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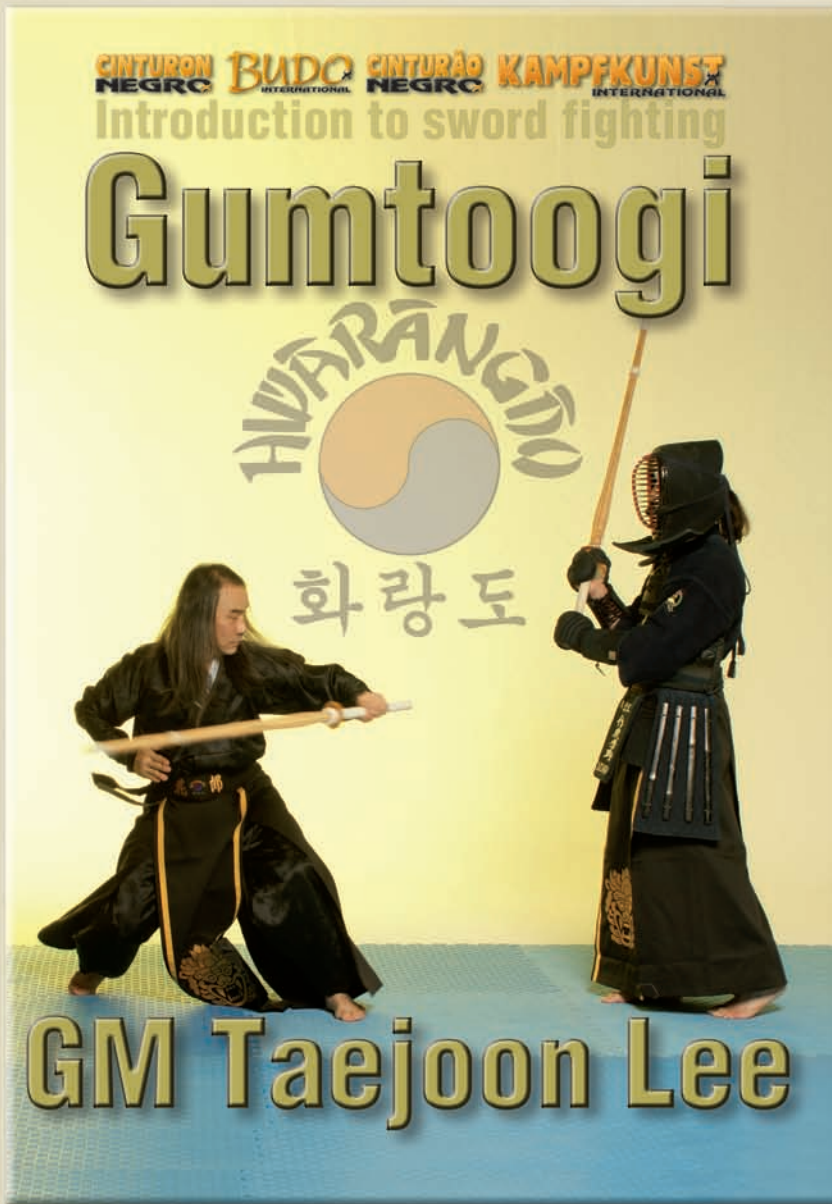
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Editorial

Positivity and good humor

"Humor is the highest manifestation of the adaptation mechanisms of the individual."
Sigmund Freud.

"This I conceive to be the chemical function of humor: to change the character of our thought."
Lin Yutang

"Attitude is a small thing that makes a big difference."
Winston Churchill.

"He may look like an idiot and talk like an idiot, but don't let that fool you. He really is an idiot."
Groucho Marx

Who doesn't know someone who has turned laments into his or her banner? There are few happy ways of walking along this world and plenty the circumstances in which we can get lost or fall in mishap. To the best of my knowledge, however, the exercise of life, far from being in itself the valley of tears that some proclaim, is an extraordinary opportunity to do precisely that, to live.

If each of us explored in our past all the circumstances that were strung together so that we could effectively show up here, a warm feeling of humility and gratitude at such a miracle would inevitably appear in our hearts. Life is an extraordinary, exceptional and valuable miracle in itself, and there's only one sin in it: not living it. Living is not the same as surviving, which is to live above, atop, that is, to evolve, to grow, to overcome, to transgress our limitations and transcend the barriers that have been forced upon us, in the interest of reaching a distilled version of our primal and essential lead.

Aspiring to a happiness which has been promised and pre elaborated in circumstances induced by a vulgar environment, is as deceitful as submitting to the fatalism of gloating in the misfortunes imposed by fate.

"While there is life there is hope", goes the saying, and not so much in the idea of waiting, for a watched cauldron never bubbles, as in acting consistently to change what prevents us from reaching that basic ataraxia state, that moment of contemplative vital imperturbability in which we can catch our breath after any fight before undertaking the next battle.

Piling up fights is as bad as ignoring them, and in both cases, always a guarantee to receive, sooner rather than later, a lethal blow.

He who gives himself to the stunning of the constant combat, loses any form of discernment, and what is worse, ends up exhausted and not knowing why he keeps fighting. In fatigue there is no possible lucidity, and in the effort in itself, there is no solution. As Einstein said, we can't solve problems by using the same kind of thinking we used when we created them.

On the contrary, he who ignores problems and turns over to comfort and carelessness, ends up finding himself before the abyss of which he fled. Movement and rest are the breath of Tao; to ignore one or the other is to get away of the Order of the Universe, and whoever places himself in such position, always pays a high price.

Knowing things doesn't make you wise, having them integrated does. Stalking is not the same as hunting; integrating implies forgetting what has been learned, only to be able to make it your own. We are never up to what we study, because what we can learn in any subject is always, at this point of human knowledge, much bigger than what we can hold inside. Living, however, is unpostponable; tomorrow you will probably know more... maybe, but it's today when you exist. That kind of

magnificent synthesis that composes us is the raw material with which we paint our only and precious canvas of living, and that always exists only and exclusively in the here and now.

It's wise to maintain that indispensable balance to look with equanimity at life and its circumstances. Losing that balance, even in the breaking of the wave, is much more than breaking down the figure in front of difficulties; it's to get lost in the immediacy of the confusion, in the marasmus of the inconvenience, and no matter how much pleasure a masochist can find in pain, it will never match that of the tender caress of well-being.

I am not a defender of optimism, a poor defense against adversity; but I do defend positivity as a pragmatic position. Most of times we can choose to look even at the advantages inherent in the drawbacks, without losing sight of the drawbacks inherent in the advantages. You don't need to be blind to position yourself on the bright side, and look at things with the right perspective and relevance, without letting them astonish you and overwhelm you completely. Choosing this option as first measure, makes life nicer and one thing takes to the other. Being kind often attract more of the same; seeing the positive side doesn't mean being blind to the negative, but it resizes things by making the monsters around us significantly smaller and more manageable, especially the most horrible ones, which are always our own demons.

Living with that ease makes us less dense, more fluid, and allows us to abound more and more in the best of ourselves, without thereby stop fighting our worst aspects. Casting off the ship ropes is essential to start navigating, but sometimes we are like the castaway who remains grabbing tightly the remains of the shipwreck, unable to get rid of them and swim to the beach.

I have lived in the first person and accompanied my loved ones quite a few times for the dark side of the life. Pain takes more or less time to dissolve and it leaves many scars, insurmountable remains of the tortuous and unequal encounters of mortals with the Infinite, but in the end we have always managed to get ahead.

I don't believe it has been a minor matter the fact of maintaining this balance in such engagements, or at least to try, because ultimately this attitude has proved to be a determinant, not so much in the outcome as in knowing to go through all this in the best conditions. Life is made out of small moments, and passing through them opting and choosing the positive thing it is not an easy task, but it always rewards you.

Good humor, or failing that, even the joke when it arises unsuspectedly in the middle of the hecatomb, have an immeasurable power, capable of breaking the self-imposed definitions of how to live. At the funeral of my grandmother (Requiem Mass in the cold of the crypt), I was watching my grandfather advancing towards the Eucharist, and as he passed by the coffin that kept the remains of the one who had been his wife over 50 years,

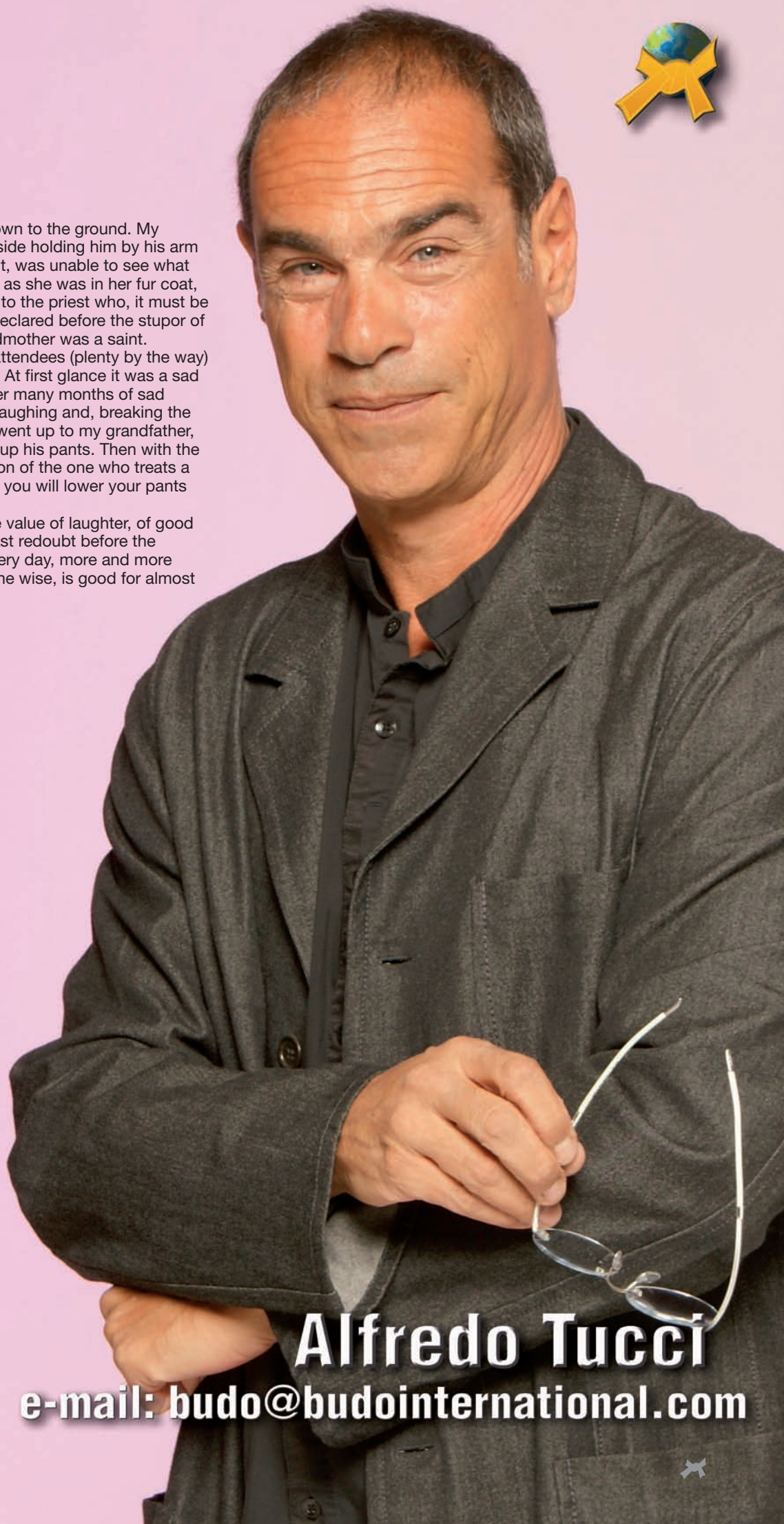




his trousers suddenly fell down to the ground. My mother, who walked by his side holding him by his arm in such a significant moment, was unable to see what had happened, wrapped up as she was in her fur coat, and continued to guide him to the priest who, it must be said, moments earlier had declared before the stupor of those present that my grandmother was a saint.

Among the guests and attendees (plenty by the way) no one said or did anything. At first glance it was a sad image, in a sad context, after many months of sad agony, however I burst out laughing and, breaking the solemnity of the moment, I went up to my grandfather, opened his coat and pulled up his pants. Then with the fondness and tender affection of the one who treats a child, I said: - "Until the end you will lower your pants before grandmother!" -

Never underestimate the value of laughter, of good humor, sometimes it's the last redoubt before the unbearable. Smile a little every day, more and more often, which, according to the wise, is good for almost everything.



Alfredo Tucci
e-mail: budo@budointernational.com







"Pearls" of the Warrior

*"It's about trying
the power of the techniques,
the Chikara..."*

*By
Minoru Higa*



EV





Kyusho



Real Kyusho For the Disabled

Text: Evan Pantazi
Photographed by: Linda Emery

The Approach

Kyusho is perfectly suited for people with all ranges of disability, in fact it is far better suited than most Martial Arts out there as it uses far less power, speed and especially agility. It also has greater effect on the assailant as the weaker anatomical structures are targeted as opposed to general areas.

What needs to be realized by all those not disabled, is the limitations on mobility and agility as they are often constrained by the individuals disability. One of the more difficult disabilities is in the mobility lost during confinement in a wheelchair. You do not have a stable base from which to issue a powerful technique or counter. You are always at risk of tipping over, or rolling away or into the attack. The strikes if power based, propel the chair backward which could be devastating if there were a curb, pothole or some other terrain difficulty. If the individual in the wheelchair is grabbed, or grabs the assailant, they also lose control of their position, mobility, direction, base and are even more at risk and endangered.

Kyusho International Evan Pantazi





EV





“Individuals confined to a wheelchair develop very strong grips from constantly wheeling themselves about.”

Applicable Tools

Individuals confined to a wheelchair develop very strong grips from constantly wheeling themselves about. Their arms and upper chest and shoulders also increase in strength as are their actions for that purpose. This enables the Seizing methods on the muscles, tendons, nerves and joints cause severe pain and dysfunction on the assailant.

Since the wrists are strong and developed as are the arms, the strikes of the hands to vital structures also carry great dysfunctional possibility. This is in part enabled by the snap in the wrist that helps penetrate to the inner vital anatomical structures, to cause an over stimulation of the nerve system of the opponent upon impact.

So yes a disabled individual has fewer possibilities in tools, but what they do maintain, gets stronger and can be transformed easily into very destructive weapons.

Strategies

Before the disabled individual can learn specific targets or methods to attack them, they must first use strategic maneuvers to disrupt the attack, unbalance the opponent to weaken them and learn to spot the vulnerabilities in the affected opponent.

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Ev





**“Since the wrists
are strong and
developed as are
the arms,
the strikes of the
hands to vital
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carry great
dysfunctional
possibility.”**

Reaching out to block or grab an incoming attack leaves the disabled practitioner unable to stabilize or control the chair (and their) motions, this could lead to tipping or turning to make them even more vulnerable. As we worked the Kyusho with knife, and hand to hand, we always stressed that moving into the attack worked far better for the use of Kyusho as well as protecting the practitioner... it is no different for the Disabled if they learn to use their chair for such entering attacks.

As example a on guard position for Boxers, Grapplers or any Martial Artist, is to put the hands up to protect the head, neck and upper body. For a Disabled individual in a wheelchair, this is not sound advice. It is far better to have their hands on the wheels for fast inward, rearward, lateral or spinning motion. Using the chair as the first attack on the opponents ankles and or legs, will weaken as well as surprise for the would be attacker.

The foot rests of the typical wheelchair, are around the same height from the ground as are the more vulnerable nerves, tendons and blood vessels of the opponents ankles. Slamming the chair into the ankles will cause intense pain and dysfunction of the opponent. This in turn will cause weakening of the attack as well as their balance and power base.

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Also with the hands on wheels for the guard position, the assailant must reach in further for a strike, grab or push. This makes them lean in a bit more so that countering is easier for the Disabled individual to grab. If the Disabled person were to attempt a strike as the first action they would find the strike weak as the chair would roll and offset the power base... so one hand must be latched on to the chair or opponent for stabilization and power issuance into the vital targets.

So it must be trained to hold the wheels until moving the chair, then stabilizing the chair so that the free hand is able to strike or grab the opponent. The grab will most often be to the assailants hand or arm, or even the shoulder or

neck depending upon the unbalanced position the chair attack placed the opponent in. The next action is to bring the grabbing hand down to form a base on the lap or chair placing the force downward into the lap of the Disabled. This will bring the force downward to the most stable and strong base of the wheelchair.

Targets

The Disabled Kyusho Practitioner must then train in Seizing of the arm nerves as well as the neck and shoulders. All actions must bring the attacker down into the strong base for a follow up attack so as to gain physical base for the penetrating follow-up counter.

Ev



“The Disabled Kyusho Practitioner must then train in Seizing of the arm nerves as well as the neck and shoulders.”



Kyusho



*Instructors from right to left:
Roan Morand, Kilian Forclaz*, Richard Emery*,
Michel Barras, Evan Pantazi*

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EV





“If the Disabled person were to attempt a strike as the first action they would find the strike weak as the chair would roll and offset the power base... so one hand must be latched on to the chair or opponent for stabilization and power issuance into the vital targets.”

These are the targets that will be most easily accessible and functional for the counter. The opponents body will be folding from either the ankle ram or the seizing of the arm nerves, even with seizing the head or neck targets. So study on the body should be much later in the study for the disabled, as should the leg targets.

Tuite

Once the Disabled Practitioner gains skill and spontaneity with their protection methods, they can then learn the more sophisticated joint attacks (utilizing the nerves). The Disabled Practitioners strengthened grip will then become a very useful tool on the opponent, with the ability to control or damage.

The use of Tuite will be profound if the practitioner can employ them as they affect the opponents balance and nerve system to a higher degree. That will make any subsequent strikes to head or neck far more powerful and affective.

Confessions

The idea for this program was initiated by Richard Emery and Kilian Forclaz of Valais, Switzerland, several years ago. They brought the idea to me more recently to validate and assist in launching for the public domain and Martial Arts Instructors from all around the world.

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“As we worked the Kyusho with knife, and hand to hand, we always stressed that moving into the attack worked far better for the use of Kyusho as well as protecting the practitioner... it is no different for the Disabled if they learn to use their chair for such entering attacks”

I was honored to lend a hand to this incredibly important focus of study. But beyond that it helped me fine tune my own training methods to a higher level... You can learn from everyone and everything if you allow yourself to.

Now I had worked with Disabled individuals before, but not on a constant basis and not for many years, save a few attending seminars. Michel (has disability with legs, hips and lower torso) had just started his Kyusho Journey with Richard Emery and during the filming, he did a remarkable job trying to assimilate the ideas that were not yet in his level of expertise. As we continue to work with disabled people, we gain so many insights... this is an invaluable program for any Martial Arts Instructor... and especially for those with disabilities.

Kyusho is the Equalizer

Kyusho has been prized for centuries by the Masters of Old as they fully kept their prowess even in advanced years. The understanding of the human anatomy, physiology and functionality, need not be kept private for selected family members, favored students or inheritors of the style. This is vital information and skill development for all ages... and aging. It is the equalizer that the Martial Arts were intended to be.

