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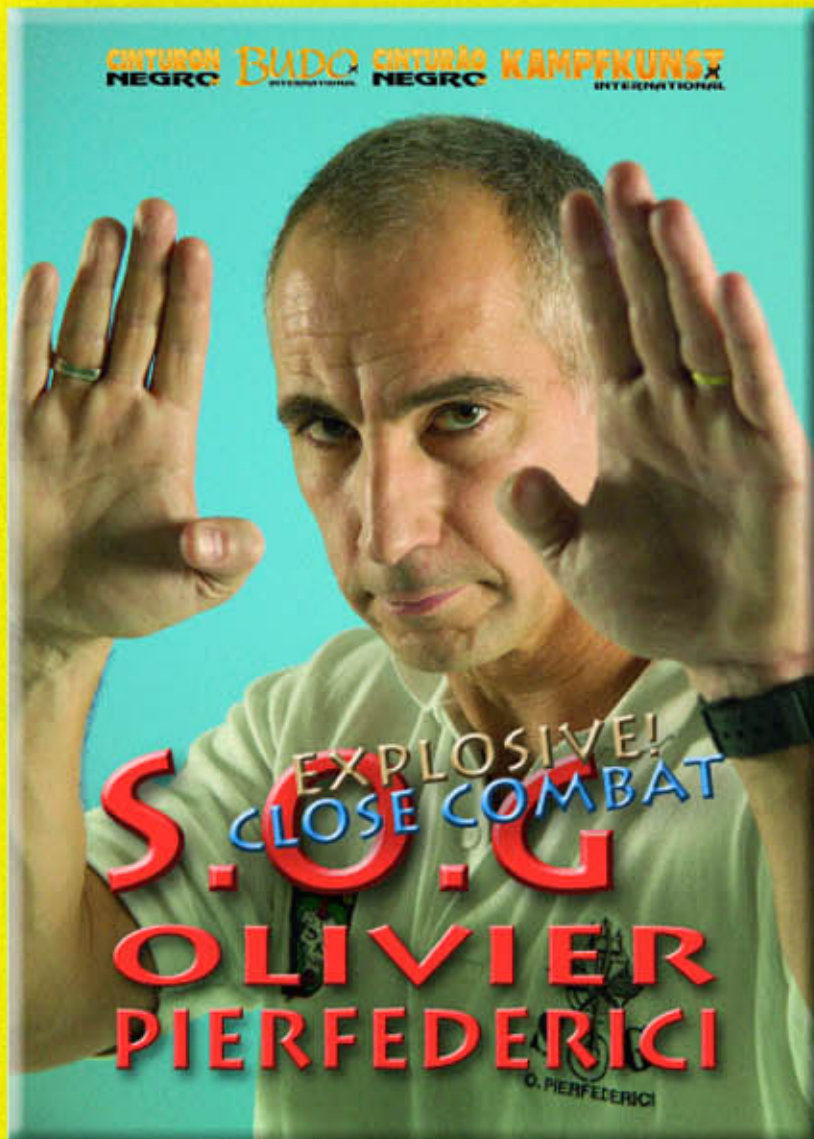
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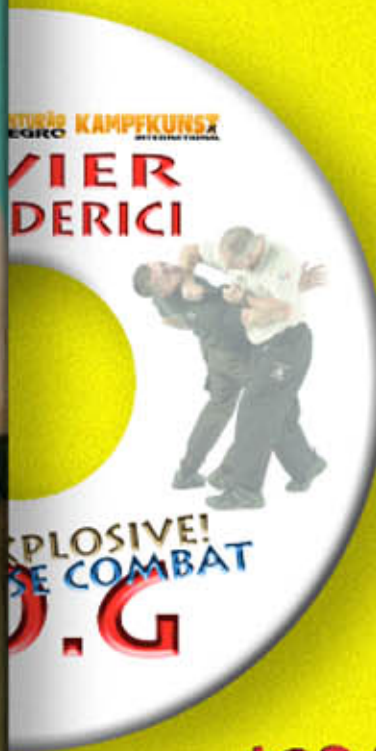
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Shaolin Temple

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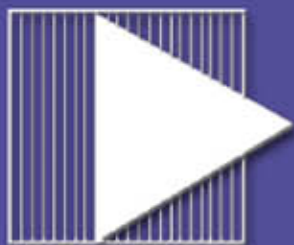
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X EDITORIAL

THE GREAT ORDER

"If in bullfighting death is present, but as an allied, as a life accomplice: death plays a walk-on part for life to be reinforced"
FERNANDO SAVATER

Few things, (if there is any left!), they place man facing the Truth in capital letters, as the bullfighting fiesta. Its intense force derives from multiple factors, among all of them presence of death is undoubtedly, not in a symbolic way but real the one what gives him the greatest power. Carlos Castaneda used to say it "everything that touches death, it has power". In the softened modern society, this is a heresy and it certainly causes a tremendous controversy.

Since Walt Disney killed Bambi's mom, the animals humanization has led to the depraved perception that animals are people, and since kids (and not few dads and moms ...) they think that chickens do not have feathers, since they have never had to sacrifice them in their life, therefore they afford the luxury and perversion to believe that in fact animals are human. They afford the luxury of practising the sentimentalism like one false universal kindness, which urges to consider the bullfighting people to be insensitive and evil ogres.

Such distancing from nature undoubtedly causes this foolish act, and if I am obliged to write this editorial, it is because I am convinced that among the most expert martial artists, the shade of such "sin" has managed to contaminate them.

It is normal! Who is able to get way from fear? Pressure is very high and direct and subliminal messages are constant in this direction; hence one must do a conscience effort, not to lose the center in such an important matter, especially if one is devoted to the Martial Arts, especially if one wants to remain in line with Tao. Because what is Tao, but the great Universal Order?

The Universal Order unwritten laws dictate that in order for something to live, something must die. Be a lettuce, an animal, a person, an amoeba or a chive, or whatever you like choosing, any life is supported on death. Soil itself is the result of an organic decomposed products mixed along with minerals. Death is not an option it is just a step in the life cycle. Hence I think it seems fair and necessary to say that someone incapable of killing an animal, should not have the right to eat them. Those who would not do it because of weakness, at least they will be coherent, but they will not place themselves outside the Order. On the other hand if such choice is the result of moral rules, I must deny the major one, since life is such for a juicy cucumber, as it is for a fighting bull. The difference lies exclusively in the evolutionary state of the

species, and as a consequence in its concentrated energy level; but for the "goodies" the difference lies in the animal sensitivity "Poor ill-treated little bulls...Tortured!" So they say in their infinite humanizing audacity.

The fighting bull is the only livestock that lives a natural and magnificent life. For five years, almost half of his living horizon, it lives freely, grazing the pastures, getting stronger, fighting against its equals for the privilege in the herd and copulating. A species which nutritive value is low compared with other bovine crossbreeds, and whose only reason for being, is showing his bravery in the "Fiesta" and finally to die fighting in a bullfighting ring. A life like that, for only 10 minutes in which it will be tested ..., for ten minutes in which it will extract all its bravery, or whatever it has inside, making possible the magic and the Art of the richest and more complex spectacle that I know! I would sign up this offer, especially if compared with the fate of those of its kind which are kept in cow sheds, fed with cattle feed of shady origin, and later, electrocuted in those long industrial lines where they undoubtedly feel that their hour is coming, even long before it is their turn, since death always alert when it comes so planned.

For an average bull there is no exit, for a brave bull there is! In its immense universality and grandeur, in the "Fiesta", the brave bull can be pardoned and in fact is pardoned when it has impeccably fought. The public asks for its life and its wounds are cured to turn it into a stud. In bullfights, bulls are selected, the bull is the center of the "Fiesta" and its reason for being, and at the same time men test themselves, measure themselves and become stronger in the challenge.

Martial artists are devoted to an activity that deals with the idea of death. Without death, Martial Arts are nothing but dances, sports, exercises and customs without real power and transcendence for their great and last purpose: the individual's transformation and development of his conscience of harmony with everything. This is, undoubtedly, the same purpose of "Taurus magic." In the process, Art is a derived and natural product, not a goal by itself. When the "Big" thing appears in scene, aesthetics happens, not the other way around. As in the case of Budo, the physical mental and emotional demand are the highest ones for the protagonist who leads a life of training, effort, self control, and a continuous test for value, of his knowledge and wisdom of his attitude and impeccability.

For spectators and fans, bullfights have as many readings as point of views the individual

contemplating may have. However to all of them whatever horizon and perceptive level they may have, the experience is a constant reminder of the finite condition of their existence. The bull's death confirms it this way as well as the bullfighter's death possibility.

If we are softened, contaminated by the "buenismo", the "Fiesta" with its force and truth, always reminds us that we are actually placed outside the natural Order. As brave and pagan festival that it is, the "fiesta" was not made to proclaim man's "pity", but to remind him the Great Order's power and its omnipotent and silenced laws before like it or not he is subjected to. On his side, the other laws, those of mankind have the same vigor strength and permanency that a garden would have in front of the jungle.

We are all bulls for some things and bullfighters for others. We are bulls as time goes by, in "the lucks" bullfighting. The bull is the warrior's symbol, the pure masculine principle: Yang. As him, we leave the dark stomach of the barnyard towards the blinding light of life, with its bustle, its potagonists and extras; at the beginning we go out with strength, a strength that the life moderates for us in different "lucks."

Bravery is measured in the horse, when the lunge is strong even and constant. As the bull, deep down, we are the ones who place the sticks on us, the more we push, the more they plunge. The bull meets the horse against his favorite spot, that is to say, rightly opposite to the point by which it enters the square, the eventual escape point if the meekness presses. The powerful bull follows his nature and it charges against the moving bundle; it looks for it with force, intention, and boldness: "humiliating" that is to say, with the mouth touching the ground, using and showing only his horns, in a firm way, without noddings and charging straight, "by the front and by the right." The warrior makes an effort this way and he drives with rectitude, dedication and nobility. The bull is placed in certain positions by using the decorated barbed sticks - banderillas-, teaching it that whenever it charges against the human body it gets punished. Ready for the small red cape task, hand to hand with the "Master", wounded and tired it will take out whatever it has inside, with the fierceness that praises him. When its force has been emptied in the task, the bullfighter will set the rapier, the sword, and he will get ready for "the supreme luck", "the moment of truth" so it is called in the taurine language and so it is in life. Bullfighters say that the moment comes and in certain occasions they perceive how the bull requests



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dying. In its last lunge, when the bull's death is well executed, the bones that allow the rapier to enter down to its heart open up for a fulminating death; in the "embrocating action" the sword moves toward the heart, as much as the heart toward the sword; the circle has closed.

We are also bullfighter for other things. For the obstacles we came up against in our path, as new bulls, we have to fight by giving the best within ourselves: Temperance, courage, fluency, and synchronizing skills to make the best recipe with the ingredients life provides us with, in each occasion. Illnesses, experiences, ventures; some bulls are easier, others are more difficult, but we should always fight them and kill them, completing the cycle of each one of them with the biggest impeccability and precise measure. In the performance, we will allow to see our style and conditions, making everyone to notice the distinctive and only nature of each one of us, but always watched over by the bull fighting rings god: the public that will reward our successes and it will punish our mistakes. The bullfighter must be wise and artful, to study his enemy, to test it, and to finally win it for him during the three Art stages: To stop, to temper and to lead. Without any harsh remark, gently, as it is belongs to the Yin that represents, he will subdue the gross force, breaking the straightness of his charge in a series of spirals that close little by little to such an extent that he will finally give exit to the bull, with the chest pass. With the reason from the right, with the intuition from the left, he will do it on both sides; to test the bull, to text himself. Once the bull is fought, he must kill it, as well as we do, once something is finished we must come off it; nothing can remain for ever. The good bullfighter knows how to choose the moment of indifference, giving the fair passes to each bull. In the embrocating action, this is the only time in good fight that a bullfighter moves toward the bull, because the bullfighter is the symbol of the feminine thing, of the hole that should be filled, of the center around which life goes round. That's why he dresses as a woman, as a dancer, he is the young teenager that should conquer his manliness, the Mediterranean town's initiation test, hence his prize consist of both ears and the bull's tail (Ears, kidneys, testicles, the tail equals the penis). With this short apology about the taurine, (a thousand things remained unsaid about such a rich world, full of nuances) I just want to point out that the strength of this "fiesta" is intimately together with the strength of a brave society. A society that rewards the value and effort of its individuals, reminding us all, protagonists and spectators, those things that they made us a strong and predominant species. Since weakness and physical and spiritual decadence of our societies is an unquestioned true, I want to stick up for it, because it is still the living symbol, the unequivocal sample of the grandiose potential that inhabits us, especially in the heart of those that really walk by the warrior's road. When I say decadence, I just don't limit myself to say it, I want it understood: The true function of culture is to cultivate the best within us; from that point of view, bullfights are culture in the very essence of its definition. The conflict becomes when what is considered "best" for society changes and it starts being different from that other vision, the one that made us strong and who we are, and it is substituted by a light and whiner version, a weak, sentimental, false-like and above all arrogant vision, because it seeks to correct nature, substituting the Universal law with mankind law.

When there is not match between the "natural Order" and the human order, the only possible result is decadence, because we are nothing but the consequence and product of the environment and the laws in which we are all inserted. A decadence that is pointed out with so much strength as big is the acrimony of some "well thinking" sectors that want to repress this unique and wonderful phenomenon.

I do not defend "La Fiesta", but mankind and the best inside him. I defend the bravery coming from it, I defend that we remember the great laws, not intellectually, but in a lived way; I defend that we are aware of our finite condition, in such a way as to take advantage of each moment, with the intensity of a moribund and the indifference of an immortal. I defend that a positive thing is rewarded and a negative thing is reprehended, I defend admiration for the one who deserves it, not for the fanciest one; I defend the strength and the deep emotion that bullfighting awake, patrimony of the best thing there is in the humanity, for the humanity itself, for its future, for its present.

It has already given me so many gifts, that all I have is eternal gratitude. Part of these gifts, Dear reader, I wanted to share them with you in this text. Ah, those who continue crying Bambi's mom death, they don't know what they are



MONI AIZIK



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Nowadays a huge number of people across the world are training in the fine art of grappling. Many train hard and some even compete. But they compete within a framework; they follow rules which allow technique, finesse and skill to shine. Victory is a paramount but you can go away and live with your defeat if necessary. They don't execute the loser anymore; in fact, they have not done so for a few thousand years. So you either go home happy or sad, but you get to go home. Even in "No Holds Bared" fighting there are prohibitions. You don't get to take a steak knife into the cage, again, wrong Century! So we all get to roll with each other, hurt each other a little, compete, maybe win, maybe lose but, accidents aside, we will not be traveling home in a body bag.

Very well-known and appreciated by our readers, Olivier Pierfederici returns to show up his last work in DVD "Explosive Close Combat" and he does so with an article in which he thinks about the warrior's qualities and attitudes. The warrior's reference as the legionary he has been, become obvious in an inspired and martial text that we are sure you will like.

S.O.G.



p. 24

UFC



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each other in a verbal combat in our pages: with you all, Anderson and Paulão

Considered among the best of the world, in the up-to-83Kg category, Anderson Silva (UFC champion) and Paulo Filho (Pride), had everything to reach in no time a collision route, in a possible belts unification of the two biggest world events champions, but because of their friendship, between them, thanks to Rodrigo Minotauro, a friend in common, they both reject such possibility. Since we won't be able to see them in combat at the ring, we have invited these two MMA geniuses, to make them face

TOQUINHO



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"¿My age ...Mr? 23, 24,..." Before the answer given by the purple belt who carried an old kimono in one hand and a rosary in the other and who had arrived to the general BTT barracks in search of an opportunity as well as so many others, the team leader Zé Mário Sperry realized that humble origin boy had something different to demonstrate so he decided to give him the opportunity to make a test with the graduated ones. Today, almost two years later from that test, the BTT leaders have no doubt in pointing out Toquinho as one of the main representatives of the team."

Zusammenfassung Sommaire Sumario



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BUDO INTERNATIONAL IN THE WORLD

Budo International is an international group that brings together the best companies in the whole world connected with martial arts. It is the only business in the world in the area of traditional combat arts that edits magazines specialized of this type in seven languages. These publications are in thirty eight nations on three continents. Some of the countries where Budo International Magazine can be acquired are: USA, Australia, United Kingdom, Germany, Austria, Argentina, Spain, France, Italy, Luxemburg, Portugal, Switzerland, Belgium, Holland, Croatia, Brazil, Chile, Uruguay, Mexico, Peru, Bolivia, Morocco, Venezuela, Canada, Senegal, The Ivory Coast, etc...

Combat sport or martial art, the French discipline of cane combat has obtained its nobility letters, through centuries without losing its historical patrimony. Bertrand Dubreuil (State Title, eleven times French Combat Cane Champion, French Team Coach, President of the Cane and Stick Combat National Committee, integrated in the Savate French Federation, French boxing and associated disciplines, he explains in this DVD published by Budo International, that the combat cane and stick were associated to fencing as training weapons in the French military schools, at the beginning of the XIX century. Then, in the second half of the same century, the fundamental technical principles were set for civilian practice under the influence of founding Masters like Louis Boucher (1807-1866), fencing Master and Joseph Charlemont (1839-1914), French boxing and cane & stick combat Master. That is how the common history of combat cane practice began as well as the French boxing history in the same weapons rooms.

LA CANNE



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SHURI



In the history of Karate, the Shuri Castle has always been mentioned as an important enclave within this Martial Art development. This wonderful monument was not only a work place for important Masters from old Okinawa Te as Itosu, Kyan, Oyodomari, Azato and very especially to Sokon Matsumura, but rather the influence from the Castle itself and life played on him, on current Karate and his technique, it is huge curious and interesting. Our contributor Salvador Herraiz together with other Karate history specialists' contribution has carried out an interesting study in situ, that we present you today

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SHAOLIN

Master of Masters, Master of warrior monks, and Master of "Chan (Zen): Shi of Yang is one of the most well-known faces of the famous Shaolin Temple. During many years and despite the confusion that always goes with everything related to the Temple, this Master has been the clearest sign of identity as far as quality is concerned. If you were his direct pupil then you practiced Shaolin, if not, there was room for serious doubts.

It is not the first time that Shi of Yang visits these pages and we hope it will not be the last one.



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Summary

Sumario Sommario

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SHAOLIN
SHI DE YANG



Text: Walter Gjergja
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Master of Masters and warring monks, Master of the " Chan " (Zen), Shi of Yang is the face but well-known of the famous Temple of Shaolin. During many years and in spite of the confusion that accompanies always to all the related with the Temple, this Master has been the but clear sign of identity in the related with the quality. If you were their direct pupil you made Shaolin, if not, they fit serious doubts.

It is not the first time that Shi of Yang visits these pages and we wait that it is not also the last one, but this time, and fruit of several years of work, we can present you a new DVD that we have compiled with its teachings. Kung Ugh of first, certainly, but mainly spirituality to streams, in an unprecedented documental and instructive work. To present you this work, our collaborating Walter Gjergja will share with you their experiences with the Master.





Grand Master Shi De Yang, 31st generation Shaolin monk, disciple of the late Shi Suxi, is unanimously considered perhaps the greatest traditional Shaolin Master of the recent decades.

He has covered many prestigious roles within the temple, from a very young age, as well as appearing in dozens of international documentaries, books and magazines.

Most of all however he has remained true to the Shaolin tradition, continuing to reside near the temple, often shying away from the more glamorous or commercial opportunities to devote his time humbly to studying, and teaching, Shaolin Chan and traditional WuShu to local students.

My name is Walter Gjergja, I am an Italian Shaolin WuShu instructor.

In October 2006, after meeting him a few years ago at Shaolin, I have had the great honor of welcoming Grand Master Shi De Yang at our school, Shaolin WuShu Guan Italy.

SHAOLIN SHI DE YANG



Master De Yang stayed with us for almost three weeks, during which period he took me and the school under his guidance, offering a rare and profound insight in traditional Shaolin martial arts and philosophy.

In our daily lessons we often stopped the intense physical training to discuss not just the technique or the application, but the origin and motives of what we were doing, and every time Master De Yang was able to define a much broader meaning than a punch or a kick or a stance might suggest.

I will try to accompany these photographs by Budo International with some of the many thoughts and teachings that Master De Yang left us with after these weeks together, avoiding descriptions of martial techniques to focus on the far more important broader concepts he repeatedly touched.

The following is a personal summary of his words: I hope they can be a source of inspiration for your daily martial arts practice, but more importantly for your daily life.

SHI DE YANG'S LESSONS

Shaolin martial arts begins with basics and ends with basics. At the start you will only do basics, because they are the foundations on which you will build all else, and at the end you will only do basics, because you will realize that all else is within them.

However your basics will no longer be basic, they will show skill of the highest level.

Of primary importance are the stances: they must be practiced tirelessly, to strenghten the core of the body, to understand balance and movement, do develop rooting and speed, to make joints and muscles supple and resistant.

Then we will add kicks, punches, blocks, and many types of defensive and offensive movements, combined firstly in sequences, the forms, and then also practiced and applied freely with a training partner.

Together with the tecnique practice we must also train our bodies, using the techniques themselves but also through a rigorous program of exercises that will work our flexibility, endurance, strenght, power.

Only through serious training you can achieve a high level, in martial arts and in everything else: there are no shortcuts, and if there seem to be they will inevitably lead to mediocrity or worse, to disaster.

So, even before you start training martial arts, teach yourself to be determined and hard working, in all you choose to do: this will already be an important lesson for your whole life.

Traditional Shaolin WuShu must be practiced frequently, with patience and perseverance, training our body and mind to protect itself and those around us, from the outside dangers as well as those from within, such as disease.

Times have changed, we fortunately might never have to face bandits, invading armies, dangerous living conditions, but perhaps modern society needs traditional Shaolin WuShu more then ever, because it can offer something for everybody, from children to the elderly, to improve the health of body and

mind.

Modern society fills our bodies and minds with many useless and sometimes negative things, and traditional

Shaolin WuShu can help eliminate them. People might become interested in Shaolin WuShu as a form of physical exercise, intensive and varied, or as a form of self defence, as even today we might need to protect ourself or those around us from aggression.

