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**Editorial:**  
*Why is it that hard  
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**少林小洪拳**

**Shaolin Xiao Hong Quan**  
**Shifu Shi Miaozihi**



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# Editorial

## Why is it that hard for us to change?

*"Destiny cannot be changed, otherwise it would not be destiny; man, however, can change, otherwise he would not be a man".*

**Viktor Frankl.**

*"Man is not afraid of his darkness, but of his light."*

**Marianne Williamson.**

**W**e men love the known. All animals do. The most elemental definition of an enemy is that of "unknown, different"; it's not of surprising that in consequence any change always gets in to pushes. Perhaps for that reason, the change impulses come only in two ways: The need... and... Yes! You've guessed it! ... the need!

The first need is the one that comes from the outside and forces you, that is, you've got to have the guts to change, whether you like it or not, there's no other choice. Life, destiny, Karma, the winds of evolution or involution break out in your life and they turn everything upside down. The second need responds to an internal impulse; in youth it will be the result of the venturous drive and the hormonal "overplus", and not least important, of the "move over there and let me some room". In maturity the conclusive transformer vehicle is reflexive, slowed down and much more consequential, because (life's tough!) you don't have any longer the same strength and you have become tremendously cautious.

In the Universe, two opposing and complementary forces act constantly, rotating and organizing all things. The one ascends, is creative and expansive; the other descends, is thrifty, contractive, pure inertia. My mother has a very good phrase to define humans, she says: "There are two types of people; those who wind themselves up... and those who need to be wound up", undoubtedly a magnificent summary of the biotypes that are predominantly dominated by the one force or by the other. In both cases, changes are experienced in very different ways, and in each phase of life are taken in different consideration.

The deep changes in our nature are always difficult to execute, because we tend to stick to pre-defined ways of being, thinking and acting. It is not the first time that I write about the constraints that the first stages of life impose on us, nor the first time that I take into consideration the essential differences defining each person. We all have a central structure, a fractal that identifies us and to which we respond; the nuances that define it in detail, are flawlessly ordered combinations of how this fractal central structure relates to the environment. The way we walk through them, with our free will, will be what will provide results, trends and equivalences that lead us in an evolutionary positive sense, or in a negative regressive one; but much, very much, of what we are is structurally written in our genetic predefinition, or even more broadly in our essential vibrational fractal.

In other words, an apple tree will bear apples and a pear tree will bear pears, be these better, worse, or quite the opposite. You are what you are, little or no change will be possible here, however, in the way we live in it, the result of the environment, and our doings lies variability. The devil is always in the little things! A tree by itself little or nothing can do in this sense, because its change is exclusively linked to the environment to which it's tied; a man, on the other hand, has a much higher level of autonomy; not as much as the optimists preach, nor as little as the determinists assume. Autonomy and the awareness of being seem to go hand in hand in the essential code of the evolution of life.

Functionally, we men stick to pre-determined reactions, paths where the information moved for the first time and of which we did highways, shortcuts to which we are accustomed and whose only virtue really lies in the fact of being known. Habits are the minor sisters of these processes, in which reigns inexorably and inescapably the great Lady Inertia. She, in her thrifty and greedy zeal, is the enemy of all change and so she becomes entangled in ways and worlds where her enemy, consciousness, goes completely unnoticed, in the dark territories of the subconscious and unconscious world.

The more complex and autonomous the conscience of being, the easier it can be trapped in these worlds, where you believe that you're doing on your own free will what the tyrant queen commands. That's the price we have to pay for the glimpse of autonomy that was evolutionarily bequeathed to us.

One of the few weapons with which the conscience can play is called recapitulation, without a doubt one step beyond reflection. A beloved Master who has already left us called it the "felt reflection", because the navigable waterways of the subconscious and the unconscious have more to do with the emotional world, of which they are bridge with the mind, than with anything else.

However, when we face what is ours, there exists the real value of what's not ours, of the environment and its tension accumulations, which the Shizen identified with the nature of what they denominated as ONI. These accumulations have their own nature and life; they are tensions and eternal energies, which exist beyond the human will and have perfectly predefined signatures, with which the Shizen shamans learned to establish relationships, exchanges and negotiations. Out of this culture I don't know any other that has reached such a high level of sophistication, capable of establishing relational parameters with these dimensions of elementary forces. Its high priests, the Tonbo, were the only ones among them able to establish the correlation of these links, to the point of synchronizing, desynchronizing or altering the patterns of such interaction between the self and its environment.

And if it wasn't complex enough, any real change would imply in the light of here described, two realities, the personal and the alien, who are, that interact by affinity and consequently of their own natures, within predefined patterns. On the one hand what corresponds with our own nature, experience and learning, on the other hand what surrounds us and interacts with us.

In light of the above, it is not surprising that the idea of true change is complex, because we us must defeat ourselves and our self-destructive patterns, while arranging the interaction with the predominant forces of our environment which, vitiated by the cumulative process generated by our sickly reiteration (Like attracts like within the same plane!), tends to lead us to traps that are repeated in our lives in a cyclical way.

Change is a multilateral course of interventions which occur inside processes, most of times foreseeable, because few are those who are able to deal with both phases of the transformative program, the conscious and the unconscious, the personal and the transpersonal. Generally, those who master one phase ignore the other one, precisely because of the predefined tendency that nature prints on us at birth; hence





the peremptory and inexcusable need to provide all initiates with the two energetic keys in the energy reorganization of their personal bubble in a dual way, that is, to provide them with access to the feminine and masculine principles. Only through the feminine principle will man find the way in his spiritual journey and only through the masculine principle will woman do; for that reason, any true spiritual path worth its salt attends to this question at some point during the march.

Change happens because the nature of things is that of changing. The directed and conscious change is nevertheless an Art and a technique available to the very few, because, as we have seen, it requires the interaction of Self with itself in titanic levels of detachment, and of Self with the everlasting forces, preexisting before any conscience, with which we are always in contact.

I will change, you will change, he will change, but in what direction... Well, my friend, to know that ... it's quite another thing! Without knowledge, without conscience and without effort, we are like leaves in the hands of the winds of destiny... far beyond of what we would like to recognize. First step... humility, and then you better take your lucky penny and find a good master, because for these things generally a single life is not enough.

**Alfredo Tucci**

**e-mail: [budo@budointernational.com](mailto:budo@budointernational.com)**





# *“Pearls” of the Warrior*

*“Jiu-Jitsu, more than a fight,  
is a system of fights;  
It's an empirical science,  
a science that progresses at every moment;  
such as the other sciences  
and as physics itself,  
it has greatly developed.”*

*By  
GM Mansur*





Shi De Yang, Grandmaster Shi De Yang, has left a deep imprint in the Kung Fu of the last decades, and, without any doubt, he will continue projecting himself to the future more and more. Sifu Shi Miaozi, another paladin who has received direct instruction of such an outstanding Master, has made a magnificent video about one of the most representative forms of this Kung Fu style.

Sifu Bruno Tombolato, also student of Shi De Yang, the "Great", explains in this article on a solid basis, as usual, what there is to be known about it.

*Alfredo Tucci*



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方  
林  
功  
王

Shifu Shi Miaozi Shi

Shaolin



Text: Shifu Bruno Tombolato  
Photos: Alfredo Tucci



少林小洪拳

Shaolin Xiao Hong Quan



Shifu Shi Miaozi Shi

Shaolin



*Shaolin Xiao Hong Quan* 少林小洪拳

**Xiao Hong Quan is one of Shaolin's most basic traditional boxing forms, but extremely important within the teaching system, as it incorporates all the system foundations (it's called as "the mother of Shaolin's 18 fists") and is one of the first forms to be studied. Through this form you can see the Kung Fu level of each student when carrying out the training routine.**



少林小洪拳

Shaolin Xiao Hong Quan



**Shifu Shi Miaozhi Sh**

Shaolin



**T**he late Venerable Master Shi Su Yun, renowned Shaolin Master (Chin: Shi Su Yun 释素云, 1913-1999, in the picture), specialized in the Xiaohongquan and Tóngzǐgōng 童子功 styles, performing to perfection the techniques in these exercises, even in his old age. Shi Su Yun, together with the Venerable Master Shi Su Xi, were among the few who remained in the Shaolin Temple during the harsh times of China. The story goes that once a group of 16 Japanese martial artists arrived in Shaolin to challenge the different masters to a combat, but Su Yun managed to defeat their opponents one by one, thus defending Shaolin's reputation. It is said that for these combats he used only the techniques of Xiao Hong Quan.

# 少林小洪拳

# Shaolin Xiao Hong Quan



# 南 少林 功夫



In the execution of this form you can see the Kung Fu level of each student when carrying out his training routine, since all its structure is based on the basic movements of the Jibengong (basic techniques) of the Shaolin. Part of the 18 Shaolin movements come from the structure of Xiao Hong Quan, such as Ma Bu Dan Bian, Gong Bu Xiexing, Dan Pai Jiao, Zheng Ti Tui, Wai Bai Jiao, Xiezi Wei, etc.

# Shifu Shi Miaozi Shi



**"It is said that the  
18 Essential Skills,  
十八式基本功  
Shi Ba Shi  
Ji Ben Gong,  
are the "Keys" to  
the kingdom of  
Shaolin Kung Fu."**

**少林小洪拳**

**Shaolin Xiao Hong Quan**



Shifu Shi Miaozhi

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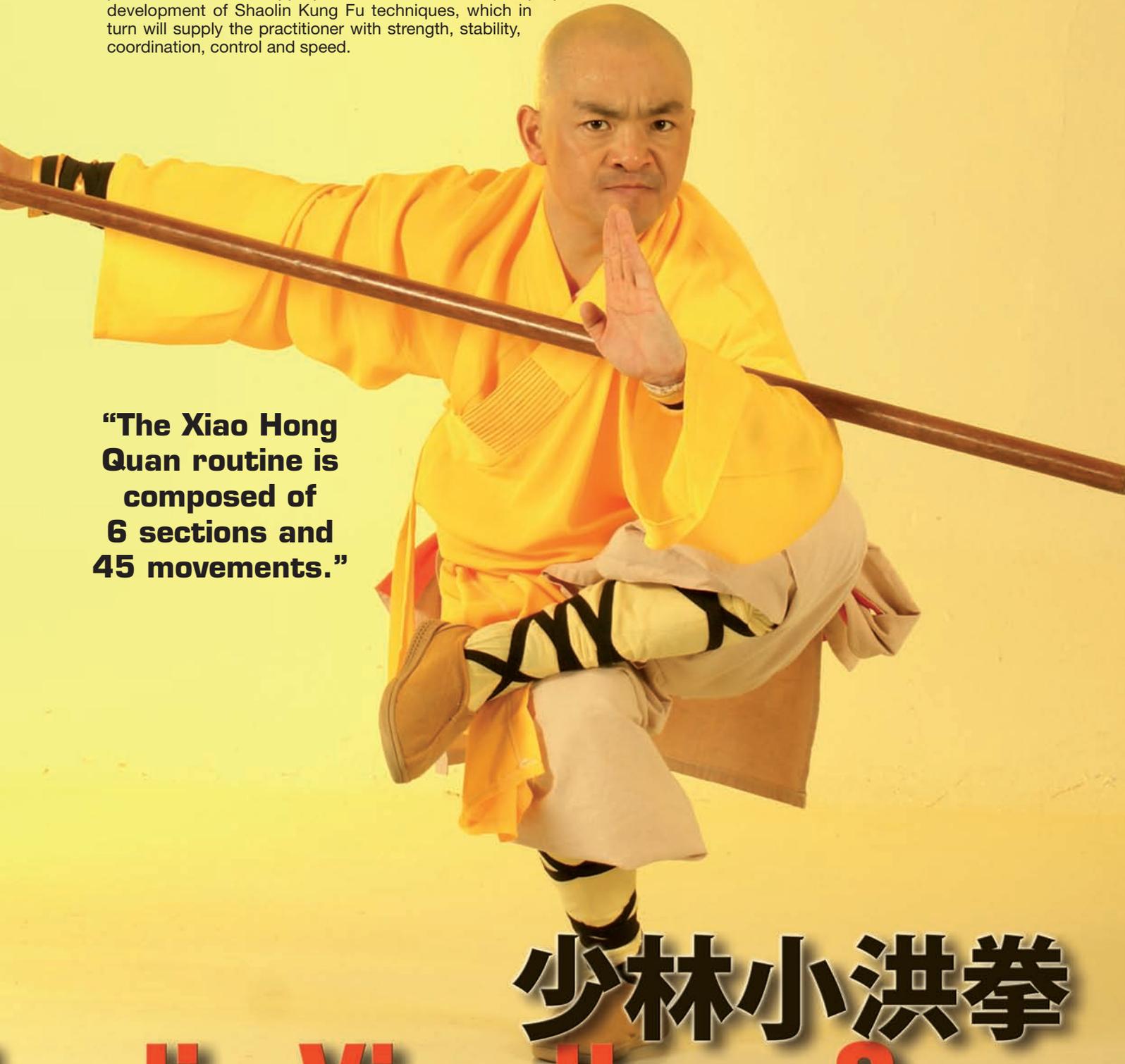


### ***What are the 18 basic movements of Shaolin?***

The 18 Basic Skills of Shaolin: 十八式基本功 (Shi Ba Shi Ji Ben Gong).

Master Shi De Cheng 释德成 says: The deeper the base, the more stable the building will be, even if we build many floors. If the base is unstable and we add more additional floors, the whole building is likely to collapse.

It is said that the 18 Essential Skills, 十八式基本功 Shi Ba Shi Ji Ben Gong, are the "keys" to the kingdom of Shaolin Kung Fu. These exercises provide the practitioner with the appropriate infrastructure for the proper development of Shaolin Kung Fu techniques, which in turn will supply the practitioner with strength, stability, coordination, control and speed.



**“The Xiao Hong Quan routine is composed of 6 sections and 45 movements.”**

# 少林小洪拳

# Shaolin Xiao Hong Quan



Shaolin



Shifu Shi Miaozi Shi



These skills also emphasize basic positions, sweeping and kicking techniques. Another function is to provide stability in the changes of key stances that give balance and comfort in the movement, even in the most difficult forms of empty hand and with weapons.

It is also considered a perfect fitness program that includes aerobic and anaerobic exercises, as well as stretching and strengthening of all the muscle groups of the body. In Shaolin Kung Fu, flexibility and coordination of breathing with movements is of utmost importance.

The development of the 18 basic skills of Shaolin requires several years of study because, as mentioned above, they are the cornerstone of both basic and advanced Shaolin Kung Fu techniques and should not be neglected at any time.



**“These exercises provide the practitioner with the appropriate infrastructure for the proper development of Shaolin Kung Fu techniques.”**

**少林小洪拳**

**Shaolin Xiao Hong Quan**



Shifu Shi Miaozhi Sh

Shaolin



### *A bit of history*

According to Master Su Yun, the legend of how the Xiǎohóngquán and Dàhóngquán (小洪拳 - 大洪拳) Boxing styles came to Shaolin is as follows: Two refugees surnamed Hong, father and son, arrived in Shaolin looking for shelter; The monks not only opened the doors of the temple welcoming them, but they also offered them all their mercifulness and hospitality. In gratitude for the monks'

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Shaolin



hospitality, father and son taught the monks their Gongfu style; the father's routine was called "Da Hong Quan", while the son's was called "Xiao Hong Quan". It should be noted that the names of these routines are sometimes misunderstood, since Hong's character is often erroneously translated as "Red". However, the character of these sets is 洪 (read Hong), which means "flood", instead of 红 (also read Hong), which means "red". The identical pronunciation of the characters leads to this confusion. The character that means "flood" is also a common Chinese surname, "Hong", as seen in the story of father and son. In this case, the character does not carry the meaning it has when used in everyday speech. In the case of the surname, it should be left untranslated as "Hong".

However, this story is considered a legend and there are many speculations about who created the routines of Xiao Hong Quan and Da Hong Quan. According to historical records dating from the Yuan Dynasty

# 少林小洪拳

# Shaolin Xiao Hong Quan



**Shifu Shi Miaozhi Sh**

Shaolin



(1279-1368) their creation is attributed to Lǐ Sǒu 李叟. It is said that he was also famous for his stick and Qinna techniques (grappling and controlling the opponent).

The Xiao Hong Quan routine (Shaolin Xiǎohóngquán) is composed of 6 sections and 45 movements. These movements include fist and palm techniques, kicks and sweeps, as well as positions such as Mǎbù, Gōngbù, Pǔbù, Xūbù, Bīngbù, etc. Hence the importance of Xiao Hong's practice Quan as one of the basic forms in the Shaolin Kung Fu.

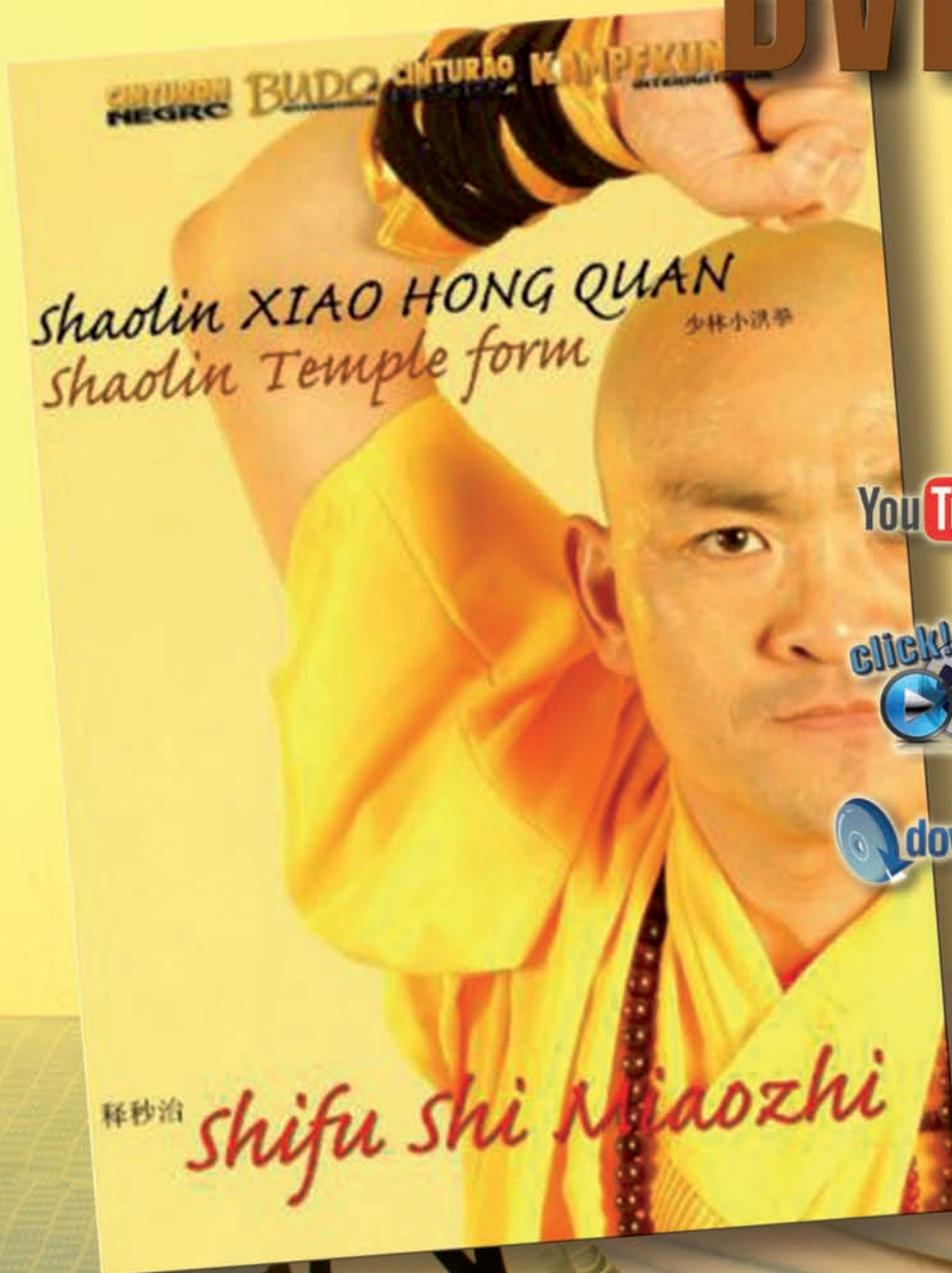
*Sifu Bruno Tombolato*



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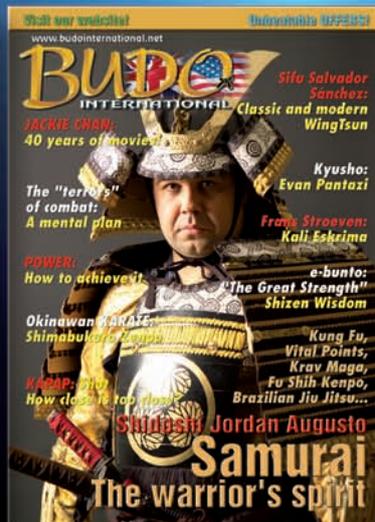
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Hwa Rang Do



# Hwa Rang Do

## *The different aspects of Hwa Rang Do®*

Hwa Rang Do is fundamentally divided into Four Divisions of study.

Nae Gong (Internal Powers) – Development of Ki power, internal energy through both passive and active Ki power development exercises.

