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"Ni-To Ichi"

Sensei Jose Luis Isidro

合氣

In this excellent DVD, Master Isidro approaches the Nito-Ichi, the school of two swords, collecting some very old techniques and combining Aikido, Iaido, even Kenjutsu, in other words, pure Bushido. The aim is to instruct for combat, using effectively the Katana and

the Wakizashi, whose variants in wood for training are the Bokken and Kodachi. The DVD starts with the performance of kata Ni-To Ichi, and then it shows the technique arsenal in Kumi-Tachi and the basic technique Ni-To Kihon. It finishes with Katas with Kama, Nunchaku, Sai, Katana, and Jo.

"Ni-To Ichi"

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EDITORIAL

WHAT NOBODY WANTS TO HEAR

Ours is a society that lives with its backs turned to death; however, escaping from reality does not prevent things from being as they are. This, which is true in the personal sphere, is also true in the social aspect.

The societies, countries and cultures form entities that have the same functions as individuals. The West, which is our area of reality, has its head, its heart, its hands, its feet ... and even its sewers! That would be its large intestine.

The dreams of a society are often reflected in their artistic creations and the Cinema, so intangible in its subtle and ethereal nature, is an excellent example to illustrate the dreams of a society.

For individuals, the period of dream is used by the brain to relocate images, sort experiences, translate unrealized desires or recycle those matters that are so unpleasant we tend to relegate to the subconscious. The number of films and television series dedicated or touched by death in recent years is an event that deeply surprised me. Let's see: "Six feet under", "Dead like me", "Ghost whisperer", "Tru calling", "CSI" (in its many versions, Vegas, Miami, New York), "Bones", "ER", "House" and certainly many more which I can't remember now.

We have wanted to cover the matter of death so much that a real orgy of tuning is now seeping into our dreams. The demons of our culture become tangible and appear in series such as "Angel" or the saga "Buffy, the Vampire Slayer", consequences of that door, always open by the classic vampire films and zombies, in a society of our own. The subliminal message is repeated, hammering our sleeping consciences and these series triumph because it is inevitable for us to take part in a Sabbath that conjures a so obvious deficiency.

Bypassing the natural way has these disadvantages, even if the substitutes won't never fully replace the needs they are covering. Sometimes with forced sense of humor (black humor) but always with a certain morbidity, deaths enters again in our reality through the screens, but through substitutes which, like malt, only pretend to be. But there is nothing like the real coffee. In the past they hold a wake over the dead for three days before the burial. Women, who are the bearers of life, were also guardians of death and shrouded the bodies. The children saw their grandparents dying and they learned in live "with their body" as Funakoshi would say something that is not enough to be taught in a book.

The agonies were never long, because nature is much more merciful than the

allopathic medicine. The death was a natural companion and a counterpart of life; there was nothing to hide in it, an accurate destination for everyone, no matter where he came from.

With the parka there was no place to hide. Generally the bodies were not cremated and like that global warming didn't increase; they were returned to the soil for it to do its slow work. If it takes nine months to arrive, I think, I don't know why, that it will take more than a few hours to completely disappear. Who knows? Nothing in nature is black or white, everything is always a range of transitions.

The night arrives as the day, slowly, and the flat encephalogram is great for a mechanist, not for me.

The awareness of being is the most important part, and also the least known of man, thus: what about a "just in case"? We are going to rely on the old traditions. The ancients probably had a more subtle and natural perception about it, and as since the existence of the man they have been dying with persistent and stubborn frequency, it is sure that the experience will have been useful to establish some routines. Of course there are different cultures, there are also those who eat the dead to make them be reincarnated in the family! But finally, I speak of the West and of our Mediterranean, Greek and Latin traditions, which are in the end this joker in the play of cards of every modern culture.

The Jewish and Muslim traditions generally keep a more natural relationship with the process, although some of their customs, changed into a ritual, can become extremely fussy. We should admit that the fact of being buried wrapped in a shroud of cotton instead of a box of aluminum, (which will avoid your remains to be mixed with Mother Earth for many decades), seems much more natural and even ecological, which is very fashionable. The craziest example is found in the culture of embalming, standardized in American society. Get out rubbish! The insides on the one hand; the casing, on the other, with more or less makeup, much formol and various chemicals, and if you have money, a luxurious coffin, some of them even have TV and mobile phone, just in case, because death takes so long.

It is Pasteur's fault; since he discovered the small "creatures" we fear them and the dead suddenly become pumps of the most dangerous microorganisms. Oops, for heaven's sake! I don't know how mankind has been able to survive before Pasteur!

Any excuse is good when it comes to this issue that nobody wants to hear. As the saying goes: "Dead men have no friends".

This is also a natural reaction, but in the West we have gone too far with the flight and the autism. I believe that the deep fear and rejection that cause aging and death are the logical consequence of a narcissistic society, away from all natural processes. The old age, however, is even more beautiful than the wrinkle, and hopefully even wiser, but anyway it is the lucky choice and conquest of those who persistently knew to dismiss the other alternative we all have while we are living, that is, dying. Old age is a summary of the achievements, the quintessential of a good distillation, the relaxing time for the lived experiences, the summing up and the signature of a well completed work.

The late Swedish filmmaker Ingmar Bergman once said that "life was like climbing a mountain. When you approach the top at the end of old age, you may miss the air but your gaze takes a more free and unique dimension".

Castaneda said that everything touched by death holds power.

I have been able to check this statement many times and I am sure that you too, dear reader, if you have been alert enough. When the parka is threatening someone close to us, relative or not, the effect is usually more intense. The wizards say that a remnant of ourselves, a kind of energetic deposit developed during the life of each person, is released at the time of death. This remnant is called shade and they affirm that someone always inherits this shadow. This residual energy has more to do with the forms than with the contents, that is, we wouldn't talk about soul, but about a set of energies, as a result of the routines and vital characteristics of the deceased. In many East schools of Martial Arts it is a student who receives this force and takes the formal inheritance of the Master. Shortly after the death they begin to resemble him even physically, even if they never had resembled before.

Death always happens close to our kidneys and to everything which is dominated by them, adrenal organs, bladder, which in the East is called "water" energy. Fear is the only background music, a natural reaction to the mystery and the unknown; the negative emotion of this element inhabits in the kidneys as much as the bravery does in the vesicle. Death always comes accompanied by a strange cold, and that cold and the moisture are energy of the water element. We lose water in the mourning for those who left, and the pain of loss shrinks our heart (the opposite point to water, the fire energy). Black is the color of the kidneys and of the water element, the parka has always been represented in the



Alfredo Tucci managing director of
BUDO INTERNATIONAL PUBLISHING CO.
e-mail: budo@budointernational.com



mourning color; black symbolizes the fall of the curtain, the dark represents the closure of the eyelids.

But it is not only in the East that tradition gives us signals to understand the final transit. The scythe mowing the lives is the legacy of the symbol of Saturn, Cronos, the time eating their children. It perfectly represents this force, like the painting with the same title by Don Francisco de Goya y Lucientes, exhibited in the Prado Museum in Madrid. It is an incredible work of the "black period" of the Spanish genius. Saturn is the old demon of the altar of the ancients, but we mustn't forget Pluto, the real god of the depths that breaks up everything that comes into his kingdom (always related to the myth of the Phoenix bird), to make it reborn completely transformed. These transpersonal gods are a part of the mausoleum which is in Western minds and which is still ignored by the masses, and they remain as powerful symbols embedded in the not so explicit memory, perfectly defined by Carl Jung.

Death is the unequivocal destiny of everything which is alive. To deny or to hide this fact is a disservice to the youngsters, but it is also for the elderly. Only the awareness of the finitude can give value to the present. The classic aphorism goes "live with the intensity of a moribund and with the detachment of an immortal."

Life is reaffirmed by its counterpart. Those who have gone through experiences close to the end, frequently change the course of their lives. But it is not necessary to leave the initiative in the hands of fate. Keeping an approach to this undeniable truth is the best contribution of vital health we can voluntarily and knowingly make. Changing this paradigm, obsessed with hiding the death in our societies, depends, as most of the changes, on us to make that exploit. The contribution which the Martial instructor can make in this sense is huge, since the presence of death is implicit in our practices, whether in a symbolic or a real way.

"A coup, a life" goes the classic saying of Karate. Although frequently the daily life of the dojo can be away from these principles, the educational dynamic of the Martial Arts holds an undeniable courage to confront reality in a number of areas. Besides death, as a plausible final episode of every confrontation, it is always there even if its presence becomes evident through a ritualization.

Contrary to what the majority thinks, and since everything is seen in its opposite, only through death does life acquire a value.