(*) Course Designers
© Evan Pantazi 2017
At: www.kyusho.com

Kyusho International an Evan Pantazi





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Kyusho for disable

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Martial Arts

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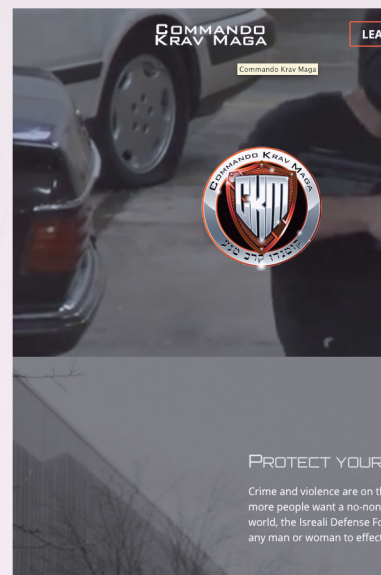
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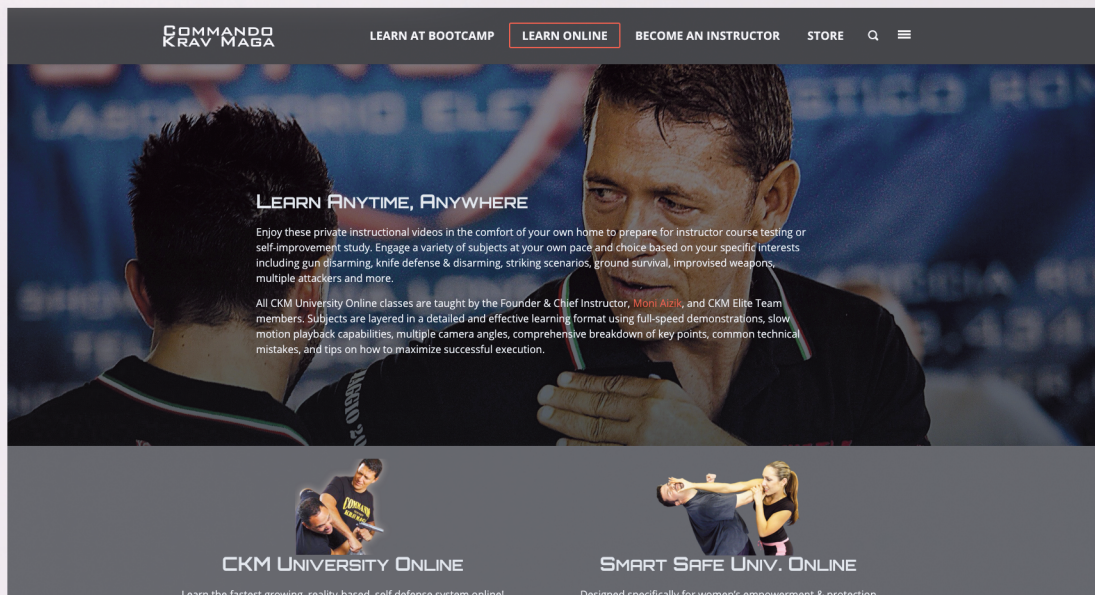
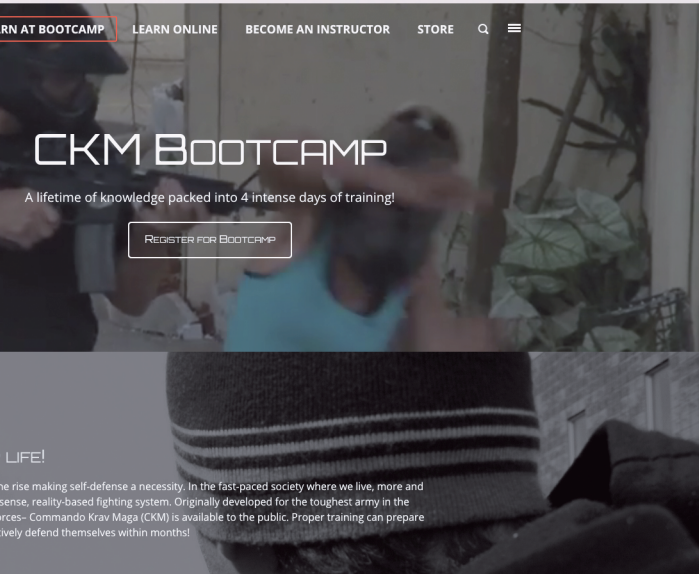
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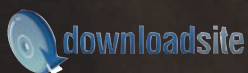
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GM John P





Interviewing is a genre that I practice on rare occasions. I have a hard time avoiding closeness with the character, so I feel awkward fighting between the even-handed role of the informer and that of my own. But, on the other hand, the only motivation that pushes me to carry out an interview is the special affection and recognition by the interviewee, which is implicitly recognized in the very act of doing it. I've known Master Pellegrini for many years; we are linked by an abiding friendship that I wouldn't like to hide, but also by the just and deserved recognition of being one of the most outstanding and influential persons and personalities of the last decades in the world of Martial Arts. Of course, this is not by chance, but it responds to an intelligence beyond the standards and a poise to be elegantly sailing along this "martial" world of sharks. Behind that practical intelligence and that skillful and sociable profile lives a sensitive, mature and generous human being to whom few people know, and who he himself conceals intentionally. So, interviewing him here is both a well-deserved tribute and an act of deep affection. Paraphrasing Captain Spock: "You are and will always be my friend."

Alfredo Tucci

Budo International.: Dear GM You have a great deal of experience, I must say you are like an open book of the last decades of MA history, not only as a renowned master, but also as a bridge between the European and American MA communities. What do you think was the best on each side of the Atlantic and the worst on these last decades?

GM Pellegrini.: In the last 30 years, the popularity of the MA has exploded on both sides of the Atlantic (a positive by-product of Globalization!). But, inevitably, that growth has also produced some negative aspects that must be considered. Some of the "best" and "worst" have manifested equally in Europe and America, while others have affected mostly one side and not the other.

I would cite as the "best" development of the MA in America the ability of most Instructors to make a leaving teaching MA full-time. The American entrepreneurial spirit has been able to transform what just a few decades ago was for most a hobby or a part time activity, into a respected and profitable profession. What was once only an artistic pursuit of a few dedicated individuals, has become a strong, dynamic industry offering exciting and valuable products and services to millions of people. Ironically, that being the "best" in America, reversing the coin, it is also the "worst" of Europe, where very few Instructors are able to teach MA full-time and translate their passion into a successful business. The different European economic and tax systems, Government regulations and interference and a stifling bureaucracy have prevented a full, widespread development of the MA industry in most European countries. As a another example of a "Yin & Yang" situation, what I have observed as the "best" in Europe is the way martial artists train: hard, serious, and dedicated, even under the most unfavorable conditions, while in America I have noticed a "softening up" of the training, with maybe too much emphasis placed on luxurious comfort, "customer service", and an overly upbeat (and mostly artificial) "fun & games" attitude (particularly in children's classes). I believe that the ideal training environment can be found somewhere in between those two very different approaches. I have also observed the disgraceful proliferation (this on both sides of the Atlantic) of certain MA groups offering instant "Instructor" certifications to anyone after attending a week-end course of just a few hours training. It is a shameful, money-making fraud that damages the credibility and reputation of the MA community, and, most of all, hurts the naïve individuals who fall for that scam. You cannot become a true, competent Self-Defense Instructor in a week-end!!!

Tucci Interviews GM Pellegrini
Combat Hapkido
Pellegrini





Alfredo

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GM John P



Budo International.: We can say that you are also a bridge between tradition and modernity. You love the history of the Greco-Latin classics, but at the same time you are a very practical person, how do you feel about the wide popularity of MMA and their effect on the world of practitioners today?

GM Pellegrini.: As I have often stated in the columns of your magazine and elsewhere, I am not a fan of MMA. I consider MMA a sport, the same as wrestling, boxing, fencing, and other contests pitting athletes of great skill against other athletes of similar skills. There are strict rules, time limits and referees. It is a wildly popular entertainment fueled by hype, money, pageantry and fake drama.

The competitors are highly specialized and superbly trained athletes (as were the Gladiators). Unfortunately (in my view) many young people (mostly men) are seduced by the "macho", glamorously violent, appeal of MMA fighters and reject the more intellectually stimulating, spiritually challenging and technically complex study of a MA discipline or of a realistic self-defense system. MMA is certainly right for some but not for most.



Tucci Interviews GM Pellegrini
Combat Hapkido
Pellegrini





Interview



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GM John P





Budo International.: What is missing in your opinion in the way of teaching MA in general today?

GM Pellegrini.: I don't know if there is anything "missing" in MA teaching today. There are thousands of outstanding, competent, dedicated Instructors around the world and there are more arts and styles available to the public today than at any previous time in history. It could be argued that perhaps in some arts (such as Taekwondo)

there is too much emphasis in sport competition. It could be argued that in some modern, "reality-based" styles there is a lack of discipline, respect and formality. It could be argued that there are too many young, self-appointed Masters, Grandmasters and "experts". But, in our "information age", there are no excuses for choosing the wrong path. Do your diligent research and choose what is right for you!

Tucci Interviews GM Pellegrini Combat Hapkido Pellegrini





Interview

Budo International.: As an American, you have been a revolutionary creating your own style from your long experience in MA, but in many ways you were always a very “classic” professor, trying to share with your students an open minded way, pushing them to grow as persons, as human beings, not only as fighters. That is much more of a traditional or classic way of teaching. What is your experience after years interacting with students this way?

GM Pellegrini.: I am grateful for your astute observation of what has been my philosophy all along my MA journey! Why is it not possible for a visionary, wise MA leader to be, at the same time, a “revolutionary” pioneer and modern innovator AND a “classical” thinker, respectful of traditions, fully immersed in the pursuit of the most honorable MA philosophies? I have never looked at these two aspects of teaching as “opposites”. Instead I believe they complement each other to the ultimate benefit of my students. In fact, you could say that with my “Yin & Yang” approach the students are exposed to the “best of both worlds”.



Alfredo

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GM John P





**“How can we
promote the
values of
sacrifice,
liberty,
leadership, self-
reliance and
hard work
without the
knowledge and
the wisdom of
past
generations?
Impossible!”**

Tucci Interviews GM Pellegrini **Combat Hapkido** **Pellegrini**





Interview

Budo International.: Who do you consider the 5 most important people that have impressed you and enriched your experience during your long MA journey and why?

GM Pellegrini.: This is a very difficult question! There are probably 50, not just 5 that I could mention and I could write an entire chapter on each one of them! But I will try to answer, briefly and honestly:

1) The late Grandmaster Michael Wollmershouser. My first Hapkido Instructor. His skills were awesome, his friendship precious. He is the one who inspired and motivated me to dedicate myself to the art of Hapkido.

2) The late Grandmaster Wally Jay. His kindness, humility and incredible technical fluidity. He encouraged me to pursue "my way". A true gentleman of the MA.

3) My teacher and friend for the last 26 years, Grandmaster In Sun Seo. He believed in me, gave me encouragement and provided me with unprecedented opportunities for professional growth.

4) My friend Alfredo Tucci, publisher of Budo International magazine. MA Master, author, painter, photographer, businessman. A true "Renaissance man" with whom I enjoy discussing politics, philosophy, history, business, gastronomy and our love for life.

5) My wife Trina who, for all these years, has always been by my side with her strong support, positive attitude and hard work. She has graciously shared my triumphs and patiently endured our sacrifices. She has been an indispensable part of my historical MA journey.

As I said, there are many other individuals who have influenced me, inspired me, and assisted me in my MA career, too many to mention and I am grateful to all of them.



Alfredo

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GM John Pellegrini





**“Touching the
lives of
countless
people in a
positive way is
the greatest
reward and the
most satisfying
legacy one can
ask for.”**

Tucci Interviews GM Pellegrini
Combat Hapkido
Pellegrini





Interview

“Teaching is a little like gardening, you plant many seeds but not all of them will blossom into flowers.”



Alfredo
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GM John P





Budo International.: I am honored to be in that precious list, sincerely thank you! ... I love you too (lol) ...following this line, people don't know that I always like to call you "Condottiero"! You love history and know the importance of understanding the past. What are the most important things we need to rescue from the past for the young people of today's generation that they might have missed completely?

GM Pellegrini.: It was a great Spanish philosopher, Jorge de Santayana, who famously said: "Those who do not remember the past, are condemned to repeat it". How can we teach moral qualities such as courage, generosity, loyalty and honesty to our young people without referring to the examples of history? How can we promote the values of sacrifice, liberty, leadership, self-reliance and hard work without the knowledge and the wisdom of past generations? Impossible! We must study, understand and remember history (yes, even the wrong decisions, the mistakes and the disastrous events so that we do NOT repeat them!) with unbiased analytical objectivity, without pre-conceived notions or the fashionable filter of idiotic political correctness, if we want to create a better future and a better world. Unfortunately, I do not think that today this smart investment in education is being provided to our young.

Budo International.: I don't know if you are really aware of how many people and souls you have touched. Not only directly, but also by changing people who, in turn, have changed other people. Your legacy to this day is enormous! But the individual and his legacy are two different things. How you feel when you look back at your thousands of seminars, teachings videos and books?

GM Pellegrini.: I could give you a funny (BUT TRUE) answer by saying: "I feel great because I am one of those lucky people who get paid to do what they love to do!". But of course, although true, there is much more than that. And it is what you already have so generously pointed out: touching the lives of countless people in a positive way is the greatest reward and the most satisfying legacy one can ask for. Many others have done so throughout history with music, literature, paintings, philosophy, technological inventions, medicine, and in many other fields. I, not blessed with any other talents, have done it with the MA.



Tucci Interviews GM Pellegrini

Combat Hapkido

Pellegrini



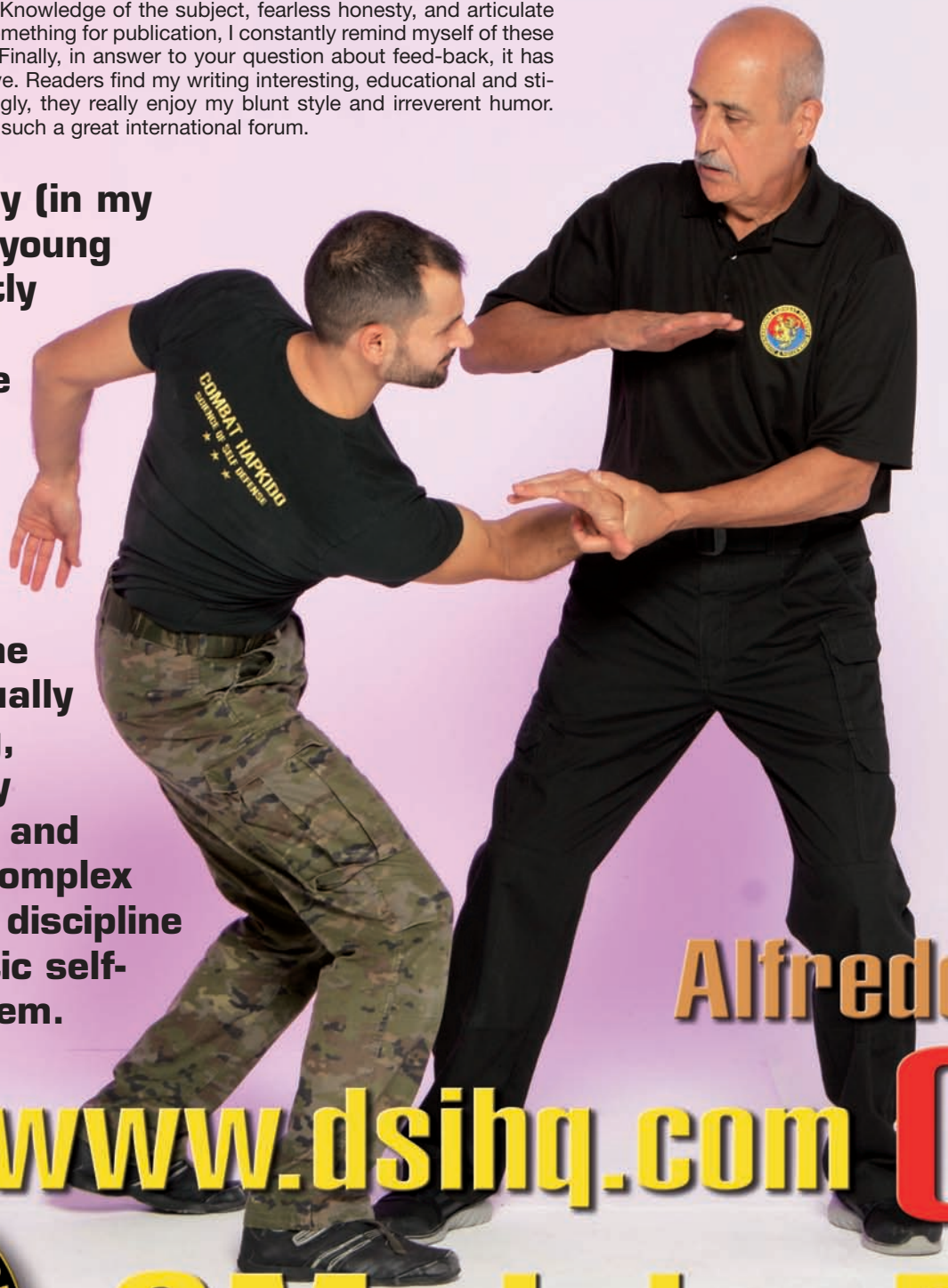


Interview

Budo International.: In my opinion you have written some of the best articles I have published in the last few years in my magazine. You have a direct way of attacking the topics, with irony, intelligence and wide vision. What has been the feed back from these writings when you have met some of the readers in person?

GM Pellegrini.: Are you asking me to brag? Or, maybe, to praise your magazine for the excellent choice of writers? Seriously now...First let me thank you for the kind words about my writing. I am not a professional writer but I do enjoy writing and I do attribute my writing skills to my lifelong passion for reading. Since I was a young child I have always loved reading and I still do. That said, I believe that the three most important qualities in writing are: Knowledge of the subject, fearless honesty, and articulate delivery. Every time I write something for publication, I constantly remind myself of these three necessary elements. Finally, in answer to your question about feed-back, it has been overwhelmingly positive. Readers find my writing interesting, educational and stimulating. And, not surprisingly, they really enjoy my blunt style and irreverent humor. Thank you for providing me such a great international forum.

Unfortunately (in my view) many young people (mostly men) are seduced by the "macho", glamorously violent, appeal of MMA fighters and reject the more intellectually stimulating, spiritually challenging and technically complex study of a MA discipline or of a realistic self-defense system.



Alfredo

www.dsihq.com

GM John P





Budo International.: After touching so many people with your work and relations over these last decades, what is the main things your students gave you back? Is it really worth for you the effort of teaching people?

GM Pellegrini.: Teaching is a little like gardening, you plant many seeds but not all of them will blossom into flowers. That does not mean that it was not worth the effort. While it is wonderful to have the gratitude and love of your students, it is not a guarantee and many times you'll be disappointed. That is why expecting something in return should not be the only reason to teach. I teach because it is my passion, I believe in the value of what I teach, and it is my profession. I strive to earn the respect and loyalty of my students, and I have been very fortunate over the years in having received those rewards in great abundance.

Budo International.: Your lovely wife Trina has become a respected MA expert and has been a great partner in your journey. You are a great couple, working together, traveling together, a life like that is more intense than the common lives of husbands and wife living regular existences... How you deal with this unusual experience on a personal level?

GM Pellegrini.: It could be expected that I would answer that question by saying that we keep our personal lives separate from our "professional" lives, but that is not the case. When you are in the same business and work and live side-by-side every day, everything blends together, there is no clear separation. Business trips become vacations; hobbies become business opportunities; crisis and disagreements are resolved over a glass of wine. Yes, our lifestyle is very unusual and probably would not work for 99% of couples. But it is a unique formula that has worked well for us for 26 years.

Budo International.: Time goes fast! All the people that admire your work, such as myself, think that you have done so many things that will be difficult to be surprised with anything else... but... You always surprised me before so... What else we can expect on the next decades from a wise and older Grandmaster Pellegrini?

