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# Editorial

## About the natural and the supernatural

"When we least expect it, life sets us a challenge to test our courage and willingness to change; at such a moment, there is no point in pretending that nothing has happened or in saying that we are not ready. The challenge will not wait. Life does not look back. A week is more than enough time for us to decide whether or not to accept our destiny."

**Paulo Coelho**

"Man is a piece of the universe made alive."  
**Ralph Waldo Emerson**

**E**very human philosophy tries to unravel the mystery of the existence. In this purpose though, they frequently end up falling into closed doctrines, that strive to find a theory completely coherent and capable of explaining the totality of what it is.

Whether we have eaten or not the fruit-of-the-forbidden-tree, we are all tangled up de facto in this fine mess: scientists, mystics, religious, philosophers... even politicians, should you ask me!

All of us, one way or another, waddle around this eternal question. And the majority is not even aware of it! Because every thought, consideration or measure to take is and it will always be subsequent to this basic questioning.

All our cosmogony, the bases of our relationship with the Universe, with what surrounds us and inter penetrates us, makes us, influences or determines our life sustaining our realities and our being, will depend on understanding the great mystery of what is Natural and Supernatural.

Is it the invisible natural? Under the position of science, there's no doubt about it! Science, a method of comprehension of everything, researches painstakingly in pursuit of a unique integrating explanation, a coherent theory of the Universe. The paradoxical thing is that the more it strives, the more it falls into contradictory formulas; nevertheless (give to Caesar what is Caesar's and to God what is God's...), each step it takes is always a milestone in the humanity's consciousness of being, even though those of us who participate in its achievements are always a minority. A minority that far from understanding how they got there, we look forward to the summary of the disseminators, to draw our own conclusions. The funny thing is that despite all the effort of the most thoughtful minds on the planet, the long awaited unified theory of the Universe is still a question rather than a verification. Science, step ahead or behind, bosom up or down, plays between the confused space of energy and matter.

The peoples of the pre-scientific era, more pragmatic than modern scientists (and, it must be said, with modest technical tools) faced these same and eternal questions in antiquity. Instead of looking for a theory in which things fit, they took things and made a theory. All mythology is definitely that, a hotchpotch in which can fit as many gods as necessary.

The natural and the supernatural overlap each other in these conglomerates in view of the layman, but those who delve into the most advanced of these cultures, unexpectedly find an extraordinary coherence behind an apparent chaos. Unexpected ... yes, because we live immersed in an evolutionary optimism, encouraged by the unique and quasi-religious thought that invades us.

How did these cultures overcome the distance and contradictions between a coherent natural order and a distinctive supernatural one? Just as science has discovered that the micro laws acting at the quantum level are not the same as the macro laws, some ancient

peoples, such as the Shizen, discovered that the complexity and nature of the universal forces are enormous and that not all of them are travelling in the same dimensions.

On this plane, they essentially differentiated two sides of what exists: energies and tensions. Both can travel in known or exotic dimensions. They called the first ones TENGU. Nine fractals of the totality of what exists will fit into these patterns. The world of tensions turned out to be much more complex and they called it ONI. TENGU is energy, as Oni speaks to us of tension. With ONI one point addresses another, with which it establishes a rhythmic pattern of frequency. Moving the first one in spiral (Tengu), and the second one in helicoid (ONI), they are the two sides of the same coin, because one feeds the other, despite they are back to back. Their discovery opened for the Shizen the same door that science is opening today towards a unified theory of the Universe.

Within the Universe of the ONI there exist a multiplicity of worlds that were described by the Shizen priests throughout the centuries. Far from trying to give coherence to the whole, they focused on describing their nature in order to deal with them; a titanic achievement of inter dimensional comprehension and communication. Oni exists as waves of conglomerate energies, grouping different frequencies with the specific power of generating concrete events, according to their nature and that of the forces that come together to give them life. These agglomerations of forces follow pre-established patterns, so that once they are known they enter into the Natural.

We call world of the Natural everything that transits within what we consider as known. It is clear that this recital varies greatly from one person to another, as well as from one culture to another. The known is not only describable, but responds to laws. The supernatural necessarily goes beyond all this and we could describe it as everything that transits in the dimension of the unknown, or of the only partially known. Sometimes this plane of what it is, responds to laws other than those of the Natural, because it exists in parallel Universes that eventually interact with our plane of reality, despite they use in this plane the same tools that it provides them; however, these relationships are predictable, since they exist within a mathematical order that can be known and discovered.

There are more dimensions that would be framed within an even more unfathomable and abstruse epigraph and which belong to the plane of what we simply can't get to know. Just as a bi-dimensional being would perceive a sphere that contacted it like a circle that enlarges and shrinks as it travels through its flat dimension, our consciousness of being, when bound to this plane, is unable to even imagine other dimensions, although, as the Shizen priests discovered, it can nevertheless interact with them.

This mediating work between realities was entrusted to the ancient sages and priests, who should be able to jump from one plane of consciousness to another, and





even solve and mediate in such exchanges. The enormous immensity of this position, made the most evolved ancient shamans humble beings, as they unequivocally understood that was much more what they ignored than what they knew. However, the first ones to achieve such feats incurred, as the average scientists of today, in the most petulant of arrogances: Capable of decisively influencing their environment, there were not few those who fell victim to themselves. There is, however, an essential difference between shamans and scientists, the same one that exists between "thinking things" and "living things", the same one that magnificently portrays the old Spanish saying, "from words to action there is a long road to travel". Understanding is going beyond knowing; understanding is integrating and interacting positively with what is known, achieving something for which few are the called ones, and even less the chosen.

The secret techniques, tools and conclusions that these geniuses of the investigation of the unknown reached (generally paying a high price for it), should be part of the highest recognition level of the human wisdom compendium. However, they were ignored or feared, and even persecuted by the childish mentality of some, who, afraid of their abilities, turned the ancient sages into the target of the ignorance and fear of their fellowmen. It's not surprising; nowadays they would also have to face the opposition of many, imbued -humanum est-, of the need to ignore (in the sense of not wanting to know), for fear of the unknown; it's an attitude that, despite the supposed human evolution, reigns hidden, but patent, after the laws and imperatives that dictates, even today, the advent of the unique thought.

To recover the above mentioned wisdom for the posterity and the present moment, avoiding the puddles which they incurred, is the commitment of the one that is writing these lines. Notwithstanding I've been immersed in its world for a decade now, it always seems that I lack that final thing to close a cycle... All the same, better that way! What a good counselor is humility for the sorcerer's apprentice, lest the brooms start dancing and smacking everywhere... My body wouldn't bear certain things any longer...

**Alfredo Tucci**

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





# *“Pearls” of the Warrior*

*“Once you start dealing with the good and the evil of your fellow men you create an opening in your heart through which malice enters. Examining, competing and criticizing others weakens you and defeats you.”*

*By  
Ueshiba Morihei*





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*The First Time in History*

**In the context of traditional martial arts it might be very bold to speak of a “first time in history”. Especially since, in my case, we are talking about a 5000 year old martial art and lineage. And yet, it is true. But before we come to the principal point, I would like to give a brief historical account of a great part of history.**

**M**any a reader of my articles perhaps already knows that the earliest accounts of the origin of an advanced martial art date back to 5000 years. The monks which are depicted in the old paintings are standing opposite each other in fighting position and are exploring their first complex techniques. The war and martial arts had existed way before the original Shaolin monasteries. The country had been ruled by numerous emperors, dynasties and wars when the martial arts had long been spreading throughout the country, before it then concentrated in the world renowned monasteries. At first in the Northern and after that in the Southern

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**“ I am confident that I am going to be able to carry on the legacy of my teacher in a worthy way, thanks to the assistance of my loyal instructors and the structure that I have built here in Switzerland. Also, according to the tradition of my teacher, I would like to make this art accessible to many more people. And to this, I am looking forward.”**

monastery. The high reputation, the monasteries attracted the best fighters from the whole country. However, the martial arts, which had been taught and perpetually improved there, brought forth enemies, especially from the government. After the destruction of the Northern monastery, the Southern monastery was destroyed as well out of fear of the skills of the Shaolin and the power associated with it. It was destroyed several times. Up to this day, the Southern monastery had to be rebuilt three times because of its enemies who burnt it down.

After the first destruction of the Southern monastery the “concentrated martial art” of Shaolin - or let’s just say - the Shaolin Kung Fu lost its home. Again the art dispersed throughout the country, just like it had been before it came together from all over the country, but only just the other way round. Everything connected to the term “Shaolin” was prosecuted and punished with death. The last abbot of the then Southern monastery, Abbot Ji Sim Sum See could flee from the destruction and took his best students with him, so that they could carry on the art. Shortly after the destruction and because of the prosecution of the governing authority, Ji Sim’s student, Hung Hee Gung, simply called the art “Hung Gar Kung Fu” or translated freely: The Kung Fu of the royal

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family. This way the practicing of this art was less dangerous and the prosecution of the new government less likely. Still our ancestors of course had to keep a low profile and went into hiding in the surrounding areas. According to historical accounts, Hung Hee Gung, the best student of the then Shaolin monastery, was, despite everything, a real hero. Thanks to him, the name giver of my style as it is today, the heritage was passed down to Luk Ah Choy, Wong Tai, Wong Kai Ying and finally to the national hero Wong Fei Hung. Unfortunately, apart from their names, there is not much known about the masters from the time between the monastery and Wong Fei Hung. Few facts are known about them, for example that they all were masterful fighters and that some of them were in elite groups in charge of law and order. Up to the time of Wong Fei Hung, the practice of the art from Shaolin was not only allowed, it was even celebrated during the times before that. During this new period of Kung Fu, Wong Fei Hung, one of the most famous of my Kung Fu ancestors, appeared. Wong Fei Hung is not only subject of a folk tale, again and again, but he is also recorded as the character



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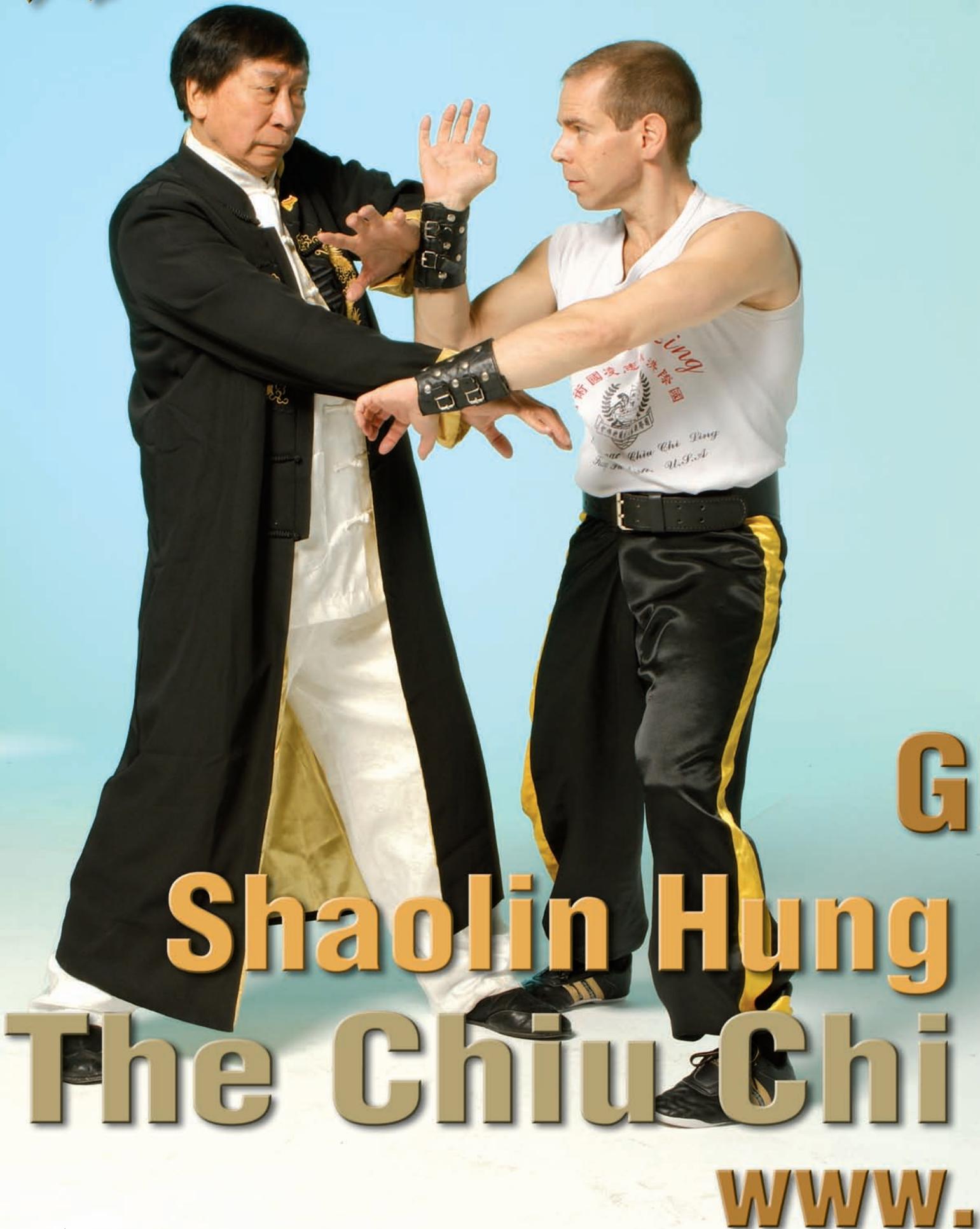


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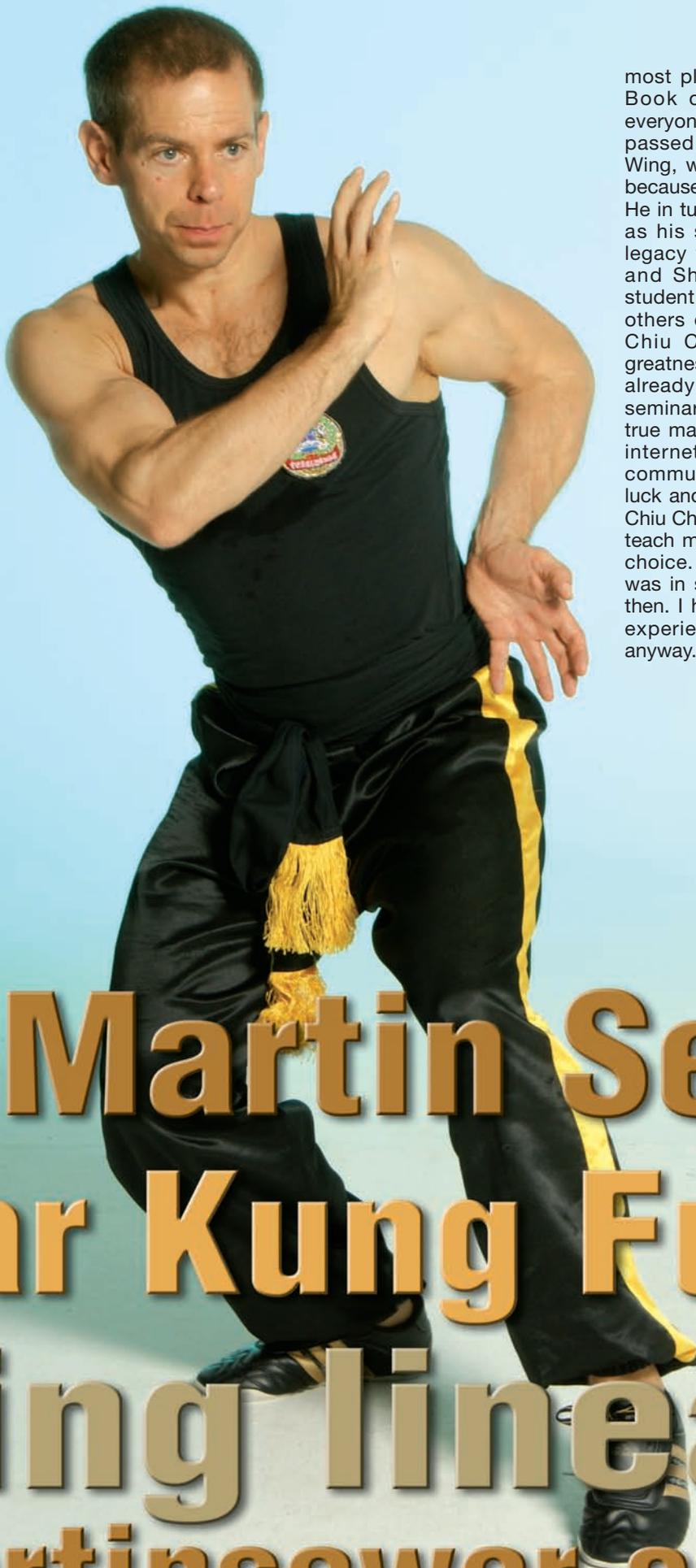
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most played in a film in the Guinness Book of Records. A real hero like everyone in my family. Wong Fei Hung passed on his knowledge to Lam Sai Wing, who is also called "Porky Wing" because of his profession as a butcher. He in turn chose Chiu Kow and his wife as his style successors. Finally, the legacy was carried on by Chiu Kow's and Shiu Ying's youngest son and student, Chiu Chi Ling. Just like many others of my lineage, my teacher, Dr. Chiu Chi Ling, has also achieved greatness and is world-famous. It was already like that when I met him at a seminar when I was in search of THE true master. At that time, there was no internet or other convenient ways to communicate with him, so I tried my luck and travelled to Hong Kong, where Chiu Chi Ling lived in order to ask him to teach me. Of course, he wasn't my first choice. Just like many others today, I was in search of the one teacher back then. I had already gained considerable experience. That was what I thought anyway. Chiu Chi Ling did not object to

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giving me lessons, especially since I was standing at his door on that fateful day. I would not have dreamt of the 8 to 10 lessons a day that it involved. As it was common in Shaolin in earlier times, my teacher didn't go easy on me at all, and I guess that's the way it was with any other member of our popular lineage. It often occurred that I simply crashed out in bed after the lessons. I was also taught further lessons outside of the Mo Kwoon ("war room", class room). Just in a very traditional way, he was constantly training me. During the training blocks my teacher would sometimes talk about our lineage and our great history, I was very

**“Como muchos,  
en mi árbol  
geneológico,  
mi Maestro,  
el Dr. Chiu Chi Ling  
lo ha llevado a una  
verdadera grandeza  
y hoy es  
mundialmente  
conocido”**

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fascinated with. I realised there and then, how very well-known the family of my teacher was - even without him telling me all about it. For it often happened that people greeted my master in the streets and even wanted to get an autograph from him or to take pictures. I knew, I had reached the source of real authentic martial arts and I took a decision: He would remain my teacher for the rest of my life.

I didn't need to be motivated to continue to be educated by my teacher. From that moment, my ambition was motivation enough. From then on I formed a habit that

**“Once a year,  
I would travel to my  
teacher in  
Hong Kong to have  
some more lessons.  
Year after year.”**

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has paid off tremendously - over the year I would be saving up money I earned from various jobs. Once a year, I would travel to my teacher in Hong Kong to have some more lessons. Year after year. Soon enough, my teacher conferred the title "sifu" on my, so that I could also teach in Switzerland. And yet, I had never really any plans of achieving the position that I have today, except from learning and promoting my school. Let me add here that Switzerland hadn't exactly been waiting for yet another "Kung Fu Maniac". I encountered many obstacles, as many a student of mine knows. It took several

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my teacher  
conferred the  
title "sifu"  
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so that I could  
also teach in  
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**“It was in 2007 that my  
sifu first mentioned  
- take note, publicly- that  
I would be his successor.”**



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attempts until I finally founded my "Kung Fu School Martin Sewer" and, to some extent, ensured my younger generation. All along, quitting, of course, was never an option. In this way, I managed to not only develop my school, but also to push forward my education with my teacher. Today, looking back, it is save to say that, by the way I acted throughout the years, the fact that I would hold this position one day was only a logical consequence. I had never expected that to happen, though.

It was in 2007 that my sifu first mentioned - take note, publicly- that I would be his successor. I wasn't really aware of what that would

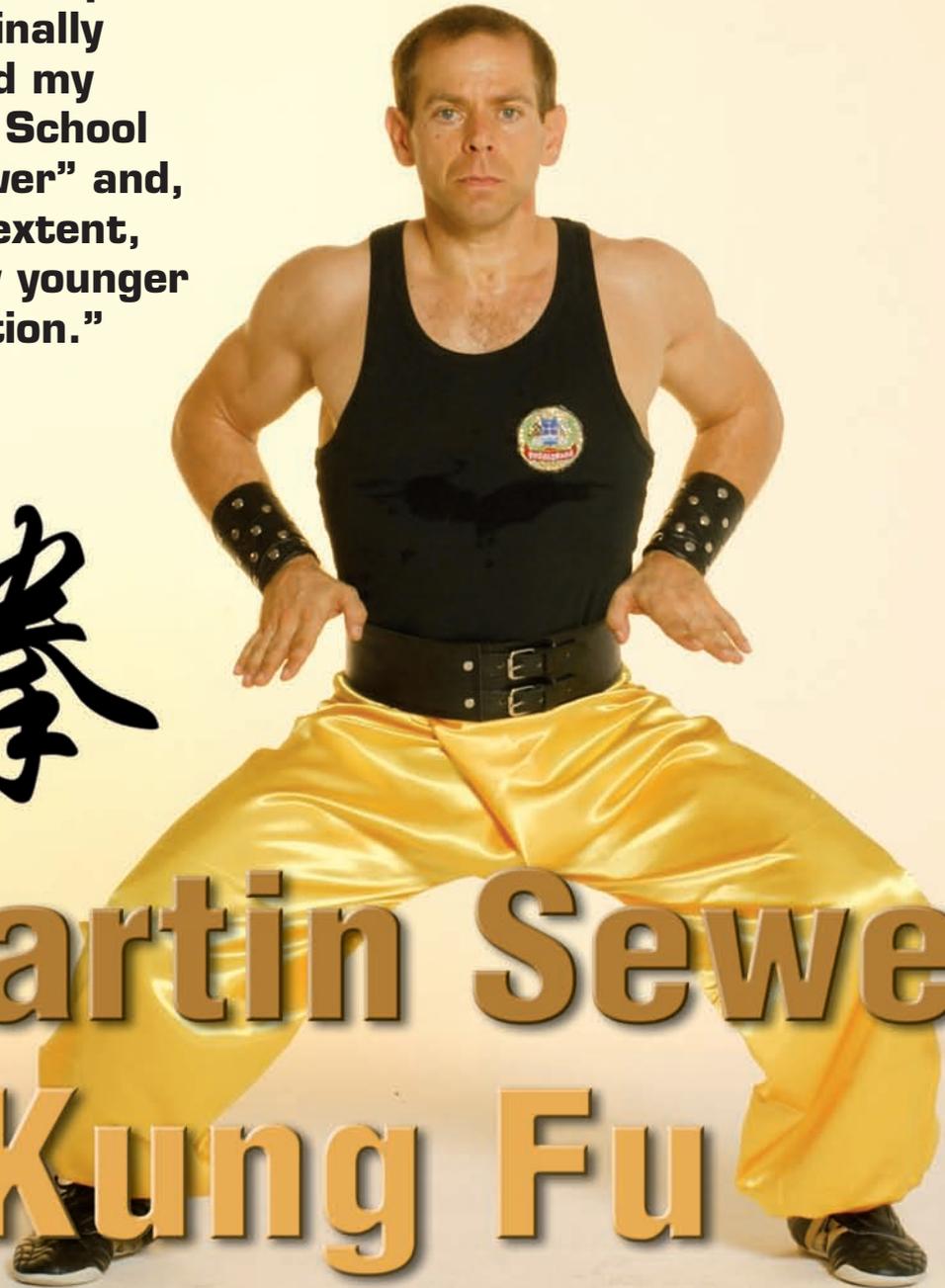
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mean for me one day, so I didn't think much of it when my (world famous, unbeatably skilful) teacher had told this to me. I must admit that, at that time, I had no idea what it would mean for me. It was on our way to the airport, when once more I was about to leave my teacher for Switzerland, that I realised what I would inherit. At that revealing moment, Chiu Chi Ling told me during a very short conversation: "I hope you can do it". He said it in a very serious manner while looking straight ahead when we were sitting in the car. "Yes", was all I could

muster at that moment. I realised that my teacher was very serious about it and that I was truly his first choice when it came to, one day, carrying on his reputation, our art, students, schools, and masters associated with it.

Ever since the decision of my teacher I have noticed my changes over the years. Step by step, I was taken behind the scenes of Chiu Chi Ling's organisation. Also, at public appearances, I was obliged to stay close by my teacher's side. For everybody should be informed about who the next successor of this famous lineage

**"It was the first time in history that a non-Asian person accepted the legacy of this great and legendary lineage. And I am very proud of this and I would like to thank my sifu profusely for the numerous lessons."**

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would be. Of course there were some who were jealous, and thus my teacher had to clarify, now and then, who his best student was. It was only later that I understood the meaning of "The first time in history", when I was thinking about how to continue this big organisation. For it was the first time in history that a non-Asian person accepted the legacy of this great and legendary lineage. And I am very proud of this and I would like to thank my sifu profusely for the numerous lessons. I am confident that I am going to be able to carry on the legacy of my teacher in a worthy way, thanks to the assistance of my loyal instructors and the structure that I have built here in Switzerland. Also, according to the tradition of my teacher, I would like to make this art accessible to many more people. And to this, I am looking forward.