Escaping of the awareness of it is then a mistake even for the most Dionysian of mortals, and without falling in fetishism, gores, mourning, pale inventions or morbid fashions, facing one's existence affirms life as nothing else can do.

The Lakotas, best known as Sioux Indians, had a wonderful phrase that gives the true dimension of the spiritual greatness of simple and natural people; the morning of the battle or of an important confrontation or challenge in their lives, they repeated for themselves: "Today is a good day to die."

The parka, constantly lurking, gives to each conscious warrior the power to achieve great feats in the field of the awareness of being, impossible to achieve without such an encouragement. Even the most common of mortals would benefit from facing the reality implicit in the awareness of finitude, instead of fleeing it when feeling the fear it causes. Only a few practices allow such awareness. Isolated and swimming against the tide in our pleased modern societies, the West as a whole turns its back to them. The bulls and

the Martial Arts have the strange privilege to share their membership to such an exclusive and important club, and that is why we mustn't forget it, they will be both marked. But ... who said that the fate of being a warrior was comfortable?



COMMON SENSE SELF



p. 24

Bram Frank tells us in this excellent article:

"I want you to understand why you don't need to be a genius to understand what I am going to show you. I want you to understand why it seems so simple. Because it has to be. If it weren't, it could never be performed under pressure, when the adversary is attacking us".

KAPAP



p. 12

"KAPAP" is a work team led by Kapap Academy in the United States, which was founded by Commander Avi Nardia and Albert Timen. Nardia and Timen are former members of the Israeli Special Forces and have a first-hand experience in combat and war.

PRIDE GRAND PRIX



p. 54

In 2003, Mauricio "Shogun" Rua arrived to the Pride as Murilo Ninja's brother and, after some excellent knock-outs, he reached the place of Wanderlei Silva's belt guardian, being invited as the 16th man for the middleweight Pride Grand Prix in 2005, where he eventually became the best medium weight in the world...

Breaking-off, separation, crisis. No matter which term we use, the truth is that the purchase of the Pride by the UFC has led to unprecedented changes in the fight world, which are causing a great revolution in the sport history.

MMA



p. 18

Zusammenfassung Sommaire Sumario

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In 1392, 36 Chinese families moved to live in Okinawa. They were just immigrants with a desire to begin a new life there; but this trip would have an unusual importance for the history of Martial Arts from the moment that its members began to teach Chinese systems on the island. This trip would become then the embryo that five centuries later, albeit in conjunction with other contributions, would result in a Martial Art that would be spread across the globe, the Karate.



GO JU RYU

p. 49

SUN MU DO

The Korean Martial traditions are always surprising. The last visit to our pages opens a new stage in its history. I don't mean that they have been closed to Westerners. On the contrary, there have been many students who have had the opportunity to spend some time in the Temple, one of the oldest in the country...



p. 6

The Vovinam, with its typical blue suits, has been classified by the general public as the art of flying scissors. Indeed, these scissors are such spectacular and visually appealing elements that have been heavily exploited by all of us to spread our art, and thus have become the symbol of Vovinam...



p. 58



Summary

Sumario

Sommario

President: Estanislao Cortés. **General Director & Art Director:** Alfredo Tucci. **Head of Production:** Marga López-Beltrán García. **e-mail:** magazine@budointernational.com. **Head of Video Productions:** Javier Estévez. **Administrator:** José Luis Martínez. **Head of distributions:** Fernando Castillejo Sacristan. **Translator:** Brigitte de le Court, Cristian Nani, Thomas Schmidt. **Columnists:** Don Wilson, Yoshimitsu Yamada, Cass Magda, Roland Burger, Antonio Espinós, Jim Wagner, Coronel Sanchis, Marco de Cesaris, Lilla Distéfano, Maurizio Maltese, Bob Dubljanin, Marc Denny, Salvador Herraiz, Shi de Yang, Sri Dinesh, Carlos Zerpa, Omar Martínez, Manu, Patrick Levet, Mike Anderson, Boulahfa Mimoun, Víctor Gutiérrez, Franco Vacirca, Bill Newman, José Mª Pujadas, Paolo Cangelosi, Emilio Alpanseque, Huang Aguilar, Sueyoshi Akeshi, Marcelo Pires, Angel García, Juan Díaz. **Photographers:** Carlos Contreras. **Printing:** SERGRAPH. Amado Nervo, 11 - Local 4 - Madrid.



SUNNUDO

Text: Alfredo Tucci
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The visit of the founder and abbot of the Gulgul monastery, Jeon Un Seol, to our studios, have given us again the opportunity to witness an event that highlights the encounter between the East and the West under our publication; it is something that we have always promoted and tried hard from these pages. Many Korean martial art students feel appealed by the Martial and internal aspects in their practices but they haven't found an answer to their concerns in other styles, whose ways have evolved to a more sportive tendency. However, in Korean tradition there are styles to suit all tastes and, as an example, we are pleased to have the opportunity to bring to our pages, very likely to be a real exclusive in many of the countries where Budo International, a bastion of the real Martial tradition in the East, is published; a bastion which unfortunately has been nearly lost in the last few decades, the result of the acculturation and imposition of Western ways of life all over the world. The Sun Mu Do is a true Martial Art, a complete style where the body work goes along with the soul work, to develop the self-knowledge.





SUN MU DO

We still have much to learn from Korea. Korean Martial traditions are endlessly surprising. Today, this visit to our pages starts a new stage in its history. I don't mean that they have been closed for Westerners. On the contrary, many students have had the opportunity to spend some time in the Temple, one of the oldest in the country. But the dissemination of its teachings on

video and in the West remains a desirable and exciting innovation. In a well defined historical context and under the Korean martial tradition, the fusion of the principles of the most exquisite Zen mixes in the Sun Mu Do the most intense but refined training formulas. There are no sport contents, you will only find these ingredients of effort and intensity that form and accompany the internal search of the students.

The tradition gives us back its knowledge through the practice of martial techniques where the newcomer is compelled to face his own psycho emotional limits. From that starting point everything is meditation.

So the "Sun Mu Do" is a Zen Martial Art that rooted in the Buddhist tradition. It seeks the harmonization of the body, mind and emotion, and purification and disposal of everything that fills our senses, in order to achieve the release of the spirit and the everlasting part in us, a higher state of consciousness known as Nirvana.

His great Master and abbot of the monastery, the Great Master Jeong Un Seol, honoured us with his visit and we could enjoy, learning with him, in Budo International. The Master is an expert in a kind of Korean Buddhism known as "Gumgan Gyu Nggwan", which bases its work on the practice of Martial Arts. This type of work

has twinned this monastery with the famous Chinese Shaolin monastery, which shares this approach that makes it so interesting for the readers of this publication.

Master "Jeong" is a person with a wide intellectual training, who has taught in the most prestigious universities in Korea, as "Dongguk University", "Seoul National University", "Korean National University of Arts", or the "College of Medicine Pochon" for 8 years. But what stands out most is his high energy differential, the intensity of his personality.

The Grand Master also runs an association that brings together 8 styles with a deep martial tradition in Korea, traditional schools that are not very known abroad, and he promised that in the future he would contact Budo International to work to spread them all over the world, through the publication of reports and educational videos. In fact, he starred the first one in our studios, to introduce the main aspects of his teaching.

He was assisted in that task by one of his Korean students and by a group of French students who have been following



his teaching for some years. One of them, a young red-haired boy who appears in the photographs, has been living in the Temple for three years, studying what is undoubtedly a long way beyond the physical aspect. People like him, when the time comes, will be prepared to spread the foundations of a martial tradition whose essential component transcends the simple learning of fighting techniques, a knowledge that requires years of

experience not to be denatured or minimized.

In the entourage of the master, we can highlight the presence of one of the experts who teaches at the temple, a woman of exquisite personality and serene beauty, a teacher of Korean dance and internal techniques, some of which are displayed in this first video. "Sun Mu Do"

deepens in some unusual aspects of other martial styles, as the practice of Yoga.

It is a very dynamic Yoga, called Zen Yoga. They are normally perfectly complementary and opposite routines which are harmoniously combined. Some of them have been included in the video and, from my point of view, they form one of the most complete Mar-



"So the "Sun Mu Do" is a Zen Martial Art that rooted in the Buddhist tradition. It seeks the harmonization of the body, mind and emotion, and purification and disposal of everything that fills our senses, in order to achieve the release of the spirit and the everlasting part in us, a higher state of consciousness known as Nirvana."



"As an Internal Martial Art, the Sun Mu Do has the strength of a projection that will be slow but solid in the West in the coming years"

tial warm-up technique that I have never seen.