GM Pellegrini.: Well, my dear Alfredo, if I answered that question, then I would not be able to surprise you anymore, would I? Whatever it will be, I promise you that you will be one of the first persons in the world to be informed.

Budo International.: Look forward to it dear GM! and thank you for having you in our lives!



Tucci Interviews GM Pellegrini

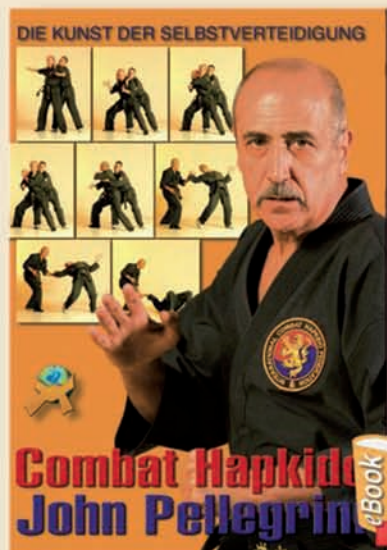
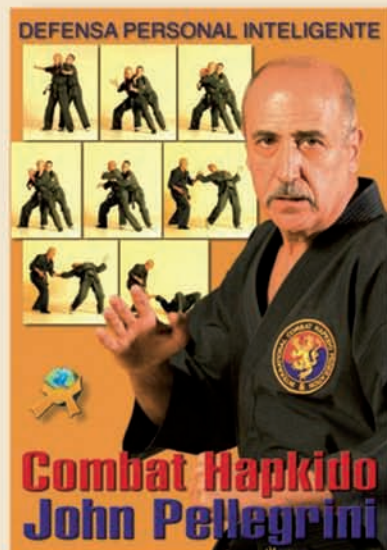
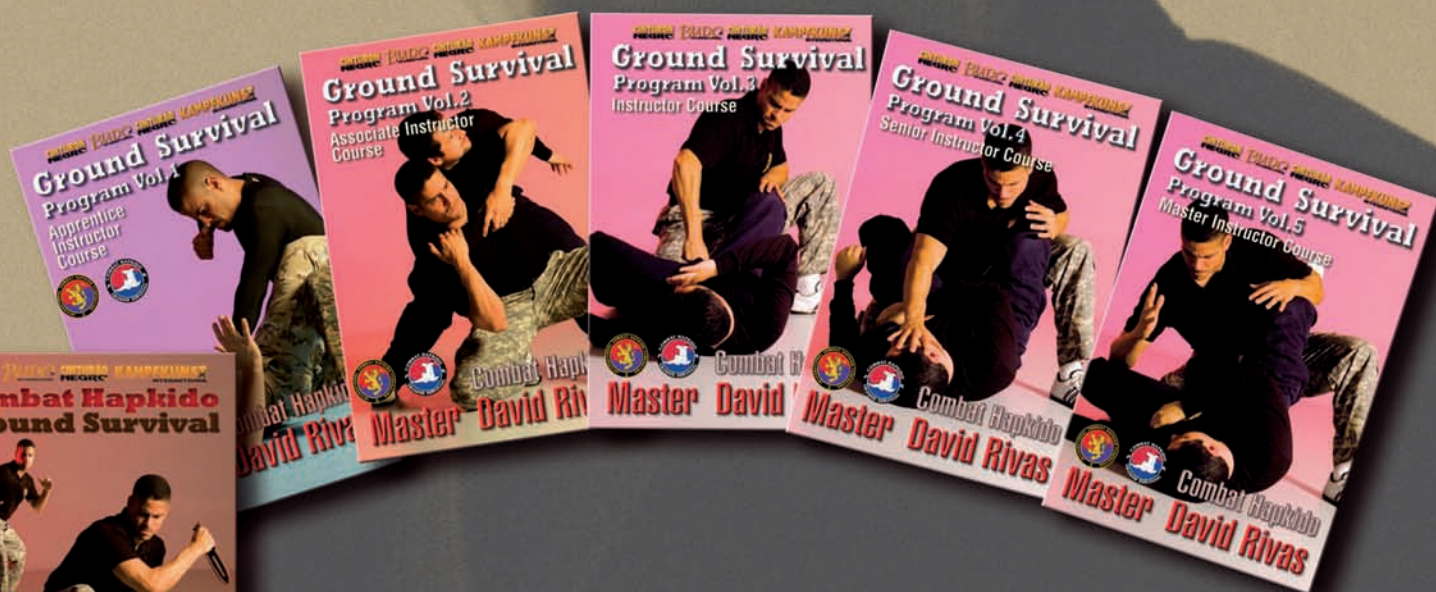
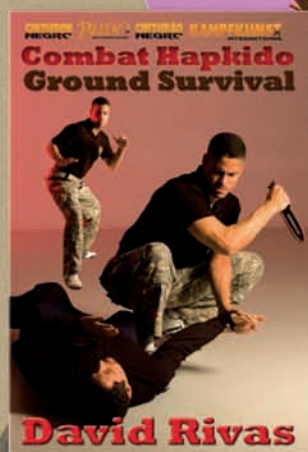
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Pellegrini

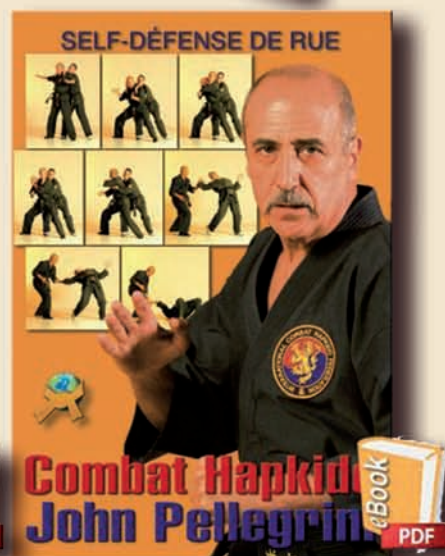
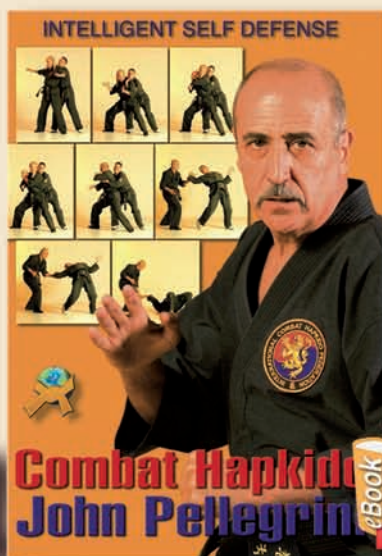
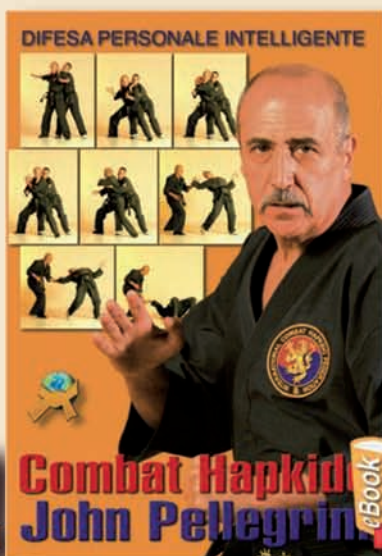
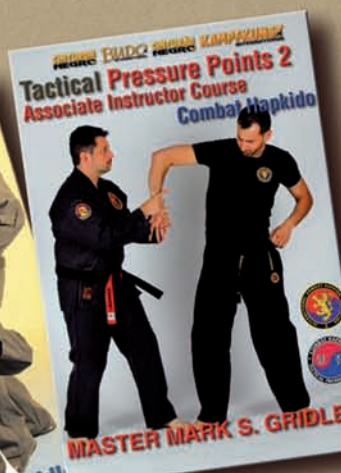
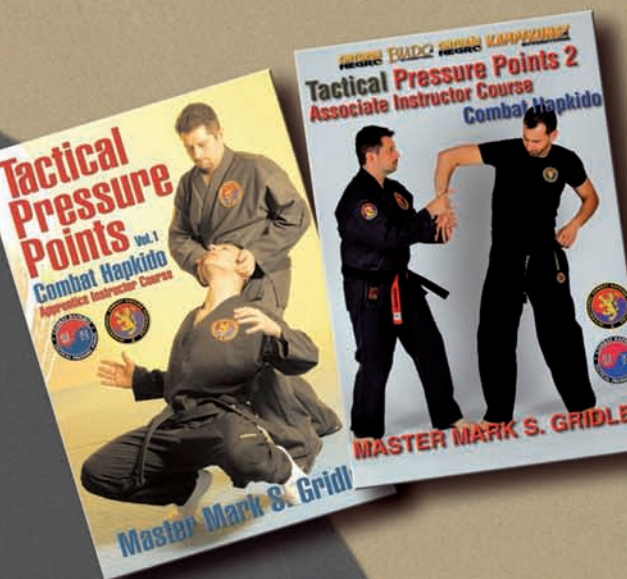
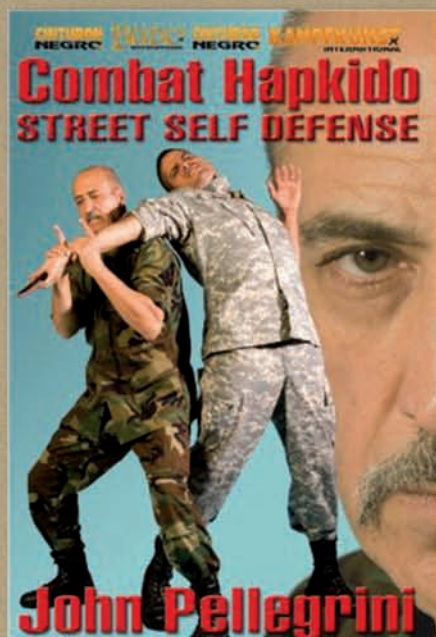




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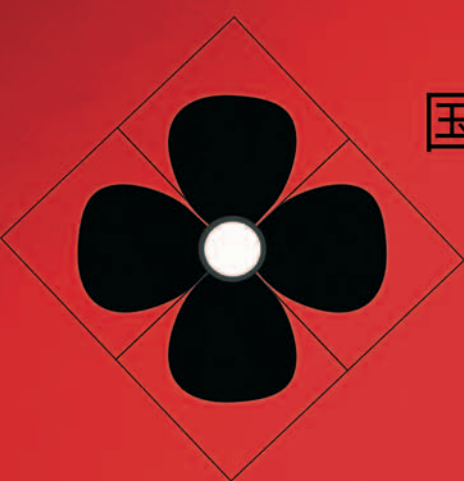
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La nobiltà delle vecchie forme

Der Adel der alten Formen

La noblesse des anciennes formes

The nobility of the old forms

La nobleza de las formas

古い芸術の優美

指導士 ジョルダン アウグスト

自然の伝統 武芸

La noblesse des formes anciennes
La nobiltà di forme antiche
Der Adel der alten Formen
La nobleza de los modos antiguos

The nobility of the old forms

旧式の貴族

formas antiguas

雅さ



KazenoRyu.Bugei

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Shidoshi Jordan Augusto



Jeet Kune Do

“Undoubtedly, we are attending to the application of all those reality shows where people strive to get fame by all means, people who are willing to any excess to achieve a fleeting and destructive glory.”

*Sifu David
Jeet K*



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The race to glory and fame

Human beings are like butterflies, attracted by everything that shines.

For a large majority, the most important thing in life is that of having a good reputation, whether they deserve it or not.

The main purpose of practicing Martial Arts is that of knowing ourselves, our defects and qualities, our physical and mental shape. But most people think only of two things: fame and glory.

Nothing is more important for them and any means will be good to achieve their purposes, including lies and the invention of a false previous life.

Many practitioners are willing to lie about their origins and they don't hesitate in fantasizing about a non-existent glorious past and a prestigious career in Martial Arts, just to attract all eyes on them.

We know professionals who have never practiced seriously and who claim to have studied with the best masters and to have everything under control.

However, the basis of all martial practices is time and patience.

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Jeet Kune Do



It takes years and hours of suffering to build and discover oneself.

It is also necessary to make mistakes in the route and in the direction to reach our true path.

Unfortunately, our consumer society pushes us towards the "rapid construction". In fact, we want everything immediately and effortlessly.

Making yourself has always required a lot of time, patience and work. Nothing can ever replace and hide these three parameters.

These three factors will help us build ourselves in a true and honest way, without lies or betrayal.

Martial Arts are a school of honesty that allow us to know ourselves in the depths of our being.

During each training session, when we feel that pain invades us while performing technical and physical exercises, we discover our limits and reject them.

It will take us a lifetime to constantly improve and reject our limits.

Whatever our age, even if our body evolves and changes throughout our lives, nothing prevents us from continuing to reject our limits, progress and constantly improve ourselves.

Of course, as we age, we transform and adapt our training to our possibilities, but this also allows us to explore new horizons for our practice that we would never have discovered without the evolution of our age.

Each age has a new discovery, the acquisition of a different knowledge and the adaptation of our body to our changing physical abilities.

This period of time, essential for our development and self-discovery, has been now scarcely reduced to a few

*Sifu David
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**“Martial Arts
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Delannoy
Lune Da





Jeet Kune Do

**“What is emerging now, to my regret,
is that Martial Arts, from the media
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allow the contemporary masters to earn money.”**



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months - a few years, in the best of cases - by many practitioners, who declare themselves 'masters' and create their own style or system, with a very poor and small background, not to say non-existent.

Of course, there are always exceptions, like Sijo Bruce Lee, who developed his Jun Fan Gung Fu style despite his young age.

However, things must be relativized, because Sijo Bruce Lee trained very hard and he was constantly questioning himself and making his art evolve.

Had Bruce lived longer, he would have continued improving and changing his system over and over.

But instead of these serious and evolutionary investigations, today many new "prodigies" of the Martial Arts apply the "good old shaker system", that is, "I mix a bit of everything and so I create my system, of which I am the 'Supreme Grand Master', and I am recognized all over the world by beginners, social networks and any other modern means of communication".

The more people connect, the bigger and more dazzling his fame.

So nowadays, it is common to witness the sudden appearance of a "genius" of the martial arts, a self-proclaimed "Great Grand Master", whose lies will be finally legitimized and spread by the effect of all the media that follow him.

That sort of people makes up a totally invented and phony martial Resume. Nevertheless, acting with poise and an excellent knowledge of the media, as it's often the case, this will work and allow these "geniuses of illusion and lies" to reach their goals, that is, to be recognized, and in this way to achieve the glory and fame so coveted by many.

However, isn't the only glory and fame to simply get to know yourself? To be fit? To be at peace with others, and especially, that our teachers and students feel proud of our trajectory?

Delannoy
Kune Da





Jeet Kune Do

Isn't it the real goal to be at peace with ourselves and with the people around us?

In our modern societies, destroyed by violence and by the desire of owning everything, isn't essential and vital for the good of all to get to know each other enough as to be able to live in harmony with every living being, respecting life as it is?

It is assumed that Martial Arts bring us that peace, that fullness and wisdom to face everyday life with a smile and respect for all those around us.

In my humble opinion, this is the true glory and fame that our practice grants us.

What is emerging now, to my regret, is that Martial Arts, from the media and through the cinema, allow the contemporary masters to earn money. In other words, today the first objective of our art is money, instead of the knowledge of ourselves.

Money, fame and media coverage have destroyed and perverted this personal introspection that stems from the practice of Martial Arts.

The lack of this inner search, which is unique to each practitioner, leaves more and more room for a unhealthy crave for fame.

Undoubtedly, we are attending to the application of all those reality shows where people strive to get fame by all means, people who are willing to any excess to achieve a fleeting and destructive glory.

What is not deserved does not last, and illusion does not stand too long.

Making illusion before the neophytes is easy, but doing it in front of our 'elders', that is, true masters, will never be illusion.

Without a doubt, these "new batch of masters", come out of action movies, couldn't care less about being recognized or not by real professionals, since their true objectives are fame, money, glory, and appear in the media...

If they ever find there what they're looking for, good for them!

“Money, fame and media coverage have destroyed and perverted this personal introspection that stems from the practice of Martial Arts.”



*Sifu Davin
Jeet K*



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Nevertheless, I hope that, occasionally, they think about their students, as well as their masters, to whom they betray and use daily to fulfill their selfish desires.

Many of their students will repeat their lies to shine in turn.

Many others are disgusted with Martial Arts, seeing in these disciplines only the pale reflection of our society, that is, lying, selfishness, individualism, exploitation of others... All these values are opposed to what our Arts transmit to us if we practice them with humility and seriousness.

Could these new modern methods of martial practice, end up by making disappear the traditional arts?

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Avi Nardia

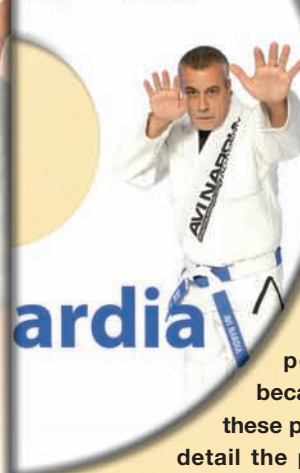
Israeli Jiu Jitsu



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,

Jiu Jitsu

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Nardia

with a knowledge of Brazilian Jiu Jitsu, Japanese Ju Jutsu, some Judo, Sambo, Boxing, Full-Contact, Karate, Thai Boxing, etcetera. You must also understand that it has nothing to do with religion, and in Martial Arts even the sacred can be changed. A technique that works, applies only in certain times and on certain people, not on everybody, because people are different. With these premises, Avi Nardia explains in detail the pressure points of the PPCT system (Pressure Point Control Tactics) with very basic movements that can help you in combat, work with knives and sticks, and disarm techniques against knife and gun.