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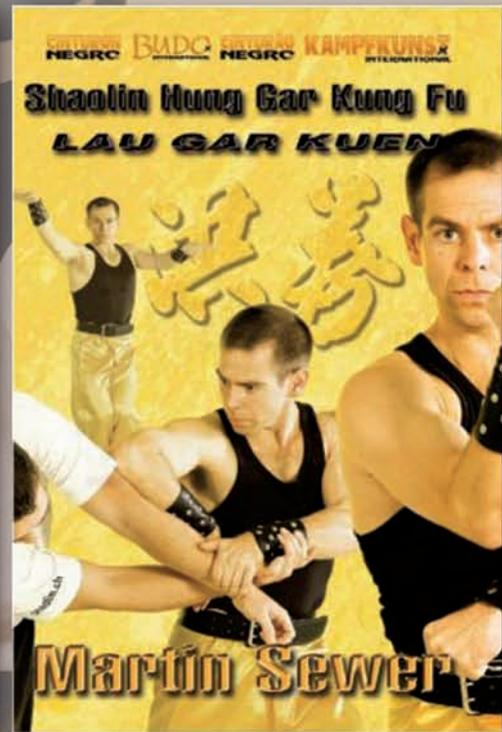
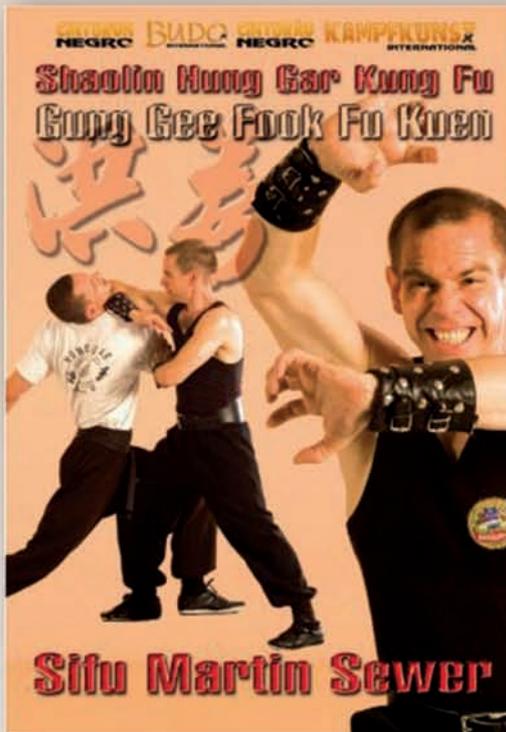




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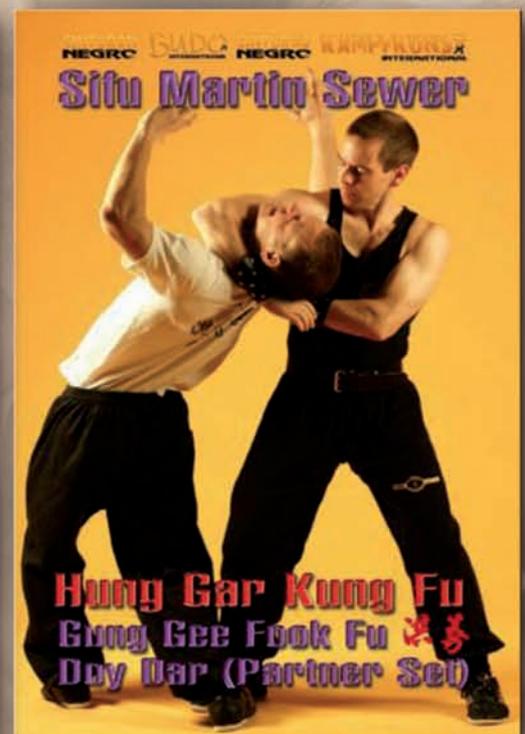
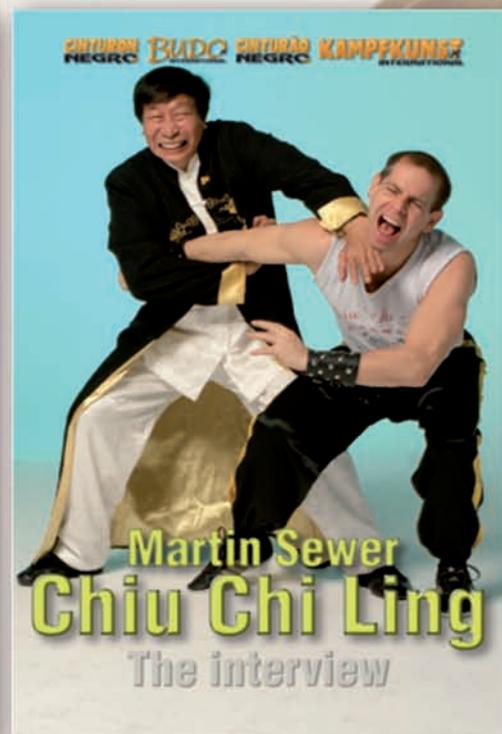
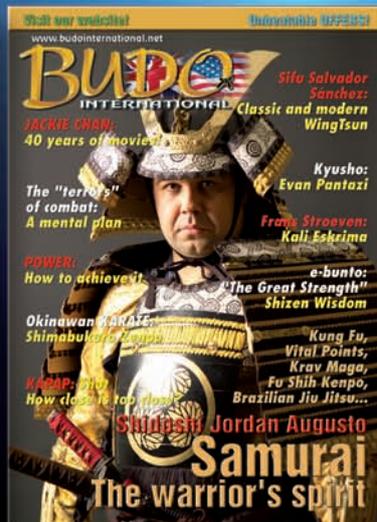


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Salvador Herraiz  
Karate 7th Dan  
(Kume, Okinawa)



# YAGI





## MEITETSU YAGI

The Yagi family is a descendant of Jana Uekata Teido, which in turn descended from one of the famous 36 Families that settled in Okinawa in 1392 and brought Chinese culture and Martial Arts to the island. Jana Teido

came to Kume (Okinawa) at the beginning of the 17th century and became a member of the Sanshikan, that is, one of the three Royal Ministers (called Uekata) of Sho Nei, King of Okinawa. When in 1609 Okinawa was invaded by Japan, the King and the three Ministers were captured and confined in Kagoshima. After two years imprisoned

# MEIBUKAN DOJO MEITATSU





they were offered liberation in exchange for signing their servitude to the Japanese clan. The King and two of those Ministers agreed, but Jana Teido maintained his convictions and, not having accepted, he was put to death in boiling oil.

Meitoku Yagi (1912-2003) was one of Chojun Miyagi's main disciples, although he was also influenced by Shinko Ko, from Taiwan, and Kobudo's expert from Okinawa, Shinken Taira. In 1986, master Meitoku Yagi was declared "National Living Treasure" by the Government.

As for his son, Meitetsu Yagi, although I had known him for a long time, it was time to learn a little more about him, his thinking and his technique. For this reason, and thanks to the collaboration of his Canadian-born disciple Sean Wong, we made an appointment in Okinawa that started in karategi and ended ... eating tempura sitting on a bench in the park.

I meet him at the Meibukan dojo, in Kume since 1957 (to which I had already gone several times in the past appointed by his brother Meitatsu). Nearby is not only the Fukushu Enn garden (erected in honor of relations with China) but also the shared monument of Kanryo Higaonna and Chojun Miyagi, and the monument to the 36 Families of Kume.

Meitetsu awaits on the stairs, already in his karategi, and after a little conversation we go up to the tatami, on the third floor of the building. There I can check the strength of the master, but also his kindness. Technically, he is ... "Okinawan all the way", a great exponent of that Goju Ryu of the island, where the aesthetic elements, so highly

# YAGI





valued in the West, are left aside to give way to a Karate more motivated by the inner and outer benefits of the practice, and not so much by poses that search an often artificial elegance. Goju Ryu in Okinawa, with a few honorable exceptions, is like that, a Karate externally not so attractive, but full of strength and spirit. Meitetsu Yagi is very strong, even tough in his techniques. I remember his explanations during a seminar in 2009 in which he seemed to have very few friends. Nothing could be further from the truth. He is a hospitable person and he has much desire to please. On the tatami there are several large framed calligraphies. One of them is very important. What does it mean?

"Oku Myo Zai Ren Shin: You cannot get a good level in Karate if you don't have good intentions. Our practice is based on principles such as Tamashii (spirit), Shingi (obligation), Sonkei (respect), Nintai (patience) and Kizuna (goodness)."

After the tatami session, we went down to his house, and while we enjoyed some vital cold drinks to combat the heat and humidity of the island, we talked at length about him, about his life, his opinions and about Karate in general. We see some of my books, which visibly please him. And of course, some of them contain photos depicting him

and the Meibukan Dojo. According to Yagi ... "Karate practitioners must know history carefully. You have to read books and ask questions, although it's often impossible to do everything."

Meitetsu Yagi, was born in 1949, coincidentally on January 1, and started in Karate at the young age of 6 years. At 16 he gets his 1st Dan, not only in Karate but also in Judo. Meitetsu recalls: "'My father woke up very soon me to train. I would have killed him in those moments! Ha, ha, ha... I also trained in the evening... Now I understand and I have done the same with my son."

**- What memories do you keep of your father's first dojo, the Daido Dojo?**

- "Del Daido dojo I remember that we hardly trained fist techniques. I don't remember a very hard training because I was very young. There was very little light, it was very dark. It's been nearly 60 years."

In 1978, Meitetsu began to teach at the Meibukan dojo and in 1983 he chaired the Nagata's dojo becoming at the same time Director of All Okinawa Karatedo Goju Kai. That same year he traveled to India to teach a course, something that in later years he would repeat in Australia, United States of America and especially Canada, where he has his main group

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outside Japan and where he travels often. In 1996 he got the 9th Dan and a year later he traveled to Hawaii for another of his courses. In 1999 he was elected Vice President of All Okinawa Karatedo Association, and in 2001 he was awarded the 10th Dan Hanshi. In 2009, Meitetsu retired from his activity as an English teacher at an Okinawa high school and devoted all his effort only to Karate and his family.

Between 2006 and 2009 I visited several times the Meibukan of Naha, and in those years, Meitatsu Yagi, his older brother, led the dojo and the association. Today, however, things have changed and it turns out obvious to me that it's Meitetsu who's calling the shots now. It seems that his brother has gone into the background. About the relationship with his brother, Meitetsu does not want me to write anything but he lets me know that the relationship between the two is not good for reasons

# YAGI



## Karate

... that I shouldn't explain here. Meitetsu's nephew, that is, Meitatsu's son, is none other than Akihito Yagi, who has become famous in our world for having starred the excellent film Kuro Obi (Black Belt) with Tetsuya Naka, 7th Dan Shotokan-JKA.

Technical practices at the Meibukan dojo include several types of Yakusoku Kumite (Ippon, Nihon, Bunkai, Renzoku and Kakome), Enbu Kata, Junbi Undo (body strengthening with the typical Hojo Undo materials) and Kumite. "I have also introduced Yakusoku Kumite from the Kururunfa Bunkai Kata and the Shishochin Enbu Kata" - Yagi adds. There are two Kihon Kata: Sanchin and the Sanchin-Tensho combination, both with a strong Ibuki breathing. "San means three, Chin is battle, Ten is turning, rotating, and Sho symbolizes open palms", Master explains.

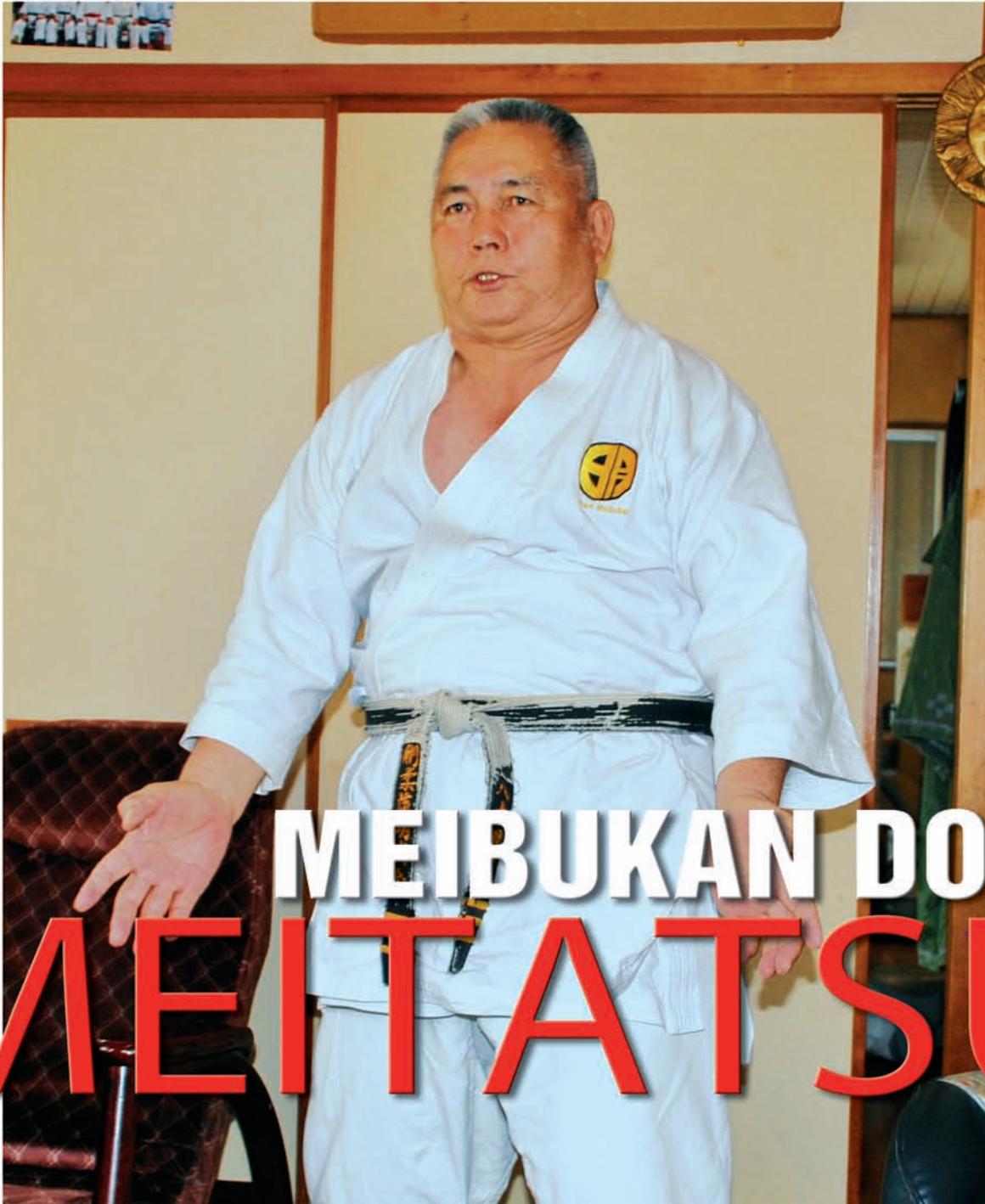
In Meibukan there are also 10 Kaishu Kata (based on open hand), two of them, Geki Sai Ichi and Geki Sai Ni, come from Chojun Miyagi. Another 8 were brought by Kanryo Higaonna from China, and they are Saifa, Shisochin, Sanseiru, Seisan, Sepai, Seienchin, Kururunfa and Suparinpei. "In Suparinpei we work Nakayubi Ippon

Ken with Nukite. Suparinpei and Pecchurin are the same kata. In fact, both names are written the same except for the first kanji." - explains the Master, who adds - "Then we have Heishu Kata (based on closed hands). Our only Heishu Kata is Tensho, which was developed by Miyagi after coming back from China."

### - How important is each technical facet in the Meibukan?

- "I'd say that around 50% is Kata, 20% is practice in pairs and 30% is free fighting. We do practice combat. Strong. We also participate in competitions. We used to do it a lot and now less, but we still do some tournament fighting." In Yagi's dojo, unlike many others on the island, combat is a regular practice. In other dojos they focus their practice exclusively on Kata.

- "It is important - goes on the master - that every practice be supervised by the master in order to avoid erroneous courses, and you should never betray the master or disappoint him. Unimportant men just talk, they don't listen; those who are more advanced, listen and talk,



MEIBUKAN DOJO  
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Karate



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but the bigger ones don't talk, they just listen."

**- What is your favorite kata?**

- "My favorite kata changes according to the moment of my life. Now it's Seienchin. It used to be Sepai, and so were Kururunfa and Suparinpei. It is a question with many possible answers."

Meitoku, Meitetsu's father, perhaps left as the most treasured treasure the five kata Meibuken, Tenshi (Heaven and Earth), and the four protective guardians: Seryu (Blue Dragon), Byako (White Tiger), Shujaku (Red Sparrow) and Genbu (Tortoise). The pairing of the katas Seryu and Byako on the one hand and Shujaku and Genbu on the other, make up a training in pairs.

**- What do you think of the large number of masters that currently hold the 10th Dan in Okinawa?**

- "I think that there are many Karate 10th Dan in Okinawa. Too many, I'd say. But among all the organizations there are four that are the most important, and whose leaders are Minoru Higa, Isamu Arakaki, Kanmei Uechi and me, Meitetsu Yagi. The others are not as big or as important as these."

**- What are the differences between old Karate and modern Karate here in Okinawa?**

- "One of the reasons for the differences in Kata is that, sometimes, masters forgot some parts of the genuine form and then they did it differently. That's why some had a specific version and others had a different one. Also the level of understanding of the various parties is different. But there is no major problem in that. Chojun Miyagi taught different things according to the moment, the era... The height of the withdrawn fist has changed, even the right kick height. We always do Kata the same way, just as they were taught by my father. In my travels I try to make the whole group do the same".

Meitetsu Yagi, faithful to his father's tradition (Master Meitoku Yagi was very fond of music), has also dedicated his talent to the composition of some musical piece, of course dedicated to Okinawan Karate.

**- What is Karate for you?**

- "Karate is our culture, It's Okinawan culture. It's not only fighting. I have never been involved





in fights outside of my Karate practice. Our ultimate goal is to preserve our culture and improve the world by improving people through Karate. My mission is to preserve Okinawan culture through Karate."

**- In your opinion, what are the differences between Okinawan or Japanese karatekas and Western karatekas?**

- "In America they don't know about history, lines, teachers... There they change everything and great care must be taken to avoid losing information. Westerners want to train everything. They train different styles or systems. In Okinawa things are not like that. Here each one practices just what he has to practice, what is his, what is due to him. Nothing else."

**- Do the various important masters meet regularly in Okinawa?**

- "Each one has a different Karate and different Katas. Each one practices only in his group. There is no

relationship among them other than the special events in which demonstrations are made."

One of the added attractions of being with Meitetsu Yagi is the fact that he is the custodian of the karategis that both his father, Meitoku, and Chojun Miyagi himself used at the time. Apparently, Miyagi's karategi had been presented to the master by his disciple Eiichi Miyazato, and donated to Yagi in 1963 by the Miyagi family. In effect, he shows me both garments, which are framed along with their respective belts as real treasures, in the small living room of his house.

During the chat, Meitetsu Yagi pulls out a cigarette and prepares to lit it.

**- "Do you mind if I smoke?" - he asks.**

- "Oh, no, no. Carry on, you're at home!" I reply a bit sarcastically. He laughs and hurries to explain: "It's true that I shouldn't smoke. But it is also true that with my breathing practices I can clean deeply my interior later."

Now the Master performs some impressive deep

# MEIBUKAN DOJO

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## Karate

breaths that really seems to remove all internal toxins. Impressive his Ibuki breathing, but... I much doubt that it can be sufficient to avoid that the tobacco harmful effects fulfill its negative mission.

Meitetsu Yagi is very hospitable, and that afternoon will be celebrated the neighborhood holiday, Kume, so he invites us to the party. His grandchildren will demonstrate Kata and Kumite. Yagi is very interested in us attending the party and he insists that we should be present, so I tell him that we will, if some other obligations we have in Naha permit so.

When I leave the Meibukan and walk near Fukushu Enn, by randomness of life, I come across in the street with his brother Meitatsu, who, I guess, knows where I'm coming from but ... nothing happens. I greet him politely, it couldn't be otherwise, and we chat just a few

phrases of compliance. Also just a month before had been his birthday and I did not forget to congratulate him, which he thanked me.

In the afternoon, when Master Masahiro Nakamoto, 10th Dan, and his son Mamoru, 8th Dan, leave us in Matsuyama to hang the karategi, after coming together from Shikina Enn in his veteran white Mercedes driven by the Kobudo Hanshi, we head to the Kume party. When Meitetsu Yagi sees us arrive, his face fills with joy and satisfaction and he hurries to entertain us. During the presentation of the Karate demonstration, he even mentions the presence in the party of "a 7th Dan of Karate come from Spain", asking the audience give me a round of applause ... totally undeserved. Just in case it was necessary, and while ritually greeting the public, I get mentally ready to perform a Kata or similar at the request



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## Karate

of the Master, as it already has unexpectedly happened in some other occasion in Okinawa. Not this time.

There we meet his wife, Sueko, who offers traditional Okinawan dances with other dancers. For Meitetsu... "My wife is important to me. Marriage is important. The husband must understand well the character of his wife, and the wife must understand well the character of her husband. It is much more than an external and empty gesture. In this way, a significant contribution is made to society and if the marriage works well it will positively influence the character of the children. A happy marriage is an important part of society and Karate and its teachings can contribute to maintaining family traditions as well."

Meitetsu and Sueko have a son, Ippei, who was born in 1977 and at the age of 6, as happened in the previous generation, started learning Karate with his father, in the dojo of Nagata. Between the years 2001 and 2007 Ippei was Okinawa Champion of Kumite and today he runs the so-called Yagi dojo in the neighborhood of Tsuji, very close to Naminoue. In turn, Ippei's sons, Kohei and Ryuhei, are the great hopes for Meitetsu. In fact, the first thing he did when we saw him in the morning was to proudly introduce to us his grandchildren as Karate champions, who, is obvious, are well instructed also in respect and humility.

At nightfall, and around some drinks, Meitetsu Sensei asks me what time does the plane leave for Tokyo the next day, knowing that my stay on the island is coming to an end. When I tell him what time we will leave the hotel, Yagi rushes to offer to give us a lift to the airport and at his insistence ... I accede. The next day, indeed, at the agreed time, Yagi sensei personally takes us to Naha-kuko with all pleasure, but ... the pleasure has been mine.



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**“Violence and aggression  
are not a game,  
but situations like that  
should not exist,  
and we must avoid them  
at every cost.”**



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*Teaching self-defense by respecting the right of self-defense: the huge dilemma*

**It is hard to teach self-defense without wondering: Am I respecting the right of self-defense in my classes?**

**Indeed, the legal framework of self-defense is very rigid and leaves little room to the one who is being assaulted and need to defend himself.**

**Schematically, we have to respond right away in a proportional way to the assault.**

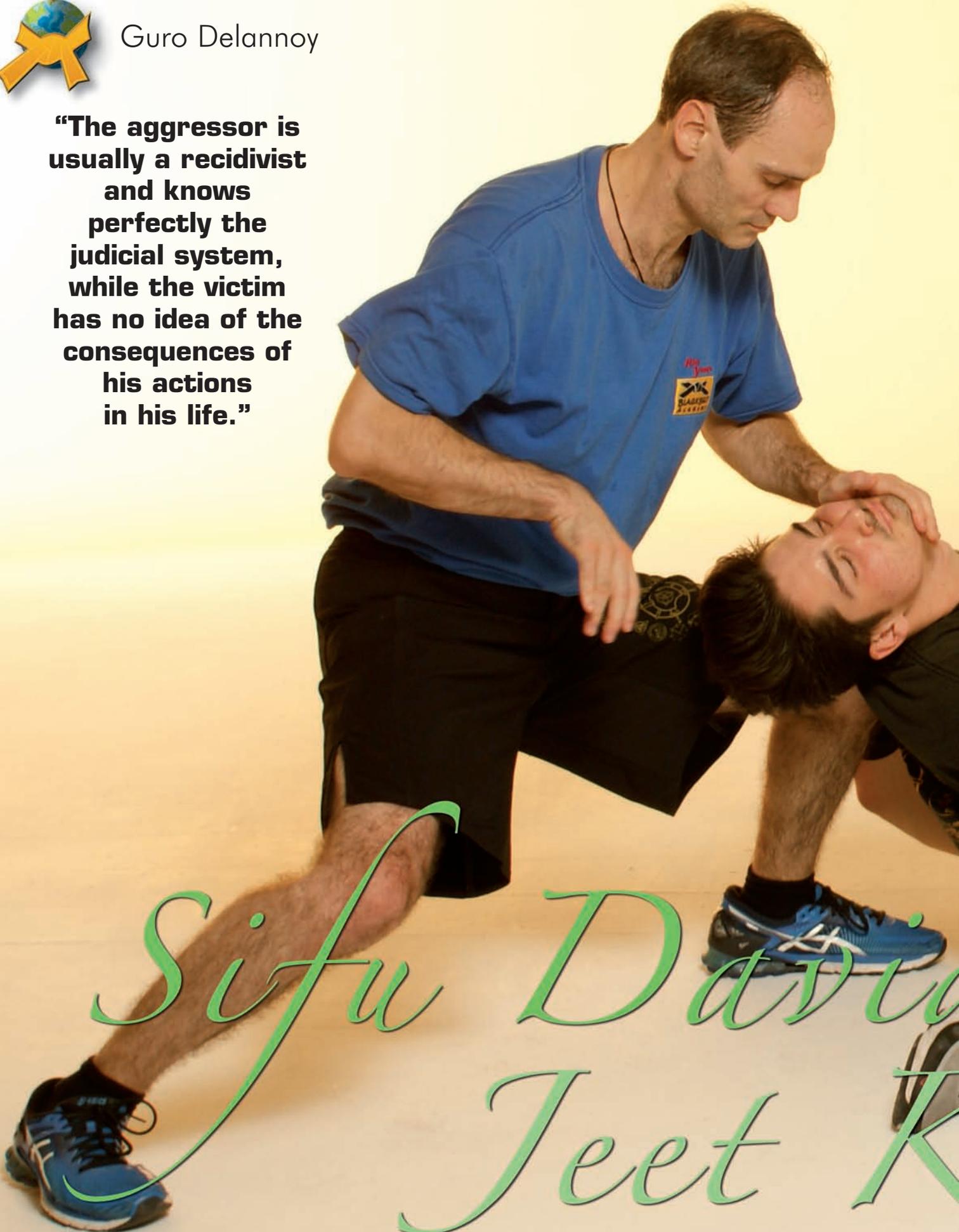


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**“The aggressor is usually a recidivist and knows perfectly the judicial system, while the victim has no idea of the consequences of his actions in his life.”**



*Sifu David  
Jeet K*



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**M**oreover, aggressors are much more aware of the law and their rights than those who are attacked, who are not used to this, and ready to face these risky and destabilizing situations.

The aggressor is usually a recidivist and knows perfectly the judicial system, while the victim has no idea of the consequences of his actions in his life.

Even if more and more self-defense teachers teach the right of self-defense, and explain the procedures to follow in case of aggression (filing a complaint, not giving too many shots if it is not necessary, etc.), we usually forget that the honest citizen who is confronted with a violent aggression loses all his bearings, and will just try to defend himself with all the means that will come naturally to him.

The huge fear is out of control.

Most of the tips he learned, even if he is a self-defense practitioner, a martial arts practitioner, or a combat sports practitioner, won't be triggered in order to respond proportionally to the attack.

The person who is assaulted will drain off his fear accumulated since the beginning of the attack, by a flood of powerful and uncontrolled strikes.

We can usually witness important damages on the aggressor, after the victim defended himself, and the victim will find himself in an unknown and incomprehensible whirlwind, facing the implacable judicial system.

Indeed, the attacker will file complaints for assault and battery, with all the medical certificates needed.

It may seem insane, but someone who attacks someone else has the right to file a complaint against the person he attacked.

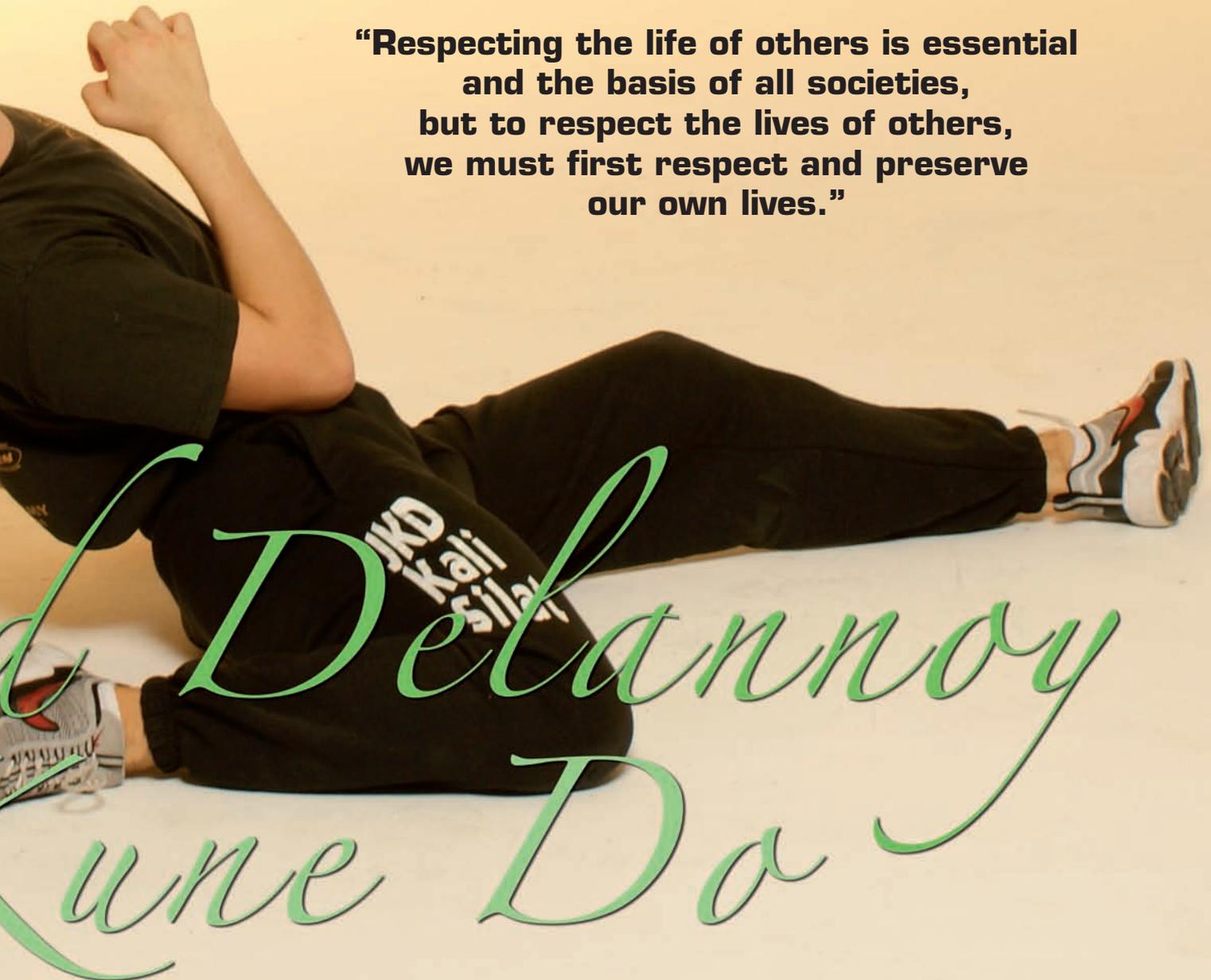
The victim will then face justice and have to explain.