Wae Gong (External Powers) – The practice of the physical techniques, which is comprised of over 4,000 techniques both offensive and defensive ranging in all areas of combat: striking, joint-manipulation, takedowns, throws, pressure points, grappling, ground fighting, etc.

Shin Gong (Mental Powers) – Development of the mental powers of higher consciousness for better focus and concentration as well as delving into the internal self to discover the Truth within us all.

“The key to the universe lies dormant within the self,

Waiting to awaken through self-discovery.”

Mugi Gong (Weapon Powers) – Weaponry or control of external objects. There are over 108 weapons in 20 different categories found within Hwa Rang Do. Ultimately, it is learning how to use any external object as a weapon.

# GM Taejoo

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## Hwa Rang Do

The underlying principles in which Hwa Rang Do techniques and its philosophies are founded lies in the metaphysics of the Um-Yang Theory. That, in the universe there exists primarily energy, which consists of polar opposites of negative and positive forces, love and strife, light and darkness, Um and Yang (Yin and Yang in Chinese). And, it is the interaction of these two forces that created all things within the universe as signified by the two halves of a circle engulfing each other, which is also the logo for our art.

Therefore, Hwa Rang Do ultimately strives to achieve balance in all things: material and immaterial, visible and invisible, and technically - soft/circular and hard/linear. Furthermore, it strives for balance of the self by understanding and maximizing all its components: the mind, the body, the heart, and the spirit.

*The techniques are designed in harmony with the natural laws of the Universe.*

### 3 Elements of Um:

1. Yu – Soft fluid motion
2. Won – Circular motion and rotational force
3. Hap – Unity and combination

# Hwa Rang Do



# GM Taejook

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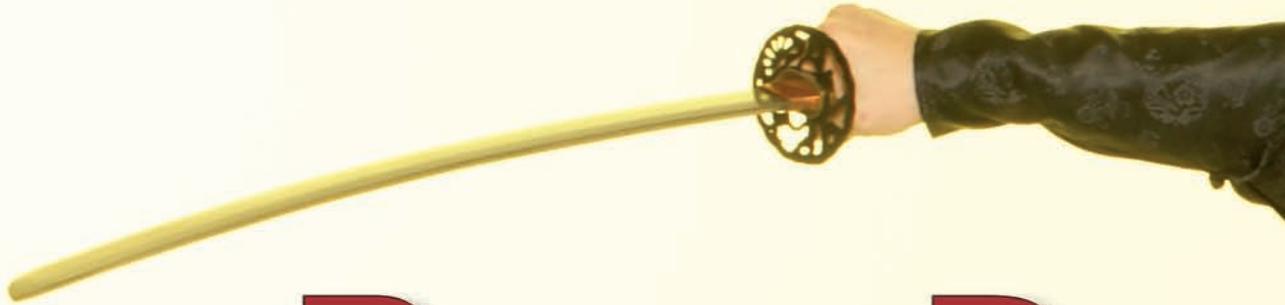
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Hwa Rang Do



# Hwa Rang Do

### 3 Elements of Yang:

1. Kang – Hard like rock or steel
2. Kak – Understanding of angles and angular directions
3. Kan – Proper distancing

All things are created with these principles in mind. We do not follow any animal styles or any contrived nonsensical unnatural ideas; we follow the applications of natural laws by using the sacred gift of our human mind.

Finally, we have our Dynamic Expression of our art or rather our sportive applications. There are two types of learning, static and dynamic. Static learning is through rote-memory and repetition as dynamic learning is through random, free association. First, you must learn all things through static learning and then expressed dynamically by training to respond to unrehearsed, random attacks and situations. Although, our main focus is not on sports and athletic competition, since Hwa Rang Do is so comprehensive, our sportive applications are also very extensive and complete.

Yongtoogi (Fight for Courage) – This is unique to Hwa Rang Do as we combine striking with hands and feet as well as takedowns and throws and once taken to the ground, they have 5 seconds to submit. If no submissions are successful, they are brought back onto their feet. This is continuous round and the winner is determined by cumulative points at the end of the round if there are no submissions.

Gotoogi (Fight to the End) – Gotoogi is our version of both position grappling for beginners for control and positions, and submission grappling for intermediate and advanced students. One learns throws, takedowns, and once on the ground, the



# GM Taejoo

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n Lee



## Hwa Rang Do

goal is to submit the opponent with arm locks, leg locks, or chokes.

Mugi Daeryun (Weapon Fighting): It is divided into two categories of edged weapons and blunt weapons.

Gumtoogi (Sword Fighting) – This is our version of sword fighting using the bamboo sword by not only attacking the traditional target areas of the head, wrists, body, and throat, but also allowing strikes to the legs as well as applying spinning/rotational attacks which allows for the full expression of Hwa Rang Do's multifaceted, comprehensive system.

Diversity of Swords: Gumtoogi is the application and fighting with all types of edged weapons. We also utilize swords of various lengths and combinations.

**“The key to the universe  
lies dormant  
within the self,  
Waiting to awaken  
through self-discovery.”**

# Hwa Rang Do

- Jang Gum – Long Swords
- Ssang Gum – Twin Medium Swords
- Combination – One Short & One Long
- Gum Bangpae - Sword & Shield
- Jang Chang – Spear
- Dan Gum – Knife Fighting

Bongtoogi (Stick Fighting) – This is our version of stick fighting using rattan sticks by attacking to target areas of the head, wrists, and body, but also allowing strikes to the legs as well as applying spinning/rotational attacks which allows for the full expression of Hwa Rang Do's multifaceted, comprehensive system.

Diversity of Sticks: Bongtoogi is the application and fighting with all types of blunt weapons. We also utilize sticks of various lengths and combinations.

- Jang Bong – Long Staff
- Ssang Bong – Twin Medium Sticks
- Jung Bong – Medium stick or Baton
- Bong Bangpae – Stick and Shield

For us competition is a way to better ourselves so that we may better others and not for self-glorification. Ultimately, Hwa Rang Do is a way to discover and realize the true potentials of the individual to better serve humanity, honoring our Creator.



# GM Taejoo

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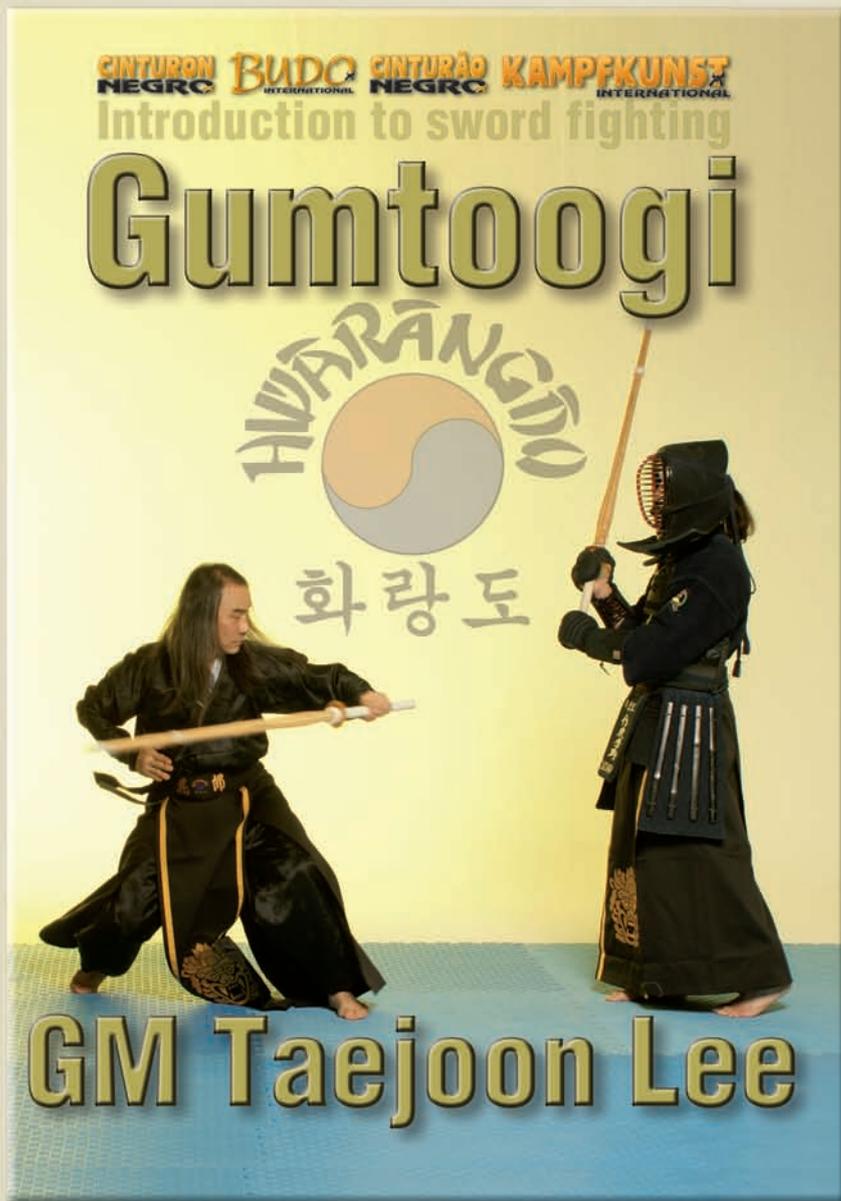
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Introduction to sword fighting

# Gumtoogi GM Taejoon Lee



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

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

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

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

In the search of creating a modern sport venue of

weapon fighting that aligns with the

comprehensiveness of the Hwa Rang Do

curriculum, we seriously looked into

the possibility of adopting an existing

weapon fighting system with its equipment and

armor. Thereby we have decided to use the

Kendo/Kumdo armor by adding a modification

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

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

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

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

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

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



REF.: • DVD/HWA3

DVD: 22,00 €



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# Avi Nardia



## Kapap

## イスラエルの武道

*Study The Old Is To  
Understand The New and  
Manual Books - for KAPAP  
Israeli Krav Maga*

**The most important questions are the ones we didn't ask. This is why studying Martial Arts means that we always need to keep asking questions and finding answers to questions that it may not answer and to encourage the student's to doubt and question any moves or any techniques.**

**Asking different humans around the world the same question:**

**"Excuse me, what is your opinion on the missing meat in the world?"**

**the American: "What is 'missing'?"**

**the Iranian: "What is an 'opinion'?"**

**the Sumali: "What is 'meat'?"**

**the Israeli: "What is 'excuse me'?"**

**W**e can see that any culture carries a different understanding based on the countries moral ethics, values, and ways of living. The Israelis are very direct, some would say they have no manners. But it's both good and bad — the good part is they don't beat around the bush around and get right to the point without wasting time.

Israeli Martial Arts were made to be more direct when it comes to self-defense but somehow since it's gotten popular it attracts all of the opportunistic ones who want to jump on the bandwagon! Unfortunately we are hard-pressed to call teachers and





# Avi Nardias



## Kapap

## イスラエルの武道

**“It’s a shame as a professional that I see today too many clowns that ride on the “I’m an ex-soldier Rambo Hero and sell certificates to beginners Martial Artist”**

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young boys that title themselves ‘Grand Masters’ at age 26 after they’ve been kicked out of their dojos by their own teachers! I’ve had “friends and students” as an example that 5 years ago had gotten their Black Belt and and who now rank by themselves as 8th Dan today! Or the Yellow Belt shooting Instructor that I had given a chance to teach in my Kapap Academy, but he failed as a student and he is the self-proclaimed ‘Master of Kapap’ that sells Hand-to-Hand Certificates! It’s a shame as a professional that I see today too many clowns that ride on the “I’m an ex-soldier Rambo Hero and sell certificates to beginners Martial Artist” as these people would all be tapped out by any Blue Belt in seconds!

Using the idea that they all want to make money including sport universities in Israel to ride on the success of the Israeli Martial Art by selling certificates which is infinitely more easy than actually teaching real classes every day and caring for real students. Somehow there are more Krav Maga Masters than students, but the main problem is that most students (customers) really love to buy the ‘papers’ that have no meaning, no matter if even the Israeli Prime Minister signed it! If he is not ‘Grand Master’ then these certificates are merely paper decorated with gold letters. Myself, I’d rather have Oshiba or Kano Sensei for example write on toilet paper that “I’ve certified Avi to be a teacher.” It’s not the gold script writing that makes your certificate valuable, it’s more about the name of the master that signed it!

Why am I always worried about manuals and the curriculum? This next story should help explain it to you. How does one write ‘Technical specs’?

Here’s a tale about measurements and how history influences the technology of today: U.S. railroad width is 143.5 cm (4’ /8.5 inches). This is pretty weird. Why such a width?

The immediate answer is simple: That’s how they





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# Avi Nardias



## Kapap

## イスラエルの武道

**“We can see that any culture carries a different understanding based on the countries moral ethics, values, and ways of living. The Israelis are very direct, some would say they have no manners. But it’s both good and bad.”**

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were built in the U.K. and the U.S. rails were built by the British exiles (immigrants). Why such a wide use in the U.K.? The first tracks were built by the same people who built the railroads in ancient times and they used these wide stripes. And why such a width? Since they used the same tools and templates to build carriages, it was the distance between the wheels.

Well, then why did the carriages use such a strange width between the wheels? It would have otherwise caused damage to the carriages while traveling the old roads in England where there are footprints (symbols ‘engraved’ on the road surface created by erosion over the years by those very same traveling carriages).

Who built the ancient roads? The first intercity highways were built in England, as in all of Europe, by the legions of the Roman Empire and have been used ever since. The Carriages of War of the Romans created the first footprints on the roads forcing everyone to imitate them, fearing damage to the wheels of the other carriages. Since the carriages were built for and by the Romans, they were all the same in terms of the distance between the wheels.

U.S. railroad width is 143.5 cm, and is derived from the original coaches made to comply to the Roman War. So the next time you ask yourself what and why this number... In this context, it is interesting to note that when the space shuttle is made-ready for launch, we can distinguish two large missiles linked to both sides of the main fuel tank. These rockets are called (SRB Solid Rocket Boosters) and manufactured by the company THIOKOL, which in Utah.

The engineers who planned them would have liked to have designed them to be wider, but the missiles must be transported to the launch pad by train. The railway line passes through a tunnel in the mountains, which is a little wider than the tracks themselves, which fits about the width of two horses. Thus, the design of a rocket stage was set in stone two thousand years ago



Israeli Martial Arts



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## Kapap

## イスラエルの武道

**“With knife attacks it’s about blocking the most angles to the body but not to defend against it as the vest and armor will do that for you, but in the street it would be a deadly mistake to use the Army techniques - without the armor!”**

according to the width of a two horse’s asses, by the Romans! Now you understand, how and according to what are written ‘technical specs’? Many times the answer is always like that. And there are always reasons behind it, but since we’ve “done it for so long” we have forgotten why and that’s why daily we see in the Martial Arts armor and gear that is made to work in a “style” but that after years is not needed as it’s really not the same gear!

Many techniques in the Martial Arts were based on riding a horse: the gear, the dress and we all play in building techniques that may fit if you dress in this armor but for sure if you go with T-shirts, and this is why we must keep the principles and understand the techniques’ roots. That’s why we back “to study the old, is understand the new” and the Israeli Martial Art’s is new but it’s based on the old and not the way many have tried claim that they invented it. It’s about exploring, judging and analyzing moves and to remember also that the Israeli Martial Arts come from the Army and Special Forces. We have to address issues with wearing modern armor and mobility problems, and special shoes, that if you tried to kick something without the same shoes may be painful. With knife attacks it’s about blocking the most angles to the body but not to defend against it as the vest and armor will do that for you, but in the street it would be a deadly mistake to use the Army techniques - without the armor!

### *Ritual Cat*

When the spiritual teacher and his disciples began their evening meditation, the cat who lived in the monastery made such noise that it distracted them. So the teacher ordered that the cat be tied up during the evening practice. Years later, when the teacher died, the cat continued to be tied up during the meditation session. And when the cat eventually died, another cat was brought to the monastery and tied up. Centuries later, learned descendants of the spiritual teacher wrote scholarly treatises about the religious significance of tying up a cat for meditation practice.



# Avi Nardia

# Israeli Jiu Jitsu



Jiu Jitsu

CINTURÃO NEGRO KAMPFKUNST INTERNATIONAL

Nardia

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

REF.: • DVD/KAPAP9



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Alfred Johannes Neudorfer

WINGTSUN UNIV



WT Universe



*What is WTU GUILD?*

Basically one can say that **WTU GUILD** is the area in the **WTU Wing Tsun**, in which we apply the **3 WTU movement principles** and the **4 interactions on tools (weapons)** in addition to the two traditional **Wing Tsun / Wing Chun weapons**, long stick and double knife.



+ Rosa Ferrante Bannera

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Alfred Johannes Neudorfer

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*In the WTU GUILD we have 5 solo movements:*

1. Blade
2. 2 Axes and 2 Hammers
3. Staff and Spear
4. Sword
5. 4 Ways of Weapons (allocated to 5 types of weapons).



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In the Blade Movement we deal with the base, the little idea, that are the sensible possibilities with one weapon.

In the 2nd Solo Movement we extend this base to the 3rd weapon concepts and how a 2nd weapon becomes an advantage. In the third movement, we deal with a different distance, and the most versatile weapon, the Staff, which can be guided in the second way. With the Sword Movement we enter with the weapons the 2nd combat concept of the WTU Wing Tsun, the Twister / Spiral concept. In the 4 ways of the weapons this concept becomes then extended.

*Why do we work with weapons?*

Basically you can carry weapons in 2 ways:

- to wear as objects
- heave as body parts

If I transport them as objects through space, they remain alien to us. The rest of the body will adapt only to a limited extent to the weapon movements.



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There are many open windows, which are then spasmodically protected by a lot of body tension, speed and strength. If I begin to use it as a limb, I will integrate it into my neural nervous system. And here we have the reason why we work with weapons in this way. We create alternative driving ways, which are then also available to us in our "weaponless" movements.

Salve



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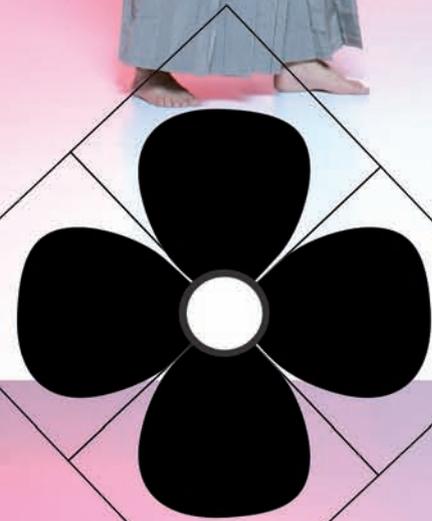
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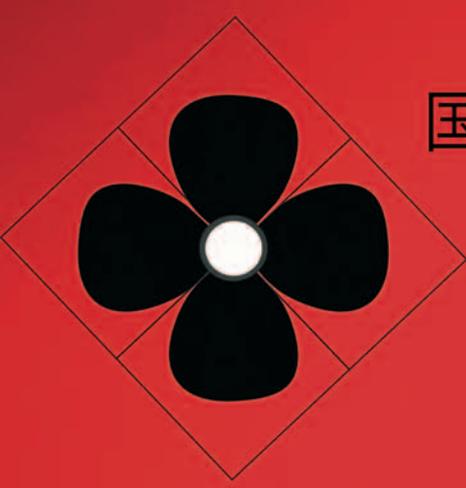
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hi Jordan Augusto