Today Shaolin WuShu is also shows, competitions, entertainment ...

all this is good, a natural part of the evolution that has

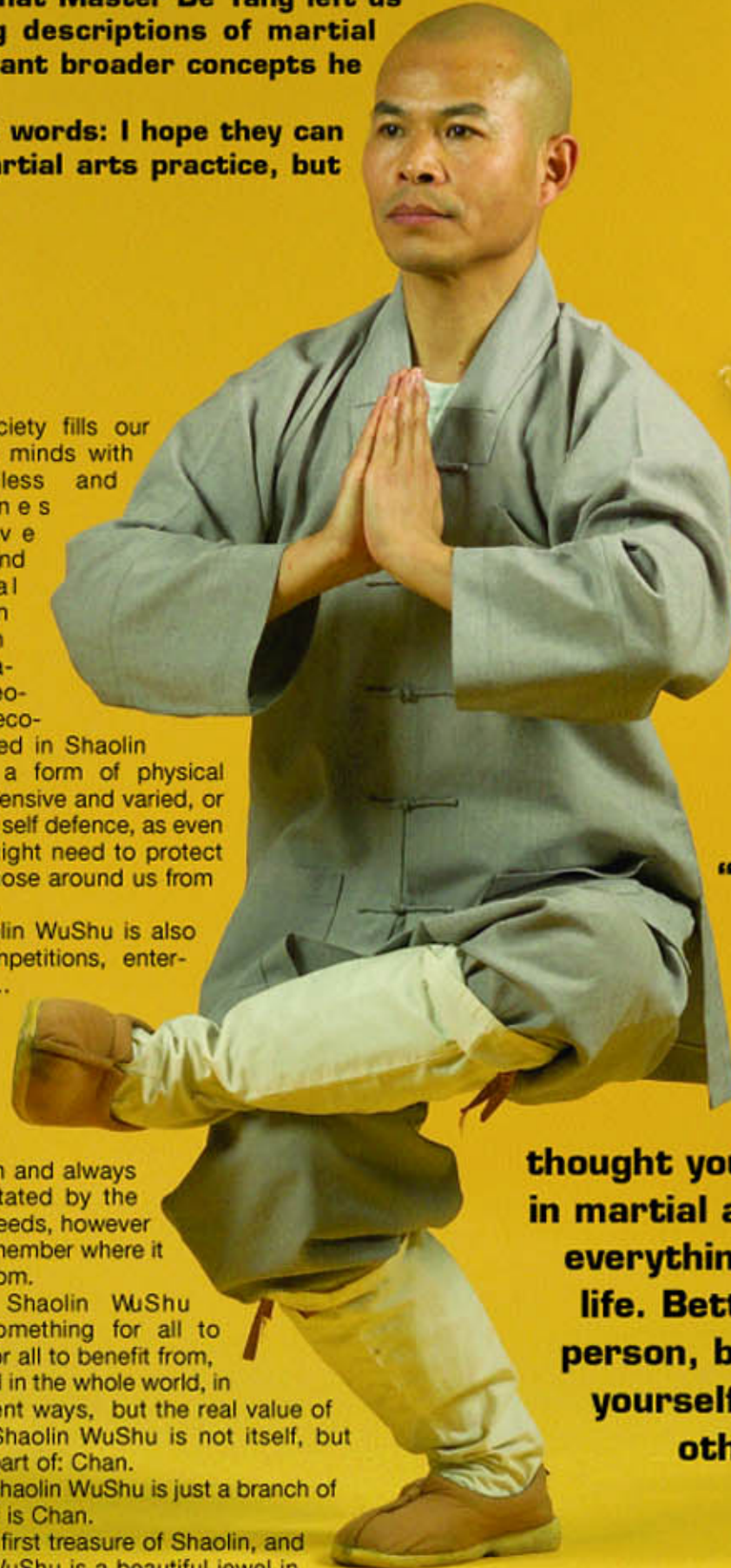
always been and always will be, dictated by the times and needs, however we must remember where it all comes from.

Traditional Shaolin WuShu today is something for all to enjoy and for all to benefit from, in China and in the whole world, in many different ways, but the real value of traditional Shaolin WuShu is not itself, but what it's a part of: Chan.

Traditional Shaolin WuShu is just a branch of the tree that is Chan.

Chan is the first treasure of Shaolin, and traditional WuShu is a beautiful jewel in this treasure, but alone it represents only a part of the total value.

Chan is a philosophy, a path, towards learning about one's body and more importantly



“Train hard and you will be better than you ever

thought you could be, in martial arts and in everything else in life. Better as a person, better for yourself and for others”

少林奇



“Chan is a philosophy, a path, towards learning about one's body and more importantly one's mind and spirit”



Master De Yang is now overseeing our school and will return to Italy every year for a few weeks: for further information you can visit our website www.shaolin-wushu.it

one's mind and spirit, because only by knowing we can master, and only by mastering we can let go and be at peace, with ourself, with those around us, with life. A peace that today is perhaps more difficult to find than before, because we have so many distractions around us.

We are often like a glass full of water that is being agitated: the sediments will float everywhere, and thus the water will be murky. We must find a way to be still inside, to let the water that is our mind be calm, and then all the sediments will slowly drop to the bottom, leaving

the water clean.

This peace and harmony within ourself is what enables us to leave a serene life, despite the inevitable problems, the 'ups' and 'downs', that life will present us with, because those problems will be understood simply as a natural part of life itself, to be confronted with calm resolve and not with erratic fear.

Harmony within ourself comes from nothing more than harmony of our mind and our body.

If our mind is not maintained at its best, if it is often tired, or disrupted, or easily affected by moods, depression, fears, we will not be in harmony.

If our body is not maintained at its best, if it is often tired, or weak, or unable to perform activities or to protect us from dangers, we will not be in harmony. Shaolin Chan teaches us, on its most basic level, that to practice Chan is to work towards this harmony of mind and body. Traditional WuShu, breathing,

meditation, philosophy ... all this is the path of Shaolin Chan.

The martial arts of Shaolin strengthen our body, enabling it to protect us and to perform whatever we ask of it, but they cannot be viewed alone: they are moving meditation, they are breathing, they are mental exercise, they are Qi, they are an integral part of Chan and without understanding this they can become a limited and limiting pursuit.

Shaolin WuShu is an integral part of Chan, and becomes of particular value to all of us in our present lives if we seek to follow the whole path, not just a small part of it. A little is undoubtedly better than nothing, but try always to search for more, for a deeper understanding, of what you do and ultimately of who you are.

We should seek Chan in everything we do, in every day, every action, every breath, for Chan is breathing and thinking and living, and nothing is simpler yet more complex.

Strengthen your body inside and out, strengthen your mind and spirit, then through this strength you will banish fears and simply feel calm and peace and harmony, within yourself and thus with everyone around you.

We should seek in ourself maximum strength with deepest peace, great effort with unbound serenity, constant energy with total balance. We should seek to be the best possible person we can be, for us and for all others.

All these capacities are in us, in our mind and in our bodies, and we must utilize as best we can these beautiful temporary gifts we are given, always: in our Shaolin training, in school studies, at work, with our family and friends ... in our whole life.

Train hard and you will be better than you ever thought you could be, in martial arts and in everything else in life. Better as a person, better for yourself and for others.

Be righteous to yourself and to all those you meet, don't harbour negativity but only positivity, stay strong and healthy in mind and body, enjoy life serenely whatever path it will present to you.



SHAOLIN SHI DE YANG



Rome Kard Chiek FMBA European title and Italian Championships 2007

In the Rome "Pala Universal" the final phase of the Italian championships of Muay Kard Chiek IMBA 2007 were successfully carried out, that also included the first female title of the discipline and the first European valid title in the up-to-80kg category. This time, as well as in other occasions, the event was distinguished by the great professionalism, and, all the athletes in the competition demonstrated a praiseworthy determination and will of being awarded victory (possibly outside combat). The general technical level goes up in every event and all spectators could observe how fighters are able to go further beyond their limits in each match. The lack of protections (only women used helmets) and the regulation stimulate an offensive attitude from the fighters; make fights particularly tough and spectacular. As a change, the 2007 event introduced the first Italian Female Title in the 50-60kg, category won by the Roman athlete Maria Grazia Vallone. While for the European title, in the limit of 80kg, the Roman Giacomo Gherardi, current Italian champion, dominated the competition against a brave Spanish Alberto Jiménez (Kike Huerta's IMBA Bilbao Team).

Apart from the strings combats, three tournaments of Muay Pram Fight were carried out. The victory was achieved by projecting the opponent to the floor in a clear way, according to the typical Thai tradition methods that raised the interest and the public's applauses.

Kard Chiek FMBA

HERE AFTER YOU HAVE THE THREE WINNERS OF EACH CATEGORY:

- 60Kg Female Kard Chiek:
Maria Grazia Vallone
(Flaminia 7 Rome)
- 60Kg Male Kard Chiek:
Simone Augelli (Nuova Erakles Rome)
- 70Kg Male Kard Chiek:
Antonio Minieri
(Fonte Laurentina Rome)
- 80Kg Male Kard Chiek::
Teo Zavattini (Siam Boxing Bologna)
- 90Kg Male Kard Chiek:
Leopoldo Cozzolino
(Fighters Team Naples)
- 80Kg Male Muay Pram:
Sergio Donato(Flaminia 7 Rome)
- 80Kg Male Muay Pram:
Antonello Anastasia (Flaminia 7 Rome)
- 90Kg Male Muay Pram:
Salvatore Vollero
(Fighters Team Naples)

European Champion 2007 -80Kg:
Giacomo Gherardi (Flamina 7 Rome)





REF.: • DVD/SOG4



In this fourth work, Olivier Pierfederici presents us the most explosive SOG techniques that combine effectiveness, explosiveness and simplicity. Led by him, we will learn distances, how to stop the adversary by kicking, defenses in front of the most regular street attacks such as fists, kicks, strangulations and grabbings, defenses against knife, stick and gun, third people's defense, in front of several attackers, and the 15 basic techniques of the Personal Defense S.O.G. Civilian Course. The DVD concludes with a sample of the I.C.O.S.S system (International Confederation of Self Defense System) in charge of its founder, Alain Formaggio and Jean Michel Lerho, SOG technical director for Europe.



REF.: • DVD/DEYANG1

As a result of several working years, we present you this documentary and instructive DVD, in which we have compiled the Great Master Shi de Yang's teachings, the most well-known face of the legendary Shaolin Temple. Belonging to the 31st monks' generation and direct pupil of Shi Xui, Shi de Yang is one of the few Masters that have learned in depth the "3 treasures of Shaolin": Chan, WuShu and Traditional Medicine. This knowledge as well as some exceptional martial skills have led him to hold positions as Chief of Warriors Monks, old texts transcriber, philosophy professor and Director of Studies for Traditional WuShu. An authentic Master of Masters.

NEW FOR THIS MONTH!!!

REF.: • DVD/CANNE1



Bertrand Dubreuil, eleven times French champion, who is President of the National Committee of Combat Cane and Stick, and one of the greater style impellers, presents us this French discipline that was taught in the weapons rooms, schools and armies till the 1 world war. With Francis Bareilles' collaboration, 6 times French champion and whose creative genius, inspires some incredibly original concatenations, Dubreuil explains the principles to begin in the discipline, both the simple techniques and those elaborated, so much in its offensive as in its defensive aspects; and an initiation to the technical-tactic aspect. An Art with some marvelous sport and martial qualities: such as the remarkable and special crossed dodges and acrobatics, adding up the high speed of performance.



Orders:

**e-mail: budoshop@budointernational.com
www.budointernational.com**



Combat sport or martial art, the French discipline of cane combat has obtained its nobility letters, through centuries without losing its historical patrimony. Bertrand Dubreuil (State Title, eleven times French Combat Cane Champion, French Team Coach, President of the Cane and Stick Combat National Committee, integrated in the Savate French Federation, French boxing and associated disciplines, he explains in this DVD published by Budo International, that the combat cane and stick were associated to fencing as training weapons in the French

military schools, at the beginning of the XIX century. Then, in the second half of the same century, the fundamental technical principles were set for civilian practice under the influence of founding Masters like Louis Boucher (1807-1866), fencing Master and Joseph Charlemont (1839-1914), French boxing and cane & stick combat Master. That is how the common history of combat cane practice began as well as the French boxing history in the same weapons rooms.

The French Combat cane

Report



Bertrand Dubreuil
La Canne



The French Combat Cane And Stick

These first technical codes put in evidence the will turning these wooden weapons into some effective weapons.

It is so how the historical fundamental technique of "the armed one" of blows takes all its sense. In fact, the rule of the "armed one" requires, during the attacking blows execution, a previous phase where the hand holding the weapon should pass behind the shoulders level before returning to the target. To better understand it, it is necessary to know its historical justification. The cane and stick have been in the tools history, symbols, etiquette object and rudimentary weapons, before being integrated in the military schools. Less expensive and less dangerous, these replacing weapons made the learning of fencing more affordable.

At the beginning of their history, these wooden weapons inspired by the "French Art of War" borrowed the sword and sable techniques, among others, with the development of blows in front of the guard. Then, after having simulated the cut and lunge from fencing for a long time, the cane and the stick abandoned the false threat of their virtual edge. These wooden weapons were going to self determine as a discipline itself, through techniques which effectiveness would come from their own nature, from their conditions of heavy but not cutting weapons.

This mutation was marked by the need of adding power to blows. Then, it is when the first reinforced attack movements appeared. In the same way that an arch opens up before shooting, as the javelin pitcher or the tennis player, the principle consisted in sufficiently moving the arm backwards behind the bust, to provide the weapon with impulse, as if it was a spring, and therefore hitting with power.

The "armed one" had just been born! He gave a true iden-

tity to this discipline, by presenting newer, wider, more terrible and aesthetic movements.

Starting from this specificity, the moving features of the cane and stick discipline acquire all their sense, because they perpetuate some old technical choices, not only for their historical value, but mainly for its intrinsic effectiveness that even today and around the world, there is no equivalent in other combat sports of this type (execution speed that can go up to four cane blows per second, with "armed" and full arm development in each blow).

Today this "assembling" of blows is only a power demonstration without the impact force induced by this impulse. The discipline current methodology foresees that impacting targets is controlled and without violence, a simple contact between weapon and target is enough.

The cane and stick were taught in the weapons rooms, in schools and in the army until the first world war (around 1910), but little by little its practice disappeared in front of growing importance of new sport practices.

It is necessary to wait till 1970 to witness the cane rebirth thanks to Maurice Sarry' as well as Bernard Plasait, Michel Gómez and Philippe Conjat' s effort. A new

code laid down the foundations for the development of combat cane competition, while the stick was still an exhibition discipline.

This rebirth was influenced by the low obligatory rift rule during the blows execution to the leg, in order to avoid the oblique blows trajectories, for reasons of security and legality of the action.

Nowadays, this martial discipline with incursions from the "French Art of War", is aesthetically located between Fencing and Capoeira.

The French championship and the French Cup were created in the 1980's. The first Combat Cane World Championship took place in the Reunion Island in 2004 and the first Europe Championship took place in Strasbourg, in 2006.

Outside of France, the cane and stick are practiced in the following countries: Ger-







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many, Italy, Slovakia, South Korea, Canada, Mauritius and Madagascar.

The cane (from the chestnut tree: 95 cm, 110 gr.) is seized with a hand. The stick (140 cm, 400 gr.) is seized with two hands and it makes the same cane movements. "Cutting blows" are only authorized to be executed with the weapon side. The stick competitions do not exist, however, creating a competition of such style is being considered for the near future. In combat cane competition, the shooters move in a circular surface of 9 diameter meters that has endless tactical and choreographic possibilities. Blows are truly executed (without violence) and the competitors are protected by a padded suit and a helmet. The areas authorized to be beaten are: the head (except for the rear part), the flank (except for the rear part and only the shoulders), and the tibias (a low rift should obligatory accompany these blows on the low part). Assaults are regulated by a referee and blows are validated by three judges that lift flags. The assaults are composed from three to five times, each one of them last two minutes.

Nevertheless, the competition demands should not hide the pleasure that cane or the "entertainment" stick practitioners feel as soon as they acquire the first rudiments. Nowadays, thanks to the impulse by Bertrand Dubreuil, the cane and stick combat offers considerable technical-tactical possibilities.

Bertrand Dubreuil
La Canne



opponent and that to regularly show politeness, mainly from the loser who should not show any sign bad mood.

Over and over he says to competitors that they are gentlemen and that for such reason, they should set an example. He also explains that combat is a dramatic and cathartic staging that should be good to expurgate some internal conflicts and to improve self-esteem and it does not have to be place of discords and violence. For Bertrand

Dubreuil, the defense is a prime sector of combat, since it was one of his specialties. He considers that wining a combat

with high scoring for both parts, it is not acceptable (although it is allowed by the rules). He defends

the effective defensive principle characteristic of any martial art, considering that

a combat discipline should be able to protect from all possible ways

of attacks, even when such attacks come from

other martial arts.

He considers that, if attacking is an art, defending is a science: the science of anticipation and economy.

Defense should put at stake the possible minimum energy, in way to preserve it for attack such thing requires a very good perception of the opponent to favor anticipation. To go beyond in anticipation, Bertrand Dubreuil has developed the "active defense" that consists in adopting a special defensive behavior that causes the opponent to respond in an offensive way, this allows to foresee the choice of techniques and its execution timing. The combat

cane competition allows to verify and to experience the tactical options and it is not a coincidence that Bertrand

Dubreuil obtains some convincing results, currently having four big champions in his course: Antoine

Dubreuil (France Junior Champion twice), Cécile Semis (France Senior Champion one), Jonathan

Dubreuil (France Senior Champion six times in a row), Francis Bareilles (France Senior Champion

once and 5 times as a veteran)

Every year during the last week of July, an international great seminar is organized in Saint Pierre

d'Oléron (France). It is open to everybody and directed by Bertrand Dubreuil. Along with him, Francis

Bareilles, Luc Cheynier, Roland Hoffbeck (technical national director of the discipline) and Guillaume Bérard share their

valuable instructor experience. In the initiation DVD to cane combat published by Budo International and Bertand Dubreuil, once again we find Francis Bareilles whose creative genius inspires some incredibly original concatenations.

Apart from the national seminars, the Combat Cane and Stick National Committee organizes some itinerant seminars, responding to the demands arrived from all over the world.

Bertrand Dubreuil is not the only one that teaches the art of cane and of stick, lots of talented instructors work everywhere in France and abroad.

The cane combat is extending everywhere and including our friends in wheel chairs. After having done some tests, we even have the intention of organizing some competitions between non handicapped and handicapped people. That would be of prime relevance in combat sports.

Try this discipline! You will no longer be able to live without it.

In fact, when we observe the recent evolution of technician-tactical configurations of this discipline, we see that it has marvelous sport and martial qualities, among which we could consider as a special choreographic speed including crossed dodges and acrobatics, on top of a high execution speed.

The bet was to make the most out of historical techniques, such as "the armed one" that announces the blows. Taking advantage of this obligation of arming, a complex game of fixations will blossom and it will give continuity and intelligence to actions. We then observe that rift or deceit no longer belong to the field of direct blow opportunity, but rather they join a complex process of unbalancing the opponent. Bertrand Dubreuil has created the art of fixation by incorporating integrated "grades of intention" in measured times of action. That is why, a single cane blow can change target up to five times, while its execution modes (speed, plan and axis) vary and this without breaking the initial movement. The best example to illustrate this game subtlety happens when one is able to touch the opponent in slow motion, after an excellent fixation; just as a bullfighter manages to extremely slow down his cape movements and dodges.

Bertrand Dubreuil has a high idea about the art of combat and he likes to remember that martial art practice should be lived with a high sense of respect, further beyond the gym walls. For him, respect is not enough and even more during competition. He even demands that one ends up having admiration for the



Report

Born in the small city of **Dores do Indaiá**, in the **Mines Gerais State, Brazil**, where he grew up living with his parents and **10 siblings** in a shack, **Rousimar Aparecido Christian Palhares** (**84 Kg / 1,74 m**) discovered his vocation knocking oxen down in the countryside. In the daily

fight to survive, he has been filing one by one, the setbacks life imposed on him. He ate feed for pigs, to appease hunger, he participated in four **Vale-Tudo** combats for free, with bigger opponents and he ended up sleeping under a bridge to be able to show his worth in **BTT**. In the following pages, you will be able to know why this example of simplicity is considered the new **MMA** phenomenon in the up-to-**83Kg** category.



Text: *Marcelo Alonso*
Photos: *Marcelo Alonso & Eduardo Ferreira*

TOQUINHO



THE PEON CHAMPION

“My age ...Mr? 23, 24.....” Before the answer given by the purple belt who carried an old kimono in one hand and a rosary in the other and who had arrived to the general BTT barracks in search of an opportunity as well as so many others, the team leader Zé Mário Sperry realized that humble origin boy had something different to demonstrate so he decided to give him the opportunity to make a test with the graduated ones.

Today, almost two years later from that test, the BTT leaders have no doubt in pointing out Toquinho as one of the main representatives of the team. After he has won all the Submission events in which he has participated representing BTT, being considered as the greatest revelation of the national preliminary round for ADCC, with five fights and four finalizations. Representing Rio de Janeiro's team in Vale-Tudo, Toquinho participated in five fights, losing just one against a considerable heavier opponent.

Knocking Oxen Down And Eating Feed For Pigs

Whoever sees Toquinho nowadays, known among the best fighters in Brazilian up-to-83Kg, he cannot imagine what he has been through until being able to end up making a BTT test. Born in a small inland city of Mines Gerais, Rousimar grew up witnessing daily struggle of his mother Francine and father Róbson, to be able to feed ten children. "With so many children to feed, even though my mother tried hard, there was always something missing", Toquinho tells us that he began to work when he was eight years old. "I took care of livestock the whole day, but as I was a very young kid, I didn't earn as much money as adults.

"When he was 14 years old, his parents separated. Rousimar lost contact with his father. Mrs. Francinete left with her children to live in San Antonio del Monte and life became even more difficult for Rousimar. "I worked in a farm and I took care of animals. Because I lacked something to eat, I filled my pot with feed for pigs. At home, my mother cooked it and she served it to all of us. The worst thing is that we even liked it", he remembers today, somehow upset. Rousimar threw the farm oxen on the floor so easily his co-workers were impressed. "They used to tell me I was very strong and I had to practice some kind of wrestling".

Toquinho says that when he was 18 years old he was taken to a Karate academy. "One day I went training and the only person in the academy was the young guy who taught Jujitsu." That guy was Iran Brasileiro, Yano Monteiro black belt (Rickson Gracie's pupil) and first instructor of Marcelo Garcia. For the first time on the floor, and wearing a brown belt of 110Kg, Toquinho impressed Iran. "My competitor was not able to do anything with me, I believe that the instructor liked to see me train and he asked me if I wanted to exclusively dedicate my life to fighting. I then told him it was the only way I could lead a good life" says the guy who was a peon once. As he suffered hardship so much, the talented Toquinho decided to believe in the Master's words, he wrapped all his clothes in a bundle and he left to live in Divinópolis, at 150km away from Indaiá, where he spent five years of solitude: just training. "I trained four times a day, I got up every day at five in the morning and I went to bed at midnight", Rousimar remembers that thanks to his huge force and perseverance in the trainings his nickname was "The Crazy One".

