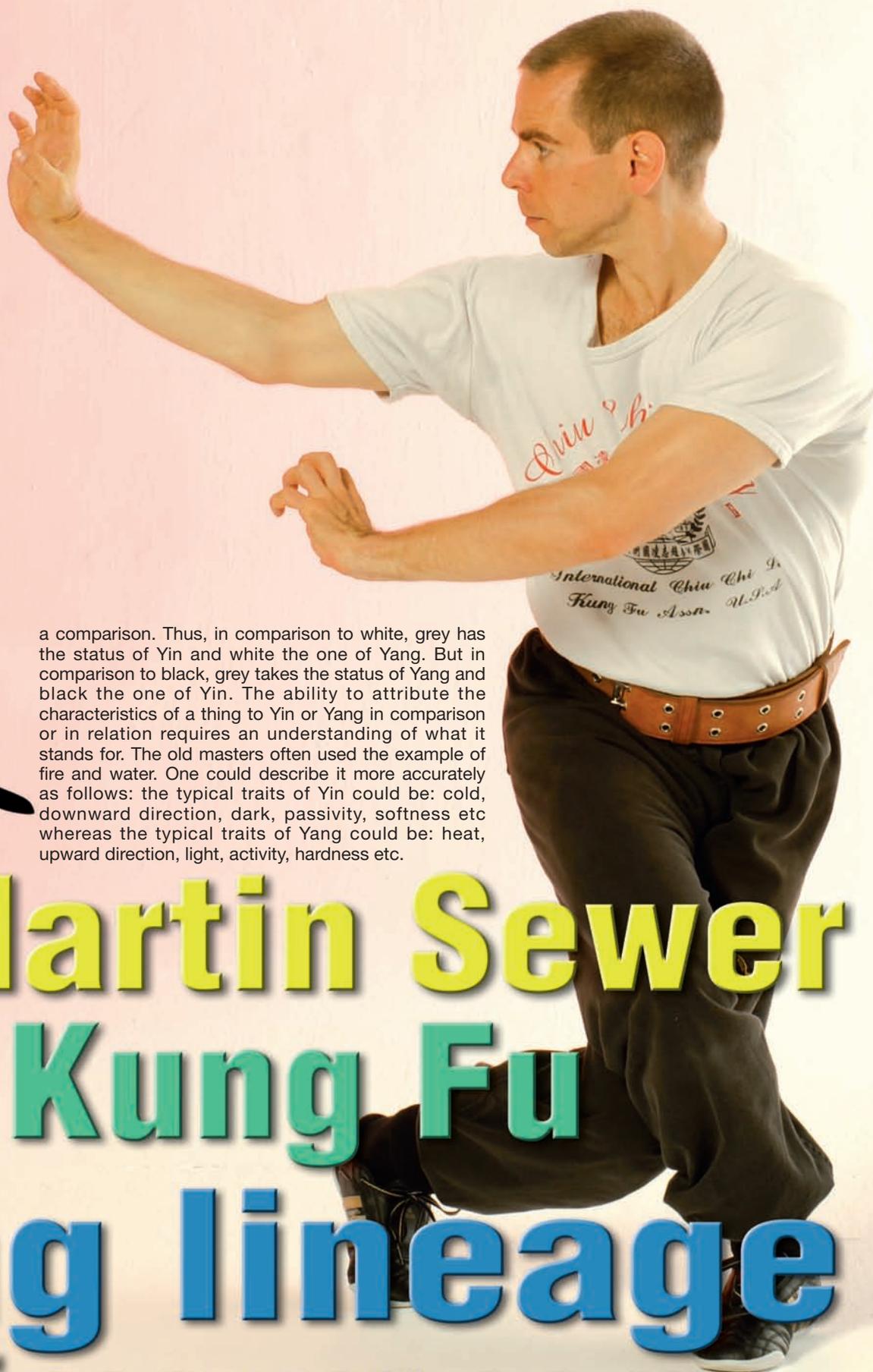


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a comparison. Thus, in comparison to white, grey has the status of Yin and white the one of Yang. But in comparison to black, grey takes the status of Yang and black the one of Yin. The ability to attribute the characteristics of a thing to Yin or Yang in comparison or in relation requires an understanding of what it stands for. The old masters often used the example of fire and water. One could describe it more accurately as follows: the typical traits of Yin could be: cold, downward direction, dark, passivity, softness etc whereas the typical traits of Yang could be: heat, upward direction, light, activity, hardness etc.

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2. Everything, to which one applies the theory of Yin and Yang, therefore has to be seen in terms of relations or comparisons. The second pillar teaches us that these relations can be infinitely divided anew and that the comparison between different things can be split into endless detail or endless dimensions. The hand (up) is compared to the foot (down) Yang; but the palm (inward) is Yin in comparison to the back of the hand (outward), and the fingertips of the back of the hand (front) are Yang in comparison to the ball of the hand (back). In this way every Yin aspect of a thing can again, in relation to something else, be divided into a new Yin and Yang context. And both new Yin and Yang aspects can in turn be divided into a new context and so on and so forth.

3. Yin and Yang are continuously changing. Nothing is absolute and stays like it is for ever. Think about it for a moment; has there been something in your life that has never ever changed or is never going to change, realistically speaking. The answer is: Nothing has. Everything is constantly changing. As we have seen, there is no Yin without Yang and no Yang without Yin. The third pillar thus teaches us that someday in the process of change, at some point, Yin turns into Yang again. After summer comes winter and after winter comes summer again. Thus, in every Yin there is a seed of Yang and in every Yang there is a seed of Yin. Just like there is a sunny day in winter and a rainy, grey day in summer. Thus, my friend was not entirely wrong



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with his statement. Yang someday transforms into Yin and Yin eventually into Yang.

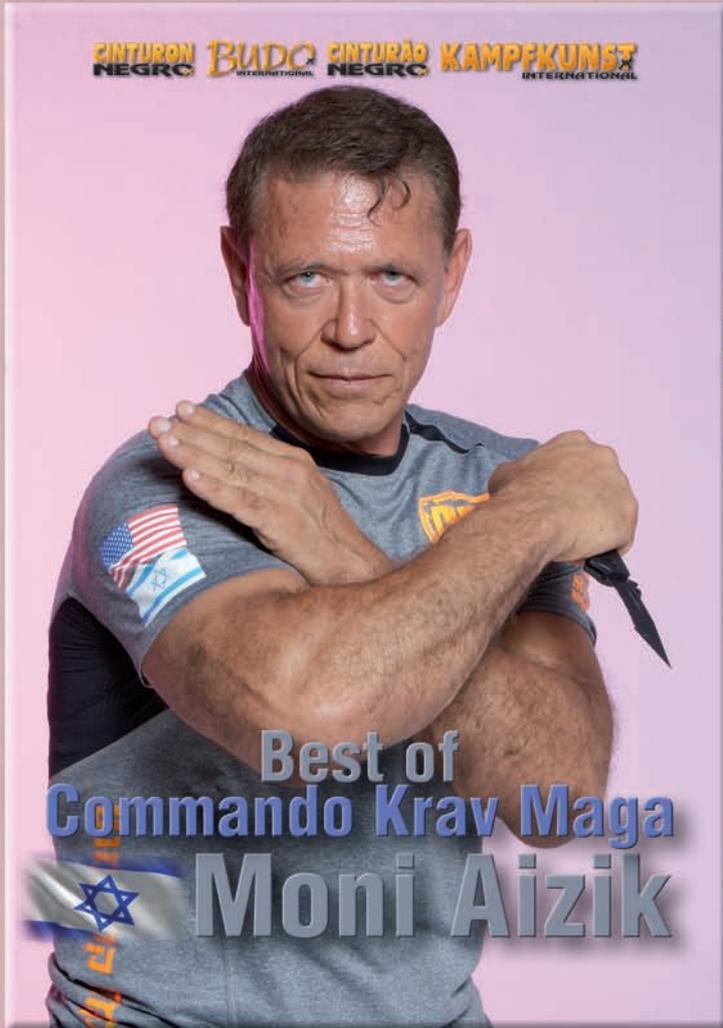
Can you perhaps already see in what way this can actually be connected to the martial arts? For example the fact that you can ward off a hard, inflexible attack (Yang) with a soft, flexible movement (Yin)? Or the fact that you can throw your opponent off-balance by firstly leading him or her force to the left (Yang) and then to the right (Yin). Do not worry, even if uniting theory and practice may take some time, now I can already say: Congratulations! You have read and understood the three pillars about the Yin and Yang theory and now you know. But caution: I said you "know". I did not say that you comprehend or get to the bottom of it. So what I am trying to say is that something as complex as this theory or like many other ones, which are taught in my school, partly take a whole life in order to be really comprehended in their depths and thus to be also perfectly implemented. I am already looking forward to any questions in this direction. And let's be honest; we, as martial artists, derive our motivation from knowing that we have never stopped learning in these matters. That is what attracts and drives us. So that we may become better and better.



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Best of Commando Krav Maga Moni Aizik



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

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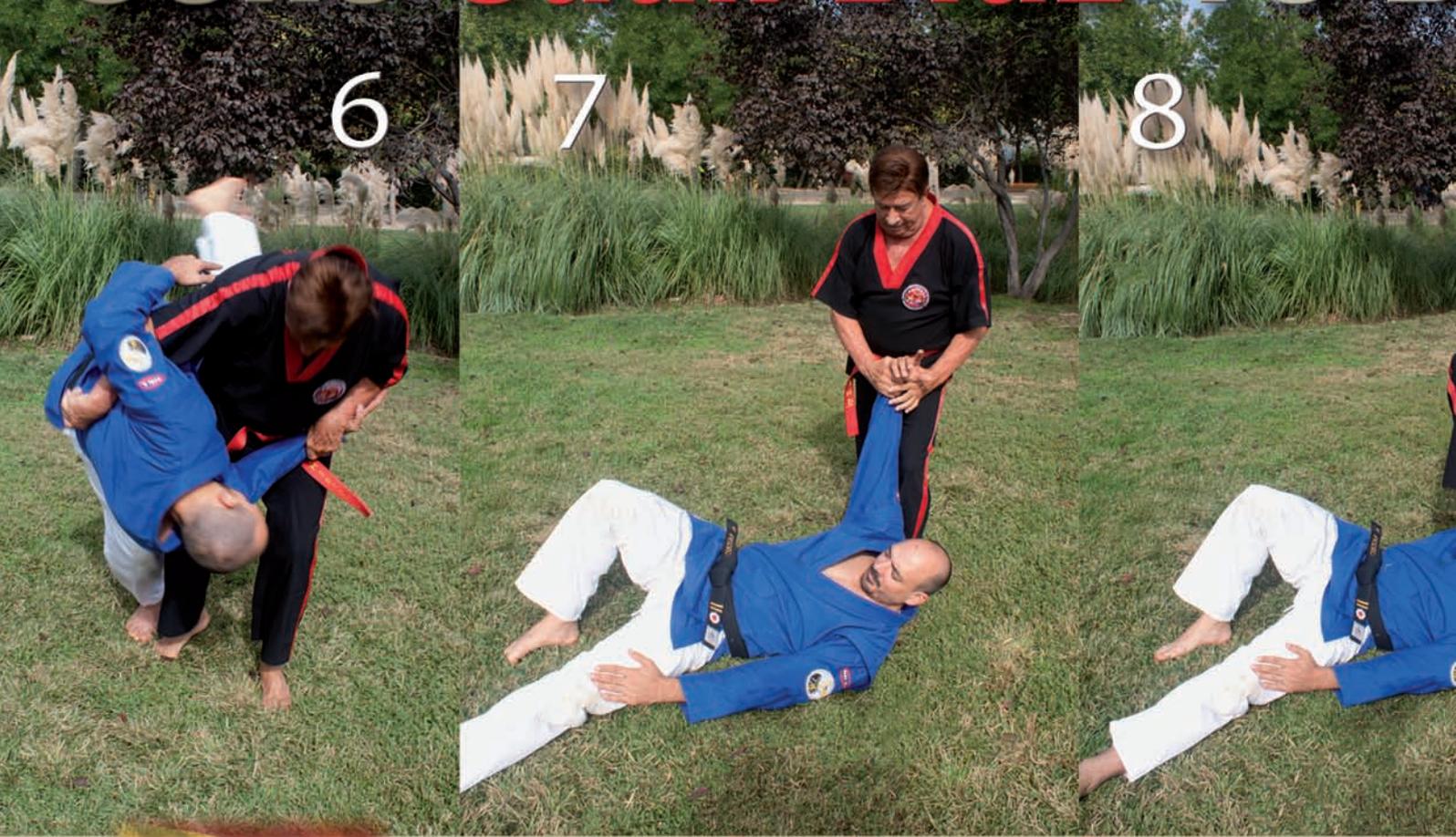
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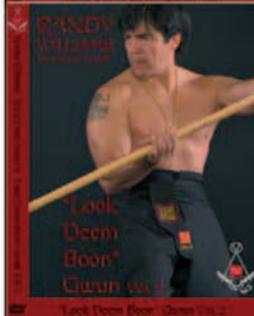
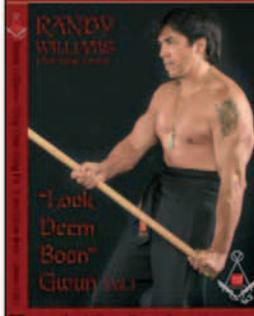
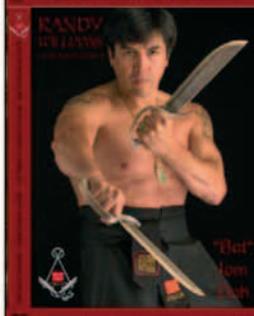
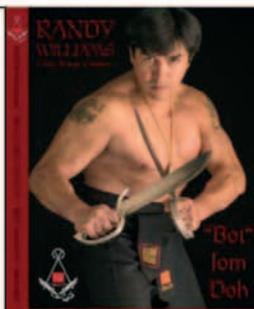
Contents: The concept of "Reverse Engineering," Chokes; Rear, Front Standing, "Guillotine," Head-and-Arm, Side-Mount Shoulder Choke, and many other Groundfighting drills and techniques.

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

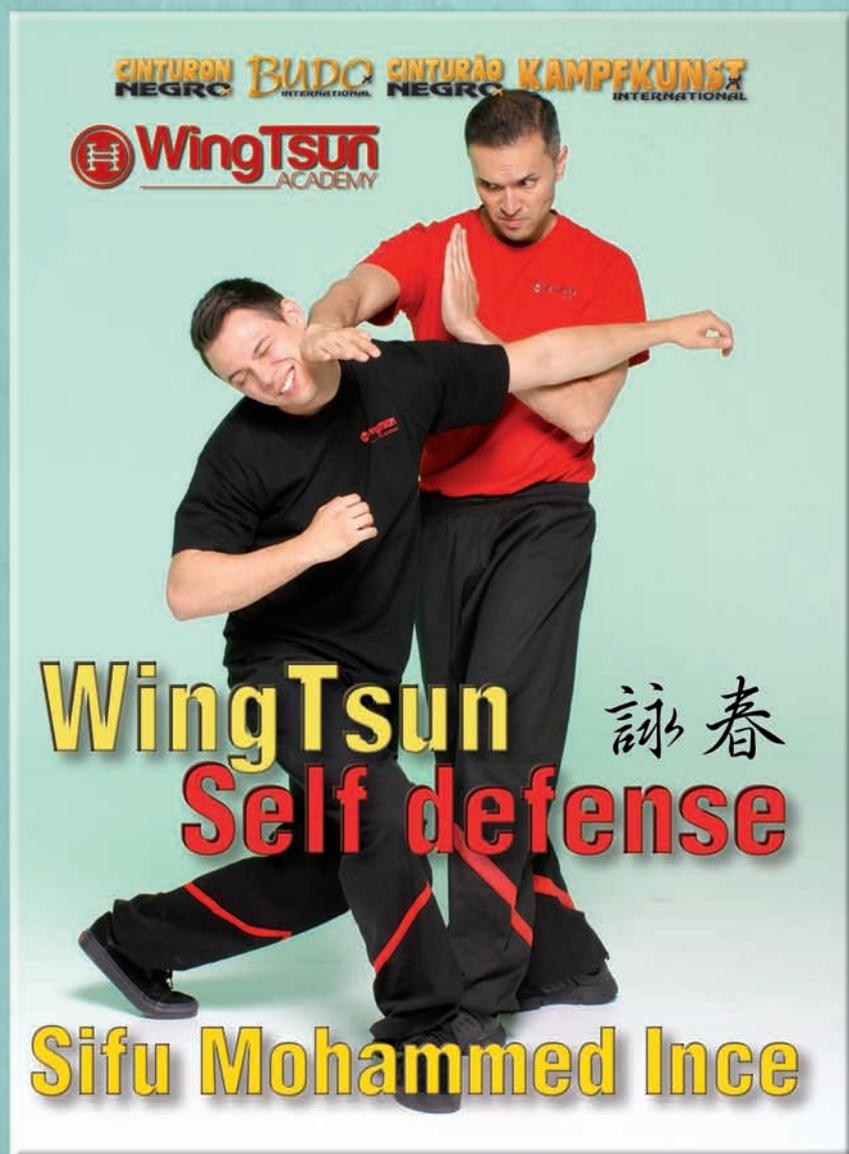
Content: Pole Details, Pole Drills, Pole Footwork, Form Overview, "Look Deem Boon" Gwun Form, 6 ½ Strikes of the Pole, Applications: Pole vs. Pole