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The Shizen Tradition



La nobiltà delle vecchie forme  
Der Adel der alten Formen

La noblesse des anciennes formes  
The nobility of the old forms

La nobleza de las formas

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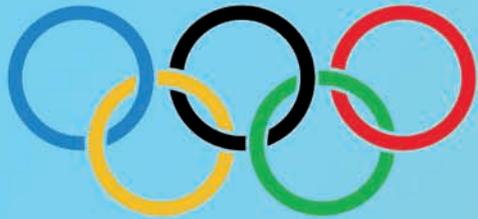
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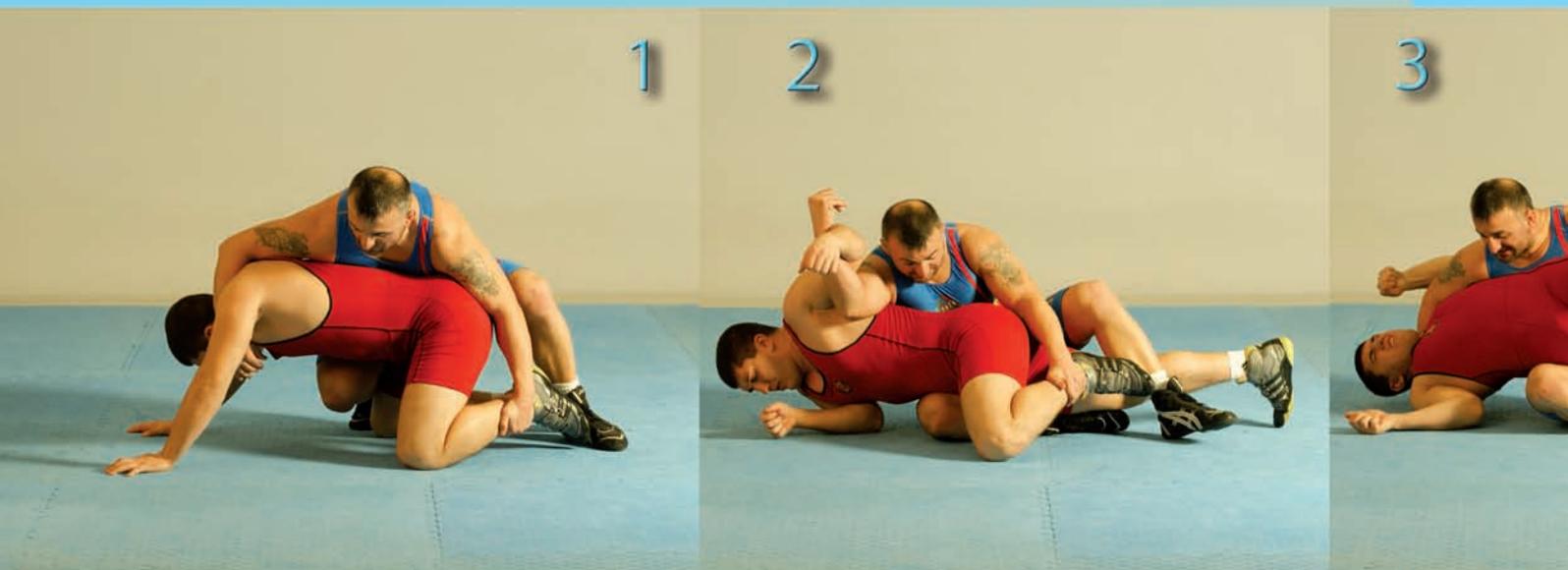
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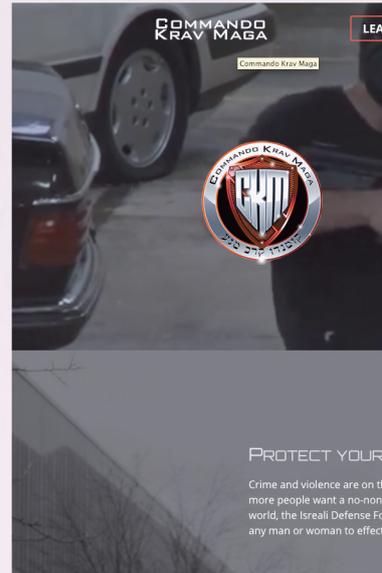
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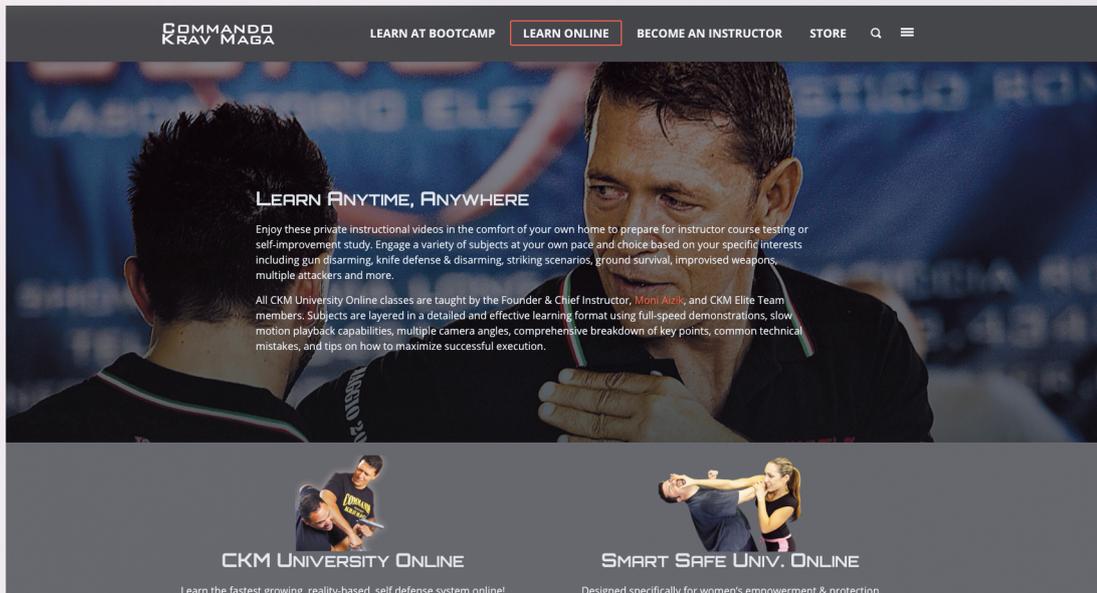
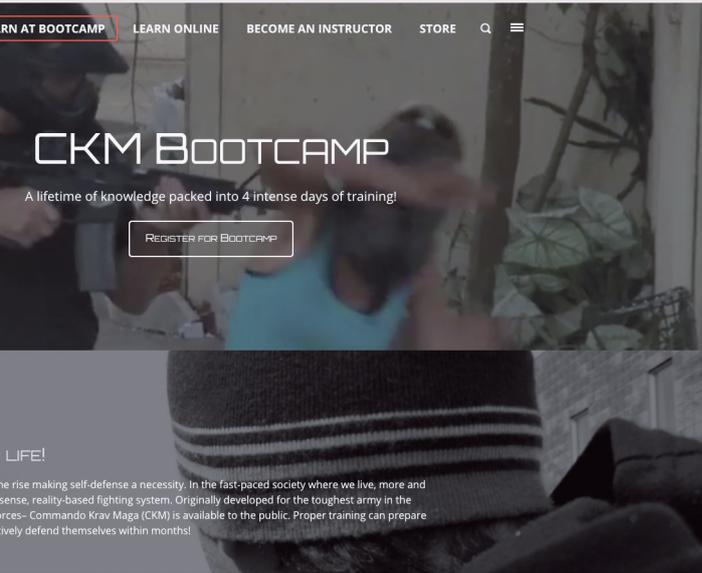
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### *CONCEPTS BY DESIGN*

**CKM is conceptual based system rather than focusing solely on a series of complex techniques. Thus, you will be introduced to many key CKM survival concepts throughout the Camp. Although you will learn many effective CKM tactics and techniques for street survival, the Boot Camp starts to condition your mind to understand the underlying concepts behind these tactics.**

**As street attacks are never static, the element of unpredictability is what makes them so dangerous. Unlike martial arts tournaments, there are no rules, regulations or referee stoppages in the street. If someone pulls a gun on you, the last thing you want is to try and remember a complex gun disarming technique. By understanding the concepts on gun confrontations, you can then effectively perform one of the simple straight forward CKM techniques to effectively survive.**

### *Simplicity is genius.*

Although the tactics and techniques in CKM are simple to perform, it took many years of research and field testing to refine and evolve CKM to where it is today. Think of a wrist watch - simple on the face but if you take apart, you will see how many intricate parts it takes to make the watch work. Like the wrist watch, CKM's simple and straight forward tactics are actually a sum of all its parts.

Most of the tactics in CKM were designed to be simple and universal so that you don't have to think about the move. They work whether you are attacked from the right, the left, from the front or from behind.

**“Most of the tactics in CKM were designed to be simple and universal so that you don't have to think about the move. They work whether you are attacked from the right, the left, from the front or from behind.”**

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**“In CKM, you engage only  
if you have no other  
choice.”**



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## 5-SECONDS RULE

No matter how superior your grappling skills are, taking a fight to the ground and staying there is a fatal mistake. There are too many uncontrolled variables once you end up on the ground. You can start sinking in a perfect rear choke when your attacker decides that he's had enough and pulls out a knife. Perhaps you're working a beautiful armbar when the attacker's friends suddenly jump in and start stomping you.

In the CKM Boot Camp, you are trained to get up as quickly as possible. Built on the concept of the 5-Seconds rule, your mission is to get up within 5 seconds by any means possible if you're taken to the ground. This includes delivering vicious and explosive tactics to the attacker's exposed weak points such as the eyes, nose, throat or groin.

Once you're up, the emphasis is not to punish the attacker. Instead, you are trained to disengage immediately after you've immobilized him. Be aware of your escape routes and your surroundings.

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### **MAXIMUM DAMAGE/MINIMUM TIME**

A street fight is completely different from a full contact kickboxing match. No matter how good you are at kicking and punching, going toe-to-toe with your attacker is risky and possibly lethal. As you're throwing some jabs or roundhouse kicks, the attacker may suddenly decide to switch the odds to his favour by pulling out a knife.

In CKM, you engage only if you have no other choice. If it's about your ego, better to leave it at home and back away from the fight. If the attacker throws a punch or kick and forces you to engage, you must engage explosively and create damage as quickly as possible to debilitate the attacker so that you have time to disengage and exit the scene. The longer a fight lasts, the more dangerous it becomes.

During the CKM Boot Camp, you will be trained to deliver the maximum amount of damage in the minimum amount of time.



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***SHATTER YOUR PERCEIVED LIMITS!***

After enduring the gruelling days and hundreds of drills during the Boot Camp, you will be tested on everything you learned by taking on multiple attackers at full speed. Known as the 'Pressure Test', this unique drill sets CKM apart from many other systems.



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### *Pressure Test*

The 'Pressure test' puts the CKM practitioner under high levels of stress during surprise attacks. To simulate the level of adrenaline, CKM practitioners elevate their heart rate through intense cardio exercises prior to the drill. As well, the practitioner may be slapped or punched prior to surprise attacks to bring up their aggression level.

Attackers are to be non-cooperative and perform attacks at full speed. To elevate the level of realism, surprise attacks may be conducted outdoors. As well, simulated weapons such as hard rubber knives and guns are used. Knives may be dipped in red paint to simulate blood from getting cut. Baby oil may be added to simulate sweat. During ground attacks, if the defender doesn't get up within 5 seconds, multiple attackers may enter the scenario with padded objects and start beating the defender (simulating chairs or sticks).

The purpose of the Pressure Test is to create the most realistic training environment without having to get into an actual fight.

At the end of the camp, after all the blood, sweat and tears, you will have a new found sense of self-respect and a higher level of self confidence knowing that you were able to unleash your inner warrior. This feeling of exhilaration is one of the reasons why the CKM Boot Camps have exploded in popularity.

The Commando Krav Maga Intensive Boot Camp can help change your life! It's more than just learning life-saving tactics and techniques. It's more than just getting into shape. It's about being able to shatter your perceived limits. It's about by staring adversity in the face and overcoming it.

Whether you want to emerge a stronger, more confident individual OR you want to join our elite group of successful CKM instructors and teach the fastest growing reality based in the world, the CKM Boot Camp is sure to deliver the results you want.

To enrol in the CKM Instructor Certification Course/Intensive Boot Camp or to read more, go to;

[www.commandokravmaga.com](http://www.commandokravmaga.com).

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**“In the CKM  
Boot Camp,  
you are trained to  
get up as quickly  
as possible.  
Built on the  
concept of the  
5-Seconds rule,  
your mission is to  
get up within  
5 seconds by any  
means possible if  
you’re taken to  
the ground.”**

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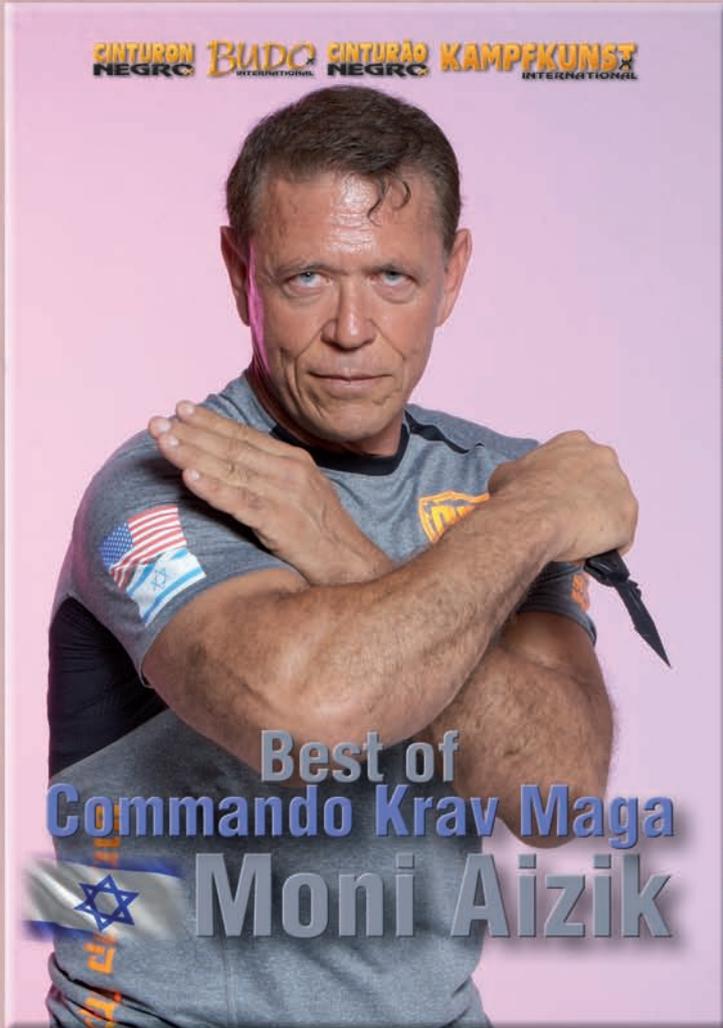
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# Best of Commando Krav Maga Moni Aizik



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

REF.: • DVD/AIZIK5



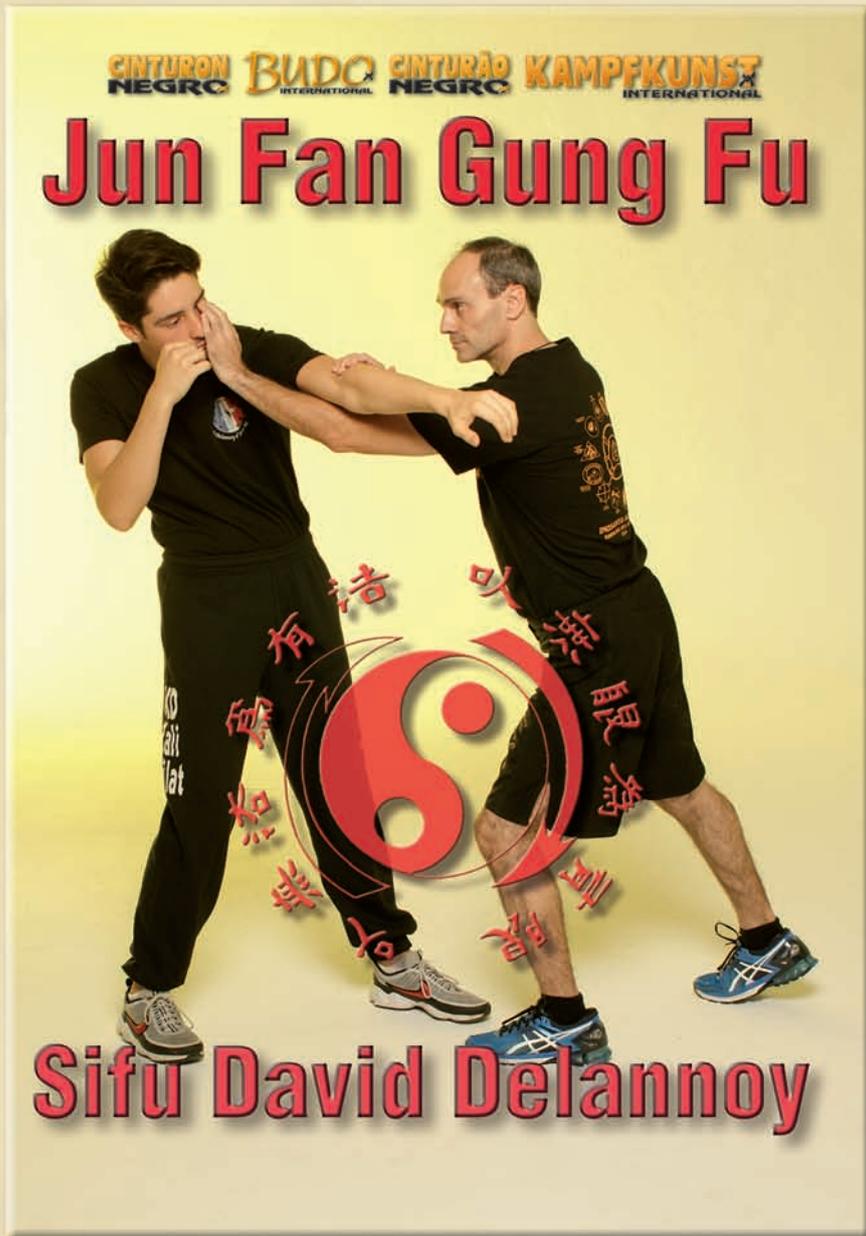
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# Jun Fan Gung Fu Sifu David Delannoy