As a Martial Art, "Sun Mu Do" includes fighting techniques. This aspect of training reflects an internal management. The techniques take great care over balance and reduction of energy waste. Of course, as participants in the Korean tradition, they are very complete in terms of centrifugal movements and the use of legs. It is certainly a very demanding style with regard to the self-control of its students, who are trained to force the awareness of the movement to avoid the mechanization of it.

"Gi Gong" techniques, another of the practices of the Temple, are an essential part in the learning process. The perfect combination resulting from their training along with yoga techniques call the body into question during the days of Zen meditation. It is practiced by the monks and visitors in the long hours where communal work, training in nature, sword work, bokken, or simple food preparation form an entire way of life, to create human beings with a higher level of consciousness.

The Sun Mu Do is a demanding art, which requires a high level of commitment, but it can provide what many students were looking for into other Koreans martial styles, who have adopted a more sportive tendency. As an Internal Martial Art, the Sun Mu Do has the strength of a projection that will be slow but solid in the West in the coming years, attracting the interest of students who, linked to the roots of Kore-



an martial arts, would like to further explore m a r t i a l aspects of self-knowledge and sincere search for a path of consciousness.

Therefore it is a pleasure to bring

this exclusive to our home, which will also be in many countries, and as it is usual in this company, to provide the people interested with an audiovisual vehicle that allows them to discover more about it in a DVD . A work which I am sure will please many of you.

SUN MU DO



"The Sun Mu Do is a demanding art, which requires a high level of commitment, but it can provide what many students were looking for into other Koreans martial styles, who have adopted a more sportive tendency"



"The tradition gives us back its knowledge through the practice of martial techniques where the newcomer is compelled to face his own psycho emotional limits. From that starting point everything is meditation"



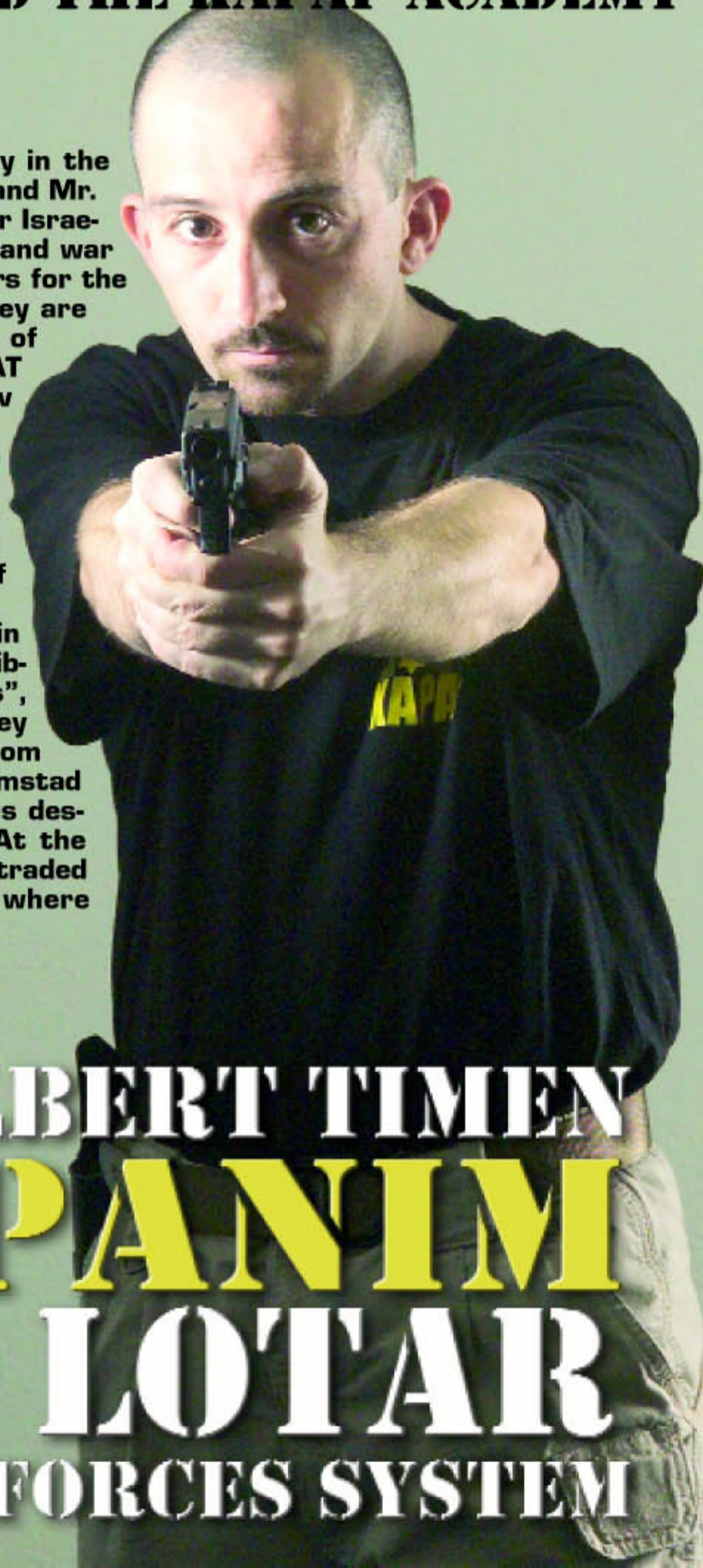
THE KAPAP ACADEMY EXPERIENCE

THE STORY OF TULA AND THE KAPAP ACADEMY

"KAPAP" is a study group led by Kapap Academy in the USA, and was founded by Major (Res.) Avi Nardia and Mr. Albert Timen. Mr. Nardia and Mr. Timen are former Israeli Special Forces members with first-hand fighting and war experience. They are also former official instructors for the IDF, Israeli Police and Counter-Terrorism Units. They are the only men who have taught all three versions of CQB; Police Curriculum, Counter Terror/SWAT styles, and Army styles as former KAPAP, "Krav Maga", and LOTAR instructors in the holy land.

Kapap Academy and this style of martial arts are different from others who claim to be "kapap". There are people not affiliated with Kapap Academy claiming to be "experts" now that KAPAP and Kapap Academy has become a leading system of CQB/CQC.

The 2007 summer camp for KAPAP was held in Curaçao, an island in the southern part of the Caribbean Sea. It is one of the so-called "ABC islands", which includes Aruba, Bonaire and Curaçao. They form the Dutch Antilles, which is part of the kingdom of the Netherlands. The capital of Curaçao is Willemstad from which slaves were sold and shipped to various destinations in South America and the Caribbean. At the height of the trade, large numbers of slaves were traded here. This is not the first visit to the island, where KAPAP is already a popular system.