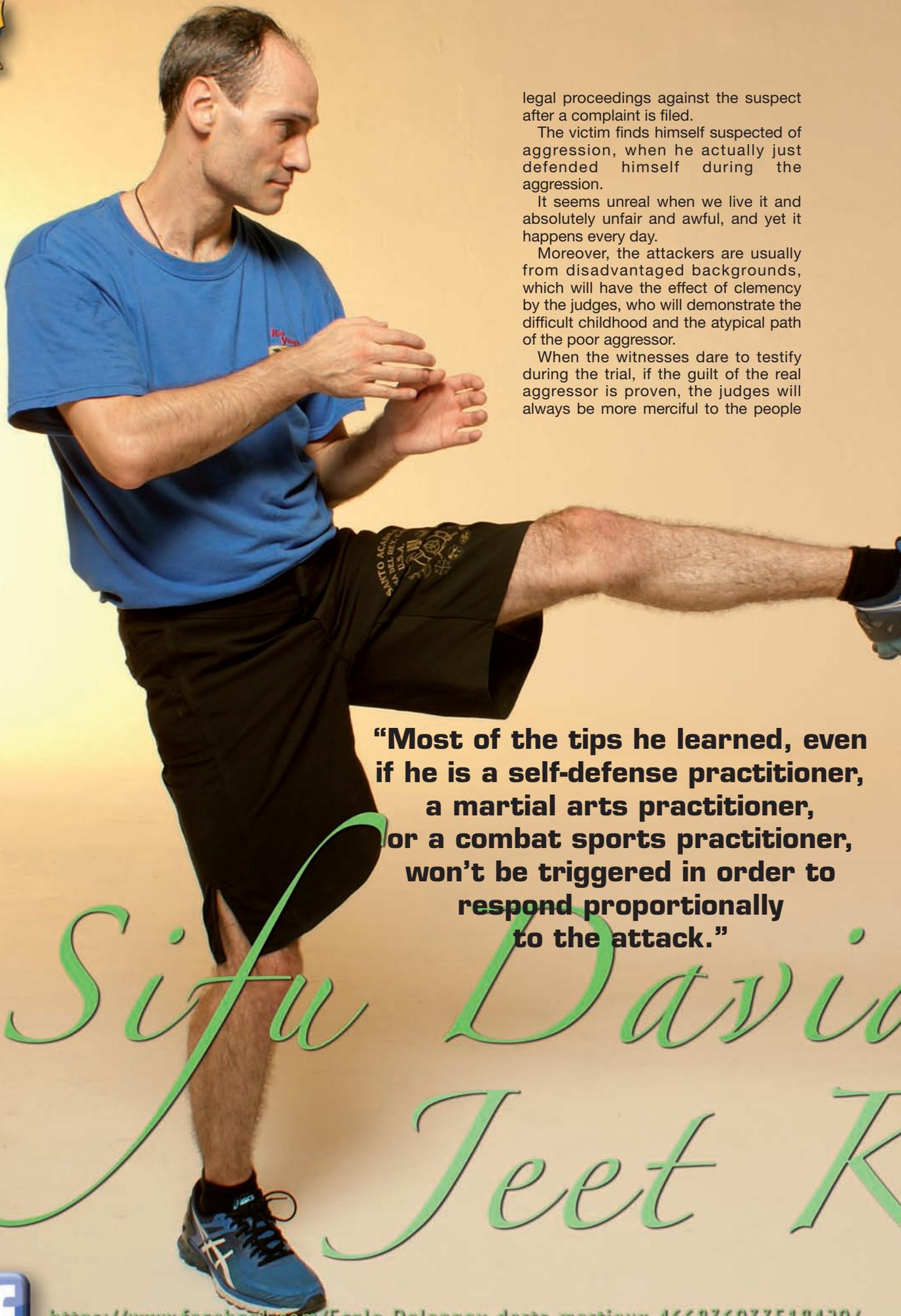
And often, the victim, even if the teachers specify it, will not file a complaint after being assaulted.

Thus, he will be summoned by the police, and will have to answer the accusations of the aggressor, posing as a victim, with evidences of strikes (pictures, medical certificate...).

Even if the police knows perfectly the ones who attack people all the time, they are obliged to summon and take

**“Respecting the life of others is essential  
and the basis of all societies,  
but to respect the lives of others,  
we must first respect and preserve  
our own lives.”**





legal proceedings against the suspect after a complaint is filed.

The victim finds himself suspected of aggression, when he actually just defended himself during the aggression.

It seems unreal when we live it and absolutely unfair and awful, and yet it happens every day.

Moreover, the attackers are usually from disadvantaged backgrounds, which will have the effect of clemency by the judges, who will demonstrate the difficult childhood and the atypical path of the poor aggressor.

When the witnesses dare to testify during the trial, if the guilt of the real aggressor is proven, the judges will always be more merciful to the people

**“Most of the tips he learned, even if he is a self-defense practitioner, a martial arts practitioner, or a combat sports practitioner, won’t be triggered in order to respond proportionally to the attack.”**

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Jeet Kune Do



well known to the courts, than to the honest citizen, who just tried to defend himself.

So what can we do to defend ourselves without risking finding ourselves in trouble? Here's the dilemma.

If we respond to aggression with restraint, the attacker won't stop hitting us.

But we also have to be honest: an attack is extremely violent, so the response must be violent in order to end this situation.



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As a teacher, we wonder how to try to teach to peaceful and honest people how to defend themselves with efficiency to preserve their physical integrity and their own life, without the risk to go to jail or having to pay damages, or both.

We have to be conscious that the techniques taught are made in order to end aggression. But actually, these strikes aim for vital points, endangering the aggressor's life.

However, we also have to be conscious that, without using these violent strikes on vital points, the aggressor, violent and determined, won't stop hitting.

These people don't care about the law, don't respect anybody, but are still protected by the judicial system, which considers as victims any person who has been hit.

Yet, we can't control an aggressor without the use of force if he hit us.

So, the role of the teacher is to tell the truth to their students, by explaining that during an attack, we must leave as soon as possible, if it is possible. And that if we can't avoid it, and the aggressor start hitting us, we will have to respond in order to stay alive, and to stop him.

The most important thing is to protect our life.

We should never hesitate between defending ourselves and risking lawsuits, or taking the risk to die or being seriously wounded, preserving the integrity of someone who doesn't respect anything, least of us.



*Sifu Davia  
Jeet K*



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As a teacher, we also have to explain the procedures to follow, in order to avoid the inconvenience after being assaulted, like filing a complaint, see a doctor to establish the wounds, see a psychiatrist to talk about the trauma...

However, we must be conscious that after being assaulted, the victim is looking for a calm place and will often forget to go to file a complaint, and take legal action against the aggressor.

Moreover, we have no certainty that in case of aggression, the student won't be frozen by fear and unable to defend himself.

It is essential to specify and remind to our student, at each class, that there is no guarantee of results.

During classes, we develop reflexes, a physical condition, techniques that must be easy to apply even under stress, a determination to overflow the aggressor...

**“The victim finds himself suspected of aggression, when he actually just defended himself during the aggression.”**

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But we should not feel invincible by practicing, and pretend to be a superhero by using force systematically during aggression.

As long as we can leave or discuss, we always have to avoid violence, but if it is not possible, we must do everything to stop the aggression and dissuade the aggressor.

This is a real dilemma of every self-respecting teacher who wants to be honest with his student.

Violence and aggression are not a game, but situations like that should not exist, and we must avoid them at every cost.

On the other hand, no one can make attempts to our physical integrity or our life, so we must preserve ourselves and protect ourselves, no matter the consequences.

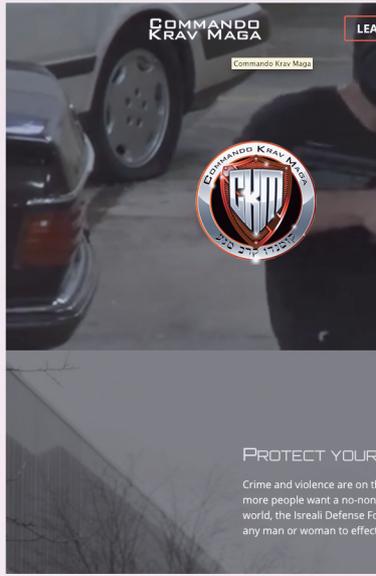
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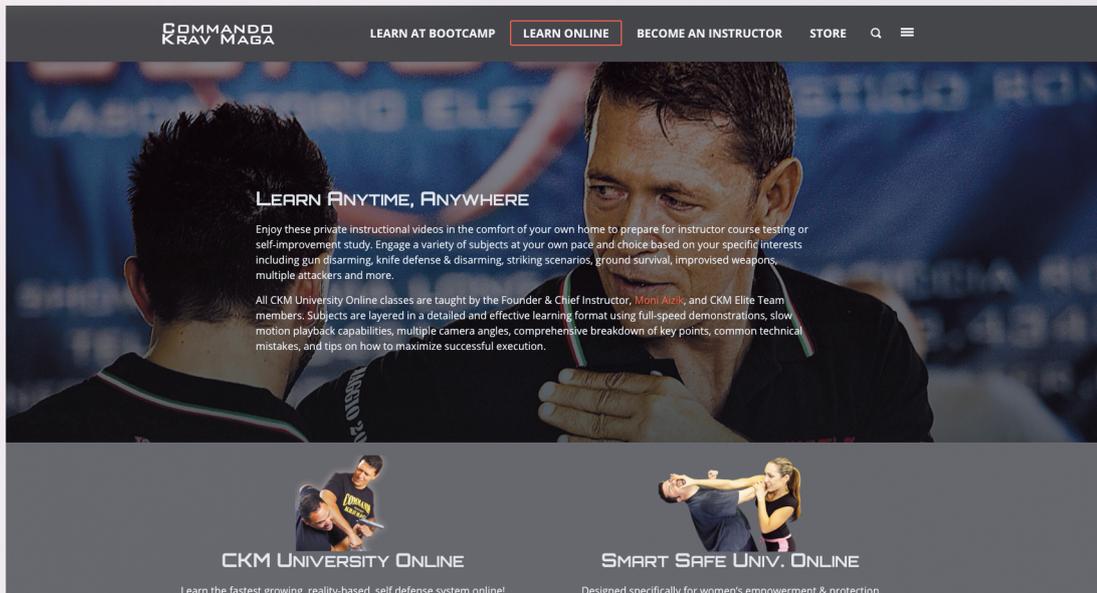
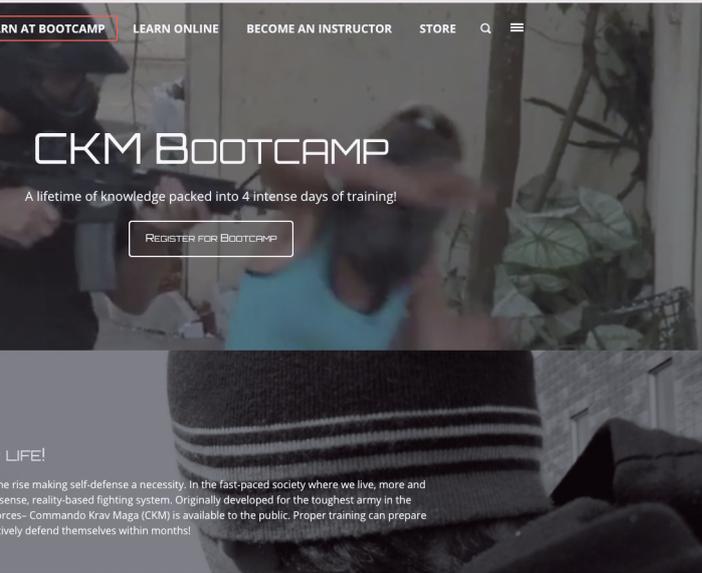
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**Siu Nin Tao is the name we use at TAOWS University. The translation we give to it is roughly similar to that used by the vast majority of Wing Chun practitioners of other lineages. Although, the most popular of them is "Form of the Small Idea", in our point of view, the most accurate translation, that fits much better to the essence of the form itself, should be "Form of the Small Ideas". The use of the plural opens enormously the possibilities of understanding the form in its essence.**



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# Siu Nin Tao

In recent years I've had the immense honor of being able to interview a large number of Wing Chun masters in different parts of the world. The original idea of the project that we develop in TAOWS University was to ask directly many of these Wing Chun referents about the most important elements of the system. Of course, forms, and specifically the SNT form, was a compulsory question to each and every one of them. My intention was that of understanding the motivations and approach of each and every one of them, not to highlight the differences, but quite the opposite, to try to establish the common elements, those that are repeated in all of them. That is, to find what unites practitioners instead of focusing on the differences of each family.

We must try to understand the historical evolution of the style and the "why" of so many changes and differences among lineages and masters, in order to give fair sense to the practice in our days. It's just at this point that the FORMS of the Wing Chun system will serve us good. They will be the witnesses of that historical evolution and they will show us many elements that will surely explain the most important changes throughout the style history. Yes, the STYLE HISTORY.

詠春

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**“Siu Nin Tao is the  
FORM of FORMS  
in the system.  
It is the Origin  
and the End.”**

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# Siu Nin Tao

I believe that a history that is nearly 500 years old deserves the deep respect of all those of us who practice this Kung Fu style. Probably, in the era of the socio-economic globalization, in which everything is measured in economic terms or under the only useful / useless criteria, practicing Kung Fu doesn't make much sense to many. But for some of us who dedicate a few hours of our lives to practicing an ancient style of Chinese fighting, preserving the legacy of our style and bringing it to the next generation surely becomes a "sweet obligation".

I'm firmly convinced that the best way to do that is to study the style in depth and strive to understand its bases so as to make it EVOLVE in its programs and advanced practices.

I am also aware that many of the advocates of the Wing Chun pure tradition don't agree with the term EVOLUTION, but allow me a personal reflection that will surely help you understand my point of view: Evolution is nothing else than ADAPTATION. Yes, pals, adaptation to a changing environment. All the "species" that are not able to accept the constant change of the "ecosystem" and adapt to it disappear through the process of natural selection. Only those capable of such adaptation will improve and create a better future generation.

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That's why one of my phrases in my formations around the world is: "Tradition IS the Essence of Evolution".

In this first text about the first form of the system we will explain elements of all kinds, from very simple aspects like the names of the techniques and the way to hold the arms at the time of performing the form, to others rather complex, such as the concept "vibration" and how we should focus the practice.

I hope, dear reader that follow us through our TAOWS University platform, that it becomes for you a tool that improves your understanding and your practice. If we achieve this, it will undoubtedly be the best service to the Wing Chun Kung Fu system.

We now begin a series of articles in which we will analyze the perhaps lesser-known aspects of the Wing Chun Kung Fu Forms and Training Method.

**“We must try to understand the historical evolution of the style and understand the "why" of so many changes and differences among lineages and masters, in order to give fair sense to the practice in our days.”**

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The first thing we must ask ourselves is simple:

### *What is Siu Nin Tao?*

Siu Nin Tao is the First Form of the Wing Chun Kung Fu System.

In a system that has only 6 "sets" (there are Chinese styles with more than 80 forms), they all have a great importance within the style. All of them have a purpose or objective, when we try to transfer the information contained in the form to combat or self-defense. But if there is one element that is common to all practitioners, masters or schools / lineages of Wing Chun, is that to the question on the SNT form, they all respond the same: It's the Base, the most important form of the Wing Chun Kung Fu System. EVERYTHING is within the very first form of the system.

It seems logical to think that if everyone attaches so much importance to the SNT form within the system, it must be really important!



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# Siu Nin Tao

**“Probably, in the era of the socio-economic globalization, in which everything is measured in economic terms or under the only useful / useless criteria, practicing Kung Fu doesn't make much sense to many.”**

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I've had the great good fortune of being able to interview the leaders of different lineages of the system and they all agree on this. Everything begins and ends in Siu Nin Tao. And the whole system is contained in the SNT form.

Siu Nin Tao is composed of three words that can be translated quite approximate as

Siu - Small

Nin - Idea

Tao - Form

This tradition is the best known and accepted by a large number of schools, although, in TAOWS University, and after studying in depth the origin of the style, we dare to say that the correct translation should be "Form of Small Ideas". That little detail, the "s" that converts the singular into plural in our language, gives us another example of how "little things" can change the final result of any element.

Siu Nin Tao is the FORM of FORMS in the system. It is the Origin and the End.

Let me explain now this little curiosity so as to try that you, dear reader, become aware of how much information and details hide in the form. For many practitioners of Fotshan (Canton City in southern China, where "Wing Chun Kung Fu" was born), the Siu Nin Tao form is known as Saam Bai Fut, whose approximate translation could be "Pray Three times to the Buddha", in a clear

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reference to the Third Section of the Form (in subsequent chapters we will talk about the sections and their grouping).

In this third section appear and in this order:

- 1) One Tan Sau
- 2) Two Fook Sau
- 3) Wu Sau

The oldest Siu Nin Tao form uses a Kuen Kuit (Fighting Songs) and says something like: "Tan Sao for once, Fook Sao for twice and Praying the Buddha for three times..." (in reference to the Wu Sao technique that resembles to the Buddhist greeting). It's just this "aspect" of greeting the Buddha that gives name to the form in many old schools in Fotshan. Hence the Siu Nin Tao form and all its subsequent evolutions. Although, some masters like G. M. Leung Ting introduced in the "modern form" Four Prayers to the Buddha (four Wu Sao instead of Three), this aspect is



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# Siu Nin Tao

somewhat contradictory with the way of conceiving in the Chinese mindset of approximately 100 years ago.

"Numerology" and its relation with the Universe is something that can be mere curiosity for a citizen of the 21st century, but believe me, it was of vital importance for a Chinese of the time. To paraphrase the "I Ching" (The book of change): "... One begets Two, Two begets Three and Three begets the ten thousand Beings..." Referring to the SNT form as Praying Three times to the Buddha is not something coincidental, but the opposite. It's something with a deep meaning for a Chinese of the time. In contrast, the number four has a meaning close to the dead, it's a cursed number (similar to number 13 for many Western citizens). Explaining all this so that the students understand that the transmission of the form through the "fighting songs", often helps us to differentiate the correctness from the whimsical "inventions" of some teachers who try to stand out over other teachers or schools.

Since our main objective is the preservation of Wing Chun Kung Fu, both the "Kuen Kuit" (oral transmission) and the forms are the fundamental elements that allow us to approach a more authentic version and, in this way, try always to protect as best as possible Ng Muei's legacy. That's why we are so serious about the forms and everything they "hide".

*To be continue ....*

If you want to organize a seminar or any type of training course anywhere in the world, please contact the general information email of taows academy.

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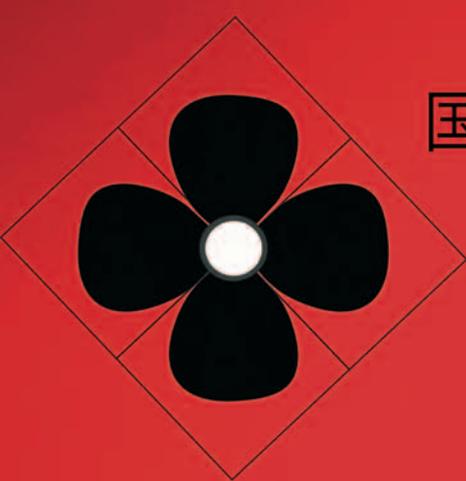
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The Shizen Tradition



La nobiltà delle vecchie forme  
Der Adel der alten Formen

La noblesse des anciennes formes  
The nobility of the old forms

La nobleza de las formas

古い芸術の優

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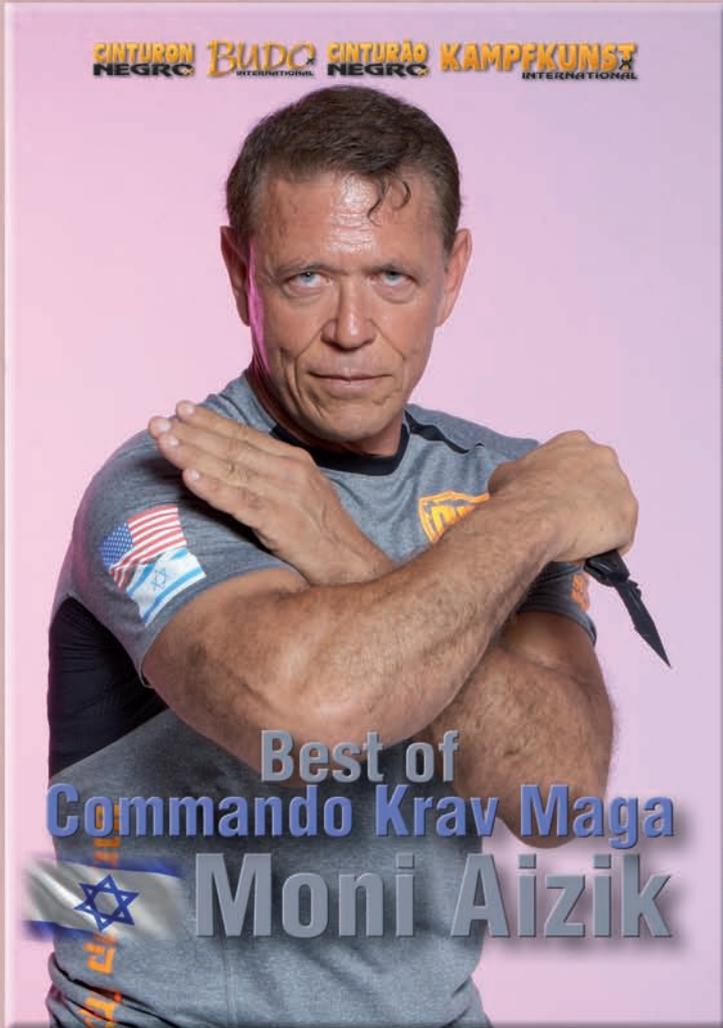


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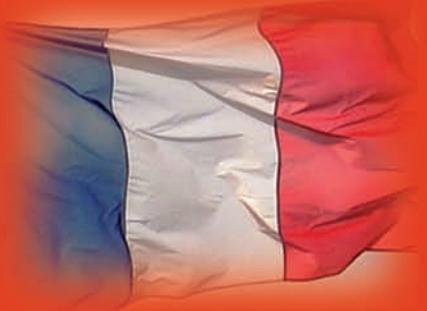
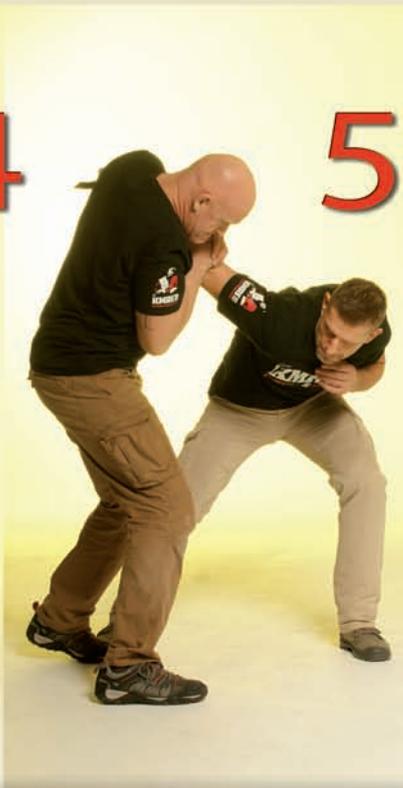
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**The most beautiful gift that the human being has received from the Universe is the miracle of life. It's so extraordinary that we should all ask ourselves: Why and what are we here for? Are we spirits that fell into our bodies by accident or misfortune?**

**Personally I do not believe in accidents, everything has a balance. Hundreds of generations must've passed so that we could be here today, and this will keep happening just the same in future generations. We are spirits in bodies, but also bodies with spirit.**

### *Why I do what I do?*

Because it's like breathing, like walking. Because doing what I do, I don't pretend, I transform myself and I am free.

My start was at six or seven years. Since childhood I imitated the prowess of my heroes on the big screen. I would crawl under the kitchen table on my knees, sitting or lying down, twirling around that little cabin.

Now when I look back and recall it, I see it so small... but it was my lair! My mom told me to behave and stop hitting the table legs, which were increasingly loose and the table was starting to get dismantled; my dad had to adjust them on more than one occasion. "Get out of there!" - my mom told me all the time, but I couldn't stop. I just had to do it. Every day, after playing with my friends, I hurried back home to go back again to my lair under the table... At that time, I wasn't aware, but over the years I realized what was happening in my life: I was discovering what I wanted to do and what I liked. I had never dedicated so much time and effort to anything. Now, from a distance and with a perspective, I can see that such dedication marked a pre and a post in my life; "Rodamundo", a job that covers all the areas in which you can defend yourself in a melee, was born from this experience, and most probably, had it not been for all that time, effort

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and dedication, the Keysi method wouldn't exist today.

Doing what I did showed me the path I should follow. That enthusiasm and dedication has led me to meet and find a lot of friends from around the world. And when we are together we feel that rhythm, the rhythm of our hearts in each of our movements. It seems stupid but all of us who feel this rhythm are connected to a way of life.

Fortunately, there are the memories of why you do what you do and why you did what you did, and all that process is the consequence of who we are and why we are here today. I recall those Kung-Fu movies that drove us crazy as children, those warriors who fought with honor and died for it; it was the revolutionary boom of Martial Arts and that's why I made the decision to start in this way of life within the wonderful world of Martial Arts. I wanted to find my way, the path of the warrior where honor is the slogan that defines people.

When we look at the future, it seems infinite, but we have to be realistic: time is infinite, we are not. Most human beings are not clear about this reality and believe that nothing can destroy them. They make matter the most important and valuable thing to be achieved in their life and they use people as disposable objects. They want everything here and now, and at this point I must say something: Keysi is

**“Dreaming is the seed that we plant in our spirit, a seed that begins to grow, projecting the path to where we are heading and imagining what it would be like to live that reality.”**



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y Justo Diéguez  
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not for impatient people and it's not about patience; it's about living the moment and never stop dreaming. Dreaming is the seed that we plant in our spirit, a seed that begins to grow, projecting the path to where we are heading and imagining what it would be like to live that reality. Dreaming does not mean being asleep, but believing in what you do and why you do it.

Dreaming is synonymous with persistence, commitment and discipline to make your dream come true. While you are dreaming, something incredible and wonderful happens: you are living your dream within yourself and

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**“Time is here  
and now.”**



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your spirit is predisposing your body and your mind for the moment in which your dream will become a reality. When you look back, you realize that time has elapsed very fast, it really has been a short period, but it contains so many experiences and emotions lived... One day you go to bed believing that you have reached the top and you are convinced that you can eat the world, and the very next day you realize that the world is eating you, that every day you are only at the beginning and that time keeps passing. You want to catch it, but time doesn't let itself get trapped or stretched like a rubber band. Time is here and now. Today is the consequence of both your good and bad acts, and you discover that those acts are your present. It's you and your consequence. You are what you have sown, and what you sow is what you gather.