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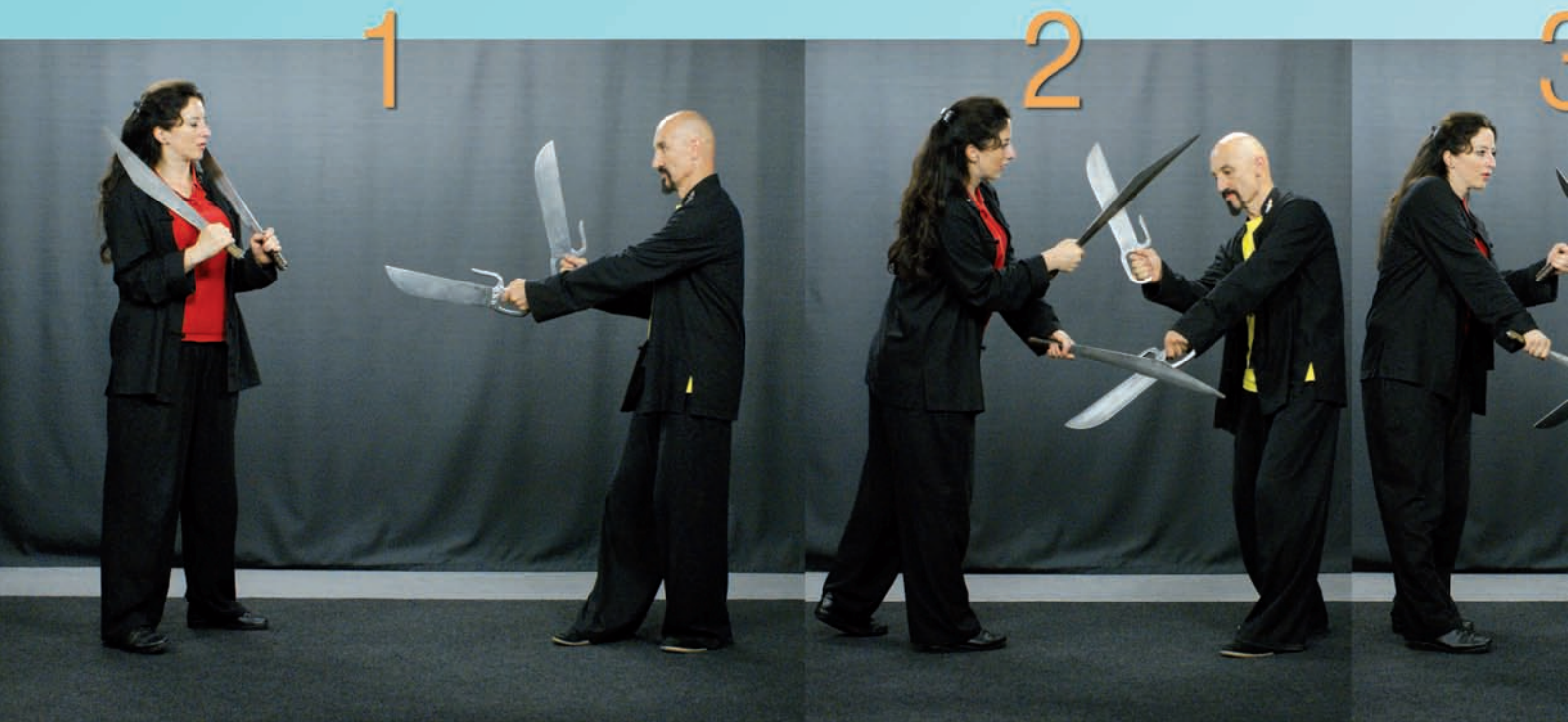
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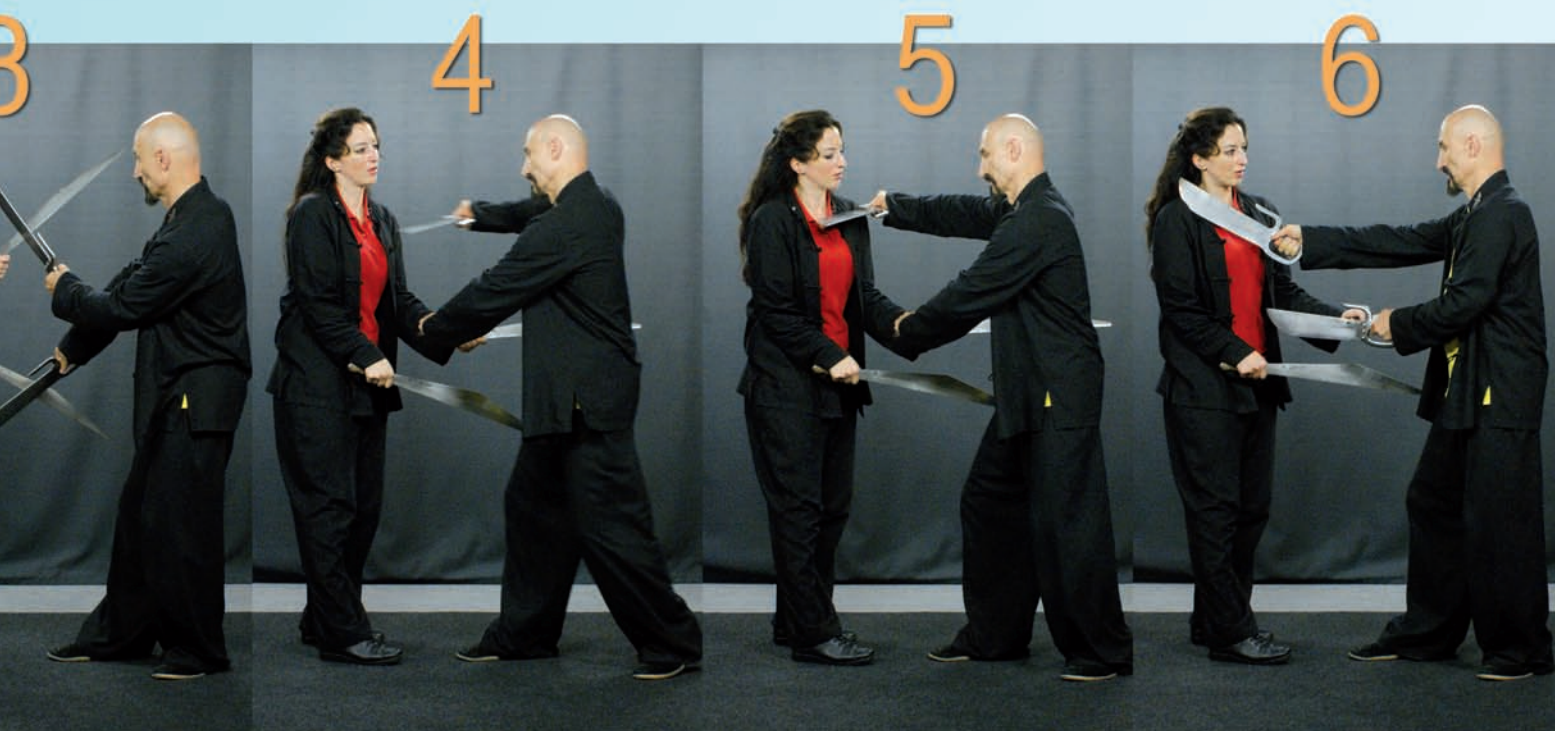
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詠春 Wing Sifu Salva

Wing Chun Kung Fu. Reflections of a Practitioner

For a few years now, and very especially after I started to travel to China once or twice every year, I have been using a sentence that my students often repeat to me every time they have the chance: "Wing Chun Kung Fu is **MORE** when it contains **EVERYTHING...**"

This sentence, misunderstood in the past by many as a criticism to the style, fortunately makes sense today with the evolution of the practice in my school and in my group of instructors and students.

A photograph of the Great Wall of China, showing the stone wall and the walkway stretching into the distance under a clear blue sky.

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Wing Tsun



Wing Tsun Ador Sánchez

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Many years ago, when I started practicing Wing Chun, I was very keen on the effectiveness of styles. Aspects that could be considered purely ornamental didn't interest me too much. Perhaps this was what led me to practice at the school where my master came from, and where "Self-Defense" was the main reason for practice. In short, I got fascinated by the forcefulness of the Wing Tsun style in front of different types of opponents and its apparent simplicity. In an early stage, all that was sufficient for me because it came up to my expectations. Basically I wanted my style to work and, without a doubt, WT did work, no matter who was ahead.

But the truth is that after a few years of practice, I began to reflect on the practice and the training method we had been using till then. It was after the foundation of the TAOWS Academy institution that I began to honestly ask myself questions about what we were, where we came from and above all ... WHERE were we heading?

詠春 Wing Sifu Salva

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Wing Tsun



In all these years, I've made a lot of great Martial Arts friends around the world. Many of them are practitioners of Chinese Martial Arts and, very especially, practitioners and fans of Wing Chun. I believe that the link that binds us all is essentially that: We are "Kung Fu practitioners". And in this first column that I write for the Budo International Magazine of this year 2018, I'd like to launch a series of reflections that I consider really interesting in this phase of my life and that probably help many to better understand the meaning of practicing Wing Chun Kung Fu.

When a Martial Arts practitioner decides to devote his time and attention to a system or style, there are many factors surrounding the practice that have a direct influence on that choice. When we speak of Wing Chun Kung Fu, I firmly believe that this election conditions even more what I affirm until it really becomes a "path or way of life".

Indeed, any of you might answer me saying something like: "Well, it's the same in all the systems...", to which I must affirm without hesitancy that IT'S NOT!

Let me explain: A practitioner of Israeli Martial Arts can train Krav Maga (or any other system) without knowing absolutely anything about the Hebrew culture. In the same way, a Brazilian Jiu Jitsu fan can practice and evolve in the BJJ fight without having even the slightest knowledge of the Brazilian culture. The same applies to Thai or English Boxing. You can practice boxing your whole life through and know absolutely nothing about British culture. However, practicing Wing Chun Kung Fu without taking into account some aspects of Chinese Culture it's simply IMPOSSIBLE. This statement, which may seem excessive to some of my dear readers, will allow me explain my so hackneyed phrase: "Wing Chun is MORE when it contains EVERYTHING."

By referring to this aspect of knowing or having a direct relationship with the Chinese Culture, I'm not talking about the fact of being familiar with certain superficial aspects since like gastronomy, music, the way of dressing or

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詠春 Wing Chun

**“Why do we
practice?
What could be the
final goal of a
practice that
commits us
for so long?”**

DISCOVER YOUR
GREATER

Sifu Salva

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ng Tsun



other purely external features. When I speak of CULTURE, I refer to other deeper elements, like the way of conceiving the Universe under the point of view of TAOISM, or the Historical Evolution of the Chinese People in the hands of Traditional Chinese Medicine.

Just think of the vast knowledge of Chinese people in ancient times about medicine, technology or sciences, and especially about the relationship of man with the Universe.

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Wing Tsun

Wing Tsun



All this legacy has configured in a very particular way the understanding and relationship of Chinese people with the Cosmos. Without bringing up arcane stuff or beating around the bush, we must agree that it would be extremely difficult to practice Chinese Martial Arts in depth without knowing the existence of such important texts as "The Art of War", "The Tao Te King", or the "I Ching". In the same way, it wouldn't be easy to practice Chinese Martial Arts, without having some basic knowledge about the direct relationship between Chinese Martial Arts and Traditional Chinese Medicine, or between Traditional China and "Communist" China, separated by the "Proletarian Cultural Revolution". And it would be also "very hard" to understand Chinese Culture without knowing the close relationship between Martial Arts and the people's Heroes, like the mythical Wong Fei Hung, Chan Heung or even Yip Man himself. Nowhere else (perhaps with the exception of Japan), the memory of these masters and their exploits has been kept alive, as well as the way the information was passed on from generation to generation and how it has come down to us, to maintain some ARTS, which may seem USELESS in our days.

We will agree that in the days of Firearms and Technological Evolution in the Art of the War, Chinese Martial Arts cannot be considered "DESTRUCTION

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WEAPONS", but it will be then when we will have to ask ourselves how is it possible that the old Chinese martial disciplines have been able to survive to all these "accidents" and count, even today, with thousands of practitioners and fans around the world?

Honestly, I don't find a viable answer to this question to center ourselves on emphasizing elements as "self-defense" or "efficiency".

But then, why do we practice? What could be the final goal of a practice that commits us for so long?

For years I focused on the study of all aspects that make up Wing Chun Kung Fu: its history, the philosophy it entails and that is part of its DNA, the way it was handed down from generation to generation and the changes introduced by each of them. I was interested in the relationship between masters and pupils and how a teaching based on technique was transmitted, but without forgetting principles such as loyalty, honor, respect for the elderly, etc.

Although the DRIVING FORCE of any fighting system is the fight itself, when it comes to choosing, I am in favor of practicing everything any style can offer me, so now, in the RENAISSANCE of this new year 2018, I transmit to my older students and teachers the need to RECOVER the bridges with the traditional Wing Chun Kung Fu:

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- To study the history of the style to understand its origin and evolution.
- To understand the reasons of the absence of evolution in recent years.
- To study the Technical STRUCTURES of the Style. Its forms, the analysis of information hidden in the forms. The biomechanics of movement. The concepts of fighting and the STRATEGY of the Wing Chun Kung FU system
- The Kuen Kuit as an oral transmission to our days. The "secret" transmission through the "fight song".
- To transmit our students the interest in practicing and learning the authentic Wing Chun Kung Fu: its philosophy, values and history, as well as the value of the EFFORT for discovering the best version of ourselves; the incessant attempt to improve everything we do in the practice, trying also to improve ourselves as individuals in our

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Wing Tsun

relationship with nature and with those around us... And, of course, to look after the ENGINE! that is, the Combat System that has seduced so many practitioners around the world, trying that our system's understanding, practice and method advance too in the sense of effectiveness.

It's this mixture of ALL what makes the sentence "Wing Chun Kung Fu is MORE when it contains EVERYTHING" assume its full meaning.

Probably, what we do is not for everyone. It's for sure that many will prefer to stay with the "look" of the style, dressing clothes that will make them look like WT Kung Fu practitioners, and imitating

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postures or reciting "fight songs". But every time they will be farther and farther from the aim that we, in TAOWS University, consider every day: Practicing honestly Wing Chun Kung Fu.

Should you want to know about our program, motivations, structures and objectives, or begin your apprenticeship by organizing any type of seminar or training, please contact our headquarters. We will gladly assist you.

TAOWS University
C/ de la Seda, 3
30009 Murcia (Spain)
www.kungfuwingchun.es
Tel +34900103384

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“Although the **DRIVING FORCE of any fighting system is the fight itself, when it comes to choosing, I am in favor of practicing everything any style can offer me.”**

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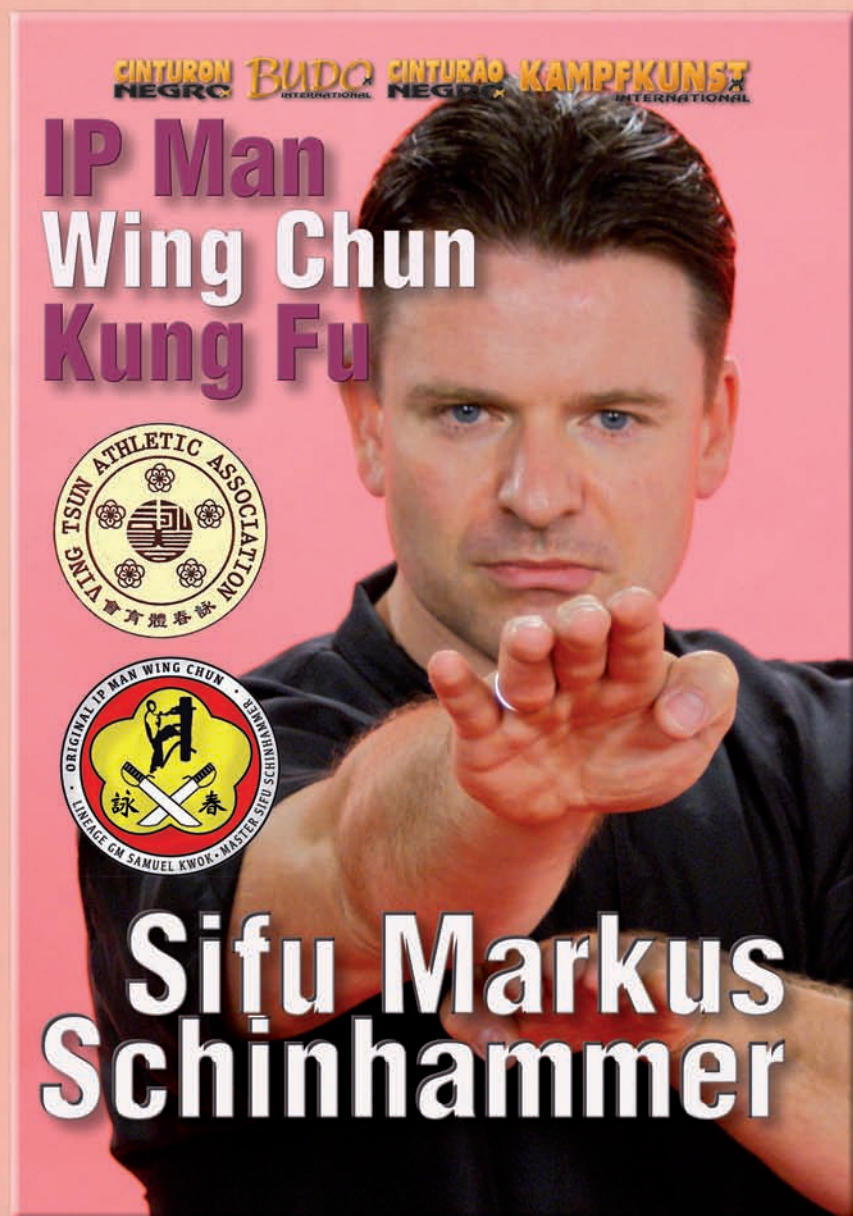
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IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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

Combat applications of techniques from all forms, such as from Siu Nim Tao – structure and basics, Chum Kiu – footwork, turns, combinations – Chum Kiu is the key to combat, Biu Gee – will not leave the Master's house. Two-way energy

– footwork – elbows – finger techniques – makeshift techniques – most effective attack techniques, Muk Yan Chong Fut – the "wooden dummy" techniques – strength in techniques – toughening up – footwork – angle work. This works also includes excerpts from the Chi Sao programme and how to use these techniques in real combat, coupled with Fan Da techniques – effective and functional techniques with no frills. We will also discuss subjects such as simultaneity, structure, footwork, strength in techniques, plus many others, in detail. Like a key that is used to unlock a door, this DVD can be used to decrypt and demonstrate the hidden applications and the power of the Ip Man Wing Chun system.



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Grand
Taekwondo
1935





Grandmaster Rhin Moon Richard Chun Wondo Pioneer and Legend 5-2017

**“His lived a full life
with much happiness
and great success,
indeed an inspiration
of thousands of
martial artists
worldwide.”**





In memoriam

**Grandmaster Rhin Moon Richard Chun. Taekwondo Pioneer and Legend
1935-2017**

What began as a means to compete with the ruffians of post-war Korea, evolved into a career spanning well over half a century for Grandmaster Richard Chun.

At 11 years of age, Mr. Chun started training Taekwondo under Masters Ki Whang Kim and Master Chong Soo Hong, at the Moo Duk Kwan in South Korea.

At 14 years old he received his 1st Dan Black Belt. He then moved on to escape the Korean Civil war and continued practicing taekwondo alone on the majestic peak of Mount Hallasan.

At age 19, he returned to Seoul. Once there, he enrolled in Yonsei University and graduated in 1957. While at university, he continued his training. After graduating, he worked for Air France. He migrated to the United States in 1962 as a foreign student, lived in Washington, D.C. and began studying for his Master's Degree in Business and Marketing at George Washington University.

At age 28 he moved to New York City and began teaching taekwondo at Sigward's Health Club in mid-town Manhattan. Then, in 1964 with the assistance of the late Dr. Un Yong Kim, he officially established the Richard Chun Taekwondo Center on 76th and 1st Ave, New York City, a school that has cultivated champions and catered to movie stars such as the Karate Kid, Ralph Macchio, and dancer/actor Gregory Hines, he then created and organized the 1st Annual Universal Taekwondo Open Championships.

GM Chun managed to earn his MBA at Long Island University and landed a job with IBM World Trade Corporation as a marketing consultant. The he obtain a Ph.D. becoming a professor of health and physical education at Hunter College in New York City.

In 1973, Grandmaster Chun was appointed head coach of the USA Taekwondo Team He traveled and lectured extensively at martial arts schools nationwide as well as appearing on talk shows. He went on to establish the United States Taekwondo Association in 1980, an organization whose mission it is to promotes the traditional and evolving art of taekwondo.

In the late 1980's, Mr. Chun received his 9th Dan Black Belt certification from Kukkiwon headquarters establishing him as one of the highest ranking International Master Instructions in the United States.