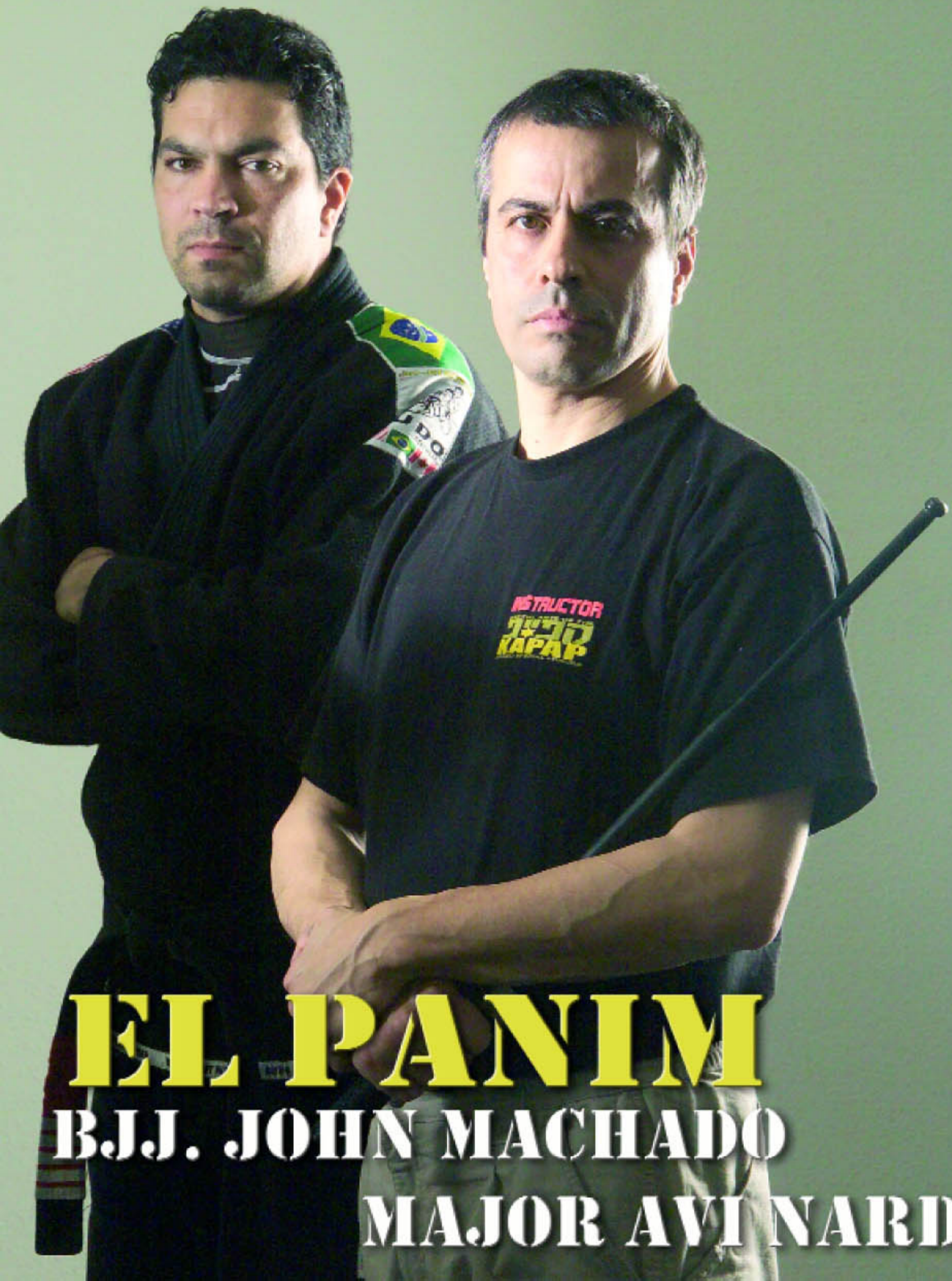


ALBERT TIMEN

KRAV PANIM

KAPAP - LOTAR

ISRAELI SPECIAL FORCES SYSTEM



EL PANIM

BJJ. JOHN MACHADO
MAJOR AVI NARDIA



Report

Though small, Curaçao's Jewish community has had a significant impact on history. Curaçao boasts the oldest active Jewish congregation in the Americas, dating to 1651, and the oldest synagogue of the Americas, which has been in continuous use since 1732 on the site of a previous synagogue. The Jewish Community of Curaçao played a key role in supporting early Jewish congregations in the United States in the 18th and 19th centuries. The most famous synagogue's floor is made sea sand, in memory of the Jews who needed to hide the sound of their footsteps as they prayed and hid their religion.

Also of importance are Tula, the local hero, and the Tula Monument. The monument was erected to commemorate leaders of the slave revolution of August 17, 1795 in Curaçao. Tula and his supporters rebelled against the slave owners and the Crown. Tula, Karpata, Mercier and Wacao were sentenced to death and executed. Their hands and feet were cut off and they were thrown into the sea where they

drowned. Today we pay homage to these brave men who were tortured and executed because they died paving the way for freedom. The story of Tula mirrors the roots for Israeli martial arts, which result from uprising against oppressors, giving international respect for others with similar history. So the name Tula joins the ranks of old fallen heroes.

KAPAP Summer Camp on the island provided a time to study with the dolphins. The dolphin trainer asked Maj. Nardia if he was able to use dolphin-training ideas to teach martial arts. "Yes, we do and that is why as one thing to remember is that from time to time there will be exceptions as Tula. There will always be people that will not flow with the stream. As I said before, only dead fish swim with the stream..."

Ivan Pavlov, Russian physiologist, psychologist and physician, identified the basic art of training. His research with dogs used "classical conditioning" which has led to today's ideas such as "Educational

Technology", "Reinforcement Learning", "Reward System", "Social Conditioning", "Matching Law", "Experimental Analysis of Behavior", "Educational Psychology", "Cognitivism (psychology) Behaviorism", "Applied Behavior Analysis (ABA)", and "Operant Conditioning" which is used to "control" or as teaching methods for humans or animals.

Classical Conditioning (also Pavlovian or Respondent Conditioning) is a form of associative learning that was first demonstrated by Pavlov. The typical procedure for inducing classical conditioning involves paired presentations of a neutral stimulus along with a stimulus of some significance. The neutral stimulus could be any event that does not result in an overt behavioral response from the organism under investigation. Pavlov referred to this as a Conditioned Stimulus (CS). Conversely, presentation of the significant stimulus necessarily evokes an innate, often reflexive, response. Pavlov called these the Unconditioned Stimulus





(US) and Unconditioned Response (UR), respectively. If the CS and the US are repeatedly paired, eventually the two stimuli become associated and the organism begins to produce a behavioral response to the CS. Pavlov called this the Conditioned Response (CR). Classical conditioning has been demonstrated in numerous species using a variety of methodologies. Popular forms of classical conditioning that are used to study neural structures and functions that underlie learning and memory include Fear conditioning which conditioning is the method by which organisms learn to fear new stimuli. It is a form of learning in which fear is associated with a particular neutral context (e.g., a room) or neutral stimulus (e.g., a tone). This can be done by pairing the neutral stimulus with an aversive stimulus (e.g., a shock, loud noise, or unpleasant odor). Eventually, the neutral stimulus alone can elicit the state of fear. In the vocabulary of classical conditioning, the neutral stimulus or con-

text is the "conditioned stimulus" (CS), the aversive stimulus is the "unconditioned stimulus" (US), and the fear is the "conditioned response" (CR).

Fear conditioning has been studied in numerous species, from snails to humans. In humans, conditioned fear is often measured with verbal report and galvanic skin response. In other animals, conditioned fear is often measured with freezing (a period of watchful immobility) or fear potentiated startles (the augmentation of the startle reflex by a fearful stimulus). Changes in heart rate, breathing, and muscle responses via electromyography can also be used to measure conditioned fear.

Resources like this influence the methods Kapap Academy uses to train students and instructors to deal with fears, senses and to achieve muscular memory. Additional research is always being explored at Kapap Academy.

All mental elements of martial arts in the army study are not new. Much was already done by tradi-



tional martial artists as part of teaching methods based on human nature.

Kapap Academy has decided to publish a new DVD with Budo Magazine to demo and teach more ideas to help readers and KAPAP students and instructors around the world learn more about the art of teaching and study.

"Always a student, some times a teacher" are not just words for us, they are our facts of life. This is not another marketing tool. Some people will try to ride on other's ideas and take ownership and sell it. That is not the Kapap Academy way.

The KAPAP way is to be like a real "grand master" who will try to study for a lifetime, with only his death completing his study, and who definitely does not become a GM at the age of 21.

The art of war is first the ability to combat. If you study to swim, you first need skills to swim. And before it looks like an art, you need to be able to fall from a boat and save your life by swimming. KAPAP is similar; learn the skills and understanding of what self-defense is before you take it to any direction of sport, fun, or the next "cool" name in the city. It is MARTIAL because it comes from combat. Once you get the first part, then the art is in the teaching. Teaching can be based on Pavlov's positive or negative conditioning. In the beginning, students are like stones. The instructor says "put your hand up" and many times, they perform so bad they will move their leg instead. After years of teaching them, eventually see the "stone" becomes an artist with nice moves and skills. The art is in the teacher creating great martial artists and a life moving and breathing statue that can truck the way by him self, following his own direction, thinking for himself, and not being a blind follower.

What makes KAPAP different? It is the teachers and the people behind the system. It is the people that make the system, not the system making the people.

KAPAP - Krav Panim El Panim - started in Israel in the late 1930's and 40's, and lead Israeli martial arts before politics got involved. Recently, the History Channel's "Human Weapon" made a program about Israeli martial arts, entitled "Krav Maga". Originally, they asked KAPAP to be in the

program. Lt. Colonel Chaim Peer, the international Kapap Federation founder, refused to be in the program. Lt. Colonel Peer's answer: "I'm not a clown and entertainer". They wanted to do a watered down program, and in the process changed the history of Israeli Martial Arts. They concentrated on the entertainment value, using Hollywood buzzwords such as "deadly", "as we stand in the most secret military base", and "this is the most deadly". They created drama, an image that has nothing to do with the reality. For example, showing other Israeli martial arts such as Hisardut from Dennis Hanover, yet not informing the viewer that this is not Krav Maga. They did not interview Mishel Horovitz, who was the founder of KAPAP, was its original head instructor, and the one who deserves the credit for starting the Israeli Martial arts, despite the fact that he is still alive, yet had the nerve to use his pic-

"Kapap Academy has decided to publish a new DVD with Budo Magazine to demo and teach more ideas to help readers and KAPAP students and instructors around the world learn more about the art of teaching and study"



KRAV PANIM EL PANIM KAPAP - LOTAR ISRAELI SPECIAL FORCES SYSTEM



**“Always a student,
some times a
teacher” are not
just words for us,
they are our facts of
life. This is not
another marketing
tool... That is not
the Kapap Academy
way”**

ture teaching Kapap in the black and white pictures failed to mention this was Kapap and not Krav Maga. A watered down society will even allow history to be rewritten, and the history channel did just that for entertainment purposes. Shame on us if we would have participated in such a program.