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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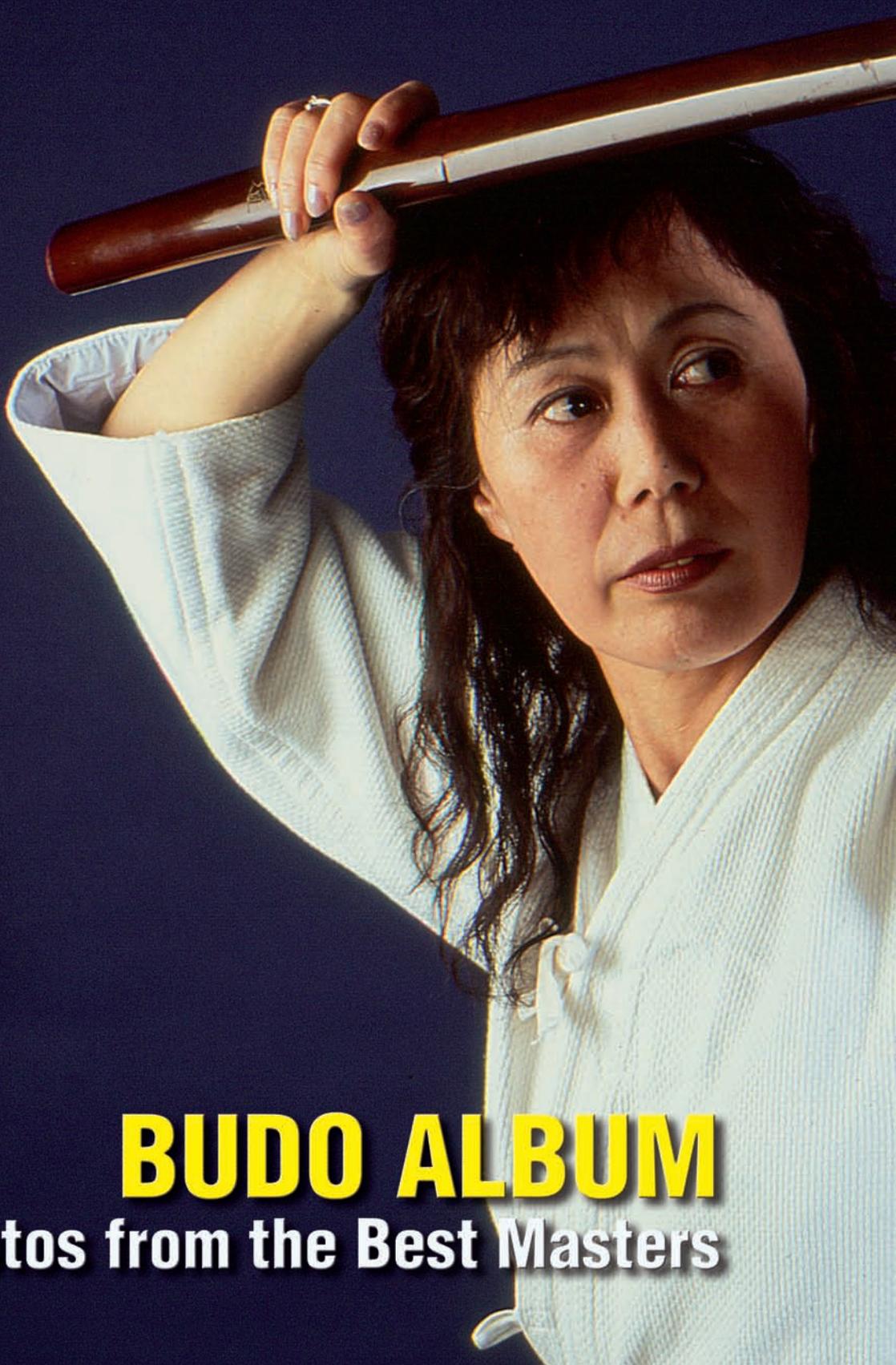
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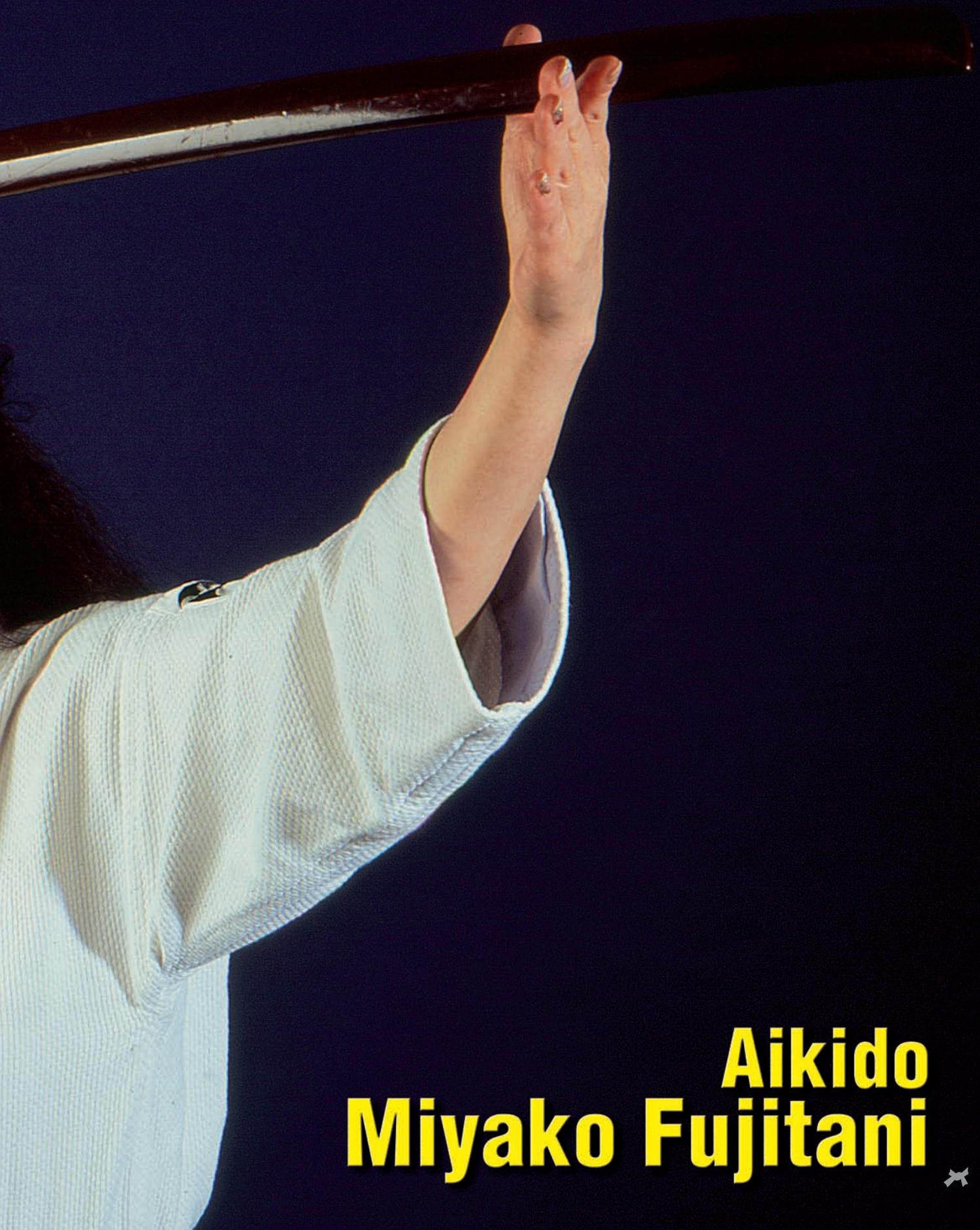
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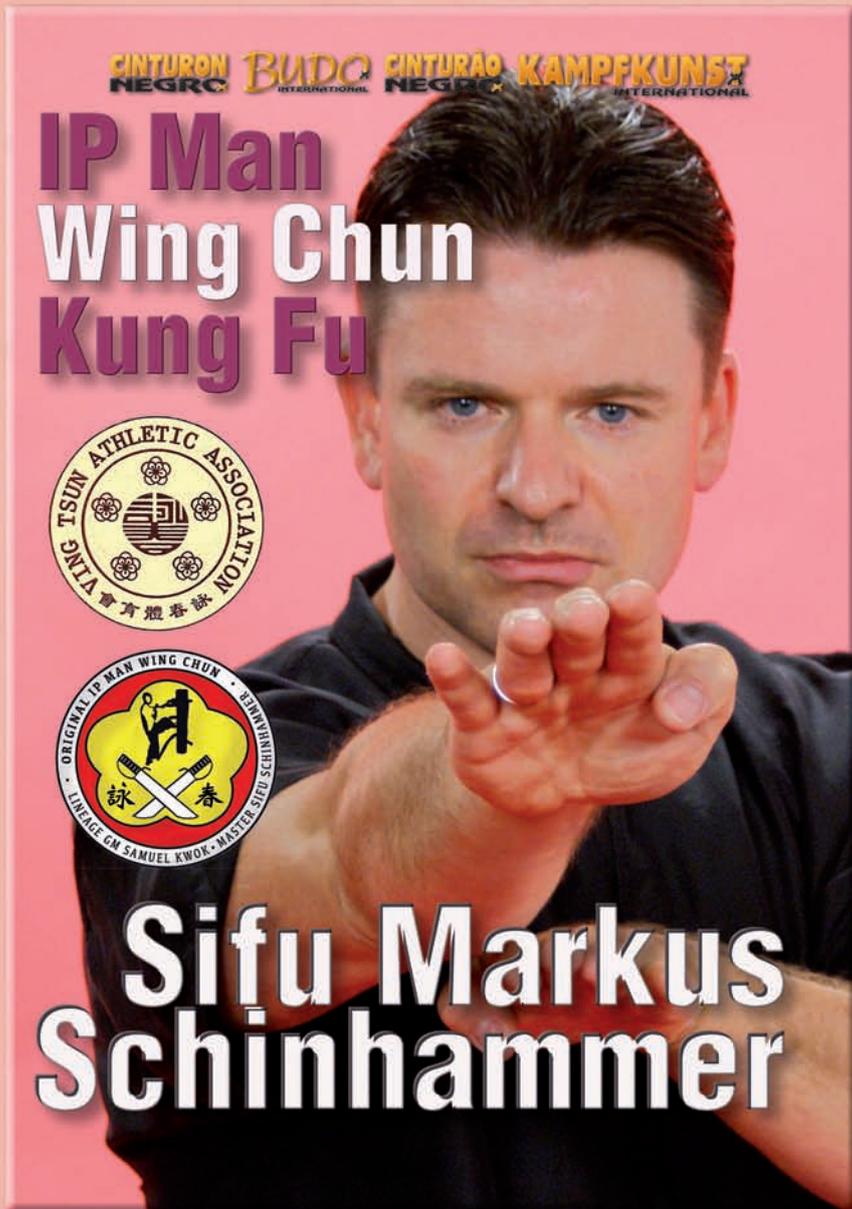
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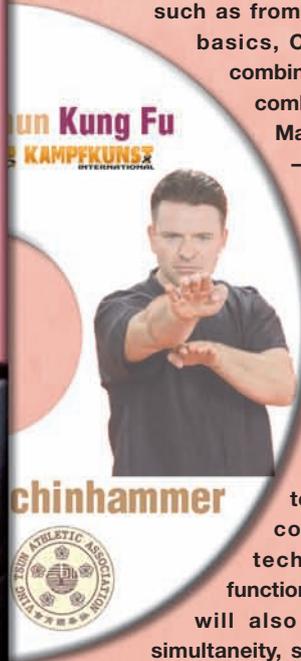
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# IP Man Wing Chun Kung Fu Sifu Markus Schinhammer



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

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



REF.: • DVD/IMWC-1



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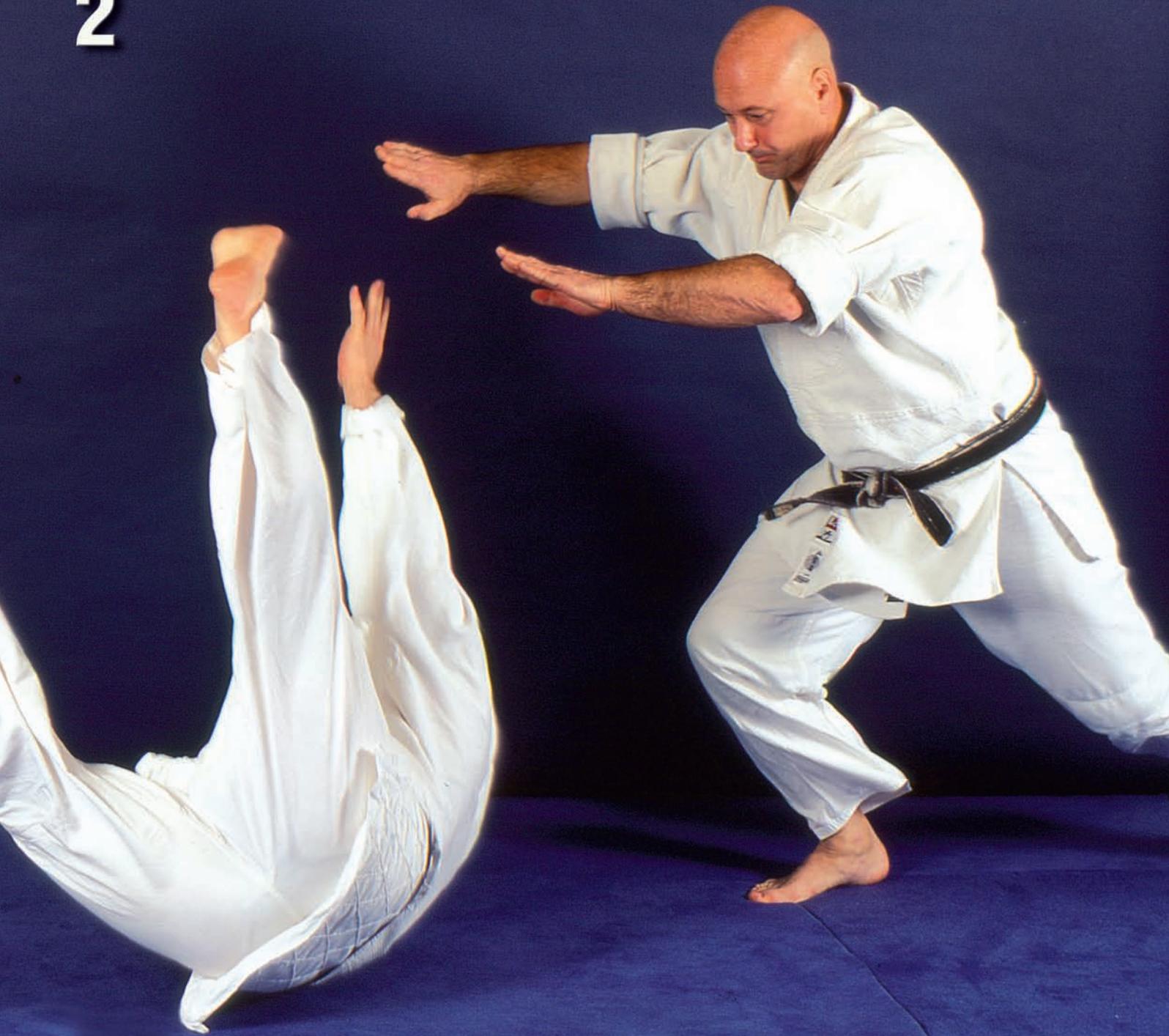


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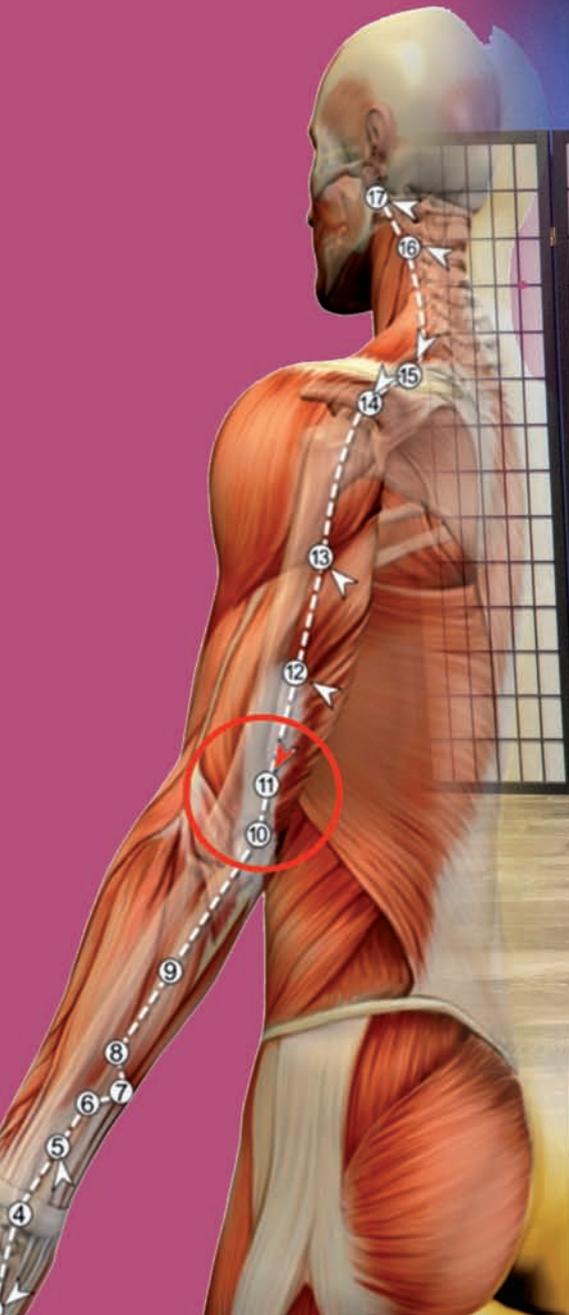
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**Mark Kline**  
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# Form & Applications CHUM KIU

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.



REF.: • DVD/WTU-2

**DVD: 22,00 €**



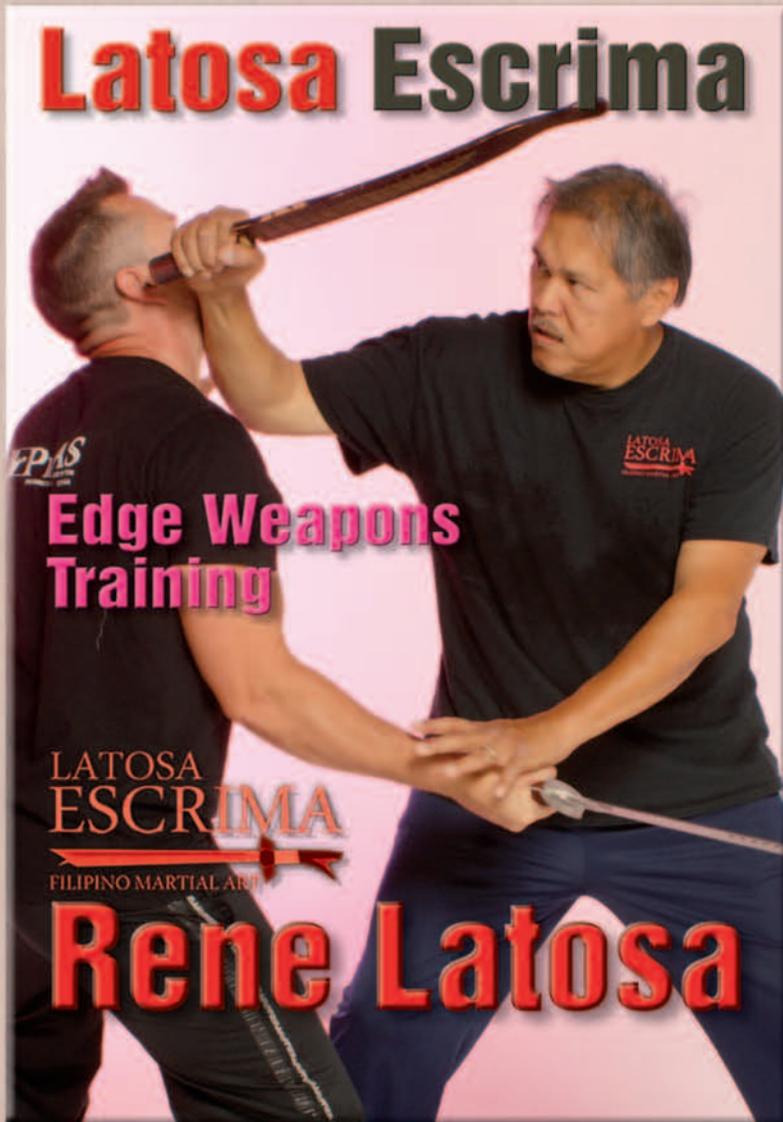
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# Latosa Escrima Rene Latosa

## Edge Weapons Training

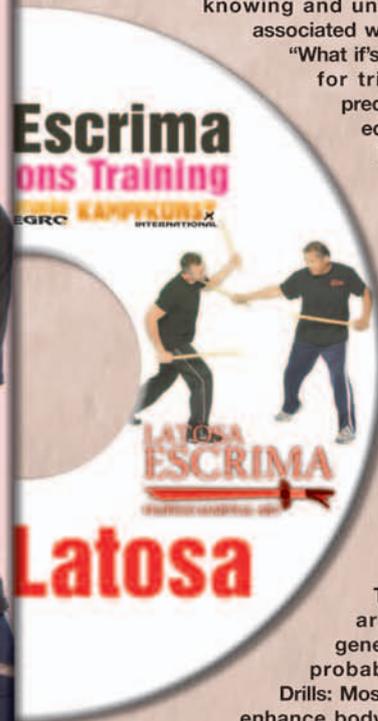


The main emphasis of this DVD is edged weapon. Knowing and understanding all the dangers associated with any edge weapon. The main theme in this DVD is establishing the priority.

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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**“Recherche, Evolution et Développement”**

# Dan Zahdour | Christian Wil



*“KMRED National Training Center, laboratory of experimentation of the KMRED CONCEPT”*

**The Center motto: Between being or appearing, we choose: student one day, student always.**

**The Center values: Respect, Humility, Courage and Questioning.**

**The KMRED NTC is located in Les Landes, in the commune of Narrosse (France), and is the nerve center of the KMRED group. The “Krav Maga Research, Evolution and Development” (KMRED),**



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relies on the modern concept of self-defense, the spirit of Krav Maga and the tools of Combat Sports, and it was necessary to establish a center dedicated to the research and continuous experimentation about Combat Sports and Martial Arts, so as to allow the KMRED evolve and develop. The Krav Maga Research, Evolution and Development concept was born in 2013 at the initiative of Christian Wilmouth, Head Instructor and Technical Director of the KMRED Group.

any tuned at [www.kravmagared.com](http://www.kravmagared.com)

**“Recherche, Evolution et Développement”**

**Dan Zahdour**

**Christian Wil**



*Chapter 1: The KMRED NTC, a "laboratory".*

The center has modern facilities in a training area of over 200 square meters. Rings, cages, training sandbags, coaching gear, personal and collective protection equipment, allow users to practice no less than 9 adult disciplines, 2 child disciplines and several disciplines reserved for 'professionals' in optimal conditions. Krav Maga RED (KMRED concept), Thai Boxing, K1, Kick Boxing, Lethwei Burmese Bareknuckle Boxing, MMA,

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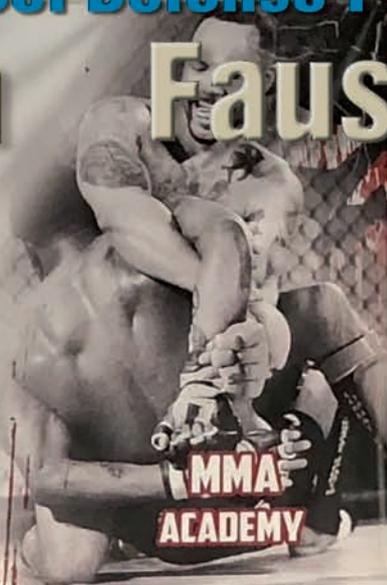
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Brazilian Jiu-Jitsu and Kali Eskrima Arnis are some of the activities that are taught throughout the year by a dozen highly qualified instructors. It's worth noting that, predominantly, the teachers of the KMRED concept are also competitors or instructors in various combat sports disciplines, which leads them to practice most of the disciplines between 15 h and 20 h per week outside of their classes.

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# Dan Zahdour Christian Wil



## *Chapter 2: KMRED NTC, an international center.*

The reputation of the center has long ago trespass the frontiers of our country. At the beginning it was because of the natural dissemination of the KMRED self-defense concept as a consequence of the many courses run by Christian Wilmouth in different countries of Europe and the world, which were widely echoed in the mass media; this way, the KMRED concept began to shine also out of the metropolis.

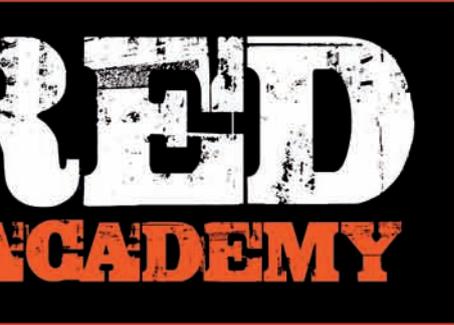


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Today the center welcomes students from Italy, Spain, Sardinia, Belgium, Denmark or even from Bahrain and Brazil, who come to practice the many disciplines posed by the different instructors.

*Chapter 3: KMRED NTC, a center recognized by the 'professionals'.*

Today more than ever, self-defense disciplines and combat sports are practiced by the emergency staff and security professionals. For this reason, to date, the center continues to

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**Dan Zahdour**

**Christian Wil**



host instructors and pupils coming from the Ministry of Defense and the Ministry of the Interior, as well as foreign delegations who come to enjoy the experience of training with KMRED NTC masters. For example, an association that has been in existence for a number of years within the fighting sports cell of the national CNSD defense sports center, or several training entities of the national gendarmerie and the army, as the C4 cell. The structure also receives for several



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years now an instructors' delegation of the Bahrain Royal Guard, that share their knowledge with specialized groups such as the protection teams of the Principality of Monaco.