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

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WingTsun Sifu Mohammed Ince Self defense



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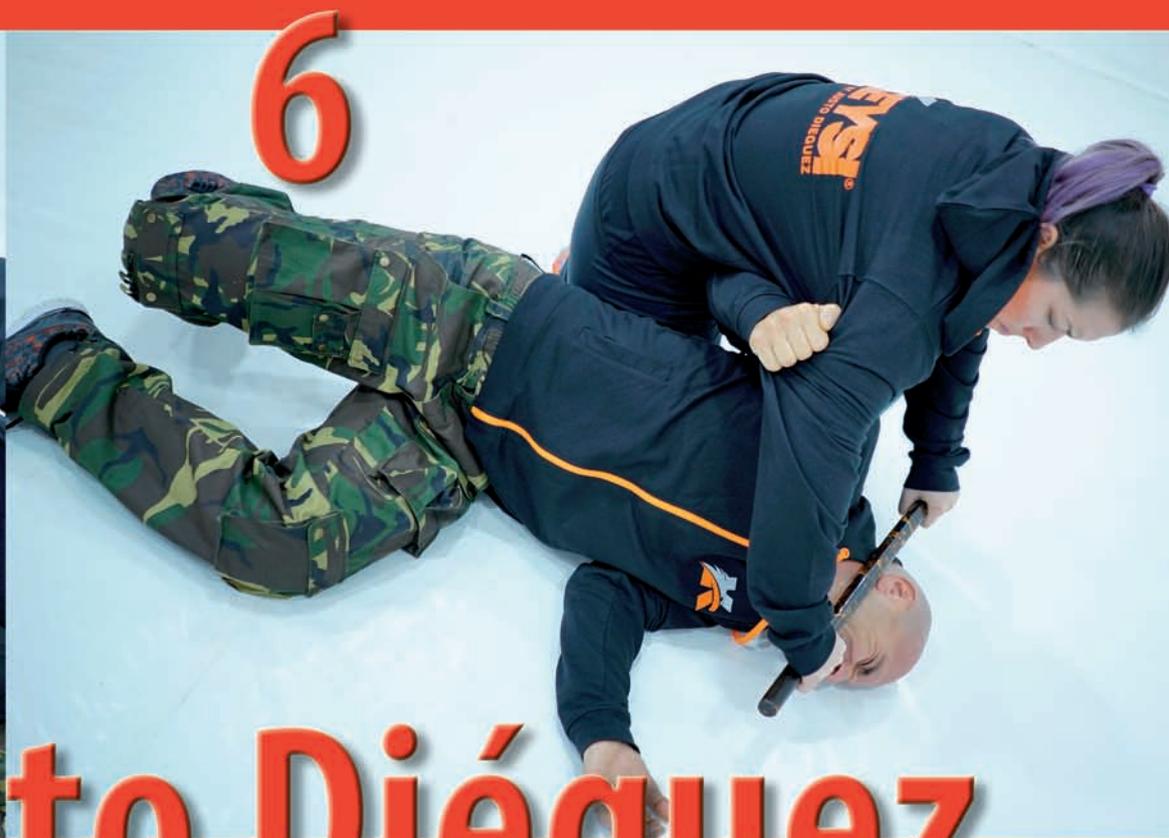
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Diverse techniques with the most common weapons are analyzed, always bearing in mind that there is no such thing as a "universal pattern of aggression": the kinds of attacks are unlimited and so are the means of defense. Technique is only the basis of study to acquire and develop fluency and conscience of the movement, but the aim is that of making our defense instinctive thus shortening the time of reaction. As on the ring, we will never have the mathematical certainty of winning the bout, but we can greatly increase our chances of emerging victorious: "He who fights risks to lose, he who doesn't fight has already lost." Morabito, with his Israeli Krav Maga Survival System wants to break with the patterns and show the public something totally new, far from the regular old-fashioned techniques, emulated for decades. On this DVD, technique melts with experience and everything acquires clear and definite contours. Nothing is left at random and the most common mistakes are unmasked and analyzed. In the Israeli Krav Maga Survival System you will find an exceptional and authentic new method of self-defense.

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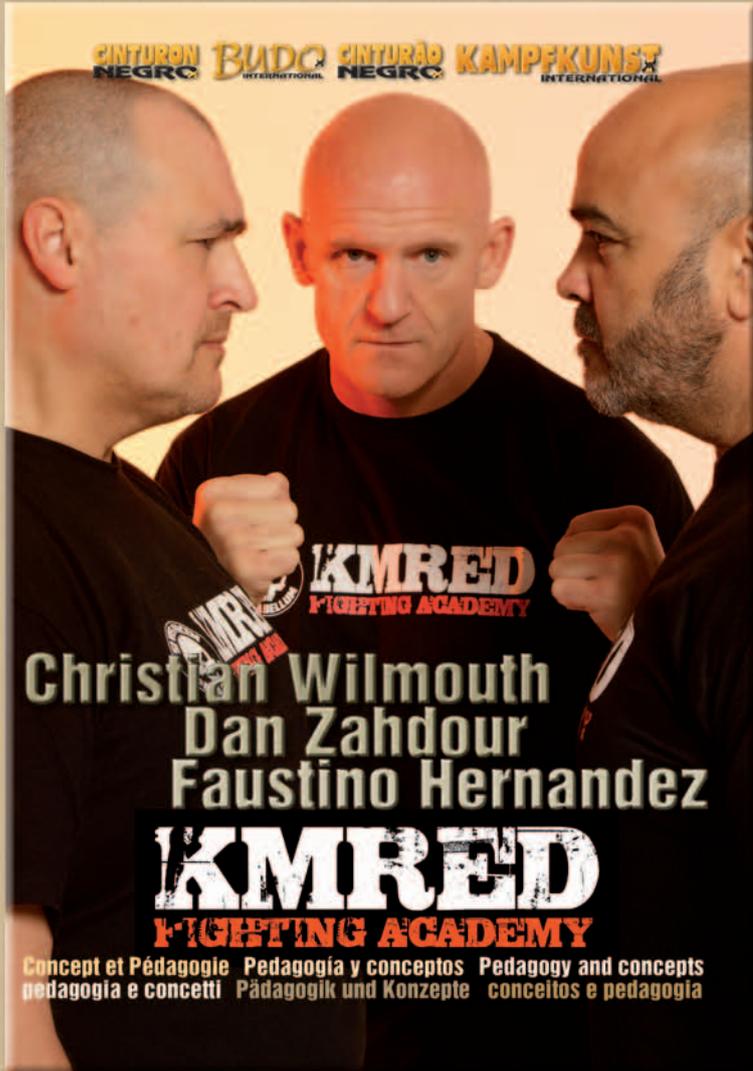


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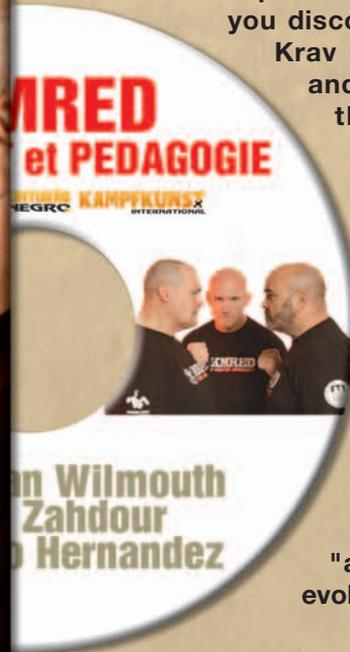
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We are pleased to present the second work of the KMRED group. This video bearing the name "Concept and Education" aims to make you discover a part of the concept Krav Maga Research, Evolution and Development, as well as the pedagogy developed within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



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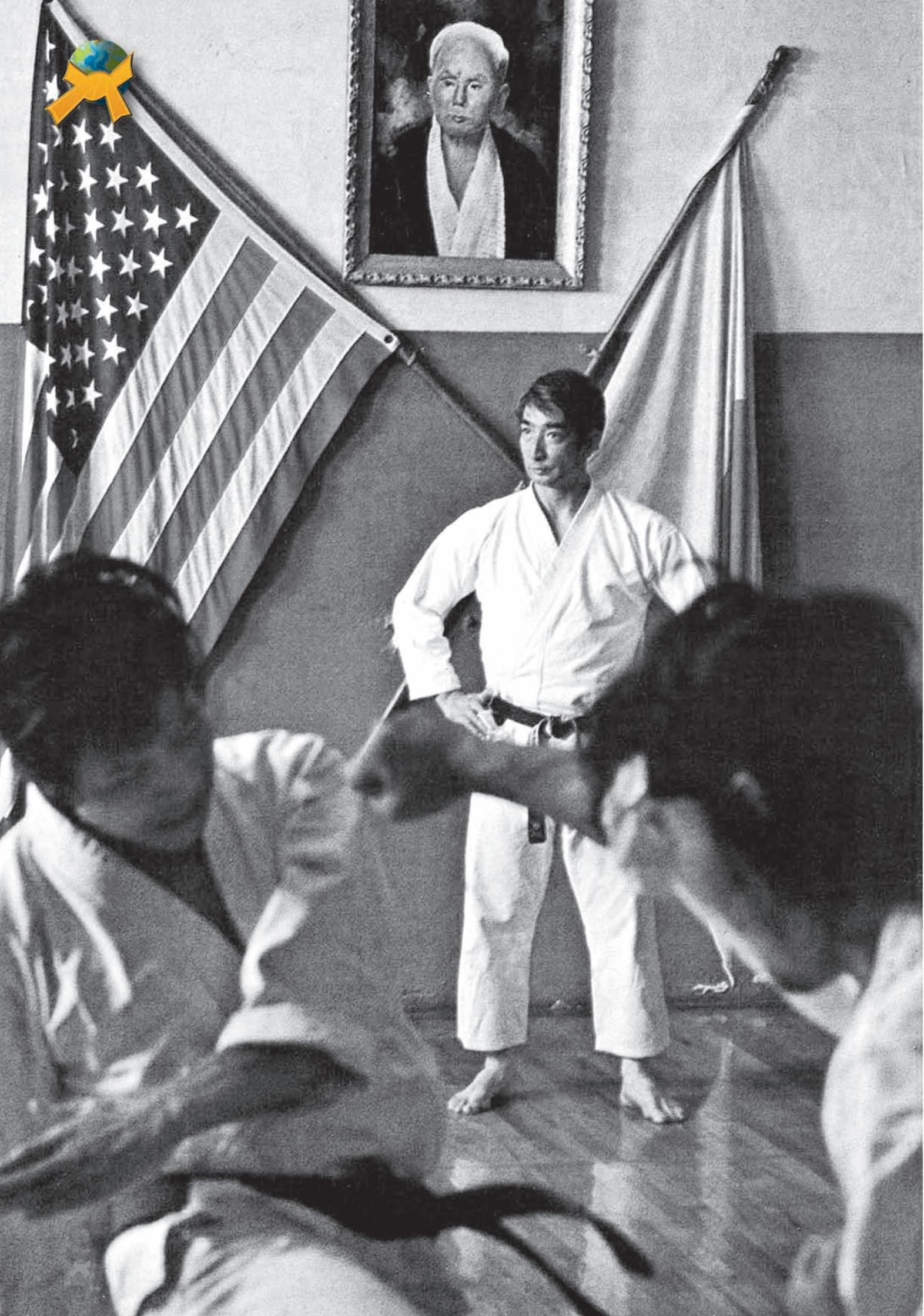


“Your golden rule says to turn the other cheek when someone hits you. That is Aiki, except that we turn it before being hit. This prevents damage to the attacked person and prevents the attacker from committing sin.”

Gogen Yamaguchi



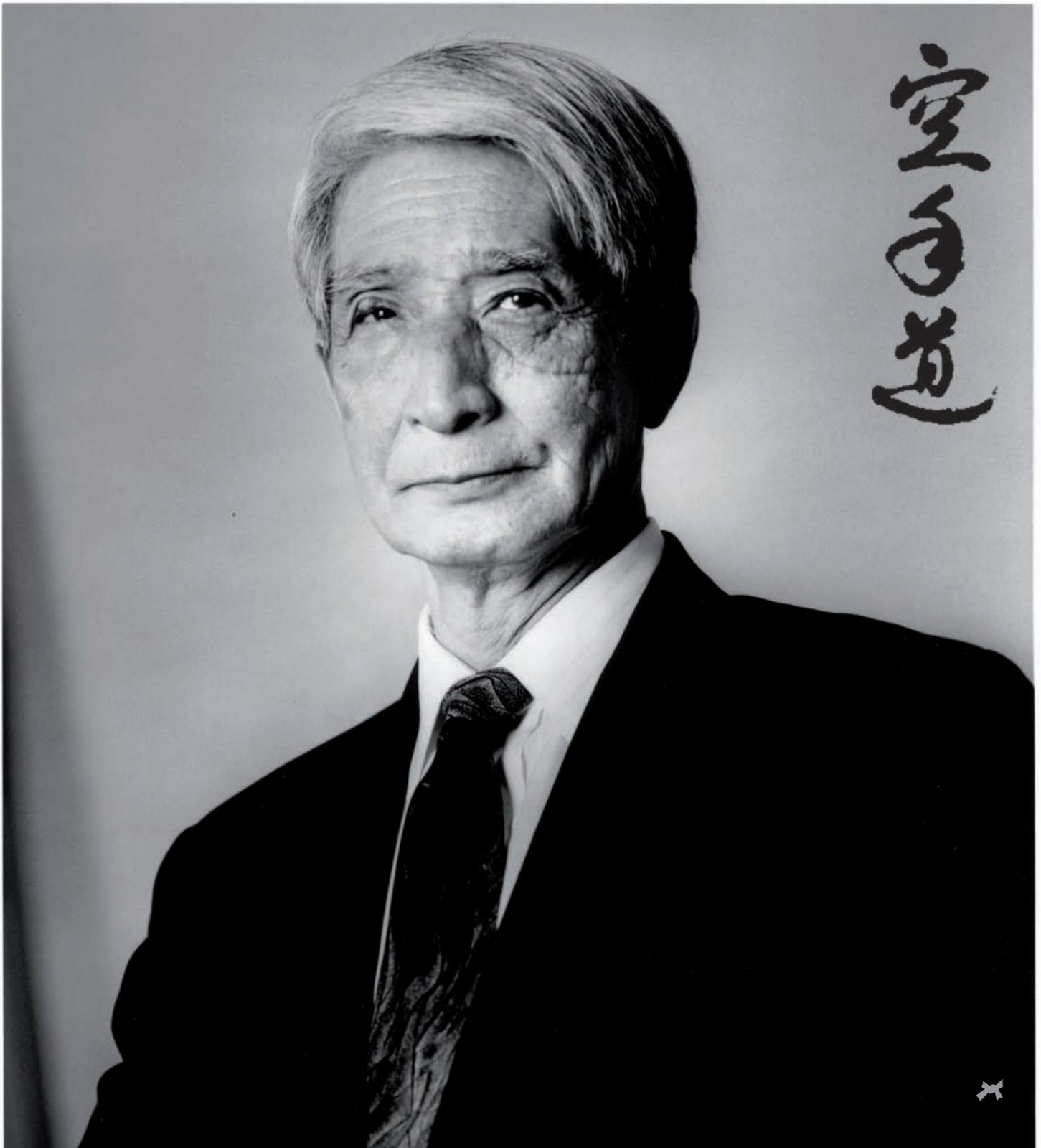






**“We think that through the philosophy
of Karate we can help and improve
the stability of mankind.”**

Nishiyama Sensei





“Karate-do is a Martial Art meant for character development through training, so that its followers can overcome any obstacle, whether tangible or intangible.”