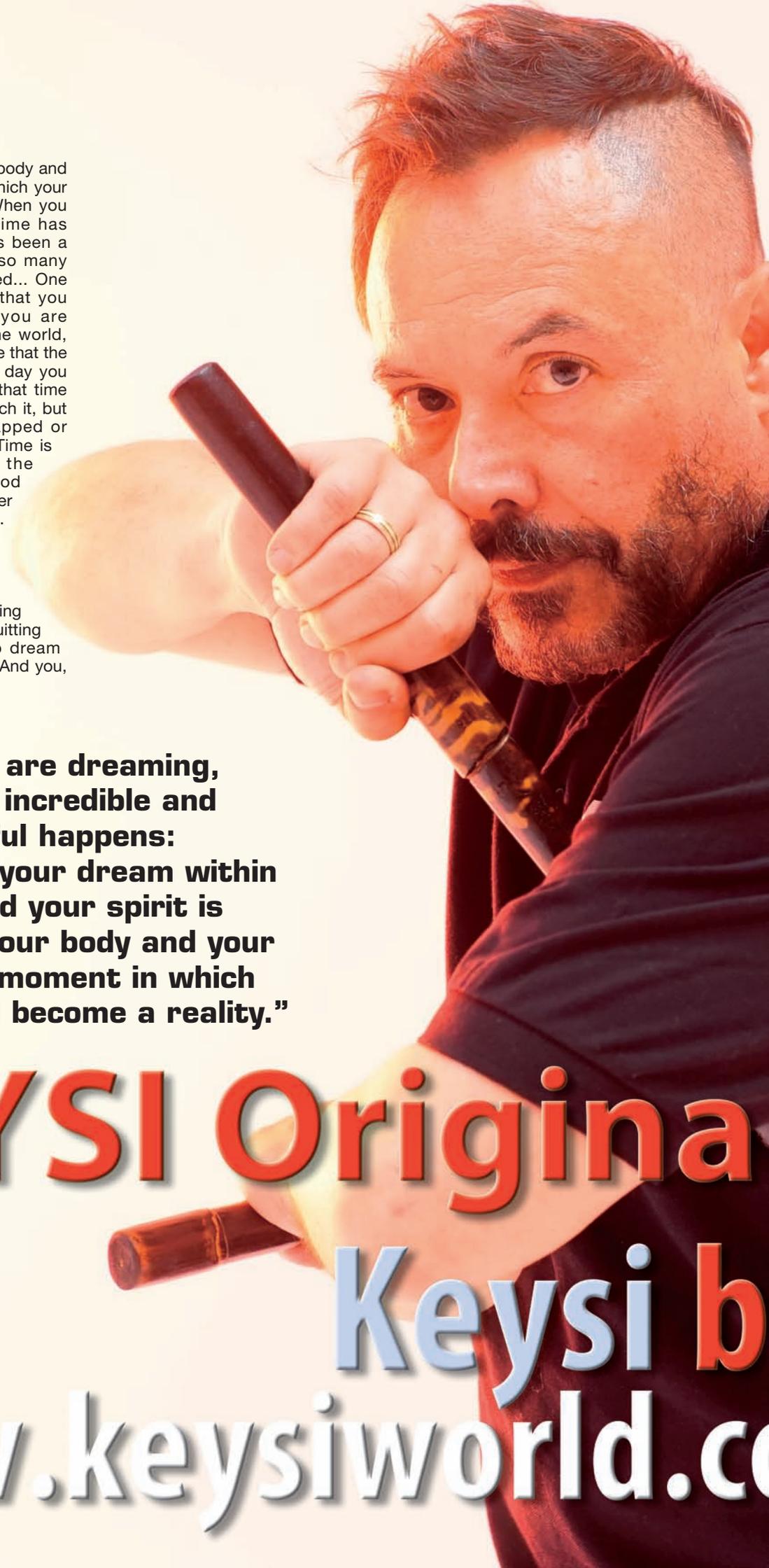
Life is a tour, a constant learning that it must be lived without quitting to dream. Without quitting to dream awake not to miss the present. And you, why do you do what you do?

**“While you are dreaming,  
something incredible and  
wonderful happens:  
you are living your dream within  
yourself and your spirit is  
predisposing your body and your  
mind for the moment in which  
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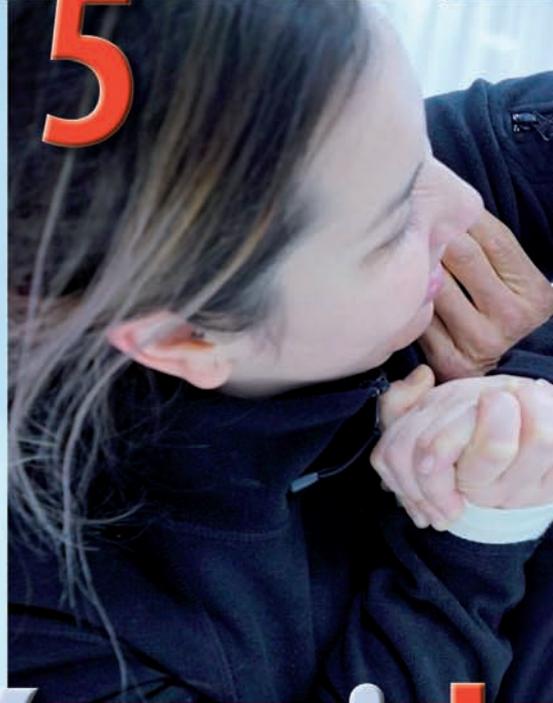
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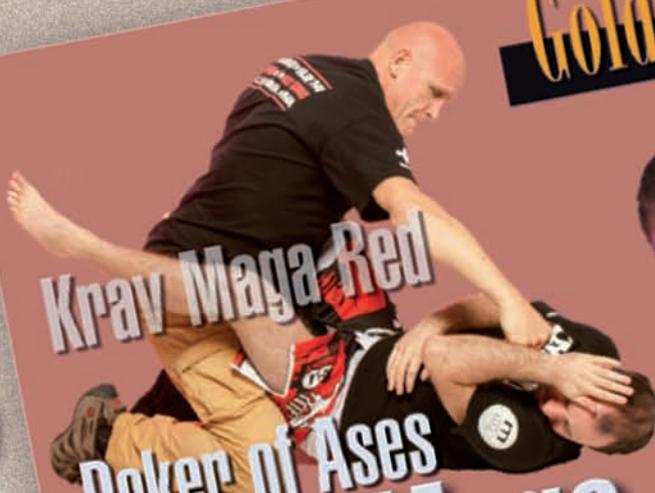




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# 風の流 小川派 INTERNATIONAL BUGEI SOCIETY 国際武芸連盟



## *Traditional arts and perfectionism*

Living within rigorous traditional regimes, mainly linked to extreme discipline and obedience, requires an intense exercise of self-control and energetic-emotional balance.

In the history of Japan and the Orient in general, we can observe a union of opposing activities that were practiced by ancient masters, with the aim of keeping the spirit in a state of peace and harmony.

Despite they were in possession of a great martial knowledge, masters of old sought a counterpoint in arts that elevated the spirit to evolution, such as the chá-no-yu or tea ceremony, meditation, bonsai, calligraphy, sumi-e (Japanese classical painting that uses coal), and even religious principles that mitigated frustrations and rebalanced human feelings. In that aspect, many clans in Japan had a religion that they practiced, like Shintoism or Buddhism, to lead man to another perspective of existence.

With the passing of the years and the expansion of the oriental arts toward the West, although traditions were maintained in many aspects, the occidental way of thinking brought about a system of adaptation of these arts to the life rhythm and the vision of the West, a very broad topic which will be discussed another time.

In the history of Martial Arts that came to the West, we can sometimes find points of mutation of techniques and styles, as well as the reasons why other new arts were created. It is the network of natural influence of our millennium.

指導士 ジョルダン アウグスト  
Kaze no Ryu Bugei  
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Kaze no Ryu



**“Living within rigorous traditional regimes, mainly linked to extreme discipline and obedience, requires an intense exercise of self-control and energetic-emotional balance.”**



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As long as these arts were kept exclusively within the range of their culture of origin, in which they were scarcely altered by the ways in which they were practiced, due to the features of the families that maintained them, their essence remained intact.

However, the West had a less rigid way of thinking and behaving, especially compared to Japan. The characteristic way of acting and living of the Japanese people, differs significantly from other eastern countries, and thus, in a comparative analysis with the West, Japanese culture in its more primary form of discipline, collided with the mindset and the way of thinking of all the foreigners who got to know Japan in the summit of the Samurai statute.

The arts of war that came from that epoch were naturally loaded with the principles of martial practices in their highest degree of physical and disciplinary demand. The pursuit of technical perfection and the maintenance of a tradition imposed on those who would represent the heritage of knowledge, an incessant perfectionism along with the concern of the fulfillment of their mission or karma of elevating the art itself.

But how to survive an exaggerated perfectionism?

Perfectionism is usually defined as a "depressive syndrome, derived from frustrations and failures that decompensate the person". The perfectionist person presents a rigid formation, which prevents him or her from adapting to different situations. It lies within the personality of the perfectionist and it can be confused with the obsessive-compulsive disorder and receive a wrong treatment.

But the big difference between them is that the obsessive-compulsive person has an idea that considers absurd, irrational and that causes tension. Therefore, it must be performed as a ritual, that is, presenting a compulsive behavior. Obsession leaves the person without will. While the perfectionist always tries to do the job in the best possible way, and he's never satisfied with the result.

指導士 ジョルダン アウグスト  
Kaze no Ryu Bugei  
Shidoshi Jordan Augusto  
The Shizen Tradition



Kaze no Ryu



**“The pursuit of technical perfection and the maintenance of a tradition imposed on those who would represent the heritage of knowledge, an incessant perfectionism along with the concern of the fulfillment of their mission or karma of elevating the art itself.”**

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American psychologist, Monica Ramirez Basco, in her book "Never Good Enough: Freeing Yourself from the Chain of Perfectionism", identifies two types of perfectionists:

1. Introspective: They show little self-esteem and confidence. They feel that any mistake will be terrible and that if they made a mistake they wouldn't have the affection and approval of others. They are never satisfied with themselves.

2. Extrospectives: They don't present low self-esteem, but they don't trust in the skills or capacities of the rest of the workgroup and so they don't manage to delegate. They demand from people the perfection they seek in themselves.

Perfectionist persons expects everyone around them to be perfect and it annoys them if they fail to apply discipline rules to the others. The people they live with, don't know their expectations, which causes tension with their family, friends and colleagues, and a great feeling of anger. The key is to understand that it isn't possible to force other people to have perfectionist attitudes.

The individual with a perfectionist personality can change his behavior little by little and successfully. He must learn to prioritize his activities, without doing

everything in an extremely perfect way, since that is what makes him lose sight of the main objective of his actions.

For a martial practitioner, or even for any athlete, not reaching the degree of expectation generated on himself, can be an aggravation of perfectionism, guilt and self-punishment.

In the history of mankind, guilt is a feeling that causes self-hatred and with it self-punishment and emotional imbalance. That happens because it usually stems from a demand, something that we don't want to do and that leads us to submission. Guilt is the most effective method of making a person submit to the whims or desires of another person. That feeling was refined and used in the Middle Ages by many religions, who first fantasized about guilt so as to hit people inside, and then claimed to have the elixir of forgiveness or salvation, often leaving the feeling of faith on the background.

The feeling of guilt was also perfected in the family environment and many parents have used this method to guide their children, educating them through emotional blackmail: "... if you confess that you are guilty, I forgive you".

Since guilt is a feeling that doesn't arise in us, it must be implanted by another person and contracted as a disease. The more suggestible or naive the victim, the greater the

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## Kaze no Ryu Bugei

## Shidoshi Jordan Augusto

## The Shizen Tradition



Kaze no Ryu



**“For a martial practitioner, or even for any athlete, not reaching the degree of expectation generated on himself, can be an aggravation of perfectionism, guilt and self-punishment.”**

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power of self-destruction. As it's being cultivated, the sense of guilt is creating a greater dependence on the one that receives it, increasing internal unrest and, consequently, greater submission.

When we don't do anything that we'd like to have done or might have done, we feel a kind of disappointment that suddenly imposes itself. We call it remorse. But when we are demanded to do something that we simply don't want to do and neither have the capacity nor the vocation to do it, and for a phony understanding we demand that of ourselves, the guilt of not being able to do it falls to us like a condemnation.

Each person has his or her own ideals, limits, vocation ... Formerly, it was common that when the children didn't behave as expected from them and parents did not obtain praiseworthy results, the father or the mother, or both, tried to raise a guilt feeling by using psychological techniques like: "God will punish you...", "That's a sin...", "I'll die out of grief...", or punishing them with threats of lack of love or protection, mixing feelings and thus creating a confusion of ideas and logic reasoning, through emotional distress.

As "culprits" got increasingly frustrated for not being able to get rid of that feeling, they became more and more submissive, increasing their guilt complex and nullifying their own Self. Consequently, they acquired a robotized or eternally revolted personality.

Being forced to go through those moments, these people ended up by blaming themselves, acquiring an incurable hereditary disease, and carrying that feeling even in adulthood, besides transmitting it, unconsciously, to their descendants.

From the psychological point of view, there are natural and physiological emotions that appear in every person with an important biological substrate, such as joy, fear, anxiety or anger, among others. These emotions, which are pleasant or unpleasant, mobilize us to activity and take part in interpersonal communication. Therefore, those

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emotions act as powerful motivators of human behavior.

So, emotions can play an important role in psychological well-being or in sickly conditions. Therefore, through their motivating properties, emotions exert a powerful influence on health, for the ability to modify healthy behaviors, such as physical exercises, balanced diet, rest, etc., as well as on sickness, often leading to unhealthy behaviors, such as the abuse of alcohol, tobacco, sedentary lifestyle, etc.

People react differently to stress, even in terms of eventual psychosomatic illnesses. When studying Affection, we understand that there seems to be a kind of filter (exemplified as lenses of hypothetical glasses) through which the facts and events are perceived by the individual. This would distinguish situations perceived as stressful by some and not by others.

This personal sensibility towards life exerts an attenuating or aggravating effect on events, that depends rather on one's own personality than on the circumstances. That will define the way of being, reacting, facing and adapting to stress.

Thus, we can say that the rise in blood pressure in the face of stress, for example, seems to depend more on the personal evaluation (subjective) that the

individual makes of the situation, than on the situation itself, objectively

considered. Some observers noted that hypertensive people tend to pessimism, anticipating negative consequences of events and personal and social interaction is for them lived as a source of anxiety and stress.

It's in the Limbic System where our function to evaluate the situation, the facts and the events of life begins. This way of evaluating always takes into account several elements, such as the previous personality, lived experience, current circumstances and cultural norms. It's because of this multifactorial aspect that a given situation experienced by the individual will undergo an internal processing depending on his evaluation about the nature of the event and its possible threat, as well as internal processing on the election or decision of the best form of confrontation, resulting, finally, in a given answer. Both the constituent factors

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of personality and the previous experiences of life, would represent the core of that evaluation system.

Since the 1960s, Selye has been saying that the "preference" of a stressor for a particular organ or system, as well as the intensity of that response, seems to be determined by internal and external conditioning factors, that is, it depends on inherited and acquired features.

According to this extremely personal aspect of the subject's response to stress, we can understand that in similar situations, the various individuals will react differently. This will always reflect the peculiar way in which each one assesses situations, and so, what is stressful for one, may not be for another.

In the same way, also the way of facing each situation is peculiar and particular to that determined individual, according to his history, circumstances, aptitudes and personality. These personal aptitudes (of his personality) are those that offer us greater or lesser "options" to confront the situation. And the word "options" goes in quotes because it's an intentional and involuntary attitude. It can be said then that the most elaborate option of confrontation would be to face the situation in a conscious

and objective way, being able to talk about it, discuss and weigh, surpassing it according to the characteristics and resources at our disposal.

When approaching the situation in an objective way isn't possible, either because the problem is not clearly understood or because the resources available to the personality are lacking, the tendency will be to resort to other more atypical forms of confrontation.

A mental way of facing a serious situation would be, for example, fantasizing, rationalizing, denying, praying. The emotional way of confrontation would be depressing, attacking, blaming others or blaming oneself, crying, screaming... There are also some atypical confrontation attitudes which would be isolating, exhibiting, joking, taking risks, eating, drinking, making love, smoking, working excessively and finally, of particular interest to psychosomatics, a somatic form of confrontation, represented by getting sick.

In order to understand more clearly the processes of somatization, we must consider, above all, the types of emotional response resulting from our assessment of reality (and from stressors) and our personal and particular

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mechanisms of confrontation of the situation. The somatic choice for the hatching of emotions seems to depend on a series of factors or mechanisms, from the most somatic to the very psychic.

Observing animals and people, we notice the presence of two components in the subject's emotional process of adaptation to the demands of reality. There is the expressive component or indicator and the behavioral or confrontational component, properly speaking.

The physiological and / or somatic manifestations resulting from adaptive stress, called somatizations, can be understood as a way of speaking or expressing oneself. And the less efficient the mental or cognitive mechanisms of feeling, speaking and acting, the more the somatic system will be used to express emotions. This means that the more "pure" emotions are, the less somatic they will become.

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A good training, whether traditional or not, is the one that shows us that we should take advantage of every moment of our lives to improve our attitudes without fear of someone blaming us, without fear of being selfish, but because that leads to individual progress and, therefore, to collective development.

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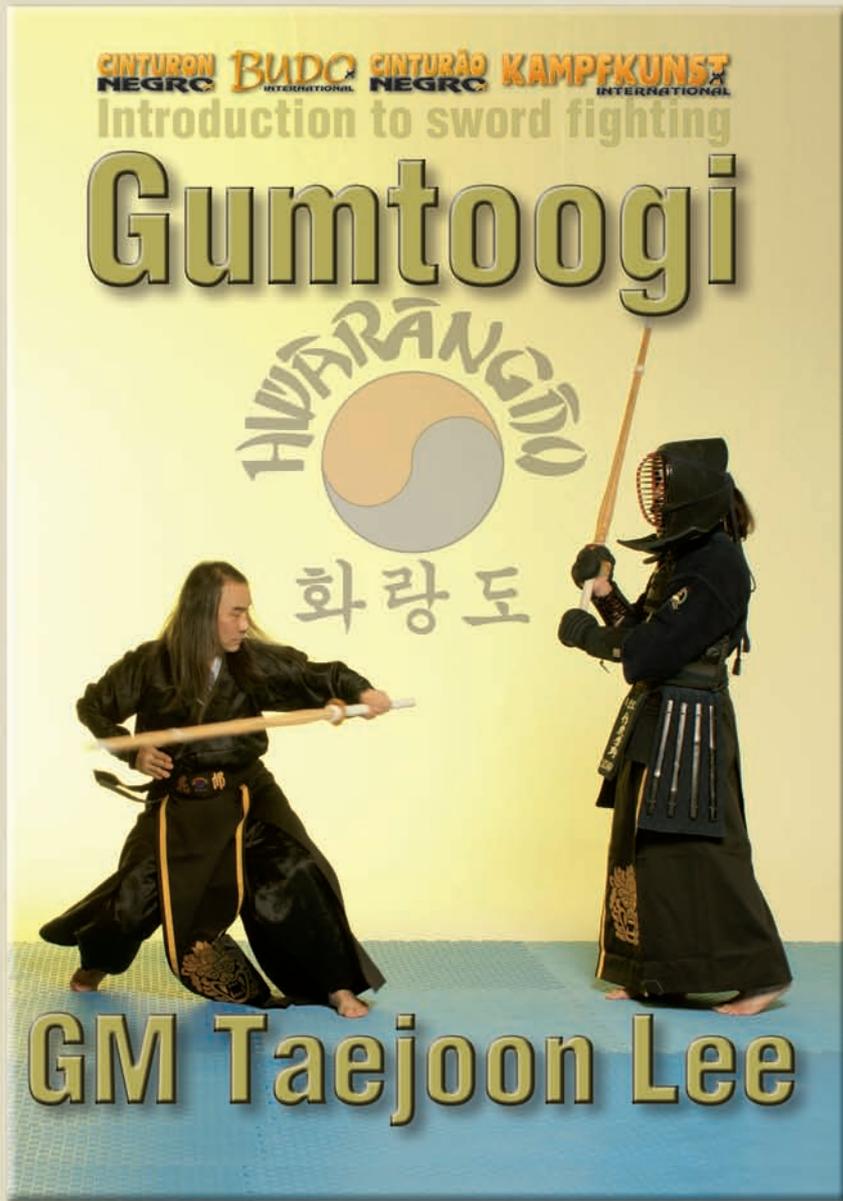
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Introduction to sword fighting

# 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

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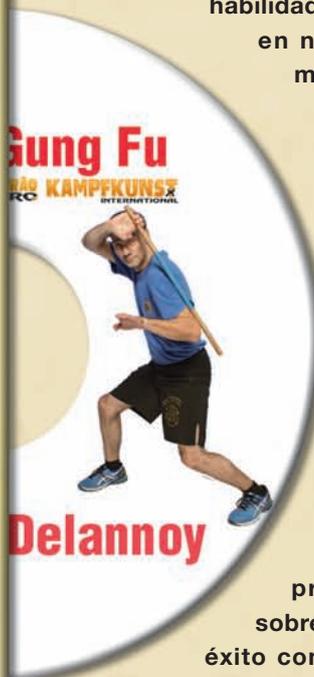
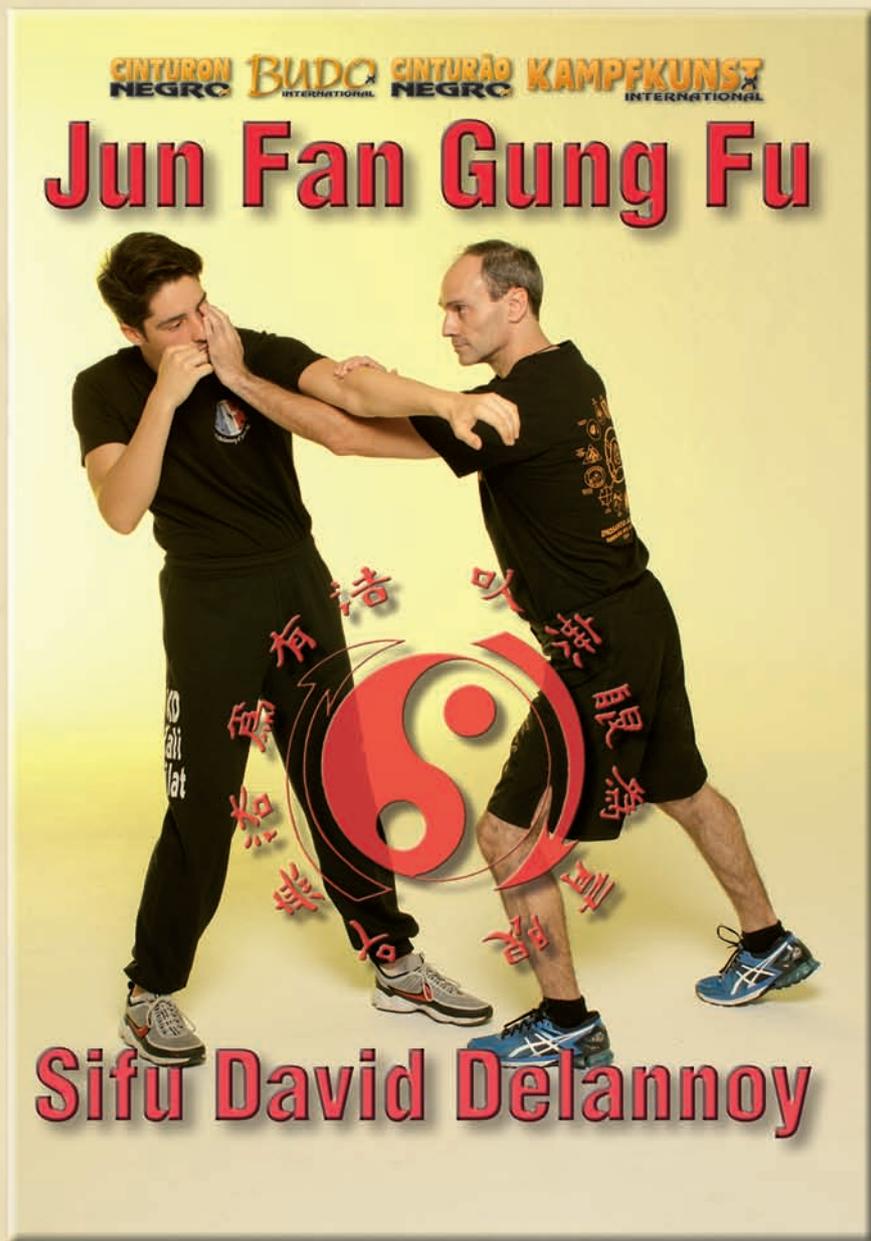


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# Jun Fan Gung Fu Sifu David Delannoy



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



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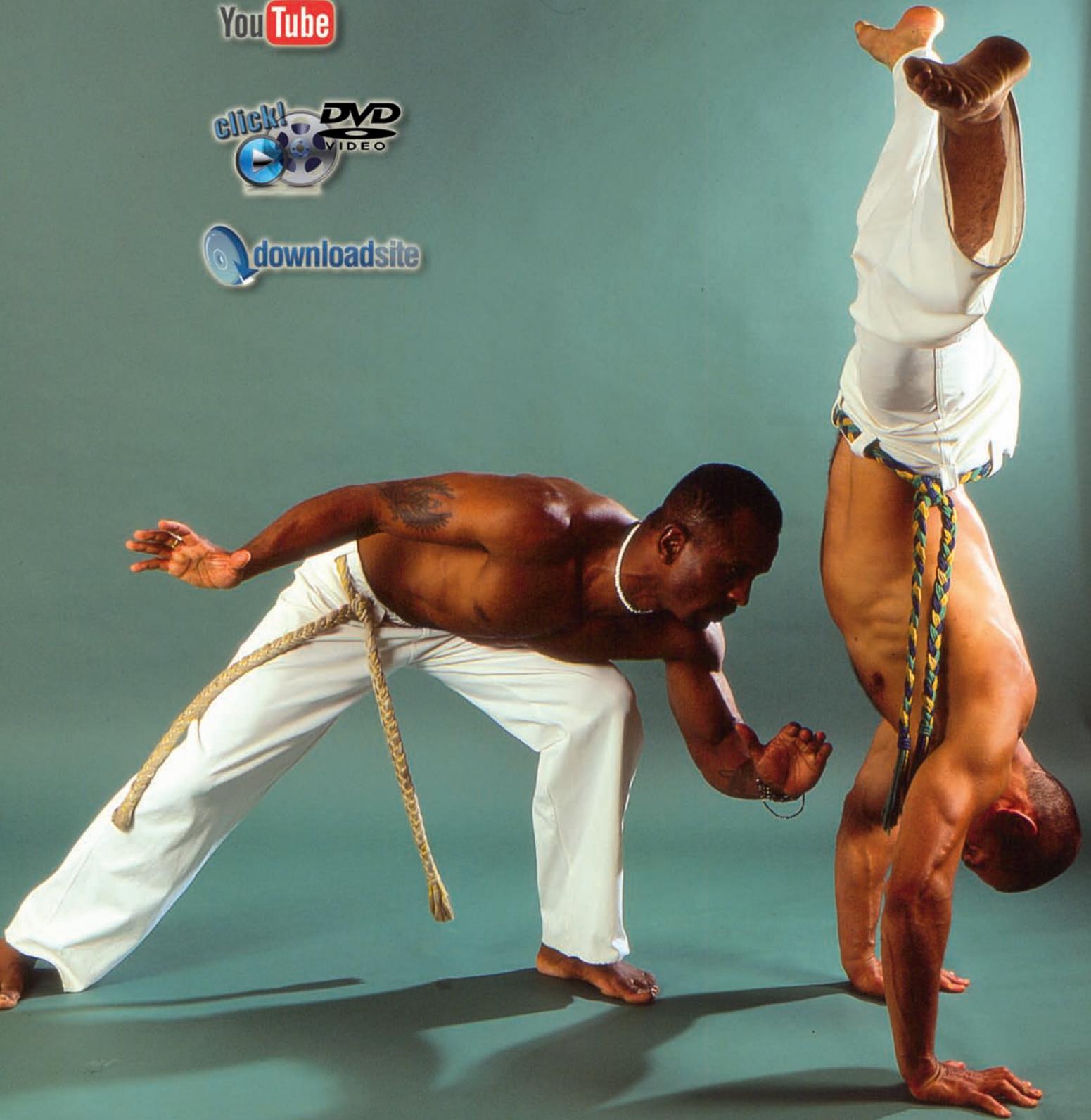
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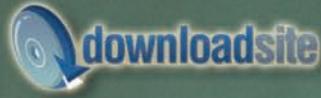
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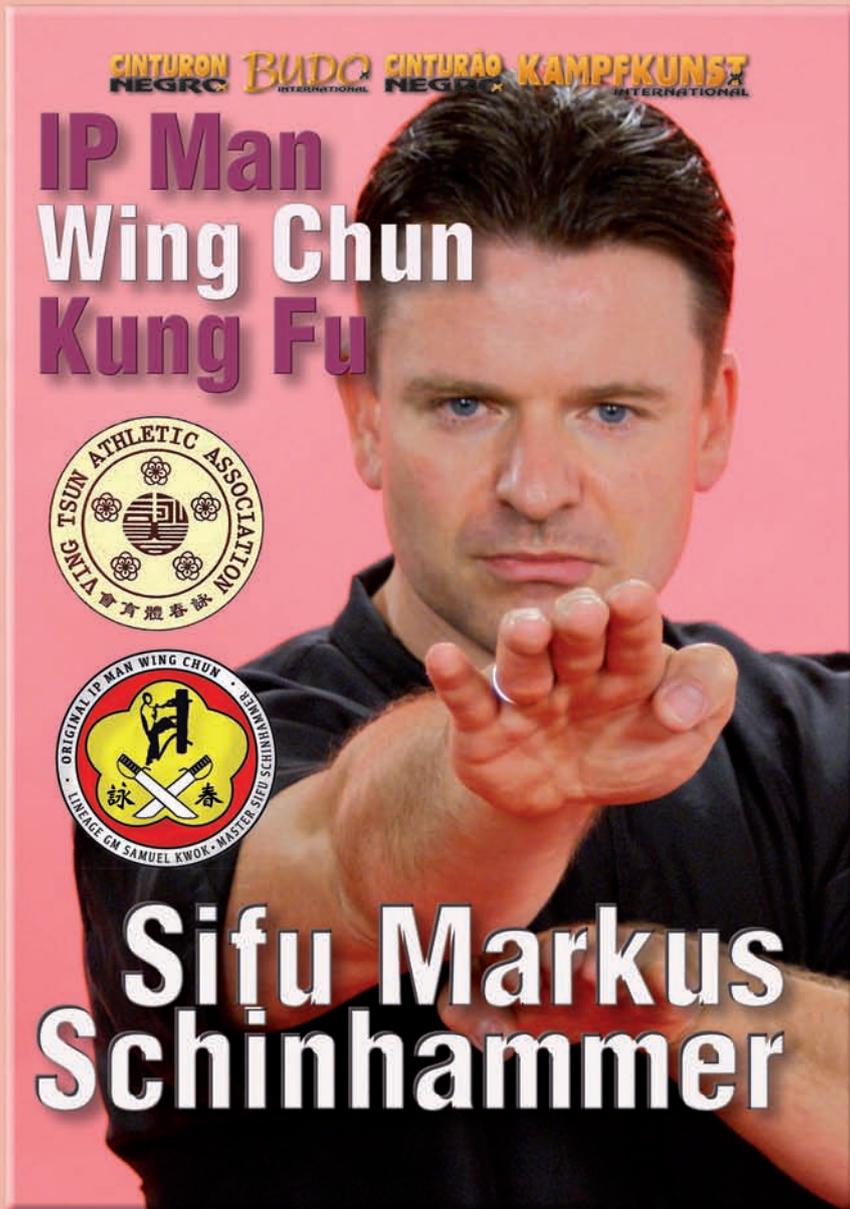
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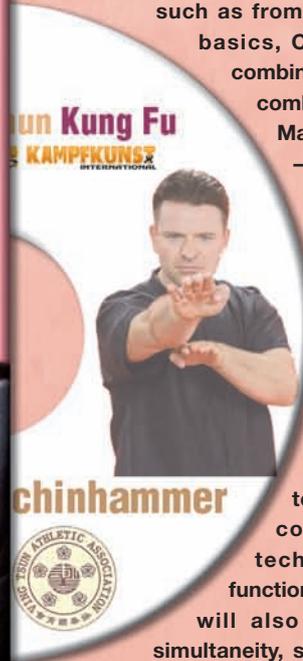
**Mestre Mão Branca**  
**Capoeira Gerais**