*Chapter 4: The KMRED NTC Competition Center*

The KMRED NTC has a competition center which is in full development for the disciplines of MMA, K1, Kick Boxing, Muay Thai, Lethwei and JJB. Currently, for example, the fighters of the MMA section represent the center in many competitions in France (in the

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# Dan Zahdour Christian Wil



rules of Karate Mix and Pankration), but also in Spain or in England (in MMA). Some weeks ago, three pupils (including 2 instructors of the KMRED concept) competed in the BCMMA Cage Warriors 20. Workshops and seminars are frequently held in order benefit both teachers and pupils by helping them to constantly develop their skills. On January 6 and 7, it was also organized in the web a 16-hour training seminar on MMA, Kempo Kai, Kick Boxing, Full Contact and Lethwei



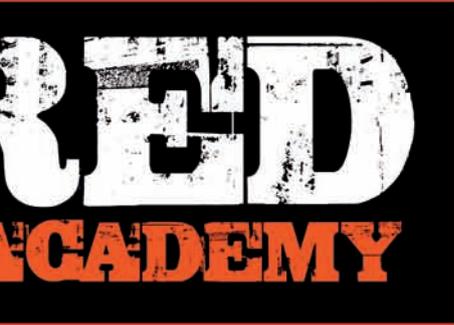
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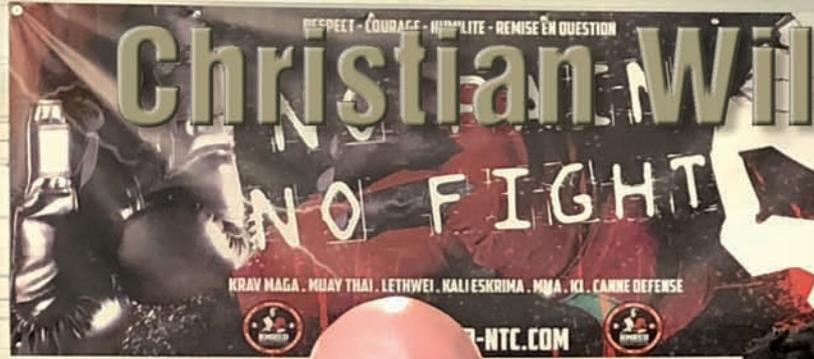


for 2 days, directed by eight professionals including four World Champions, like Thierry Franzoni, Full Contact World Champion in multiple occasions; Pascal Coulon, Kempo World Champion; or even Giampaolo Spanu 'Chicco', who arrived from Sardinia, several times World Champion of Kick Boxing and Full Contact.

By having numerous associations with serious organizations and being affiliated to several federative entities. Certainly the "Fighters" of the group KMRED will be increasingly present in the ring and in the octagon in the future years.

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Dan Zahdour



*Chapter 5: KMRED NTC Training Center.*

The art of the KMRED NTC is not only about teaching students, but it is also a training center for instructors, which is known for its requirements with regard to pedagogy. In addition, it's the only one in offering a thorough formation in the concept of the KMRED self-defense, as well as in Burmese Lethwei Boxing of the AA Feschet school.



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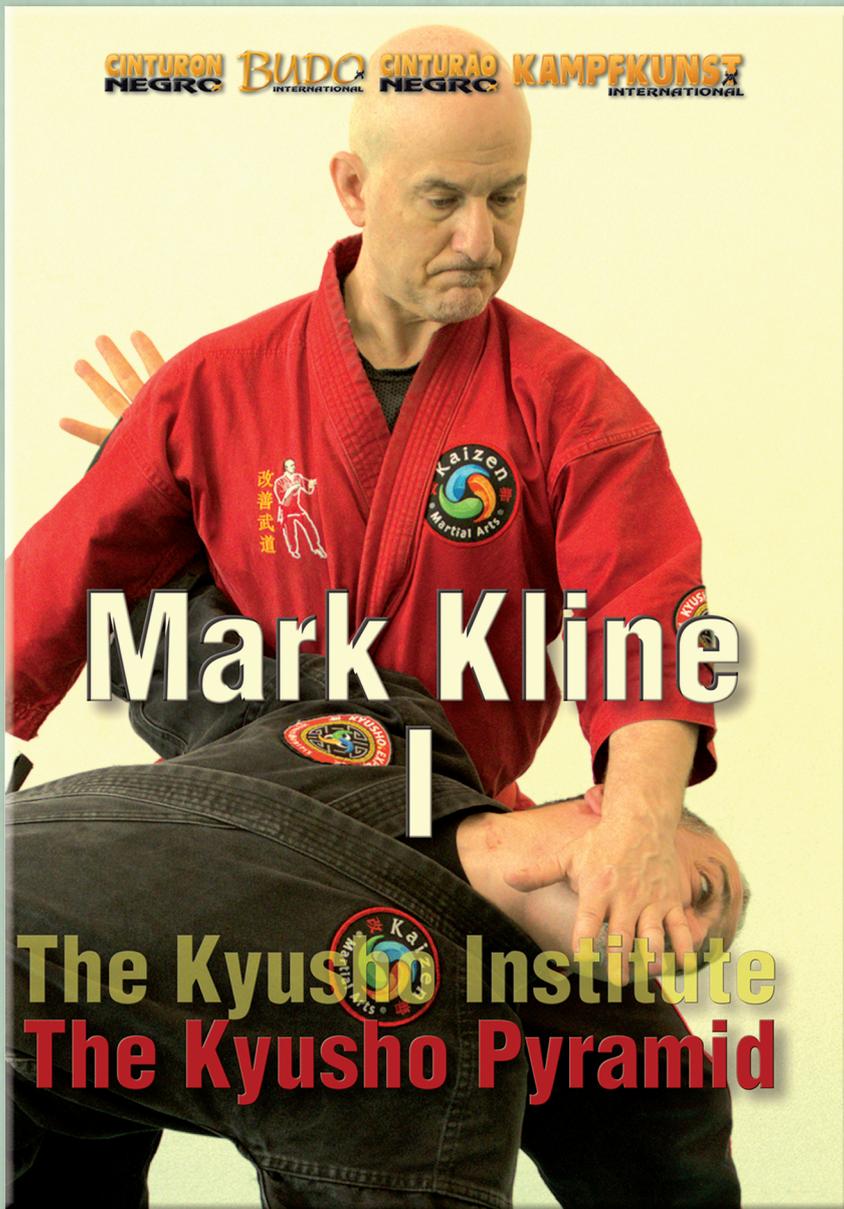
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# The Kyusho Institute The Kyusho Pyramid

# Mark Kline I



## Mark Kline

## The Kyusho Institute The Kyusho Pyramid



Kyusho Jitsu is not an Art in itself but an advanced part of each Martial Art; the principles that Grandmaster Mark Kline specifies in these 2 videos will certainly help you increase the effectiveness of your martial discipline. Master Kline's apprenticeship with teachers such as George Dillman, Wally Jay and Remy Presas, among others, was immeasurable for his understanding of self-defense with or without weapons, through the strategies and concepts that he has coded in order to help us increase our efficiency, regardless of the style or training time. The PinPoint® method is a strategic and tactical pressure points methodology, easy to learn and quick to implement. The 2 DVDs that make up this first work, present the 10 steps that will increase the effectiveness of any Martial Art:

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

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



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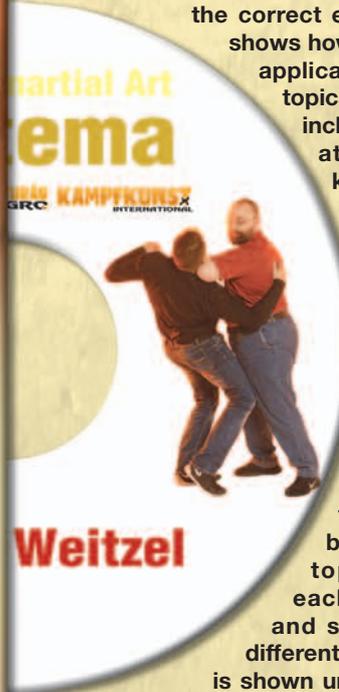
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# Russian martial Art Systema

## Andreas Weitzel



In this comprehensive instructional video, Andreas Weitzel, founder and head instructor of the SYSTEMA Academy Weitzel (Augsburg, Germany) and one of the leading SYSTEMA Instructors in Europe explains the most important fighting fundamentals. First he vividly elucidates how to walk naturally focusing on the correct execution of steps. He then shows how to use this work in combat applications. A variety of different topics are explained in this movie including: How to unbalance an attacker; How to strike and kick correctly; How to defend against, grabs, throws, strikes and kicks. The explanations in this video are simple but clear with the aim for easy comprehension and learning for everyone. During his explanation Andreas always includes and focuses on the most important principles and fundamentals of SYSTEMA by showing how different topics are tightly linked to each other. Furthermore free and spontaneous work against different attacks including weapons is shown under realistic conditions and full speed. In this video Andreas is assisted and supported by Michael Hazenbeller (Rastatt) and Thomas Göbler (Augsburg), two experienced Systema Instructors.



Weitzel

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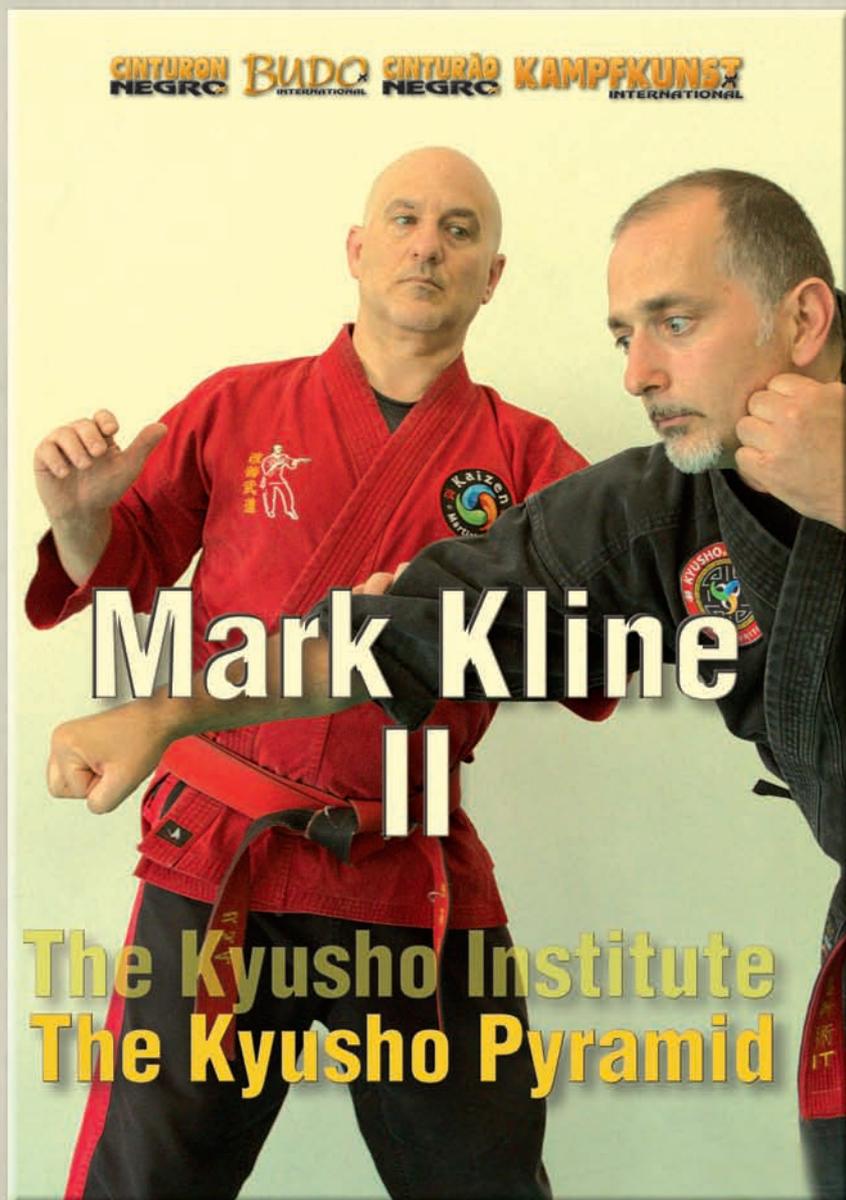
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# The Kyusho Institute The Kyusho Pyramid

# Mark Kline II



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Opposites and Multiple planes of movement.

DVD # 2: Anatomical Intuition, Transitions, Yin and

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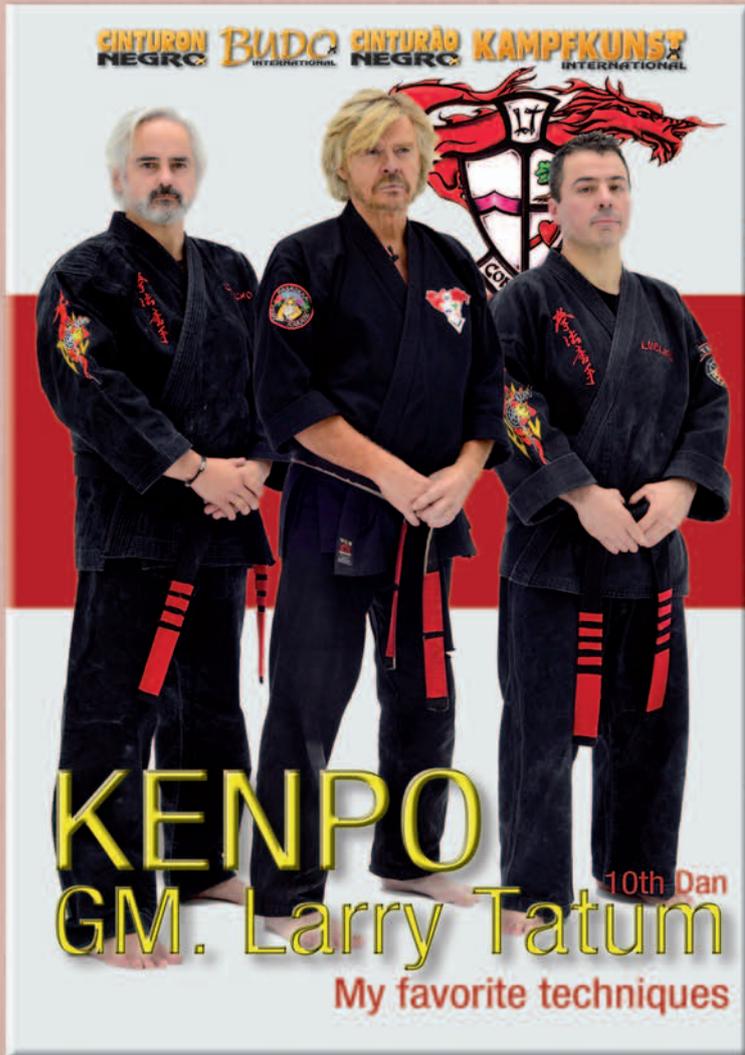


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# KENPO GM. Larry Tatum

## My favorite techniques



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

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# Kung Fu Shaolin

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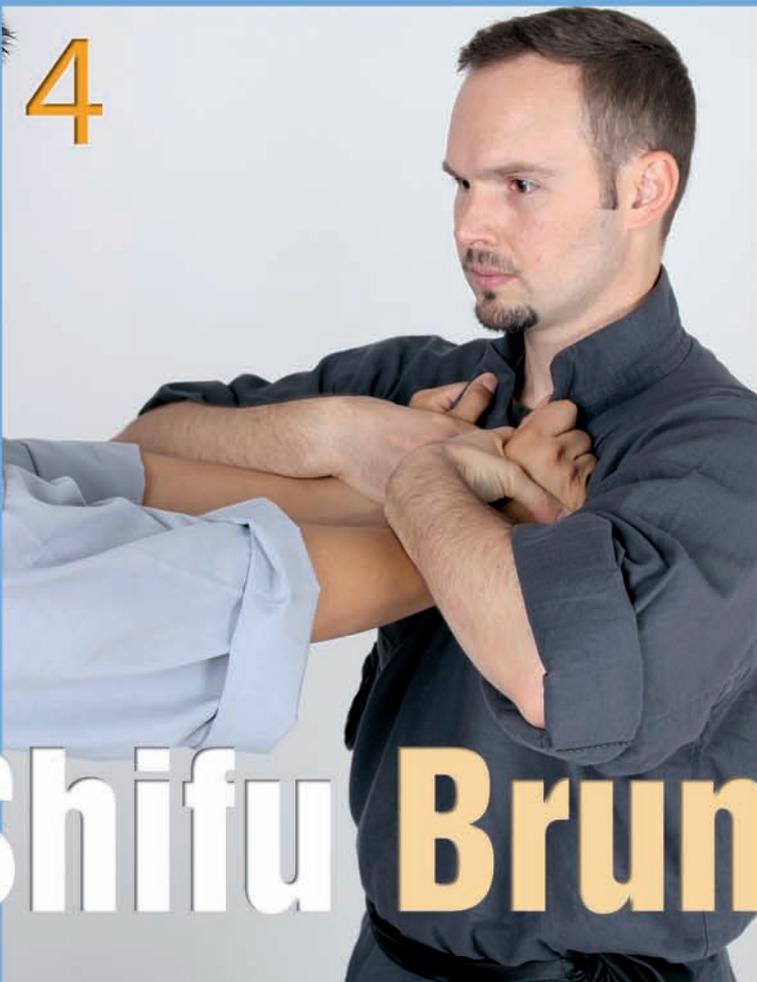
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2



4



5



Shifu Bruno Tombo

行净

Master & Styles



3



少林寺

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# 流

## New Liú Tai Chi Uniform

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







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# Trina Pellegrini

## Women by Women

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5



6



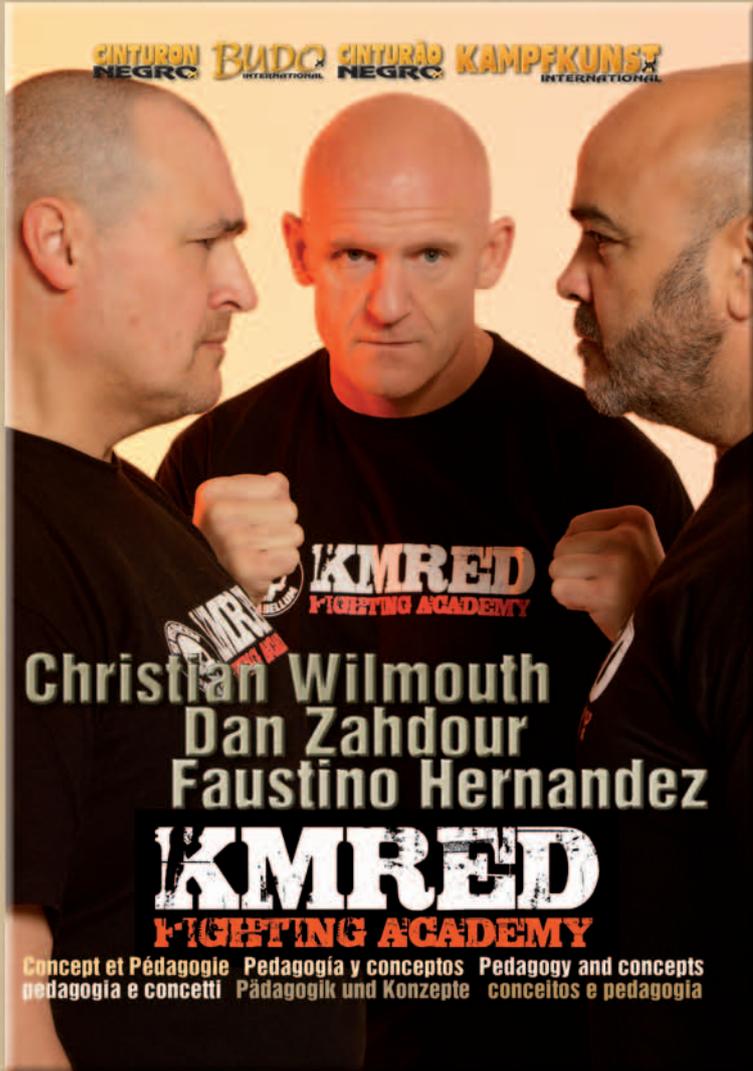
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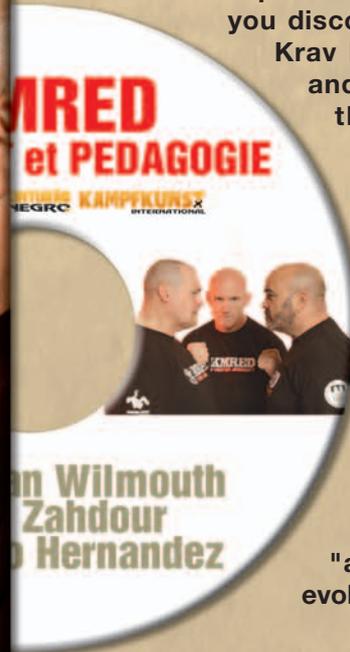
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# KMRED FIGHTING ACADEMY