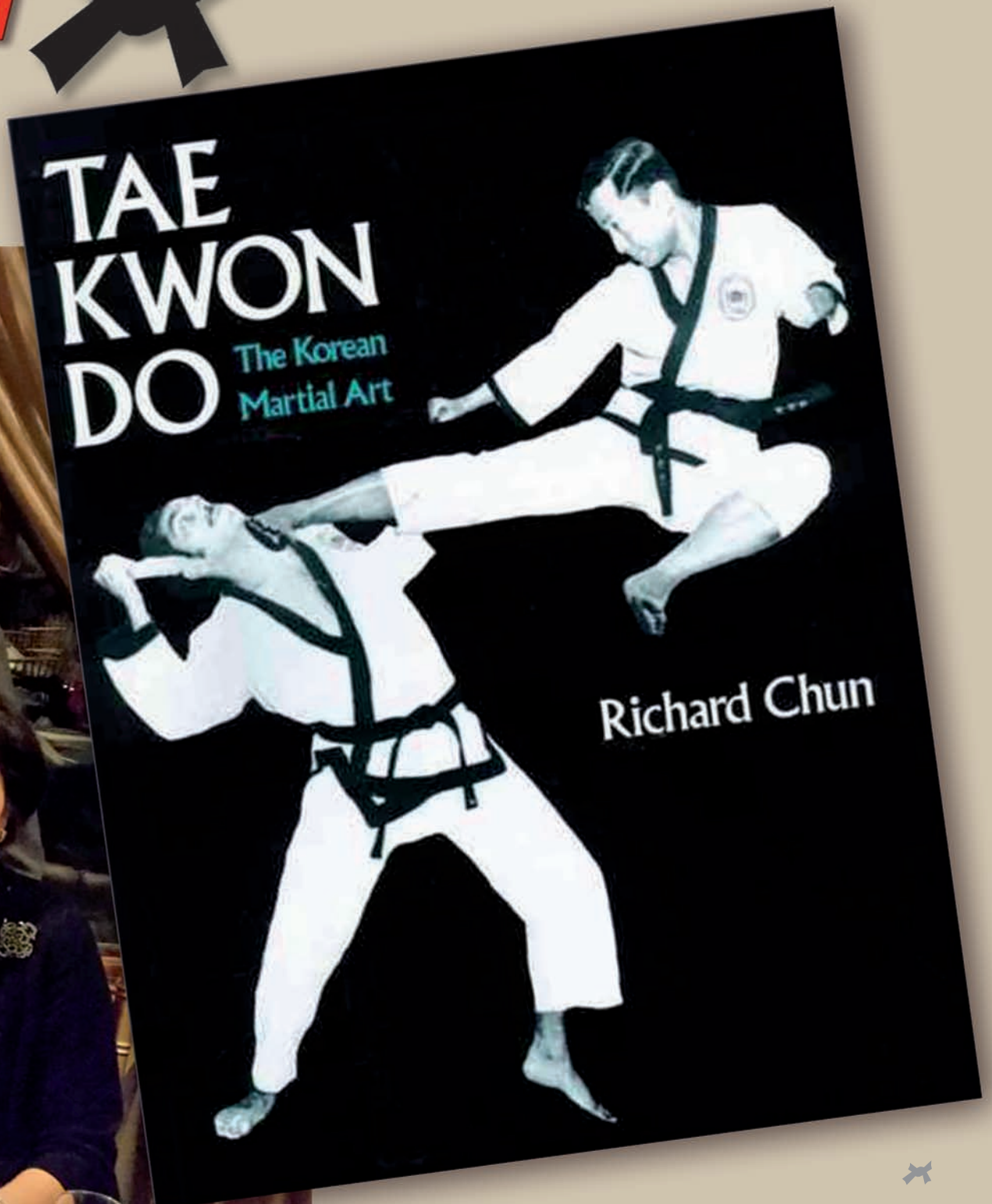
**Grand
Taek
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Grand Masters



Grandmaster Rhin Moon Richard Chun Hwondo Pioneer and Legend 5-2017





In memoriam

Dr. Chun played a major role in organizing taekwondo as an event in the 1988 Olympics and served as Senior International Referee at subsequent championships and Olympic competitions. He received the Presidential Award from the president of Korea. In 1999 he was named Special Assistant to Dr. Un Yong Kim, president of the World Taekwondo Federation. He also received many citations over the years from the World Taekwondo Federation.

Gm Chun authored six books and produced several DVDs. Taekwondo: The Korean Martial Art and Advancing in Taekwondo. They remain a standard martial arts community and are used as reference guides by thousands of practitioners and schools world worldwide. He was introduced into the Black Belt Hall of Fame by Black Belt Magazine in 1979 and in 2004, was inducted into the Taekwondo Times Hall of Fame by Taekwondo Times Magazine, Budo International Hall of Fame 2006.

He was a member of the Lions Clubs International where he served as District Governor of New York and was appointed Ambassador of Goodwill by the Lions Clubs International Association for his humanitarian services worldwide and was repeatedly honored by the president of Korea for the same.

His lived a full life with much happiness and great success, indeed an inspiration of thousands of martial artists worldwide.

Grand Taekwondo 1935





Grandmaster Rhin Moon Richard Chun Wondo Pioneer and Legend 5-2017



Best of Commando Krav Maga

Moni Aizik



Commando Krav Maga has proven popular with many other martial arts instructors around the world, from various schools, who wish to enhance their own abilities and provide a reality based fighting system to their existing students that is both accessible and dependable. "Simplicity is genius" is

Moni's catchphrase but this trademark humility belies the work and thought which has to be done to distill anything to its core essence.

Now suitably refined, this is a system which is suitable for, and accessible to, both teachers and their students.

Military and civilian sectors. The experienced and the novice. This is because, quite simply, it works. It is based on fundamental principles and practices which, if adhered to, and with a little luck, will keep you safer on the street. So maybe it's time to take what ever you know onto another level. In this new DVD, Moni Aizik teaches us in all detail how to solve various situations that can usually occur in the street: knife attacks, punches, threats from the back with a knife or a gun and holding our hand, various examples on the ground as knife attacks or situations in which the aggressor applies us an Armbar or a Triangle, and how to solve weapon threatening situations against third parties.



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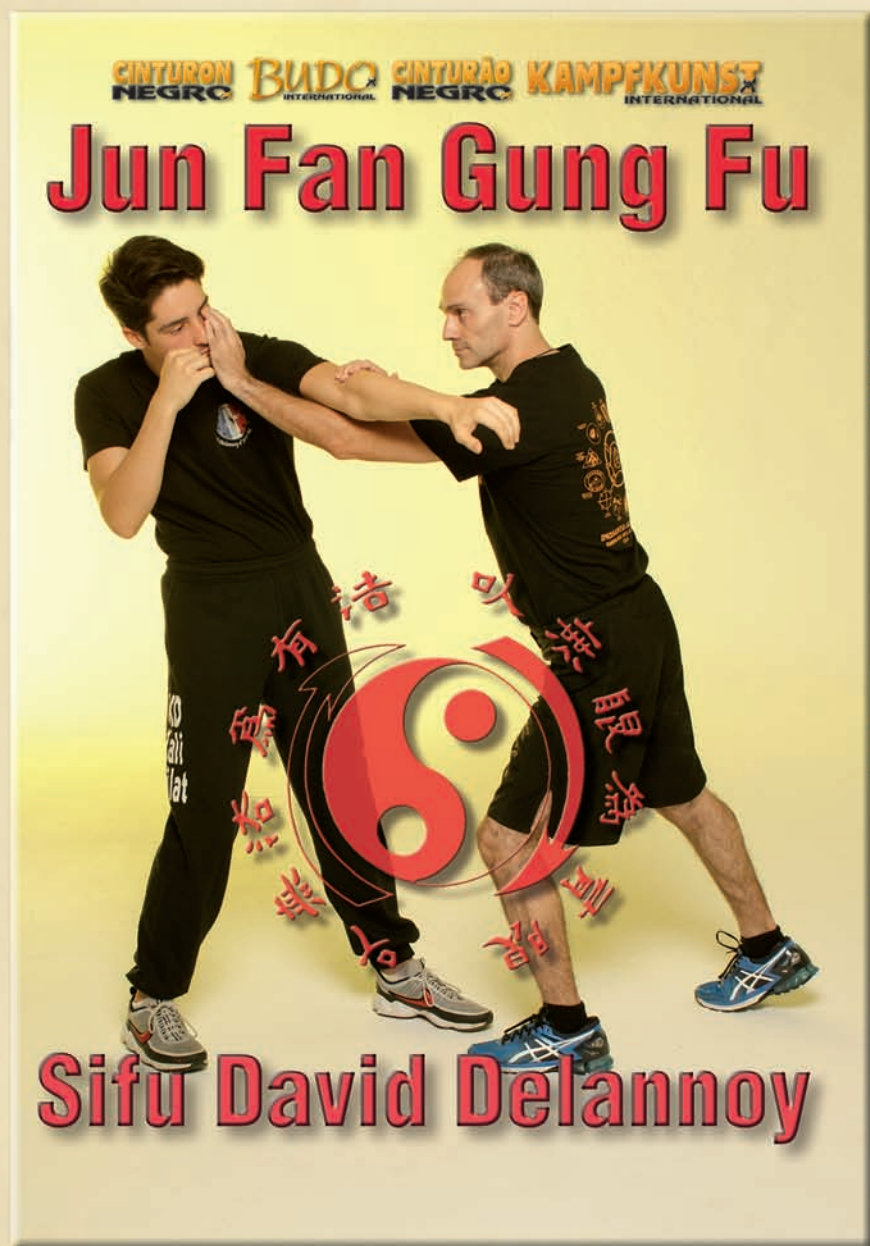


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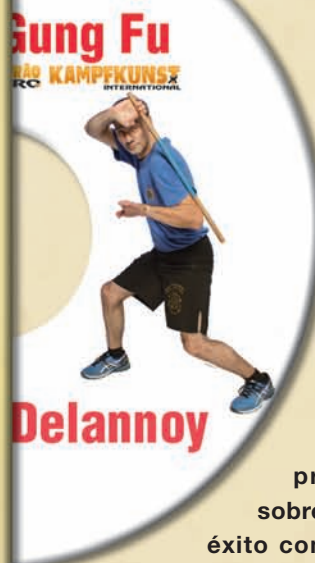
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Jun Fan Gung Fu Sifu David Delannoy



Trust Martial Arts, TRUST Tiger Program: La autodefensa para los niños, la educación en valores, formación del carácter, entrenamiento de movimientos, asertividad, seguridad en sí mismo, autocontrol, seguridad y habilidades para la vida, "Confía

en nosotros para una vida mejor". La creciente preocupación de los padres por la seguridad de sus hijos ante los peligros a los que están expuestos en la sociedades modernas, no es un asunto que ha pasado desapercibido a los profesores de AAMM.



Pocos profesores han elaborado sin embargo proyectos específicos sobre el particular con tanto éxito como el Profesor Andreas Shuster; un proyecto del que aquí nos habla y explica detalladamente. Padres y profesores de Artes disciplinares encontrarán en él guía y inspiración para incrementar la seguridad de esas personitas tan importantes para todos nosotros. Original, practico y brillante



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拳法



www
Keysi b





THE MIND AND THE BODY

They say that the ancient ones said that their ancestors said that us human beings are spirits that have fallen in our bodies by accident or misfortune.

Indeed, we are spirits in bodies, but also bodies with spirit. We are a fortunate mind-body mix, whose components, far from being mutually excluding, are complementary. What makes us human is our intermediate nature, which places us between beasts and gods.

As usual, we start out with a little information. On November 25, 2017, the creator and founder of the Keysi method, Justo Diéguez was a guest in Krakow (Poland), This time we were invited by Pawel Zaremba, our Country Manager.

FOUNDER

KEYSI
BY JUSTO DIEGUEZ

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www.keysiworld.com
by Justo Diéguez



These courses give the opportunity of participating to all those persons interested in knowing this incredible method and let them have an idea of its founder 's vision. This was a four-hour open workshop so that attendees could know personally and evaluate by themselves the different schools that teach Keysi in this country.

The objectives were completely achieved, we want to thank participants this investment of time and communicate them that next year we will return to Krakow to give the first training seminar for Instructors in Poland.

TECHNIQUE, TACTICS AND STRATEGY

These three terms are part of the development and growth of the Keysi method; technique, tactics and strategy are three terms that are often confused within



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the scope of training. This is partly due to the different interpretations that the various teachers and professionals in the cycle of the Self-Defense give to each of these terms. I am aware that I am far from having the absolute truth; it's just a vision which I hope that in one way or another it can help differentiate these three terms. It should be noted that the meanings are further confused when we try to identify them within what we call Self-Defense, where there may be one or several adversaries.

Technique

We must understand technique as the form, development and practice of a certain way of acting that involves an offensive move or a defensive





response, as rationally and economically as possible. Independently, the technique can suffer modifications that correspond to the personality of the individual (personal style). From a practical perspective, in the Keysi Method, technique is nothing else than the means to reach the objective - it's not the objective -, but without the technical recognition we couldn't define who we are, our identity; "Keysi" is the method of growth and urban personal defense, and the technique we see is only the tip of the iceberg; but below, what we don't see, we find body mechanics; this mechanics is the real engine (we speak of the physical) that makes us react to a specific situation of risk. Likewise, a fundamental characteristic of the technique is the fact that it's transmitted among people; it also improves with time and with practice, each person inevitably prints his or her own stamp on it, and it's not only a characteristic of humans, but also of animals.

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Tactics

Tactics is understood as rational behavior, regulated by the person's ability to react in a situation of risk over that of the adversary or adversaries. Like technique, tactics don't play the same role in all situations. Because of that, tactics training is conditioned and limited by the specific needs of the system: if you train to compete you don't train to understand the street. Tactics is directly related to the resolution of the problem. In this sense, it's about "what to do" in a given risk situation, evaluating in a rational way a series of variables which is strengthened with the "why and for what" of the training, and it never loses the objective.

Strategy

From the perspective of training, strategy is defined as a plan to analyze specific situations. A differentiation between tactics and strategy would be that the first has to do with how to solve different situations, an objective which in turn has to do with the person's mental and emotional state and his or her ability to analyze what is happening and with the environment, while the second deals with the resolution of problems out of a real situation, that is, in the training and the objective. In Keysi we put the technique and the tactics in the students, and the strategy is developed by the teacher. When the teacher decides to develop a sequence with several adversaries, with and without weapons, he is posing a strategic situation. We can determine that this circumstance that we have exposed is based on a fundamental pillar which is "trial and error". The different tests and the errors to which they give rise is what allows us to obtain the procedure suitable to the needs that are sought. Strategy can be considered as the result of a plan to carry out the mental and emotional transformation required to pass from being the prey to be the predator, so that we can have the ability to analyze a risky situation and its environment and use it in our favor. Thus, it can be said and I so confirm that strategy arises from the imagination and once established in the mind it is concreted and put into practice to achieved the goals set.



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Making The

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Muay Thai

タイ武道 Arjan

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3

4



Marco de Cesaris



Shihan



www.ashiharaholland.com



Ashihara Karate

Harry Gorter



A man with long brown hair, wearing a dark blue martial arts gi, is shown in a dynamic pose. He has his right arm extended forward with a clenched fist, and his left hand is held palm-forward in a defensive or blocking position. He is looking directly at the camera with a serious expression. The background is a solid light blue.

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Haragei

Haragei ... Beyond inner training! ...

For the masters of Haragei, our interior, before its training, is just the way of access to knowledge. It took me years to understand this principle which is nothing more than to train mind and body in the same proportion. Any other state will force the aging of the mind. Another phrase that made me rethink.

During my visit in the year 1994 to the house of Yasuo Watanabe, a student of Zen and Haragei, it came to me the following reflection:

If we could split our mind in two, we would find:

Nanaji ga Kure - The Seven Hidden Traits

Kingi - golden tree

In other words, there are seven reverberations of seven inputs that we have in our primary senses: 2 eyes; 2 nostrils; 2 ears; and 1 mouth.

For the most committed students, these reception centers project in straight lines designs related to the senses linked to our mind. Mystically, it was believed that this was where physicians (mystics, healers) obtained their energies for their facts and accomplishments.

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Kaze no Ryu Bugei
Shidoshi Jordan Augusto
The Shizen Tradition



Arts of Japan



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**“Only the mind
that is calm -
not because it
is desensitized,
but because it
is in that state
of silence that
is creative -,
only this mind
can stop
deterioration.”**

**自然の伝統
武芸**



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Haragei

Undoubtedly the best path to a successful development of Haragei's techniques is to move away from the myths. The experimental and participative search, without influence or induction, favors the critical sense of each one within an evidence-based experimental process.

In the past, they attributed the recognition of successor (Kokeisha) to this knowledge. Specific tests, mostly "mystical", were carried out with the alleged candidate. However, at the level of history and anthropology, there's a contradictory point in all this information, since the candidates could never appear as claimants, and they had to indicated by the visions and hallucinations of some master in some festival. There are many reported examples of the transmission of "NanaJi ga Kure" studies from master to disciple. What all these stories tell us is to practice diligently, make a sincere effort, as best as we can.

When those who practice attain liberation, escaping the obstacles of illusion and self-ego, and reach detachment from their limited points of view, their true nature arises in the form of understanding. This happens without us knowing it, without us



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“The knowledge of Haragei is an activity that doesn't have a purpose in itself, but is directed to experience.”

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Haragei

realizing it. This is where we find the second point: the realization of consciousness under the "Kingi" aspect - translated as the Golden Tree, which has nothing to do with the appearance of the natural tree we know. Yes, the tree that starts at our feet and settles inside our body reaching our consciousness.

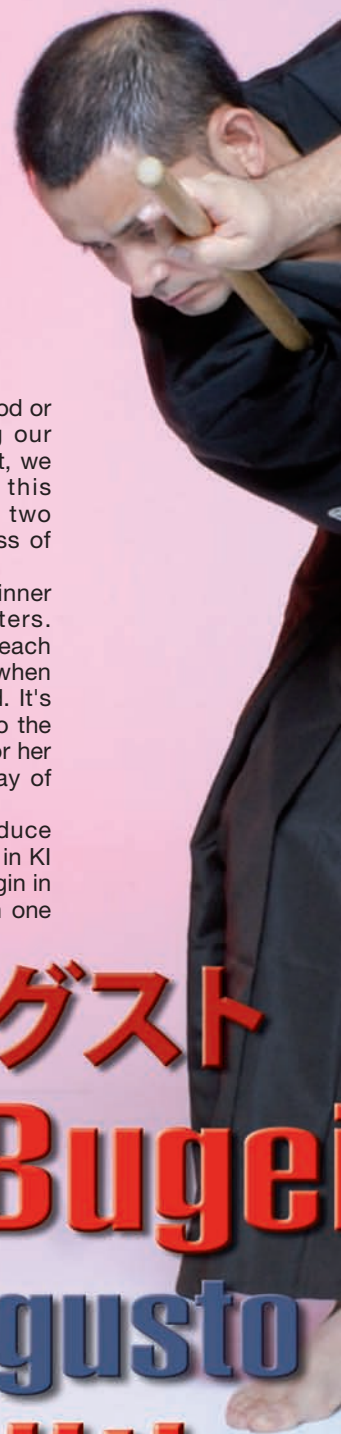
The knowledge of Haragei is an activity that doesn't have a purpose in itself, but is directed to experience. Ideas are hypotheses of action which become real when they act as guides for that action. Education through the concepts of this art, which aims to study the energies, has as purpose of propitiating the conditions so that the pupil can solve his own problems, and not the traditional ideas of forming the disciple according to previous models, or even guiding him for a future.

By the Haragei's way of reasoning, everything we introduce inside us - whether on abstract or material levels - is, logically, an energy being digested by our

organism, and this, of course, will provoke a good or a bad reaction. The first step to mastering our energy is to know what we are putting in. Next, we must check how does our body react to this process. Once we are aware of these first two factors, we must initiate a disciplinary process of abolishing the negativity for our body.

By this bias, Haragei's study is clear: our inner conflicts are translated by external disasters. Particularly in relation to one's own energy, each carries his or her own problems; and these, when externalized, become the problem of the world. It's in this aspect that the Haragei introduces us to the idea that the energy can only be tamed by his or her owner. No one else can do it! There is no way of entrusting such a solution to others.