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

REF.: • DVD/KAPAP9



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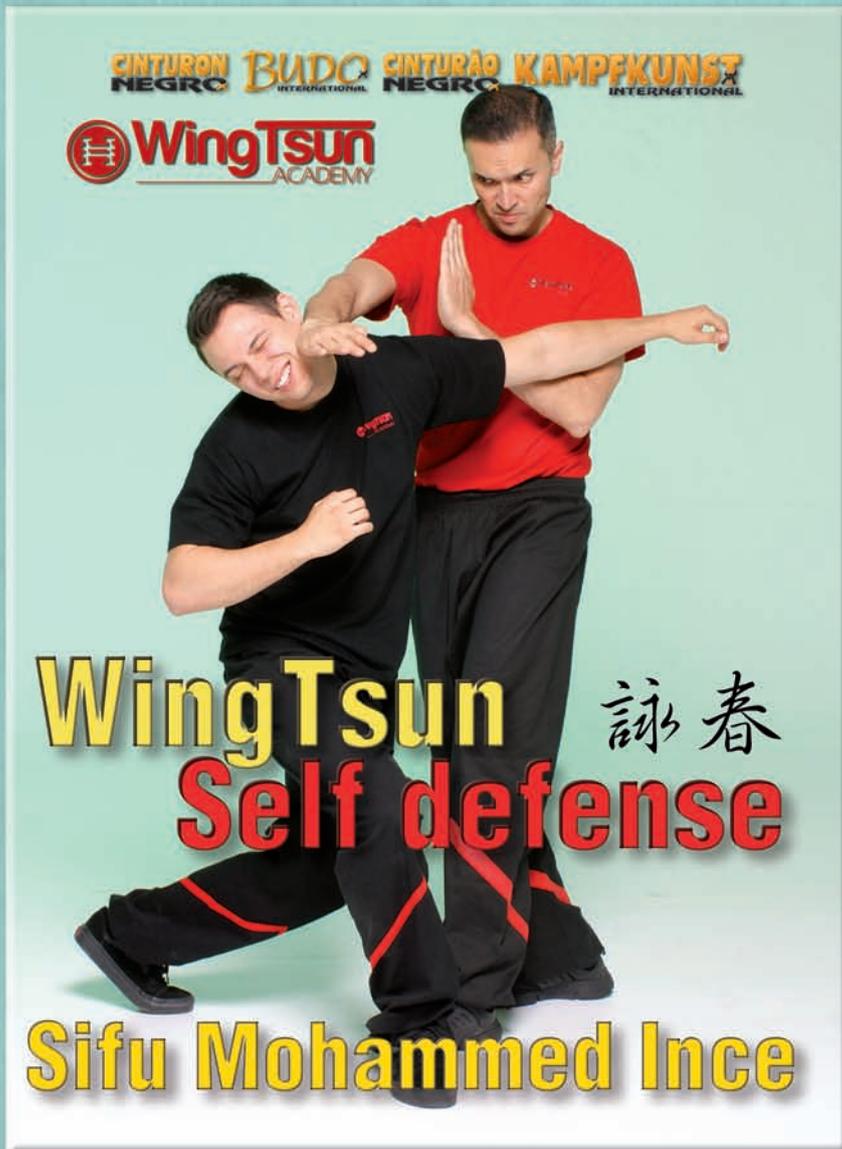
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# WingTsun Sifu Mohammed Ince Self defense



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

REF.: • DVD/TWTINCE1

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*Jim Wagner*  
*Security and Combat*

In last month's issue we explored the O.O.D.A. process (observe, orient, decide, act), which are the four steps of a pattern that every human brain follows in sequential order whenever faced with a combat situation, be it on the streets, in a self-defense situation or even in a Martial Arts school.



Reality Based  
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Reality Based



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Jim Wagner





# Reality Based

In this issue we will take our understanding a step further and learn what happens to us psychologically and physically, before, during and after a fight. This process, which is well understood and taught to the police and military, is called the Assault Cycle. Like the O.O.D.A. process, the mind and body will follow a distinct pattern no matter what the combat experience. By understanding this process, you will become a better fighter.

There are five events which will always occur in any combat situation, and these five elements will always follow the same order. How much time that is spent in any one phase depends on the circumstances, and how you

will cope with it. The five phases are: the triggering event, escalation, crisis, recovery, and post-crisis.

## *The Psychology of Combat: Part II*

### *The Assault Cycle Triggering event*

Just prior to a fight something will alert you to the fact that it is imminent. It could be a gradual build-up where you see someone enter a movie theater holding a knife, or it can be instantaneous, such as somebody jumping you from behind and you catch the sounds of footsteps.



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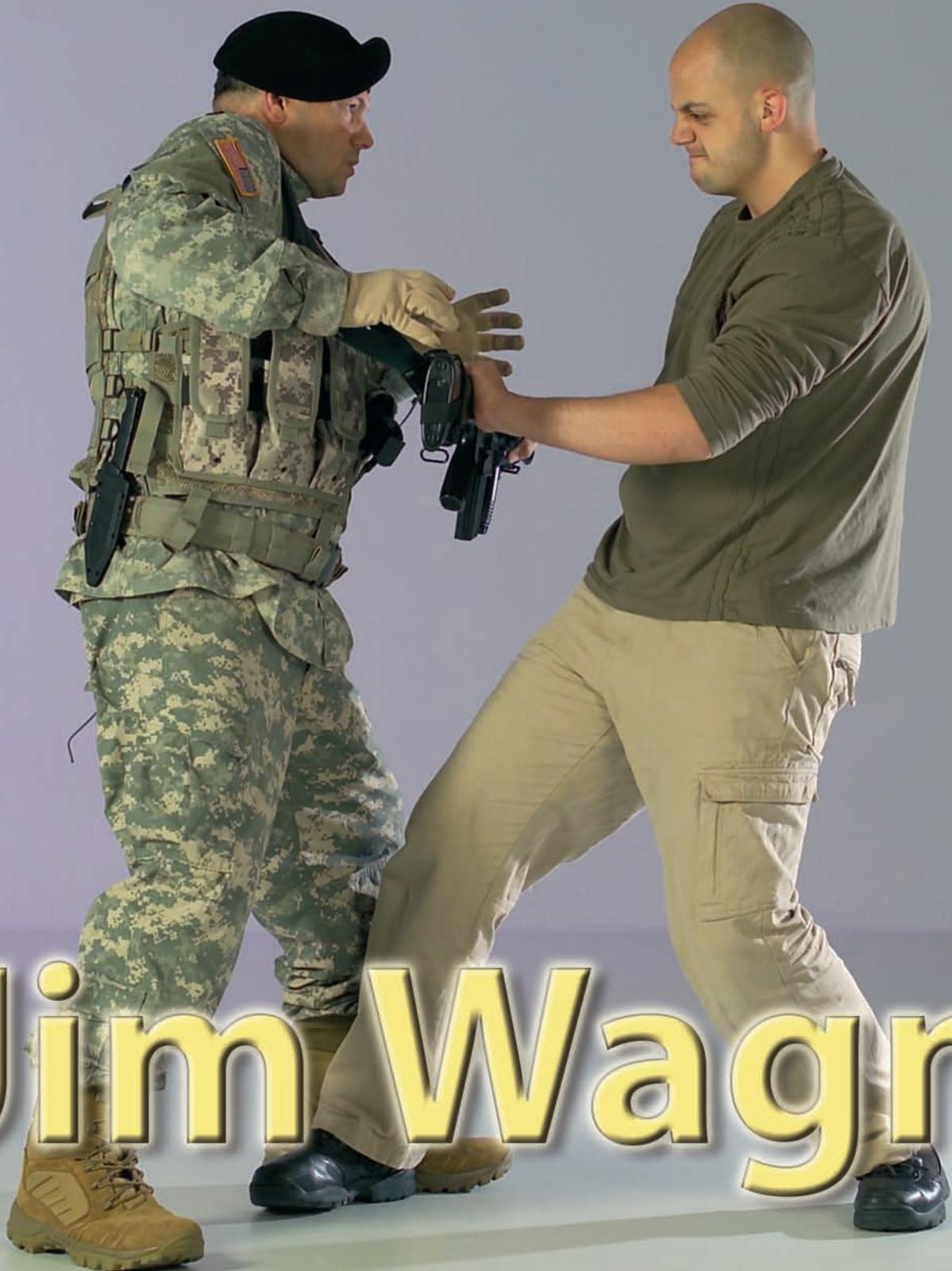
As a police officer, I typically experience several triggering events the nights when out on patrol. Most of the time I am able to diffuse the situation before it goes to the next phase. However, there are times when physical conflict erupts and I have no choice but to use force. Because the average police officer experiences this phenomenon often, they tend to be calmer and more analytical in the face of danger, whereas most martial artists tend to over react in many "triggering" events. Why? Because every time traditional martial arts students are in front of their fellow student in training, they engage in fighting

techniques. Yes, it is important to practice your fighting skills, but it is equally important to have situational training where some conflicts do not always end in physical force. This is where good scenario training comes in.

### *Escalation*

Like the triggering event, escalation can occur instantly, such as a terrorist taking over an airplane running up and down the aisles. Escalation can also occur over a period of time, like when someone is

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# Jim Wagne





# Reality Based



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following you home and you know something is wrong.

A good example of escalation would be if you are at a restaurant and you hear two obnoxious drunken men at the table next to you. This is the triggering event. But, as soon as you look over at them and one of them yells at you, "Mind your own ###!@! business!" the situation has just escalated. At this point there will be certain psycho-physiological events that will begin to happen in your mind and body: your heart and breathing rate will increase, you will intently focus on the threat

(known as tunnel vision), and you may get sweaty or nervous, angry or scared, and you will definitely decide what you should do – fight, run away, or submit.

Again, good scenario training (acting), as part of your routine workout, will help you learn to stay in control during the escalation phase of an assault. The more you practice the better you will be at appearing calm, at controlling your breathing, and you'll learn to make good tactical decisions.

**Crisis**





## Reality Based

This phase is the actual physical fight itself. It may be a simple bar fight, or you could be fighting for your life. This is where your training will take over. If you train realistically, "reality-based" training, then you will be mentally and physically prepared.

On the other hand, if you are not training for real-life situations, then you will not rise to the occasion. A beginning police officer is unlikely to use SWAT tactics in his first gun fight, or a 18 year old kid fresh out of Boot Camp is unlikely to know as much as a Special Forces operator. It takes not only time, but also the correct techniques, to become a professional.

When it comes to my own training I rely only on a few good punches, a couple of kicks, a few elbows and knees, and a whole lot of aggression. In real combat all of the fancy stuff goes "out the window." In real combat your body switches from fine motor skills to gross motor skills. Therefore, complicated or fancy techniques that are easy to do in the training hall are ineffective in the street due to adrenaline, fear, and survival instincts. We will cover more on this important topic in future articles.



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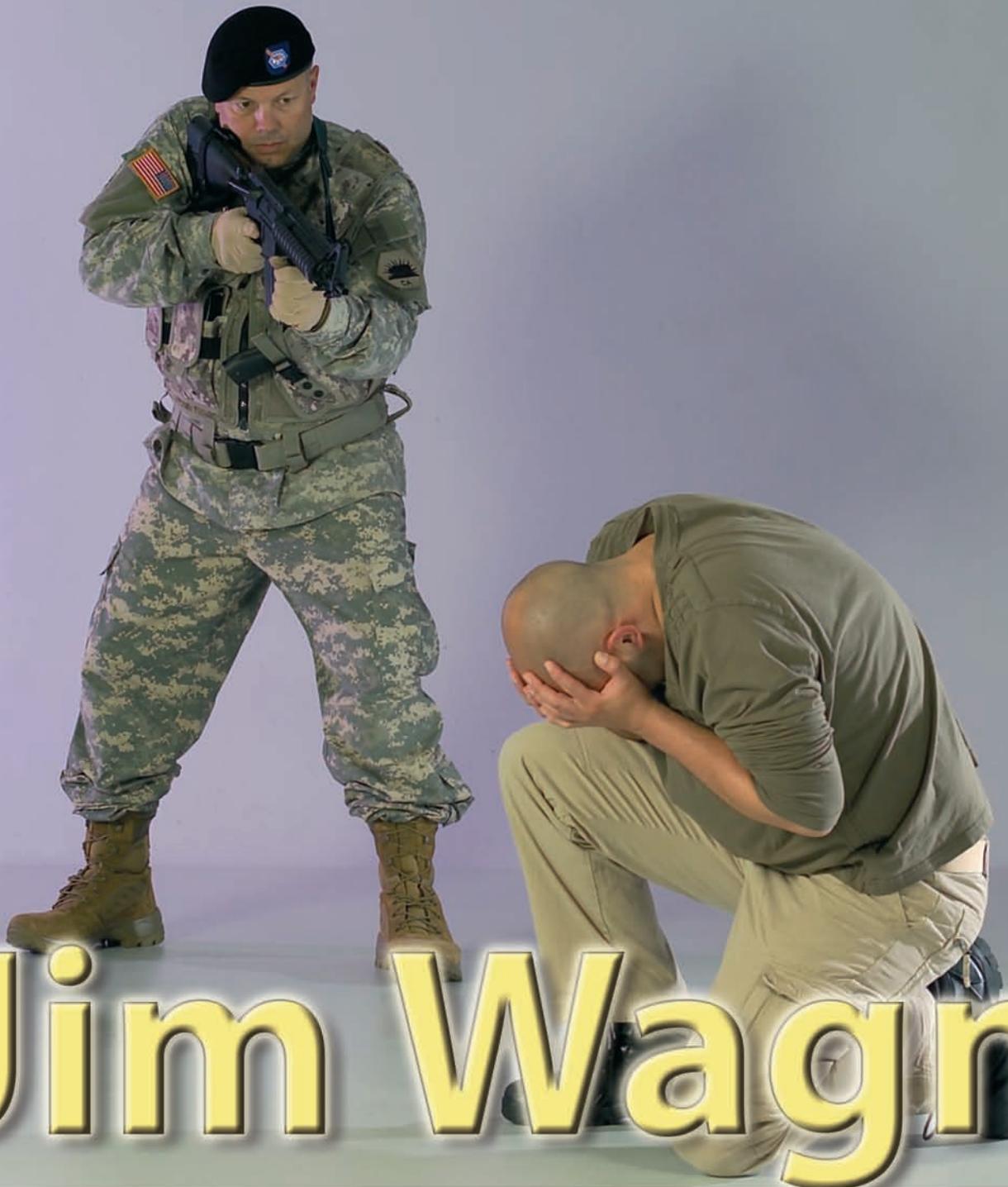
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### *Recovery*

This is the phase just after the crisis. It does not necessarily mean that the fight is completely over, although it could be, it just means that the immediate threat is over. Therefore, during this phase you must "pull yourself together" and think about treating injuries, getting help, or getting into a safer area. It all depends on the situation.

The problem with most martial arts training is that they learn how to fight, but they don't cover what to do once the fight is over. To my own students, I'll come up to one of them immediately after they have just finished sparring and say, "You have a broken arm! Start treating it now!" or "The criminal just ran off! Get on the phone, call the police and give them a description and the direction he is heading!" This kind of training

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# Reality Based

reminds them of the recovery phase, and that there is still work to be done.

## *Post-crisis*

This is the phase where you are completely out of danger, and now you have time to finally recover and reflect. This is a time when physical and mental fatigue set in. The body and mind seek to return to a normal condition known as homeostatic stability (stability within a social group). Emotions can range anywhere from euphoria (having survived) to severe depression (guilt, injuries, etc.), and its severity will depend upon how traumatic the conflict was.

Anytime somebody has gone through a very violent crisis, it is always best for that person to talk to someone – whether to a professional or a close friend. Just talking with someone can relieve emotional pressures, and it gives the person assisting an opportunity to help the victim get back to a normal base level.

**“Yes, it is important to practice your fighting skills, but it is equally important to have situational training where some conflicts do not always end in physical force.”**

**“Therefore, complicated or fancy techniques that are easy to do in the training hall are ineffective in the street due to adrenaline, fear, and survival instincts.”**

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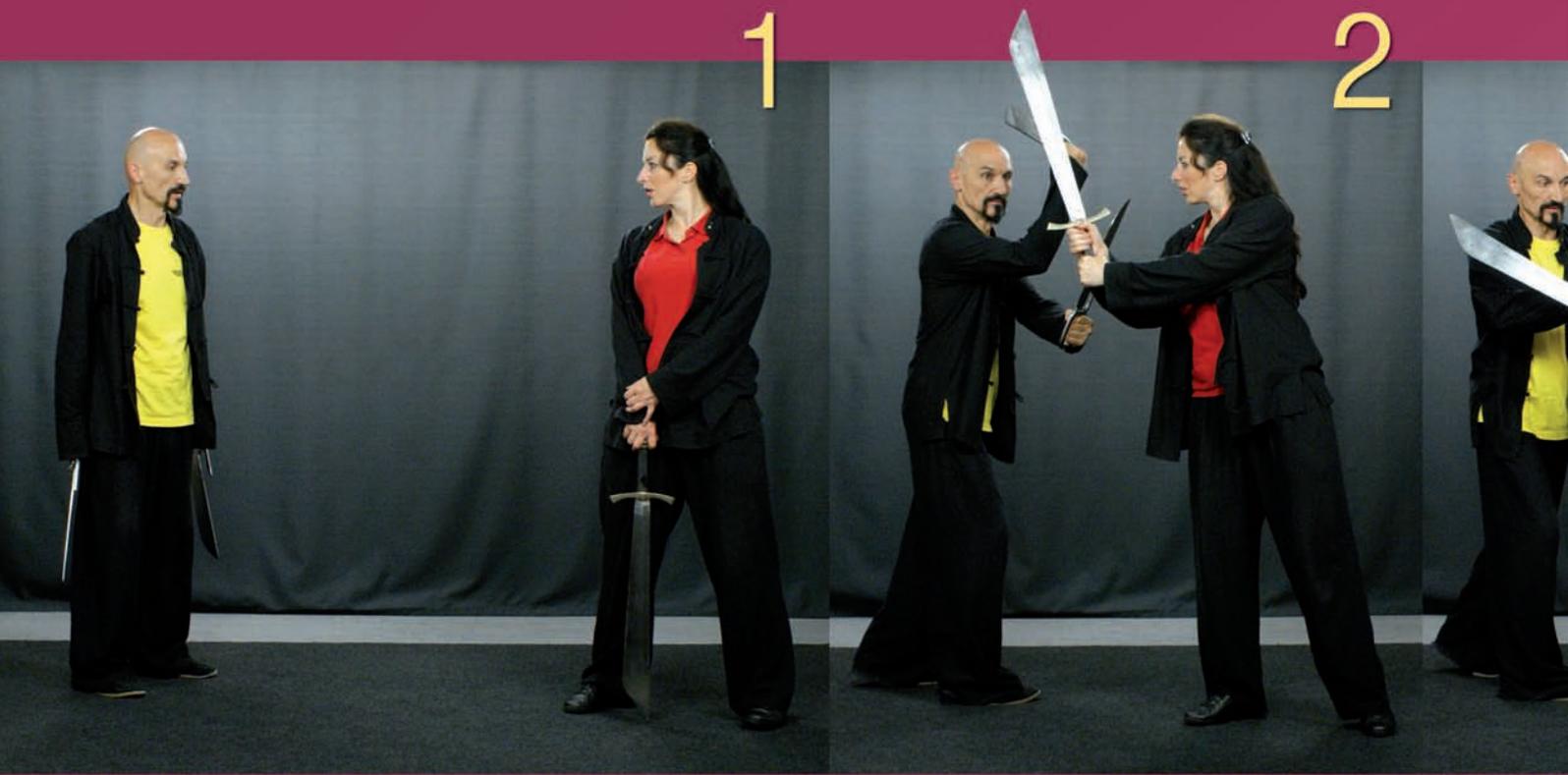


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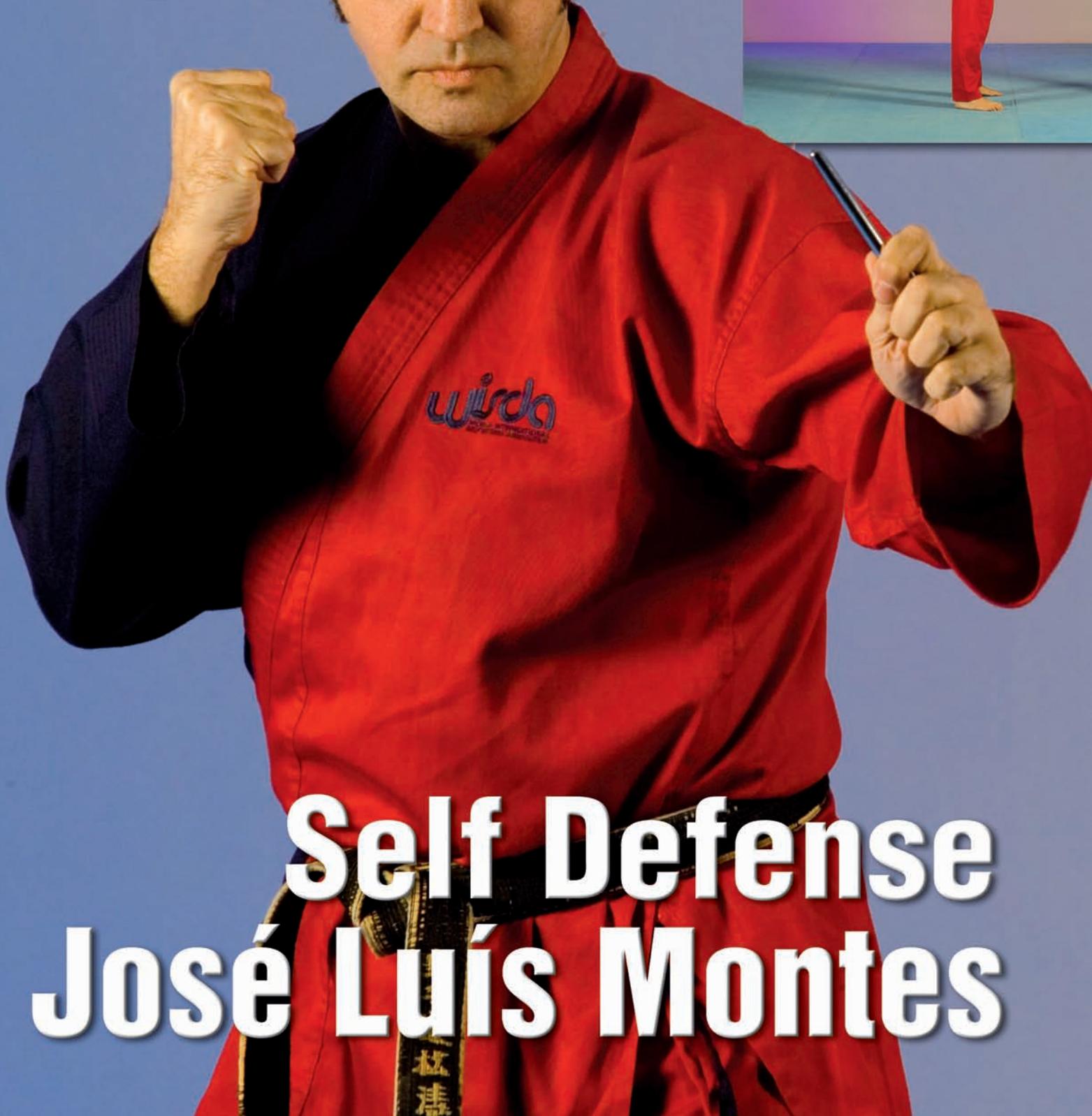
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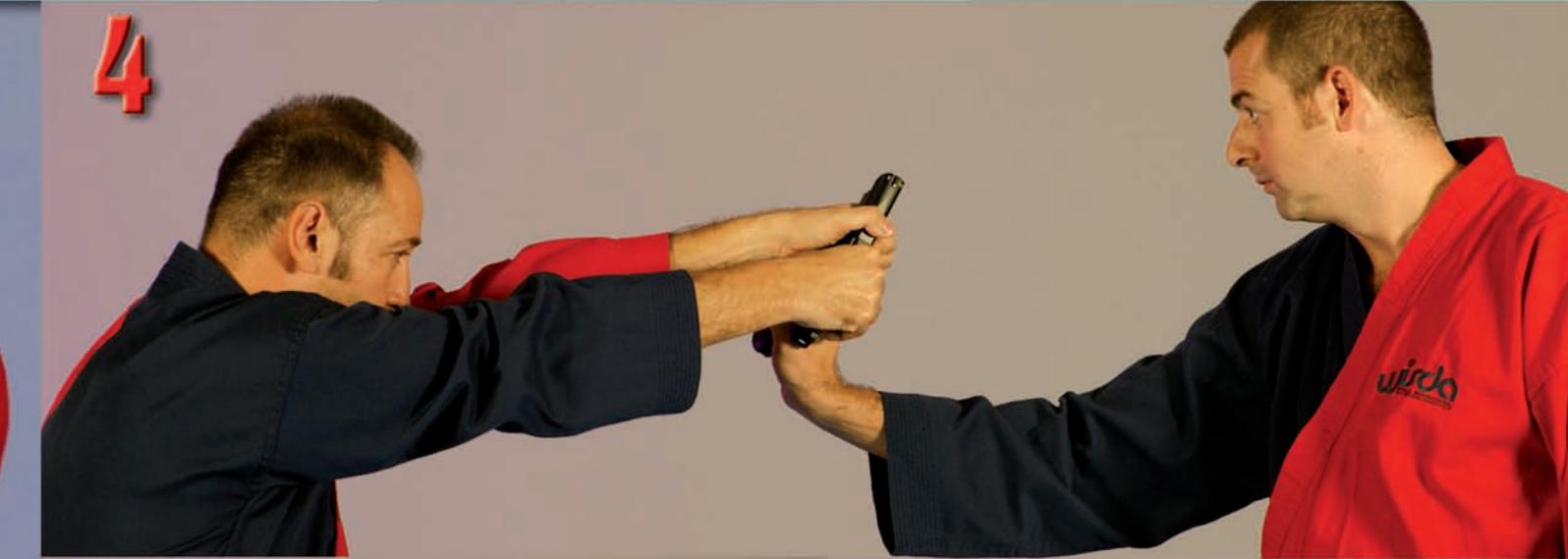
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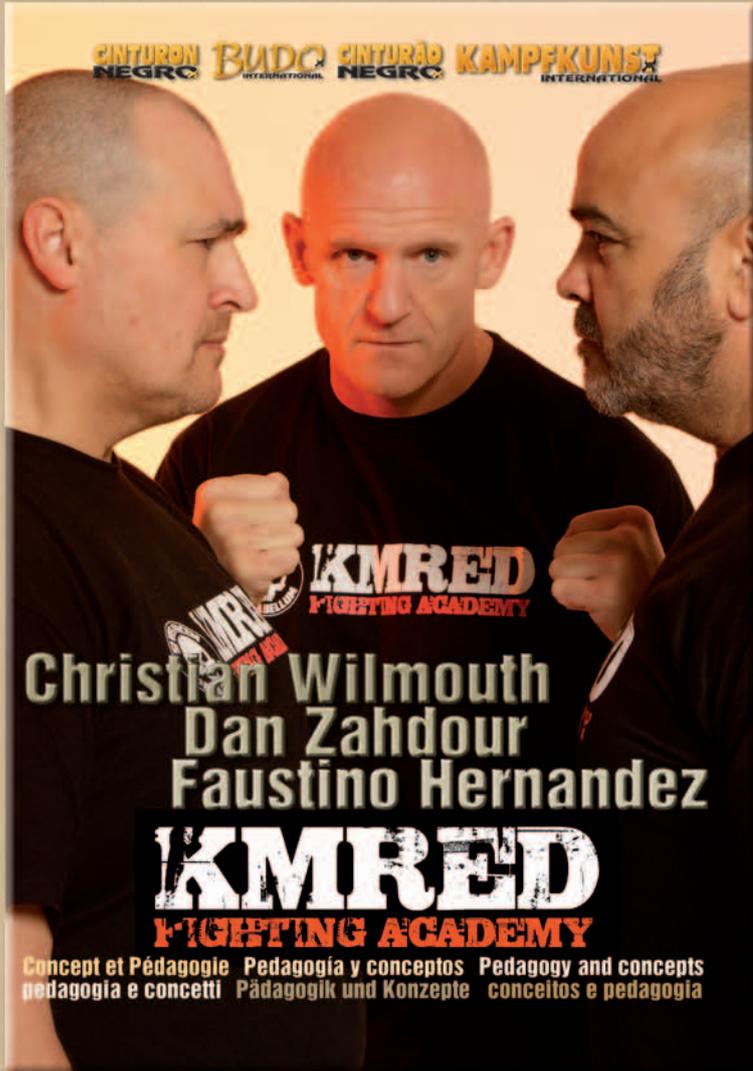
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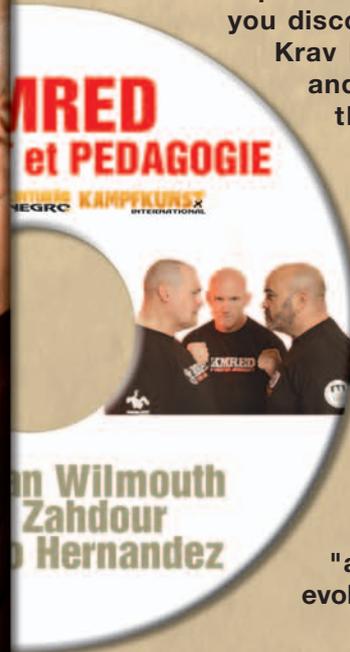
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# KMRED FIGHTING ACADEMY