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



Christian Wilmouth  
Dan Zahdour  
Faustino Hernandez



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



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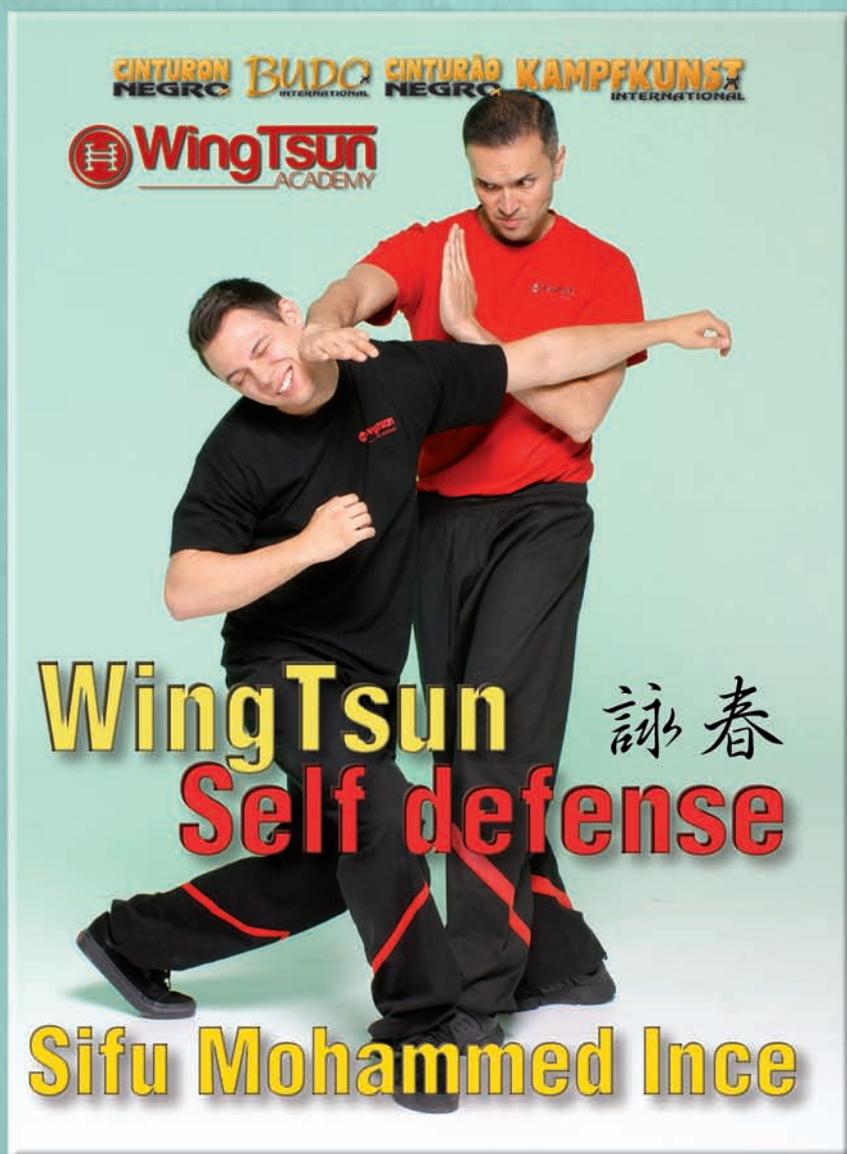


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# WingTsun Sifu Mohammed Ince Self defense



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

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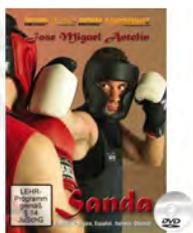
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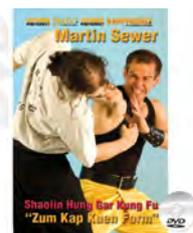
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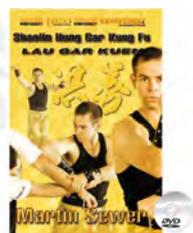
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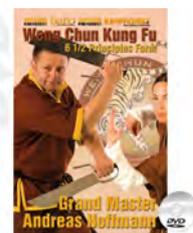
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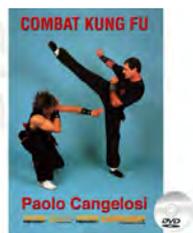
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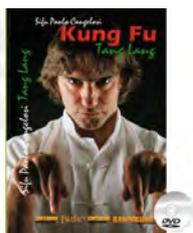
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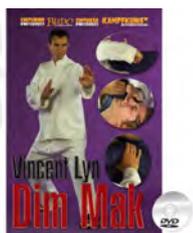
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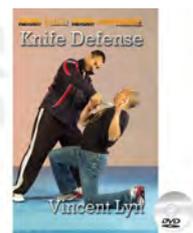
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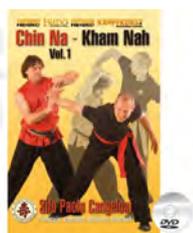
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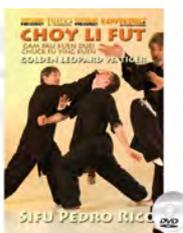
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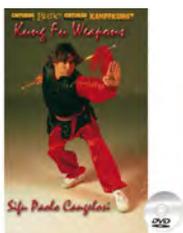
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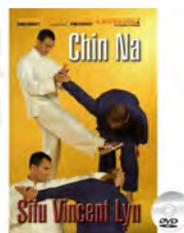
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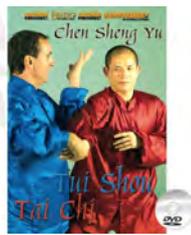
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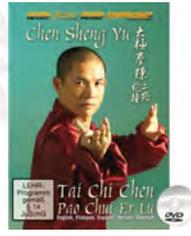
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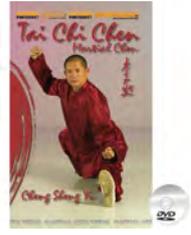
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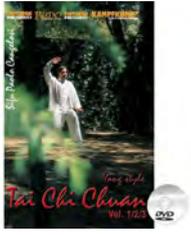
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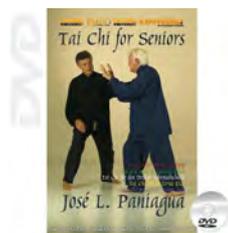
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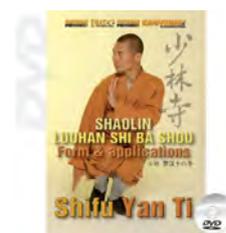
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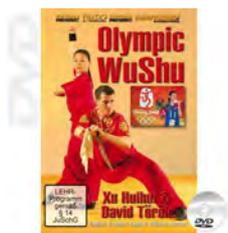
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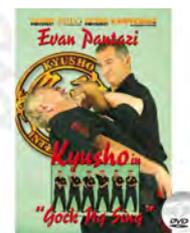
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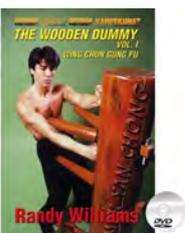
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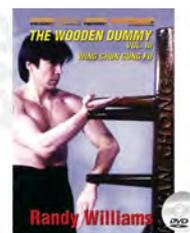
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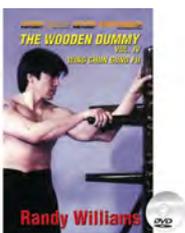
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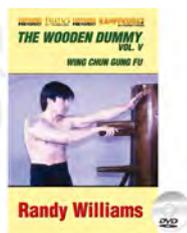
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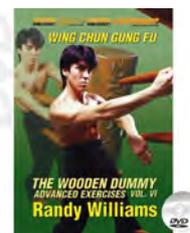
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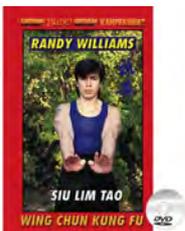
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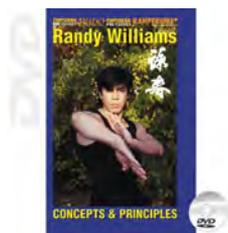
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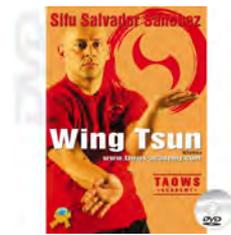
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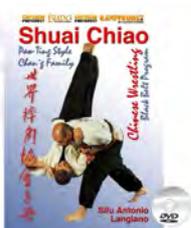
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## DVD Judo and Ju-Jitsu

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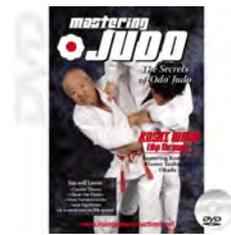
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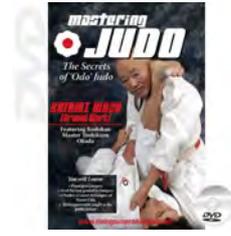
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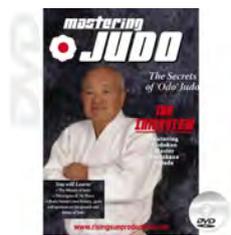
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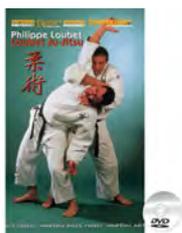
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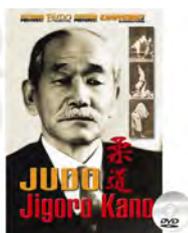
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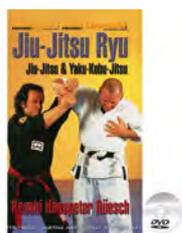
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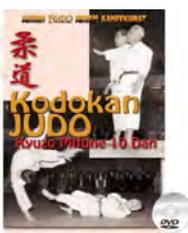
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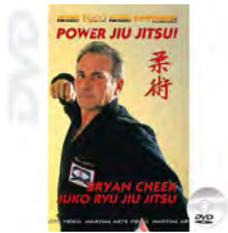
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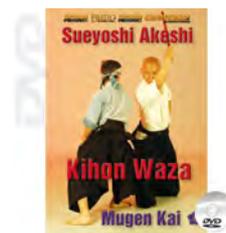
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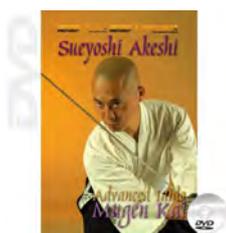
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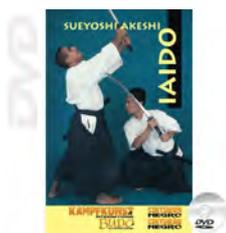
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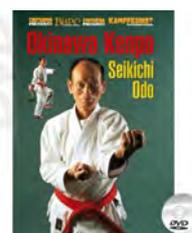
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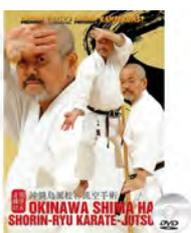
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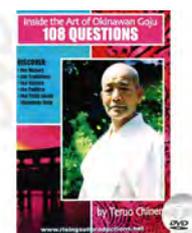
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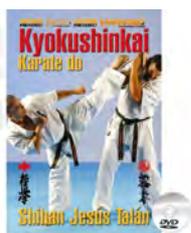
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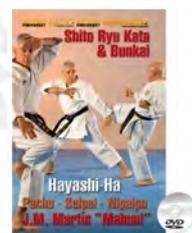
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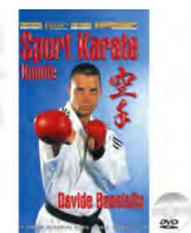
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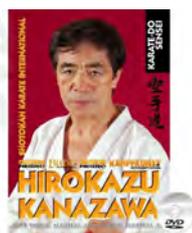
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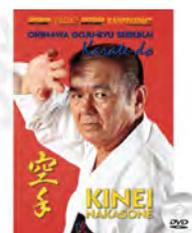
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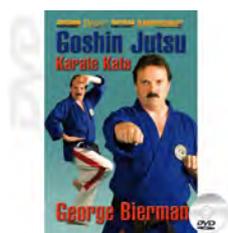
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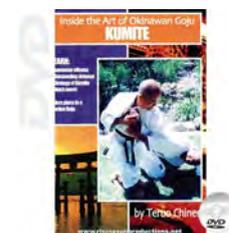
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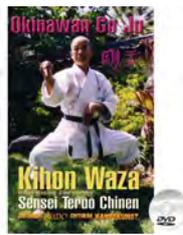
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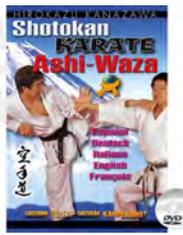
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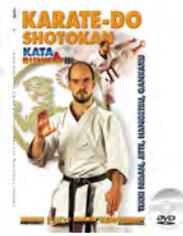
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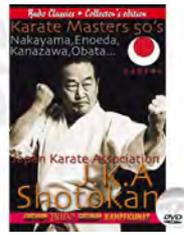
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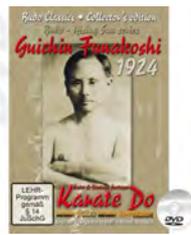
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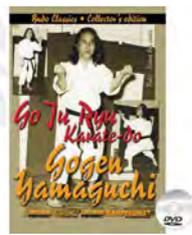
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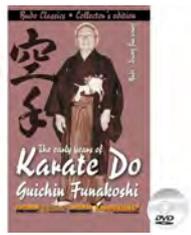
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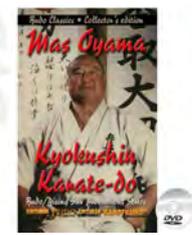
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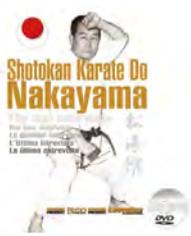
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Ref. DVD/BC1  
Price Inc. Tax.....22,00 EUR



DVD Kyokushin Karate Mas Oyama  
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/CAN2  
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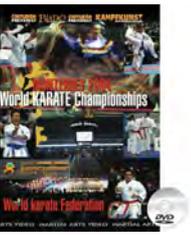
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Price Inc. Tax.....22,00 EUR



DVD Wado-Ryu Karate  
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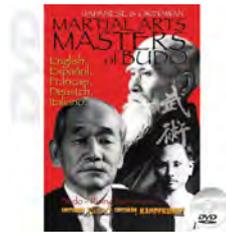
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## DVD Karate



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DVD Classic Martial Arts Masters of Budo Japan & Okinawa  
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## DVD Aikido

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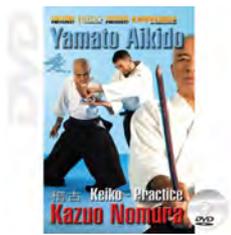
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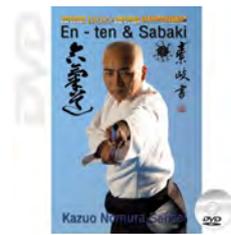
DVD Aikido



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



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



DVD Aikido Osaka Aikikai Vol 2 En-ten & Sabaki  
Ref. DVD/NOMURA2  
Price Inc. Tax.....22,00 EUR



DVD Aikido Osaka Aikikai Vol 1  
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DVD Aikido Tanto Dori  
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DVD Dynamic Aikido  
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DVD Aikido Kobayashi Ryu  
Ref. DVD/SAVE  
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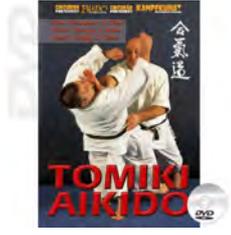
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DVD Aikido Combat Vol1  
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DVD Very Strong Aikido Kobayashi Ryu  
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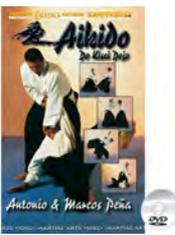


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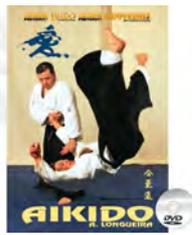
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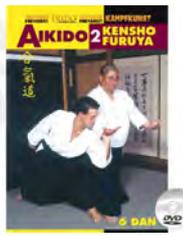
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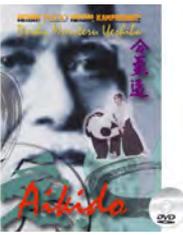
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DVD Aikido Furuya VOL1  
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Price Inc. Tax.....22,00 EUR



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



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



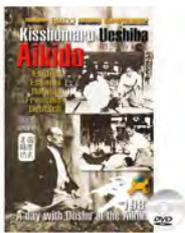
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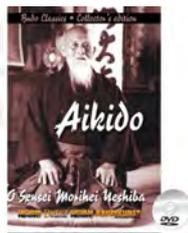
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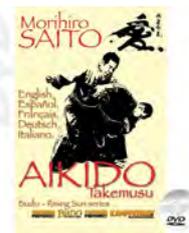
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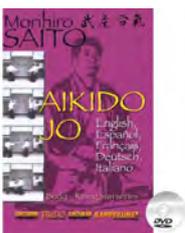
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Interview & Technique  
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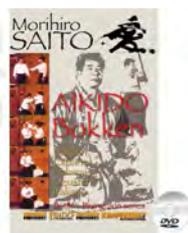
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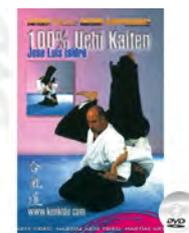
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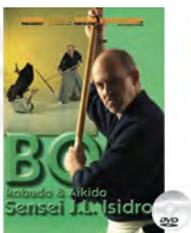
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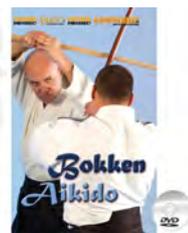
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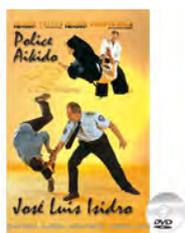
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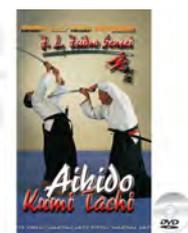
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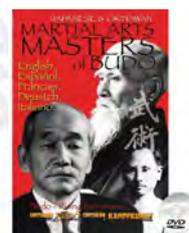
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Ref. DVD/AKIS1  
Price Inc. Tax.....22,00 EUR



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



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



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Budo Japan & Okinawa  
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DVD Aikido



DVD Aikido Ni-To Ichi  
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## DVD Kobudo

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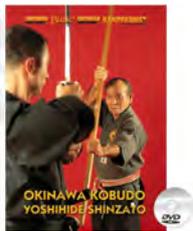
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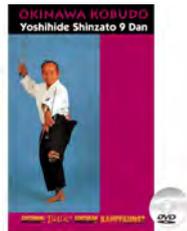
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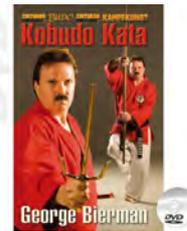
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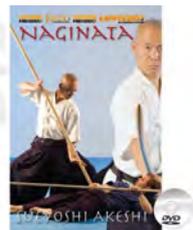
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Ref. DVD/KOBU2  
Price Inc. Tax.....22,00 EUR



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



DVD Kobudo Kata  
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DVD Naginata & Kumidashi Kihon  
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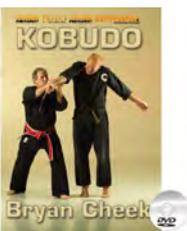
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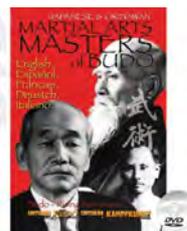
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DVD Bo Jitsu Okinawa  
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DVD Webbs Kobudo  
Ref. DVD/JUKO3  
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DVD Classic Martial Arts Masters of  
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## DVD Ninjutsu

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



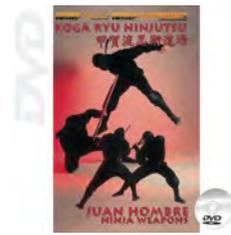
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Price Inc. Tax.....22,00 EUR



DVD Bujinkan Dojo Taijitsu Taikai Vol 2  
Ref. DVD/HATSU2  
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Techniques  
Ref. DVD/JH4  
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Price Inc. Tax.....22,00 EUR



DVD Koga Ryu Ninjutsu Empty Hands  
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## DVD Other Styles Japan

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



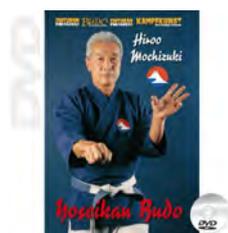
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Price Inc. Tax.....22,00 EUR



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



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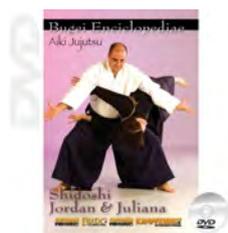
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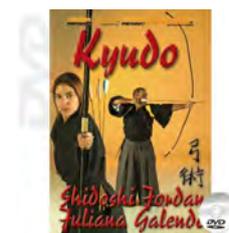
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Price Inc. Tax.....22,00 EUR



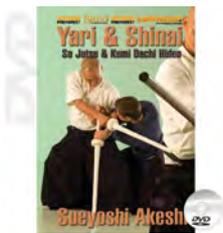
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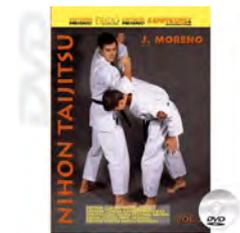
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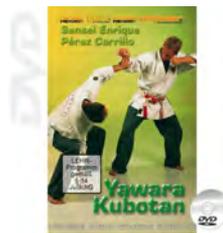
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DVD Yawara Jitsu  
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DVD Yawara Kubotan  
Ref. DVD/YAW2  
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DVD Kempo Jutsu  
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DVD Shugendo  
Ref. DVD/SASHU  
Price Inc. Tax.....22,00 EUR