Nakayama Sensei

空手道







Karate Aphorisms

Hironori Otsuka Sensei

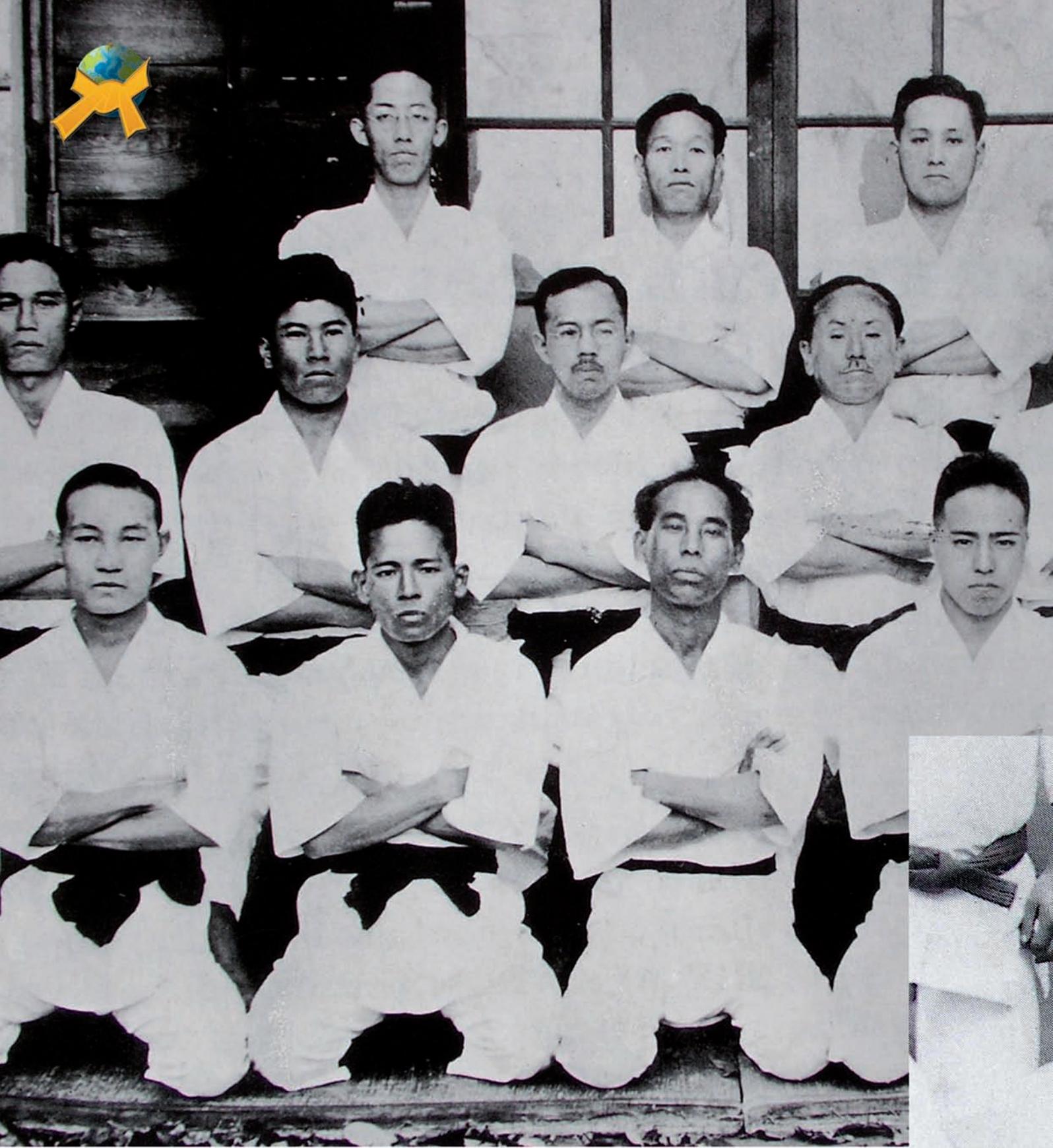




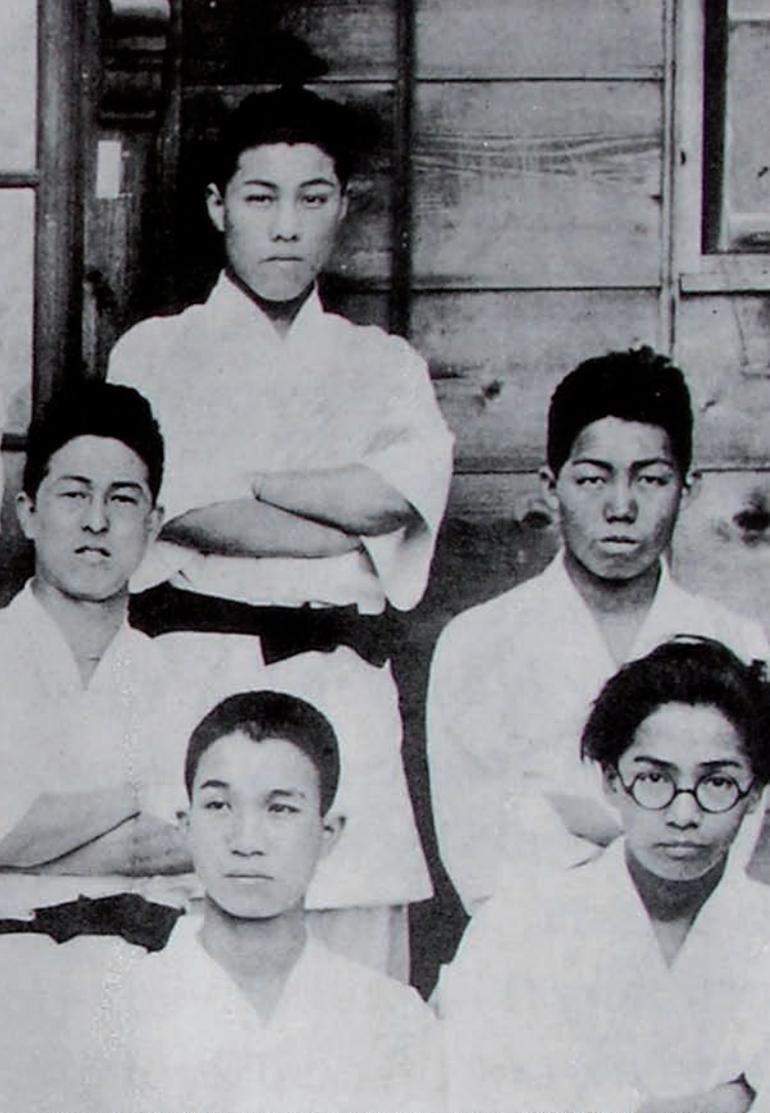
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**“The way or the aim
in the practice of
Martial Arts
is not the fight,
but the search for
peace and harmony
within everyone.”**





Q Sensei Funakoshi Gu

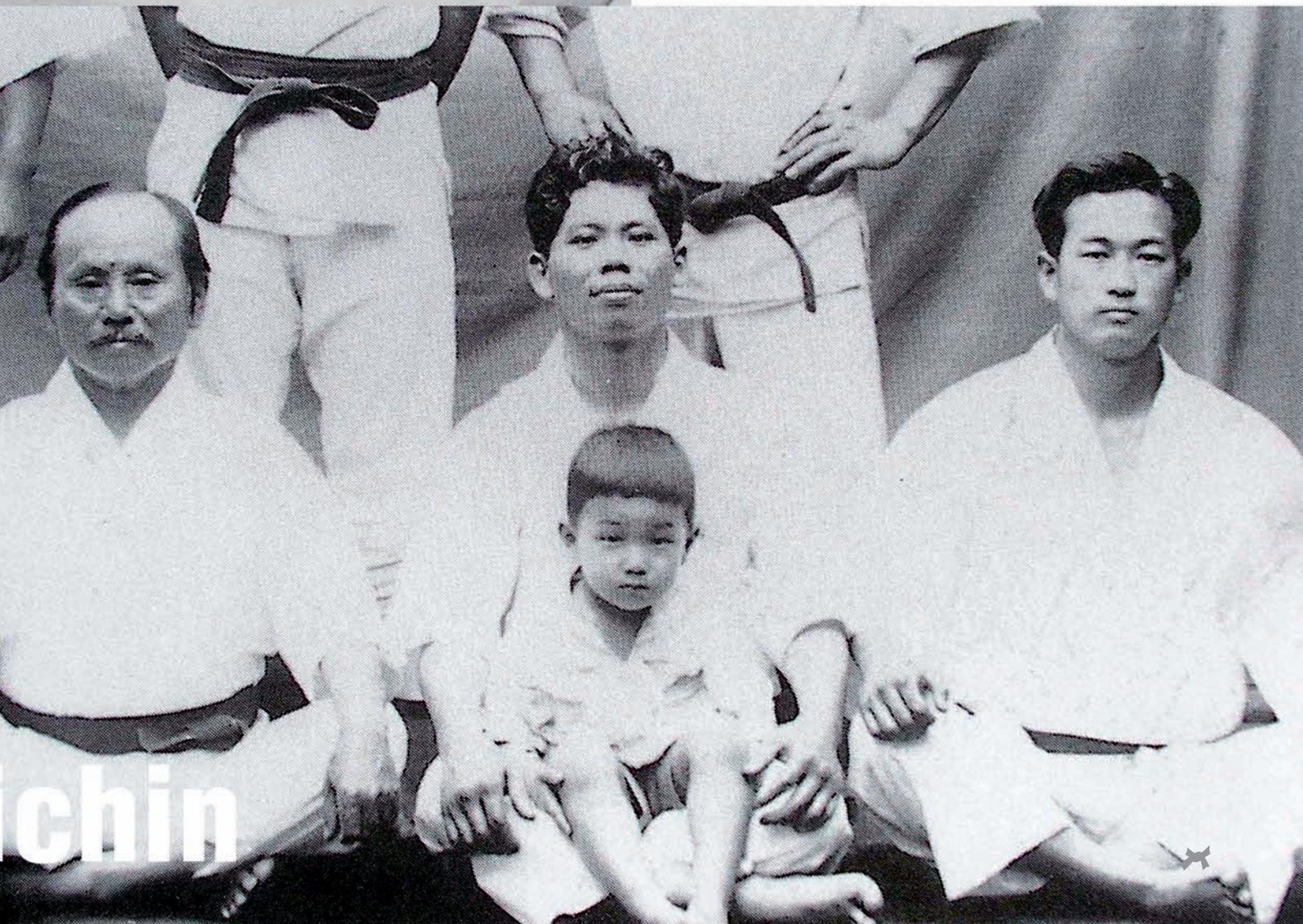


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Great Masters

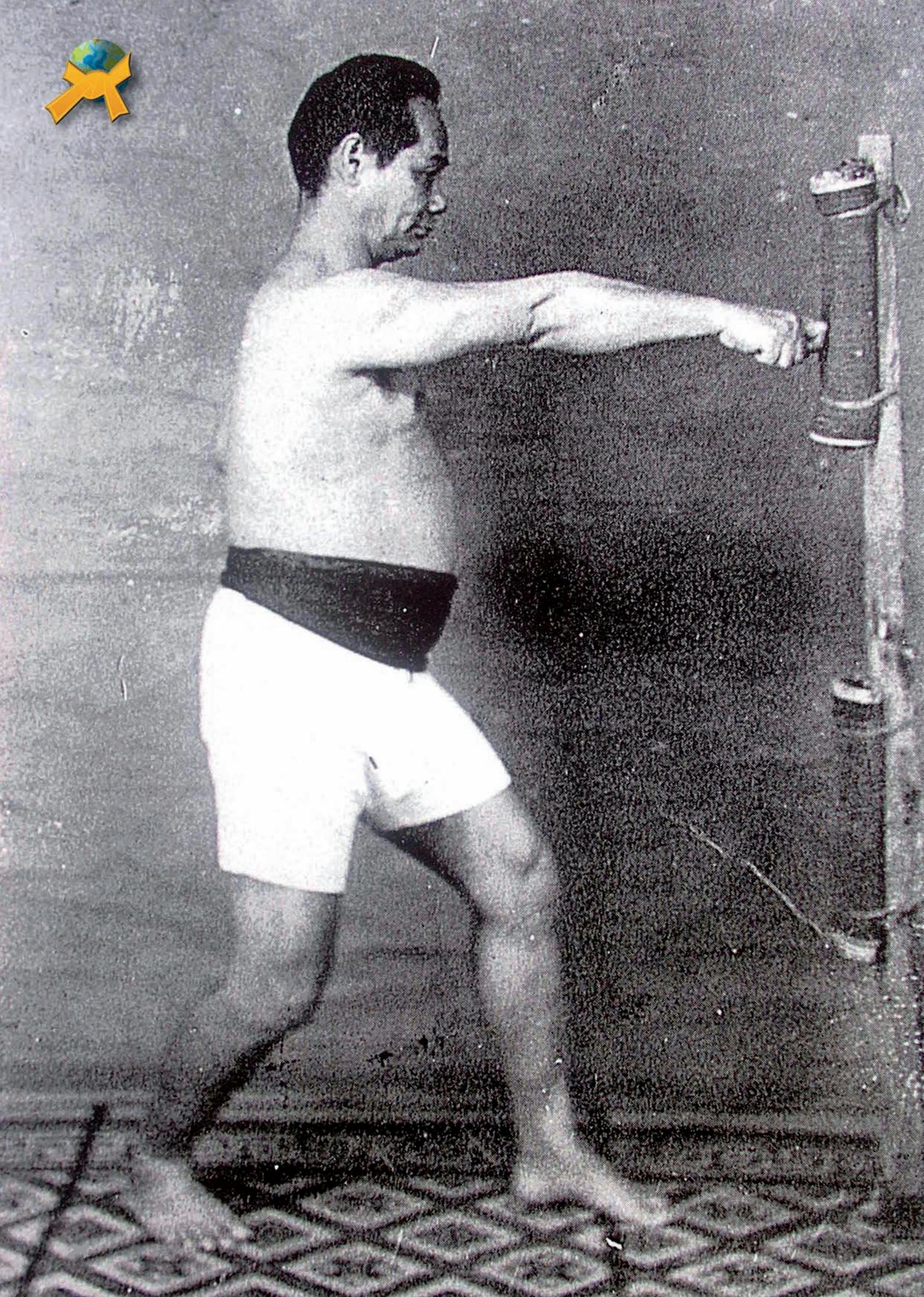


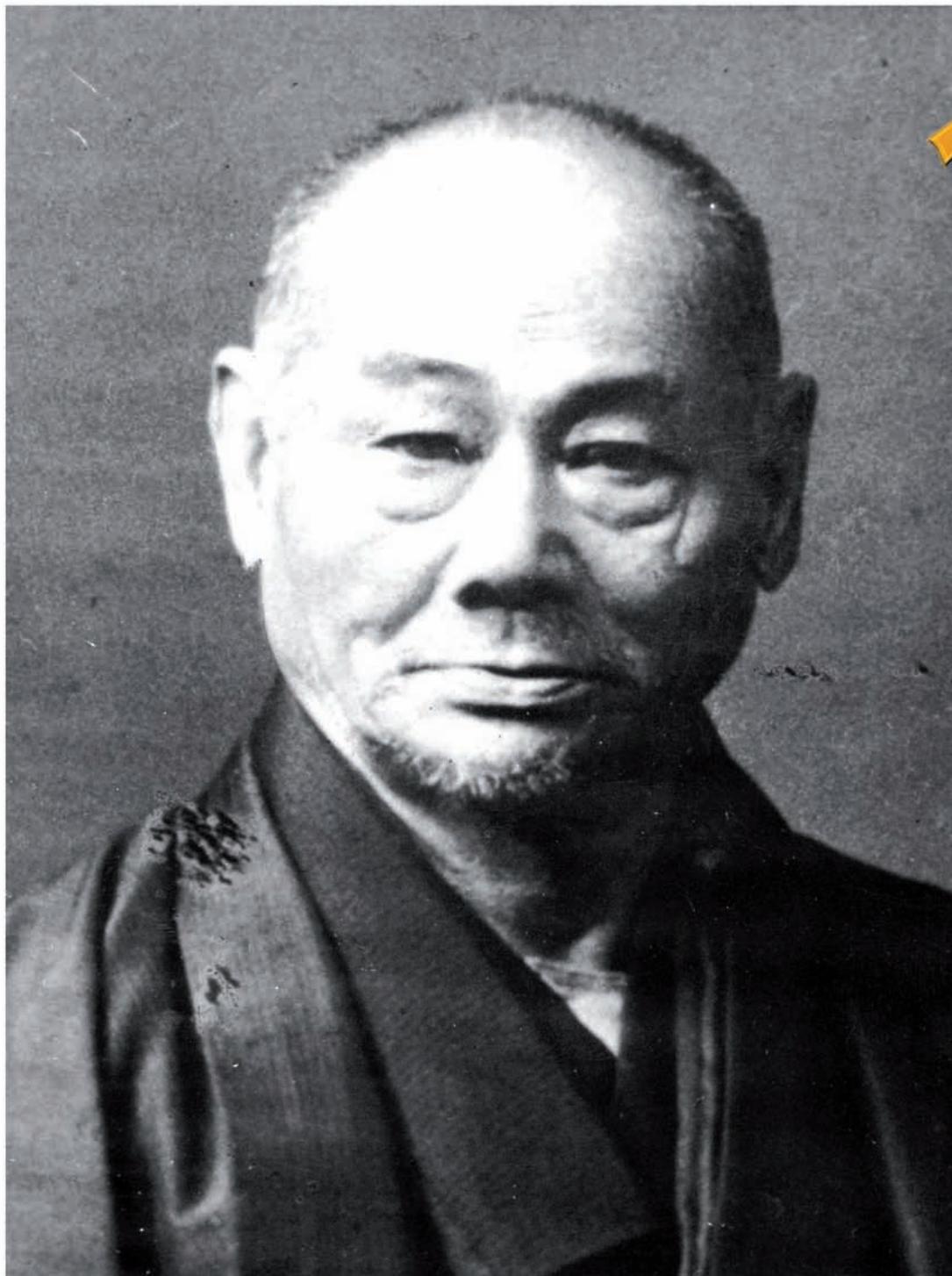
**“I come to you
empty-handed.
I have no weapons,
but, if I am obliged
to defend myself,
to defend my
principles
or my honor,
if it is a matter of
life or death,
of right or of
injustice,
then here
are my weapons:
my empty hands.”**



chin







Choki Motobu

**“You should always reject
an attack by taking a step forward:
get into your enemy's body and exhort him to
fight in the short distance trying to make
the first contact an attack.”**

空手道



Karate Aphorisms





“The best defense is anticipation.”