In a short time, the blue belt no longer had anything to train in Jujitsu and he began to try other martial arts. "The Vale-Tudo became fashionable around those places and on Saturdays we always trained with people from Karate and Tae-Kwon-Do." What Toquinho did during Saturday trainings would increase his enthusiasm for Vale-Tudo, so much that he started to have as main hobby, to watch his idol (Minotauro) combats in Pride. "My rich friends always recorded tapes for me... I have watched them up to 30 times in one day."

Free Vale-Tudo

Being 20 years old and having a weight a little bit higher than 80Kg, Master Iran took Rousimar to Brasilia to debut in Vale-Tudo, in Marcelo's Tiger event, facing Dimitri Wanderley. "I only knew that Wanderley was almost 100Kg heavier and he had an excellent Muay Thai, but in first place I believe in God and then in myself. I lifted him, I pinned him, then he rapped me and then I caught him in a leg-lock in 47 seconds". This phenomenal fighter says that because of easily finalizing one of the toughest athletes from Brasilia, he started to go regularly to Tiger's events. "Every two months I traveled from Divinópolis to Brasilia." Few months after fighting Dimitri and without

- 11. & 2. In the humble flat where he lives at the Cruzada quarter.
- 3. Showing the building where he lives in Cruzada.
- 4. Exercising in the BTT training, side by side with his idol Minotauro.
- 5. Minotauro measures Toquinho's heart beat condition before his combat against Hélio Dipp.
- 6. Hands training with Mario Sperry.

even earning a cent, Rousimar returned to Brasilia to face Dimitri's instructor: Getúlio Cavalcante. Even with almost 30Kg disadvantage, Toquinho won the fight after breaking his competitor nose with a punch and then forcing the referee to stop the combat.

The Finger In The Gullet

Toquinho's fame started to get the local fighters attention. One day, before participating in his third Vale-Tudo in Brasilia, Toquinho had just finished eating when Marcelo Tiger brought a huge 120 Kg Black guy, one that he wanted to test without kimono. "As I had just eaten and I could not say no, because that would not be ok, I had to put my finger in the gullet to throw up all the food and be able to train", remembers this character that took his rage out by breaking his challenger arm and repeating the dose 24 hours later, but this time with foot of the Basque Jujitsu black belt (97Kg), in Marcelo Tiger's promotional event.

Sleeping Under The Viaduct

A couple of years ago after Toquinho participated in four combats in Brasilia and one in Divinópolis (where he finalized Giovani de Almeida and they only paid him 100 Reales (Brazilian Currency- approximately 30), Toquinho decided to give up fighting. Toquinho wondered, "I left home promising to help my mother. How could I come back home and face my mother with only 100 Reales?" He made up his mind to come back home, but his younger brother Emerson removed such idea from his head. "My brother told me he was sure that if someone



Great Fighters

saw me training in a Rio de Janeiro, academy, they would not let me go and he offered me R\$300 (a little less than 100 dollars) that he saved and he said to me: "If you want to risk it all, I give them to you, but I am not giving them away for you go come back home"

Rousimar accepted his brother's help, but as soon as he arrived to Rio, he just knew it was not going to be easy, just as everything else in his life. When he arrived to BTT, he did not know anybody, he was very shy and he did not have any presentation letter. He was already a purple and he spent one week visiting his idol (Minotauro) team, and he did not manage they let him train. "One day, they even told me to come back later, because it was the timing for the most prepared ones and they could hurt me" Rousimar remembers that facing the rejections and having less than R\$100 for the rest of his days, he decided to sleep under the viaduct next the Reboucas tunnel exit. He had to choose among a hotel or eating and it was preferable to save by sleeping under a

bridge" says the humble strapping guy.

After spending the whole week trying to train, with no success at all, on Friday Toquinho arrived determined to try for the last time before going to try in the Nova União academy. "When I was just going to stand up and leave, Murillo came toward me and he asked me to enter the tatami to test me. I almost trained for one hour. It was very hard but I believe they liked me, since they allowed me to train every day" he tells us, always holding his inseparable rosary rolled in his left hand. The brown belt Danilo Indio remembers what happened exactly: "That strapping guy was not human, he almost trained for one hour with some toughest guys of the academy. What most impressed me about him besides being very strong and technical, he never gave up", says Danilo who would end up being one of Toquinho's best friends

A few months after training in BTT, Toquinho won the Brazilian championship Cyclone of



Submission, finalizing four adversaries. As always he debuted for BTT in MMA in Florida Fight 2, facing an 12Kg heavier opponent, the black belt Jujitsu Bruno Bastos. One month after beating the athlete from Nova União, Toquinho got a fight in the weight and he quickly finalized Renan Moraes with an armlock, in Gold Fighters, in Teresópolis. Then he returned to his routine of facing heavier opponents. "For Toquinho, an unsuitable occasion doesn't exist. One day, a fight-

ter from our academy was invited to face Nino and he was reticent and doubtful, then I called Toquinho and I said to him: Do you want to fight? To what he answered me: Sure of course instructor!. Then I asked him: do not you want to know who you will be fighting against? And then he told me: No instructor, whoever you send me to fight with, it will be ok for me. That is to say, he won a post in the team, at that very moment", says Zé Mario. Thanks to his capacity of facing any challenge, Toquinho was invited at the last moment to replace his training partner Marcelo Grilo, against 100Kg athlete Arthur "Gogó" César at the Rio MMA Challenge 2 in Campo Grande, where he experienced his first defeat. "Yes, I lost it is difficult to admit it, but I know, and he also knows that he lost that combat" Toquinho sentences.

Two Confrontations With Chute Boxe
After defending BTT in three MMA events,





- 1. 2. y 7. Toquinho (1,74m / 84kg) beating Hélio Dipp (1,98 / 92kg) in the Florida Fight.
- 3. y 4. Submitting Renan Moraes, Fabricio Monteiro's brother (GBCT), in the tournament Gold Fighters Championship (Rio de Janeiro 20/05/2006).
- 5. Submitting the favorite Rômulo Barral (Gracie Barra) in the eliminating Brazilian semifinal for ADCC (in the 88Kg category) After carrying out 4 finalizations in 5 combats, Toquinho received a special invitation of Sheik Tahnoon.
- 6. Celebrating his first important title as representative of BTT (Brazilian Submission Championship).



Toquinho went through the acid test representing his team against the very well known rival from Curitiba. "I felt the great pressure they apply you in Curitiba. When I went up to the ring they screamed me and whistled at me a lot". Toquinho remembers, nevertheless that did not perturb him. "What is important for me is that I went over him", says the fighter that in less than one minute finalized the Chute Boxe Veteran Cláudio Popeye. Five months later he returned south, to face another rock from the Chute Boxe, the smashing Hélio Dipp that had gone down to 92Kg to be able to fight against Toquinho with 84Kg, in a curious confrontation between David (1,74m) x Goliath (1,98m)."But it happened that Dipp said at the hotel that I was the next one and that he was going to knock me down", Toquinho tells us that he was prepared by instructor Zé Mario. "I don't like looking at someone face to face, with a challenging look, but Zé Mario ordered me to look at him straight in the eyes. When I looked at him, I realized that he was making fun of me, he was snorting like an ox and his people screamed that I was the next one. He showed me lack of respect and that made me really furious". In exactly 1min and 40s, he knocked the adversary down, he caught his back and he left him sleeping with a "kill-lion", closing this way another chapter of the tormented war between BTT and Chute Boxe "My arm entered from the side, I didn't have time of realizing his body loosened. I would never be disrespectful with anybody in such a way. I have already lost championships because letting a position go before the right time. My father and my mother always taught me not to earn anything without honesty, because all that it is earned that way, it is lost later", Toquinho philosophizes.

Boxing: Abu Dhabi

In spite of having won dozens of Submission events and eight Vale-Tudo events Toquinho started to be respected and recognized in the fighting world only after his impressive performance in the national preliminary round for ADCC, in the



up-to-88Kg category. Such eliminatory was even recognized by Guy Nievens (Sheik Tahnoon's right hand man) as one of the toughest ones. The phenomenal Toquinho was able to finalize his opponents in four out of five fights. "In fact, I finalized in five, but Tarsys screamed and he told the referee he had not hit the canvas that he had only screamed and the referee accepted what he said". Toquinho claims that even though he was injured after finalizing favorite Rômulo Barral in the semifinal, he became worthy of the special invitation by Sheik Tahnoon and also of remark by the black belt Fabricio Morango (Gracie Tijuca). "With Toquinho in the event, Sheik will have to invent the humans and mutants category", joked the Super Challenge Champion.

Making His Dream Come True

Alter so many years facing setback, Toquinho has started to see the light at the end of the tunnel: sharing with his friends Brasilia and Wilson a small flat in a humble neighborhood called San Sebastian, a few meters away from the BTT Headquarters. Toquinho lives for training and he can not wait to keep his promise and help his mother. "I want to give a little house to my mother and perhaps, one day to be able to fight in Pride!", he dreams about it, without missing the opportunity to finish the interview with another lesson of humility: when we ask him what he would do if he had to fight for the Pride belt with his partner Paulão: "I would not fight, no sir, he was there before me and being this way, I rather wait a little more."





Text: *Olivier Pierfederici*
Photos: © www.budointernational.com



Very well-known and appreciated by our readers, Olivier Pierfederici returns to show up his last work in DVD "Explosive Close Combat" and he does so with an article in which he thinks about the warrior's qualities and attitudes. The warrior's reference as the legionary he has been, become obvious in an inspired and martial text that we are sure you will like.

OLIVIER



EXPLOSIVE!
 S. CLOSE COMBAT
 PIERFEDERICI

O. PIERFEDERICI





Explosive Close-Combat

Greetings, my friends! I am happy of seeing you again for this new article and Budo DVD 4 called "Explosive Close Combat." Is it necessary to present SOG Close Combat? For those readers of Budo Magazine who don't know it, I will explain it quickly:

SOG Close Combat, as its name implies, it is a personal defense method that has its roots in the military combat techniques and in Silat or Malaysian Bersilat. To all of this, VIP security concepts or Body guarding were added.

The work we present you today Mr. Jean-Michel Lerho (Technical European Director) and Mr. Alain Formaggio (French Technical Director) have contributed. Such work has

"I do not want anybody to be in the situation of fighting to save his own life or the one of a loved one, but if it has to happen, he must think as a predator, not like a victim..."

as a goal to show you the SOG spirit, all its possibilities, and to finish, we introduce you instructors' Frédéric Mastro SDS (Silat Defense System) and the method developed by Sr. Alain Formaggio.

1. The SOG Spirit

I will mention the first article of the Spanish legionary's credo that fully represents our combat system spirit: "The legionary's spirit: It is unique and matchless spirit, with blind and ferocious aggressiveness, always looking for a way to shorten the distance with the enemy and to reach the time to use the bayonet".

This first article summarizes the SOG spirit particularly well: straight, to always move





forward, aggressive and without pardon, and mainly to always look for a way to reduce the distance that separates us from the enemy, because the closer he is, the less blows he will get. Although aggressiveness is latent in most individuals, it has to be stimulated permanently, to provide the practitioner with a "warrior" spirit that one day it could even save his life. This typical SOG way of working, under stress and with a "measured" permanent pressure, has turned out to deliver good results.

Now, let us mention article 5 of the legionary's credo: "The walking spirit: A legionary will never say he is tired until he is totally exhausted. He will have the fastest and endurable body". It is absolutely necessary that a student who is truly eager of learning how to defend himself, knows how to exceed himself and to try not to give up the training as soon as he feels a little bit tired, whenever he lacks air or when he has some muscular fatigue. If someone is not capable of doing so, he will never be able to win a combat, particularly on the street.

Article 6: "The suffering and toughness spirit: He will not complain about fatigue, pain, hunger, thirst, or even lack of sleep"

I think that any sincere martial arts or self defense practitioner he will have to love "suffering", in the best sense of the word. To be a little bit "masochist", always in the best sense of the word, because the goal is to grow technically and mentally and little by little, to make that the lamb within transforms itself into a wolf.

Article 10: "The death spirit: To die in combat is the highest honor. You die only once. Death comes without pain and dying is not as horrible as it seems. The most horrible thing is living being a coward."

Obviously, for an average citizen, speaking of "death in combat", the death spirit, etc., it may seem difficult or even provoking. However, this comes closer to the samurai spirit who overcomes the feat to die through practicing Zen and martial arts regularly, "such thing doesn't imply you want to die!



And indeed, a person that is no longer afraid of dying, he is not practically afraid of anything! I do not want anybody to be in the situation of fighting to save his own life or the life of a loved one, but if it has to happen, he must think as a predator, not like a victim. Remember September 11th and a flight 93.

II) The technical side

As always, in our DVD's, I try to present you a new aspect of SOG Close Combat system. Therefore, you will be able to discover different techniques following the SOG spirit, that is to say aggressive (but without hate), resolved, simple, direct, triangular (this means to never stay in the axis of the hitting enemy). Without forgetting Kiai, the scream that helps to channel the excessive adrenaline in the body and that it is also good to scare the enemy. Try to scream during your trainings and you will see the difference, unless you belong to the "Silent Ninjas" clan.

Another, technical news is that from 2006, SOG Close Combat has entered the I.C.O.S.S. (International Confederation of Self Defense System), an organization which is fully dedicated to the "effective" modern self defense systems. This organization gathers Mr. Kravmaga by Alessandro Del Pia, Self Pro by French police instructor Mr. Alain Formaggio, SDS (Silat Defense System) by Mr. Fred Mastro and SOG Close Combat by Mr. Olivier Pierfederici at your service.

You should know that every year, at the end of July, I.C.O.S.S. organizes a summer seminar in Riccione-Rimini, Italy that I

had the chance to present last year.

The techniques that we present you with my 4th DVD, although from a technical point of view they are not always close to SOG, however they are close in spirit. Remember: aggressiveness, offensive, mental toughness and the spirit to sacrifice oneself.

I remind you that while I am absent due to professional reasons, instructor Mastro is my European representative.

My fellow citizen de Frédéric, having had the opportunity of participating in some SDS courses, he step ahead and he presents you some representative SDS system techniques

That is all my friends readers, I hope you have enjoyed this reading as much as we did, and we hope you will enjoy even more when watching: SOG-CLOSECOMBAT 4: EXPLOSIVE CLOSE COMBAT. As they would say in the foreign legion: "ball fire" (Always fit).

PS: I have to specify that some people I would refer to as "ill intentioned people", they could be using the SOG Close Combat name, which is pro-

4



OLIVIER



"I think that any sincere martial arts or self defense practitioner he will have to love "suffering", in the best sense of the word. "



5



SOG EXPLOSIVE! CLOSE COMBAT PIERFEDERICI



Mental Endurance:

Psychological Preparation for Combat, Stress Control and Handling Combat Stress and Relative Positioning™.

Text & Photos: *Kapap™ – Krav Panim El Panim & Professor John Machado Brazilian-Ju-Jitsu Academy*

1500 years before **Miyamoto Musashi** wrote *The Book of Five Rings* (1643) describing and recommending how to develop mental endurance, it was one of the conclusions by **Sun Tzu** in his book *The Art of War* how mental performance can be impacted when the warrior is under violent circumstances and chaos. Mental Endurance, as I call it, was known in the Samurai codes of war and also practiced in the Buddhist training of "self-emptying". Professor John Machado likes to call it "leave your ego at the door of the school". It is also known as "Mussin" and "Muga Mussin" in Japan, coming from the fear of living under expectation of death, which led to the Samurai code "Bushido". In 1905 Inazo Nitobe divided the Samurai code into 6 parts:

1. Duty (Giri),
2. Magnanimity (doryo),
3. Generosity (ansha),
4. Humanity (ninyo),
5. Resolution (shiki), and
6. Strength of spirit (fudo).

Working all of these in harmony will lead to the Mental Endurance that a Samurai warrior needed psychologically to face the battlefield, and what we today call "military psychology".

In a fight we experience sounds, smells, tastes, sights, impact, pain and fear that we don't face in a daily life. You can ready your body with fitness but how can you train mentally to face a fight?

Once I watched the Ultimate Fighter Championship, and since I'm not a big fan, it was fun to see one of the guys that lost start to cry since his title was taken from him... For me it looks like such an unreal situation. Why would that strong guy cry like a kid whose toy has been broken? That led me to think about my partner, and Kapap™ Academy president, Albert Timen.

Albert had a

mission to arrest a suicide bomber alive. He had to follow the terrorist for more than a week. Once the operation got the okay to run he arrested the terrorist while the bomb was strapped on his body. Albert was mentally ready to take action at any minute, and he did. What he had to lose was not a title...it was his life that was on the line, and the lives of the people he was protecting. After that kind of experience, I wonder about those people who believe that the UFC, etc, is the way of martial arts.

What happened to martial arts as way of life? Where did we lose this?

We instruct and practice military martial arts and the Israeli official military systems, and it's so sad sometimes to see all of those "want-to-be" martial artists that have never been a soldier, yet they try and think and dress in military uniforms like they are becoming a part of the military, the Mosad, or a commando. All you need to do is to ask them to train in the rain or snow (reality training) and they all run away. But they claim that they are not traditional martial artists... they are "no-nonsense" martial artists...do they think the Israeli security forces martial art is some kind of "new aerobic" training for celebrities? Don't they understand it's a way of self-defense and not more?

The last time I was training with Professor John Machado (John Machado Brazilian Ju-Jitsu) we discussed mental training systems and how to develop Mental Endurance for combat. What is mental endurance? Why is the art of Brazilian Ju-Jitsu (BJJ) so concerned about mental endurance? Professor Machado started telling me stories about his uncle Carlos Gracie, the legend that created and developed the system of BJJ. John said that Carlos' vision was for BJJ to be a martial art that is like life, and not only a way to hurt people. It has to include how you feel, your health and nutrition, and all the mental and life angles that are sometimes forgotten. John told a story about how Carlos used to swim with alligators in the Amazon River, and how he observed their behavior. He would explore their behaviors. He learned and felt he knew how they thought. He became very relaxed while around them. He would get in and swim with the alligators without fear of being eaten because he conditioned his mind through observation of their behavior. And after this story, John told me how Carlos became a master of chicken training (yes, chicken training). He would take a chicken that was bred to become food and make him into a "war chicken". That chicken was able to win a "chicken war" by good and right training. Carlos had methods he used to make the chicken into a warrior, conditioning the chicken in such a way that the chicken understood it could win. Carlos understood the factors of "chicken war", the fears to overcome, and how to train and erase the mental hang-ups involved. He knew how to improve mental stamina for that animal to the level that the chicken could fight "chicken wars"!

These discussions with John lead us to talk about the methods we use in the Israeli Special Forces to develop Mental Endurance. I discovered that the way Professor John Machado teaches is one of the most effective and safe ways to teach Mental Endurance.

The purpose of this column is not to teach how to do it;

“Albert had a mission to arrest a suicide bomber alive. He had to follow the terrorist for more than a week...”

rather it is to describe it as one of the most important training elements needed. Additionally, by training Kapap methods of Relative Positioning™ and encountering all types of “war games”, we want you to understand how this also develops Mental Endurance. It is possible to become similar to a chess master who is able to anticipate the enemy by becoming dynamic and fluid. By mastering Relative Positioning™ along with other Mental Endurance training, you will become a better fighter and a true

Picture 1 (Defender is using knees and kicks.)



Picture 2 (Professor John Machado with blue pad bumps the defender.)



warrior who makes martial arts a way of life instead of a sport.

Kapap™ Academy continues to expand by offering more training and DVD's that explore how to train the “Body and Mind” together. For example, we train the following:

1. The connection between the body

and mind exists as mentioned in most traditional martial arts. Successful self-defense and survival is the physical manifestation of the psychological constitution and its effect on the body. Basics of visual diagnostics.

2. Fear will cause “blocks” in the body and the psyche. There is way to deal with them and overcome fear.

3. Extreme stress seriously affects the psyche and the body. We teach preparation for action in a state of stress, survival in combat and after combat.

4. The “pain-chain” and concentration. We teach the basics of working with pain.

We also access further potential within the psyche, its development and application. For example,

1. The mental attitude and its influence on one's perception of the environment and behaviors.

2. “The inner voice of the body”, its development and application.

3. Intuition. Preparing the psyche for intuitive work.

4. Sensitivity and precision of perception as the basis of combat.

5. Self-development of the psyche.

Other key elements include Visual Judgment of Situations: detection of a shift of intent in others.

1. Recognizing behavioral patterns.

2. A means of visual diagnostics: logical and intuitive.

3. The detection of hidden objects.

4. Diagnostics of psychological state and intent.

5. Control over another person's intent. “Invisibility” and “the un-provocable psyche”.

6. Extreme stress relating to a particular event, or cumulative stress – its effect on

Major Avi Nardia



the body and health.

Psychological trauma and somatic health disorders: The System Approach to the Prevention and Treatment of Illness. With this, we address the following:

1. The effect of psychological stress on the human body.
2. The development of psychological trauma and its symptoms. Obsessions and their avoidance.
3. Bodily manifestations of symptoms. Working with one's psychological problems through the body.
4. Prevention of and resistance to psychological stress by working with one's body.

We have further studies on the subject of "health" from a physiological standpoint and specific exercises for the body to assist. We use "tough" work to prepare the psyche through intensive work with punching and pain. An example of this is what we call "Circle Training". It involves placing a "defender" in the middle of a circle of other students who are holding pads. The defender kicks the pads and the pad holders randomly bump and push the defender. The instructor tells the circle to close and they come in tight around the defender and begin to move the defender to the corner of the room. The defender's goal is to prevent that from happening and if they get the defender to the corner, then the defender has to pay a price (pushups or a similar activity). This is important because we want the defender to learn that they must have the Mental Endurance to fight and not stop, otherwise they pay the price. The instructor

Picture 3 (The circle closes and moves the defender toward the corner.)



Pictures 4 & 5 (Defender "pays the price")



"In a fight we experience sounds, smells, tastes, sights, impact, pain and fear that we don't face in a daily life. You can ready your body with fitness but how can you train mentally to face a fight?"