DVD Bugei Aiki-Jujutsu  
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DVD Bugei Ogawa Ryu  
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Price Inc. Tax.....22,00 EUR



DVD Classic Martial Arts Masters of  
Budo Japan & Okinawa  
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DVD Jo Jutsu  
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DVD Genbukan Ninpo Bugei  
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Price Inc. Tax.....22,00 EUR



DVD Kubotan  
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## DVD Kyusho Jitsu

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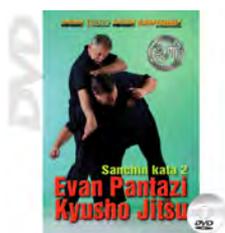
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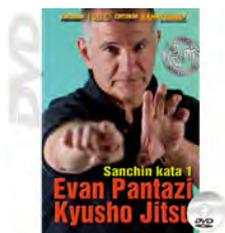
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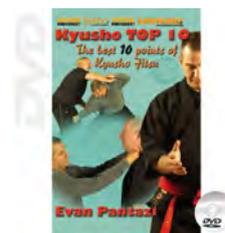
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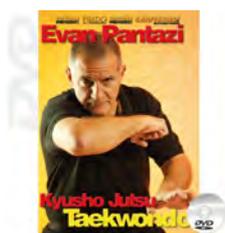
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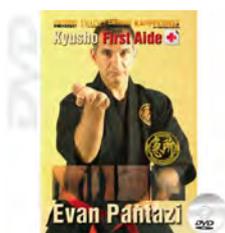
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Price Inc. Tax.....22,00 EUR



DVD Kyusho in Taekwon Do  
Ref. DVD/KYUSHO20  
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DVD Kyusho First Aide  
Ref. DVD/KYUSHO19  
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Seizing  
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Price Inc. Tax.....22,00 EUR



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



DVD Kyusho Compressions  
Ref. DVD/KYUSHO16  
Price Inc. Tax.....22,00 EUR



DVD Kyusho Gock'Ng 'Sing  
Ref. DVD/KYUSHO14  
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DVD Kyusho Jitsu



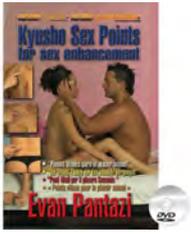
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DVD Kyusho Jitsu in Forms Siu Nim Tao  
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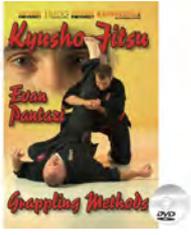
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DVD Kyusho Jitsu Knife Attacks  
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DVD Kyusho Jitsu Tuite Joint Locking  
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DVD Kyusho Jitsu Grappling Methods  
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DVD Kyusho Jitsu Points on the Legs  
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DVD Kyusho Jitsu Points on the Body  
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DVD Kyusho Jitsu Points on the Arms  
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## DVD Kyusho Jitsu



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DVD Kyusho Self Protection for Women  
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## DVD Brazilian Jiu-Jitsu

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52/125

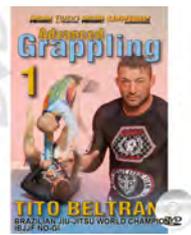
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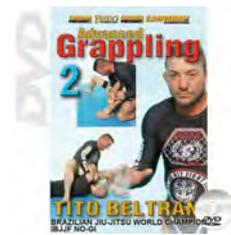
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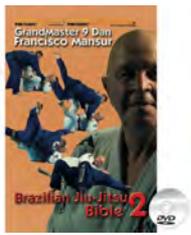
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Ref. DVD/FABRI1  
Price Inc. Tax.....22,00 EUR



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



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



DVD The Brazilian Jiu-Jitsu Bible Vol 2  
Ref. DVD/MANSUR6  
Price Inc. Tax.....22,00 EUR



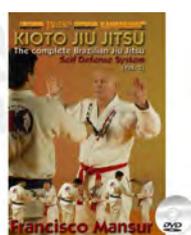
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Price Inc. Tax.....22,00 EUR



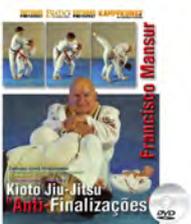
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Ref. DVD/GRACIE2  
Price Inc. Tax.....22,00 EUR



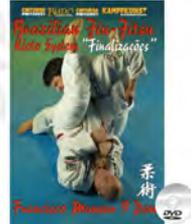
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Price Inc. Tax.....22,00 EUR



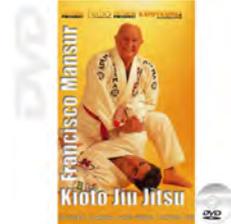
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DVD Kioto Jiu Jitsu Defenses against submissions  
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DVD Kioto Jiu Jitsu Submissions  
Ref. DVD/MANSUR2  
Price Inc. Tax.....22,00 EUR



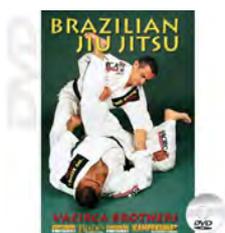
DVD Brazilian Jiu Jitsu Kioto System  
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DVD Brazilian Jiu Jitsu White to Blue Belt Program  
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DVD Brazilian Jiu Jitsu Conditioning  
Ref. DVD/VACIR3  
Price Inc. Tax.....22,00 EUR



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  
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## DVD Capoeira

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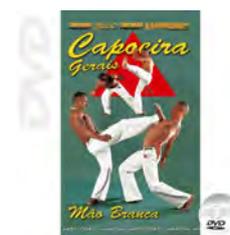
DVD Capoeira



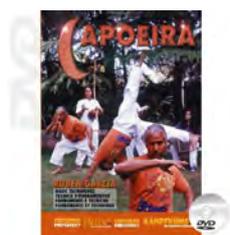
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DVD Capoeira Banzo de Senzala  
 Ref. DVD/CAP3  
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DVD Capoeira Gerais  
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DVD Capoeira  
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##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

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57/125

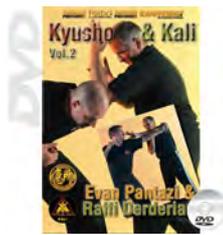
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DVD Kali Arnis Eskrima



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



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



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



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



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



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



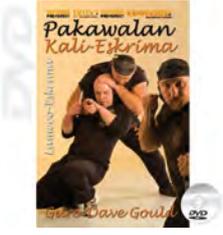
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DVD Dog Brothers Kali & Krabi Krabong  
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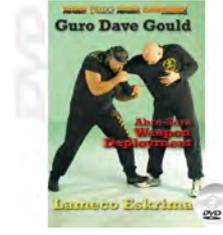
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DVD Lameco Eskrima Essential Knife Vol4 Pakawalan  
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Price Inc. Tax.....22,00 EUR



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



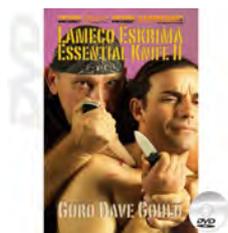
DVD Lameco Eskrima Essential Knife 3  
Ref. DVD/GOULD3  
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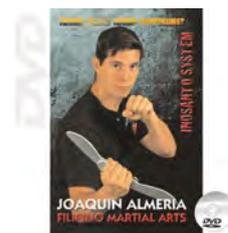
DVD Kali Arnis Eskrima



DVD Lameco Eskrima Essential Knife 2  
Ref. DVD/GOULD2  
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DVD Lameco Eskrima Essential Knife 1  
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DVD Filipino Martial Arts Inosanto System  
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Price Inc. Tax.....22,00 EUR



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



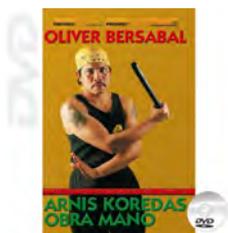
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DVD Dog Brothers Power Development  
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DVD The Dog Brother's Way  
Ref. DVD/DOG1  
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DVD Arnis Koredas Obra Mano  
Ref. DVD/OLIV1  
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DVD Latosa Escrima Vol 1  
Ref. DVD/LAT1  
Price Inc. Tax.....22,00 EUR



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



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



DVD Kalavera Eskrima - Largo Mano  
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## DVD Kali Arnis Eskrima



DVD Kali, Arnis, Eskrima  
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## DVD Staff and Cane

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DVD Staff and Cane



DVD La Canne de Combat  
Cane  
Ref. DVD/CANNE1  
Price Inc. Tax.....22,00 EUR



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

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## DVD Nunchaku

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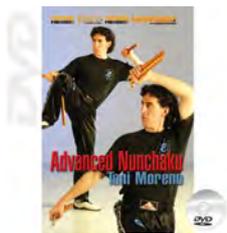
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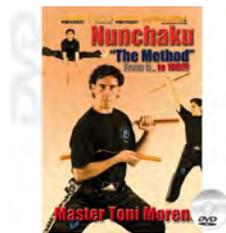
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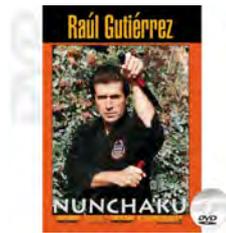
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DVD Combat Nunchaku  
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DVD Artistic & Combat Nunchaku  
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DVD Nunchaku  
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## DVD Other Weapons

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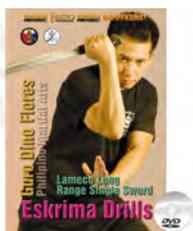
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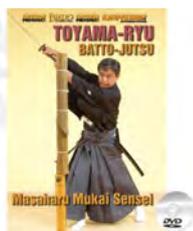
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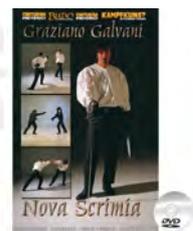
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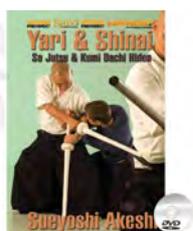
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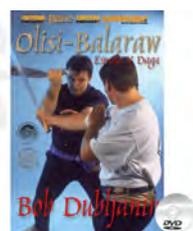
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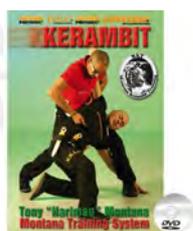
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DVD Yari and Shinai  
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Price Inc. Tax.....22,00 EUR



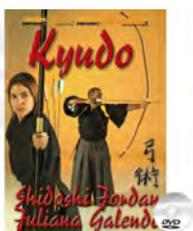
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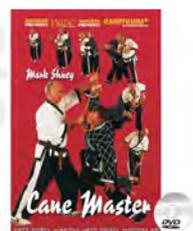
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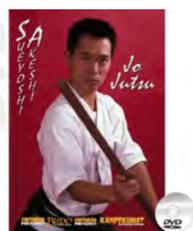
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Price Inc. Tax.....22,00 EUR



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



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



DVD Jo Jutsu  
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Price Inc. Tax.....22,00 EUR



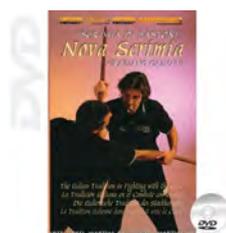
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DVD Other Weapons



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



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/NAG1  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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DVD Pro, Military, Police

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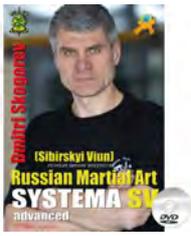
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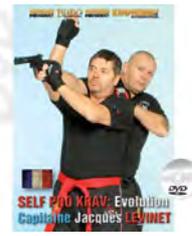
DVD Pro, Military, Police



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



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



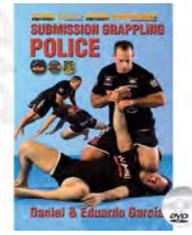
DVD Self Pro Krav Evolution  
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Price Inc. Tax.....22,00 EUR



DVD Russian Martial Art Systema SV Training Program Vol1  
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Price Inc. Tax.....22,00 EUR



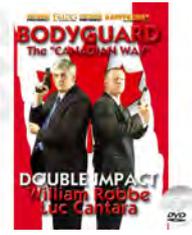
DVD Bodyguard Dynamic Training  
Ref. DVD/BODY1  
Price Inc. Tax.....22,00 EUR



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



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



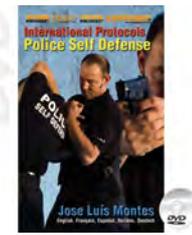
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Ref. DVD/DIP1  
Price Inc. Tax.....22,00 EUR



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



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



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



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

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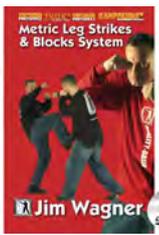
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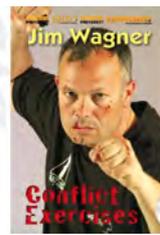
DVD Pro, Military, Police



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



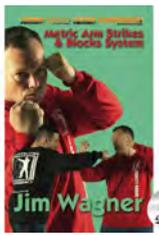
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Ref. DVD/SARG11  
Price Inc. Tax.....22,00 EUR



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



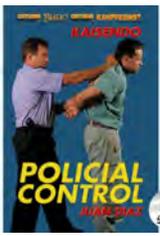
DVD Police Jukaikido  
Ref. DVD/SAN2  
Price Inc. Tax.....22,00 EUR



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



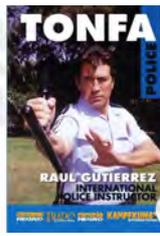
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Ref. DVD/SAN4  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



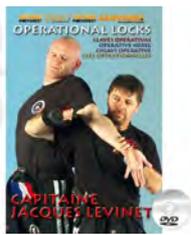
DVD Self Pro Krav Knife Defense  
Ref. DVD/LEVI5  
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DVD Pro, Military, Police



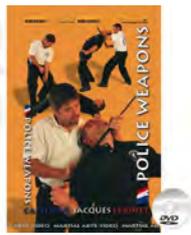
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Price Inc. Tax.....22,00 EUR



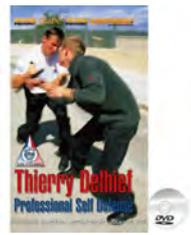
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Ref. DVD/LEVI3  
Price Inc. Tax.....22,00 EUR



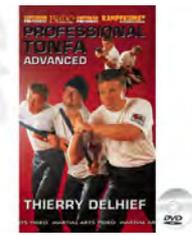
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Price Inc. Tax.....22,00 EUR



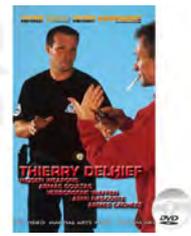
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Price Inc. Tax.....22,00 EUR



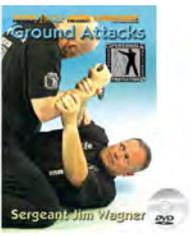
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Ref. DVD/DEL1  
Price Inc. Tax.....22,00 EUR



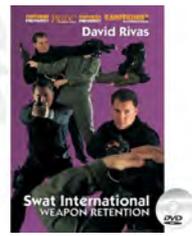
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Ref. DVD/DEL2  
Price Inc. Tax.....22,00 EUR



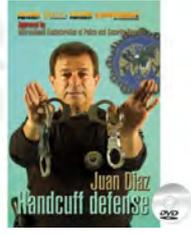
DVD Hidden Weapons Professional Self defense  
Ref. DVD/DEL3  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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DVD Pro, Military, Police



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



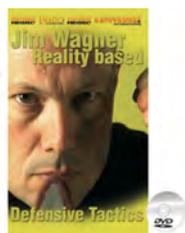
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Price Inc. Tax.....22,00 EUR



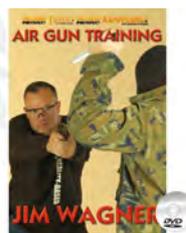
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Price Inc. Tax.....22,00 EUR



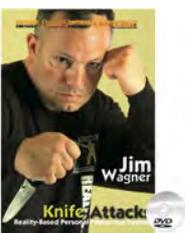
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Price Inc. Tax.....22,00 EUR



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



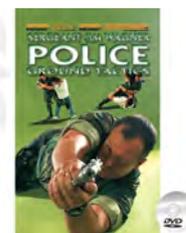
DVD Reality Based Training with Air Guns  
Ref. DVD/SARG7  
Price Inc. Tax.....22,00 EUR



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



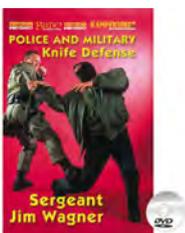
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Price Inc. Tax.....22,00 EUR



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



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



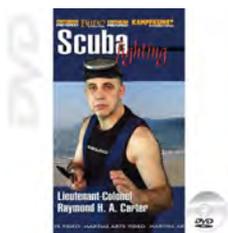
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Ref. DVD/SARG1  
Price Inc. Tax.....22,00 EUR



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

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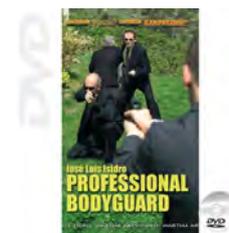
DVD Pro, Military, Police



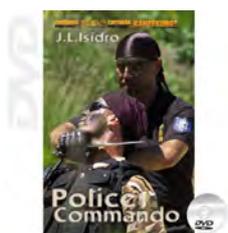
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Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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

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## DVD Krav Maga

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74/125

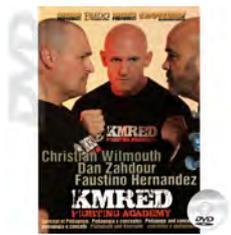
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DVD Krav Maga



DVD Krav Maga Israeli Survival System.  
Disarming Techniques  
Ref. DVD/KMISS2  
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DVD Krav Maga RED Vol.2. Concept & Pedagogy  
Ref. DVD/KMRED2  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



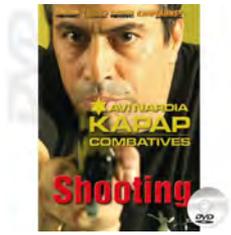
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Survival  
Ref. DVD/AIZIK4  
Price Inc. Tax.....22,00 EUR



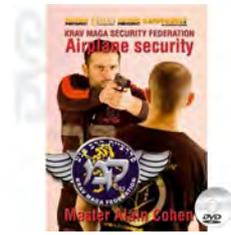
DVD Original Krav Maga Blue Belt  
program Vol4  
Ref. DVD/YARON5  
Price Inc. Tax.....22,00 EUR



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



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



DVD IDS Krav Maga Airplane Security  
Ref. DVD/IDS4  
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DVD Krav Maga Kobi Lichtenstein  
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DVD Combat Survival Krav Maga  
Ref. DVD/AIZIK  
Price Inc. Tax.....22,00 EUR



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



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



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



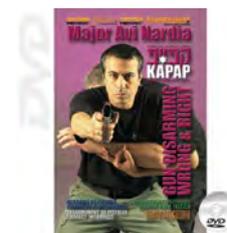
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Ref. DVD/IDS2  
Price Inc. Tax.....22,00 EUR



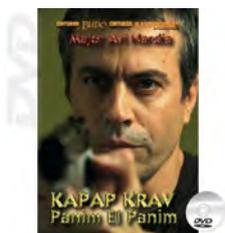
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Ref. DVD/IDS3  
Price Inc. Tax.....22,00 EUR



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



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



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



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



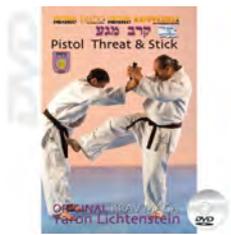
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Ref. DVD/KAPAP  
Price Inc. Tax.....22,00 EUR

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DVD Krav Maga



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



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



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



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



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



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



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



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

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## DVD Systema

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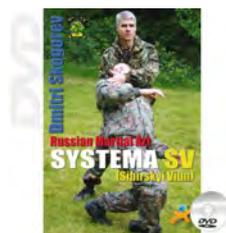
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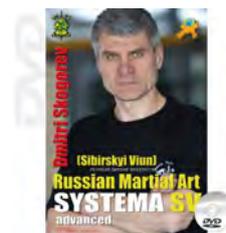
DVD Systema



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



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



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



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



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



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

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## DVD Knife Fighting

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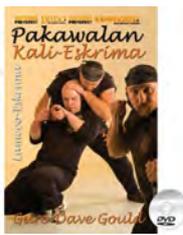
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DVD Knife Fighting



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



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



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



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



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



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



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



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



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



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

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## DVD Women´s Self Defense

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82/125

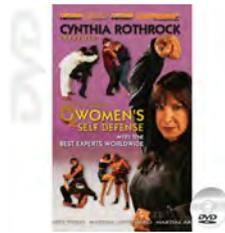
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DVD Women's Self Defense



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



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



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

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## DVD Other Self Defense Styles

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84/125

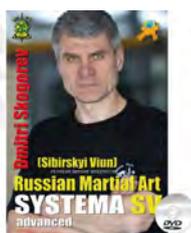
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DVD Other Self Defense Styles



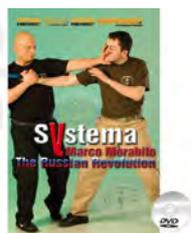
DVD SDS Concept  
Ref. DVD/SDS1  
Price Inc. Tax.....22,00 EUR