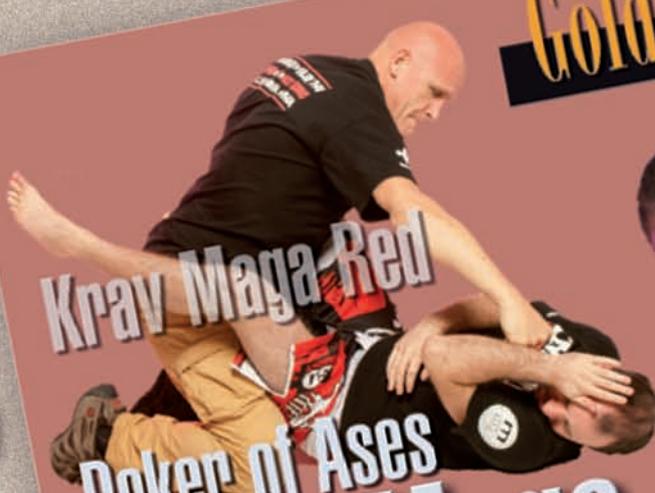
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The main emphasis of this DVD is edged weapon. Knowing and understanding all the dangers associated with any edge weapon. The main theme in this DVD is establishing the priority.

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

REF.: • LAT-3



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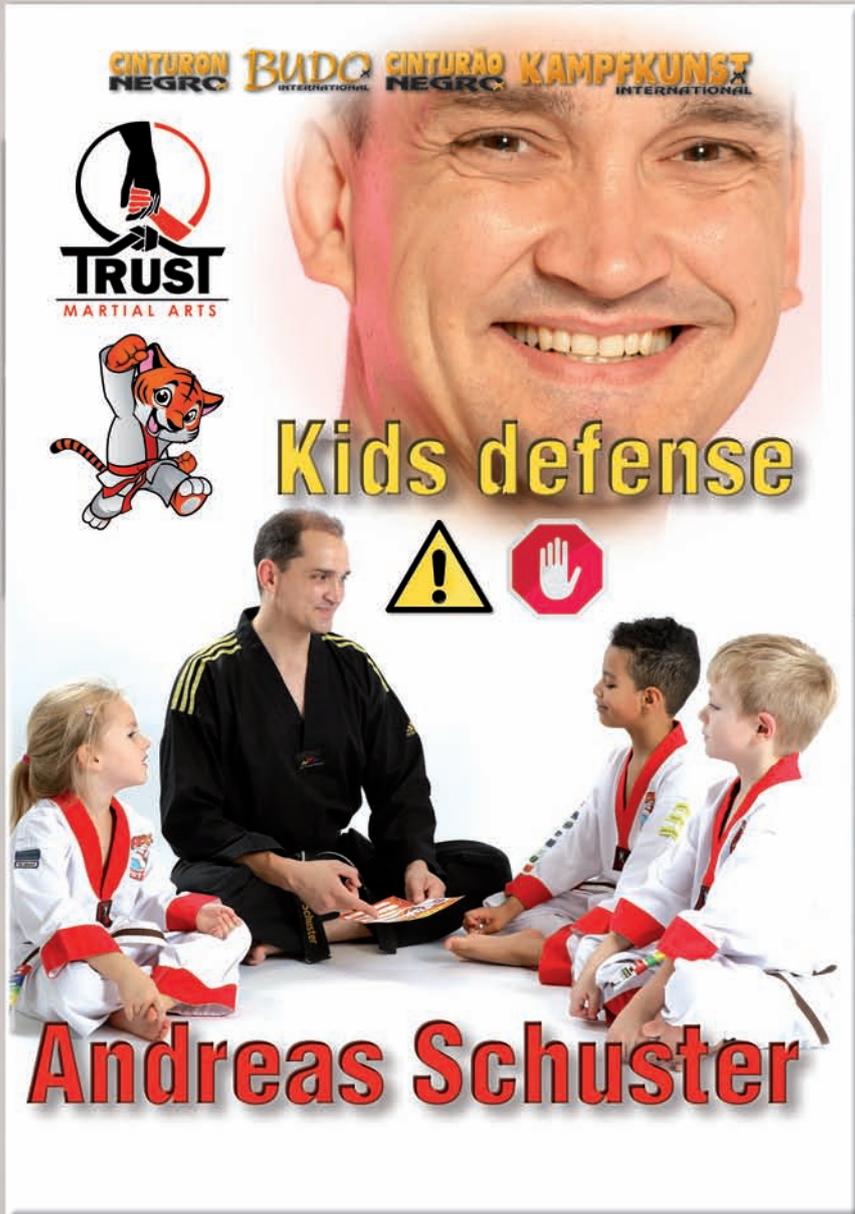
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Kids Defense Andreas Schuster



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Schuster

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



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Don Marino Acosta
Tenerife



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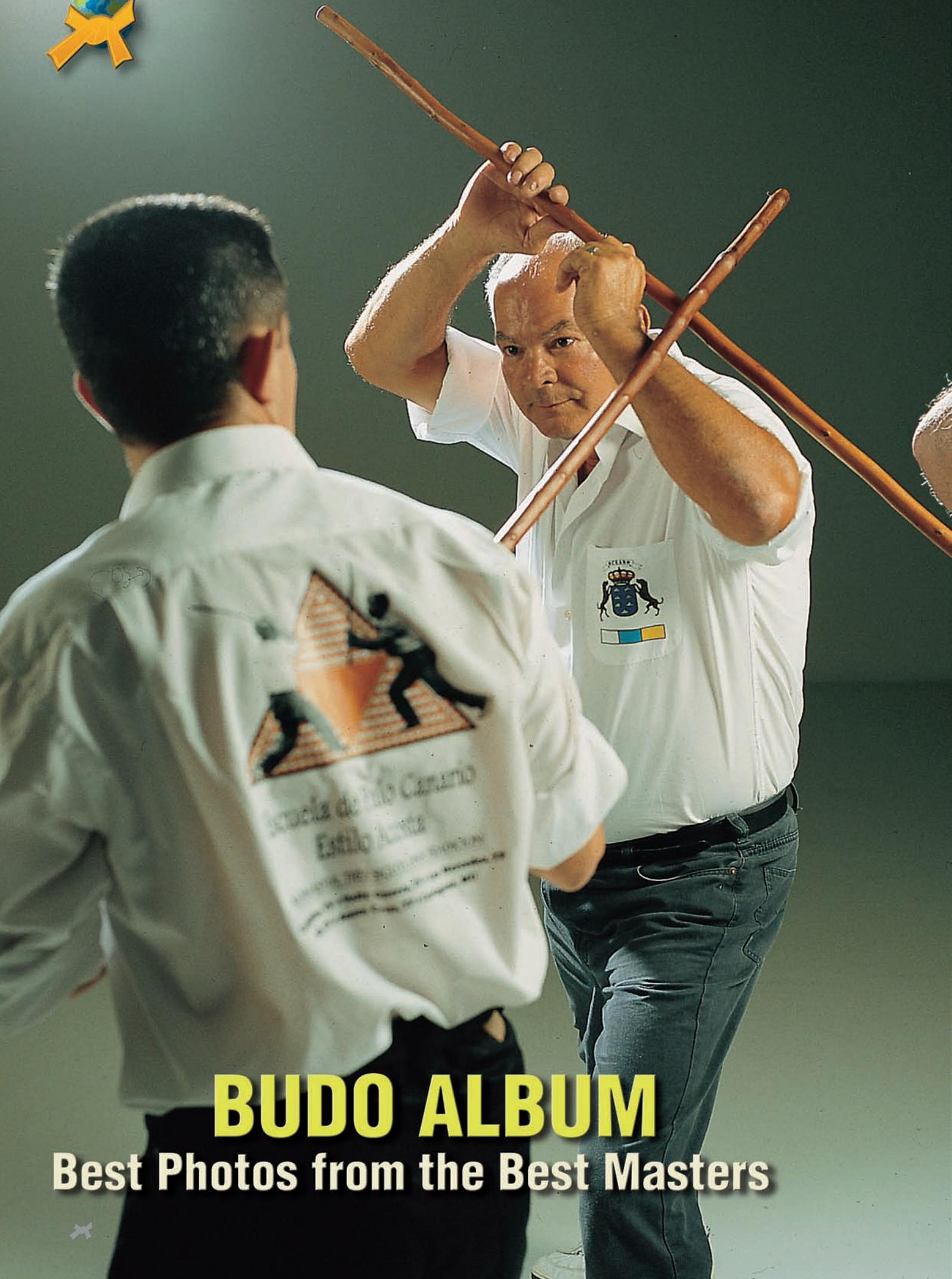




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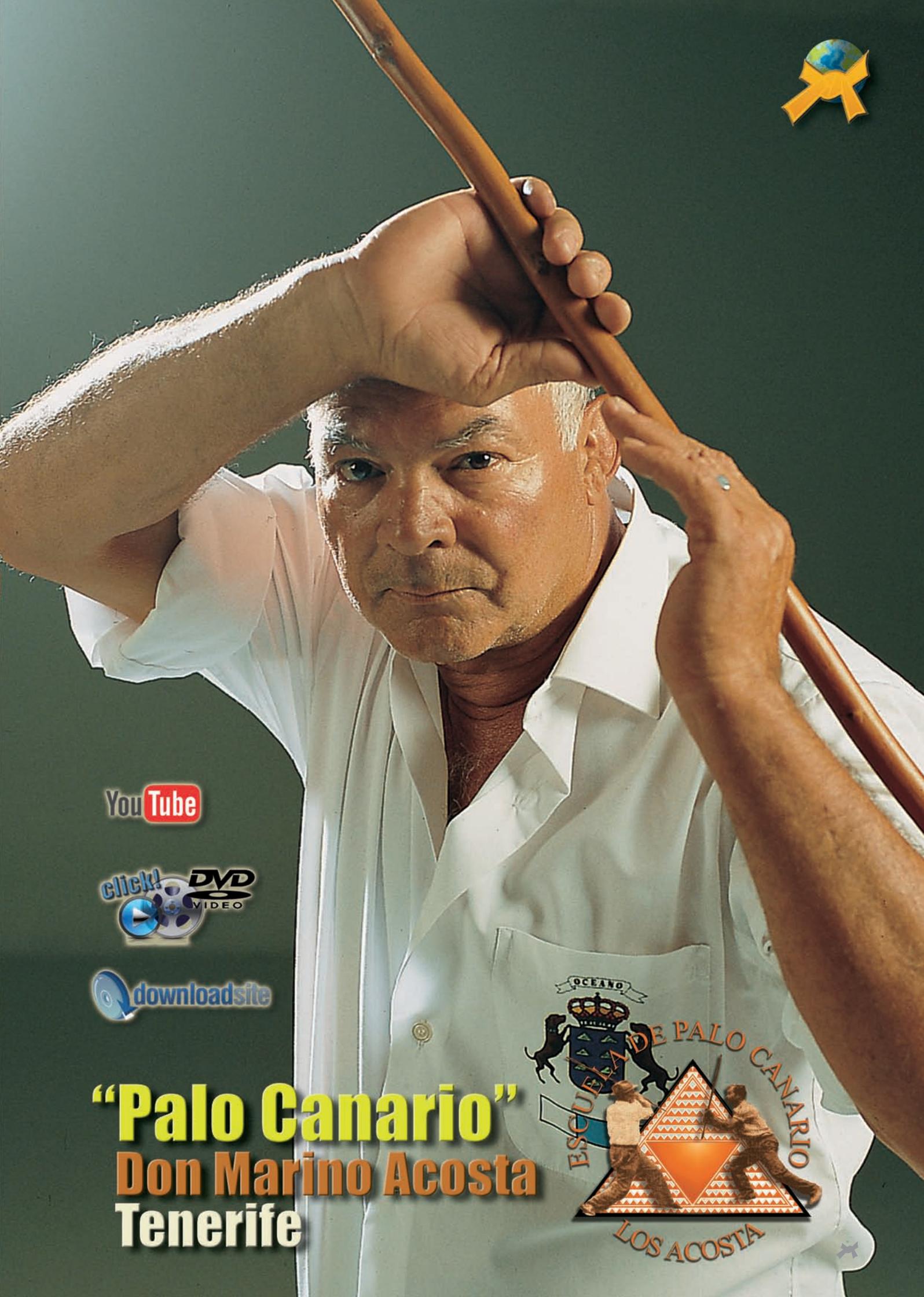