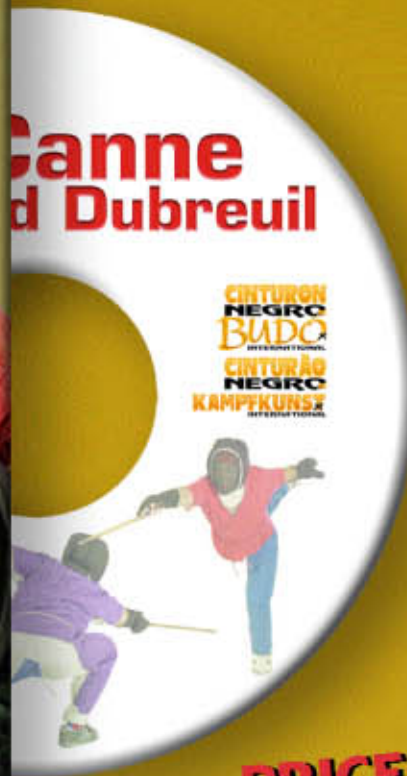
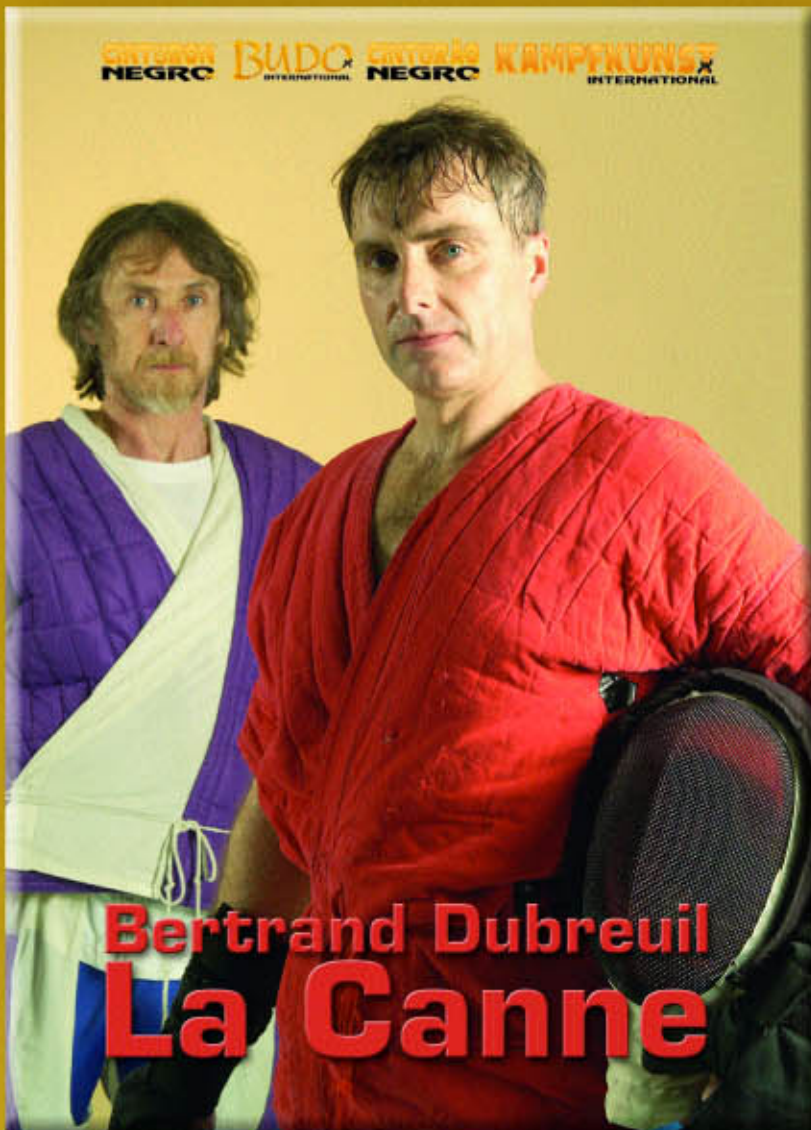
controls the intensity by commanding the circle to open or close, etc. (see pictures)

(Note: You can see more in upcoming books and DVD's from Kapap™ Academy and Professor John Machado BJJ.)

We transition to the subject of personal victimization, criminality, personal safety etc. These are all items we employ at Kapap™ Academy to ensure that our students are true students of martial arts by receiving training that addresses all elements needed for self-defence and survival...including Mental Endurance. (Be sure to order our new DVD set by visiting our web site: www.kapapacademy.com)



La Canne Bertrand Dubreuil



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**PRICE: \$39,95
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REF: • DVD/CANNE1

Bertrand Dubreuil, eleven times French champion, who is President of the National Committee of Combat Cane and Stick, and one of the greater style impellers, presents us this French discipline that was taught in the weapons rooms, schools and armies till the I world war. With Francis Bareilles' collaboration, 6 times French champion and whose creative genius, inspires some incredibly original concatenations, Dubreuil explains the principles to begin in the discipline, both the simple techniques and those elaborated, so much in its offensive as in its defensive aspects; and an initiation to the technical-tactic aspect. An Art with some marvelous sport and martial qualities: such as the remarkable and special crossed dodges and acrobatics, adding up the high speed of performance.

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Body Electricity

To study Kyusho effectively one must also understand that the body is an electrical system of sorts. This includes the brain as the electrical source, the spine as a circuit breaker and the peripheral nerves as a wiring schematic. As the brain produces an electrical stimulus it is sent into the spinal nerves and then onto the specific peripheral nerves. This produces the stimulus to initiate not only muscle tension but also the functionality of the internal life support of the organs themselves.

In order for the positive charge to be effective it must also have a negative as opposite polarities attract and like polarities repel. This can easily be demonstrated by holding two magnets together in a specific way. If you hold the two negative, or the two positive ends together they will form an electrical field between them and actually repel each other. Whereas if you hold a positive charged end to a negatively charged end they attract and pull together, forming a completed link. So it is with Kyusho so that the energetic transfer is absorbed into the opponent rather than repelled.

Now as any electrician can tell you the electrical impulse or stimulus must be also grounded or to have the negative relation for the positive charge to flow to. The body achieves this through a process of grounding primarily through the heels of the body and last three toes of each foot to a lesser extent. This is also where the Bladder meridian comes in contact with the ground first and extends out to the tip of the small toe. Where they are grounded when attacked or even whether you are grounded as you attack. Also important to understand is that electricity will always flow from the greater amount to the lesser in and attempt to form a balance, just as with the positive energy of the Sun being attracted to the magnetic and negative polarity of the Earth's core. This energy simultaneously re-enters the body back from the Earth through the sole of the foot as well as the first two toes. The human body is just a continuous conduit for this natural process, but it is also possible to manipulate to our advantage. This is crucial to understand so that you can achieve much greater results and effect on the nervous system of your opponent.

Now what occurs in a Kyusho hit is the positive electricity flows toward the ground, but sometimes on the opposite side of the opponent's body from the attack. This is because the Left hemisphere of the brain controls the right side of the body and vice versa. So for example by striking the opponents left ST-5 upward, it will seek the ground through the opposite side foot, this is also why we revive the opposite side than we attacked. (It is the imbalance that we induce that causes body dysfunction and or unconsciousness). The initial slap on the neck is to surge energy back to the opposite side to balance, stabilize or stop the additional grounding.

Now if a body is well grounded on the side of the attack the electricity will naturally seek quickest path to the ground not pass through the head and have less effect on the human body. If the attack is grounded more on the opposite side, then the electrical impact will be greater as the electricity crosses through the body and brain toward that ground causing the imbalance. This is also a main contributing factor to the novice's difficulty in their beginning attempts. Taking for example, a strike ST-5 to explain, if the opponent is flat footed on both sides equally and we strike ST-5 on one side there is little effect other than jarring the head and brain. This is due to the

energy balancing and dispersing equally in the body. But if we were to strike with enough force that the weight of the opponent's entire body shifts toward the opposite leg for balance, this will lift the struck side and thereby unground it. The electricity is then able to cross the brain to ground in that opposite leg causing the greater imbalance through grounding.

Now if we were to repeat this action, with the single difference of stepping on the opponents grounding foot, it would not allow the ground to be completed. This would make the electrical energy stay in the body and reverberate in wave like sensations (feeling very much like being electrocuted). And although this can be quite disruptive, it does not lead efficiently to the physical dysfunctional qualities that would otherwise occur. To further clarify this, we can keep the opponent equally grounded on both feet, but step on the same side foot as the attack and since they are now just grounded on the opposite side we can achieve the dysfunctional quality again.

Another factor in the grounding of energy is also in our own bodies and as we stand flat-footed there is a full grounding of energy through both our feet. This will bring or energy down and be more difficult to now transfer into the opponent. So if we are equally flatfooted and even strike with enough force to unground the opponent for dysfunctional quality, it will not. This is because too much is grounded through ourselves so that reversing the flow is in essence fighting the natural pull of the magnetic earth. Again this seems to plague the beginning student of Kyusho as they are fighting natural forces as well as this magnetic pull. If their body is grounding energy through both feet, there is little left to send into an opponent to overload or imbalance their systems. Now this can be reversed or compensated for by merely lifting the heel of the strike hand side off of the floor. This will effectively unground the body on that side allowing a greater transfer of energy and thereby greater effect on the opponents neurological system.

For a more detailed understanding of how we conduct electricity through us, think of the strong Positive energy of the Sun as it enters the body primarily through the top of the head. It flows down through the torso and legs toward the Earth. It especially grounds down through the heels of the foot and why we are recommended to lift the heels in a crouched position with the hands on the head if caught in a severe electrical storm with no shelter. This is because the body will not be well grounded and the electricity will not travel through the body, but rather around the exterior.

Energy emanating back up from the earth then rises from the connection of the sole of the foot and up the body, where it branches off to the arms as it continues this perpetual circle once again. This is the main current of the body, but it also contains several lesser electrical flow or paths as well. The general pattern of the electrical flow in the body forms a figure 8 or helix shape in the arms, legs and body... (this also resembles the helix form of DNA). In Chinese acupuncture and Chi Gong this is called the macrocosmic orbit. There is much more detail to this flow, but insignificant for this understanding.

So if we are flat footed we are at all times grounded and energy is absorbed into the ground. So if the opponent is also flat footed the energy is not grounded as much through them during the strike as it is you, being the closest path to the ground. This leaves little in the way of transfer into the opponent and the reason that dysfunction is difficult. However if we were to lift the heel of the

striking side off the floor then there would be much more transferred energy. Again this is due to the fact that the quickest path is now through just the opponent. This can be accomplished by lifting the heel or complete foot off the ground, or that of the opponent as mentioned earlier. If we were to lift both feet prior to striking the opponent there would be even greater impact, as all the energetic transfer would be now grounded only through the opponent.

This grounding or looping of energy can also be disrupted to negate a grounding and subsequent neurological and hence physical dysfunction. Take for example a joint maneuver where the small finger is facing up and torque applied sideways against the wrist. By merely touching your attacked arm with the opposite hand at the elbow, transference of energy does not have a chance to ground as it is looped around the arms and therefore the pain is greatly diminished. This may be why the Korean styles offer a handshake in this manner as a fail safe against an attack. This not only stops the pain, but also the strength of the wrist as well.

This phenomenon of grounding or ungrounding can also be accomplished both in attack and as defense by the use of several traditional Martial Arts stances. For example the Cat stance, where 70% of the body weight is supported on one leg and the opposite foot is held in a bent knee position with the heel raised off the floor. This will effectively stop the majority of grounding effect on that particular side, so an attack for your opponent on that side is diminished or negated. It also doubles as a way to enter more energetic transfer into your opponent as your own energy is not grounded on that side and seeking the quickest path to it... this can easily be your opponent now. And so it is with all the stances either being grounded or not for the effects desired. But is not limited to the feet and legs alone.

The act or posture where the proponent is crossing the hands actually protects the legs. This will protect against attacks to the inner leg or rising attacks to the back and outer sides of the legs. This is because any inner leg, straight in or rising leg strikes on Kyusho Points will be transferred up to the opposite side and ground through that opposite leg. But by crossing the hands this creates the looping of energy and it is not fully allowed to ground. This greatly reduces the pain and dysfunctional qualities of the attack.

And as can be expected the crossing of the legs will also protect the arms. The reason is somewhat simpler in context as by crossing the legs, neither is well grounded. This again greatly reduces the pain and dysfunctional qualities of the attack.

This can be rather complex to understand and especially to consider during a stressful encounter. Luckily all of the attacking energetics are naturally taken care of if we simply keep moving and do not settle to enact grounding. By keeping our energy in constant flux it will always be available for transfer into another, even if they are solidly grounded. The protective measures are more difficult but just a product of practice and correct training. This is also one of the main functions inherent in styles that utilize Kata of Form practice, but also easily assimilated with consistent and dedicated practice.

Evan Pantazi



努力



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As Ed Parker used to say: "The one who knows how, he will always be a student; but the one who knows why, he will transform himself into an instructor". For Planas, Kenpo it is a set of rules and principles of movements that, you should study and understand with this premise in mind. The Great Master will analyze the most common mistakes and problems that practitioners come up against to, when attempting to understand or to carry out certain techniques. A magnificent videotape from this authentic and living Kenpo legend!

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How to Find Out Exactly What Your Students Think About Your School

Here's an idea that is foreign to many martial arts professionals. The thought of asking the students what they want is painful for many of us, but the rewards make it well worth it. Few tools are more effective and sobering than a good survey.

We do our surveys twice a year and study them very thoroughly. While you will always get some strange requests and comments, look for trends. The survey should be no more than one page and, in an attempt to get 100% participation, distribute it at the beginning of class and have the students turn it in immediately. While not the most scientific study, the feedback can be amazing.

It's very important that you demonstrate to all the students that you intend to respond to the observations in the survey. Good service is useless if the student doesn't realize it. In your newsletter or in the class announcements, let them know that, "In response to the surveys, classes will be reduced in length from two hours to 50 minutes."

Often, a well-worded question on a survey can be used to make a change seem as though it was the student's idea and not yours. As we all well know, they will support their own ideas and innovations more than they will support yours.

On a final note, be careful with surveys. Do not make drastic overnight changes because five students out of 100 made an observation. It may just take a small adjustment or an improved communication and educational process to help them understand why things are done a certain way. It must be presented as being in their best interest and not just tradition (as with the ham story). By the same token, be prepared to make some changes if you see a trend that is of serious concern to many students.

Exit Surveys

One drawback of the student survey is that you're asking the wrong people. What we really want to know is: Why do people drop out? Exit surveys can provide great feedback, if you can get it. Since the student is no longer involved, he is less compelled to cooperate. I've used exit surveys that were little 4 x 6-inch cards already stamped and addressed to the school. All the ex-student had to do was fill it out and send it.

I know of companies that enclose a dollar in the envelope as a bribe to get the recipient to fill it out. Another option is to hire someone to make phone calls to all inactive students and do the survey over the phone. This person should have a fairly tough hide or Teflon ego, because not all the calls are going to be pleasant. But you really need that information.

Regardless of how you do it, surveys can provide you with the feedback you need to plug the holes in your system. As students, we had great attitudes about being corrected by our instructor on this kick and that punch. It is important to look upon the survey feedback with that same degree of excitement.

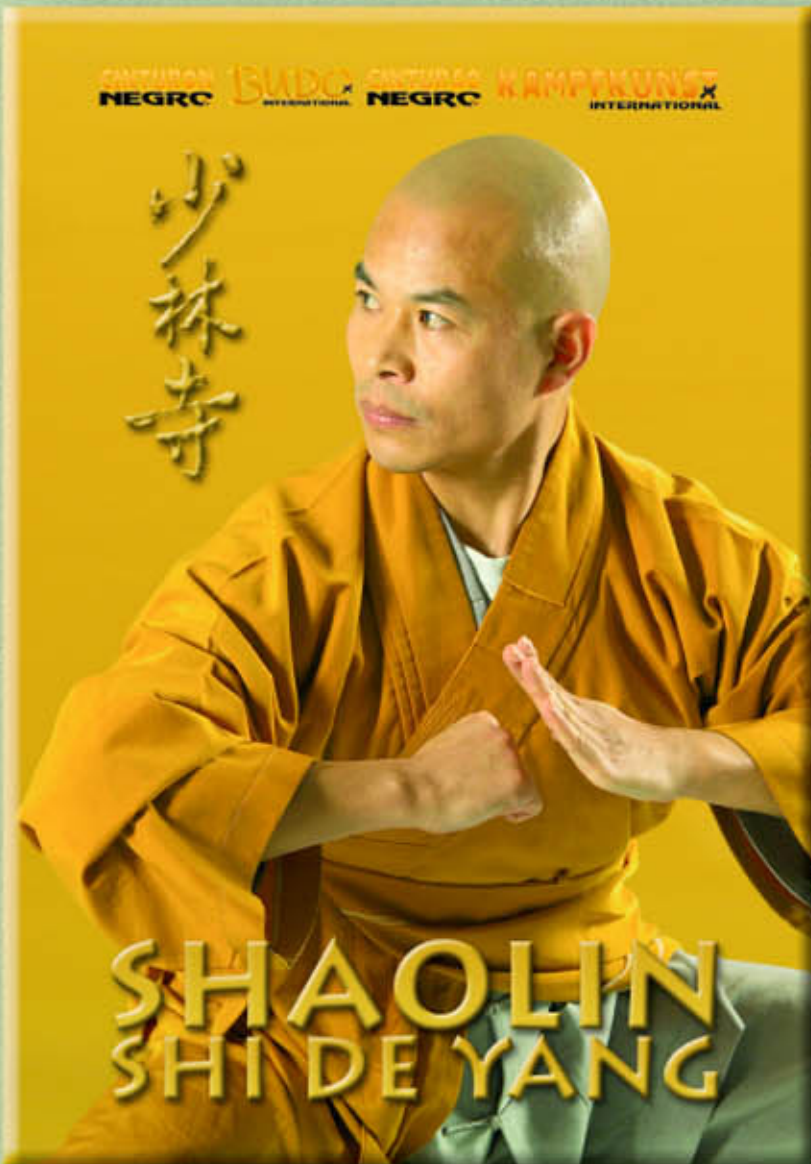
The industry's best selling manual on how to operate a successful school, *Black Belt Management, a Guide to Success Without Selling Out* sold thousands of copies at U.S \$149. The author, John Graden, is the founder and executive director of NAPMA, Martial Arts Professional Magazine, and the American Council on Martial Arts (ACMA).

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As a result of several working years, we present you this documentary and instructive DVD, in which we have compiled the Great Master Shi de Yang's teachings, the most well-known face of the legendary Shaolin Temple. Belonging to the 31st monks' generation and direct pupil of Shi Xui, Shi de Yang is one of the few Masters that have learned in depth the "3 treasures of Shaolin": Chan, WuShu and Traditional Medicine. This knowledge as well as some exceptional martial skills have led him to hold positions as Chief of Warriors Monks, old texts transcriber, philosophy professor and Director of Studies for Traditional WuShu. An authentic Master of Masters.

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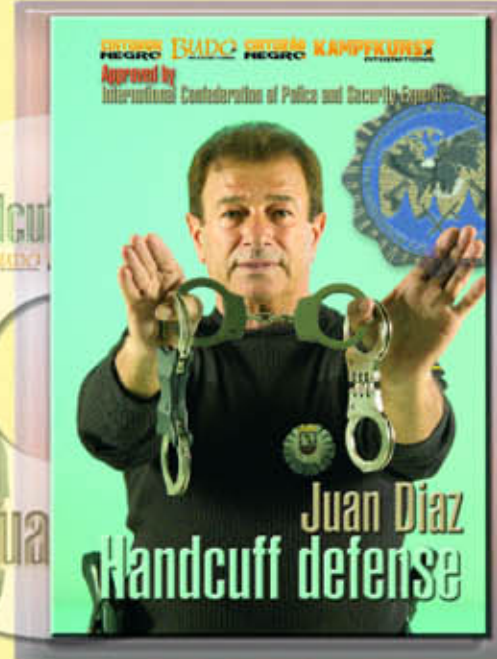
New Martial Arts DVD's

REF.: • DVD/WT13



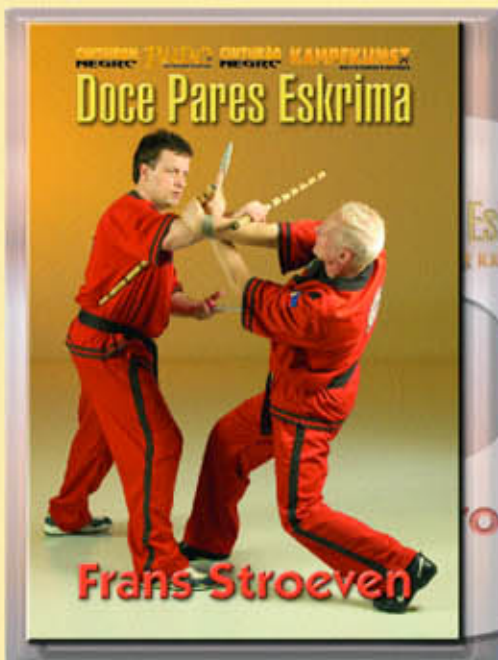
Without betraying the WT principles, but essentially returning to them, Sifu Victor Gutierrez has updated the general principles application, and especially the wooden dummy and combat advanced concepts opposite to the new MMA methods. In this new release, Sifu Gutiérrez explains the transitions for all situations that could come up in combat: from the legs distance, fists blows, elbows, knees, and the Chi-Sao application, up to reaching the ground. A work that not is not only focused on techniques but it provides the pupil with exercises to improve his combat skills: power, fluency, and the correct application of WT's strategies.