This is why we love Curaçao. Life can be simpler there, reminding us of Israel in her best times. When we were kids, life was nicer. In those days, when we fell from our

bicycles, we didn't sue the city - mom would just tend to the scrapes by just washing them with plain water (forget any anti-septics!) and then we would get up and ride again. How we drove cars without safety belts, without seven airbags, we did not have all the technology, rules, regulations, manuals, curricula - we just had to use our OWN BRAIN and COMMON SENSE and not depend on others' common sense as today. Back in the days where when we wanted to play, we didn't need to set a "play date", get there exactly at 4 pm and take the kid back at 5 pm. Today, each kid has his play station, communicates using the computer, instead of a real pet has a computerized virtual one, and instead of calling his friends by their real name, they go by their computer handle such as 70072314#435@Yahoon.net.com . In our modern society, everything is about a perceived "reality", such as the "reality shows" which have no basis in reality and instead entertain us with the lowest common denominator of society. We live in a dying society, devoid of personality and character. Gone are the days when we would collect our own eggs from the chickens, and not from the supermarket.

To Keep it REAL we have decided to do another new DVD with Budo magazine that will be soon in the market.





MMA

Ruckus in the World of Vale Tudo

Text and photos: **Marcelo Alonso**

Breaking up, separation, crisis. No matter what term is used, the truth is that the purchase of the Pride by the UFC has led to unprecedented changes in the fighting world, which are causing in a more or less direct way the biggest revolution in the history of sport. Separations in the BTT, Wanderlei Silva leaving the Chute Boxe to have his own team in the United States, Fedor Emelianenko (the greatest fighter in the world) unemployed, Minotauro creating a new team, Fabrício Werdum training at the Chute Boxe. With such events that have taken place in less than a month, it is not difficult to infer that the MMA is going through a time of transition. In the following pages, the reader will be able to find out what, why, when and how all these changes have taken place. The final conclusion about what might happen in the future is the reader's task.

Everything "upside down" in the MMA

Wanderlei leaves Chute Boxe and creates his team in the USA

Less than a month after announcing at his Internet site that he was thinking of going to live to the United States in the near future, Wanderlei has decided to accelerate his plans and the last 15th August has moved to Florida. The news has been a shock in the MMA community, that couldn't imagine the great symbol of the Chute Boxe leaving his team to create his own one in the United States. Before going to Florida, Mr. Pride went to Las Vegas to close the details of the new contract with the UFC.

In Las Vegas, Wanderlei was photographed while training at Randy Couture's academy, which brought even more talk.

Was Mr. Pride leaving the Chute Boxe to train with the heavy weight champion in the UFC?

— Nothing to do, I am not going to join any group, I just had dinner with Couture and he invited me to see some of his training, but I will follow my own path. As the Bible would say, the child grows up and one day he has to form his own family. I am doing what my master did when he created the Chute Boxe. I only hope to be as good a master for my students as masters Rafael and Rudimar have been for me, said Wanderlei, explaining that the decision to accelerate the move had been taken considering the brand, the Wand Fightwear. I think

everybody likes to stay where he was born. I am very curitibano, I love my country and my city, I know I am going to go through a difficult time away from my friends, but I have to seize this opportunity. I am - let's say- at the end of my career and I want to do a few more fights to promote my brand, which is the main thing, explained Mr. Pride, who will debut in the UFC fighting against Chuck Liddel, in December.

Rudimar talks about the decision of his pupil and welcomes Werdum

As soon as he knew the decision of his greatest icon, the master and creator of the Chute Boxe, Rudimar Fedrigo, talked with us and made it clear that the absence of his pupil in Curitiba had not yet been accepted: _I confess that I was shocked. It has been Wanderlei's personal decision. The team respects it and follows the same training, with the same goals... I will be very honest, I think that the athletes who want to continue reaching goals must continue training with the team. Shogun, for example, if he wants to be champion of





1. After leaving the Chute Boxe, Wanderlei has gone to live in Florida, where he has created his own team.

2. With the end of the Pride presenter Jorge Guimaraes has become the most important businessman of MMA in Brazil.

3. With the end of the Pride, the greatest fighter in the world has become unemployed.

4. Mario Sperry has left the BTT and

has created his own team in the United States. .

5. Immediately after the departure of Wanderlei, the Chute Boxe received a strengthening help, Fabricio Werdum..

6. With the departure of Mario Sperry, Bebeo Duarte and Murilo Bustamante became the leaders of the BTT.

7. Carlitos Gracie's team also was broken, becoming Gordo Jiu-Jitsu.



MMA

the UFC, his priority is to train with the team, with his coaches_, claimed Fedrigo, using the opportunity to comment on the division in the rival BTT. _I found it very bad, very sad. I will always defend the team, I will value the team. I consider it unacceptable that a wrestler leaves his team and seeks a coach here and another there... I hope that the BTT will remain strong. I believe that the BTT is more important than any athlete and our confrontation with them is a world classic that the public always wants to see_, ended this great master.

Despite the sad news received by Rudimar with the departure of Wanderlei, the team has received a large reinforce two weeks after the departure of Wanderlei, the heavyweight of the UFC Fabricio Werdum. _In Porto Alegre I was training with my friends, I needed more sparrings and better training structure; the Chute Boxe is for me the best team in the world. I was delighted of how I have been accepted by its audience and the hard routine of its training. I feel very happy here_ said Werdum.

Bustamante denied the division in the BTT and announced the departure of Sperry

A month after our publication on the magazine of an article dealing with this issue and announced on its cover, the leaders of the BTT Bebeo Duarte and Murilo Bustamante officially announced the departure of one of the team's leaders, Zé Mario Sperry, despite having denied the excision: _The BTT continues as usual, at the same place and with the same goals_.

The departure of Zé Mario Sperry:

MURILO: I think that one of the major problems of the BTT has always been the multiple leadership, several heads who think in a different way. I had given the idea of voting, choosing a leader, but we did not reach that. Zé Mario and I had different ways of thinking and this was the cause of many problems of agreement, then we decided that it was best that each one follows his path. Bebeo and I have a more similar way of thinking and I think that's best for the team. Zé Mario received a very good proposal in the USA and he went to follow his path. We still have a great relationship, he is an excellent coach, a good professional, an example to the team and he will open many doors to us in the USA. That is the goal, continuing to work together, but in a different way.

"We won't accept businessmen harassing our athletes"

MURILO: From now on, the athletes will be more guarded. We won't admit the siege of businessmen to our athletes in the way it has been happening. Any proposal made to our athletes will need to be addressed to us. Our athletes are not allowed to negotiate with any businessman.

BEBEO: The businessman may even have an exclusive on an athlete of ours, but if we agree that with him. There is no problem whatsoever to pay 10% of the businessman. The most important thing is that things are done clearly, that the athlete thinks on the training. We deal with his career, we know what is best for his career. If the athlete has any doubts about this, he can take his backpack and go looking for a team where he trusts people.

The new phase of the BTT:

BEBEO: BTT has always been a place of opinions, the first team which organized a cross training, with Wrestling coaches, Muay Thai and so on has been us. The other teams followed our steps. Now, we are going to do a peaceful step towards the future, because within three years at most, I want to have ten new top fighters. In addition to the names that we already have now, that is our goal. We are working hard to show everyone that the BTT is not broken, people just decided to follow different paths, which was the case of Zé Mario, but we are here in the same place, at the same time, with the same instructors; the faces are the same.

Zé Mario talks about his move to the USA

Just after his debut in the Octagon of Cage Rage with a convincing victory over Lee Hasdell, Zé Mario left for the United States aiming to decide where he will be installed. _I have been dreaming of a job here in the United States for a long time; I was made a good proposal for a training center with my name and I think the time has come. The Brazilian Top Team is going to continue and I will try to touch on this new project in the United States, with the same pattern as the BTT_, told Sperry, who after two weeks deciding where he is going to stay with his family, came back to Brazil to prepare for the final move. _We are going through a big transformation in the market of martial arts. While Japan was falling, the United States were climbing up and the differences between the two countries became very large. The difference in investment in the fighting market widened and in the United States the support has grown very quickly. I think that right now, the future is in America and I think this is the time_, analy-

zed the black belt of Carlson Gracie, ending the interview with a broad invitation. _I am going to Las Vegas and the doors of my academy will always be open

to any member not only of the BTT, but of any school that wants to train with me in the United States_.