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



Christian Wilmouth  
Dan Zahdour  
Faustino Hernandez



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



REF.: • DVD/KMRED-2

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## WING CHUN GUNG FU:

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Sifu Randy Williams' extensive collection of books on Wing Chun in 6 volumes, the series contains the history of Wing Chun, the theory and description of all Wing Chun forms in detail, Volume 6 is focused on instructing the system and provides additional information about Wing Chun Combat Theory from A to Z! This great work, originally written in 1988 and newly revised and updated is a must for the library of any serious student of the art.

You can order the entire series as a set of 6 books, or by individual volume, and the new DVDs can also be ordered individually or in sets directly from us through our website:

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## Five brand new Wing Chun DVDs

### 1 DVD: "Bot" Jom Doh Basics

Complete "Bot" Jom Doh Form, 108 Motions, Historical Information about the Wing Chun Broadsword, Detailed Knife Blocking and Striking Techniques, "Bot" Jom Doh Footwork, Details of the footwork orientation of the form, One-man "Bot" Jom Doh Drills

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

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

### 1 DVD: CRCA Wing Chun "Biu Jitsu" Groundfighting

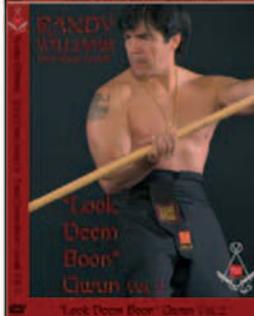
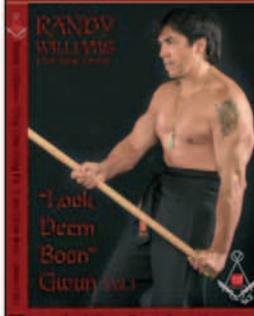
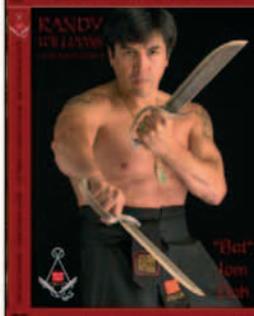
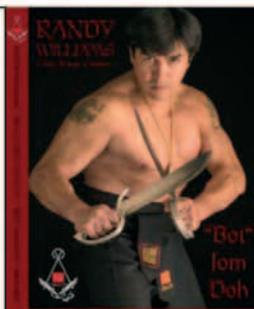
Contents: The concept of "Reverse Engineering," Chokes; Rear, Front Standing, "Guillotine," Head-and-Arm, Side-Mount Shoulder Choke, and many other Groundfighting drills and techniques.

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

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

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

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





# Kung Fu Shaolin

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# Masters & Styles



# 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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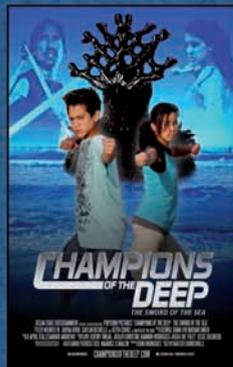
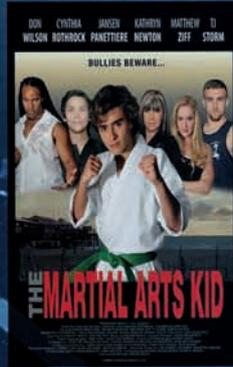


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## GRAND MASTER MAURICE ELMALEM

### 7 time world champion Guinness World Records Holder

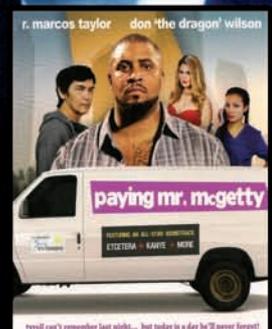
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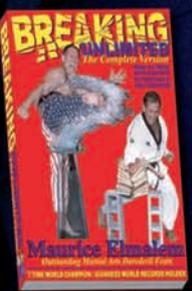
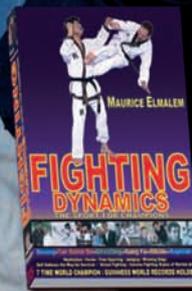
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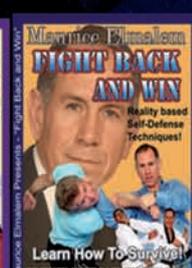
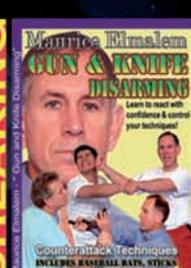
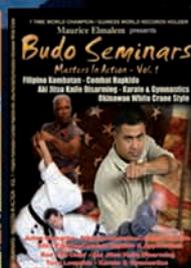
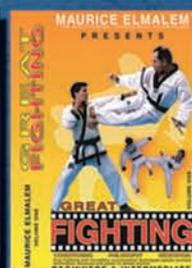
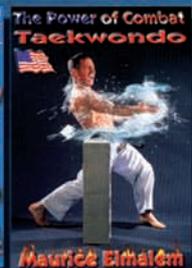
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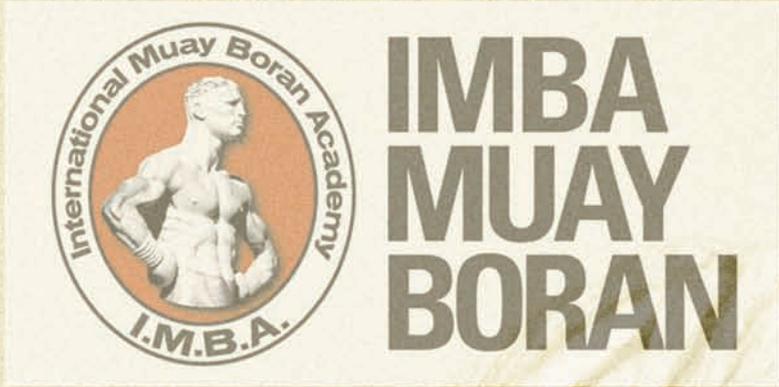


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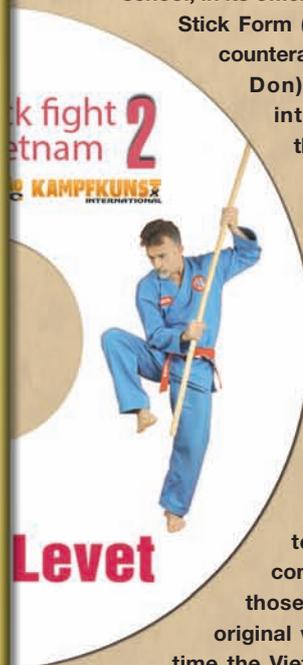
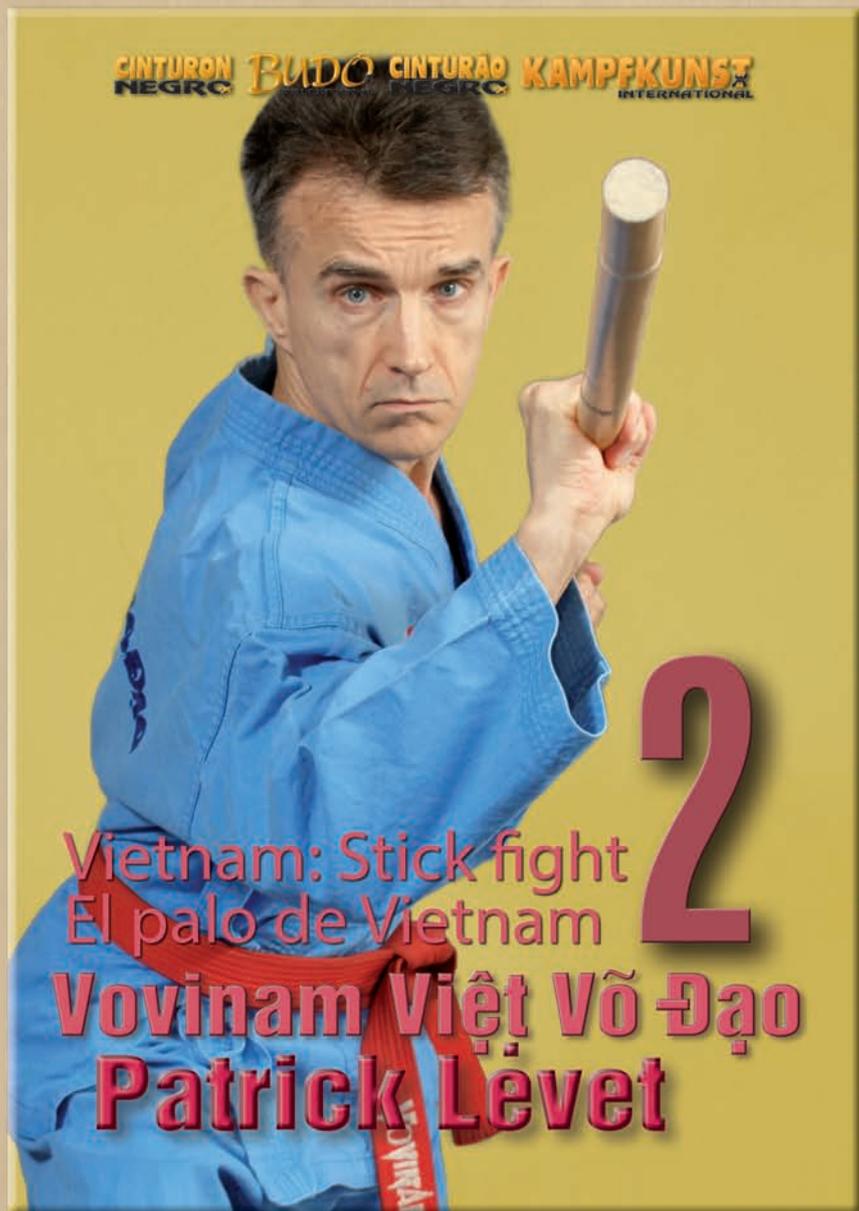
Inspired by the smooth and light flow  
of Tai Chi moves and forms





# Vietnam: Stick fight 2

# Patrick Levet



In this new DVD of Vovinam, Patrick Levet has wanted to show the facets of the use and handling of the Vietnamese Stick. Although little known, the Vietnamese long stick is, without a doubt, the most important weapon among all the weapons of the traditional Martial Arts of Vietnam. The Vovinam school, in its official program, only proposes the Stick Form (Tu Tuong Con Phap) and the counterattacks of stick vs. stick (Phan Don), without explaining the intermediate movements. But the Vietnamese stick goes far beyond these two facets and Master Levet offers us 2 detailed DVDs on all the applications of the numerous intermediate movements of the Stick Quyen. In this second volume, Levet executes the Quyen Tu Tuong Con Phap, and explains in detail the Phan Don counterattacks 1-12, and the 39 techniques and applications contained in the form, including those for intermediate moves. An original work that shows for the first time the Vietnamese stick in a complete and exhaustive way.



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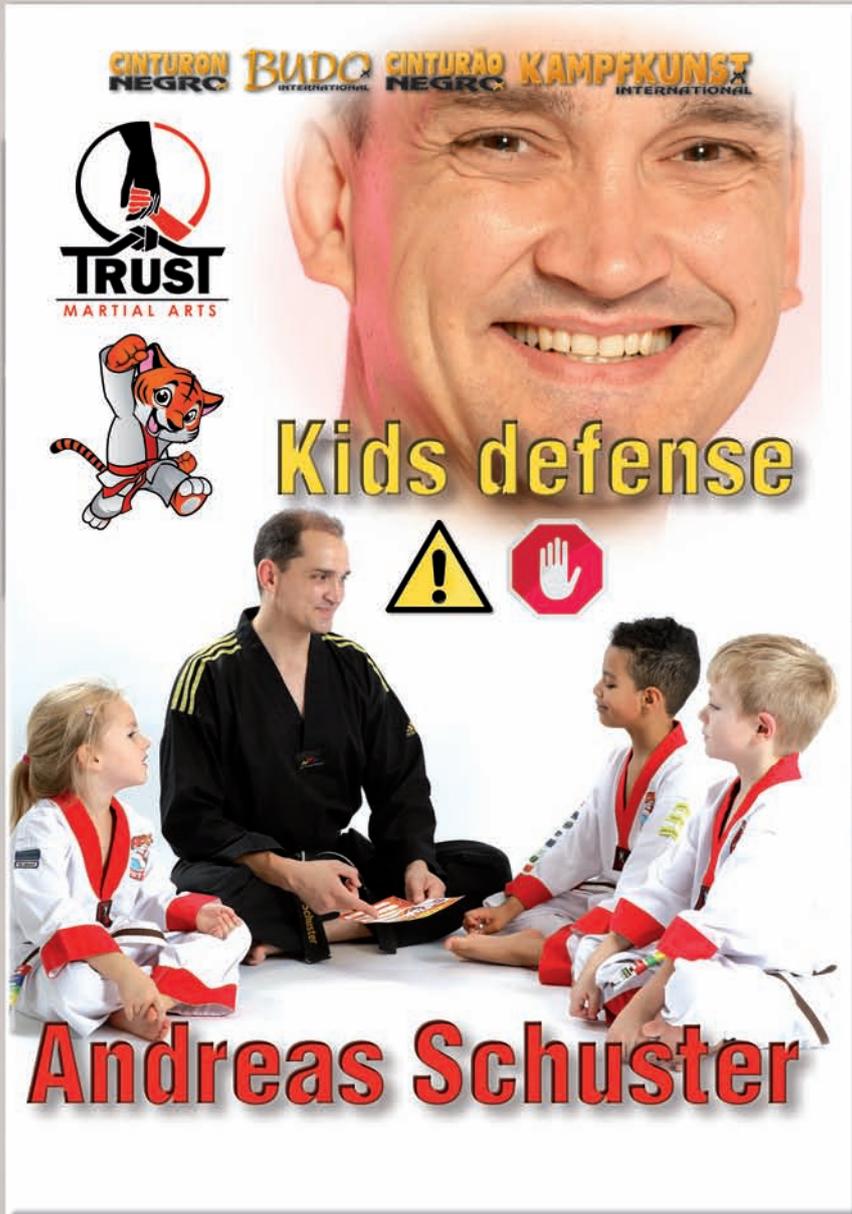


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# Kids Defense Andreas Schuster



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



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Author, Producer, Artist, Developer  
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**Arnold Sports Festival**  
**March 1-4, 2018**  
**Columbus Ohio USA**





***Arnold Sports Festival  
March 1-4, 2018  
Columbus Ohio USA***

The Arnold Classic Worldwide brand is now the largest multi-sports festival in the world. This year's USA Arnold Sports Festival featured over 17,500 athletes from 55 countries, competing in more than 75 events such as body building for men and women, gymnastics, martial arts, Ms. Bikini, fitness, figure, dancing, lacrosse, table tennis, powerlifting, and more. The most amazing event to watch each year is World's Strongman Classic won this year by Hafþór Júlíus "Thor" Björnsson, actor from the HBO "Game of Thrones" who finished second place last year. Hafþór not only won World's Strongest Man 1st Place but also set a new world record lifting 472kg (1041lbs) in the elephant bar deadlift. Brian Shaw was second with a lift of 1016 pounds. Mateusz Kieliszkowski of Poland won The Stone Shoulder by lifting the 410-pound rock four times. In the finals Jerry Pritchett won the Timber Carry moving 1102 pounds wooden frame up a 35 foot ramp in 9.5 seconds. The Arnold Classic has a history of outstanding world records broken so many times over, it brings the best of the best to compete every year for the most impossible trophy to win. That is the dream for all athletes trying their best to be recognized in the world as the most outstanding winners and world breakers in history of sports.





The Arnold Sports Festival began three decades ago, since 1989 with great success. Now this spectacular event has been extended to Australia, Brazil, South Africa, Asia, Hong Kong, Europe, Spain and etc. Let's continue with this year's events. Overall winners are as follows: William "The Conqueror" Bonac won the 30th Anniversary Arnold Classic over Dexter Jackson and last year's winner Cedrick McMillan. Mikhail Volinkin of Uzbekistan won the Men's Bodybuilding Championship. Fitness won by Milica Narancic of USA. Figure won by Lola Montez of Canada. In the Arnold Miss Bikini Competition Angelica Teixeira, won the Bikini International for the second consecutive year. Roelly Winklaar won "The Most Muscular" 2018 award, Kevin Nguyen of USA took the Men's Physique title. Classic

Physique was taken by Lucas Disanti of USA, for the Women's Physique Christelle Zarovska of Netherlands claimed that title. Now let's go to the International Sports Hall of Fame organized by Dr. Robert Goldman. Among this year's inductees were Rhonda Rousey UFC World Champion (who broke many records) inducted into ITSHOF receiving her 6th Degree black belt along side her mother Maria Rousey 7th Degree black belt in Judo. Bas Ruthen former UFC heavyweight champion, UFC Hall of Fame kickboxer and actor was inducted into ITSHOF as well. Terry & Jan Todd former record powerlifters and Phil Keoghan of New Zealand TV an avid cyclist also were inducted into the International Sports Hall of Fame 2018. All the inductees were congratulated by Dr. Goldman and Governor Arnold for

# Arnold Sports Festival

## March 1-4, 2018

### Columbus Ohio USA







# Arnold Sports Festival

## March 1-4, 2018

### Columbus Ohio USA

their outstanding achievements and good service to the public. This year's martial arts Arnold Event were organized by GM Jhoon P. Choi, 9th Degree black belt, Senior Grand Master President/Founder, Oriental Martial Arts Training since 1956. Started teaching since 1963, trained over 25,000 students and produced most U.S. National Champion World Peace Ambassador Award by United General Chairman, Arnold Battle of Columbus Martial Arts World Games. Coached 1988 Olympics.

GM Choi started the Battle of Columbus championships 43 years ago also creator of the Bruce Lee & Legends of Martial Arts Hall of Honor, held Friday 3/2/2018. I was honored to receive this year's award as well. Among the martial arts styles that took place this year: Taekwondo, Karate, KongFu, Judo, Hapkido, TaiChi, Tang SoDo, and etc. It is always great to see the bigger names in sports at the Arnold Classic body building and Martial Arts descend in Columbus, Ohio. The 2018 Arnold Sports Festival celebrates new stars such as Kamal Elgargni, winner of this year's Arnold 212. To sum up the event it was fantastic, and more memorable to last a lifetime. Special thanks to Matt Lorz for such a great job and to Jim Lorimar and Gov. Arnold for hosting this year's Arnold Classic 2018. And to everyone in attendance for your support, all the best until next year good luck everyone.

From all of us at Budo Magazine family.





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**MARTIAL ARTS, COMBAT SPORTS & SELF DEFENSE INSTRUCTIONAL DVDs**



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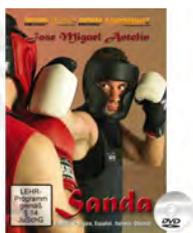
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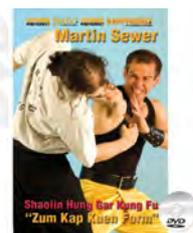
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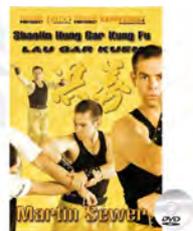
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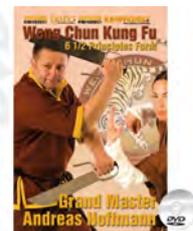
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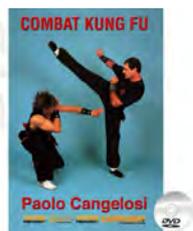
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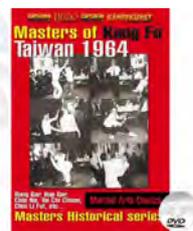
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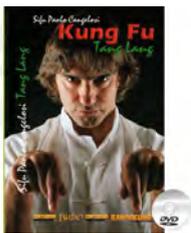
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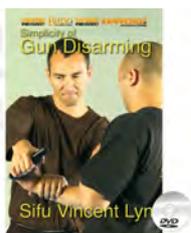
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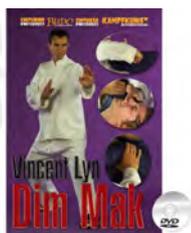
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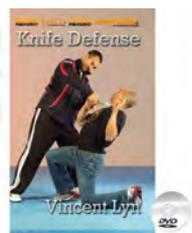
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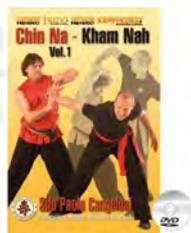
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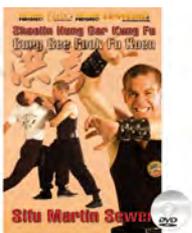
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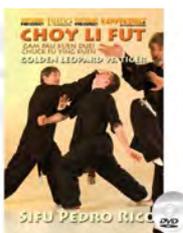
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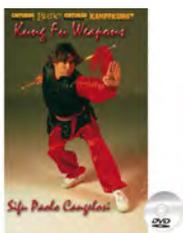
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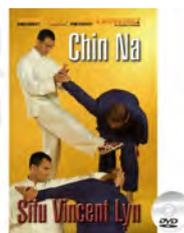
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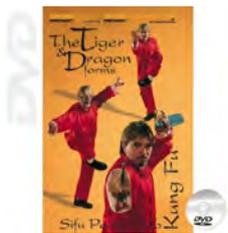
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## DVD Tai Chi

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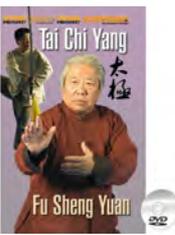
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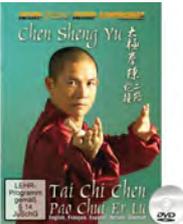
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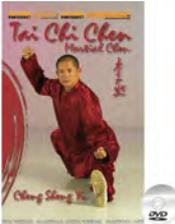
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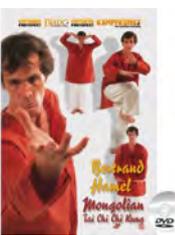
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DVD Tai Chi



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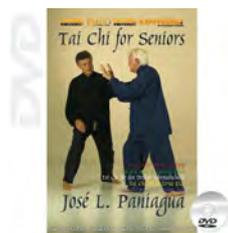
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## DVD Shaolin Kung Fu

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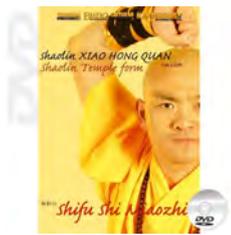
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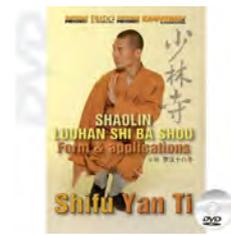
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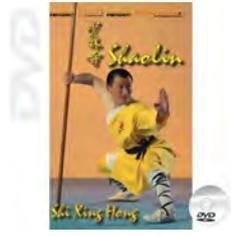
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DVD Wu Shu

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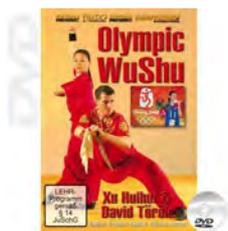
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## DVD Wing Chun