REF.: • DVD/KAISEN4



Why not using all the defensive possibilities that handcuffs offer us? In this new work, Juan Diaz, expert in defensive police tactics, presents us with the defensive use of shackles within the SIAK ("Sistema Integral de Autodefensa Kaisendo Policial") which in English would be KSIS (Kaisendo Self-defense Police Integral System). From his hand, we will study quite a set of neutralization, detention and disarming techniques, using the shackles, as defensive and not lethal weapon against diverse types of assaults with or without weapon from attackers: defenses against pushes, grasps, strangulations, fist attacks, kicks, stick and knife. That is a tool with excellent versatility in action for the public safety professionals

REF.: • DVD/STROEV1

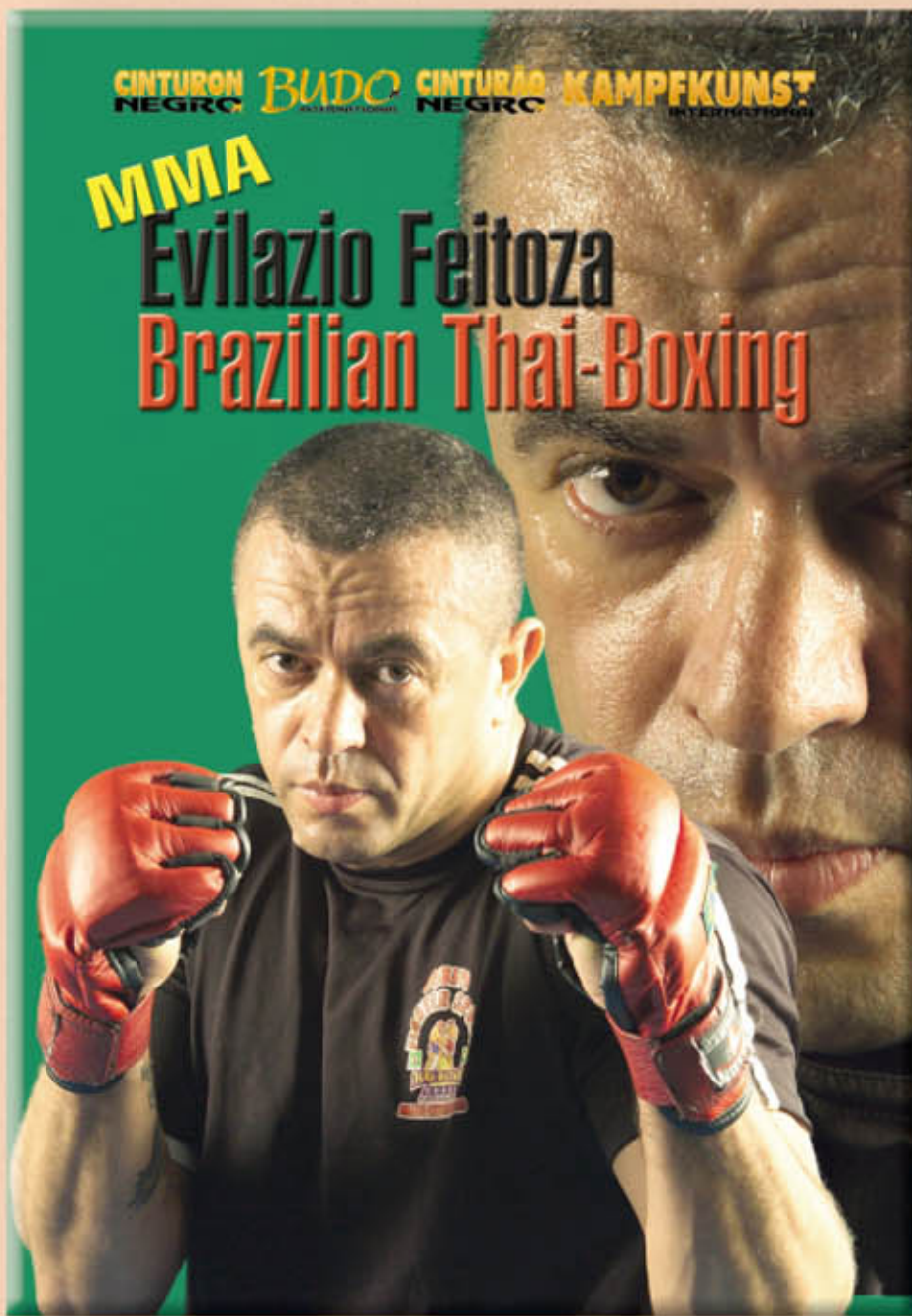


In 1932, the most renowned Eskrimadors, mainly from Cebu, founded Doce Pares as a society to promote the only original native martial art of the Philippines. In this first work, Frans Stroeven, European President and direct pupil of Great Master Cacoy Cañete combines the "Doce Pares" system with his own. Such system is the result of a wide experience in other Arts (Judo, Wing Chun, Latosa Escrima, and Jeet Kune Do). Disarming techniques, blows sequences, control locks, knock-outs, Espada and Daga , knife against knife, empty handed against knife, Pangamot, and hitting training methods, blocking methods and against the hand methods, from this outstanding Master who has even taught courses to the very Philippine Army.

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MMA Evilazio Feitoza Brazilian Thai-Boxing



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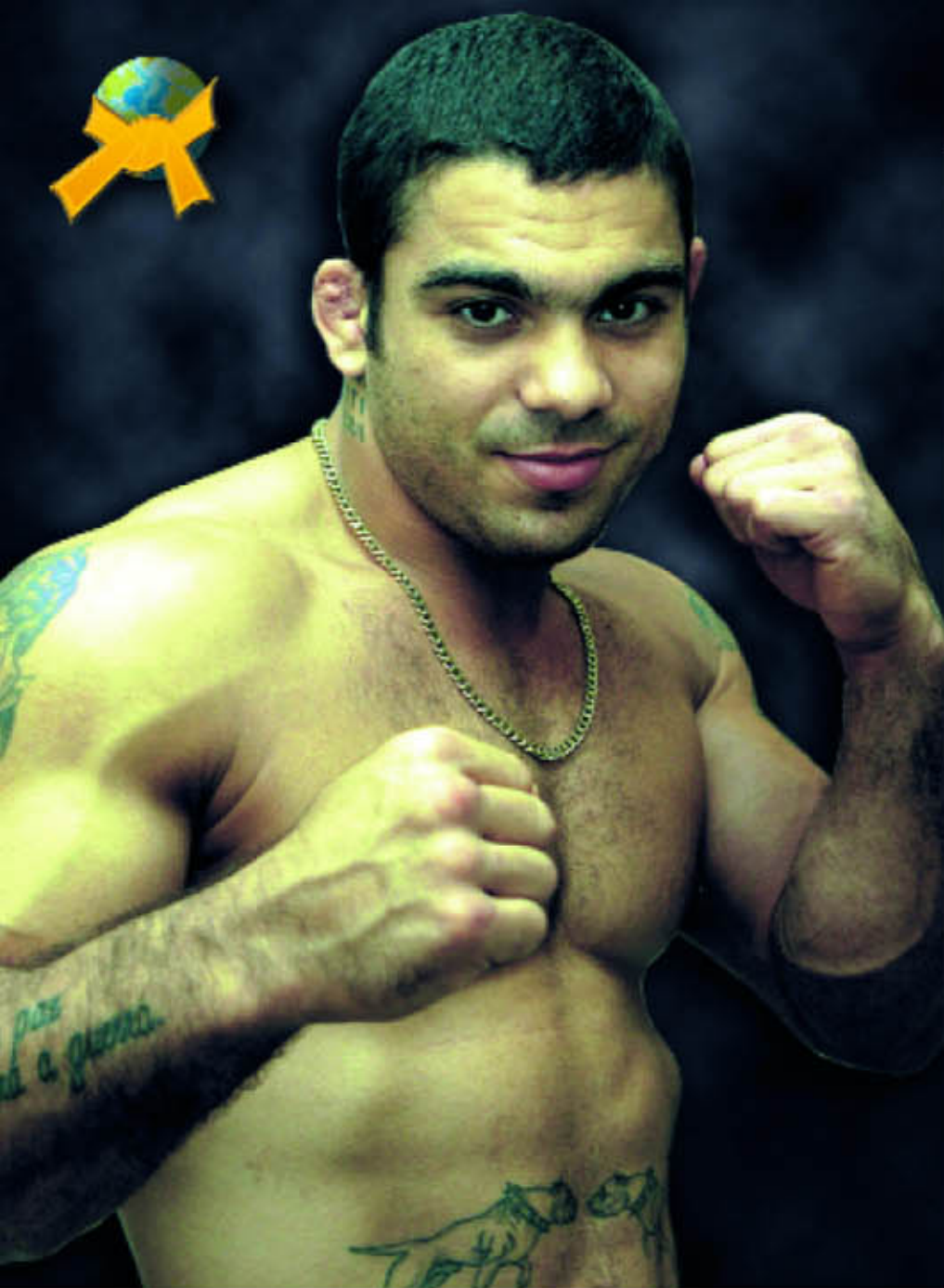
In this DVD focused on all distances combat, Master Evilazio Feitoza teaches you the "Winning Path" one in which you set the rules:

dominating distance, attack forms and the use of fists, legs, knees and grabs to counterattack. We will study stances for the standing watch, how to maintain distance, the head and body fencing, standing hip elopement kicking, punching and knee pushing techniques, the "Sproll" and its defense, the defensive entries and falls, the ending techniques and much more! An impeccable technical work that teaches to prepare the physical part, technically and mentally, providing both fighters and walking citizens a better self control, confidence, and self-esteem.

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Paulão Filho (PRIDE)

Paulão Vs. iFace to .

Considered among the best of the world, in the up-to-83Kg category, Anderson Silva (UFC champion) and Paulo Filho (Pride), had everything to reach in no time a collision route, in a possible belts unification of the two biggest world events champions, but because of their friendship, between them, thanks to Rodrigo

"I don't see there is someone who can take that belt from you... I rather face Liddell. He is the most difficult one; despite the fact Shogun is more complete".

Anderson Asks, Paulão Answers What Do You Think Of Arona's Defeat?

I found out that a person who worked at his house got sick of "prudery" Arona's mother called me and she asked me somebody's telephone in Japan, to be able to warn his son, not to take any medicine that could harm him, in the hypothetical case that he had caught "prudery." As he was weak, he didn't even perform 1% of what he is capable of, without discrediting the opponent from Cameroon, of course!

¿What's The Formula To Win Him In Sokoudjou?

According to some pieces of information I have in my power, he is not a long time player. Therefore, there must be someone more demanding than him, to see how far he can go. Under good conditions, Arona by himself can beat him up, as well as Minotouro. Without denying him the merit, I am also in conditions to win him. I do not believe that it is something special.

Why Don't You Come Yourself At Once To Black House

(risas) Soy de Carlson Gracie desde(Laughes) I am from Carlson Gracie since I was a kid and BTT is just a continuation of Carlson. I feel very

comfortable and I have lots of affection for all them. But it is clear that I try the best thing for myself and the Black House is a great academy, therefore who knows in the future...

What Are Your Plans For The Future?

I am 100% focused on Henderson. I suppose that Joinha will be able to get me that combat. It is very fair that I will be the one facing him. He is the champion for this category and I have won the GP champion, the one responsible for his elimination from the GP last year. This fight is fair fight and I want to demonstrate this belt should be in my hands.

What Do You Think About Pride's Purchase By Him?

It has seemed excellent to me; finally it had to happen. The winning prizes are exaggerated and that is wonderful! I think Japanese have made the right decision. Now we will know who the best fighters are..

Who Would You Like To Fight Against?

It makes me happy that you have the UFC belt. I don't see there is someone who can take that belt from you and I believe that you will be on top of this category for a long time. I want to focus on Pride and to take the belt from

Henderson.

Up-To-93 Kg, Shogun Or Liddell?

I am going to be a patriot, I rather face Liddell. He is the most difficult one; despite the fact Shogun is more complete. Shogun is doing a great job, but I want to face him to test me, because I am capable to easily beat him. I am better than him in knocking down and I am a born pasador. Facing Liddell, I want to show him how the music sounds..., to demonstrate him that he won't always be able to win with punches. I want to see how he works face up, in the octagon center

Is It True, You Changed Your Manager?

It is not a matter that I was not satisfied with Zé Mário's work, on the contrary, I owe him a lot, but I decided to give Joinha this opportunity, because since I entered Pride, my purse is practically the same one. Joinha showed me contracts and proposals that would be very good for me and he knows a lot of people in the United States of America, hence I will give him a try. Regrettably I cannot fight before July, due to some requirements from my old contract.

Have You Been Invited To Adcc?

I was invited, but because of a contract, I could not accept. I have a budding fight

Anderson Silva (UFC)

Anderson ..face!

Minotauro, a friend in common, they both reject such possibility. Since we won't be able to see them in combat at the ring, we have invited these two MMA geniuses, to make them face each other in a verbal combat in our pages: with you all, Anderson and Paulão.

The belt is yours. You are the best in pride and you deserve it... I want to finish my career in three years within the UFC".

in North America and I have left that category to Toquinho for him "to rasp" everybody. Toquinho will frighten them in the category and he will finish everybody off.

What Do You Think About A Super Fight Between Roger Gracie And Arona?

Roger is a 100% guy, I like a lot to see him fighting with kimono, but in Submission I think Arona has a certain advantage on him. The rules of the event are favorable to Arona who is very explosive.

Paulão Asks, Anderson Answers

Has Wanderlei Defeat In Front Of Dan Henderson Surprised You?

No, it has not surprised me. Wanderlei is a great champion, he is part of Vale-Tudo history, and he is one of the precursors that is unquestionable. Through years, he has demonstrated that he deserves respect and that he really is a great champion. Now then, to win, maybe he has to revise some concepts. But no one can deny to Henderson that he made a good fight and he won the exchange, something nobody expected..., then, what is left for Wanderlei is to keep training and to determine where he made mistakes, if in fact he made a mistake. Those

obstacles are part of a career and what he can not do is to renounce.

Would You Like To Face Henderson?

I believe that combat could arrive in a natural way... While I have life and stay active in fighting, whenever possible I will always want to face the best and the renown athletes I respect Henderson very much and it would be a honor for me to face him.

Do You Want To Unify The Ufc And Pride Belts?

No, that belt is yours. You are the best in pride and you deserve it, you have to take that belt away from them. Moreover, my goal is to finish my career in three years within the UFC.

Do You Want To Unify The Up-To-83kg And Up-To-93kg, Belts By Facing Chuck Liddell? I Believe Your You Are The More Suitable To Face Him...

No, I don't, I believe that each one of us has his own place and that it is not my weight. And I don't want to take anybody's the belt, I already have the UFC belt, I have the Cage Rage belt and I don't want get in there. If one day I end up fighting above my weight, it will be in a long time and it will not be in Pride, but in an event like K-1, to finish my career.

How Is Your Training Going To Be?

I plan to stay here in Rio for three

months, until my next fight against Nathan Marquardt, in UFC 72. I am training in the Black House that is my second house; Rodrigo and Rogelio are about to return and I will also train with them. Vitor and Lyoto also have fights very soon I will train where the gang is, I have friends al over Rio. I want to train with you in BTT. I also want to meet with Dedé Pederneiras. It is as if it was a whole team, where they all help one another.

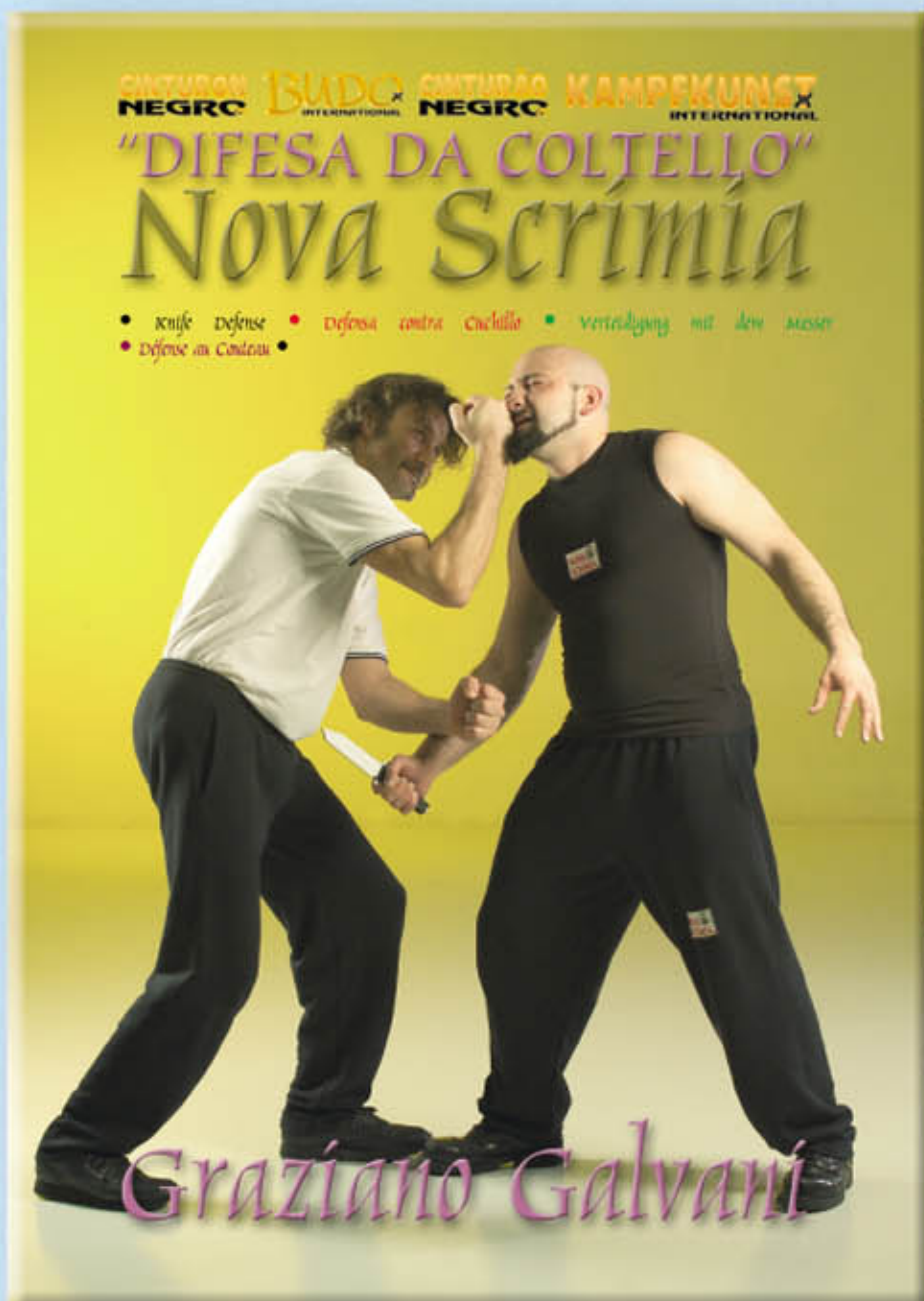
Do You Want To Fight With Somebody From The Chute Boxe? Somebody You Have Had A Misunderstanding With...?

Well, many people have asked me that question, but as you are making it, I am going to answer it, after all, you are who you are. I do not try to face nobody from there, but, as fighter, if one day someone would treat without respect or someone would challenge me, I would fight. I have never had a misunderstanding with no one, they belong to my past. They have had the opportunity to have somebody good and they did, but I have never had any problem with anybody from there, as well as of anybody from other places.



"DIFESA DA COLTELLO" Nova Scrimia Graziano Galvani

- Knife Defense
- Defesa contra Cuchillo
- Verteidigung mit dem Messer
- Défense au Couteau



In this DVD focused on all distances combat, Master Evilazio Feitoza teaches you the "Winning Path" one in which you set the rules: dominating distance, attack forms and the use of fists, legs, knees and grabs to counterattack. We will study stances for the standing watch, how to maintain distance, the head and body fencing, standing hip elopement kicking, punching and knee pushing techniques, the "Sproll" and its defense, the defensive entries and falls, the ending techniques and much more! An impeccable technical work that teaches to prepare the physical part, technically and mentally, providing both fighters and walking citizens a better self control, confidence, and self-esteem.

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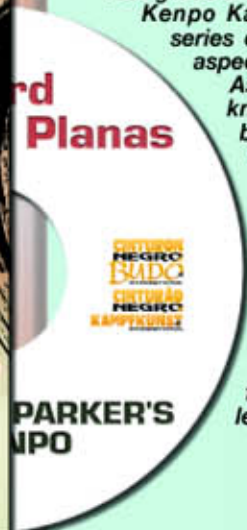
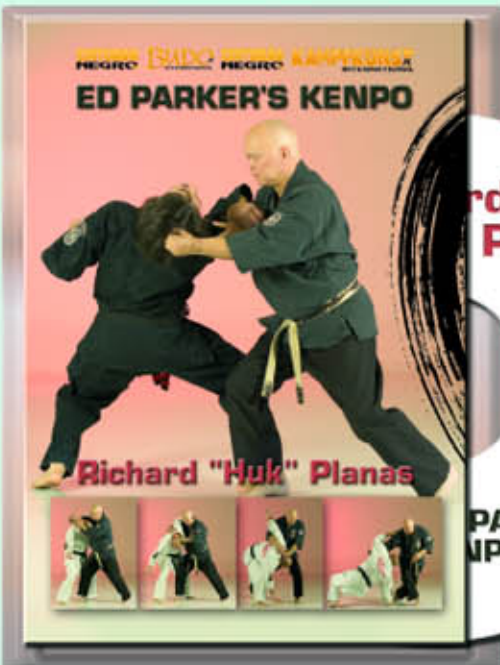


REF.: • DVD/NOVA4

With this new work, Graziano Galvani is back to fight with his group of "Grand Knights" of the "Tavola", to show up some defense strategies in front of knife, distance or body to body attacks. You will find applications and tactical defense strategic options for civilians, with percussions, liberations, breakings and endings, as well as intervention strategies for professionals with: levers, immobilizations, disarmaments and neutralizations of individuals armed with knives. A unique videotape of its kind, carried out by 13 Nova Scrimia masters and instructors that transmit us the practical knowledge of seven centuries, inherited from the school of the Italian Masters of weapons.

NEW FOR THIS MONTH!!!