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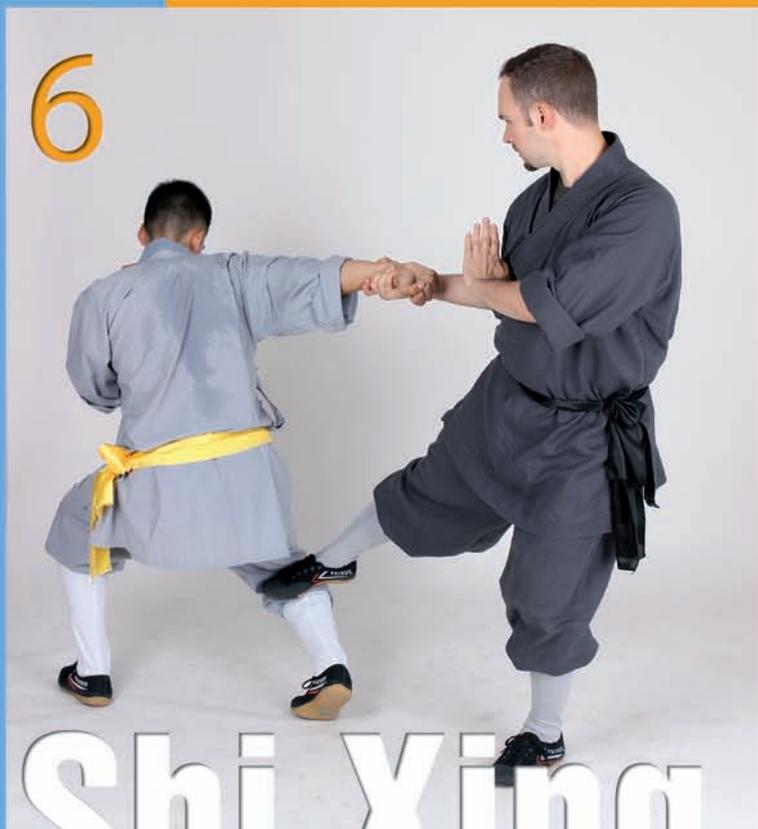
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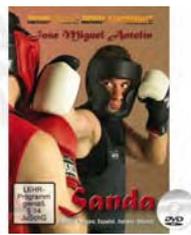
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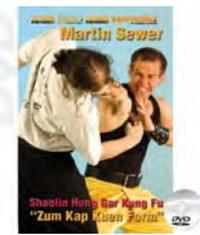
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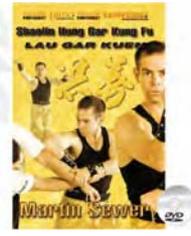
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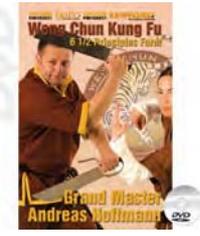
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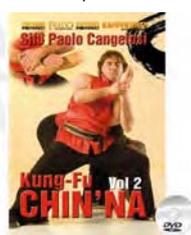
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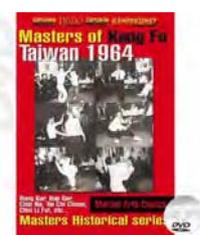
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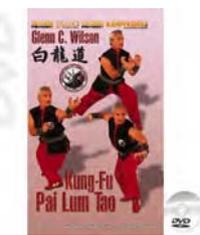
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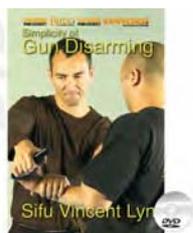
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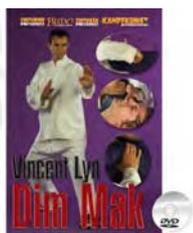
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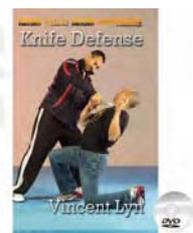
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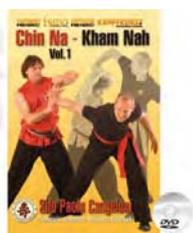
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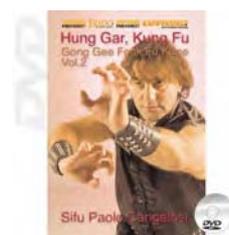
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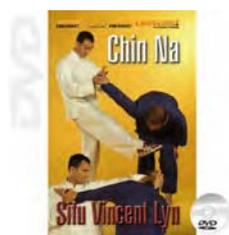
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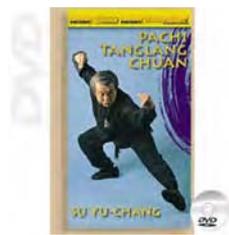
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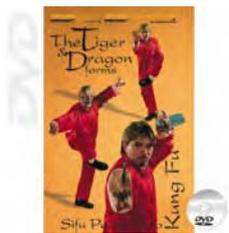
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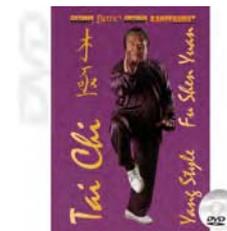
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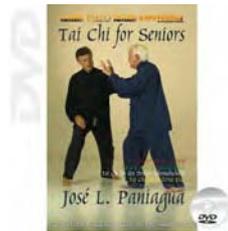
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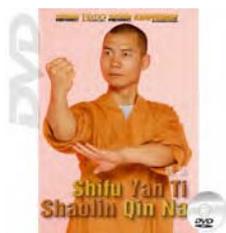
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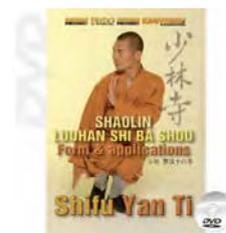
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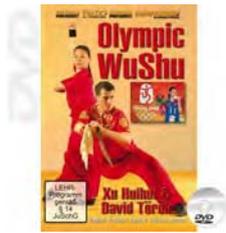
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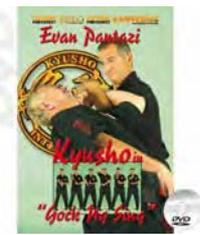
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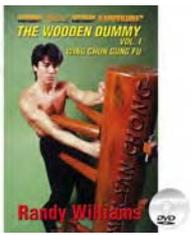
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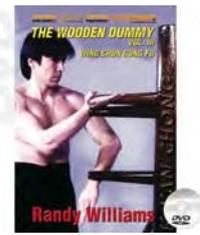
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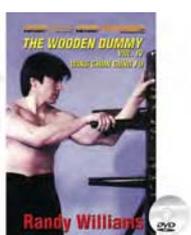
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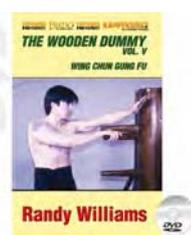
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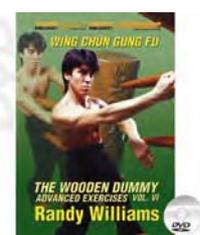
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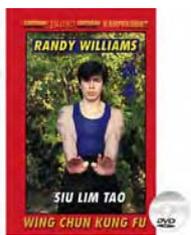
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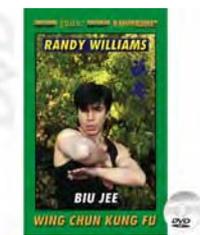
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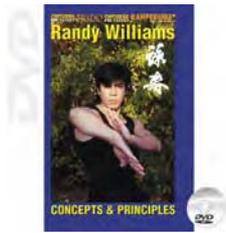
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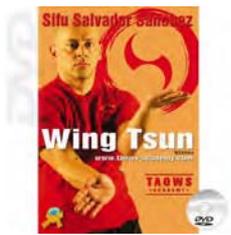
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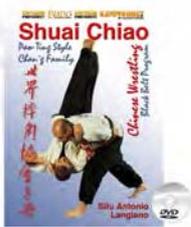
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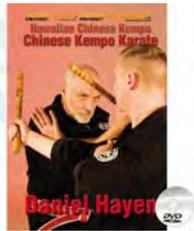
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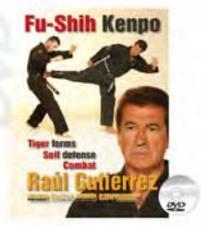
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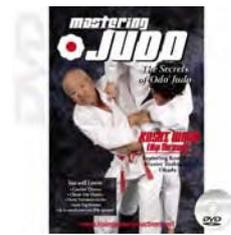
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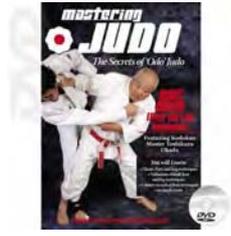
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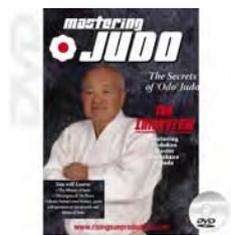
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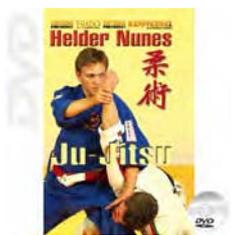
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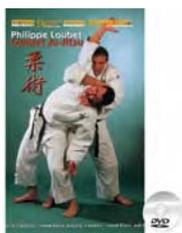
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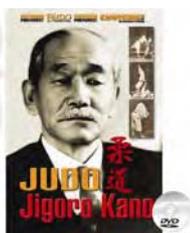
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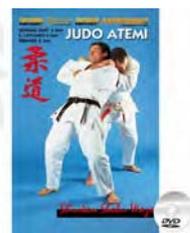
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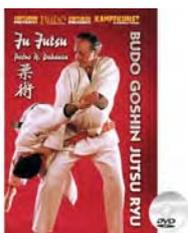
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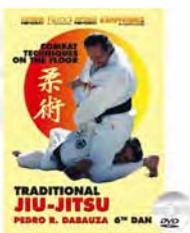
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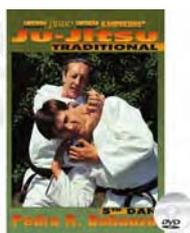
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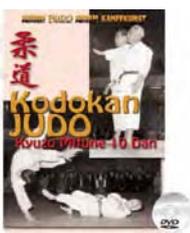
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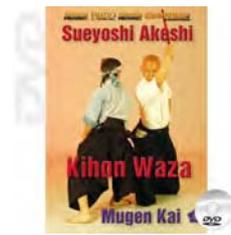
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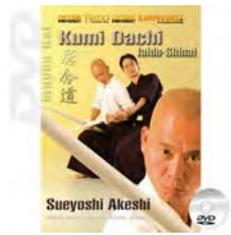
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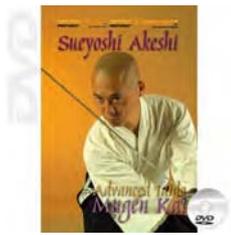
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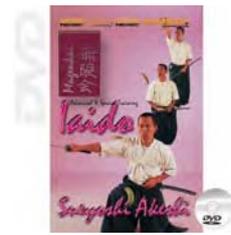
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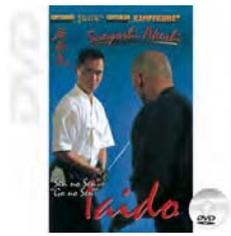
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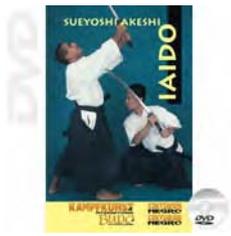
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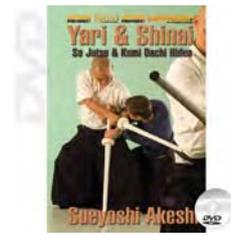
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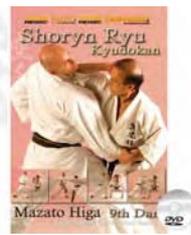
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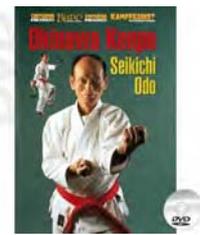
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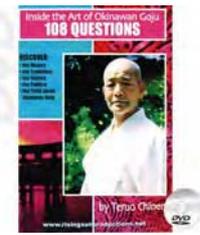
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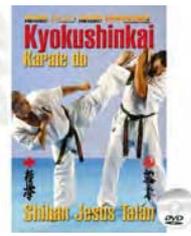
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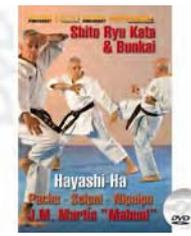
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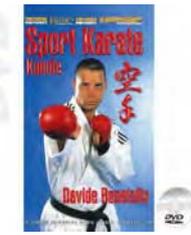
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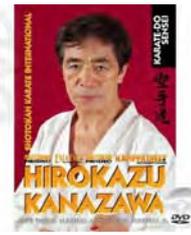
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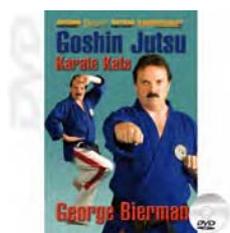
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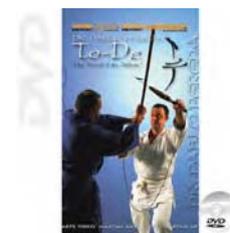
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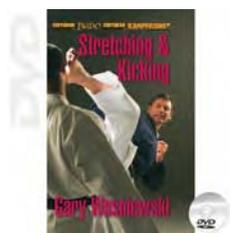
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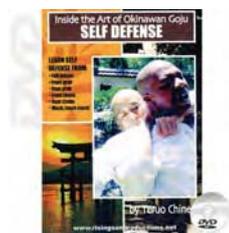
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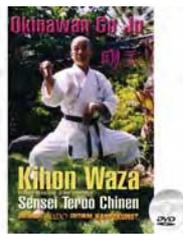
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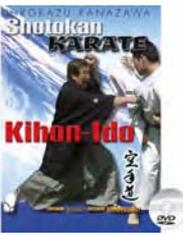
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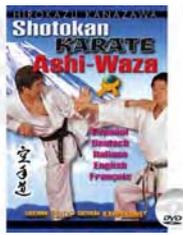
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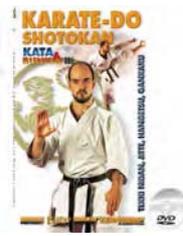
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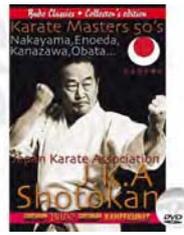
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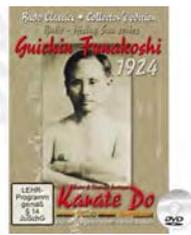
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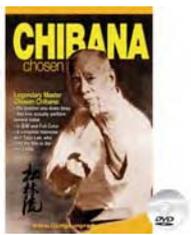
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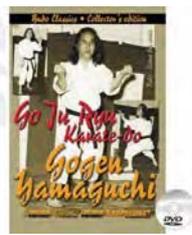
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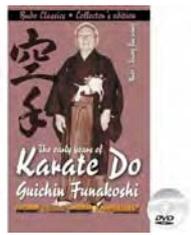
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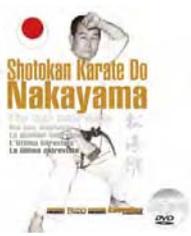
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DVD Kyokushin Karate Mas Oyama
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DVD Okinawa Isshin Ryu Karate Kata
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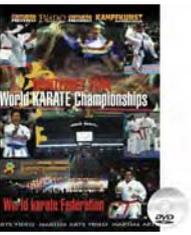
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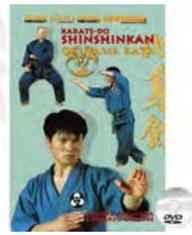
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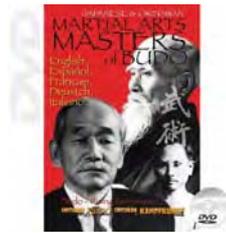
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DVD Aikido

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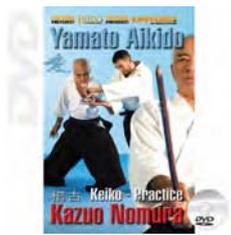
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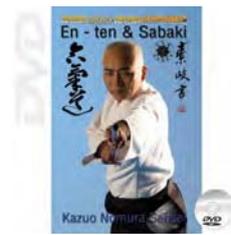
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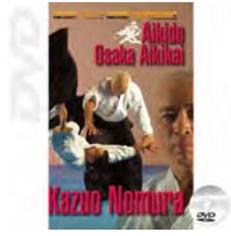
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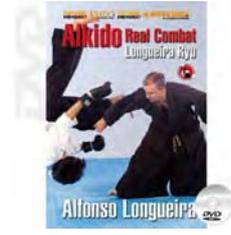
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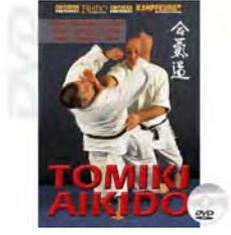
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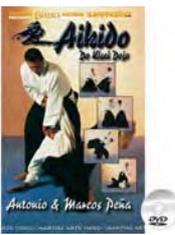


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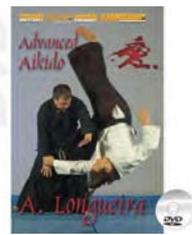
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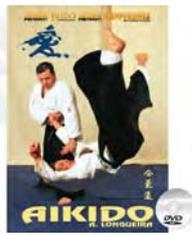
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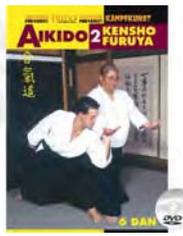
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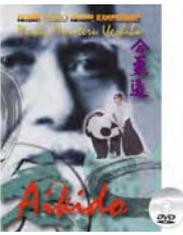
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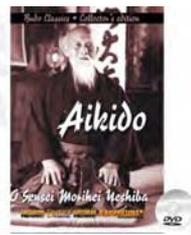
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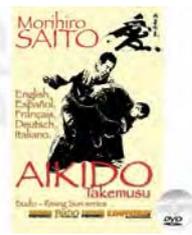
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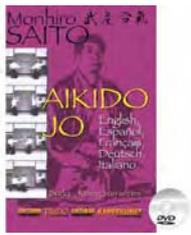
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Interview & Technique
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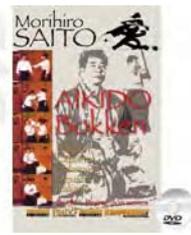
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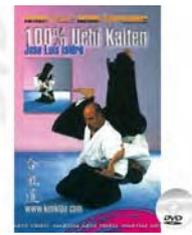
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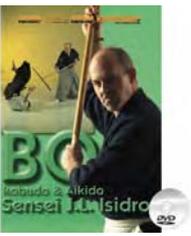
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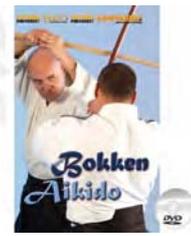
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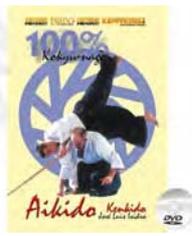
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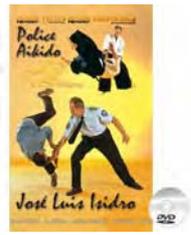
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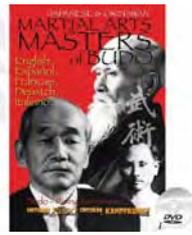
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DVD Police Aikido
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DVD Aikido Kumi-Tachi
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DVD Kobudo

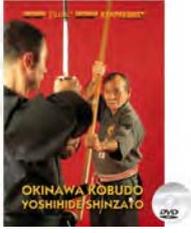
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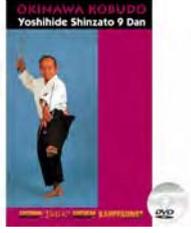
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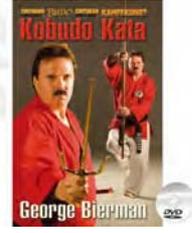
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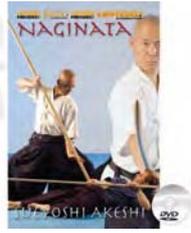
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Karate-do
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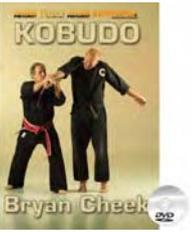
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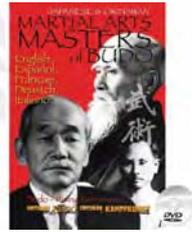
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DVD Webbs Kobudo
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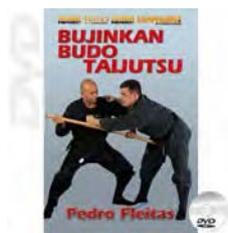
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DVD Bujinkan Dojo Taijitsu Taikai Vol 1
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Techniques
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DVD Other Styles Japan



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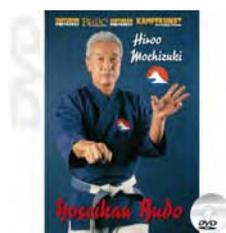
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DVD Yoseikan Budo
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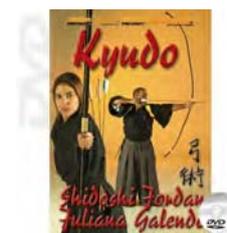
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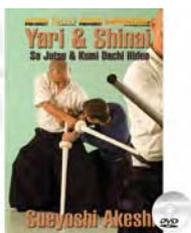
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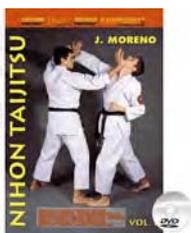
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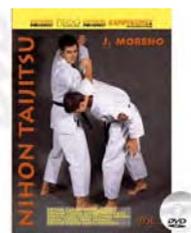
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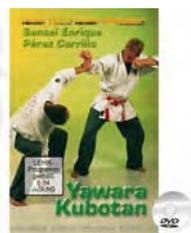
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Ref. DVD/NT1
Price Inc. Tax.....22,00 EUR