We may think that different thoughts produce different types of consciousness; some believe in KI energy as the basis of existence that has its origin in the universe, others in religious concepts ... In one



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**“It's not enough
simply to
understand;
it's necessary to
understand well!”**



**自然の伝統
武芸**



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Haragei

way or another, everyone believes in something. In view of this observation of the facts, from a scientific point of view, we will be able to imagine the man / universe interaction as the greatest unit-synthesis in which these aggregates meet that, gradually progressing from unity-synthesis to unity-synthesis, reach the consciousness.

In the atomic-electronic structure of matter, the various component elements are not equal. This is what submicroscopic inquiry reveals. Then, if in analytical observation we replace a macroscopic synthetic observation and we find a homogeneity in the set, it's because it results from the characteristics common to the different elements, that only in this way achieve an overall identity.

All the great schools and masters have sought for centuries the homogenization of consciousness through methods and exercises that somehow develop this broad view of the whole. It's not enough simply to understand; it's necessary to understand well! Each of us has a way of understanding all this constant change in our lives. We are all something, and then we cease to be. It's this conscience that, when is altered, summarizes the facts and distributes them in the form of comprehension. When there is no consciousness, there is no understanding. Without understanding, there is internal harm. When there's emptiness, the harm of

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the individuality and free manifestation doesn't happen, depending on the structure of each one.

The laws of existence tell us, then, that life attains homogeneity without harming individuality, and reaches the equality that unifies without destroying the distinguishing differences. This means that looking at the whole with consciousness transforms the simple and the complex into one thing.

During civil wars in feudal China, an invading army could easily decimate a city and take control. In a village, everyone had fled in terror as they learned that a general famous for his fury and cruelty was approaching the place - everyone except a Zen master, who lived isolated.

“Undoubtedly the best path to a successful development of Haragei's techniques is to move away from the myths.

The experimental and participative search, without influence or induction, favors the critical sense of each one within an evident-based experiential process.”

**自然の伝統
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Haragei

When the general reached the village, his scouts told him that no one else was there besides the monk. The general then went to the temple, curious to know who the man was.

When he arrived there, the monk did not receive him with the normal submission and terror with which he was accustomed to be treated by all; this enraged the general.

"Stupid!!" - he shouted as he unsheathed his sword - "Don't you realize that you are in front of a man who can slay you in the blink of an eye?!"

But the master remained completely calm.

"And don't you realize" - the master replied quietly - "that you are in front of a man who can be slain in the blink of an eye?"



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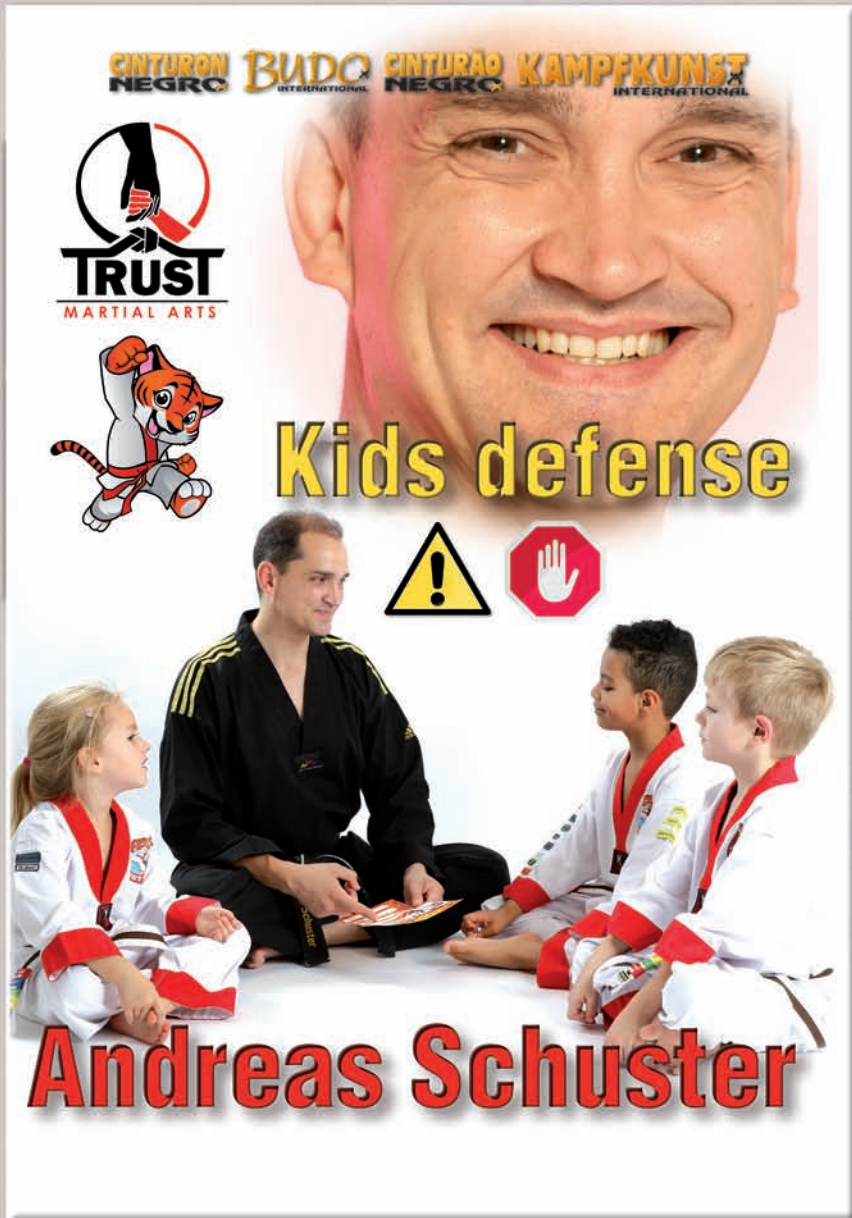




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Kids Defense Andreas Schuster



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

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Schuster



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Form & Applications CHUM KIU

Sifu Alfred Johannes Neudorfer
Simo Rosa Ferrante Bannera



The founders of WTU Wing Tsun Universe, GM Sifu Alfred Neudorfer and Si-Mo Rosa Ferrante Bannera, present a new work, focused this time on Chum Kiu, the second of the "solo" movements or classic forms of Wing Tsun, from the WTU perspective. The WTU Chum Kiu, or "4 waves", is especially characterized by the use of the falling step, the 3 basic kicks (a



Wing Tsun slogan for kicks says that "each step is a kick, and each kick is a step"), and the arm bridges, long and short bridges, which determine the way we come into contact with the attacker. The DVD includes the execution of the complete Chum Kiu movement, the 4 Chum Kiu sections with 3 applications for each one of them, with the use of the 3 basic kicks and the arm bridges.

Finally, the video shows the sequences 2-7 of the Chum Kiu movements with a training partner or Chi-Sao. An excellent work which presents to us a new way of experiencing both the "solo" movements and those with a training partner in the Art of Wing Tsun.



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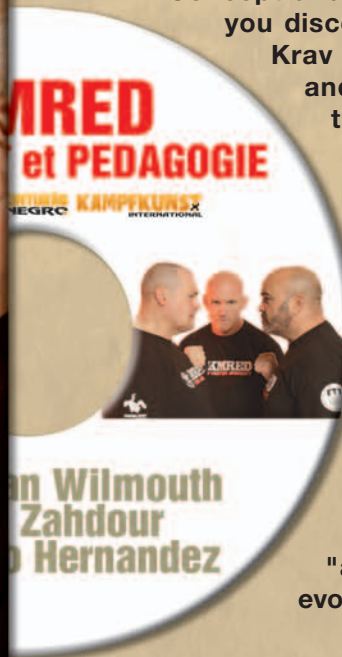
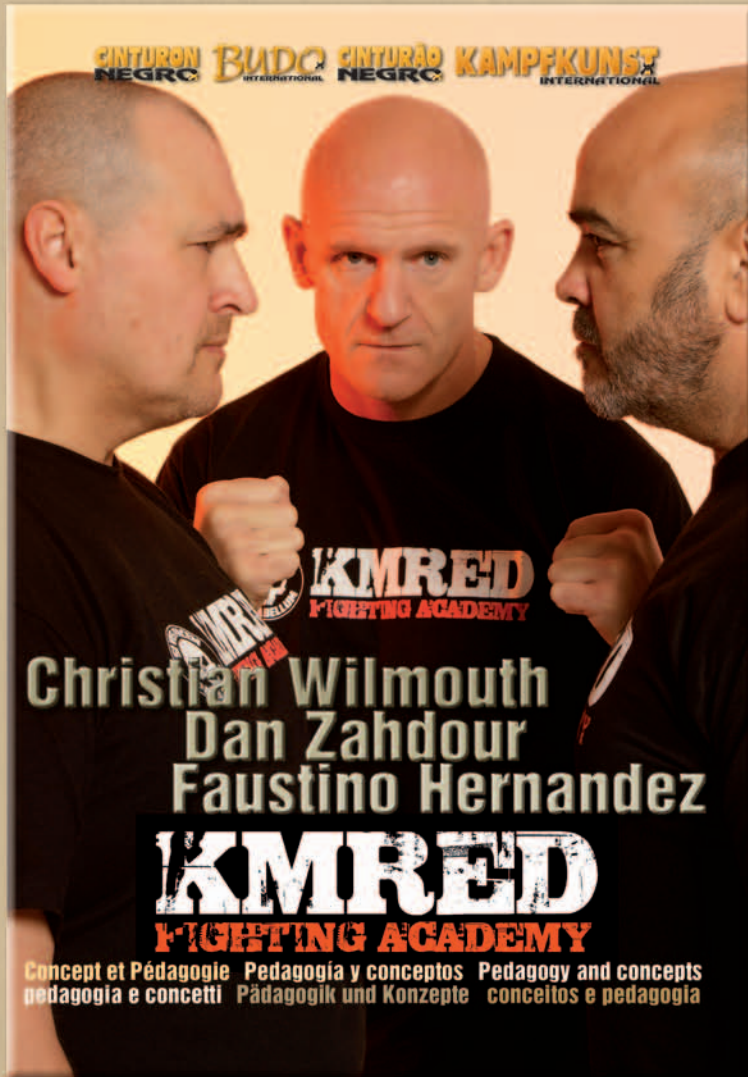
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Christian Wilmouth
Dan Zahdour
Faustino Hernandez



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



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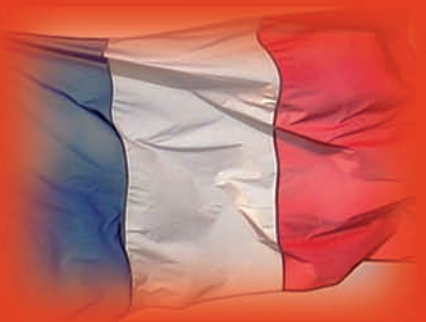
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Pukulan Pencak Silat Serak 2

Maha Guru
Horacio Rodriguez



The Pukulan Pencak Silat Serak is a system based on both weapons and empty hands at the same time. It incorporates many of the new-generation weapons, swords, knives, circular kerambits, bars, batons of different lengths and other more particular weapons. Even in our empty hand training methods we face an opponent who attacks us with weapons in both hands, as well as several opponents at once. This type of training makes us more aware of everything that happens during an altercation and what do and not do when facing one or more armed aggressors. In this second DVD, Maha Guru Horacio Rodriguez, heir to the lineage of Pendekar Pak Victor De Thouars, of Pukulan Pencak Silat Serak, addresses its particular way to train and use the different weapons, laying the foundations for more advanced future plans of study and the application of technique.

This video includes the principles of work, angulation, Sambuts, Jurus and drills with the short sword "Pedang", short knife "Pissau", short stick "Tonkat Matjan", Sarong, and applications of self-defense with empty hands.



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

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

1 DVD: CRCA Wing Chun "Biu Jitsu" Groundfighting

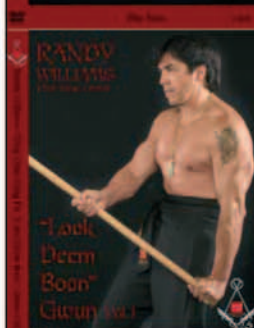
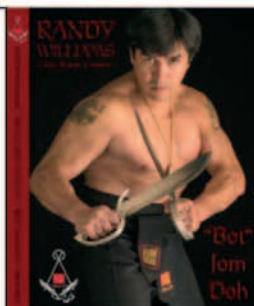
Contents: The concept of "Reverse Engineering," Chokes; Rear, Front Standing, "Guillotine," Head-and-Arm, Side-Mount Shoulder Choke, and many other Groundfighting drills and techniques.

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

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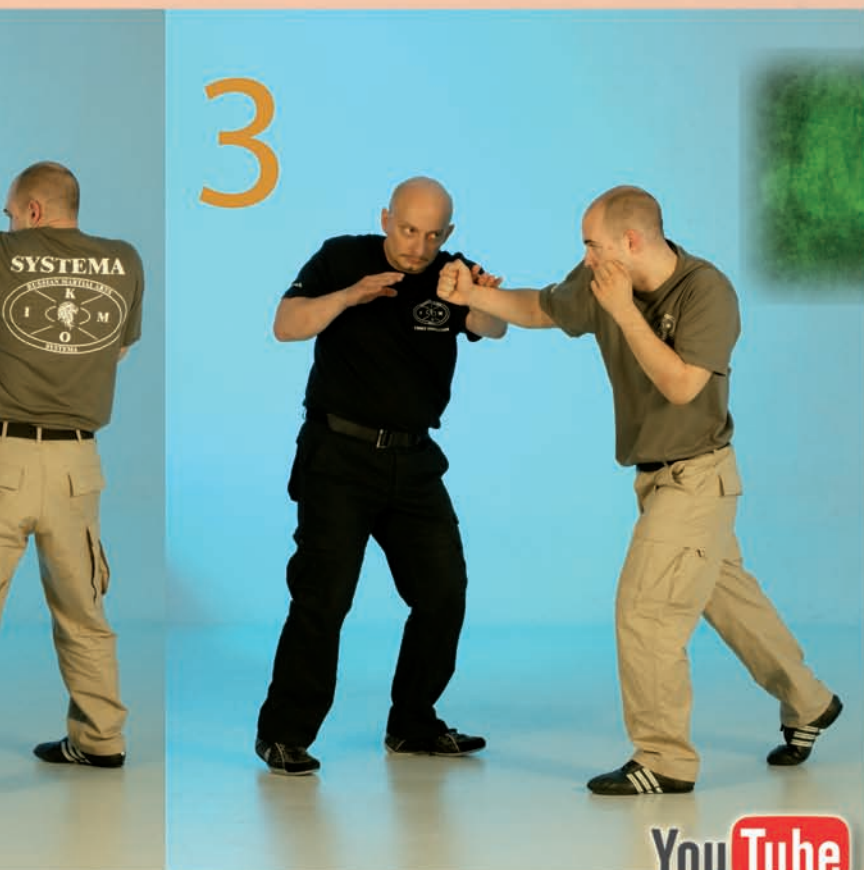
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Krav Maga Israeli Survival System: the new Krav Maga frontier. After the success of his first DVD, Grandmaster Marco Morabito appears unprecedented in Budo International with a DVD dedicated to weapons: Morabito knowledge in both civil and military defense fields intertwines in an explosive mixture of technology and innovation. Nothing is left to chance and there are no secrets: with "experimentalis cognitio", the most common armed attacks are carefully examined paying utmost attention to every single detail.

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Latosa Escrima Rene Latosa

Edge Weapons Training



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

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

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

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



REF.: • LAT-3



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"IRON PENIS"

**"Working with the Male Spirit
in search of Longevity and...
something else!!!"**

Text and photos: [Emilio Alpanseque](#)

Many experts consider Master TU JIN-SHENG as one of the best exponents in the world of a method of working with energy, or Qigong, known as "Iron Penis", and all the testimonies and statistics seem to support such an assessment: being able to pull a P-51 Mustang fighter aircraft of almost 4 tons of weight with only his genitals is just one of his many feats, since he is also an expert in Martial Arts, traditional medicine, painting, calligraphy and music. Today, at 54 years of age, this master of Taiwanese origin is a must-see consultation source for those interested in learning about these millenary methods and from his imposing school in Los Angeles, California, he is ready to answer our questions in exclusive for "Budo International".

TU JIN-SHENG QIGONG





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Budo International: Master Tu, what is the Iron Penis Qigong?

Master TU JIN-SHENG: The Iron Penis Qigong, or Jiu Yang Shen Gong (Longevity Work of the Male Spirit) is a preventive and healing system that combines Buddhist and Taoist principles, external and internal, dynamic and static, coming from various classic treatises such as Damo Xisuijing (Bodhidharma's Bone Marrow Purification) or the Jiuzhuan Neidan (Internal Alchemy of the Nine Reversals) that involves progressive weight-lifting training with our privates. According to traditional Chinese medicine, our body is an indivisible part of the Universe as well as a microuniverse in itself.

Through the different penis and the testicles exercising methods, whether massage, hammering, or lifting weights, the production of sexual hormones and spermatozoa is increased, which in turn stimulates the metabolism in a global way, thus improving energy and vitality, and strengthening muscles and bones as well as the immune system. But there's still more, this method allows us to improve enormously our sexual capacity. This latter feature is what differentiates it from other traditional Qigong health methods.

B.I.: From what age is it advisable to start practicing?

M.T.: The specific practice of Iron Penis Qigong can start from the beginning of puberty. In the case of

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men, after the first ejaculation with mature semen, which usually occurs around the age of 16, and in the case of women, after the first menstruation, which usually occurs around the age of 14. Some people reach puberty a little sooner, others a little later. Anyway, before this process begins, several of the most important energy meridians in the body haven't yet been unblocked and the necessary hormones are not yet secreted from the reproductive organs. Therefore, before puberty, only the Tongzigong (Virgin Work) and Jinzhongzhao (Golden Bell Shield) exercises can be practiced. However, people who start practicing Qigong from an early age have an advantage, such as my oldest son, Jack Tu (see the highlighted column), whom I started teaching since he was six years old; once he turned 18 he started to work the Iron Penis

and managed to lift 25 kilos after just three days of practice. In people who start later, progress will be slower, but it's never too late to start. Zeng Zinan, a respected master of Fengshui (Chinese Geomancy) who is my pupil, began to lift at 95 with great success; today he looks like a 30-year-old young man.

B.I.: Did you say "women"?

M.T.: Yes. Obviously, women can't make direct use of this method because their reproductive organs are different from those of man. However, I also teach the female version of these exercises, although I don't do it very often. In fact, many years ago, in Taiwan, the above mentioned practices were pretty much frowned upon, since people thought they were something like skills for



Entrevista



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prostitutes. That's why I only teach it to household couples and not to single women. The method is done by inserting a jade egg into the vagina and allowing the woman to exercise her muscular control first, to later move on to weight lifting. The jade egg comes with a sturdy string to which it can be hooked a weight up to 25 kilos. Then the weight is lifted and moved like a pendulum, as done by men with their genitals.

B.I.: Very interesting. Is there any contraindication in this method? Who shouldn't practice it?

M.T.: The Iron Penis Qigong has no contraindications of any kind. The only people who can't practice it are those men who suffer from venereal diseases, direct or indirect inguinal hernias, and, of course, those with any type of penile prosthesis. People with inguinal hernias, once operated, and under supervision, can begin to perform light lifting exercises, without exceeding 15 kilos.

B.I.: And is it necessary to lift hundreds of kilos as we have seen your students do?