REF.: • DVD/PLANAS 1



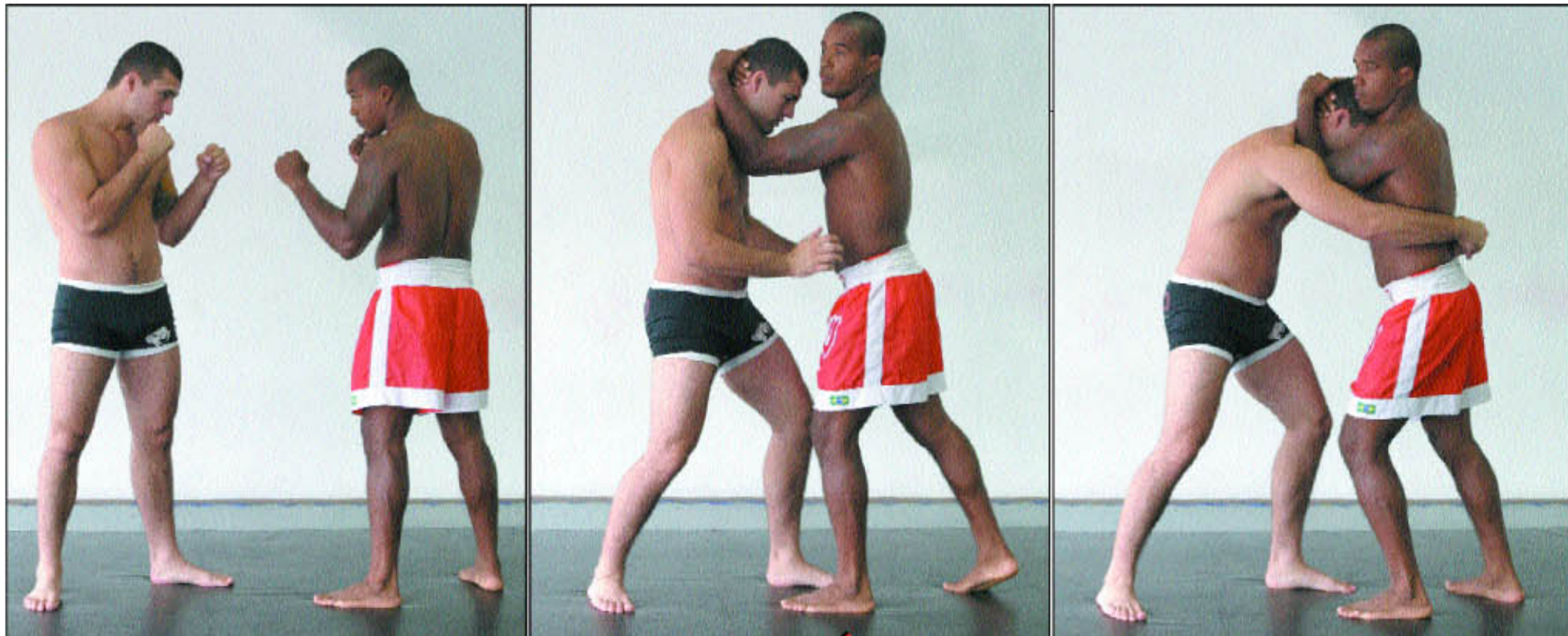
The Great Master Richard Planas "Huk", -Belt Black 10th grade and one of the world wide top exponents of Kenpo Karate- starts with this first volume, a series of videotapes, full of teachings and key aspects to evolve in this system.

As Ed Parker used to say: "The one who knows how, he will always be a student; but the one who knows why, he will transform himself into an instructor". For Planas, Kenpo it is a set of rules and principles of movements that, you should study and understand with this premise in mind. The Great Master will analyze the most common mistakes and problems that practitioners come up against to, when attempting to understand or to carry out certain techniques. A magnificent videotape from this authentic and living Kenpo legend!

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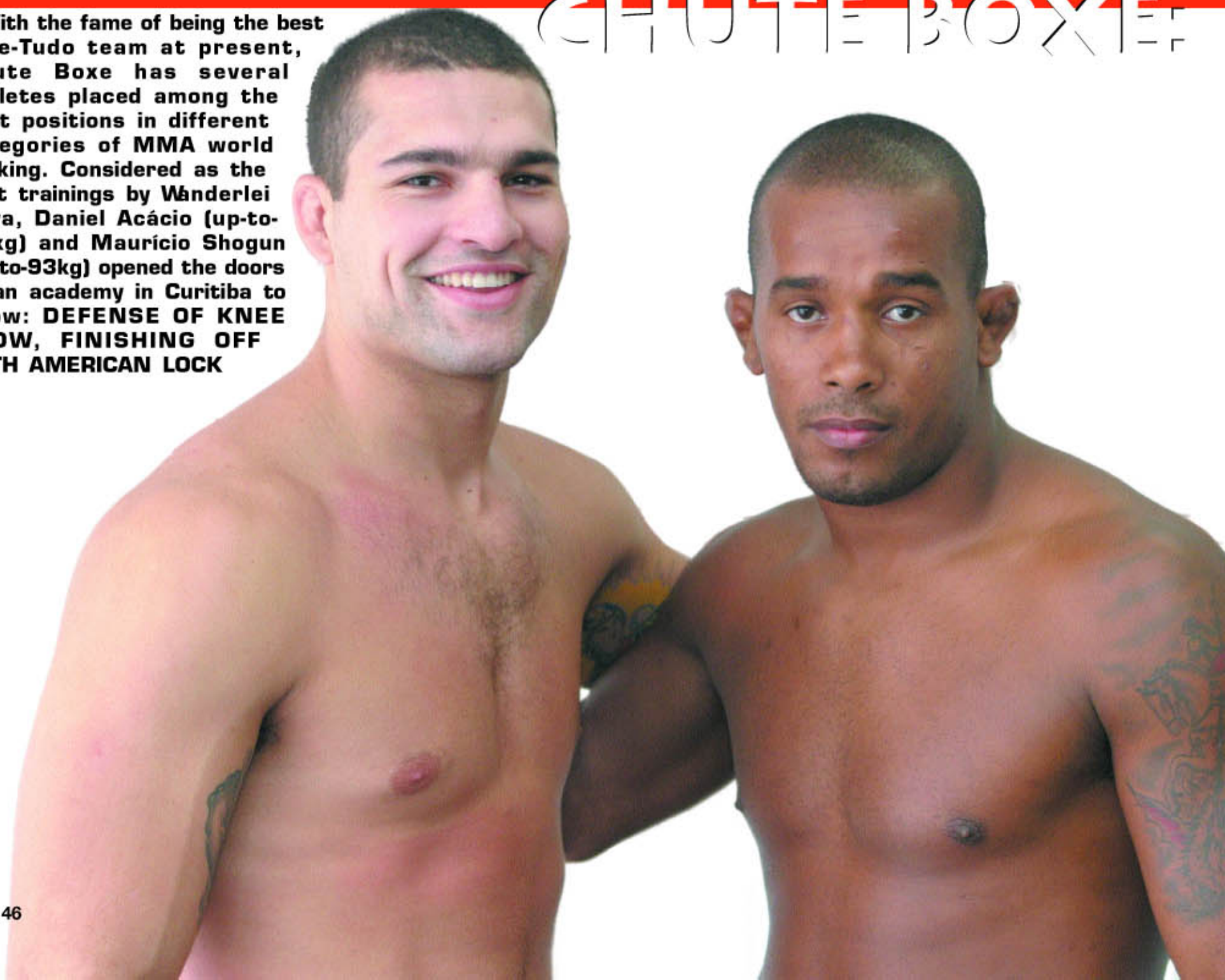
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DANIEL ACÁCIO & MAURÍCIO SHOGUN

CHUTE BOXE

With the fame of being the best Vale-Tudo team at present, Chute Boxe has several athletes placed among the first positions in different categories of MMA world ranking. Considered as the best trainings by Wanderlei Silva, Daniel Acácio (up-to-85kg) and Maurício Shogun (up-to-93kg) opened the doors of an academy in Curitiba to show: **DEFENSE OF KNEE BLOW, FINISHING OFF WITH AMERICAN LOCK**



Technical Series



6 - Once the arm is under control, Acácio moves his body towards Shogun's head and he finishes the blow by forcing his arm back, as it is shown in the above detail.

Shogun teaches the defense for the American lock, after the fall. Before Acácio completes the turn towards Shogun's head, the Murillo Ninja's brother dominates the elbow and he enters with the hip (A and B), placing knee on Acácio's stomach and passing the other leg above Acácio's head (C and D).

With his left leg, Shogun unbalances Acácio (Y) and with the two hands help, he stretches Daniel's arm and he applies an effective arm-lock (F).



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 - Das metrische Arm Schlag- & Block System
 - Sistema Metrico di colpi e blocchi con le braccia
 - Système métrique de coups et blocages avec les bras

Jim Wagner



Metric Arm Strikes & Blocks System

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With this new work divided in two deliveries, Jim Wagner supported by a 2 decades experience in the military and police fields, he will help you to simplify your training and to learn only those blows and blockades that really work in a combat. In this first volume, you will discover that there are only 10 primary directions to attack an opponent with the hands, and only 10 possible directions in which your adversary could attack you with his fists or elbows.

These are the primary angles on which the world wide military and police systems are based, because once the time comes, the techniques must be simple and effective.

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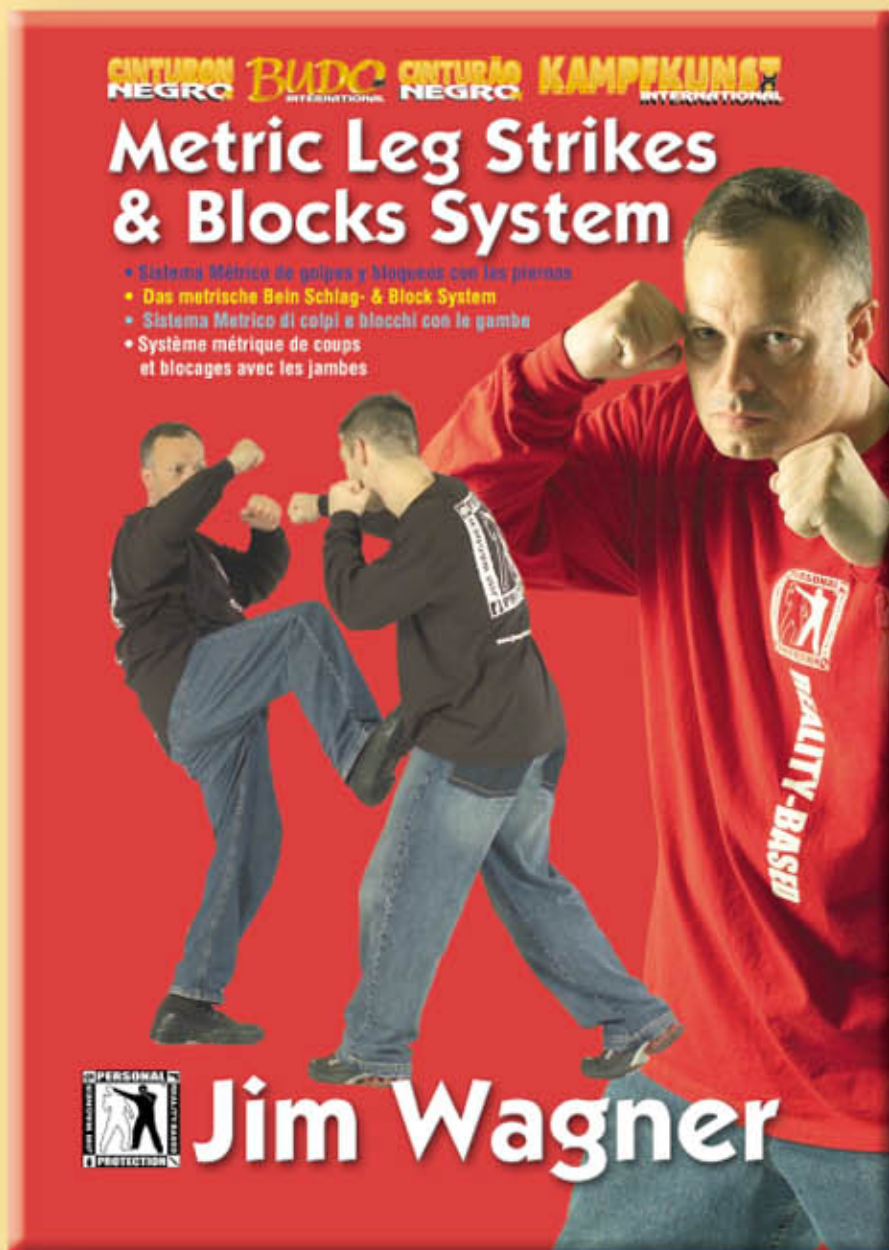
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Metric Leg Strikes & Blocks System

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Jim Wagner



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PRICE: \$39,95
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REF.: • DVD/SARG11

If you have ever participated in a real combat, you will know that a certain times, the great performances are not looked for and at the most one is able to kick a couple of times before reaching the fists and knock-out distances.

In this second delivery of Jim Wagner's "metric system" we will focus on blows and blockades with legs. As with arms, we will see that there are only 10 primary directions to attack with kicks and pokes and we will know three techniques to block them. Street reality does not require dominating hundred techniques but simple formulae to help us survive. This it the way Jim Wagner's system is, based on the reality,

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In the history of Karate, the Shuri Castle has always been mentioned as an important enclave within this Martial Art development. This wonderful monument was not only a work place for important Masters from old Okinawa Te as Itosu, Kyan, Oyodomari, Azato and very especially to Sokon Matsumura, but rather the

influence from the Castle itself and life played on him, on current Karate and his technique, it is huge curious and interesting. Our contributor Salvador Herráiz together with other Karate history specialists' contribution has carried out an interesting study in situ, that we present you today

Text & Photos: Salvador Herraiz, 6th Dan Karate

The Shuri fortress was the residence of the Okinawa kings from the XV century until the Meiji restoration in 1868. During those 500 years, nineteen kings generations ruled from its rooms; the castle was the cultural and neuralgic Okinawa's center and of course the origin of our Karate. The Castle and Karate have always been crisscross, and in this article, we will see much more in detail how this linking developed.

The place of Karate's power

Between the years 1.100 and 1.300, the three Okinawa Kingdoms were created. In 1372 the first cultural exchanges took place, between China and the Ryukyu Islands and they would extend up to 1879, a time for the settlement of Okinawa's prefecture. In 1392 the so called 36 Families of Kume arrived to Okinawa. These were Chinese families that started teaching martial arts from that country, at the same time of starting up other activities.

Although it previously existed, it was in the XIV century when the Shuri Castle began to have a fair importance, as a result of the real power transferred to its facilities. From then onwards, many areas were improved, completed and some other parts were built. The "Shurijo", as it is known, it was built

with a mixture of Chinese cultural influences with a touch of Ryukyu architecture all over. In the same way Karate developed in Okinawa, would be halfway between both cultures. In Okinawa between 1409 and 1429, the three principalities, or "Sanzan" became unified under the King Sho Hashi's crown settling their capital in Shuri. In 1453 one of the Shiro and Furi war consequences was the Shuri Castle was nearly consumed by flames.

The architectural complex is spectacular. When Okinawa's King left the Castle, he used to stop to pray by the Sonohyan Utaki, built in 1519, a stone door that is nowadays Patrimony of Humanity. A few meters before this door, at the main entrance of the Castle another key part of the complex was erected. This is the so called "courtesy gate" which is located on a slight steep, welcoming those coming to the fortress. The Courtesy Gate (**Shureimon**) was build during the

空手道





Sho Sei kingdom (1527-1555). There is an inscription on it, that says "Shurei no kuni" which meaning is "Ryu Kyu is a land of honour". The Chinese influence on the Castle can be seen on several details such as the columns, roofs etc. It can also be perceived in the very famous Ryuhi fountain where water comes out through the mouth of a sculpted dragon. In the same period a water pipeline was built its draining system and its Magic Fountain Dragon caused a good impression to Prince Hiro Hito in his first visit during which a Karate exhibition was organized. The prince was fascinated by the beauty of the surroundings and by "the rare elegance of Karate", but all this happened years later.

In year 1609 Samurais conquered Okinawa and the Shimazu Lord from the Satsuma Clan controlled the area and its people with the agreement of the Tokugawa Clan. Okinawa is then punished because of lack of support to the

winner during the internal Japanese war, as well as during the Chinese war. As a consequence private property is forbidden as well as weapon possession. This event is very important, because it was the origin of dance and ball, to codify the combat formulae and self defence techniques with land and stockbreeder tools, so to say, it lead to the creation of the Kobudo origins. In this era, around the Shuri Castle, the beginnings of a martial art transformed itself into the first born Karate embryo.

Between 1621 and 1627 the south lobby was built, The **Nanden**, a two story building where welcoming events were celebrated for the **Satsuma** Clan officials. To the Naden's right side, there it is the so called "**Bandokoro**" a simple one story building, where receptions were held for those Castle lower status visitors.

In 1660 another great fire left the Castle on the verge of destruction. In 1672 a restoration took place and once again in 1709 another fire partially destroyed it. In 1712 restoration went on till 1715 when it was finally concluded.

The "To" (from To De) comes from the Japanese way of pronouncing "Tang" (The Chinese Dynasty 713-905). The people from Okinawa simple called their art "Ti", that is the military

martial art. In Okinawa approximately around 1700, there was already a dynamic combat system, The Shuri Te and the strong Naha Te Sakugawa: the beginnings of Okinawa's lineage.

Sakugawa: the beginnings of Okinawa's lineage.

Considered to be the first Okinawa's Master, **Satunuke Sakugawa** (1733-1785), he was a very important guard of the Shuri Castle. They say that when his father died bleeding as a result of a beating, he made his son promise that such thing would never happen to him. Satunuke started in martial arts under the guidance of Chatan Yarase and Kushanku. The day Satunuke met Kushanku (a member of the Chinese group messengers sent to receptions), Sakugawa pushes Kushanku and the latter humiliates him publicly. Paradoxically, it was the beginning of a great relationship. Another member of the Shuri Castle work team, the draughtsman **Peichin Takahara**, convinced Sakugawa to study the Kushanku martial arts. In fact what Takahara wanted was to learn Kushanku by himself through Sakugawa. Kushanku teaches among other aspects, in the hikite art, that is to say, the energetic backward movement of the opposite arm to the one hitting and the quick retreat of the own attacking arm.

Shuki

His Castle and the origins of Karate





When Takahara died, he requested Sakugawa that he had to make others call him by the name of his martial art. In this way, Sakugawa Satunuke (Sakugawa Kanga) started to be known as To de Sakugawa. As a guard in the Shuri Castle, Sakugawa traveled to China as a tax money messenger, because at the time Okinawa served vassalage to Japan as well as to China. So it happened since 1372, with the Chinese Emperor Ming. During the trip he and his group were assaulted. Sakugawa applies the Master Kushanku knowledge called "night fight", some combat systems where you do not see the enemies, but rather you deceive them by making noises, movements, and slight touches or checkups. The **Kata Kushanku** keeps "night fight" techniques in its original bunkai, from this great Master from whom it has been named after. Very close to the Castle, just 400 meters south, we find the original place where Sakugawa lived. Nowadays the only thing we notice, in the exact place where his house was standing, it is an open ground used as an improvised parking. As for other places of the Castle, it is necessary to mention the lake (Ryutan) and very close, a nowadays abandoned place called **Kokugaku Matsuzaki**, where the first **Okinawa Te** demonstrations were carried out

sokon Matsumura and the Shorin Ryu

At the beginning of the XIX century. Around 1810, Sakugawa taught To De to **Sokon Matsumura** (1797-1889) who worked in the Shuri Castle, under three different ruling kings **Sho Ko, Sho Iku and Thai Sho** that reigned from 1804 to 1879.

Matsumura worked as the Castle Military Chief and he taught martial arts to the Royal Guard, whose members were called **Keimochi**. Sokon Matsumura is the father of the "**Shorin Ryu**" denomination. It is said that "Shorin" is the pronunciation of the word "Shaolin", famous Chinese martial arts temple from where MMAA arrived to Okinawa around the VI century. But Matsumura also chose the word "Shorin" as a tribute to the kings from the Sho dynasty. The term "Rin" means "clean and brilliant forest". Nevertheless it would not take long before adding another name to the martial systems practiced in the island, the "**Okinawa Te**", that is to say "the hand of Okinawa."

The Shuri Castle coloring gets the attention, in front of the gray shades of other buildings in the most current Japan. I had the opportunity to spend the New Year Celebration over there and to enjoy the events and ceremonies organized for this purpose. I also had the pleasure to practice Karate in the places where Matsumura used to do it. For me, it was something very touching.

Matsumura traveled to China, (included the Shaolin temple), and to Japan as well. From China he would bring techniques and Katas, such as **Naifhanchi, Seienchin** and **Gojushiho**, and later he modified some parts of their technical meaning. In Japan he learned sword handling from the **Jigen**

Ryu Kenjitsu School.

There are many anecdotes that pepper Matsumura's life in the Shuri Castle, some of them truly worthy mentioning. The king Sho Ko was a really bizarre person even some people classified him as lunatic. One day an idea crossed the King's mind, for his chief guard, Matsumura, to fight with a bull in order to amuse the town. Matsumura could not refuse it, but it was impossible to frighten a bull... or not? Night after night, Matsumura began to visit the place where the bull was kept in captivity. Matsumura hooked some pins on the tip of a bo, and through the bars, night after night he punctured the bull's muzzle, so the bull started to get scared just before seeing him. The day the combat took place, as soon as the bull saw Matsumura coming closer, it left escaping in stampede. People were astonished by the power Matsumura emanated and the King granted him the Bushi title for this action. There were quite a few times when Matsumura lost his patience before the king's extravagancies and it seems to be that he did not have much. Once, he left him unconscious due to a blow and this of course caused him an employment suspension for several weeks. Another time Matsumura was sent to stop a Chinese thief who had settled in the caves of the Naminoue beaches, near Tomari. The Furuherin cave was a typical place, where the Chinese arrived by ship used to teach martial arts. The strategies, rogueries and knowledge of that Chinese complicated the mission vastly. The thief was the well-known **Chinto**, to whom the homonymous Kata was named after, later baptized again in Japan as **Gankaku**. The Kata's authorship is not known with certainty, but it could be from Matsumura in reference to the slippery Chinese thief. After the incident Chinto and Matsumura became friends and they exchanged martial knowledge. The well-known **Kosaku Matsumora**, **Sokon** friend and student would also participate in the arrest

Very close to that cave, hardly to 200 meters away, there is the **Teruya** Master's grave, instructor of **Kosaku Matsumora**. Such place was worshipped and frequently visited by the Master Shoshin Nagamine.

The Kata

Going into the popular Chinto kata in depth, it is necessary to say that there are studies of the original bunkai that indicate that this kata is also influenced by the Shuri Castle, since it was designed to combat in narrow corridors, stairways as well as in those stairs landings. This is the reason of the multiple jumps included. Techniques like Juji uke and the use of the Tsuruashi position (on a single foot) is applicable to defenses before attacks coming from different floor levels.

It has always been said that Kata Naifhanchi symbolizes the defense of the Castle Gate because of its side movements. Guess to that castle they refer to, since Matsumura contributions? Likewise the translation of its name alludes to the "battle



1. Arrival of Commodore Perry to the Shuri Castle, in 1853.

2. King Sho Iku Portrait.

3. Commodore Perry Portrait

4. Anko Itosu with a white mustache; second from the left wearing a black kimono and together with some students.

5. Shikina En in Matsumura's time.

6. To the right, Kentsu Yabu practicing Karate.

7. Shimpan Gusukuma (Shiroma) commands a Karate demonstration of the Shuri Elementary School, in 1936, at the interior of the Castle esplanade.

8. Interior of one the rooms of Tamaudun.

9/10 Tamaudun, Royal Mausoleum.