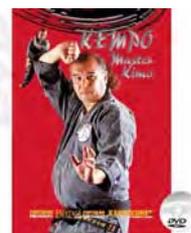
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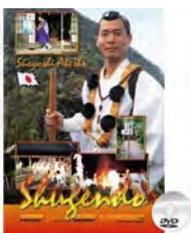
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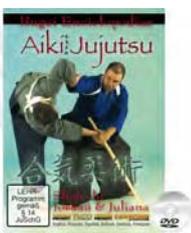
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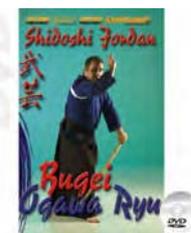
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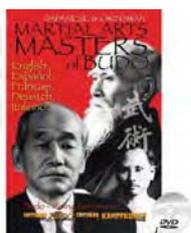
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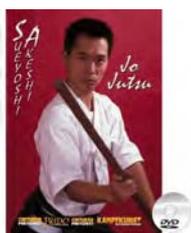
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DVD Bugei Ogawa Ryu
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DVD Classic Martial Arts Masters of
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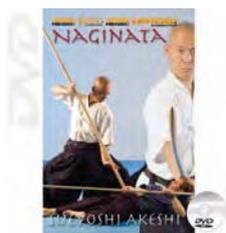
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DVD Genbukan Ninpo Bugei
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DVD Other Styles Japan



DVD Naginata & Kumidashi Kihon
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DVD Kubotan
Ref. DVD/KUBOT1
Price Inc. Tax.....22,00 EUR

DVD Kyusho Jitsu

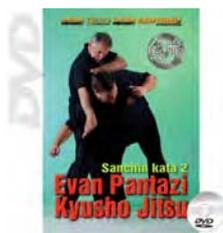
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DVD Kyusho Jitsu



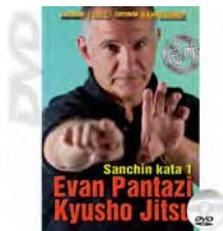
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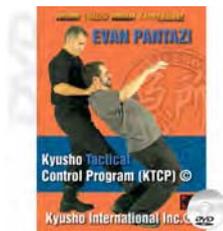
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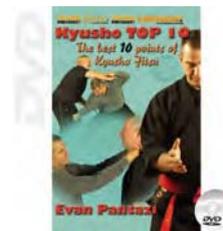
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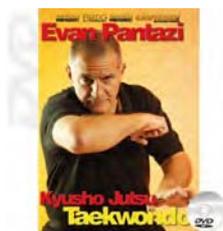
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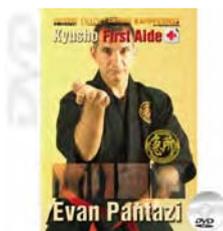
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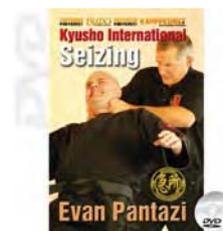
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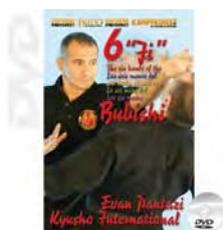
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Ref. DVD/KYUSHO20
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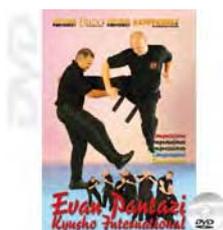
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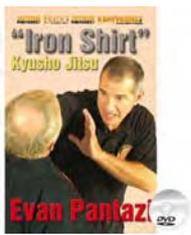
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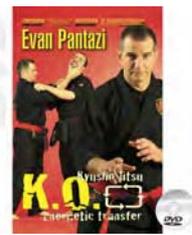
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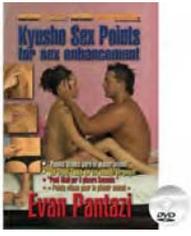
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Ref. DVD/KYUSHO13
Price Inc. Tax.....22,00 EUR



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



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



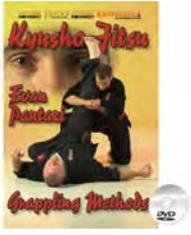
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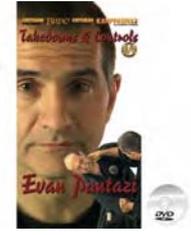
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DVD Kyusho Jitsu Tuite Joint Locking
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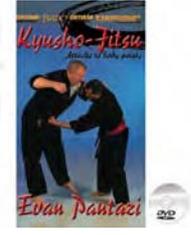
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Ref. DVD/KYUSHO7
Price Inc. Tax.....22,00 EUR



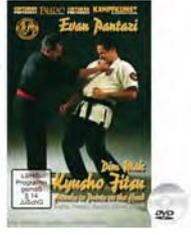
DVD Kyusho Jitsu Takedowns & Controls
Ref. DVD/KYUSHO6
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Points on the Legs
Ref. DVD/KYUSHO5
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Points on the Body
Ref. DVD/KYUSHO4
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Points on the Head
Ref. DVD/KYUSHO3
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Points on the Arms
Ref. DVD/KYUSHO2
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DVD Kyusho Jitsu



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

DVD Brazilian Jiu-Jitsu

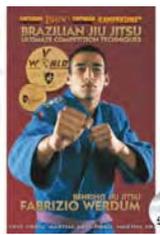
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DVD Brazilian Jiu-Jitsu



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Ref. DVD/FABRI1
Price Inc. Tax.....22,00 EUR



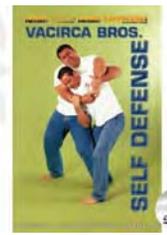
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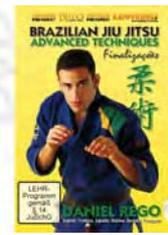
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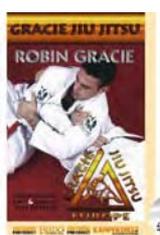
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Ref. DVD/MANSUR6
Price Inc. Tax.....22,00 EUR



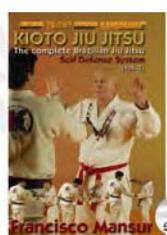
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Price Inc. Tax.....22,00 EUR



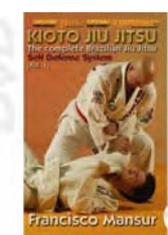
DVD Brazilian Jiu Jitsu Advanced Techniques Vol 2 Submissions
Ref. DVD/REGO5
Price Inc. Tax.....22,00 EUR



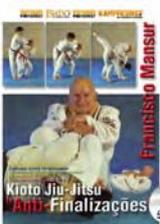
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Ref. DVD/GRACIE2
Price Inc. Tax.....22,00 EUR



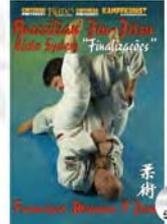
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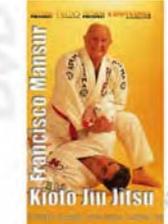
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Ref. DVD/MANSUR4
Price Inc. Tax.....22,00 EUR



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



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



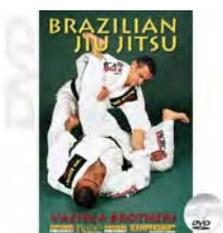
DVD Brazilian Jiu Jitsu Kioto System
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DVD Brazilian Jiu-Jitsu



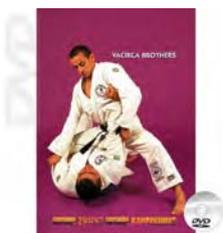
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Price Inc. Tax.....22,00 EUR



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
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DVD Brazilian Jiu Jitsu The Guard position
Ref. DVD/REGO3
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DVD Brazilian Jiu Jitsu Cross & Side Mount
Ref. DVD/REGO2
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DVD Brazilian Jiu Jitsu The Mount position
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DVD Brazilian Jiu Jitsu Black Belt Grand Prix
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DVD Capoeira

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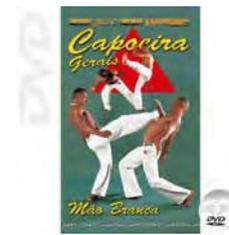
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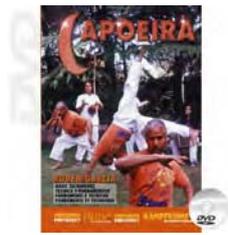
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DVD Capoeira Banzo de Senzala
 Ref. DVD/CAP3
 Price Inc. Tax.....22,00 EUR



DVD Capoeira Gerais
 Ref. DVD/CAP2
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DVD Capoeira
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DVD Kali Arnis Eskrima

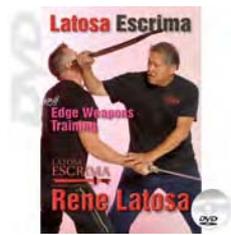
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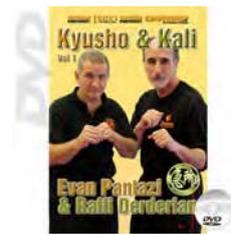
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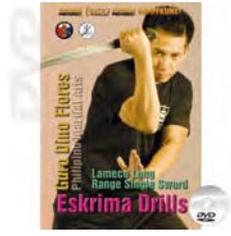
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 Ref. DVD/LAT3
 Price Inc. Tax.....22,00 EUR



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



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



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



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



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



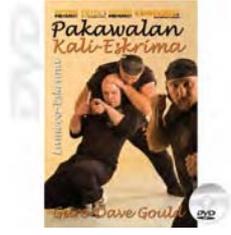
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DVD Dog Brothers Kali & Krabi Krabong
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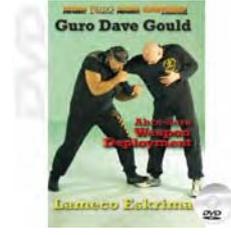
DVD Warriors Eskrima
 Ref. DVD/GURO
 Price Inc. Tax.....22,00 EUR



DVD Lameco Eskrima Essential Knife Vol4 Pakawalan
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DVD Lameco Eskrima Solo-Baston Single Stick
 Ref. DVD/GOULD4
 Price Inc. Tax.....22,00 EUR

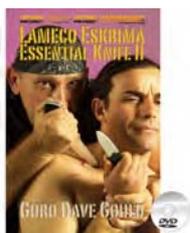


DVD Lameco Eskrima Essential Knife 3
 Ref. DVD/GOULD3
 Price Inc. Tax.....22,00 EUR

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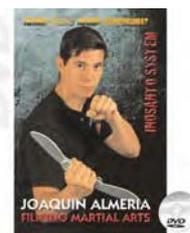
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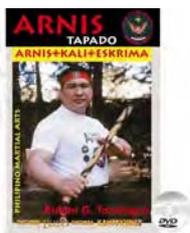
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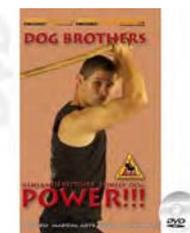
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Ref. DVD/ALM4
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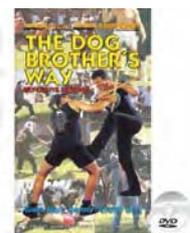
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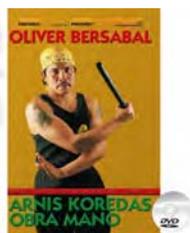
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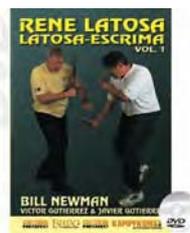
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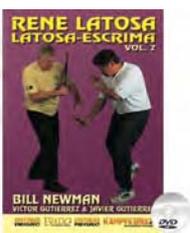
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Ref. DVD/DOG1
Price Inc. Tax.....22,00 EUR



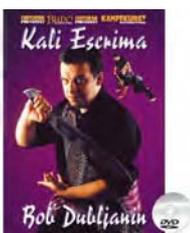
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Price Inc. Tax.....22,00 EUR



DVD Latosa Escrima Vol 1
Ref. DVD/LAT1
Price Inc. Tax.....22,00 EUR



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



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



DVD Kalavera Eskrima - Largo Mano
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DVD Kali Arnis Eskrima



DVD Kali, Arnis, Eskrima

Ref. DVD/MALTE1

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DVD Staff and Cane

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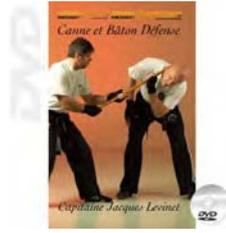
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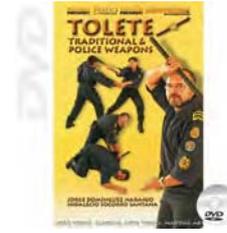
DVD Staff and Cane



DVD La Canne de Combat Combat Cane
Ref. DVD/CANNE1
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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
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DVD Garrote Canario Canarian Staff
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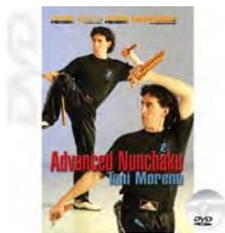
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DVD Nunchaku



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



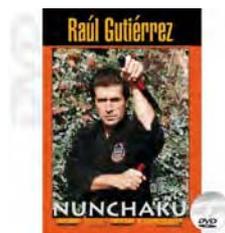
DVD Nunchaku The Method from 0 to 100%
 Ref. DVD/TMNUN
 Price Inc. Tax.....22,00 EUR



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



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



DVD Nunchaku
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DVD Other Weapons

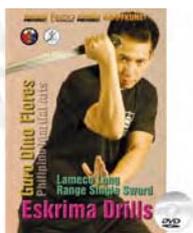
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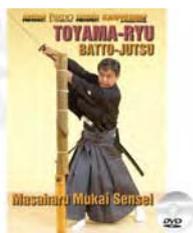
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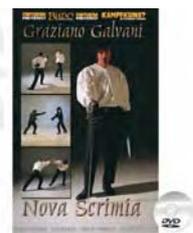
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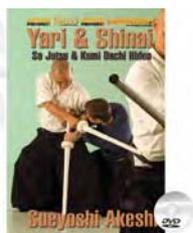
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Ref. DVD/FLORES2
Price Inc. Tax.....22,00 EUR



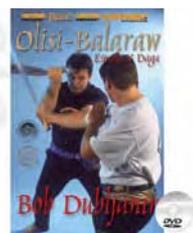
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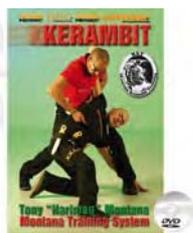
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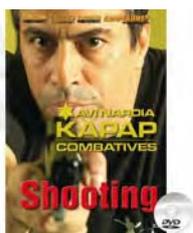
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Price Inc. Tax.....22,00 EUR



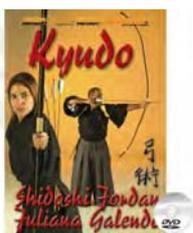
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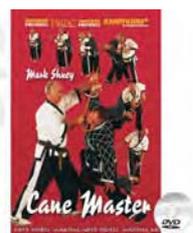
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Ref. DVD/KAPAP7
Price Inc. Tax.....22,00 EUR



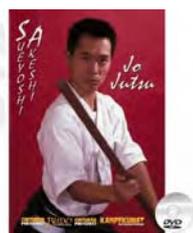
DVD Bugei Shuriken-Jutsu
Ref. DVD/EBUGEI4
Price Inc. Tax.....22,00 EUR



DVD Kyudo Kyu-Jitsu
Ref. DVD/KYUDO1
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DVD American Cane System
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DVD Jo Jutsu
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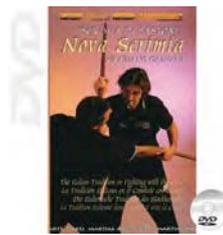
DVD Extreme Katana
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DVD Other Weapons



DVD Police Kobudo
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Ref. DVD/KENDO2
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DVD Viet Vo Dao Con Phap. Long staff
Vol.1
Ref. DVD/VIET7
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DVD Pro, Military, Police

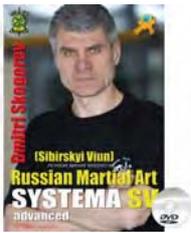
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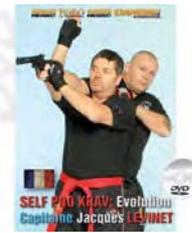
DVD Pro, Military, Police



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



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



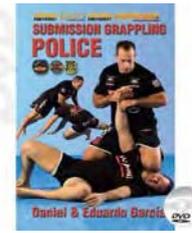
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Ref. DVD/LEVI8
Price Inc. Tax.....22,00 EUR