Gracie Barra is now Gordo Jiu-Jitsu

After the breakdown of the Brazilian Top Team, it was the turn for the Gracie Barra Combat Team to have its dismemberment. The ground trainer Roberto Gordo Correa, manager Carlo Malta, and several athletes as Márcio Pé-de-pano, Délson Pé-de-chumbo, Fabrício Monteiro, Gustavo Ximú, Luis Beición, Aloisio Dado, Alexandre Baiminho, among others, left the team that had been created by Carlos Gracie Jr. four years ago. Despite not admitting it in public, the decision would have been motivated by financial disagreements between the parties. _I, Gordo and much of the team are leaving the GBCT because we disagree on some points and we are going to create the Gordo Jiu-Jitsu team_, told Malta. The team already has new headquarters in Rio de Janeiro.

Hugo Duarte at the Black House

Withing all this mess of changes taking place in the world of Brazilian MMA, there is a fact that we can't forget. The general of Wrestling Hugo Duarte, formerly a major rival of Jiu-Jitsu, is training in the Black House of Carlão Barreto and Joinha. _I have the fight in my blood. I have been watching on television some of my students of wrestling highlighting and I am very happy. Sérgio Babú, who is my neighbor, invited me to do a training in the Black House, and they welcomed me very warmly, they applauded and it even touched me_ told Hugo, revealing that curiously, not long ago, they hadn't wanted to receive him in an academy related to wrestling. _I was deeply impressed. Within my home_ they don't accept me, outside my home, _they treat me like a hero, despite all that war_ in the old times_, told Duarte, still impressed by the changing times. _The wrestling was something that people of Jiu-Jitsu used to question, but now everyone practices it. Master Babú is the great expert of fighting on the ground.

He and Joinha are doing a special training for me ... Nowadays, everyone is professional. Before we used to fight on the mat and then we met in the street and we fought again. Today this is finished, we embrace each other_, analyzes master Alexandre Cacareco.

The main motivation of Hugo is participating in the American IFL. _People of the old





With the departure of Mario Sperry, Bebeo Duarte and Murilo Bustamante became the leaders of the BTT.

2. Con la partida de Mario Sperry, Bebeo Duarte y Murilo Bustamante pasaron a ser los líderes de la BTT.

3. Lyoto Machida, from Karate, and Hugo Duarte, now train together in the Black House.

4. Carlitos Gracie's team also was broken, becoming Gordo Jiu-Jitsu.

guard is in full swing. I want to create my small team and go to fight out there. I just think in coming back. I know that there is going to be very controversial, but I am dealing with them and I soon want to bring Eugene (Tadeu) and others from wrestling _ , said to finish.

Carlão Barreto, a leader of the Black House, has welcomed the arrival of his former rival and has promised more news soon. _ The situation is different, the Black House today is a team that has opened the doors to the world, I want to make exchanges with top athletes as Tito Ortiz, Rampage, Mike Van Ardale. The Brazilian has to stop having that mentality of not training with gringos. The exchange is always positive _ , said the black belt, ensuring that he even thinks to invite his former rival Kevin Randleman. _ I want him and Mark Coleman to spend some time training here. Since the big black hit the canvas with my triangle, he has not learned ground, I want to help _ jokes Carlão, recalling his historic victory

over Randleman, in the Universal Vale Tudo Fighting (UVF) 6, in 1997.

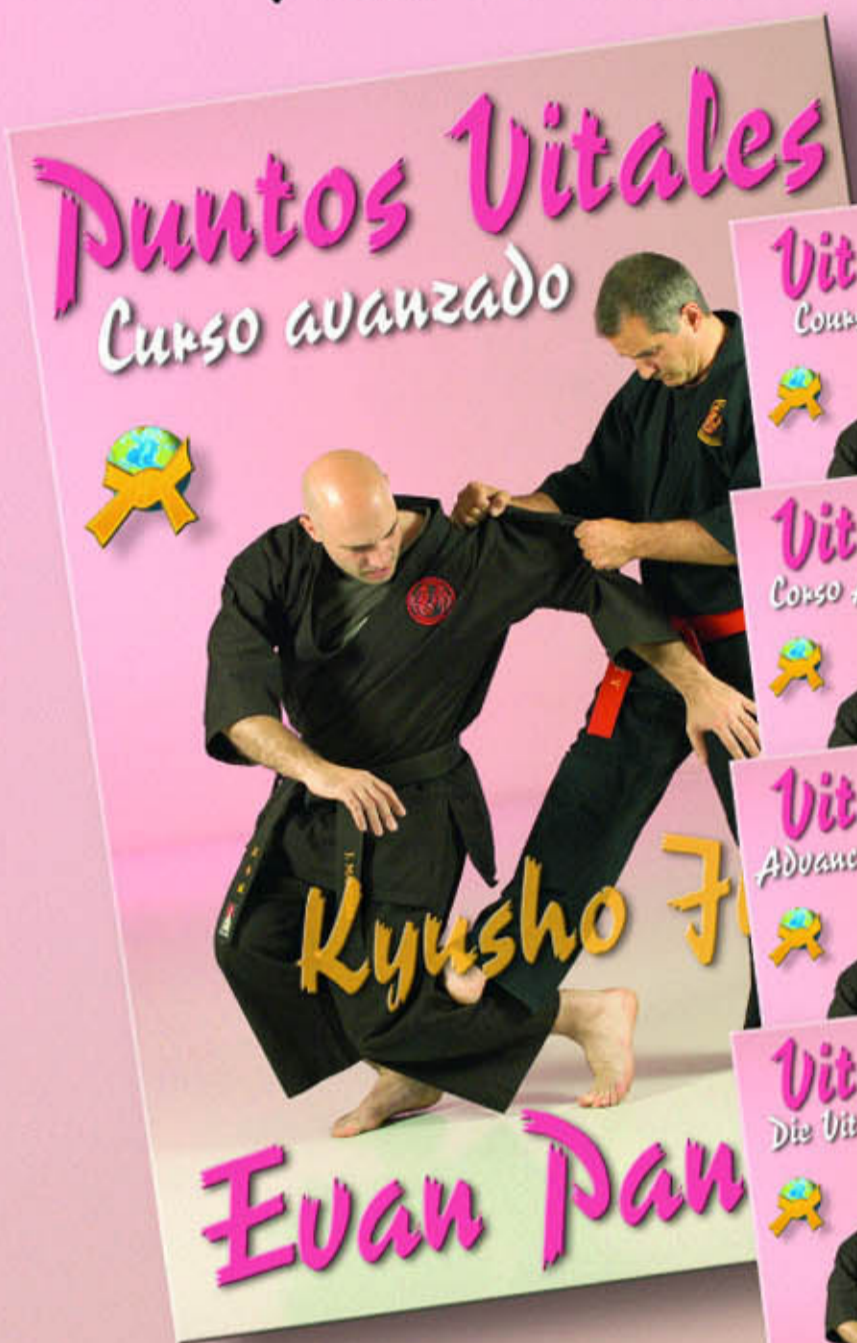
The Brazilian Don King

The ten years of Pride have been marked by the strength of the Japanese agents, who were a bridge between the teams and the event. Thanks to this policy, agents Koichi Kawasaki (Chute Boxe), Motoko Ushida (Chute Boxe) and Ken Imai (Cro Cop / Werdum) always had a lot of power along with the event. With the end of the Pride, teams like BTT and Chute Boxe, who always had the Pride as a major employer, having no contact with the American event, have been lost on the market. Who has been benefited with this has been the presenter of the Fight Channel PREMIERE COMBAT Jorge _ Joinha _ Guimarães, who has always had a very close relationship with the UFC. When the Pride ended, Joinha, who had just created the Black House team

and was already the agent of Vitor Belfort, Pedro Rizzo and Assuário Silva became popular and desired among several other top fighter of the MMA and became a peculiar kind of Brazilian Don King.

In less than two months, besides those already mentioned, Jorge is already a businessman for Anderson Silva, Paulo Filho, Rodrigo Minotauro, Nino Schiebri, Lyoto Machida, Hugo Duarte and Rogério Minotouro. _ I never thought to be the Don King of the MMA. I just want to do my work honestly and getting the best for my fighters _ , analyzes the presenter. Being asked about the future of sport, Jorge is blunt: _ I am very impressed with what I have seen. The MMA has exploded in the United States and soon it will also be so popular throughout the world. The sky is the limit _ , Jorge bets.