M.T.: Certainly, my pupils can lift a lot of weight. But not, the curative and preventive method only needs to lift between 15 and 25 kilos every day, for a period of 30 to 60 minutes. It is the constancy and assiduity and not the weight what allows to promote health. As an apart development, my students compete lifting weight. I have students with more than ten years of practice who have managed to lift more than 300 kilos. The greater the degree of Gongfu (ability), the greater the weight. But these are isolated practices that we could call "feats" of the Iron Penis Qigong. I am looking for the opportunity of pulling a commercial Boeing 747 aircraft. I've

QIGONG JIN-SHENG





躍龍門關

“Certainly, my pupils can lift a lot of weight. But the curative and preventive method only needs to lift between 15 and 25 kilos every day, for a period of 30 to 60 minutes.”

“I have students with more than ten years of practice who have managed to lift more than 300 kilos. The greater the degree of Gongfu (ability), the greater the weight. But these are isolated practices that we could call "feats" of the Iron Penis Qigong.”

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made the necessary calculations and I am convinced that with 8 men pulling each wheel we can move the structure of 18 tons together.

B.I.: And these "feats" are made with the penis in an erection state?

M.T.: No, when preparing our silk fabric and adjust it properly around the penis and testicles, to then hang the metal hook, the penis remains in a flaccid state. However, the cavernous tissues and their ability to accumulate blood are being enhanced with exercise, with which the penis, whether in flaccid state or in erection, will increase its size considerably.

B.I.: Then, can you actually enlarge the size of the penis?

M.T.: The human body is a living entity that changes constantly, it is not an inanimate object. When we are young and healthy, erections are invariably rigid. But with the passage of time, as we age, this rigidity gradually declines as well. However, through the practice of the Iron Penis Qigong we can delay this natural process of aging and even improve our sexual functions, guaranteeing an erect penis larger and more difficult to bend. After more than thirty years of experience I

IRON-GENG
SHENG



myself have been able to confirm the results in hundreds of students and also in my person.

B.I.: At your school we can see a lot of modern machines and weights. Are they part of traditional Qigong training?

M.T.: The use of weight machines, as well as bars, dumbbells and other equipment, is also an important part of our work system. While it is true that some of these machines are modern, not all of them though, the way of working with them is purely traditional. We are not looking for weightlifting or bodybuilding, but rather to balance and strengthen the body to enhance Qigong methods. Actions such as hitting the back and sides of the body against an iron plate or hanging yourself from the arms and arching the spine are exercises that help us to open the energy channels that flow throughout our body, by contracting certain muscles in a





eliminate overloads or imbalances of energy and to release stagnation, while reinforcing and toning at the same time the body muscles.

B.I.: What is your view on the Qigong health routines promoted by the Chinese government?

M.T.: Since 1949, Mainland China has gone through many setbacks and losses in practically all areas of traditional culture. During the cultural revolution (1966-76) many writings were burned and China lost much of its heritage, since the communists believed that it was that what it was holding the country back. The methods of Traditional Qigong, that had been transmitted for hundreds of years from generation to generation, among many other things, were prevented from being practiced openly, having to be rescued many years later by contemporary researchers. While in Taiwan this was not the case.

The Qigong methods that I teach, such as the Wuqinxi (Five Animals Game), the Yijinjing (Classic of the Changes of Muscles and Tendons), the Baduanjin (Eight Pieces of Brocade), the Huashan Shuigong (Sleeping Qigong of the Hua Mountain) among others, are integral health methods that not only include routines by themselves, and which have come to me directly

by traditional transmission from my masters. For example, the Baduanjin that I teach is divided in turn into the martial Baduanjin, which cultivates the energy for self-defense and physical strengthening purposes, and the medical Baduanjin, which is responsible for preventive and

certain specific order. In the same way that massage, compressions, acupuncture needles, electrostimulation or even the mind can help correct the levels of energy flowing through the channels or meridians of the body, the weight lifting we do acts too in the same way, allowing to

QIGONG JIN-SHENG







B.I.: But they say they have original documents that have survived the cultural revolution...

M.T.: It's possible, I don't question it, but Qigong methods and Martial Arts alike, differ from other forms of art, such as painting or calligraphy, in that today we can't see a master of 150 years ago perform the movements and explain the internal and external functions of each of them, while we can see an old painting and appreciate much of its splendor. In my private library, I also have authentic gems that I have been collecting in reference to old Qigong manuals. However, we must realize that much of the traditional transmission in these areas is oral. Without this oral connection from teacher to disciple, I am afraid that much can be lost, since not everything can be textually explained in a manual. In addition, during the different stages of Chinese history, old manuals have been copied and reissued many times, losing valuable information for countless reasons.

B.I.: So, is it ruled out the possibility of learning Iron Penis on your own?

M.T.: Not exactly, the complete method is divided into sections, which first can be learned under the supervision of an expert, and then practiced at home, as independent units. We also have multimedia material that can help those students who do not have an expert nearby. But it's far from being virtual courses, it's necessary to receive direct instruction during a certain time, so as to be able to then apply without the teacher's assistance what has been learned. I receive students from many parts of the world in my school and I make sure to supply everything they might need during their stay, to allow them progress in the acquisition and discovery of knowledge according to their individual possibilities. So they go home and later, when they are ready to continue their studies, I welcome them again.

therapeutic functions. They are very old versions that have not been refined or synthesized by any contemporary committee.

B.I.: Does this method require absolute control of ejaculation?

QIGONG JIN-SHENG





Interview

M.T.: No, it is the opposite, practitioners can and should have sexual relations with all normality and they don't need practicing semen retention. I have four children myself. Recently, a student at our school has been a father again at age 82.

B.I.: Unfortunately, we have run out of time. Any message to close the interview?

M.T.: I want to wish everyone health and longevity, as well as thanking you for your interest in writing about these traditional methods, which if not promoted and correctly practiced, could be lost. In case you have any doubt or query, don't stop visiting my Web: www.mastertu.com.



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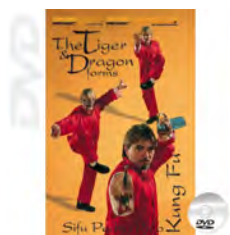
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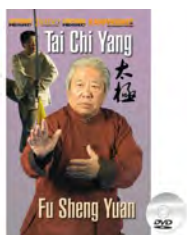
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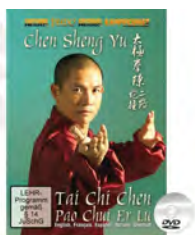
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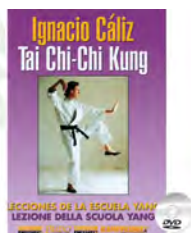
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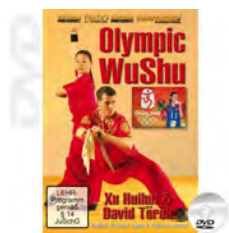
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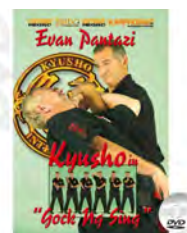
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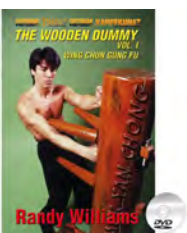
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DVD Wing Tsun Universe. Siu Nim Tao
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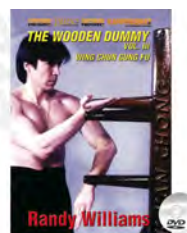
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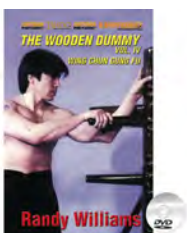
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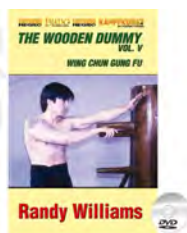
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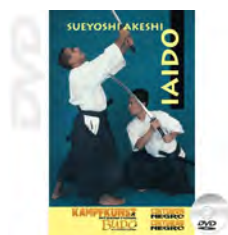
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DVD Karate

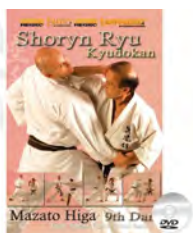
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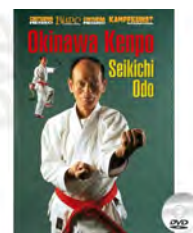
DVD Karate



DVD Shoryn Ryu Karate Kyudokan
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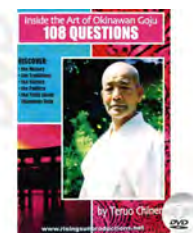
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Karate Jutsu
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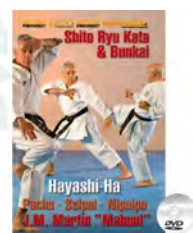
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DVD Goju Ryu Karate Vol 7 Interview
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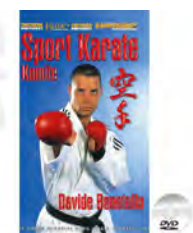
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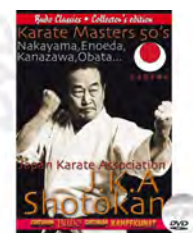
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Footage Funakoshi
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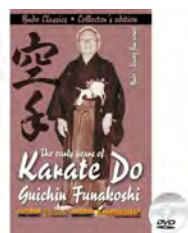
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DVD Goju Ryu Karate GYamaguchi
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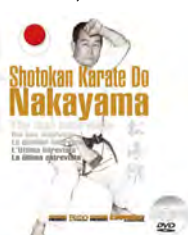
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Funakoshi
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DVD Kyokushin Karate Mas Oyama
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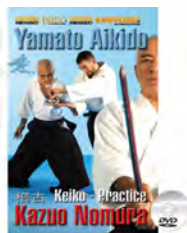
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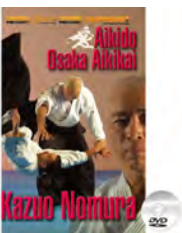
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DVD Aikido Osaka Aikikai vol3 Keiko
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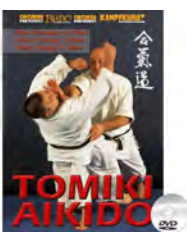
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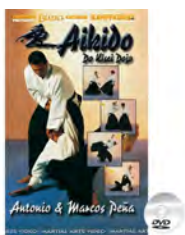
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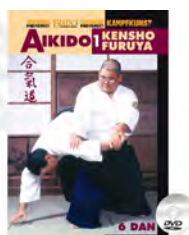
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DVD Aikido Yamada Seminar Barcelona
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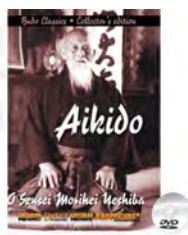


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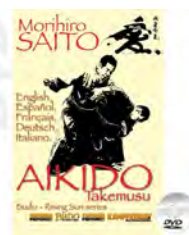
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DVD Aikido Kisshomaru Ueshiba
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DVD Aikido Classics MUeshiba
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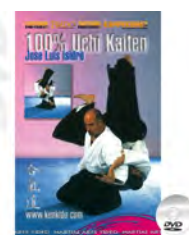
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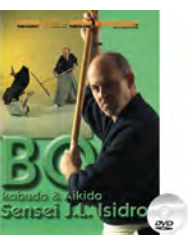
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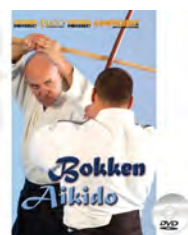
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DVD Aikido



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DVD Kobudo

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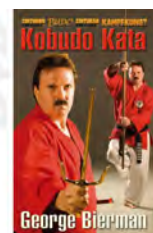
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Techniques
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DVD Other Styles Japan

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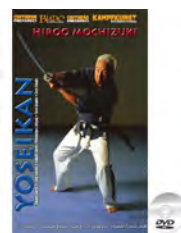
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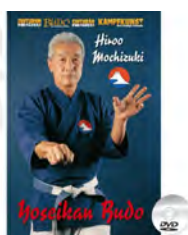
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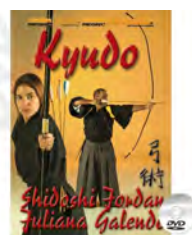
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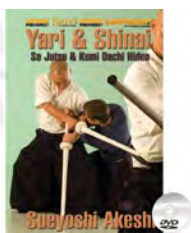
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against Front Attacks
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DVD Yawara Jitsu
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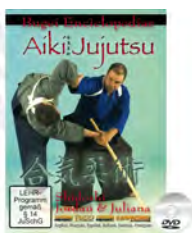
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DVD Kyusho Jitsu

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DVD Kyusho and Kali. Empty Hands
Vol.2
Ref. DVD/KYUSHO25
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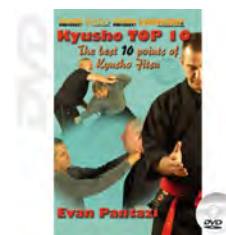
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Vol.1
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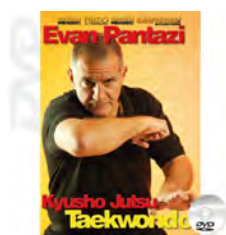
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DVD Kyusho Tactical Control Program
Module 1
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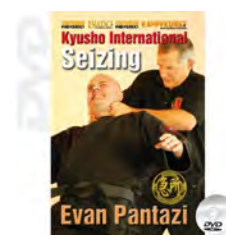
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DVD Kyusho in Taekwon Do
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DVD Kyusho Jitsu in Forms Siu Nim Tao
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DVD Kyusho Jitsu KO Energetic Transfer
Ref. DVD/KYUSHO11
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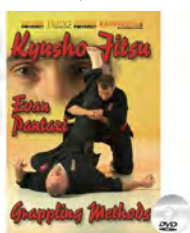
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DVD Kyusho Jitsu Knife Attacks
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DVD Brazilian Jiu-Jitsu

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DVD Advanced Grappling Vol.1
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Price Inc. Tax.....22,00 EUR



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



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Ref. DVD/MANSUR6
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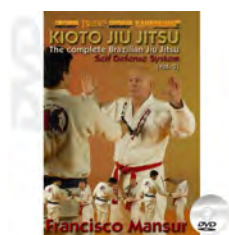
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Ref. DVD/VACIR5
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



DVD Brazilian Jiu Jitsu Kioto System
Ref. DVD/MANSUR
Price Inc. Tax.....22,00 EUR

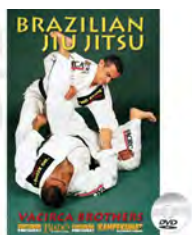
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DVD Brazilian Jiu-Jitsu



DVD Brazilian Jiu Jitsu White to Blue Belt Program
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DVD Brazilian Jiu Jitsu Conditioning
Ref. DVD/VACIR3
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



DVD Brazilian Jiu Jitsu The Mount position
Ref. DVD/REGO1
Price Inc. Tax.....22,00 EUR



DVD Brazilian Jiu Jitsu Black Belt Grand Prix
Ref. DVD/BRA1
Price Inc. Tax.....22,00 EUR

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DVD Capoeira

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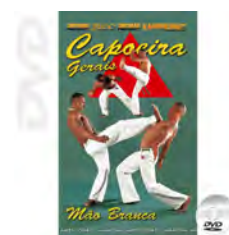
DVD Capoeira



DVD Capoeira Brasil
 Ref. DVD/CAP4
 Price Inc. Tax.....22,00 EUR



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



DVD Capoeira Gerais
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 Price Inc. Tax.....22,00 EUR



DVD Capoeira
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DVD Kali Arnis Eskrima

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DVD Kali Arnis Eskrima



DVD Latosa Eskrima Edge Weapons Training
Ref. DVD/LAT3
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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



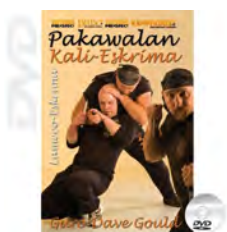
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Ref. DVD/STROEV1
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

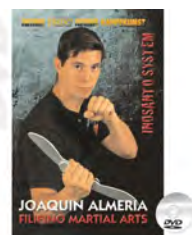
DVD Kali Arnis Eskrima



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



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Ref. DVD/GOULD1
Price Inc. Tax.....22,00 EUR



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



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



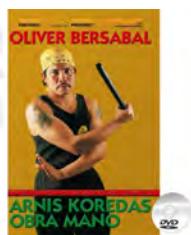
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Price Inc. Tax.....22,00 EUR



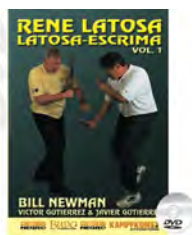
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Ref. DVD/DOG3
Price Inc. Tax.....22,00 EUR



DVD The Dog Brother's Way
Ref. DVD/DOG1
Price Inc. Tax.....22,00 EUR



DVD Arnis Koredas Obra Mano
Ref. DVD/OLIV1
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Kalavera Eskrima - Largo Mano
Ref. DVD/BRU1
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DVD Kali Arnis Eskrima



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

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DVD Staff and Cane



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



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



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



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



DVD Garrote Canario Canarian Staff
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DVD Nunchaku

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DVD Nunchaku



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



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



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



DVD Nunchaku
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DVD Other Weapons

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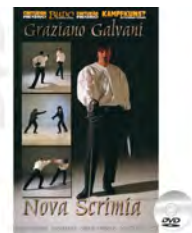
DVD Other Weapons



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



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



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



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



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



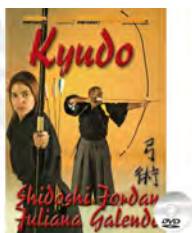
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Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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



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



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



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



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



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



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



DVD Viet Vo Dao Con Phap. Long staff
Vol.1
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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



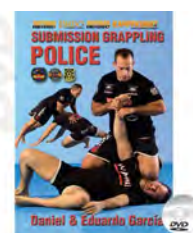
DVD Self Pro Krav Evolution
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Price Inc. Tax.....22,00 EUR



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



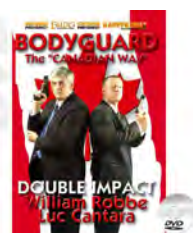
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Price Inc. Tax.....22,00 EUR



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



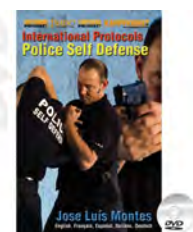
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Double Impact Protection
Ref. DVD/DIP1
Price Inc. Tax.....22,00 EUR



DVD Canadian Bodyguard Defensive
Tactics
Ref. DVD/BODY2
Price Inc. Tax.....22,00 EUR



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



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



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

DVD Pro, Military, Police



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



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



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



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



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



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
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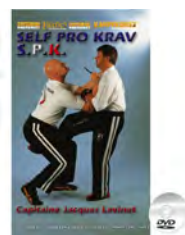
DVD Pro, Military, Police



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



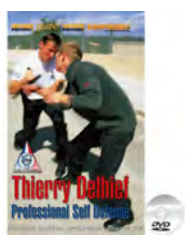
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Ref. DVD/LEVI3
Price Inc. Tax.....22,00 EUR



DVD Self Pro Krav
Ref. DVD/LEVI2
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



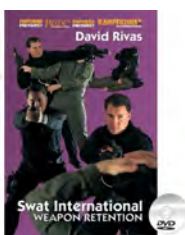
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DVD Hidden Weapons Professional Self defense
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Price Inc. Tax.....22,00 EUR



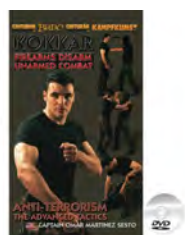
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DVD SWAT International Weapon Retention
Ref. DVD/DAVID1
Price Inc. Tax.....22,00 EUR



DVD Police Kaisendo Handcuff Defense
Ref. DVD/KAISEN4
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DVD Kokkar Anti-Terrorism Advanced Tactics
Ref. DVD/OMAR4
Price Inc. Tax.....22,00 EUR