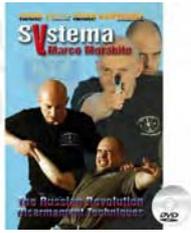
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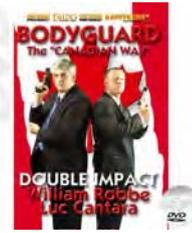
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Ref. DVD/BODY1
Price Inc. Tax.....22,00 EUR



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



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



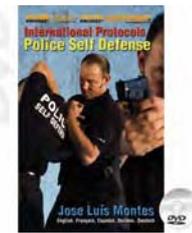
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Ref. DVD/DIP1
Price Inc. Tax.....22,00 EUR



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



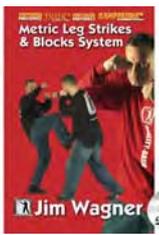
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Ref. DVD/OMAR5
Price Inc. Tax.....22,00 EUR

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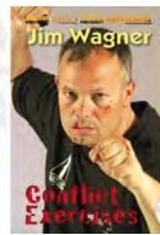
DVD Pro, Military, Police



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



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



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



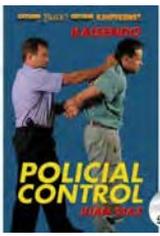
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Ref. DVD/SAN2
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Police Kaisendo Dim Mak Pressure Points
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



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



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

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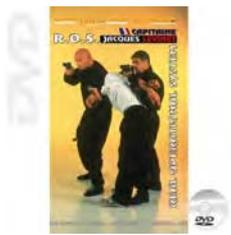
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DVD Pro, Military, Police



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



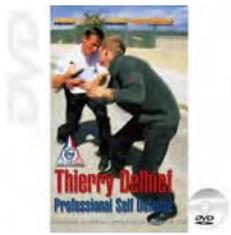
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Ref. DVD/LEVI3
Price Inc. Tax.....22,00 EUR



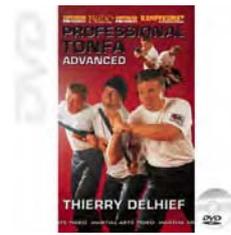
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Price Inc. Tax.....22,00 EUR



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



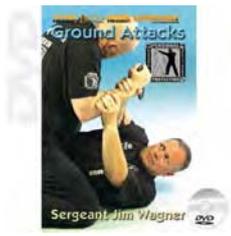
DVD Professional Self Defense
Ref. DVD/DEL1
Price Inc. Tax.....22,00 EUR



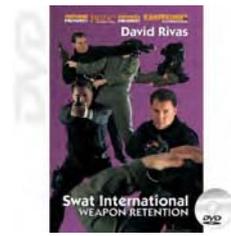
DVD Advanced Professional Tonfa
Ref. DVD/DEL2
Price Inc. Tax.....22,00 EUR



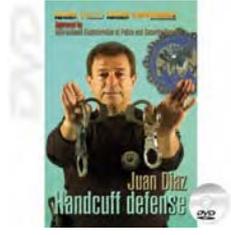
DVD Hidden Weapons Professional Self defense
Ref. DVD/DEL3
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Kokkar Kenpo
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DVD Pro, Military, Police



DVD kokkar Special Combat Black Cobra II Vol 2
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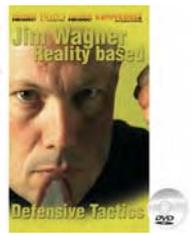
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Ref. DVD/OMAR2
Price Inc. Tax.....22,00 EUR



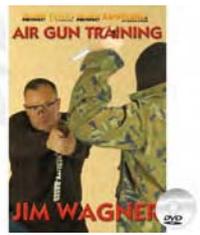
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Ref. DVD/SARG4
Price Inc. Tax.....22,00 EUR



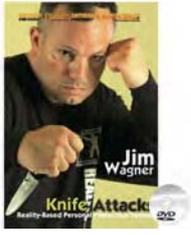
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Ref. DVD/SARG5
Price Inc. Tax.....22,00 EUR



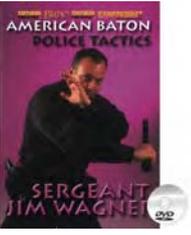
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Ref. DVD/SARG6
Price Inc. Tax.....22,00 EUR



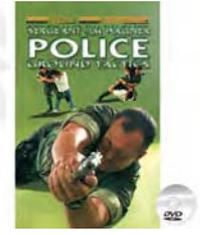
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Ref. DVD/SARG7
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



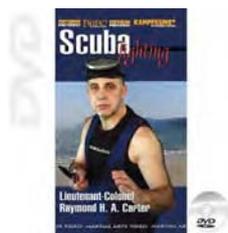
DVD Commando Combat Knife Assault
Ref. DVD/JH1
Price Inc. Tax.....22,00 EUR

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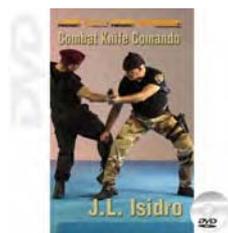
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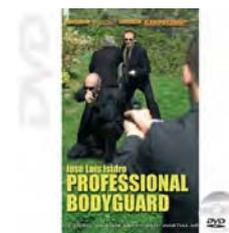
DVD Pro, Military, Police



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



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



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



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



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



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



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



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

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DVD Krav Maga

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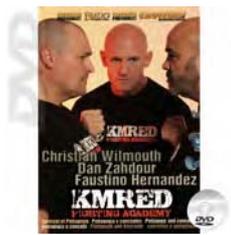
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DVD Krav Maga



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



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



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



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



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



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



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



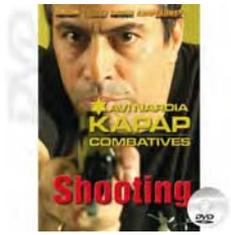
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Survival
Ref. DVD/AIZIK4
Price Inc. Tax.....22,00 EUR



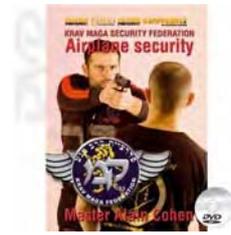
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program Vol4
Ref. DVD/YARON5
Price Inc. Tax.....22,00 EUR



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



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



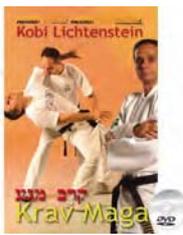
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Ref. DVD/IDS4
Price Inc. Tax.....22,00 EUR

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DVD Krav Maga



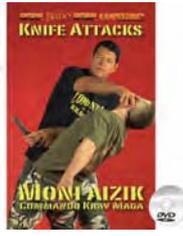
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Ref. DVD/KOBI1
Price Inc. Tax.....22,00 EUR



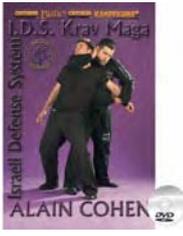
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Price Inc. Tax.....22,00 EUR



DVD Commando Krav Maga Street Survival
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Ref. DVD/AIZIK3
Price Inc. Tax.....22,00 EUR



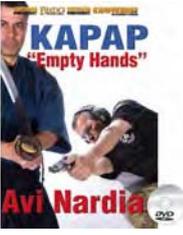
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Price Inc. Tax.....22,00 EUR



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



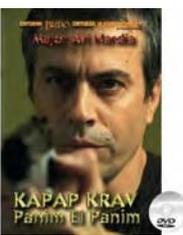
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Price Inc. Tax.....22,00 EUR



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



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



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



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



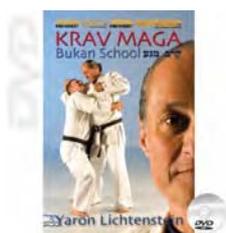
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Ref. DVD/KAPAP
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DVD Krav Maga



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



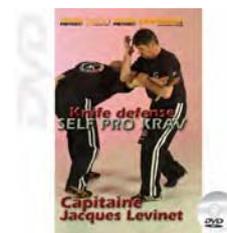
DVD Original Krav Maga Blue Belt program Vol2
Ref. DVD/YARON3
Price Inc. Tax.....22,00 EUR



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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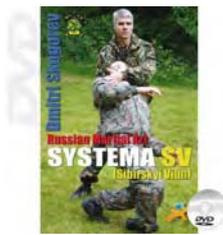
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DVD Systema



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



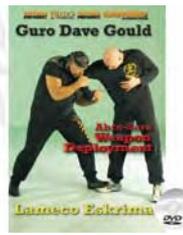
DVD Knife Tactical Response CSSD
Ref. DVD/FRANK1
Price Inc. Tax.....22,00 EUR



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/EF5
Price Inc. Tax.....22,00 EUR



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

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DVD Women´s Self Defense

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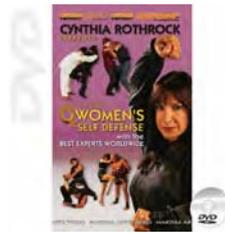
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DVD Women's Self Defense



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



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



DVD Female Self Defense Kenpo
 Ref. DVD/DPF
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DVD Other Self Defense Styles

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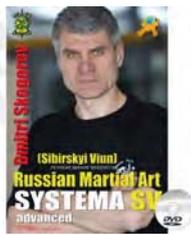
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Training Program Vol2
Ref. DVD/SKOGOREV-2
Price Inc. Tax.....22,00 EUR



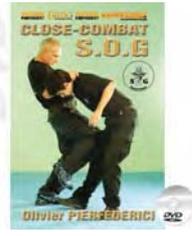
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Price Inc. Tax.....22,00 EUR



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



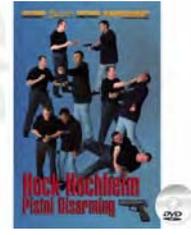
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Ref. DVD/SYSTEMA2
Price Inc. Tax.....22,00 EUR



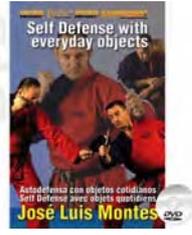
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Ref. DVD/SOG6
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DVD SOG How to be your own
Bodyguard
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Price Inc. Tax.....22,00 EUR



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



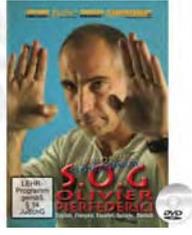
DVD Self Defense with everyday objects
Ref. DVD/MONTES3
Price Inc. Tax.....22,00 EUR



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



DVD Verbal Self Defense
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DVD SOG Extreme Close-Combat
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DVD Other Self Defense Styles



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



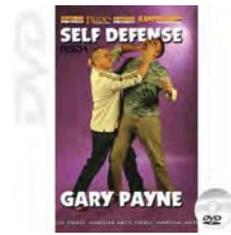
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Ref. DVD/KADI1
Price Inc. Tax.....22,00 EUR



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



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



DVD Kasen Ryu - Operative Self-
Defense vol 2
Ref. DVD/KANSEN2
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DVD Progressive Street Fighting
Ref. DVD/PSF1
Price Inc. Tax.....22,00 EUR



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



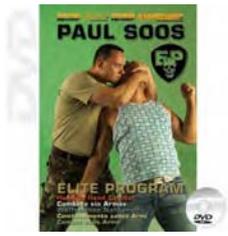
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DVD Jukaikido
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DVD Airplane Security
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DVD Jeet Kune Do

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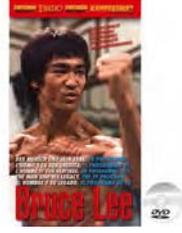
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DVD Jeet Kune Do



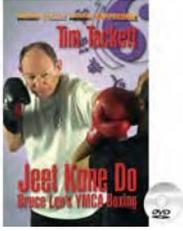
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Documentary
Ref. DVD/BL
Price Inc. Tax.....22,00 EUR



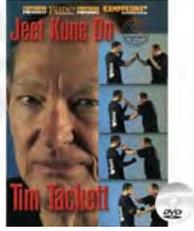
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Price Inc. Tax.....22,00 EUR



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



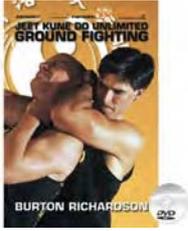
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Price Inc. Tax.....22,00 EUR



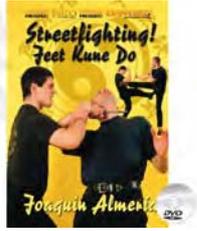
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Ref. DVD/BURTON2
Price Inc. Tax.....22,00 EUR



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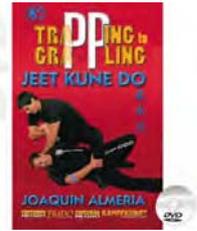
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Price Inc. Tax.....22,00 EUR



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



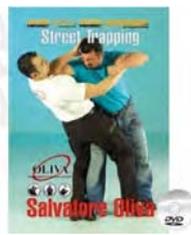
DVD Wooden Dummy JKD Jun Fan Sets
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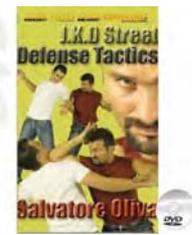
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Ref. DVD/SALVA7
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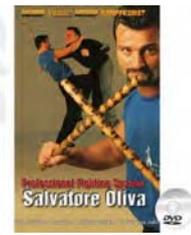
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Ref. DVD/SALVA6
Price Inc. Tax.....22,00 EUR



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
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DVD JKD Seal Program Hand to Hand
combat
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DVD Kenpo

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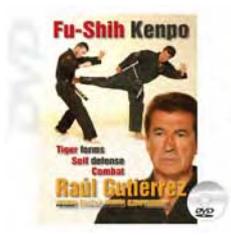
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DVD Extreme Kenpo
Ref. DVD/LARRY2
Price Inc. Tax.....22,00 EUR



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



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



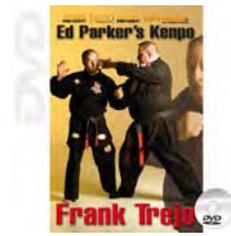
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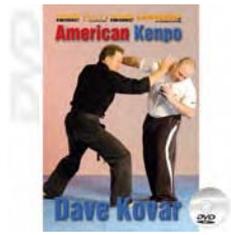
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Price Inc. Tax.....22,00 EUR



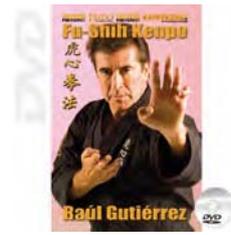
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DVD Blended Kenpo
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DVD Kosho Ryu Kempo
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DVD Kenpo Knife Defense
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DVD Ed Parker's Kenpo IKKA
Ref. DVD/PARKER1
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DVD American Kenpo Karate
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DVD Wolf Extreme Defense
Ref. DVD/WOLF1
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DVD American Kenpo Karate Police Instruction
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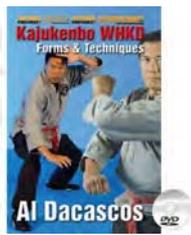
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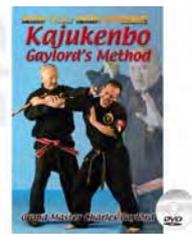
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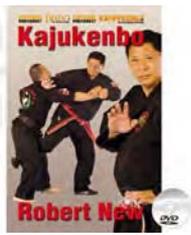
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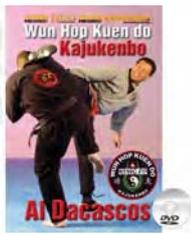
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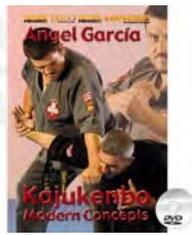
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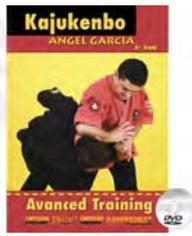
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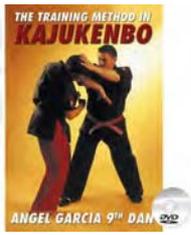
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DVD Kajukenbo Vol 3
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DVD Kajukenbo Vol 2 The Training Method
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DVD Martial Arts Vietnam

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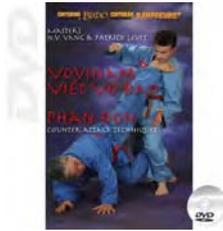
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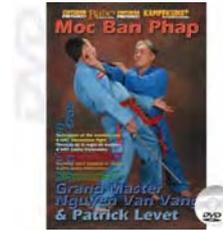
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Ref. DVD/VIET5
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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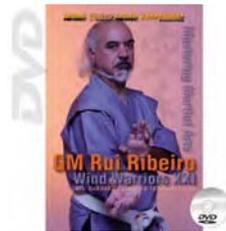
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DVD Pukulan Pencak Silat Serak. Empty Hands
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DVD Wind Warriors XXI
Ref. DVD/RIBEIRO1
Price Inc. Tax.....22,00 EUR



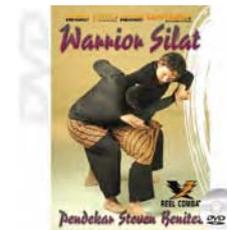
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Ref. DVD/DON
Price Inc. Tax.....22,00 EUR