New book!!!



Puntos Vitales
Kyusho Fitsu



WATCH A PREVIEW

This book gathers texts on varied relative questions to the use of the vital points, from conceptual questions, until remote very specific as its application in combination with technical for example of luxation. It also includes unpublished pictures and an entire practical

section of combinations and application of points in specific situations of combat and self-defense. To learn these combinations of points whose effectiveness has been proven, it also allows the student to begin in the one on the way to the own search in the ways of applying the Kyusho, because it is known that a combination of points can be carried out with technical martial of him but diverse without distinction of styles. However the angle of attack of the points and the form of pressing on them are something common, for it the examples perfectly shown in series of pictures they will be from invaluable help to the lovers of the matter.

Many of these combinations finish in KO or at least in collapse. The attainment or not of the KO however depends on many factors and it is not the smaller than them the ability and practice of which applies the techniques. The points play nervous, veined centers, energy Gordian knots, and it is not difficult that besides pain they can generate the part syncope or of the group of the organism. The reader should learn and to prove for if same; there is not I walk better in the life, but now for he/she has a magnificent educational arsenal, with a fabulous series of the author's videos, and also, with this, three books already printed.

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Der Samurai in dir

El Samurai que llevas dentro

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"I want you to understand why what I'm going to show you is not rocket science.

I want you to understand why it looks so simple. It has to be. Otherwise one could never do it under duress, when the bad guy is really trying to kill you"

Text: **Bram Frank**

photos: © www.budointernational.com

COMMON SENSE SELF DEFENSE

CSSD

BRAM FRANK

CONCEPTS OF MODULAR KNIFE



COMBAT KNIFE: TACTICAL RESPONSE

Since the most curious things happen in this house, it must have been the day of the edged weapons, because in a single day we had the miracle of having two experts together, to record a video on knives at the same time. Both are two designers of their own knives, two Americans in Europe who had never known each other personally before. Jim Wagner and Bram Frank. Both were kind to offer me two of their superb fighting knives.

Bram belongs to that rare breed of defence experts who are real experts. He has an enviable résumé and, besides, he has something equally important: the respect for the experts in the field when we talk about weapons and their use.

Throughout the day he showed it through a very interesting staging of his knowledge in the video that we are introducing you today, in my view an excellent tool to learn and think about the continuous tactics of fighting knife.

Bram is very practical and straight in his teaching but this does not exclude the understanding of the variables that we can find in the use of the most common edged weapon, the fighting knife. A work you can't miss, which we introduce you today in this interesting article.





COMMON SENSE SELF DEFENSE



1



2



3



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COMBAT MUST BE SIMPLE: its NOT Rocket Science!

Combat must be simple. During a confrontation memory gives way to instinct which quickly de-evolves into the animal response of survival. Detail work and fine motor skills quickly vanish leaving only gross motor skills to remain. With this duress induced deterioration is the combined syndromes of time distortion and tunnel vision: both accompany the physical deterioration of skills. Colonel Rex Applegate one of the fathers of modern close quarter combat stressed these facts during his lifetime. After many years of personal experience in actual combat and the subsequent training of soldiers for that combat, people such as the late Colonel Rex Applegate came upon certain truths that are considered true principles of combat. He advocated simplicity, directness, attitude, targeting, and use of weapons on a sliding scale from possession of weapons down to empty hand. (A situation he advised was to be avoided at all costs!)

Martial artists take a dim view of Colonel Applegate for they are conditioned to believe that their techniques or tricks will always work on an opponent. Empty hand will win over any adversary including one with a weapon and believe the axiom "Karate" the art of empty hand comes from the warriors. It was developed to fight other warriors who are using weapons. Proper martial art technique can and will predominate over an armed opponent. This myth prevails, continues, and is self perpetuating. Some instructors teach martial arts techniques that they say will be the cure all for combative situations. Some are glib enough to try to say that these things actually work in military combative situations. This is a sure way to add death, destruction and insult to those brave men in uniform. Other current day "Grandmasters" actually advocate restraint holds that they claim will allow an average citizen or student of the arts, to stop an enraged attacker. Others claim that grappling will be the answer. Ever grapple with full "battle rattle" on? Locking up an opponent with a joint lock, BEFORE the opponent has been disabled is almost fantasy. A few current self-defense instructors with real time experience advocate a true old fashioned method. Intercept the attack, "Destroy" the limb, trap the limb or opponent, THEN





joint lock them. This is a serious street effective way to locking up an opponent. The opponent is rendered incapable of response and then taken out. It almost works on the street. And the art of joint locking, grappling or restraint is a last resort to be used on one's opponent in Modern combat or interpersonal physical conflicts on the battlefield.

WHY almost? I say almost because of the reality of duress in combat. Human beings have a three speed brain and a two speed body. At the top level humans have high speed low drag fine motor thoughts and skills, at the second level there is Complex thoughts and skills, and at the lowest level Gross motor thought and skills: below that is fetal compliance, non functionality. Most martial arts function is done with fine motor thought and fine motor skills.

Mix a bit of stress, duress, adrenalin,

destroys many urban myths of fighting. Reality says steel cuts flesh, sticks break bones, and bullets cause traumatic shock with exsanguinations.

Instead of looking at combat, especially street combat as a living opportunity, some instructors of today try to teach learned responses to spontaneous situations. "The attacker will do this, and then you respond with this!" Well that line of reasoning doesn't work, for while a student is doing the script taught to him /her from page three, the attacker hasn't seen page three. More than likely the attacker has no idea that a script exists and while the student tries to mold the situation to fit page three as described by the instructor the attacker is

adlibbing his way through. Spontaneity wins over a prerecorded response almost all of the time. Yes, there are a

few exceptions to the rule and it's these exceptions that are used to establish the pre-recorded

response rule for the masses.

Certain martial artists can actually pull off what seems to be prerecorded responses to actual attacks. What is really happening is that these highly trained people are actually responding a _ beat to a full beat ahead in thought and action over the attacker. To the casual observer the martial artist is reacting with the known answer to a supposedly random attack but in reality the martial artist is acting to a stimulus not reacting. This is what Bruce Lee wanted people to do; to instinctively feel the attack starting and intercept the attack BEFORE it became an attack.

"When you get down to it, real combat is not fixed and is very much alive. The fancy mess solidifies and conditions what was once fluid and when you look at it realistically, it is nothing but a blind devotion to

accelerated heart rate and fear into the mix and we lose our ability to think fine thought or perform fine skills. The big rub is that with training, Martial artists can drop from fine motor skills to only the next level down: Complex thought. Complex level is where problems arise. As our minds drop down a level so do our physical skills and ability to function. Unfortunately while our minds are three speed our bodies are two speed, so what we have is the ability from training to know what we should do only our bodies won't let us.

And of course one needs to add into the mix the unfortunate reality of empty hands do not defeat tools. If they did soldiers would not carry weapons! People are tool users. And combat reinforces many truths and





1

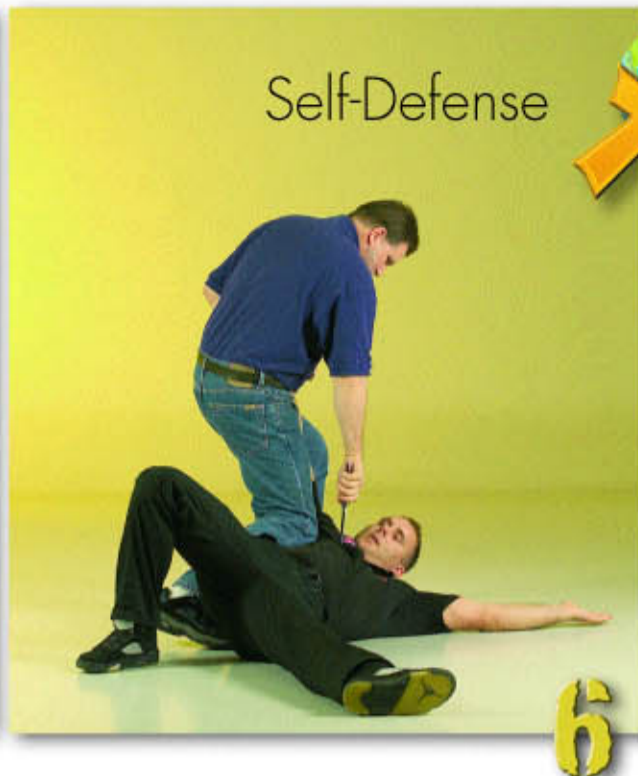


2



3





Self-Defense



systematic uselessness of practicing routines or stunts that lead to nowhere!"