11. Kankaimon, the first gate and main entrance to the Castle enclosure.

12. Gichin Funakoshi's Group that performed a Karate demonstration in the Shuri Castle for Prince Hiro Hito in 1921

13. Historical photo from one of the entrances to Shikina En.

14. Sho Taimu, regent of the boy King Sho Tai, flanked in 1853 by his Military Chief (Sokon Matsumura) and his Secretary (Anko Itosu), parents Karate.





In 1501 the Sho Shin King built the Royal Mausoleum for the Second Sho Dynasty, The Tamaudun. (Photos 8, 9 and 10) He does it especially to shelter his father's remains, the King Sho. The Tamaudun is the Royal Mausoleum for the Second Sho Dynasty. It has three mortuary chambers (photos 9) where the remains of the kings and their families are. One of them was the place where they kept the remains, (bones) before being washed. It was the on in the center. To the left, another of them housed the kings and queens, and in the right hand side the relatives' remains rested. The Tamaudun is now considered Patrimony of the Humanity.





Budo History

in narrow footpaths" (they possibly refer to the little alleys separating the squared rice plantations).

Regarding the Kata **Bassai**, it is also related (better known this time) to Shuri's Castle and its Military Chief. However, it is not at all clear if Matsumura created it giving it this name in reference to the Shuri's fortress and how it was attacked breaking its wall or he just brought from China in such a way. In any case, this kata's goal is "to destroy the fortress" and it symbolizes knowing the advantages and disadvantages of oneself and the ones of the contrary.

Once **Bushi Sokon Matsumura** fought an individual, to whom his kicks on the testicles didn't seem to affect him as expected. He then realized the opponent was in fact a woman. It was **Yonamine**, an expert combatant, he had hired for the Shuri Castle security team, as in certain areas as the Kyukeimon gate, located in the Castle northeast area men presence was restricted. Despite his rude aspect one that should not make her very tempting for our current taste, Matsumura fell in love with her and married her.

Once, Matsumura was jealous of his wife's ability, so using some tricks he sent her away in a mission. Matsumura would feign to be a bandit and he planned to attack her by surprise. As you can already imagine, Yonamine defeated, on top of that he left Matsumura tied up to a tree before leaving the place. They say that following Sakugawa's advice, Matsumura hit its wife just to make clear who gave the orders in the family.

Matsumura's wife created a version of **Kata Seishan** designed to be carried out with a boy on the back. Matsumura successor was his grandson Nabe Matsumura and later Nabe's nephew Hohan Soken (Matsumura Seito Shorin Ryu) and his student Fusei Kise.

The Magic Corners of Karate

It is fair to mention other important parts of the fortress here. The Shuri Castle **Seiden** is a three stories wooden building 18 meters high and located on a stone base that preserves it and protects it from humidity, etc. The first floor or Shichagui was dedicated to the state matters and it is where the King and his near collaborators dealt with kingdom matters. In the center, at a place called Usasuka, the King used to sit down and to the King's sides, in what was called Hira Usasuka his heirs used to sit down. After this area there is a stairway area reserved for the King (Ochoku) for him to have access to the second floor. In this second floor (Ufugui), the Royal Family ceremonies were carried out where a second throne was located, Matsumura used to be alert in the back.

The **Houshinmon** gate, probably the main gate, provided access to the patio (Una) in front of Seiden, the main building facade, where so many Karate ceremonies took place. To the right, there used to be the Kimihokori, a room where ceremonies were carried out.

Strictly speaking the Shuri Castle is a great enclosure and as such it has more several doors. **Kankaimon** is the front gate that gives access to the enclosure. It was built in the Sho Shin reign (1477-1526) and it is also known by the name of Amaeju Mon (the Happiness

Gate). Other gates, located in more quiet places were used to provide access and exit to the necessary services for the Castle operation and for its residents: Uekimon to the east, Keiseimon behind the Seiden building ...

Presiding over the Castle main patio there Seiden is. Seiden was the wooden biggest structure in the whole Ryukyu Kingdom. Nothing less than 33 dragons symbolize the royal power and the authority in the life in the castle. As it could not be otherwise, ornamental pillars sculpted with dragons (one with an open mouth and another with a closed mouth), next to other sculptures or embossed dog-lions, etc. they stand out from the architecture

To the southern part of the Castle, we find the Shikina Cemetery and from Karate's point of view then we find a much more interesting place called Shikina En: it was built in 1799 where **Matsumura** also used to teach, to train and to meditate, since he often accompanied the king over there as it was the King's second residence. **Shikina** En was the biggest Royal family property. This place is also known by the name of Uchayaudun or East Garden.

I had the pleasure to visit this place next to a high rank member from Okinawa's Karate. We even end up being in the room that Matsumura used (at the Chinese style building called Rokkakudo) and where the Master wrote his famous texts on Karate; texts that he would finally give to his faithful student **Yoshimasa Kuwae**. Dear readers you can not even imagine the huge personal satisfaction that such experience meant to the one writing this article. Places such as the old Kinbu and Tama Castles, where Matsumura practiced and taught Karate, even then without such denomination are fascinating.

The Castle influence in Karate's Technique

The Shuri Castle influence can be perceived in some aspects that we are going to list:

- o The Karate does not have ground fighting techniques since the Shuri Castle fights did not allow someone falling on the floor, as he could hardly defend himself because he would be beaten or tramped by others. To fall on the ground was a luxury they could not afford and therefore such possibility was not even contemplated.

- o Vital points are practiced in original Karate (they were added by some school later) because its use often requires pressure during several seconds. That was not possible in quick fights and before several opponents. For the same reason strangulation techniques were not used, since in many cases they require pressures during several seconds, and they did not have time for this type of fights.

- o The first born Karate did not use many kicks and practically in no case these kicks were high. The life in the Shuri Palace influenced it, since on one side, in the event of action there was not previous warming up, on the other side not many kicks could be carried out and they were less high because of the robes they were forced to wear, due to the castle life style

- o The "night fight" mentioned above, coming from Kushanku, it could be necessary when they lights were put off in the castle, but as it was something very unlikely, reality is that this type of practices disappeared bit by bit.

- o The Shuri Castle guards already worked as escorts, hence the Naifhanchi kata is also explained as a form aimed to protect another person who is covered by means of displacements. It is a kata in which is evident that some movements are to intervene before attacks that in fact they didn't aim to the person that carries out the defenses.

Meeting with the Western World

In 1853 Commodore Perry arrived to Okinawa sent by the American President. He wanted to establish relationships with Japan and as he knew Japan respected strength, he decided to forge a reputation in Okinawa, a reputation based on strength, before entering the main Japanese island. Perry made the place his operations headquarters during the negotiations with Japan. The United States and Ryukyu signed a friendship's treaty then. Nowadays, one can still see the erected monument in honor to Perry at the Tomari Foreigners Cemetery.

Perry participated in receptions in the Shuri Castle, to which Sokon Matsumura, Anko Itosu also attended, and several experts in what later we have come to know as Karate.

In March 24 1867 at the Castle bordering, precisely at the Ochayagoten garden, a ceremony was carried out to commemorate the last Sappsohi, Zhao Xin's had visited exactly one year earlier. Acts consisted of three differentiated parts: one of traditional island dances (sanryuchu), another of music (uchihaizutsumi) and a third one of martial arts (bujutsu). The martial arts program exhibited there consisted of several demonstrations with Tenbe and Bo in charge of Maeda Chiku; Sai and Seishan kata by Aragaki Tsuji, and other martial facets also in charge of Ikemiyagusuku Suazi (an aristocrat from Kume) and Tomura Chikudon.

Anko Itosu and Shuri Te

In 1868 the Tokugawa Shogun reign fell and the Imperial Family held royal power again. It is what is known as the Meiji Restoration.

This caused the disarmament and decline of Samurai. The Okinawa Te started to be practiced privately. In 1872, the Ryukyu Clan settled down and seven years later the Castle surrendered to the Japanese troops, what turns out to be the end of the Kingdom. King Sho Thai loses his throne and he leaves Okinawa heading for Tokyo. His secretary, **Master Anko Itosu** decided to stay in Shuri and he started up a printing business and later he was at the same time responsible for the first great development of Karate, when introducing it in the educational system. **Itosu** created 5 basic katas, clearly influenced by some superior katas, and he does so in such number, five, not only for the Buddhist Symbolism that could have, but for the fact of five existing courses in that educational level. Itosu created a kata for each course. Anko Itosu was always a very strong person; hence some kata passages applications require in fact more strength than a priori we could think of.

We owe Itosu: his practices with the makiwara fell short that is why Itosu normally hit a stone simply covered with leather. They say that when he was 75 years old, he was challenged

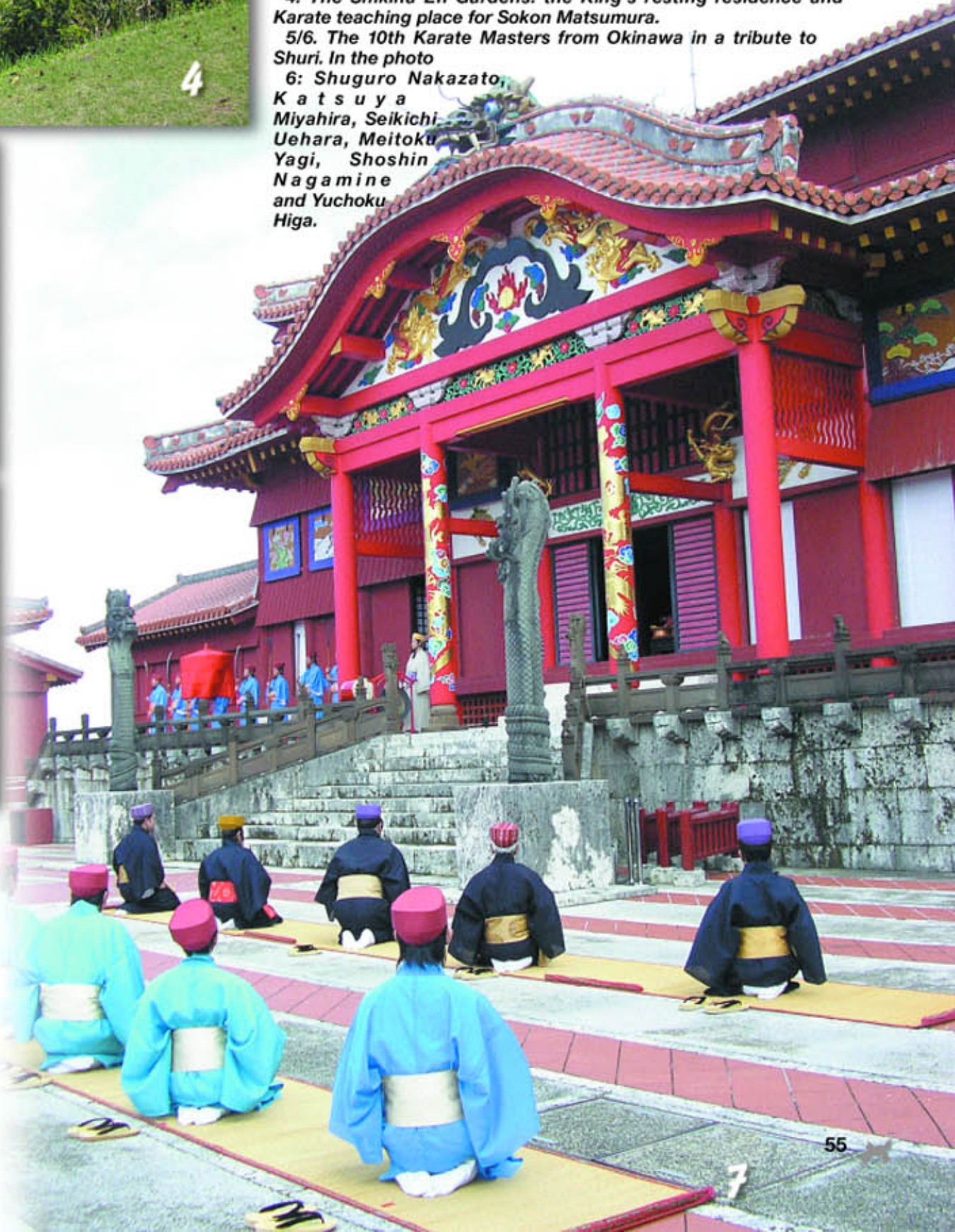


1. Salvador Herraiz and Master Tetsuhiro Hokama, 10th Karate Dan in Tomari, after one of the monuments to Kosaku Matsumora.
2. Salvador Herraiz at the Sonohyan Utaki gate, next to the Castle entrance, where Kings from Okinawa stopped to pray before his trips.
3. Salvador Herraiz and Master Hokama in the Sokon Matsumura rooms in Shikina En.
4. The Shikina En Gardens: the King's resting residence and Karate teaching place for Sokon Matsumura.
- 5/6. The 10th Karate Masters from Okinawa in a tribute to Shuri. In the photo
- 6: Shuguro Nakazato, Katsuya Miyahira, Seikichi Uehara, Meitoku Yagi, Shoshin Nagamine and Yuchoku Higa.



by a 35 years old judoka. The superb and incautious youth promised Itosu "not to hurt him". Just a gesture with the old man! When the judoka came closer to grab Itosu by his sleeves and shoulders, Itosu gave him such a powerful Gyaku Tsuki in the solar plexus; the stalwart one ended up on the ground and out of breath.

In August 30, 1964 a monument in honor to Anko Itosu was erected in Furushima forest located north from Shuri. It is a big stone graved all around as a tribute to the main promoter of **Shuri Te (Shorin Ryu)**. **Choshin Chibana**, the only important and direct Itosu pupil still alive at the time, was in char-





ge of impelling this project: an authentic tribute to loyalty and pride. The inscription written in calligraphy by Choko Ibraha and engraved on the stone by Jitsuhiro Ishimine makes a shallow summary of Itosu's merits.

Naha Te and Tomari Te

At this time, it is fair to mention even though it is sufficiently known that in those days **Shorei Ryu (Naha Te)** was developed in Naha with Masters like **Kanryo Higaonna** and then **Chojun Miyagi**, **Seiko Higa**, **Meitoku Yagi**, **Eichi Miyazato**, etc.

We can say that Shuri Te with the contribution from Sokon Matsumura and Anko Itosu gave rise to Shorin. And Naha Te especially with the contribution from Higaonna engendered Shorei. One of the masters **Chojun Miyagi** had, exchanged his own knowledge with Kanryo Higaonna. This Teacher was closely related with the Shuri Castle, since he worked in there as an interpreter. That teacher is **Seicho Arakaki**, also known as Kamadeunchu Arakaki or even simply as "**Arakaki**", the Cat.

It seems to be we owe him to a great extent, some popular katas like **Niiseishi**, **Sochin** and **Unsu**. Those were times in which there were big influences among diverse lines. Seicho Arakaki was also a teacher for another important master: Chotoku Kyan.

For the reasons that we are going through in this Shuri Te study, later on Shorin was practiced by the upper class from the Shuri Castle surroundings. Hence, the same people responsible for Shuri approved that it was developed outside their domain, outside Shuri, another fighting system technically very similar to Naha Te, but one to which other type of people had access to. Tomari Te was developed this way. In fact, this style was also known by the name of **Inaka Te** which translation could be "**the peasant's hand**". The outstanding Masters mde Tomari Te would be **Choken Makabe**, **Kosaku Matsumora** and **Peichin Oyodomari**.

The Castle Masters

Other important Karate-experts related to the Shuri Castle are the following ones:

o **Peichin Yara** who transmitted several katas from his relative Chatan Yara (maybe the most well know Chatan Yara non Kushanku).

o **Seicho Arakaki** (1840-1920) was a pupil of Waishinzan (instructor for Matéu Higa and Kanryo Higaonna as well).

o **Sanda Finjo**, also known as Ufuchiku Kanagushiku (1841-1920), helped by his labor situation, he was a great expert in the weapons that delinquents and criminals generally used. Sanda Kanagusuku, Sokon Matsumura's pupil and Matsu Higa (servant for Okinawa's King and martial arts expert and also instructor of Kanryo Higaonna), it was chosen as member of the King Thai Sho's escort. He was escort no less than 40 years for Okinawa's King (later he would be named Shuri's Chief Police). It was in his time when the use of Sai became popular, as a weapon regularly used for performing security functions. Kanagusuku was that type of person who never smiled; he taught popular **Shosei Kina**, among others to popular Shosei Kina, when the latter was a little more than 20 years old, Kanagusuku practiced the seppuku at 79 years-old when perceiving the decaden-

ce of his physical qualities.

o **Kokan Oyodomari**, friend of Sokon Matsumura and Kosaku Matsumora and expert in Tomari Te.

o **Kosaku Matsumora**, Chotoku Kyan's Instructor who learned not only from **Matsumura Sokon** but from **Chinto** as well. He fought in one occasion against a samurai from the Clan Satsuma. He only had a dressing garment wrapped around one hand. Kosaku lost a finger during the fight; he put that finger next to the sword that belonged to the defeated samurai and then he threw it into the river. The fight took place in the neighborhood of Yamazato Giki, exactly in Haariya Street, between the Takahashi bridge and Maemichi Street.

If two Sokon Matsumura agents ended up being inseparable friends those are beyond doubt **Kosaku Matsumora** and the above mentioned **Kokan Oyodomari**. As many readers know, Kosaku Matsumora is considered one of the biggest Tomari Te experts. In May 8th 1983 the monument to Kosaku Matsumora, (called **Kenshohi**), was erected in the Arayahiki Tomari park. The monument was sponsored by the Family Yuji Society with Coso Matsumura presidency, and the rest of members from Tokiwakai. Master Shoshin Nagamine, Matsubayashi Ryu President, and the members of the Tomari Senkaku Kenshokai organization under the direction of Maeda Giken, led that tribute.

o **Chinen Sanda** (1842-1925) was another of the outstanding martial artists who grew up in the Shuri Castle surroundings. In his case, he learned from his uncle **Sanjin Chinen**, and it is necessary to say that his family was part of the Islands security team. Chinen Sanda was bo instructor for Moden Yabiku and Shinko Matayoshi, two experts very well recognized later. **Chojo Oshiro** (1887-1935) was another outstanding student of Chinen Sanda. He was also member of a family that served in the Court of Shuri as a warriors and he also student of Anko Itosu.

o **Peichin Kiyuna** is another important karate expert related to the Shuri Castle. Kiyuna (who would later be instructor of Taro Shimabuku) was a Castle night guard and he used to train in the East Garden, in Shikina En located in the Castle surroundings, an area he was responsible to have under surveillance. It is said that he ended up drying a tree by constantly hitting it. He also invited other karate practitioners to have tea with him in that place.

o **Anzo Azato**: Another Karate Master very related to the Shuri Castle was **Anko Azato**, who used to be Master of Gichin Funakoshi. He was Military Assistant in the Castle and consultant for many Okinawa Kings. Anko Azato was very pro Japanese, something very unpopular in Okinawa. That is the reason why he was scorned in the history of Karate. If it had not been for Funakoshi's mentions (who was his only student during a time), Master Azato would not have even arrived to today's knowledge. In Okinawa Anko Azato transformed himself due to his sympathy for the Japanese into what has called "the invisible of Karate."

o **Shimpan Gusukuma**: One of the most well known pictures of Karate's history is the one showing a group of Karate practitioners carrying out the first movement from the most basic kata (1937, the word "Karate" already appeared in 1905). It is a group perfectly in line

formation and directed by Shimpan Gusukuma (also well-known as Shimpan Shiroma). The kata and the picture are located in the esplanade or Shuri Castle's main patio. Despite Gusukuma (1890-1954) had his dojo in the nearby city of Nishihara where he was born, he used the Shuri Castle esplanade to regularly teach Karate lessons. He did so until the fortress was declared National Treasure. Gusukuma was student of the Itosu's line, although his technical evolution took a Shito Ryu variation. In the future the Master Horoku Ishikawa would name his style and his organization as **Shimpan Shiroma Kei Shito Ryu** Karate Hozon Kai. Shimpan Gusukuma was also student of Chotoku Kyan, another well-known Master of Itosu's line and very related to the Shuri Castle as well. o **Chotoku Kyan**: Born in 1870 (also known as Chan Mi Gwa) he was Chofu Kyan's son, the Guardian of the Royal Stamp, and therefore important character within the Castle and Matsumura's partner and of the other main ones. The Chotoku Kyan's way of Karate, Shobayashi Ryu is probably the form that has transcended in time and the closet one to the original Itosu's style. Another feature that made it outstanding was the vital points and sudden death practice. Chotoku Kyan was myopic all his life and he died in 1945, when the II Second World War had recently concluded, because he stopped eating his assigned portions of rice because he gave them to other needier people. Kyan was a person with a tendency to be depressed, and in the end he finished his days committing suicide.

Among his students, it is necessary to highlight **Joan Nakazato** (Shorinji Ryu) who nowadays lives in Naha, **Taro Shimabuku** (Ishin Ryu), the latter's brother Eizo (he used to hit when young and that motivated that he also started to practice Karate), **Shoshin Nagamine** (Matsubayashi Ryu) and **Ankichi Arakaki** (Nagamine's instructor who apparently died from an internal hemorrhage after a challenge, although Nagamine always made an effort in proclaiming that it was due to an ulcer)

o **Kentsu Yabu** (1866-1938) lived around 500 meters northeast away from the Castle, very close to the Yamakawa Tamaudun, a very small mausoleum that belonged to the Royal family: a not very well-known place and not busy at all. There, Yabu secretly trained with Sokon Matsumura. Even nowadays, more than 120 years later, the place is completely unknown by the area inhabitants. It took me a lot to find it as it is covered by the big green vegetation from the area, only watched over by the poisonous "habu" snakes about which Gichin Funakoshi told us about in its last book. At present the Kentsu Yabu descendants still live in the vicinity To find the exact place where Kentsu and Matsumura trained together, I had to take countless ups and downs by what was known in the past as Mountain Torao and its pine groves. Nowadays this area is partly built. The mountain and the walks through it meant a lot to Funakoshi and his decision of taking first the pseudonym "Shoto" and later to symbolize it with a long tail tiger.

They say about Yabu that he once killed a soldier with a blow. The later investigation exempted him from blame because he hit him with the open hand (not the fist) what made the judge think that there was not "a bad intention" neither a desire of causing an important damage.