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

DVD Pro, Military, Police



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



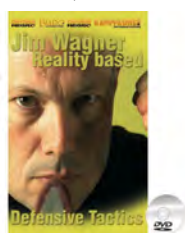
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Cobra II Vol 1
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Price Inc. Tax.....22,00 EUR



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



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



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



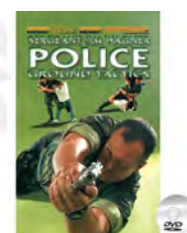
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Guns
Ref. DVD/SARG7
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Reality Based Police & Military
Knife Defense
Ref. DVD/SARG1
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DVD Commando Combat Knife Assault
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DVD Scuba Fighting
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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

DVD Krav Maga

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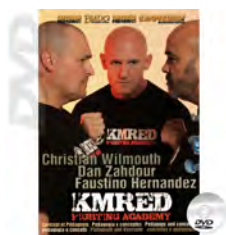
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DVD Krav Maga



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



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



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



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



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



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



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



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



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

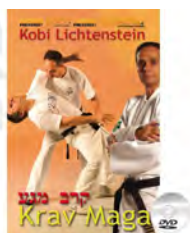


DVD Kapap Shooting Firearms
Ref. DVD/KAPAP7
Price Inc. Tax.....22,00 EUR



DVD IDS Krav Maga Airplane Security
Ref. DVD/IDS4
Price Inc. Tax.....22,00 EUR

DVD Krav Maga



DVD Krav Maga Kobi Lichtenstein
Ref. DVD/KOB11
Price Inc. Tax.....22,00 EUR



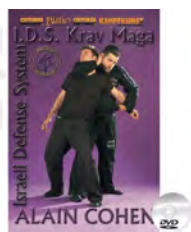
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Ref. DVD/AIZIK
Price Inc. Tax.....22,00 EUR



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



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



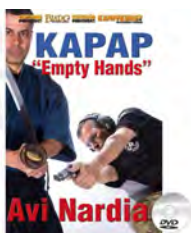
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Ref. DVD/IDS1
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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

DVD Krav Maga



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



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



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



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



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



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



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



DVD Kapap MMA
Ref. DVD/KAPAP6
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DVD Systema

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DVD Systema



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



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



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



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



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



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

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



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



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



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



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



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



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



DVD Seal Program Knife Combat
Ref. DVD/FAR2
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DVD Women´s Self Defense

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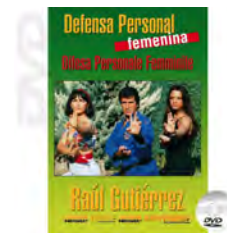
DVD Women's Self Defense



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



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



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

DVD Other Self Defense Styles

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DVD Other Self Defense Styles



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



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



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



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



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



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



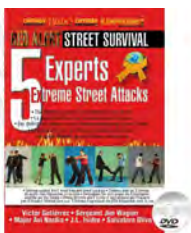
DVD SOG How to be your own
Bodyguard
Ref. DVD/SOG5
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

DVD Other Self Defense Styles



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



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



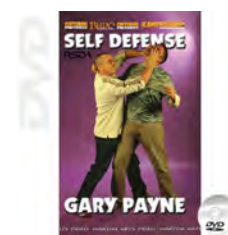
DVD SOG Close Combat Vol 1
Ref. DVD/SOG
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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



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



DVD Close Combat Vol 1
Ref. DVD/MALTE2
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DVD Other Self Defense Styles



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



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



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

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DVD Jeet Kune Do

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DVD Jeet Kune Do



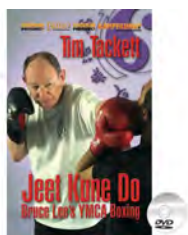
DVD Bruce Lee in Memoriam
Documentary
Ref. DVD/BL
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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



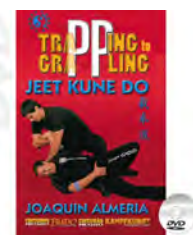
DVD JKD Streetfighting
Ref. DVD/ALM5
Price Inc. Tax.....22,00 EUR



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



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



DVD Jeet Kune Do Trapping to
Grappling
Ref. DVD/ALM1
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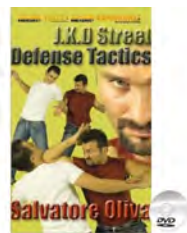
DVD Jeet Kune Do



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



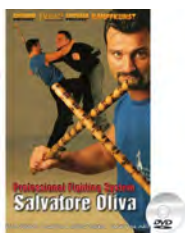
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Price Inc. Tax.....22,00 EUR



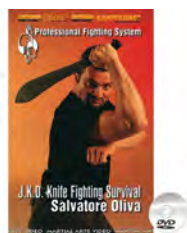
DVD JKD Street Defense Tactics
Ref. DVD/SALVA5
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD JKD Seal Program Hand to Hand
combat
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DVD Kenpo

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DVD Kenpo



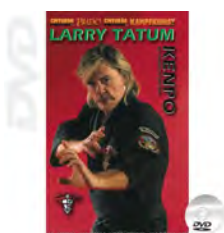
DVD Kenpo, My Favorite Techniques
Ref. DVD/LARRY4
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



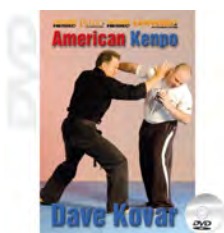
DVD Ed Parker's Kenpo Rules and
Principles
Ref. DVD/PLANAS2
Price Inc. Tax.....22,00 EUR



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



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



DVD Blended Kenpo
Ref. DVD/KOVAR1
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DVD Kosho Ryu Kenpo
Ref. DVD/KOSHO1
Price Inc. Tax.....22,00 EUR



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

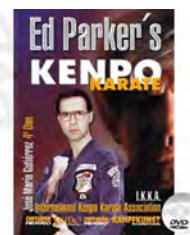
DVD Kenpo



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



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



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



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



DVD Wolf Extreme Defense
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DVD American Kenpo Karate Police
Instruction
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DVD Kajukenbo

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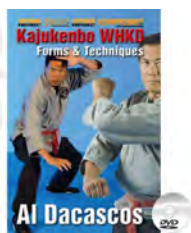
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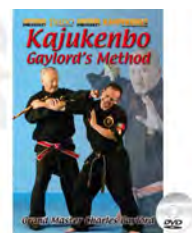
DVD Kajukenbo



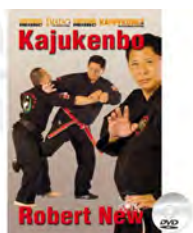
DVD Kajukenbo Emperado
Ref. DVD/KAJ4
Price Inc. Tax.....22,00 EUR



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



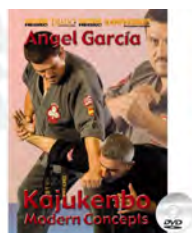
DVD Kajukenbo Gaylord's Method
Ref. DVD/GAYLORD
Price Inc. Tax.....22,00 EUR



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



DVD Kajukenbo Wun Hop Kuen Do
Ref. DVD/WHKD2
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DVD Kajukenbo Modern Concepts
Ref. DVD/KAJ7
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DVD Kajukenbo Weapons
Ref. DVD/KAJ6
Price Inc. Tax.....22,00 EUR



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



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



DVD Kajukenbo Vol 2 The Training Method
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DVD Martial Arts Vietnam

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DVD Martial Arts Vietnam



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



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



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



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



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



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



DVD Vovinam Viet Vo Dao Vol 2
Ref. DVD/VIET2
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DVD Vovinam Viet Vo Dao Vol 1
Ref. DVD/VIET1
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DVD Other Martial Styles

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DVD Other Martial Styles



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



DVD Wind Warriors XXI
Ref. DVD/RIBEIRO1
Price Inc. Tax.....22,00 EUR



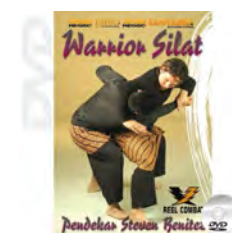
DVD Self Defense for Everybody
Ref. DVD/DON
Price Inc. Tax.....22,00 EUR



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



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



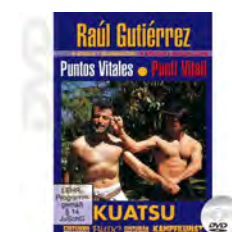
DVD Warrior Silat
Ref. DVD/WSILAT
Price Inc. Tax.....22,00 EUR



DVD Indonesian Sarong
Ref. DVD/SARONG
Price Inc. Tax.....22,00 EUR



DVD Chin Na Catching & Locking
Ref. DVD/HARFOU2
Price Inc. Tax.....22,00 EUR



DVD Vital Points Atemi & Kuatsu
Ref. DVD/PV
Price Inc. Tax.....22,00 EUR



DVD Filipino Panantukan
Ref. DVD/PANAN1
Price Inc. Tax.....22,00 EUR



DVD Aloe Limalama Samoa
Ref. DVD/LIMA
Price Inc. Tax.....22,00 EUR



DVD Hawaiian Lua
Ref. DVD/LUA1
Price Inc. Tax.....22,00 EUR

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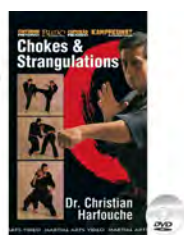
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DVD Other Martial Styles



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



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



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



DVD Budo Martial Arts International
Festival 2003
Ref. DVD/FESTI2
Price Inc. Tax.....22,00 EUR



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



DVD Budo Martial Arts International
Festival 2002
Ref. DVD/FESTI1
Price Inc. Tax.....22,00 EUR



DVD Budo Martial Arts International
Festival 2007
Ref. DVD/FESTI3
Price Inc. Tax.....22,00 EUR

DVD Other Martial Styles



DVD Psi Power for Martial Artists
Ref. DVD/LILLA
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Pencak Silat
Ref. DVD/MALTE3
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DVD Pukulan Pencak Silat Serak.
Weapons
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DVD Pencak Silat

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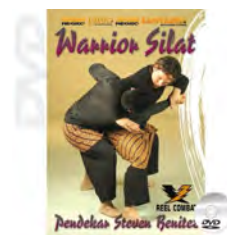
DVD Pencak Silat



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



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



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



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



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



DVD Pencak Silat
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DVD Tae Kwon Do

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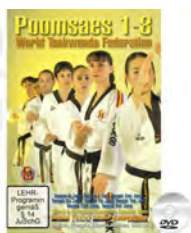
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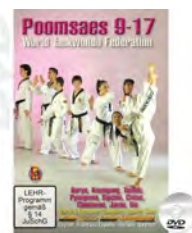
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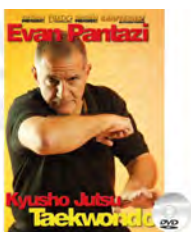
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/TKDE2
Price Inc. Tax.....22,00 EUR



DVD Taekwondo WTF Superior Poomsae
Ref. DVD/TKDE1
Price Inc. Tax.....22,00 EUR



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



DVD Taekwondo Superior Poomsae & Applications
Ref. DVD/PUM2
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Taekwondo Fighting Secrets
Ref. DVD/MAURI2
Price Inc. Tax.....22,00 EUR

DVD Hapkido

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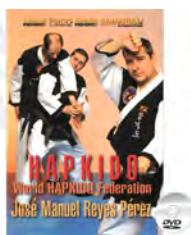
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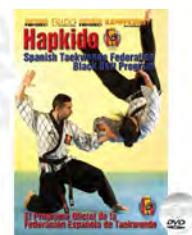
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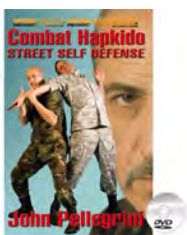
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Price Inc. Tax.....22,00 EUR



DVD Hapkido Technique WHF
Ref. DVD/FEH1
Price Inc. Tax.....22,00 EUR



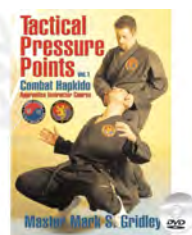
DVD Hapkido Official Program
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Price Inc. Tax.....22,00 EUR



DVD Combat Hapkido Self Defense
Ref. DVD/COMH3
Price Inc. Tax.....22,00 EUR



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



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



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



DVD Hapkido Hoi Jeon Moo Sool Vol 1
Ref. DVD/KIM1
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DVD Hapkido Hoi Jeon Moo Sool Vol 2
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DVD Sin Moo Hapkido
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DVD Other Styles Korea

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



DVD Hwa Rang Do Knife Fighting
Ref. DVD/HWA1
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DVD Modern Farang Mu Sul How to
develop Speed and Reaction
Ref. DVD/FARANG1
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DVD Haidong Gum Do
Ref. DVD/GUMDO
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DVD Sib Pal Ki
Ref. DVD/PALKI
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DVD Sun Mu Do
Ref. DVD/SUN1
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DVD Tang Su Do
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DVD Muay Thai

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DVD Muay Thai



DVD Muay Thai Boran Flying Techniques
Ref. DVD/CESAR10
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DVD Muay Boran Mae Mai Vol2
Ref. DVD/CESAR12
Price Inc. Tax.....22,00 EUR



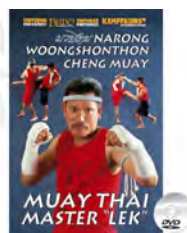
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/CESAR8
Price Inc. Tax.....22,00 EUR



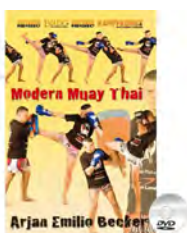
DVD Kung Fu & Muay Thai Dragon & Tiger
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Price Inc. Tax.....22,00 EUR



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



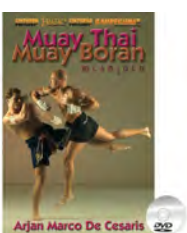
DVD Sillapa Muay Thai
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Price Inc. Tax.....22,00 EUR



DVD Modern Muay Thai
Ref. DVD/EC3
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Master Pimu
Ref. DVD/BORAN
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Elbow Techniques
Ref. DVD/CESAR9
Price Inc. Tax.....22,00 EUR



DVD Mae Mai & Look Mai Muay Thai
Ref. DVD/CESAR7
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Muay Kaard Chiek
Ref. DVD/CESAR6
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DVD Muay Thai



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



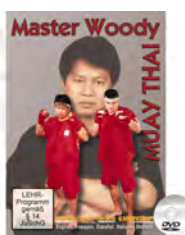
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Ref. DVD/CESAR3
Price Inc. Tax.....22,00 EUR



DVD Muay Thai Boran Chap Ko
Ref. DVD/CESAR2
Price Inc. Tax.....22,00 EUR



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



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



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



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

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DVD Kick Boxing



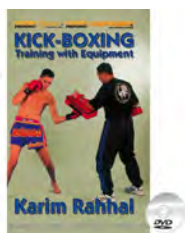
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Price Inc. Tax.....22,00 EUR



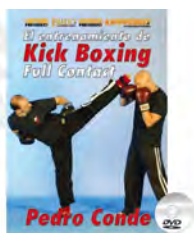
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Ref. DVD/WKA1
Price Inc. Tax.....22,00 EUR



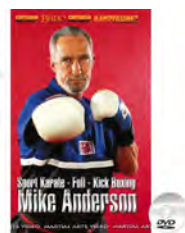
DVD Full Contact & Kick Boxing
Ref. DVD/DON2
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



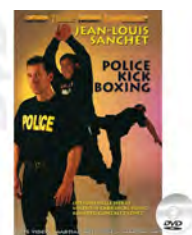
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Ref. DVD/LEWS
Price Inc. Tax.....22,00 EUR



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



DVD Super Sparring! Full Contact & Taekwondo
Ref. DVD/BARADA1
Price Inc. Tax.....22,00 EUR



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

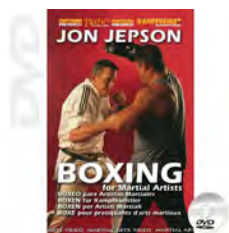
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DVD Kick Boxing



DVD Boxing for Martial Artists
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DVD Grappling Wrestling

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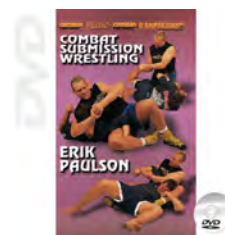
DVD Grappling Wrestling



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



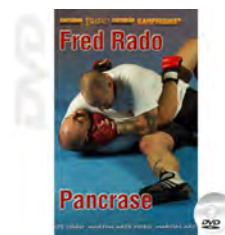
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Price Inc. Tax.....22,00 EUR



DVD Combat Submission Wrestling Vol 2
Ref. DVD/ERIC2
Price Inc. Tax.....22,00 EUR



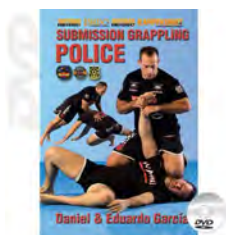
DVD Olympic Wrestling
Ref. DVD/LUCHA1
Price Inc. Tax.....22,00 EUR



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



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



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



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

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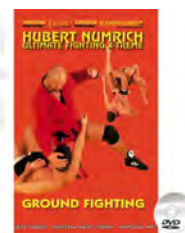
DVD MMA - Vale Tudo



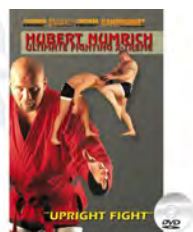
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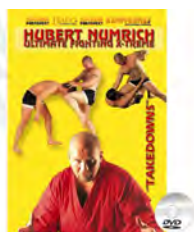
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DVD Ultimate Fighting X-Treme3 Ground fighting
Ref. DVD/HUB3
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

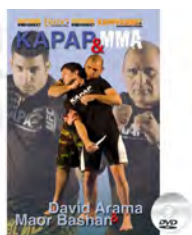
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DVD MMA - Vale Tudo



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



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



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



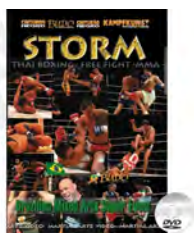
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Price Inc. Tax.....22,00 EUR



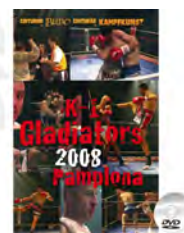
DVD Vale Tudo The Very Best of IVC 6 & 9
Ref. DVD/BRA2
Price Inc. Tax.....22,00 EUR



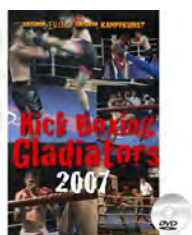
DVD Meca World Vale Tudo The Very Best
Ref. DVD/MECA1
Price Inc. Tax.....22,00 EUR



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



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



DVD K-1 Gladiators Tournament 2007 Spain
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Price Inc. Tax.....22,00 EUR

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DVD Other Contact Sports

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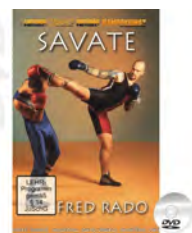
DVD Other Contact Sports



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



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



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



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



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



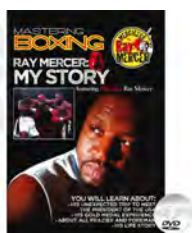
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Ref. DVD/MERCER3
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Olympic Wrestling
Ref. DVD/LUCHA1
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DVD Health - Wellness

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DVD Health - Wellness



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



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



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



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



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



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



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



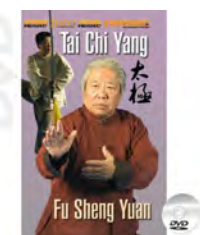
DVD Tai Chi Yang Style & Chi Kung Vol
1
Ref. DVD/TAI1
Price Inc. Tax.....22,00 EUR



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



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



DVD Tai Chi Yang Style Vol 3
Ref. DVD/FUSE3
Price Inc. Tax.....22,00 EUR

DVD Health - Wellness



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



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