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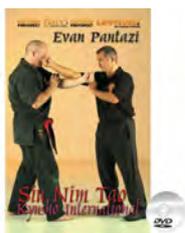
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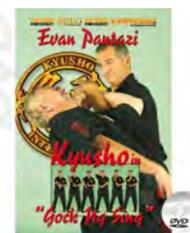
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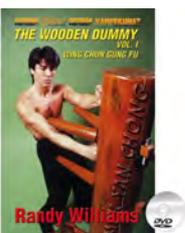
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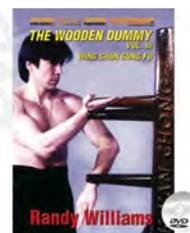
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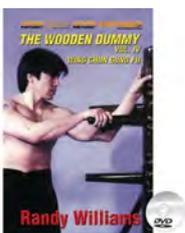
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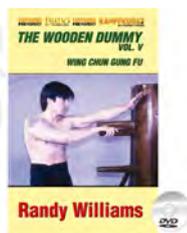
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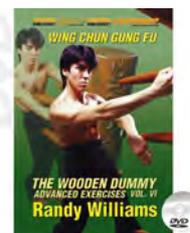
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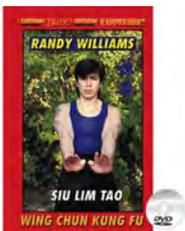
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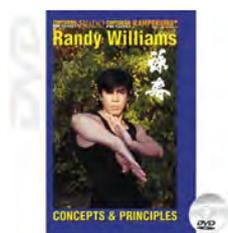
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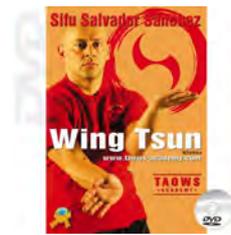
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DVD WingTsun Combat Program  
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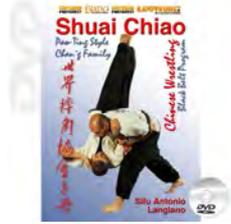
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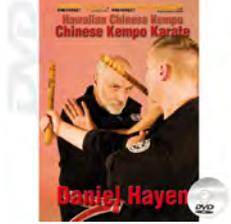
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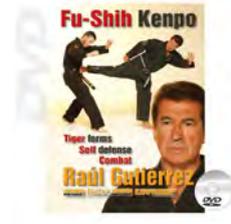
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DVD Shuai Chiao Black Belt Program  
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DVD Chinese Kempo Karate  
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DVD Fu Shih Kenpo Vol.2 Tiger Forms & Self Defense  
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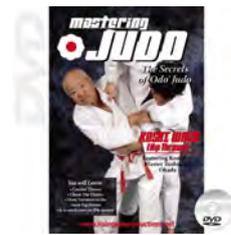
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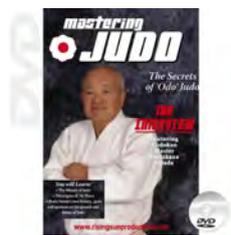
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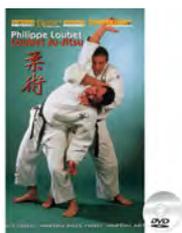
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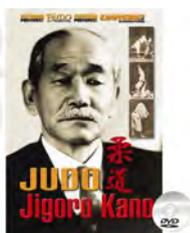
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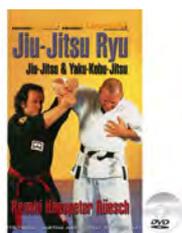
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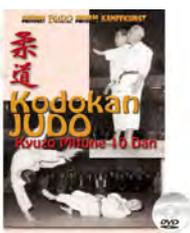
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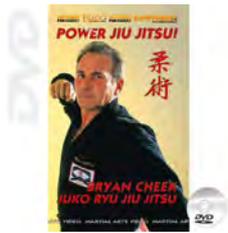
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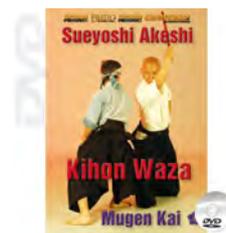
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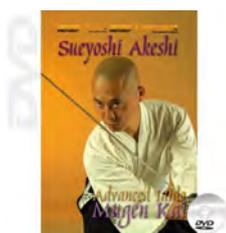
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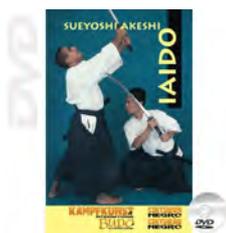
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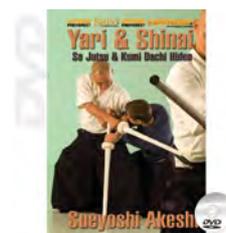
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## DVD Karate

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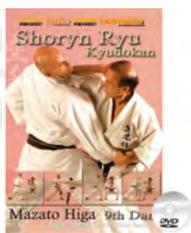
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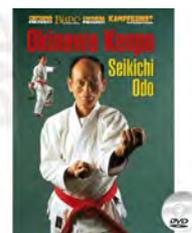
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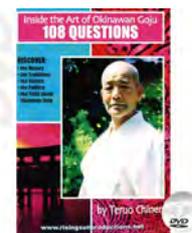
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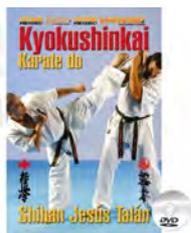
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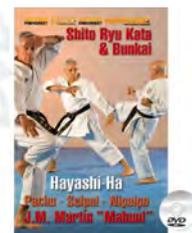
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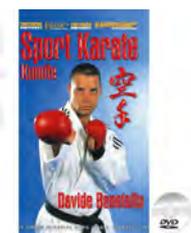
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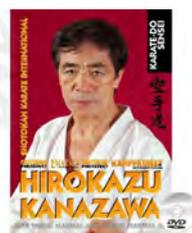
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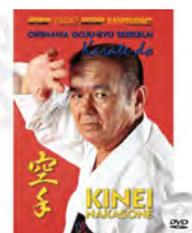
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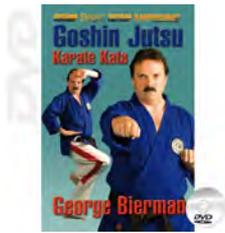
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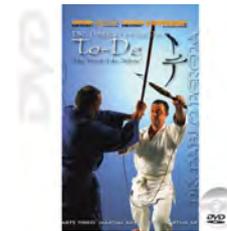
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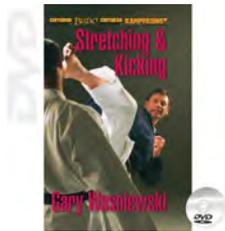
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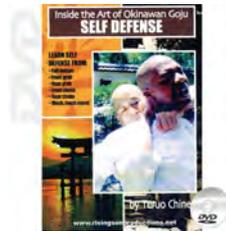
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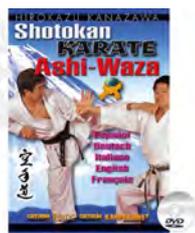
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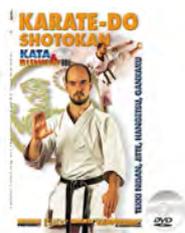
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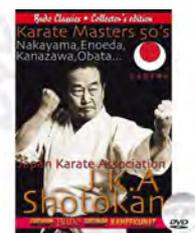
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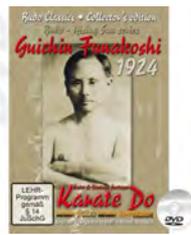
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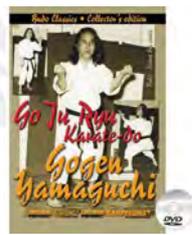
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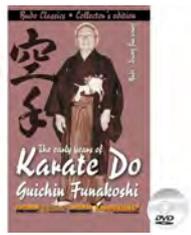
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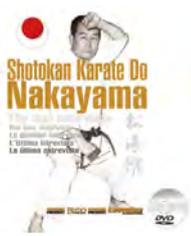
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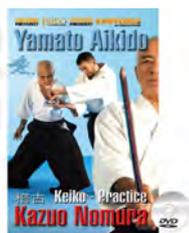
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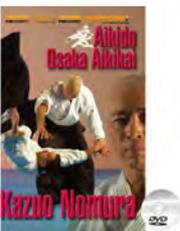
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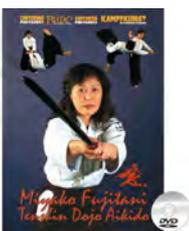
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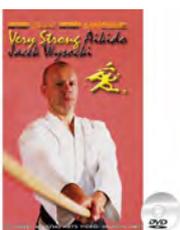
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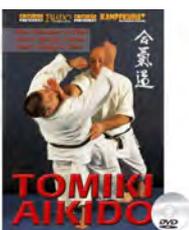
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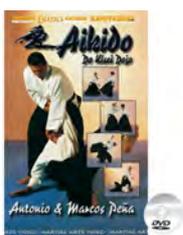
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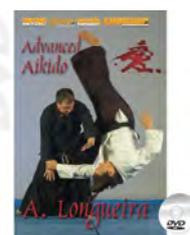
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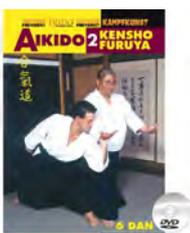
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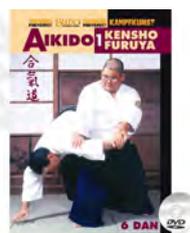
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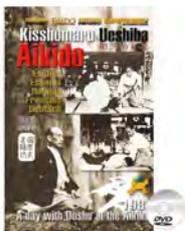
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Ref. DVD/YAMA2  
Price Inc. Tax.....22,00 EUR



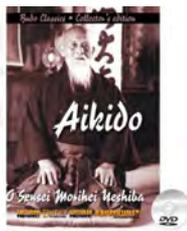
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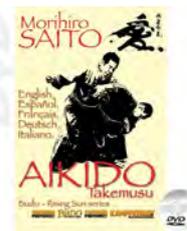
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DVD Aikido Kisshomaru Ueshiba  
Interview & Technique  
Ref. DVD/KISHO  
Price Inc. Tax.....22,00 EUR



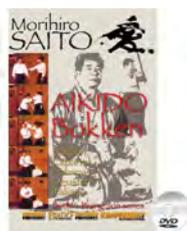
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Ref. DVD/BC2  
Price Inc. Tax.....22,00 EUR



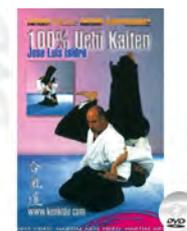
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Ref. DVD/BC11  
Price Inc. Tax.....22,00 EUR



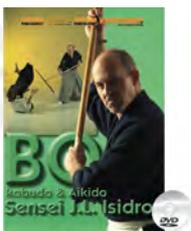
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Ref. DVD/BC10  
Price Inc. Tax.....22,00 EUR



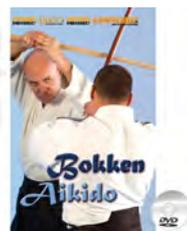
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Ref. DVD/BC7  
Price Inc. Tax.....22,00 EUR



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



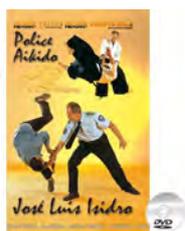
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Ref. DVD/AKIS6  
Price Inc. Tax.....22,00 EUR



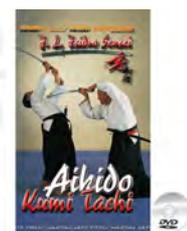
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Ref. DVD/AKIS10  
Price Inc. Tax.....22,00 EUR



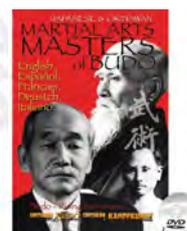
DVD Aikido 100% Kokkyu Nage  
Ref. DVD/AKIS1  
Price Inc. Tax.....22,00 EUR



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



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



DVD Classic Martial Arts Masters of  
Budo Japan & Okinawa  
Ref. DVD/BC8  
Price Inc. Tax.....22,00 EUR

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## DVD Aikido



DVD Aikido Ni-To Ichi  
Ref. DVD/AKIS8  
Price Inc. Tax.....22,00 EUR

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## DVD Kobudo

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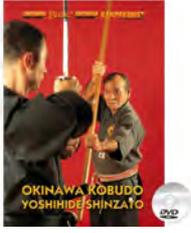
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DVD Kobudo



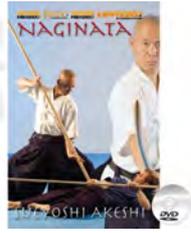
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Ref. DVD/KOBU2  
Price Inc. Tax.....22,00 EUR



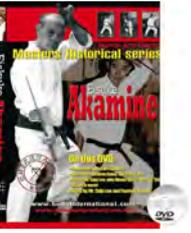
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Karate-do  
Ref. DVD/KOBU1  
Price Inc. Tax.....22,00 EUR



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



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



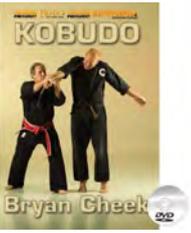
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Price Inc. Tax.....22,00 EUR



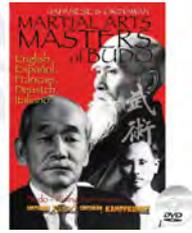
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Ref. DVD/BC17  
Price Inc. Tax.....22,00 EUR



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



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



DVD Classic Martial Arts Masters of  
Budo Japan & Okinawa  
Ref. DVD/BC8  
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## DVD Ninjutsu

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DVD Ninjutsu



DVD Bujinkan Budo Tai Jitsu  
Ref. DVD/FLE1  
Price Inc. Tax.....22,00 EUR



DVD Japan Ninjutsu Shinobiken  
Ref. DVD/JH5  
Price Inc. Tax.....22,00 EUR



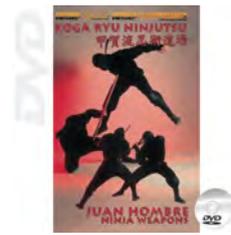
DVD Bujinkan Dojo Taijitsu Taikai Vol 1  
Ref. DVD/HATSU1  
Price Inc. Tax.....22,00 EUR



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



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



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



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

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## DVD Other Styles Japan

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DVD Other Styles Japan



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



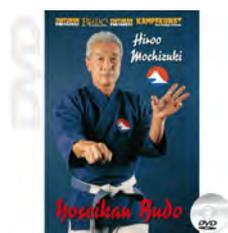
DVD Advanced Kendo  
Ref. DVD/KENDO2  
Price Inc. Tax.....22,00 EUR



DVD Yoseikan Budo complete course  
Ref. DVD/HIRO3  
Price Inc. Tax.....22,00 EUR



DVD Aiki Yoseikan Budo  
Ref. DVD/HIRO2  
Price Inc. Tax.....22,00 EUR



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



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



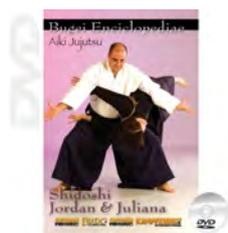
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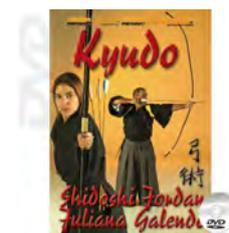
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Price Inc. Tax.....22,00 EUR



DVD Bugei Aiki Jujutsu Vol2  
Ref. DVD/EBUGE16  
Price Inc. Tax.....22,00 EUR



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



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

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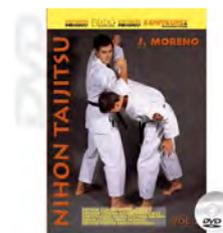
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DVD Yari and Shinai  
Ref. DVD/IAIDO6  
Price Inc. Tax.....22,00 EUR



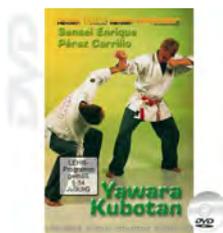
DVD Nihon Taijitsu Vol 1 Defense  
against Front Grabs  
Ref. DVD/NT1  
Price Inc. Tax.....22,00 EUR



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



DVD Yawara Jitsu  
Ref. DVD/YAW  
Price Inc. Tax.....22,00 EUR



DVD Yawara Kubotan  
Ref. DVD/YAW2  
Price Inc. Tax.....22,00 EUR



DVD Kempo Jutsu  
Ref. DVD/KIMO  
Price Inc. Tax.....22,00 EUR



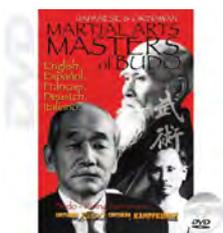
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Ref. DVD/SASHU  
Price Inc. Tax.....22,00 EUR



DVD Bugei Aiki-Jujutsu  
Ref. DVD/EBUGEI2  
Price Inc. Tax.....22,00 EUR



DVD Bugei Ogawa Ryu  
Ref. DVD/BUGE1  
Price Inc. Tax.....22,00 EUR



DVD Classic Martial Arts Masters of  
Budo Japan & Okinawa  
Ref. DVD/BC8  
Price Inc. Tax.....22,00 EUR



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



DVD Genbukan Ninpo Bugei  
Ref. DVD/VERME1  
Price Inc. Tax.....22,00 EUR

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DVD Other Styles Japan



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



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

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## DVD Kyusho Jitsu

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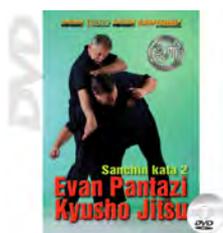
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**DVD Kyusho Jitsu**



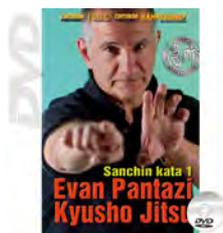
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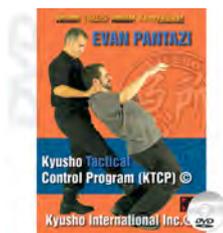
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Ref. DVD/KYUSHO25  
Price Inc. Tax.....22,00 EUR



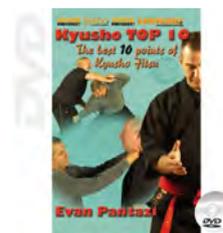
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Ref. DVD/KYUSHO24  
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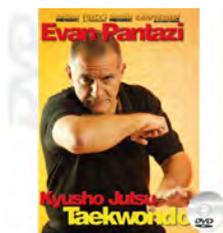
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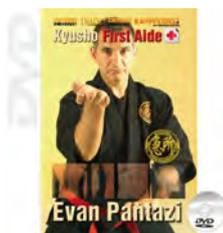
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Ref. DVD/KYUSHO22  
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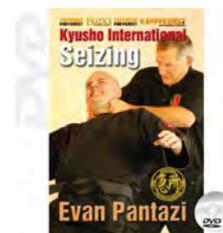
DVD Kyusho Jitsu Kyusho Top 10 Points  
Ref. DVD/KYUSHO15  
Price Inc. Tax.....22,00 EUR



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



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



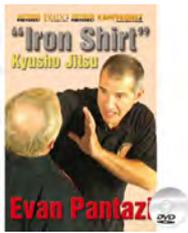
DVD Kyusho Compressions  
Ref. DVD/KYUSHO16  
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DVD Kyusho Gock'Ng 'Sing  
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DVD Kyusho Jitsu



DVD Kyusho Jitsu The Iron Shirt  
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Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu in Forms Siu Nim Tao  
Ref. DVD/KYUSHO12  
Price Inc. Tax.....22,00 EUR



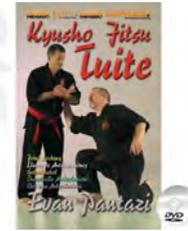
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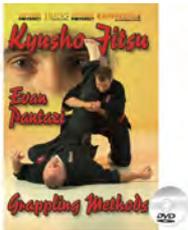
DVD Kyusho Jitsu Points for Sex Enhancement  
Ref. DVD/KYUSHO10  
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Knife Attacks  
Ref. DVD/KYUSHO9  
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Tuite Joint Locking  
Ref. DVD/KYUSHO8  
Price Inc. Tax.....22,00 EUR



DVD Kyusho Jitsu Grappling Methods  
Ref. DVD/KYUSHO7  
Price Inc. Tax.....22,00 EUR



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



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



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



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



DVD Kyusho Jitsu Points on the Arms  
Ref. DVD/KYUSHO2  
Price Inc. Tax.....22,00 EUR

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DVD Kyusho Jitsu Vol 1  
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Price Inc. Tax.....22,00 EUR



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

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## DVD Brazilian Jiu-Jitsu

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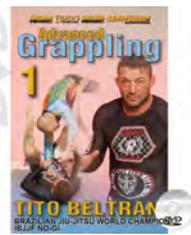
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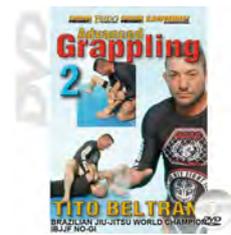
DVD Brazilian Jiu-Jitsu



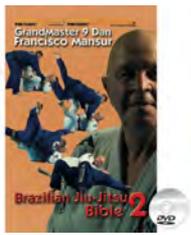
DVD Brazilian Jiu Jitsu Ultimate Competition Techniques 1  
Ref. DVD/FABRI1  
Price Inc. Tax.....22,00 EUR



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



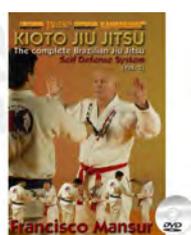
DVD Vacirca Jiu Jitsu Self Defense  
Ref. DVD/VACIR5  
Price Inc. Tax.....22,00 EUR



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



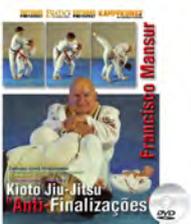
DVD Gracie Jiu Jitsu Submissions, escapes and Self Defense  
Ref. DVD/GRACIE2  
Price Inc. Tax.....22,00 EUR



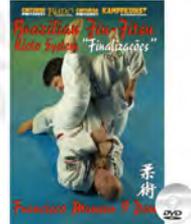
DVD Kioto Jiu-Jitsu Self Defense Vol 2  
Ref. DVD/MANSUR5  
Price Inc. Tax.....22,00 EUR



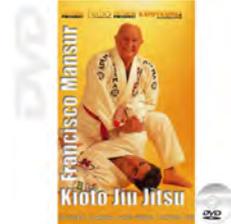
DVD Kioto Jiu-Jitsu Self Defense Vol 1  
Ref. DVD/MANSUR4  
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Brazilian Jiu-Jitsu



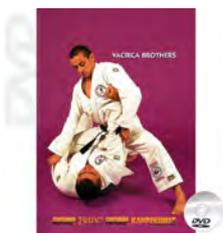
DVD Brazilian Jiu Jitsu White to Blue Belt Program  
Ref. DVD/VACIR4  
Price Inc. Tax.....22,00 EUR



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  
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DVD Brazilian Jiu Jitsu Advanced Techniques Vol 1  
Ref. DVD/REGO4  
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DVD Brazilian Jiu Jitsu The Guard position  
Ref. DVD/REGO3  
Price Inc. Tax.....22,00 EUR



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



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



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

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## DVD Capoeira

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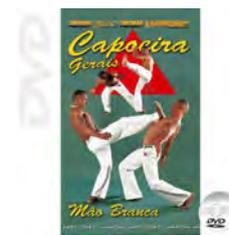
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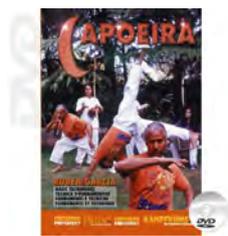
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 Ref. DVD/CAP3  
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DVD Capoeira Gerais  
 Ref. DVD/CAP2  
 Price Inc. Tax.....22,00 EUR



DVD Capoeira  
 Ref. DVD/CAP1  
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## DVD Kali Arnis Eskrima

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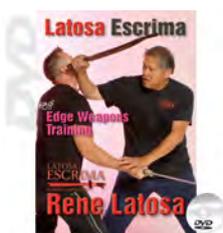
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DVD Kali Arnis Eskrima



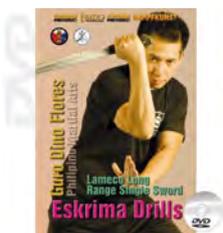
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Ref. DVD/LAT3  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



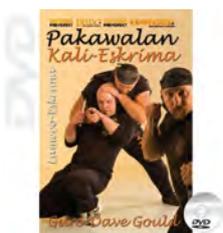
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Ref. DVD/STROEV1  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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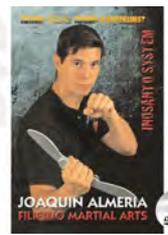
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Price Inc. Tax.....22,00 EUR



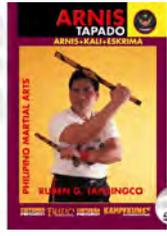
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Price Inc. Tax.....22,00 EUR



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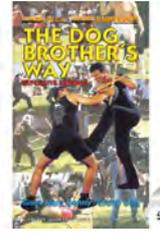
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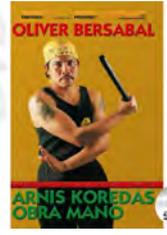
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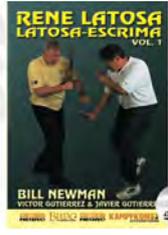
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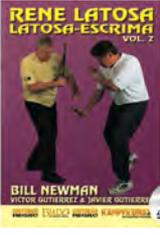
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Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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

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DVD Staff and Cane



DVD La Canne de Combat Combat Cane  
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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DVD Nunchaku



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



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



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



DVD Artistic & Combat Nunchaku  
 Ref. DVD/SCHM  
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DVD Nunchaku  
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## DVD Other Weapons

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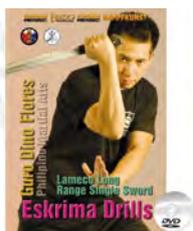
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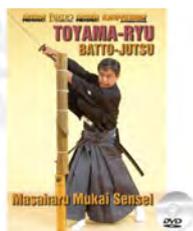
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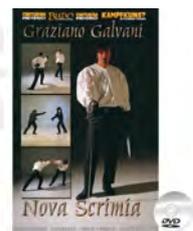
**DVD Other Weapons**



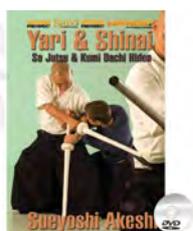
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Price Inc. Tax.....22,00 EUR



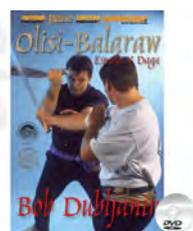
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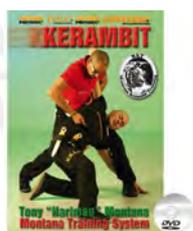
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DVD Yari and Shinai  
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Price Inc. Tax.....22,00 EUR



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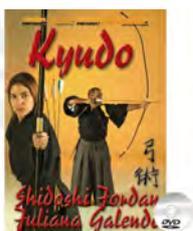
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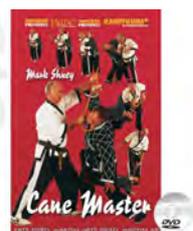
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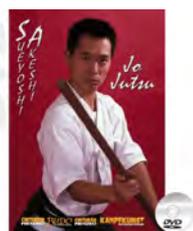
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Price Inc. Tax.....22,00 EUR



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



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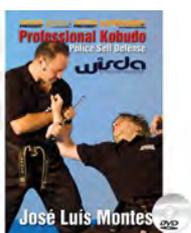
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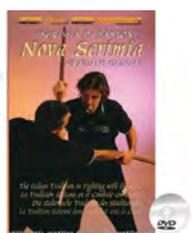
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DVD Other Weapons



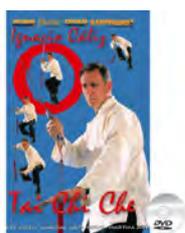
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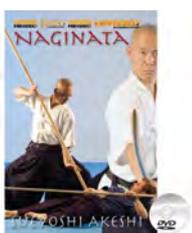
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DVD Tai Chi Che Sword  
Ref. DVD/TAI3  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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

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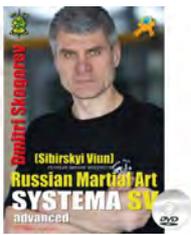
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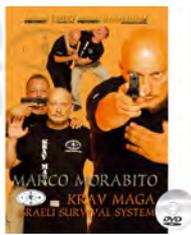
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DVD Pro, Military, Police



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



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



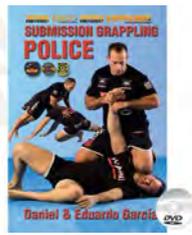
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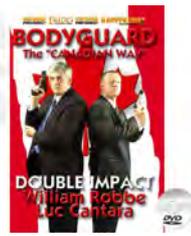
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Price Inc. Tax.....22,00 EUR



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



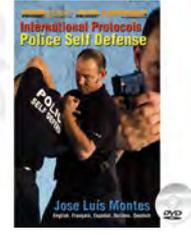
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Price Inc. Tax.....22,00 EUR



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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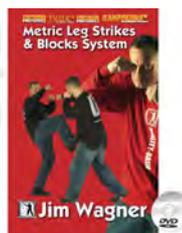
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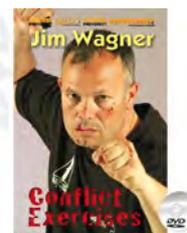
DVD Pro, Military, Police



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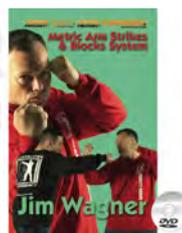
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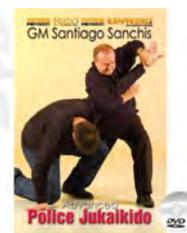
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DVD Police Jukaikido  
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DVD Metric Arm Strikes & Blocks System  
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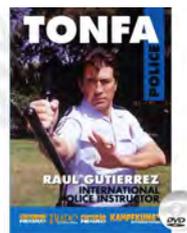
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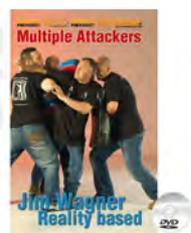
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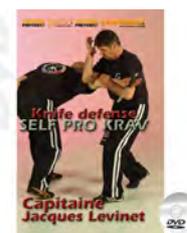
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Ref. DVD/TON1  
Price Inc. Tax.....22,00 EUR