It was only bad luck! But the fact is that both his technique and his trainings hitting trees had transformed his blows into devastating weapons. It is necessary to say that later Kentsu Yabu as well as **Chomo Anashiro** (1869-1945 who first used the term Karate in 1905) were both army officials and the first volunteers from Okinawa to enroll in the Navy, participating in the wars against China and Russia. His good physical condition was investigated by the Navy reaching the conclusion that it was due to Karate practice. In the Japanese Army Abu, Anashiro and Kudaken Kenryu stood out among 50 voluntaries from Okinawa, due to their physical conditioning. The three of them were Itosu's students. Yabu would be responsible for the introduction of military manners in Karate teaching (greetings, permits, general order, and even the famous expression "ouss"). They both collaborated intensely with Itosu in the introduction of Karate in schools. Regarding the good health that seemed to come from practicing Karate, it is very interesting to see the data on longevity in the XIX century. While the longevity average at the time was very short, the most important Karate practitioners used to reach long-lived ages. In fact, nowadays in the XXI century only in Okinawa there is twice as much.

The Castle Nowadays

The **Ryu Kyu Oke Hiden Bujutsu**, or Secret Real Martial Arts of Ryu Kyu, are the secret martial practices of the Castle specially related with the royalty of Okinawa. This system, better known as **Motobu Udundi**, has been popularized in our time by the recently deceased Great Teacher **Seikichi Uehara**, student of **Choyu Motobu** (brother of the well-known Choki). The Motobu was descending of very good and noble family (in spite of the fame that Choki acquired for their ideas), at the present time such a school persists under the direction of **Sokon Kanenori**.

In 1925 the main building of the Castle the Seiden was designated National Treasure. In 1933 they receive the same appointment the main doors of the enclosure, but unfortunately in 1945 the Castle was desolated during the Battle of Okinawa, in the II World War. Little time later the reconstruction of the whole complex begins, for its enormous historical, aesthetic and cultural value. In 1958 the door Shureimon was reconstructed. Ten years later it was made the characteristic with other parts of the enclosure.

After the long domain of United States, in 1972 Okinawa it was returned to Japan. The reconstruction on its different behalves was starting from then something high-priority for the Government so that in 1977 it is possible to complete that of the Tamaudun, the Real Mausoleum. In the eighties the works continue and at the end of that decade they are centered in the Seiden.

In 1992 he/she was carried out the partial opening of the complex. From November of that year the demonstrations of Karate are important part of the commemorative acts. Teachers like **Shuguro Nakazato**, **Katsuya Miyahira**, **Seikichi Uehara**, **Meitoku Yagi**, **Shoshin Nagamine**, and **Yuchoku Higa**, carried out combined activities in the court of the Castle of Shuri that highlighted the

Seikichi Uehara, 10th Dan (Motobu Udundi) Ryu Kyu Oke Hiden Bujutsu (Royal Secret Martial Arts of Ryu Kyu).

reconstruction works. Alive Treasures of the island are considered. The advanced age of these teachers caused that they abandoned us in the following years. In the decade of the 90 Meitoku Yagi, Shoshin Nagamine, Yuchoku Higa, Eichi Miyazato, and Eisuke Akamine have died. Uehara left us with its a hundred years, but we have the fortune of having a video instructional of its style inside the catalog of Black Belt.

Initiated the XXI century **Koshin Iha** (Goju Ryu and successor of Eichi Miyazato), **Ryuko Tomoyose** (Uechi Ryu) **Shuguro Nakazato** (Shorin Ryu), **Joen Nakazato** (Shorin Ryu) and **Kusei Wakugawa** (Goju Ryu), they are declared, next to **Katsuya Miyahira** (Shorin Ryu), Alive Cultural Treasures of Okinawa, for the Government of the Prefecture.

In the year 2000, the summit of the G8, the most powerful countries in the world, celebrate a meeting in the Castle and that same year the Tamaudun and the door Sonohyan Utaki they are designated as World Patrimony by the UNESCO.

Although most no longer lives at the moment in the environment of the Castle of Shuri **Morio Higaonna**, **Eiki Kurashita**, **Tetsuhiko Hoka-ma**, **Choyu Kiyuna**, **Seitoku Matayoshi**, **Tsuguo Sakumoto**, etc... they are the teachers but representative of the Karate in Okinawa, the cradle of this wonderful Martial Art that it is the Karate.





Self Defense

***First rule of Fight Club:
"There are no rules"***

So you're taking your man down. This is what you train to be able to do and you're pretty good at it, done it a lot of times. Your hands are moving intuitively. After all those hours on the mat they seem to work alone, as do your legs. You have your man, no doubt about it. But as you tighten up around him like a Boa Constrictor a searing pain shoots up your body. Has this guy actually just bitten you? Hey Ref! Actually he's just stabbed you with a previously concealed blade. This isn't a fair fight right? No it's not. It's a street fight

"If you gotta go down then so be it. You may even decide to take your man down. But you do not want to spend a second longer than necessary in this vulnerable position"

and there are no mats between you and the hard place, and certainly no Ref. Now you have to hope that someone calls for a medic and that your man and his friends are now bored with you and are willing to leave you with just the one puncture wound. So, as you lie there getting cold you ask yourself "what did I do wrong"? Well, you got confused and your training took over. You train to win competitive sporting events and this was a fight for survival. Different rules, or more accurately, no rules at all. Time for some serious questions and answers....

A huge number of people across the world are now training in the fine art of grappling. Many train hard and some even compete. But

Between the mat and a hard place

Moni-Aizik

Text: *Iain Kelly*

Pictures Outside: *Moni Aizik*

Inside: © www.budointernational.com





they compete within a framework; they follow rules which allow technique, finesse and skill to shine. Victory is paramount but you can go away and live with your defeat if necessary. They don't execute the loser anymore, not done so for a few thousand years in fact. So you go home happy or you go home sad. But you get to go home. Even in "No Holds Barred" fighting there are prohibitions. You don't get to take a steak knife into the cage, again, wrong Century! So we all get to roll with each other, hurt each other a little, compete, maybe win, maybe lose but, accidents aside, we will not be traveling home in a body bag.

If, on the other hand, you are suddenly cast into the midst of a fight for your own survival the end game is completely uncertain and you must adhere to one rule only: You must survive. The person who you are fighting wants to hurt you badly, maybe even kill you, you certainly won't be showering together afterwards. In all probability at least one of you will be seriously injured, because, and this is the crux, that is the goal, the incapacitation of the opponent. No points or trophies or cheering fans, simply the ability to survive and see tomorrow. Of course all street fights don't end with fatalities but this one may, or the next one. When the stakes are this high the outcome cannot be predicted. Not everyone here is a "winner". It's not the taking part that counts. It's the surviving the situation.

So, why did you lose? On the street the ground is a very dangerous place to be. To survive effectively on the street you should be looking to escape, if possible, at all times, only engaging with your attacker if absolutely necessary. If conflict is unavoidable and a response is imperative then it must be incredibly fast, efficient and devastating. You are not there to impress, you shouldn't still be there at all. You should be fleeing the scene. This is difficult to implement from the ground for obvious reasons. Ok you know what you're doing there but even though this may seem like familiar territory it is very very different. Maybe he didn't have a knife; maybe he did just bite you, or gouged your eye. Maybe you are so good that he couldn't do any of these things and is now just quietly turning purple. But do you think that your man's friends are going to throw in the towel for their accomplice and drag him away after asking you where you train? No they are going to kick your head like a football, or hit it with a bar stool, or stamp on you, or use any old bottle, knife or bat they may happen to have to swing the fight back in their friend's favor. This is not fiction. This is reality and thousands of versions of this story have ruined or ended the lives of innocent people everywhere. Yes it's an unpleasant thought, yes you may never encounter it but yes it has always, and will always, continue to happen and the rules remain the same: there are no rules.

Between the mat and a hard place

So what's a grappler to do? Well, keep grappling for sure. Even on the street this is a hugely beneficial skill to have. But learn to think differently and respect the terrain: To get from A to B a car is a great tool. Michael Schumaker knows how to drive one of these things right? You think his journey home from the track resembles the one he just made out on the circuit? He has to drive differently and respect the terrain. If he allows his incredible skill to take the next right at over 100mph he may kill a pedestrian. His ability is certainly useful but he has to differentiate and act accordingly.

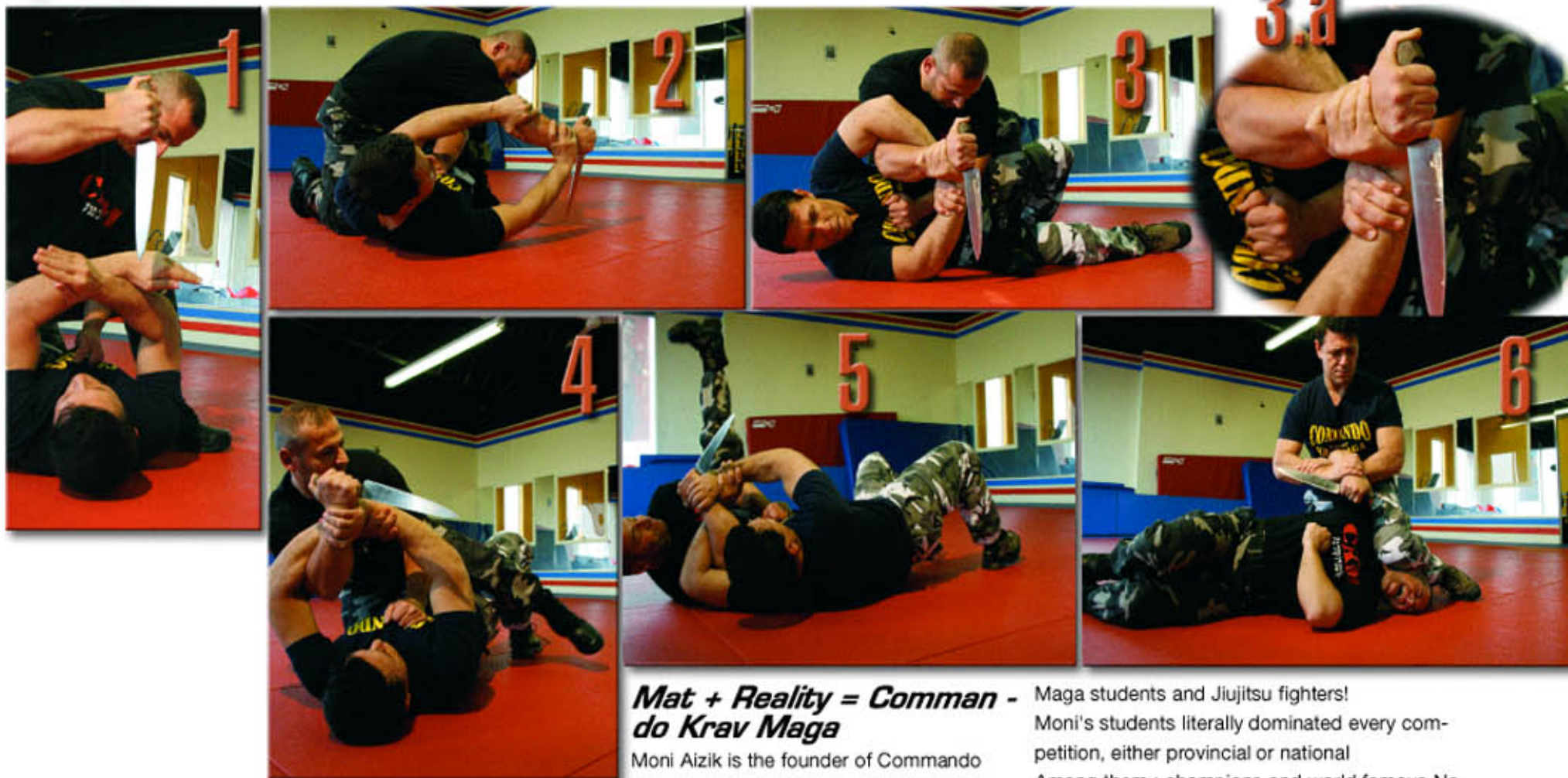
And you have to be all-terrain! This can happen at any time at any given place. You are likely to be going about your business, maybe daydreaming and relaxed, maybe distracted, ill, hell you may even be drunk! Getting in or out of your car, in your bed (if you're in someone else's bed

“Survival is a different trade and knowing what not to do is imperative”





Self Defense



Mat + Reality = Commando Krav Maga

Moni Aizik is the founder of Commando Krav Maga and a former member of the Israeli Special Forces Elite Commando Unit.

With over 30 years of combat experience, Moni started his martial arts training at the age of 8, winning 7 national Jujitsu and Judo titles in his youth. Joining the military at 18, Moni was responsible for counter-terrorism and intelligence gathering behind enemy lines and fought in the Yom Kippur War. After his military service, Moni continued teaching hand-to-hand combat to Israeli Special Forces, Commandos, law enforcement and extended his teachings to the civilian sectors.

Moni frequently travel to Japan to study the technical wizardry of World Judo and Sambo Champions Isao Okano and Katsuhiko Kashiwazaki. In the meantime, his club in Israel, Maccabi Tel Aviv, was quickly becoming recognized as the defacto national training center, with hundreds students training in Commando Krav Maga Jujitsu and judo!

Among Moni's best Israeli students: Yael Arad the nation's first Olympic and World medalist. Moving to North America in the eighties, Moni was the first one to introduce Krav Maga to the Canadian when he start teaching at the J.C.C in Toronto. 2 years Later he would go on to demonstrate his abilities in elite instruction, as he would establish one of the most successful schools in Canada, which was the first in Canada to teach Israeli fighting systems and Jujitsu. Moni's club become an house for another generation of Reality based -Commando Krav

Maga students and Jujitsu fighters!

Moni's students literally dominated every competition, either provincial or national. Among them : champions and world famous No Holds Barred fighters, including Ultimate Fighting Champion Carlos Newton, Japanese Shoo-to star Joel Gerson and more .

Many years spent teaching the highest echelons in the military, civilian and sporting communities has formed an unparalleled knowledge base out of which was eventually evolved Commando Krav Maga. Through in-depth studies of biomechanics, reaction time and force-velocity relationships thousands of techniques were modified and distilled into a practical system which is both easy to learn and recall under stress.

CKM combines the most useful elements taught to one of the toughest militaries in the world, the Israeli Special Forces, with the no holds barred octagon environment (like the UFC), and Olympic level martial arts and mental training. The goal of CKM is to teach anyone how to survive and be a win on the street and in life.

These moves, coupled with a set of fundamental principles, rigorous testing and re appraisal make CKM an increasingly popular choice for the civilian sector as well as elite military and law enforcement agencies worldwide.

These principles are a vital aspect of survival which is as much a matter of psychology as physiology. The correct mental approach to self defense cannot be overstated. On the street you are going to feel and react differently and you must train accordingly. In CKM the student

then maybe you deserve it). Maybe it's pitch black or low light or incredibly slippery underfoot. Maybe you are in an elevator or other cramped space. You will not be prepared mentally or physically for this encounter which is why how you have trained up until that point may, or may not, be all you have.

Reality based training is exploding globally and guess who frequently fronts the queue? Martial Artists! And some very highly qualified ones at that. These are all people whose long and hard journey has left them with a feeling of unease regarding their own safety. What they undoubtedly find, once training for the street, is that all their skill and prowess is incredibly useful, and some of it even transferable to the new goal of survival. But they learn the difference between the mat and the hard place. No gloves here, no pulled punches, no bell, just a crazy scramble to survive. No weight matching and no agreed techniques. And remember that there's no time limit here, it takes as long as it takes and there's certainly no tapping out with the only likely conclusion being serious injury or even death. Unlike a competition your opponent on the street will most probably be a complete stranger possibly fuelled by a lot more than protein drinks (drugs and drink can make people immensely strong, impervious to pain and highly unpredictable). This is messy, ugly looking stuff and always dirty.



will drill these principles as much as the moves and learn what to bring with them to the street and what to leave behind on the mat. First up, throw the towel in!

Danger lies below

If you gotta go down then so be it. You may even decide to take your man down. But you do not want to spend a second longer than necessary in this vulnerable position. Has he a blade? Is he alone? Do you want to be bitten or gouged? So it has to be down, devastate, up and away. Using pressure and weakness points the CKM student will seek to disengage at all times, also studying the correct way to get back to the feet in order to retain balance and guard, and hasten the retreat. They call it the 5 second rule and if you are not up by then you're in trouble. The devil may be whispering to stay down and lock him up, don't listen, remember, up up and away. In CKM remaining upright is seen as infinitely preferable but not always possible so an equal understanding of grappling and the ground is sought. The system also favors large gross motor movements, proven under stress so a stomp to the head before escape will lessen the chances of being chased. Get him off you, get up, stamp him and get away. Forget finesse; forget complicated sequences that will elude you when you most need them. Think: what is the very least I can do to incapacitate this person? This is not chess, pick the board up and smash him with it, then run.

Tools of the trade

But what trade? A punch could easily break your hand, a spin kick unlikely to help you, the unleashing of your fencing foil pure folly unless the debacle is being choreographed by John Woo. Survival is a different trade and knowing what not to do is imperative. Experienced martial artists looking to expand their knowledge for use outside of the gym need to learn to temper their instinct which may, through hard labor, now be more geared towards the art than the martial. In Commando Krav Maga the student will train for all eventualities and learn to facilitate a compact range of responses under the ultimate stress: a fight for survival. Economy is the key here with all superfluous movement removed enabling a swift and efficient reaction.

The art of not going to war

You'd look pretty strange if, after the bow, you ran from the mat and hot footed it out of the gym and down the road right? Or if you told your opponent you didn't want to fight? So the front end has already got a very different vibe to the street. You don't want to fight this guy(s), so quickly, pack up the ego and flee. Don't worry about the testosterone, save it for the bedroom. Go home and think about how lucky the guy(s) is, if only he knew! Choose not to fight, choose to live.

The distance between yourself and the attacker is a vital part of CKM. You aim is to widen that distance and keep it that way

if possible. Unless carrying a gun he cannot hurt you from a distance right? (Gun disarming is an absolute last option and must be carried out as closely to the attacker as possible, but this is an exception).

Remember that most street fights start very differently than competition sparring. No warming up either. Pre-emptive shots should be expected and most attacks will be prefaced by verbal communication, deception and then the sucker punch. Remember your attacker's goal. See it from his angle, why would he not play it this way? You want to him to shake hands first? You want a quick stretch?

Ok so maybe you can't flee and maybe you can't maintain your distance. It happens, onto Plan B. A quick resolution is now required. We don't want to roll, spar or cuddle with this character. We want to bid him farewell as soon as possible and with an air of finality. So (back to the bedroom): IN, BANG, OUT! Not: In, you bang, him bang, you bang, his friend bangs, you bang bang bang to teach lesson, etc etc. Get it? You do not want a conversation. You do not want to trade. You want to be elsewhere. Remove the obstacle and proceed. And remember that you are not Judge Dread; you are not there to administer punishment, leave

About the writer:

Iain Kelly is a level 2 CKM instructor teaching in Sheffield, England. After initial training in Karate and Judo Iain studied various Kung Fu styles for many years before discovering Israeli Martial Arts. He trained in and taught Krav Maga, is also a qualified level 1 Kapap instructor and has studied with Tony Somer (Geoff Thompson). He is currently juggling writing with burpees in preparation for his level 3 CKM Instructor course (but not at the same time).





that to the law. It is unfortunate that you are there at all, now do what you have to, in the shortest possible time, and escape. Economy is essential.

Stress Head

You have to get your stress head on to train realistically. You have to acknowledge the fundamental differences in biology that will occur when you are fighting for your life. Stress Testing is paramount in Commando Krav Maga, not an add-on. Every class will see students facing multiple attackers inside, outside, cold, hot, in the dark and confused further by loud music or obstacles. They will be exhausted by cardio exercise, then disorientated by spinning, then choked or punched or kicked continually until barely able to stand. This closely simulates reality. No point training for the nice warm gym with nice soft mats right? You have to embrace all eventualities and expect the unexpected. If, after the first class, you do not get to your feet fast enough, then expect a thwack. You will soon come to understand the reasoning behind the methods. Better to be thwacked with a pad than a barstool right?

A view from the ground

Experienced grappler and teacher, and newly qualified level 2 CKM instructor, Anthony "Little Tony" Pacenski Jr joins the growing ranks of martial artists looking to supplement their existing knowledge with reality based training. Tony has a black belt in Brazilian Jiu-Jitsu having studied under Rodrigo Medeiros as well as Relson, Royce, Rorian, and Helio Gracie and has achieved much success in his field. Basically, this guy can grapple! So why did he choose to expand his search, and why did he choose Commando Krav Maga?

Tony explained that despite the amazing evolution in most components of BJJ (Kimono training, No-Gi submission grappling, MMA etc) in the last ten years the self defense aspect of the system is lacking with 7 out of 10 clubs not even addressing this area. Despite the overall emphasis on sparring within this discipline Tony feels that there are no realistic self defense drills or testing of the moves. This testing is one of the many aspects, alongside weapon defense, which has drawn him to CKM. The aforementioned

“You have to get your stress head on to train realistically. You have to acknowledge the fundamental differences in biology that will occur when you are fighting for your life”

difference in confrontational psychology coupled with awareness of ethics and the law also greatly appealed. Tony runs a highly successful school and was keen to embrace a reality based system to offer his many students. He has clearly found what he was looking for and has now himself got a foot in both camps. With Moni's grappling background both as a competitor and coach it's easy to see why his system attracts people from the grappling world even though he is encouraging them to question how they think. He himself has arrived at these principles through immense hard work and questioning and a lifetime of study. Broadminded fighters like Tony clearly feel in safe hands when leaving their comfort zone in search of personal growth.

Time to face reality

Commando Krav Maga has proven popular with many other martial arts instructors around the world, from various schools, who wish to enhance their own abilities and provide a reality based fighting system to their existing students that is both accessible and dependable. "Simplicity is genius" is Moni's catchphrase but this trademark humility belies the work and thought which has to be done to distill anything to its

core essence. Now suitably refined, this is a system which is suitable for, and accessible to, both teachers and their students. Military and civilian sectors. The experienced and the novice. This is because, quite simply, it works. It is based on fundamental principles and practices which, if adhered to, and with a little luck, will keep you safer on the street. So maybe it's time to take what ever you know onto another level. Ask a few questions which may make you feel vulnerable. Time for a little honesty. Do it now and triumph on both the mat and the tarmac, or you may end up kicking yourself and that is a really bad move on or off the mat.

To find out about the CKM Intensive/Instructors Course, Boot camps and public seminars that are available in your area, or if you would like to arrange a seminar at your location, go to www.commandokravmaga.com. You will also find many Video clips and testimonials of participants from previous seminars and a wealth of information regarding Commando Krav Maga and its philosophy and application.



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