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



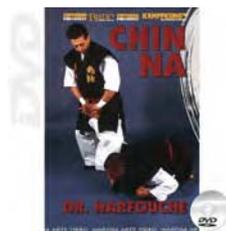
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DVD Warrior Silat
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Price Inc. Tax.....22,00 EUR



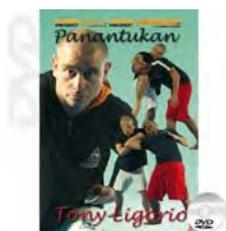
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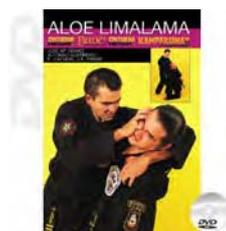
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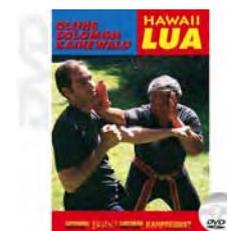
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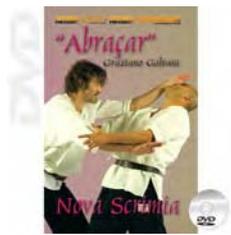
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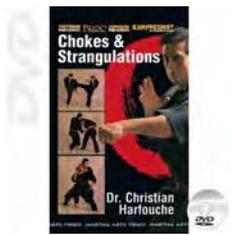
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DVD Other Martial Styles



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



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



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



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



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



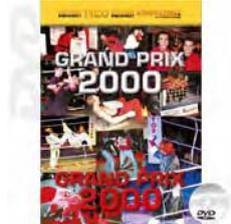
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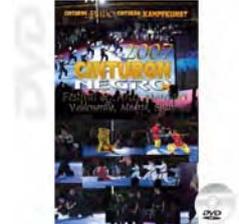
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Festival 2003
Ref. DVD/FESTI2
Price Inc. Tax.....22,00 EUR



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



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Festival 2002
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Price Inc. Tax.....22,00 EUR



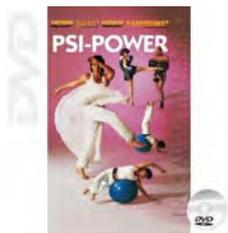
DVD Budo Martial Arts International
Festival 2007
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DVD Other Martial Styles



DVD Psi Power for Martial Artists
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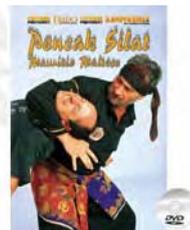
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DVD The Tai Karate Way
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DVD Pencak Silat



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DVD Pukulan Pencak Silat Serak. Empty
Hands
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DVD Warrior Silat
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DVD Buka Jalan Pencak Silat
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DVD Pencak Silat Java & Sumatra
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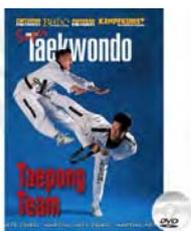
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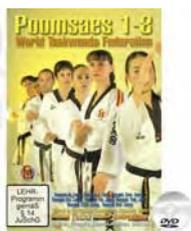
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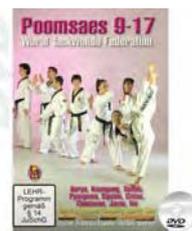
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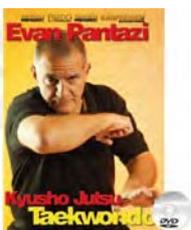
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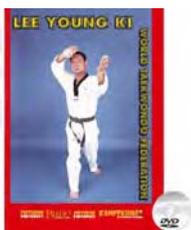
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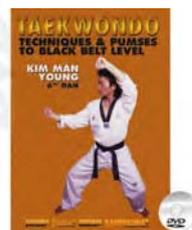
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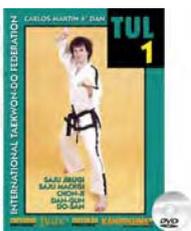
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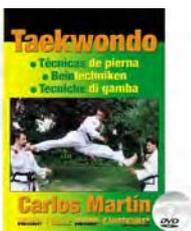
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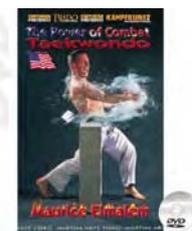
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DVD Taekwondo ITF Tul Vol 1
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Price Inc. Tax.....22,00 EUR



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



DVD The Power of Combat Taekwondo
Ref. DVD/MAURI
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DVD Taekwondo Fighting Secrets
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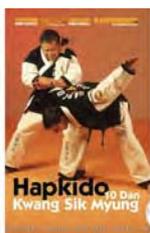
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DVD Hapkido



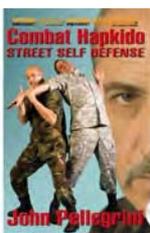
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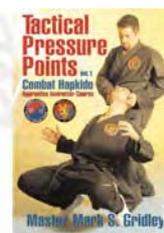
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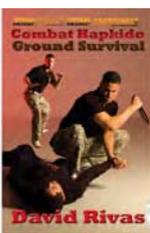
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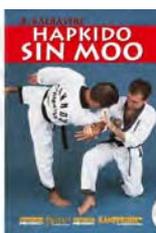
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Ref. DVD/COMH4
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Price Inc. Tax.....22,00 EUR



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



DVD Sin Moo Hapkido
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DVD Other Styles Korea

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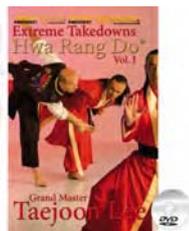
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DVD Other Styles Korea



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



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



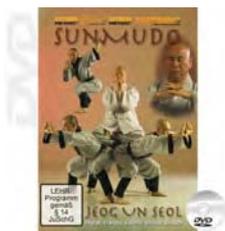
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Ref. DVD/FARANG1
Price Inc. Tax.....22,00 EUR



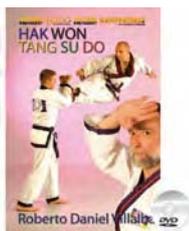
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Price Inc. Tax.....22,00 EUR



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



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



DVD Tang Su Do
Ref. DVD/TANGSU1
Price Inc. Tax.....22,00 EUR

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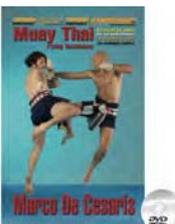
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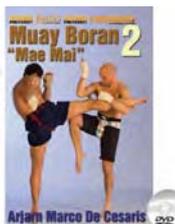
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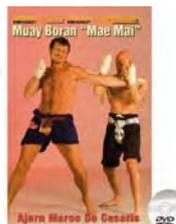
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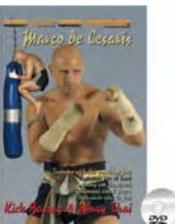
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DVD Muay Boran Mae Mai Vol2
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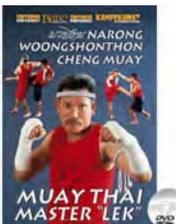
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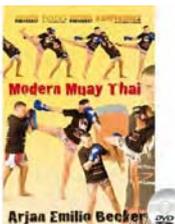
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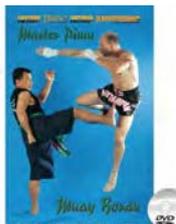
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DVD Sillapa Muay Thai
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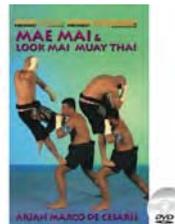
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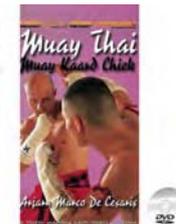
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Price Inc. Tax.....22,00 EUR



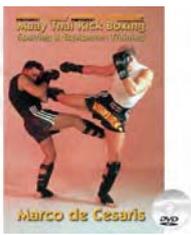
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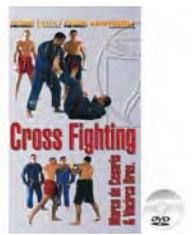
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DVD Muay Thai



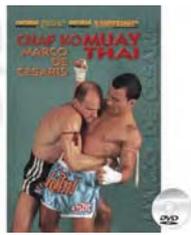
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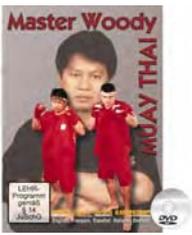
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DVD Phasom Muay Thai
Ref. DVD/CESAR1
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DVD Muay Thai Master Woody
Ref. DVD/WOODY
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DVD Muay Thai Competition Training
Ref. DVD/EC2
Price Inc. Tax.....22,00 EUR



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



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

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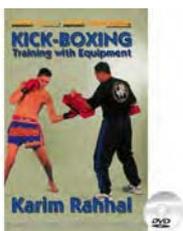
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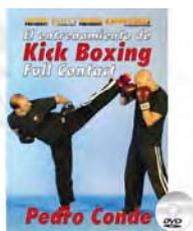
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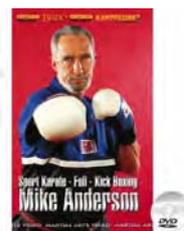
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Price Inc. Tax.....22,00 EUR



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



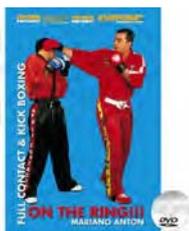
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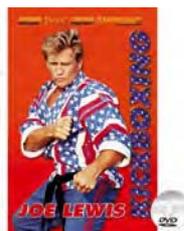
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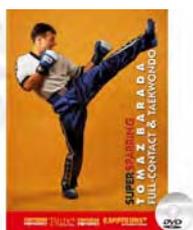
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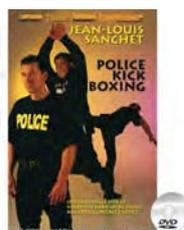
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DVD Semi Contact
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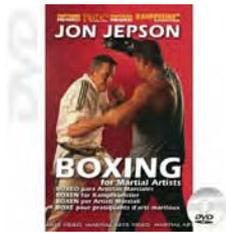
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Ref. DVD/BARADA1
Price Inc. Tax.....22,00 EUR



DVD Police Defense Kick Boxing
Ref. DVD/KIKPOL
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DVD Kick Boxing



DVD Boxing for Martial Artists
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DVD Grappling Wrestling

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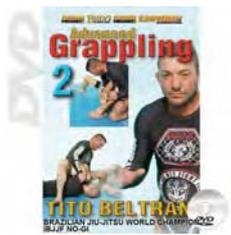
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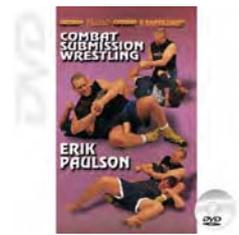
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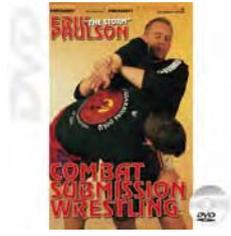
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DVD Advanced Grappling Vol.2
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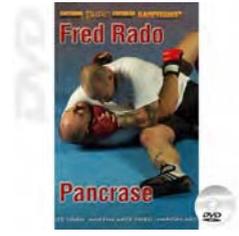
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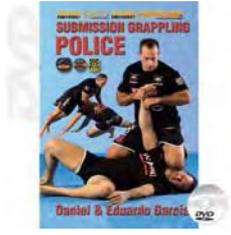
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DVD Pancrase
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Price Inc. Tax.....22,00 EUR



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



DVD Police Grappling Techniques
Ref. DVD/PGRAP2
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DVD Sambo Techniques
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DVD MMA - Vale Tudo

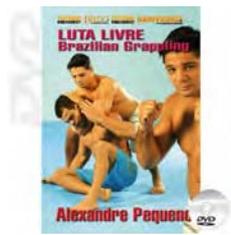
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DVD MMA - Vale Tudo



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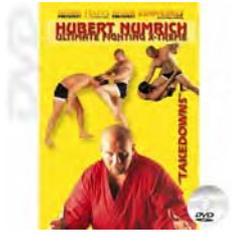
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DVD Ultimate Fighting X-Treme3 Ground fighting
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Price Inc. Tax.....22,00 EUR



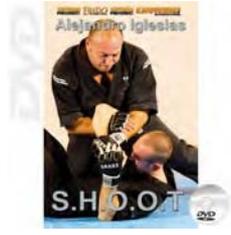
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Price Inc. Tax.....22,00 EUR



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



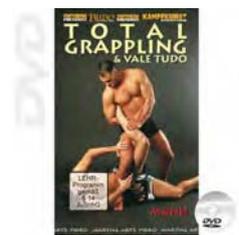
DVD Total Grappling & Vale Tudo Escapes & Submissions
Ref. DVD/TG4
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DVD Professional Vale Tudo
Ref. DVD/TG3
Price Inc. Tax.....22,00 EUR



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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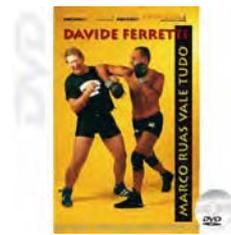
DVD MMA - Vale Tudo



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DVD MMA Free Fight Strategies
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DVD Ruas Vale-Tudo
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DVD Bugei Total Combat
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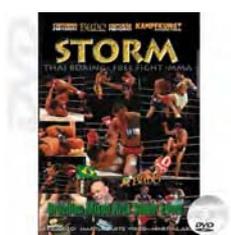
DVD Knock-Out Cup MMA
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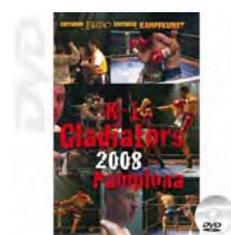
DVD Vale Tudo The Very Best of IVC 6 & 9
Ref. DVD/BRA2
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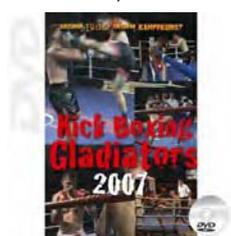
DVD Meca World Vale Tudo The Very Best
Ref. DVD/MECA1
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DVD Storm Samurai Brazil MMA & Muay Thai
Ref. DVD/BRA4
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K-1 Gladiators Tournament 2008 Spain
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DVD K-1 Gladiators Tournament 2007 Spain
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DVD Other Contact Sports

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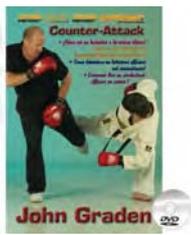
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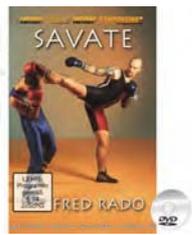
DVD Other Contact Sports



DVD Sparring!
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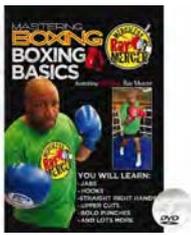
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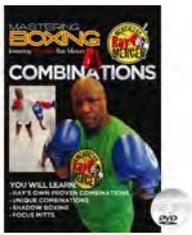
DVD Savate French Boxing
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DVD Total sparring Semi, light & Full Contact
Ref. DVD/MUGEN1
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DVD Mastering Boxing Basics
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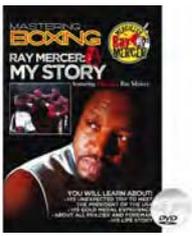
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DVD Mastering Boxing Bag Work & Footwork
Ref. DVD/MERCER4
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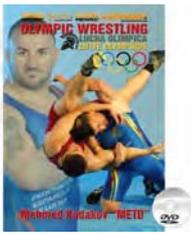
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DVD Mastering Boxing MMA & Boxing Fit
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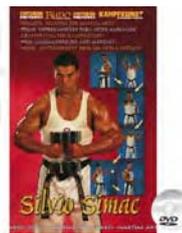
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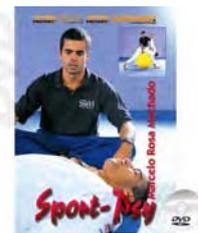
DVD Health - Wellness



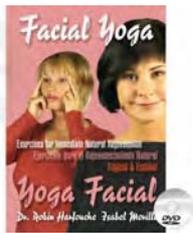
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Ref. DVD/CYNTHI
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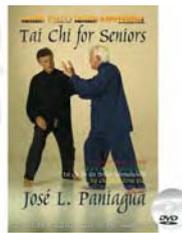
DVD Weights Training for Martial Arts
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DVD Sport-Psy for competition
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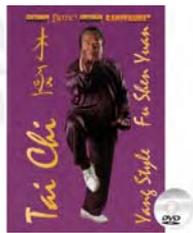
DVD Facial Yoga Natural rejuvenation exercises
Ref. DVD/FY1
Price Inc. Tax.....22,00 EUR



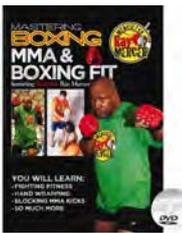
DVD Tai Chi Chuan for Seniors
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DVD Tai Chi Chen Style
Ref. DVD/YU
Price Inc. Tax.....22,00 EUR



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



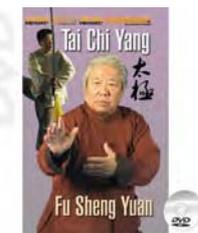
DVD Tai Chi Yang Style & Chi Kung Vol 1
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