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



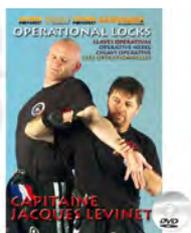
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Price Inc. Tax.....22,00 EUR



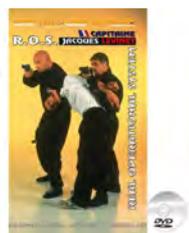
DVD Self Pro Krav Knife Defense  
Ref. DVD/LEVI5  
Price Inc. Tax.....22,00 EUR

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DVD Pro, Military, Police



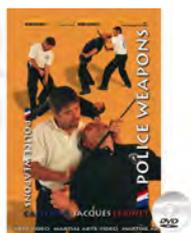
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Ref. DVD/LEVI4  
Price Inc. Tax.....22,00 EUR



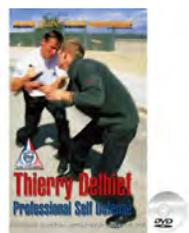
DVD ROS Real Operational System  
Ref. DVD/LEVI3  
Price Inc. Tax.....22,00 EUR



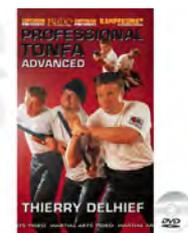
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Price Inc. Tax.....22,00 EUR



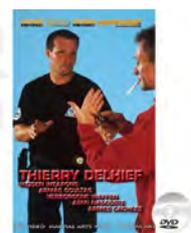
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Price Inc. Tax.....22,00 EUR



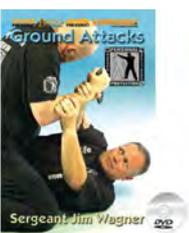
DVD Professional Self Defense  
Ref. DVD/DEL1  
Price Inc. Tax.....22,00 EUR



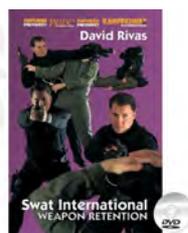
DVD Advanced Professional Tonfa  
Ref. DVD/DEL2  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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

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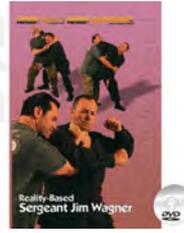
DVD Pro, Military, Police



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



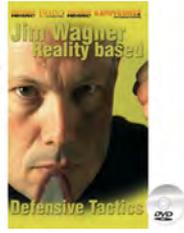
DVD Kokkar Especial Combat Black Cobra II Vol 1  
Ref. DVD/OMAR2  
Price Inc. Tax.....22,00 EUR



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



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



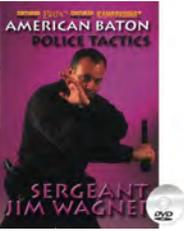
DVD Reality Based Defensive Tactics  
Ref. DVD/SARG6  
Price Inc. Tax.....22,00 EUR



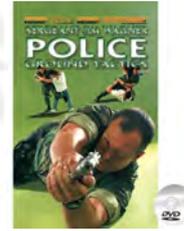
DVD Reality Based Training with Air Guns  
Ref. DVD/SARG7  
Price Inc. Tax.....22,00 EUR



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



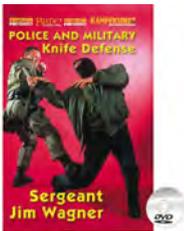
DVD Reality Based American Baton Police Tactics  
Ref. DVD/SARG8  
Price Inc. Tax.....22,00 EUR



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



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



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



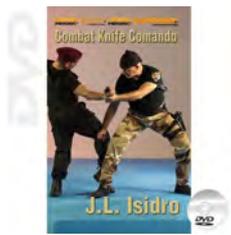
DVD Commando Combat Knife Assault  
Ref. DVD/JH1  
Price Inc. Tax.....22,00 EUR

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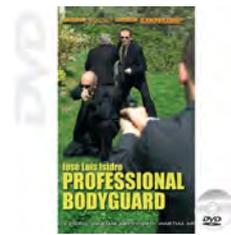
DVD Pro, Military, Police



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



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



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



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



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



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



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



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

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## DVD Krav Maga

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74/125

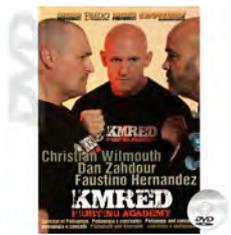
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DVD Krav Maga



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



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



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



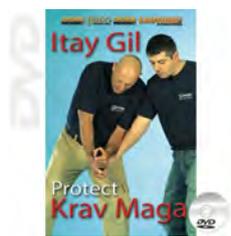
DVD Self Pro Krav Evolution  
Ref. DVD/LEVI8  
Price Inc. Tax.....22,00 EUR



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



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



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



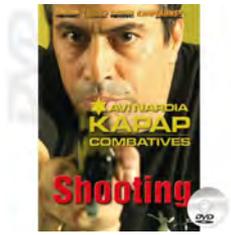
DVD Commando Krav Maga Urban  
Survival  
Ref. DVD/AIZIK4  
Price Inc. Tax.....22,00 EUR



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

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DVD Krav Maga



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



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



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



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



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



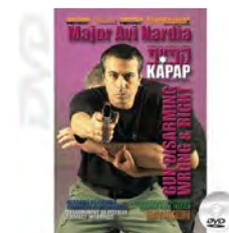
DVD IDS Krav Maga The Will to Survive  
Ref. DVD/IDS2  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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

TITLES ARE AVAILABLE IN DVD FORMAT AND VIDEO ON INSTANT DOWNLOAD (mp4)

DVD Krav Maga



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



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



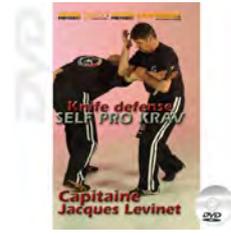
DVD Original Krav Maga Blue Belt  
program Vol2  
Ref. DVD/YARON3  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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

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## DVD Systema

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78/125

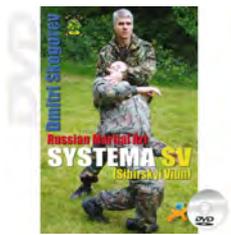
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DVD Systema



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



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



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



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



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



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

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## DVD Knife Fighting

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80/125

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DVD Knife Fighting



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



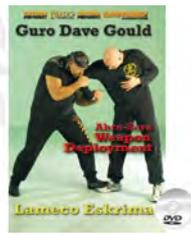
DVD Knife Tactical Response CSSD  
Ref. DVD/FRANK1  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



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



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



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

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## DVD Women´s Self Defense

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82/125

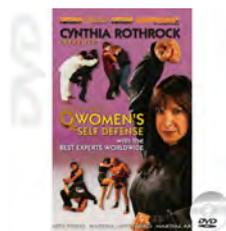
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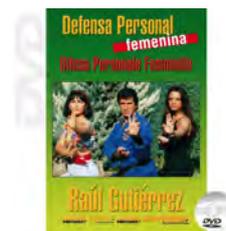
DVD Women's Self Defense



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



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



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

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## DVD Other Self Defense Styles

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84/125

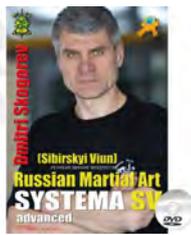
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**DVD Other Self Defense Styles**



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



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



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



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



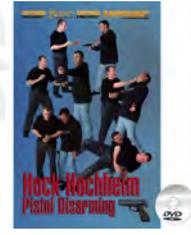
DVD Russian Systema, Disarm  
techniques  
Ref. DVD/SYSTEMA2  
Price Inc. Tax.....22,00 EUR



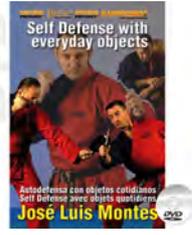
DVD SOG Close Combat Vol 6  
Ref. DVD/SOG6  
Price Inc. Tax.....22,00 EUR



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



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



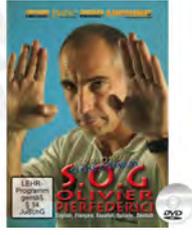
DVD Self Defense with everyday objects  
Ref. DVD/MONTES3  
Price Inc. Tax.....22,00 EUR



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



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



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

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DVD Other Self Defense Styles



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



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



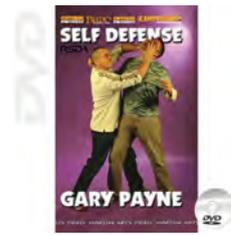
DVD SOG Close Combat Vol 1  
Ref. DVD/SOG  
Price Inc. Tax.....22,00 EUR



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



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



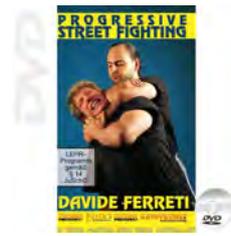
DVD Realistic Self Defense Vol 1  
Ref. DVD/PAYNE  
Price Inc. Tax.....22,00 EUR



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



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



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



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



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



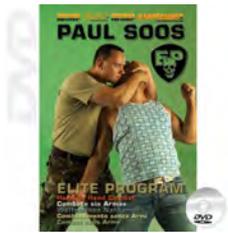
DVD Close Combat Vol 1  
Ref. DVD/MALTE2  
Price Inc. Tax.....22,00 EUR

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DVD Other Self Defense Styles



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



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



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

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DVD Jeet Kune Do

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88/125

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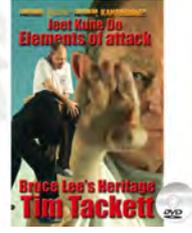
DVD Jeet Kune Do



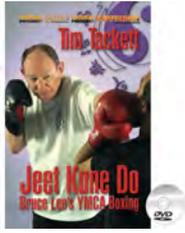
DVD Bruce Lee in Memoriam  
Documentary  
Ref. DVD/BL  
Price Inc. Tax.....22,00 EUR



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



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



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



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



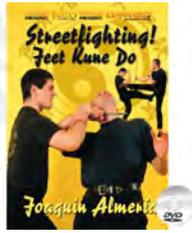
DVD Jun Fan Jeet Kune Do Vol 1  
Ref. DVD/JKDTIM  
Price Inc. Tax.....22,00 EUR



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



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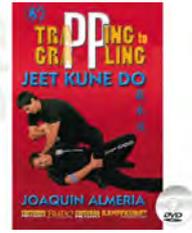
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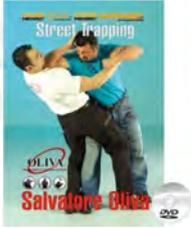
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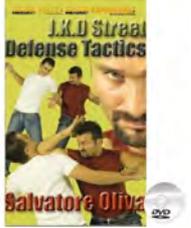
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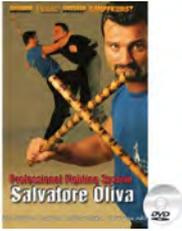
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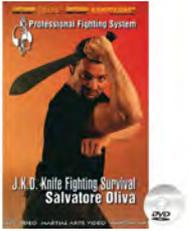
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DVD JKD Professional Fighting System  
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DVD JKD Knife Fighting Survival  
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DVD JKD Street Safe  
Ref. DVD/SALVA  
Price Inc. Tax.....22,00 EUR



DVD JKD Seal Program Hand to Hand  
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Ref. DVD/FAR1  
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DVD Kenpo

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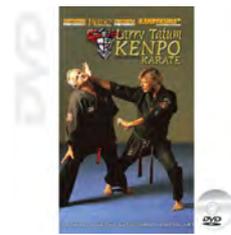
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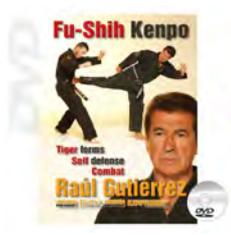
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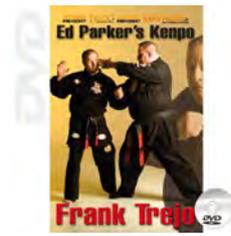
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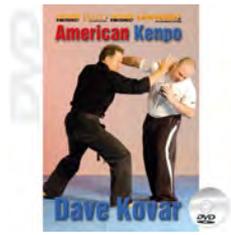
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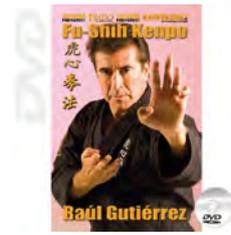
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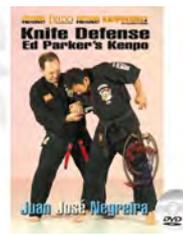
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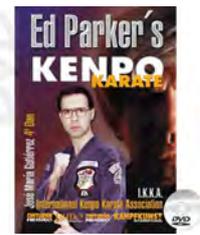
DVD Kenpo



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

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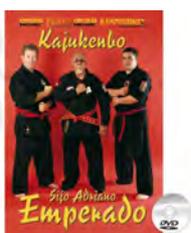
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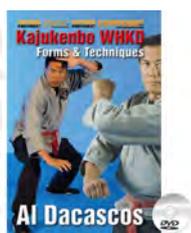
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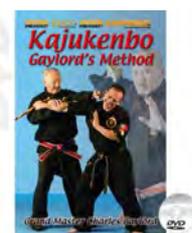
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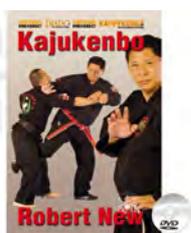
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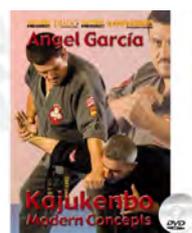
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## DVD Martial Arts Vietnam

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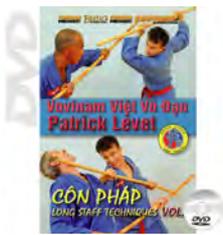
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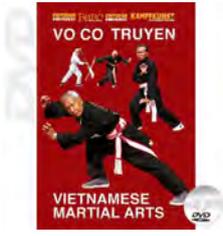
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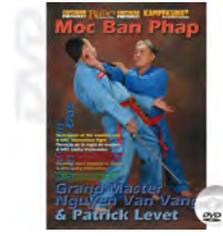
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DVD Viet Vo Dao Phan Don Counter Techniques  
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Price Inc. Tax.....22,00 EUR



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Ref. DVD/VIET3  
Price Inc. Tax.....22,00 EUR



DVD Vovinam Viet Vo Dao Vol 2  
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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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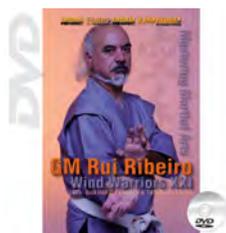
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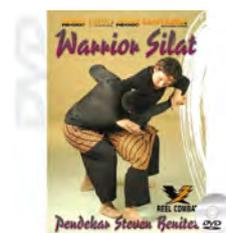
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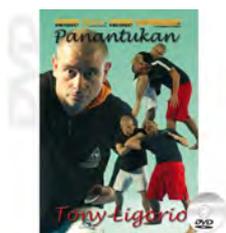
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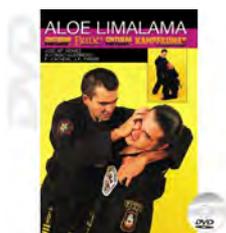
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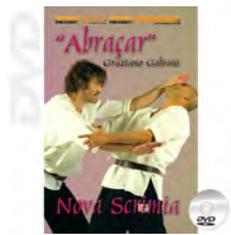
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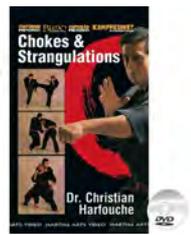
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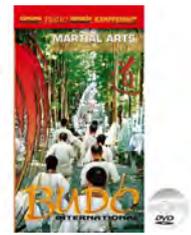
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DVD Martial Arts The Way of the Warrior  
Documentary  
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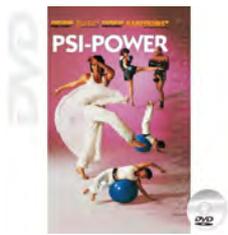
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Ref. DVD/GERMAN1  
Price Inc. Tax.....22,00 EUR



DVD Pencak Silat  
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DVD Pukulan Pencak Silat Serak.  
Weapons  
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## DVD Pencak Silat

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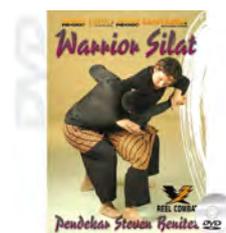
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DVD Warrior Silat  
Ref. DVD/WSILAT  
Price Inc. Tax.....22,00 EUR



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



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



DVD Pencak Silat  
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## DVD Tae Kwon Do

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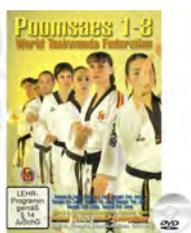
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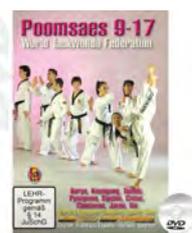
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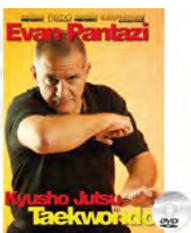
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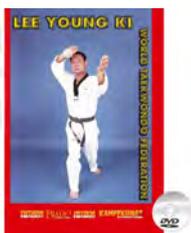
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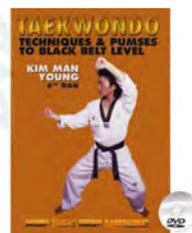
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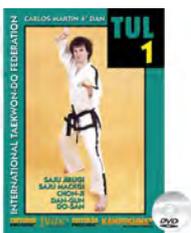
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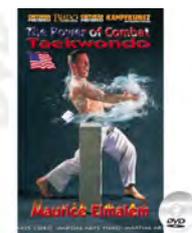
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DVD Taekwondo ITF Leg Techniques  
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DVD The Power of Combat Taekwondo  
Ref. DVD/MAURI  
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DVD Taekwondo Fighting Secrets  
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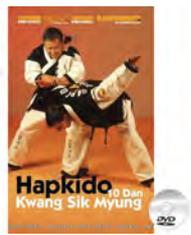
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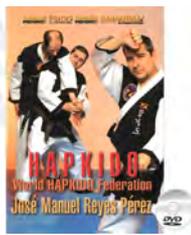
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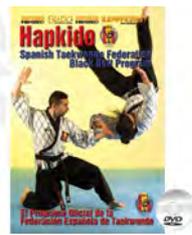
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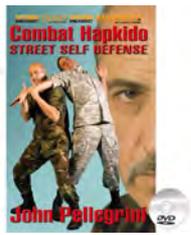
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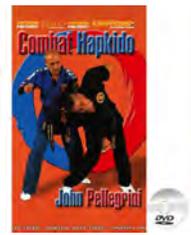
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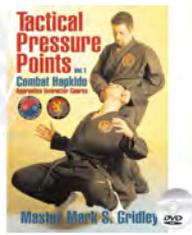
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DVD Combat Hapkido  
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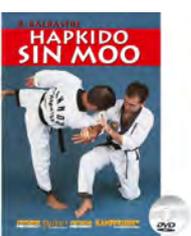
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Price Inc. Tax.....22,00 EUR



DVD Sin Moo Hapkido  
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## DVD Other Styles Korea

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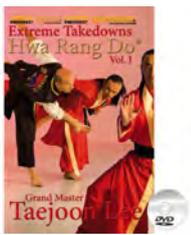
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Ref. DVD/HWA2  
Price Inc. Tax.....22,00 EUR



DVD Hwa Rang Do Knife Fighting  
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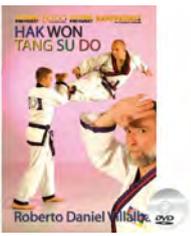
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## DVD Muay Thai

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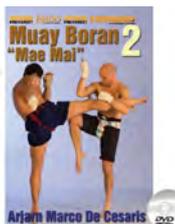
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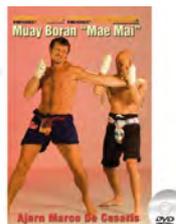
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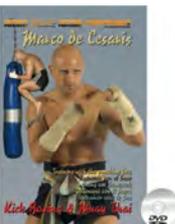
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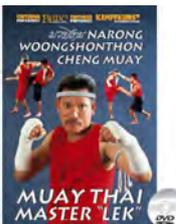
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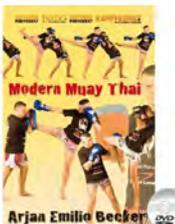
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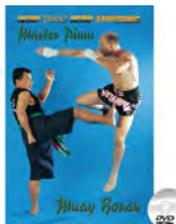
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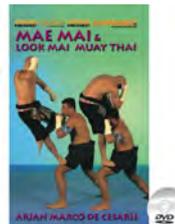
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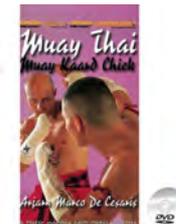
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DVD Mae Mai & Look Mai Muay Thai  
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DVD Muay Thai Boran Muay Kaard Chiek  
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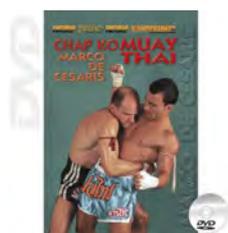
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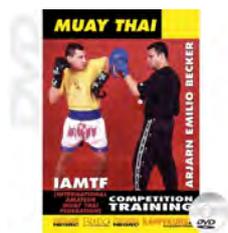
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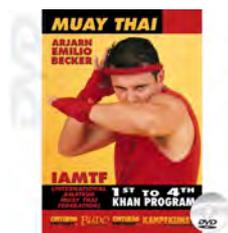
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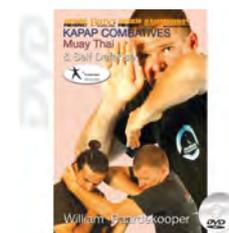
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Ref. DVD/EC1  
Price Inc. Tax.....22,00 EUR



DVD Kapap Combatives Muay Thai Self Defense  
Ref. DVD/MUAYKAP  
Price Inc. Tax.....22,00 EUR

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## DVD Kick Boxing

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**DVD Kick Boxing**



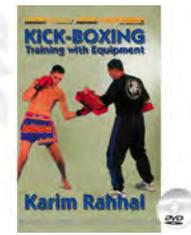
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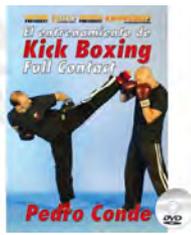
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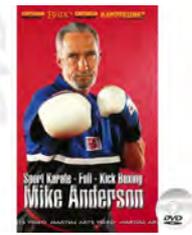
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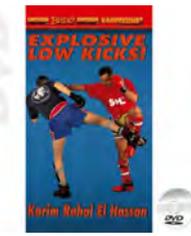
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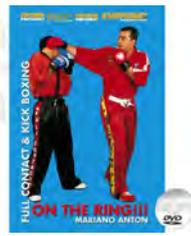
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Price Inc. Tax.....22,00 EUR



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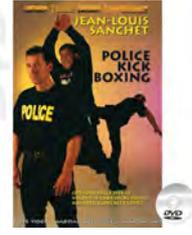
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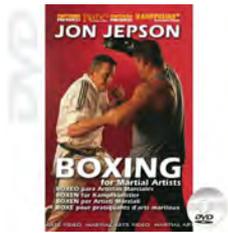
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## DVD Kick Boxing



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## DVD Grappling Wrestling

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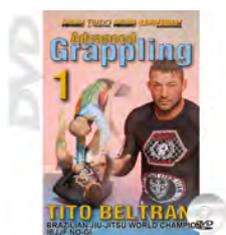
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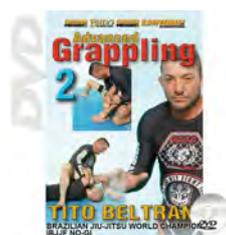
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## DVD Grappling Wrestling



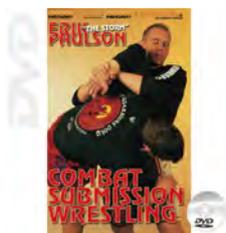
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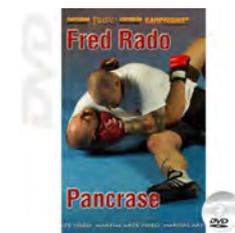
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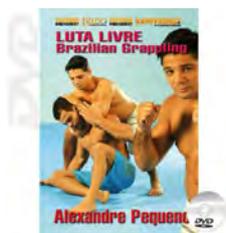
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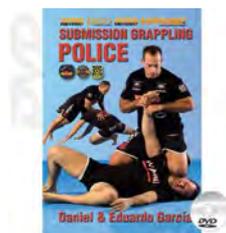
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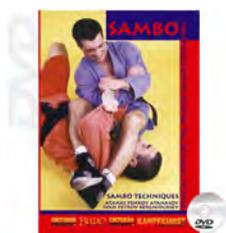
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Price Inc. Tax.....22,00 EUR



DVD Police Grappling  
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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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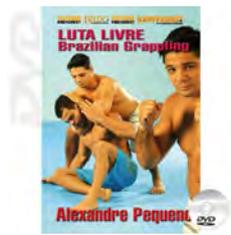
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**DVD MMA - Vale Tudo**



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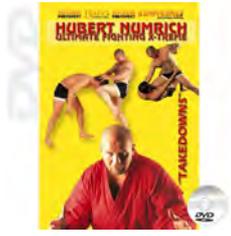
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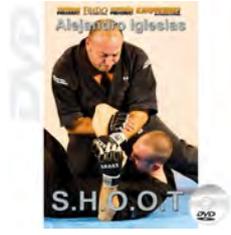
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DVD Shoot Vol3 Fighting Techniques  
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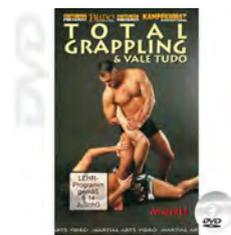
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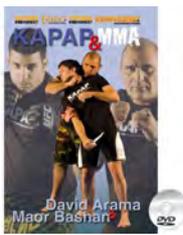
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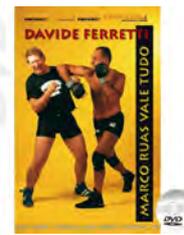
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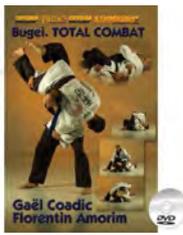
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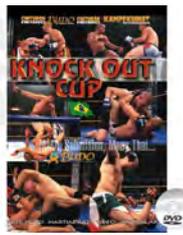
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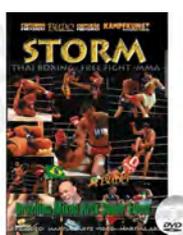
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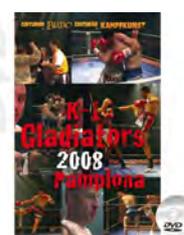
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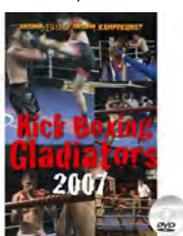
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DVD Storm Samurai Brazil MMA & Muay Thai  
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K-1 Gladiators Tournament 2008 Spain  
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DVD K-1 Gladiators Tournament 2007 Spain  
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## DVD Other Contact Sports

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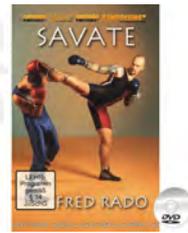
**DVD Other Contact Sports**



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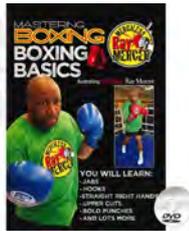
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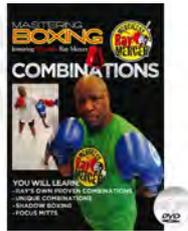
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DVD Total sparring Semi, light & Full Contact  
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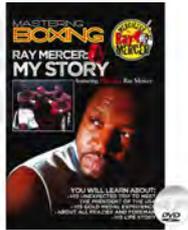
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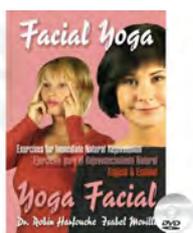
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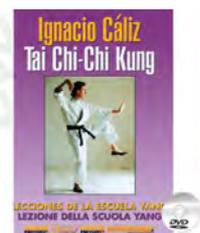
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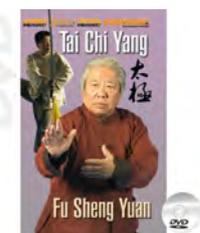
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