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



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



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



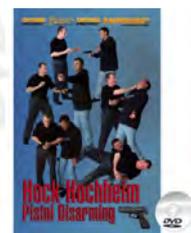
DVD Russian Systema, Disarm  
techniques  
Ref. DVD/SYSTEMA2  
Price Inc. Tax.....22,00 EUR



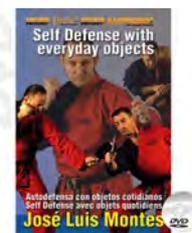
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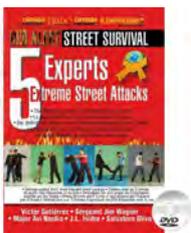
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Bodyguard  
Ref. DVD/SOG5  
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Price Inc. Tax.....22,00 EUR



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



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



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



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

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DVD Other Self Defense Styles



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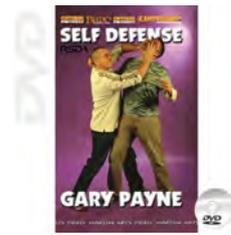
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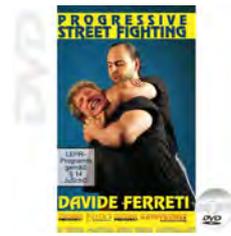
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Price Inc. Tax.....22,00 EUR



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



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

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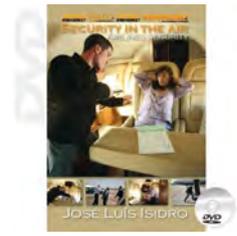
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 Ref. DVD/ECPO1  
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 Price Inc. Tax.....22,00 EUR



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  
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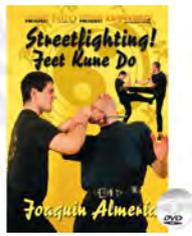
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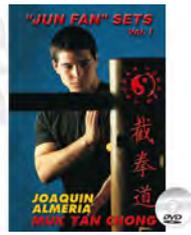
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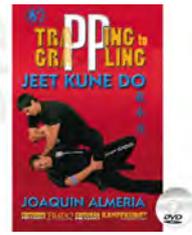
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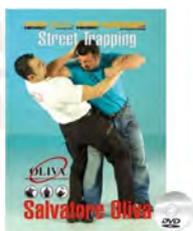
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DVD Jeet Kune Do



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



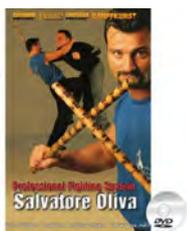
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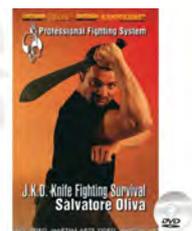
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Price Inc. Tax.....22,00 EUR



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



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



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



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

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## DVD Kenpo

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DVD Kenpo



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



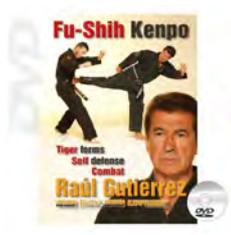
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DVD Extreme Kenpo  
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Price Inc. Tax.....22,00 EUR



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



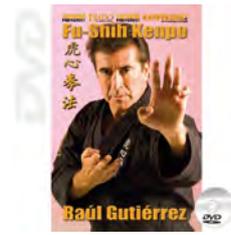
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Price Inc. Tax.....22,00 EUR



DVD Kosho Ryu Kempo  
Ref. DVD/KOSHO1  
Price Inc. Tax.....22,00 EUR



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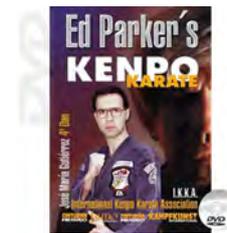
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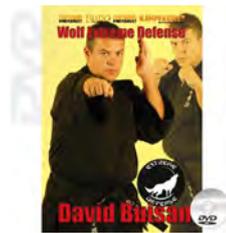
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DVD American Kenpo Karate  
Ref. DVD/NEGRE  
Price Inc. Tax.....22,00 EUR



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



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

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## DVD Kajukenbo

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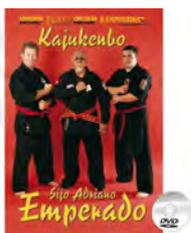
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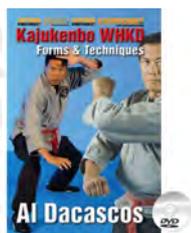
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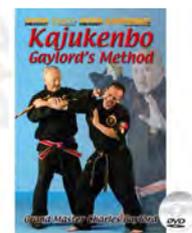
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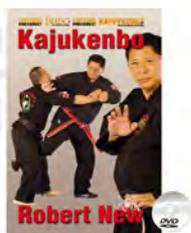
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DVD Kajukenbo Gaylord's Method  
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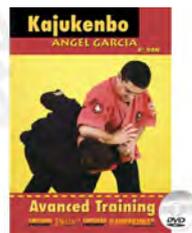
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DVD Kajukenbo Vol 3  
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Price Inc. Tax.....22,00 EUR



DVD Kajukenbo Vol 2 The Training Method  
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## DVD Martial Arts Vietnam

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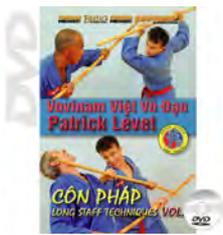
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DVD Martial Arts Vietnam



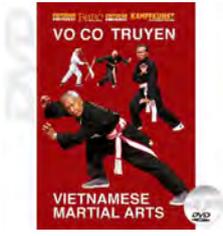
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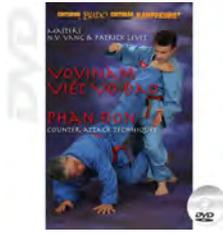
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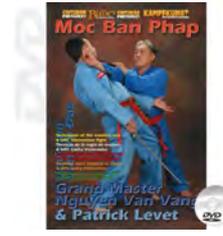
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Price Inc. Tax.....22,00 EUR



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



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



DVD Vovinam Viet Vo Dao Vol 1  
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## DVD Other Martial Styles

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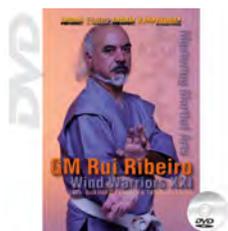
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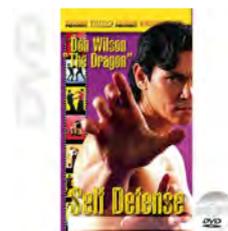
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Price Inc. Tax.....22,00 EUR



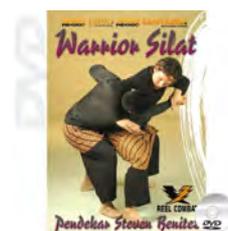
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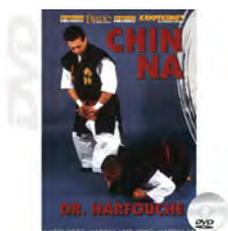
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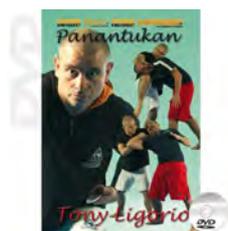
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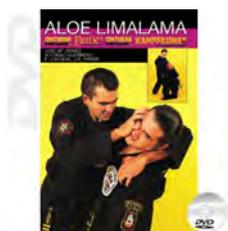
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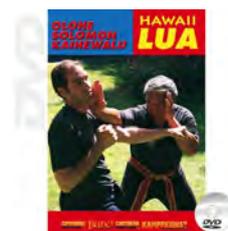
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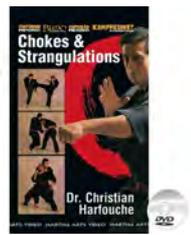
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**DVD Other Martial Styles**



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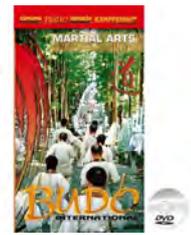
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DVD How to Martial Arts Show  
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Price Inc. Tax.....22,00 EUR



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



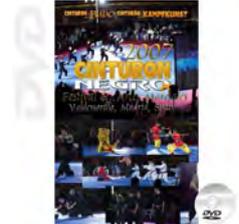
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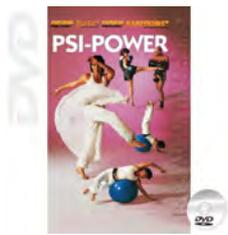
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DVD Other Martial Styles



DVD Psi Power for Martial Artists  
Ref. DVD/LILLA  
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DVD Martial Arts Night Gala Italy 2005  
Ref. DVD/MAN1  
Price Inc. Tax.....22,00 EUR



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



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



DVD Pencak Silat  
Ref. DVD/MALTE3  
Price Inc. Tax.....22,00 EUR



DVD Pukulan Pencak Silat Serak.  
Weapons  
Ref. DVD/SERAK2  
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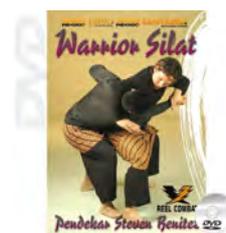
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DVD Pencak Silat  
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## DVD Tae Kwon Do

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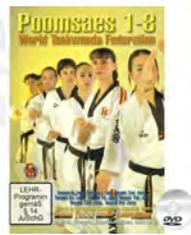
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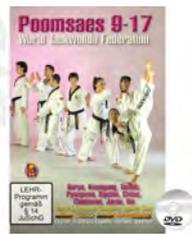
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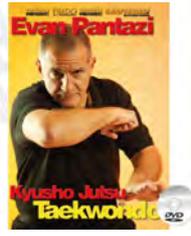
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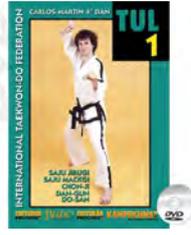
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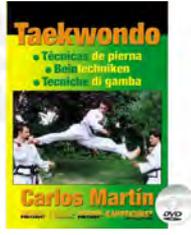
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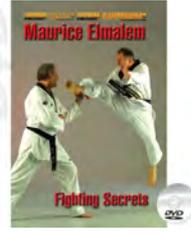
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DVD The Power of Combat Taekwondo  
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DVD Taekwondo Fighting Secrets  
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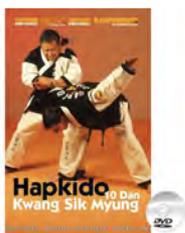
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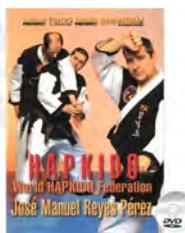
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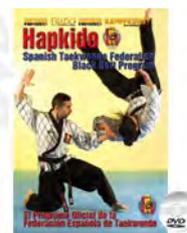
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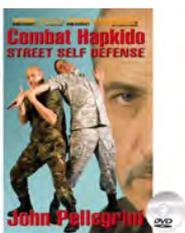
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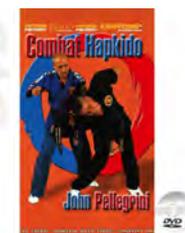
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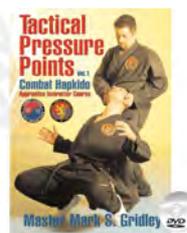
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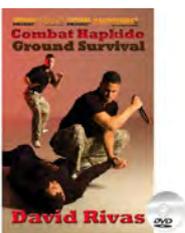
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DVD Combat Hapkido Tactical Pressure  
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Price Inc. Tax.....22,00 EUR



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



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



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



DVD Sin Moo Hapkido  
Ref. DVD/SMH  
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## DVD Other Styles Korea

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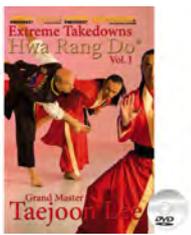
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DVD Kuk Sool Won  
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/HWA2  
Price Inc. Tax.....22,00 EUR



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



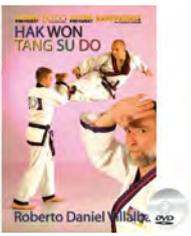
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Ref. DVD/SUN1  
Price Inc. Tax.....22,00 EUR



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## DVD Muay Thai

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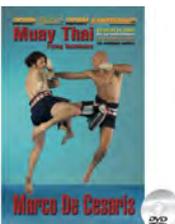
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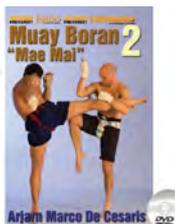
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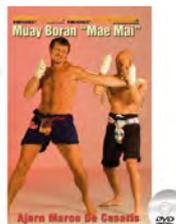
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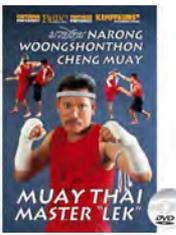
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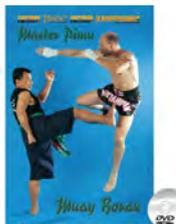
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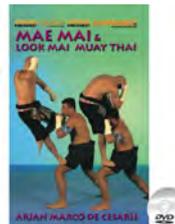
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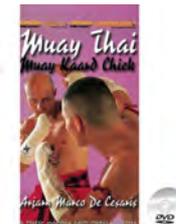
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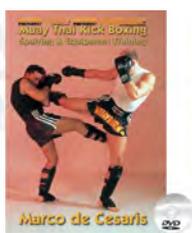
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Price Inc. Tax.....22,00 EUR



DVD Cross Fighting Muay Thai & Brazilian Jiu Jitsu  
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Price Inc. Tax.....22,00 EUR



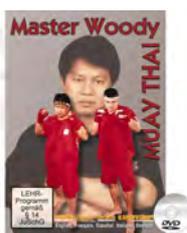
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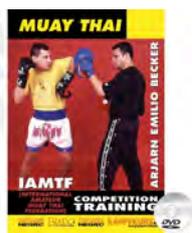
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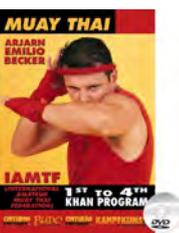
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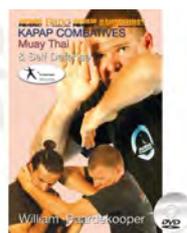
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DVD Kapap Combatives Muay Thai Self Defense  
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## DVD Kick Boxing

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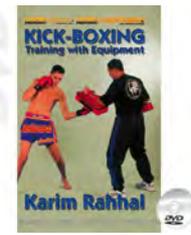
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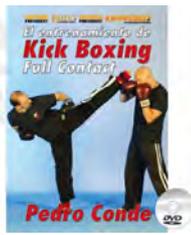
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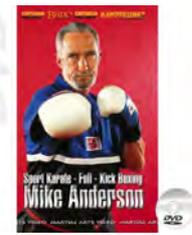
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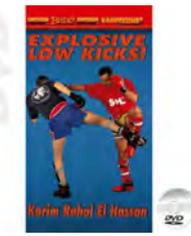
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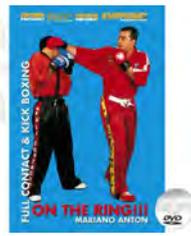
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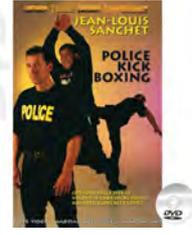
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DVD Police Defense Kick Boxing  
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## DVD Grappling Wrestling

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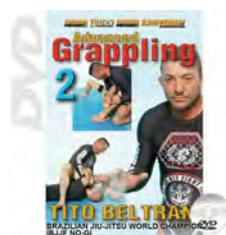
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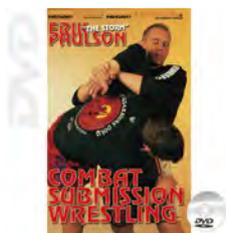
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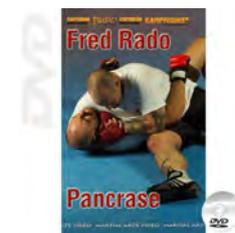
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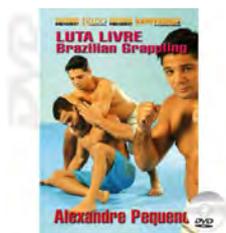
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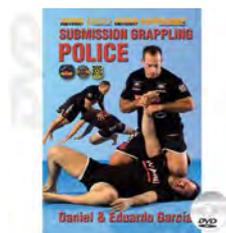
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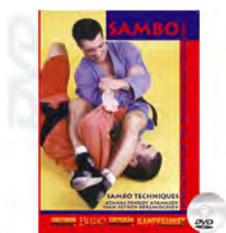
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Price Inc. Tax.....22,00 EUR



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



DVD Sambo Techniques  
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DVD MMA - Vale Tudo

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DVD MMA - Vale Tudo



DVD MMA Brazilian Grappling  
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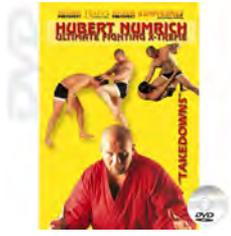
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DVD Ultimate Fighting X-Treme1 Takedowns  
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DVD Shoot Vol3 Fighting Techniques  
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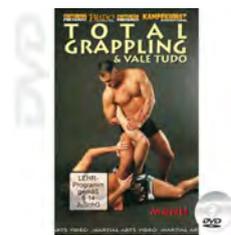
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DVD Professional Vale Tudo  
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DVD Total Grappling & Vale Tudo Vol 2 Evolution  
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DVD Total Grappling & Vale Tudo Vol 1  
Ref. DVD/TG1  
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DVD MMA - Vale Tudo



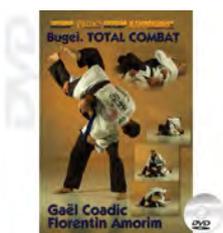
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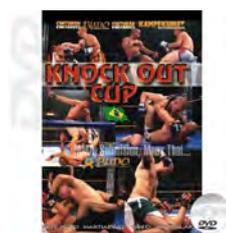
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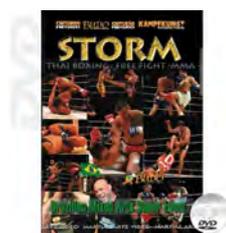
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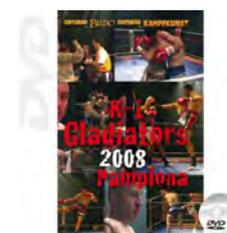
DVD Vale Tudo The Very Best of IVC 6 & 9  
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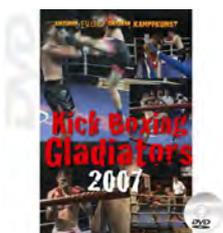
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DVD Storm Samurai Brazil MMA & Muay Thai  
Ref. DVD/BRA4  
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K-1 Gladiators Tournament 2008 Spain  
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DVD K-1 Gladiators Tournament 2007 Spain  
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## DVD Other Contact Sports

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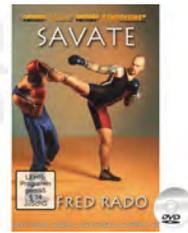
DVD Other Contact Sports



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



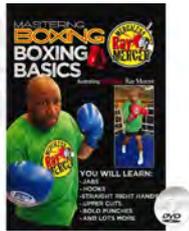
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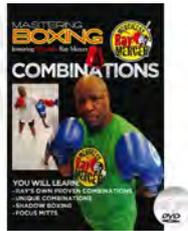
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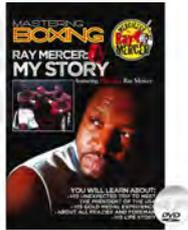
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DVD Mastering Boxing Ring Smarts  
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DVD Mastering Boxing My Story  
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DVD Mastering Boxing MMA & Boxing Fit  
Ref. DVD/MERCER1  
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DVD Olympic Wrestling  
Ref. DVD/LUCHA1  
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## DVD Health - Wellness

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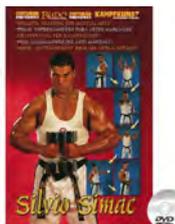
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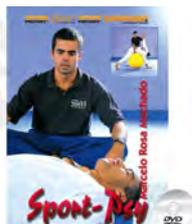
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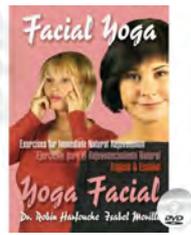
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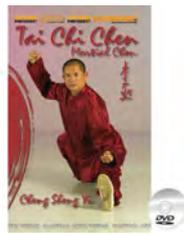
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DVD Facial Yoga Natural rejuvenation exercises  
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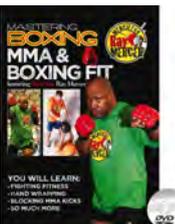
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Price Inc. Tax.....22,00 EUR



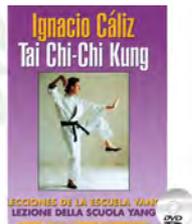
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DVD Tai Chi Yang Style Vol 1  
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DVD Mastering Boxing MMA & Boxing Fit  
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Price Inc. Tax.....22,00 EUR



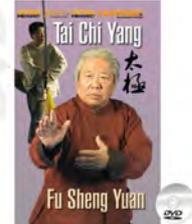
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DVD Tai Chi Yang Style Kung Chia Form & Applications  
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DVD Tai Chi Yang Style Vol 2  
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DVD Tai Chi Yang Style Vol 3  
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DVD Tai Chi Che Sword  
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