Bruce Lee

As the Modern Arnis family, JKD clan and other self defense groups have discovered this is easier to say than to do. It takes constant practice, reality of training, perseverance and a good amount of luck. Due to this fact, practitioners of any reality style stress that combat, especially street combat must be simple. Simplicity. It is a conceptual understanding of the principles of combat. Is it teachable? My instructor, the late Professor Remy Presas taught conceptually, for that was the best way to teach combat simply. Teaching combat a lot of times is the act of teaching basics to one group who then spread out and teach the same to others. Only concepts can be taught like this. Details cannot be taught en masse for we get what children call the "telephone game". We start with the statement of the red cart pulled by a white horse and as the statement is retold as it goes around the room and it becomes the gilded chariot pulled by the purple dragon. So in interest of what one has taught one group staying the same over generations the information needs to be simple and conceptual. Professor Presas, the founder of MODERN ARNIS used to say after all these years of teaching and training that he is just beginning to understand the art and always asks his students: "Do you see? It is all the same. Do not make it too hard!" "See, it is all the same, the same difference. You can do this, or you can do that!" Professor Presas and his family taught combative arts for use during the Guerrilla actions during World War II. Many have looked at Modern Arnis-Presas style Arnis and said "it looks too simple..." Professor wanted us to find the translations, the applications of the concepts, the core concepts of use and to understand its simplicity.

Simplicity is the key; especially with self defense on the street or street combat. Simplicity is all that exists in real combat. Mistakes in any form of combat do not lead to a simple loss, they lead to a loss of life or limb. In real combat tools are used. Tools

exacerbate the situation for any mistake can become a lethal mistake. What has all this to do with the article you are reading about Knife use under duress? What has this to do with my innovation in teaching called MODULAR?

EVERYTHING!

I want you to understand why what I'm going to show you is not rocket science. I want you to understand why it looks so simple. It has to be. Otherwise one could never do it under duress, when the bad guy is really trying to kill you, when guns are blaring, people screaming, bombs exploding in the background: it's CHAOS.

It's been said you can tell a master of Martial arts by their understanding of footwork. This holds true in combat as well. In combat it's very simple: "Don't be there", not don't be in combat but don't be in line with the attack. For example look at a firearm. It's a projectile weapon that uses a straight line. The best defense is not to move your hands but to get yourself off the line of fire. This is amazingly similar to the basic rules of Stick-fighting in Arnis and combative Sword work: move off line of the attack first. It is the EXACT opposite of sport movement. In Sport my hand moves first and my body follows. Basically it is the same in Dueling. But not in combat: in combat my body moves and my hands follow. Before you get too upset with that statement try doing this with a protective vest on, with "battle-rattle" on, with armor on, or with full Law Enforcement or military gear covering your body. One can't move one's arms because of the gear, nor reach across one's own body so the basic rule of survival is move off line. There's another factor in stepping off line, it's something that one can do at a gross motor skill level. As baby's we learned to step, as toddlers we did multiple steps for balance and as adults we use stepping all the time. Not sliding, not skipping, not pivoting, not hopping, not drag steps, but actual stepping. Stepping can save your life and move your body out of harm's way. One's body is slow; one's hands are fast, move the body and the hands make up the difference in time!

Our arms do move and some of the simplest moves duplicate themselves as either

defensive or offensive movements. One of the most basic moves is from an open position to a closed position. The way our bodies are built this is a downward diagonal. Yes I know you can train yourself to keep your arms up, but it is natural to go from high outside position to a low inside (across one's body) the next motion is bringing the arm back to an open position, a horizontal motion. And of course protect one's head, a vertical motion that everyone can do and does. If we couldn't instinctively bring our hands up and protect our heads there would be no people. Of course it is also a basic hammering motion. It is a survival skill. Old style Combative Sword schools and Arnis practitioners recognize these motions as a simple drill called SUMBRADA: Shadowing. It has survived all these years and across different cultures that use bladed weapons because of its simplicity and usefulness. That means anyone can do it. When I teach Security teams or Military I simply call it 1-4-12: 1 a downward diagonal motion, 4 a horizontal motion and 12 a vertical motion. It is an offensive and defensive set of gross motor skills.

I need one more image to be held onto. The image is that of the Black Knight in Monty Python and the Holy Grail. King Arthur cuts off the black knight's limbs one by one till only a torso is left and the black Knight calls out to King Arthur "It's ONLY a flesh wound, come closer so I can bite you". Human beings have three major weapons: two arms and one leg. Yes, ONE leg because cut off or injure a leg and a person is a gimp, no kicking, no moving no balance. Cut or hurt one arm and the other is still a threat. Just like in old days of the knights it's very hard almost impossible to armor completely one's arms and legs because one needs to be able to move them. Bodies can be armored. Bodies are not a threat, but hands and arms are.

Cut limbs, such as hands and arms cannot hold weapons, set off bombs, pull triggers making them the primary targets. By the way the goal is not to kill bad guys but incapacitate them and if they are enemy combatant's we want them alive but injured, for injured soldiers need several others to take care of them: dead ones are just left where



KNIFE TACTICAL RESPONSE

they lie. Remember we are bio-mechanical creatures: we have cable operated pulley systems with a hydraulic fluid pressure system. Our muscles and connective tissue are the cables, our joints are the pulleys and our blood and internal fluids are the hydraulic system. Cut the cables, no motion, cut the hydraulic lines, pressure drops and motion stops. Note that hidden within the cable system is the electrical wiring we call nerves. Bio-mechanical stoppage really is stoppage!

Most people don't understand the most effective way to use an edged tool is what medically is considered a non lethal use. People like to mix apples and oranges and talk of the overall class of force of the situation as ultimately the title of the class of force used. It is understood that use of a tool such as a knife is a lethal force situation in general. Legally it is a lethal force tool and a lethal force situation, but the optimum use of the edged tool is that it is used to sever or completely cut the cables that make the system work rather than to try to terminate the system. People are actually hard to kill: we bend, spindle, break, and cut very easily. For example cutting across the bad guys biceps will not immediately kill him/her but it will effectively shut down the use of the arm. No arm, no ability to continue to attack or harm anyone.

I know many trainers that use marking knives to learn if they cut the bad guy and add realism to their training. Anyone can cut anybody basically without training. I expect when training that I get marked: that's reality. What is more important is that under duress I don't find my marks on myself. The tool or knife doesn't know bad guy from good guy so one needs to understand being clear of one's own line of attack as well as the bad guy's line of attack. In training situations there should ONLY be the bad guy's (my training partner) marks on me not my own.

OK, now we're ready to rock.

What are perspectives within using a knife or edged tool in martial arts or combat? Perspectives are a way to look at things. Artists understand that there is a primary point of perspective within a painting and many other perspectives or points of view to visualize what goes on within a painting. It can be traditional like DaVinci or eclectic like Picasso...take the statue of David by Michelangelo: it can ONLY be viewed from one perspective to give the illusion of strength and nobility. Viewed from the wrong perspective, David is not only out of proportion but lacks beauty and nobility. Perspective is everything! In Martial arts that Point of view or Perspective changes slightly with each combination be it which limb is involved or what is in the limbs grasp. In combat the relationship of one opponent to another has only 16 total possibilities.

When we are talking of perspectives of position we have only 4 possibilities. We are talking of each person's natural position.

#1) STANDARD position: a good guy right hander against a bad guy right hander.

#2) BACKWARDS position: a good guy left hander to a bad guy right hander,

#3) MIRROR IMAGE position: a good guy left hander to a bad guy left hander.

#4) BACKWARD BACKWARDS position: Good guy right hander to a bad guy left hander

The other possibility or perspective is of how do we hold the edged tool / knife in each of these perspectives. Again there are ONLY 4 possible perspectives. It can be either forward grip: tip up or Reverse grip tip down. This leads to the following perspectives.

#1) Equal Forward position: Both good guy and bad guy are holding the knife in forward position

#2) Unequal Forward-Reverse position: The Good guy is in Forward grip and the bad guy is in Reverse grip

#3) Unequal Reverse -Forward position: Good guy is in Reverse grip and the bad guy is in Forward grip

#4) Equal Reverse position: Both good guy and bad guy are in reverse grip.

Combat must be simple.

Combat must be simple. How we look at Combat must be simple. Simplicity works under duress!

Anything more is frivolous at best and fatal at worst!

Therefore when two people face off with edged weapons, there aren't thousands of possibilities of how they face each other before engagement. There are only 16. We have only four basic perspectives: Standard (right to right), Backward (left to right), Mirror Image(left to left) and "Backward backwards" (right to left). And we can hold a knife in only two ways: forward or reverse. That means we can be Equal Forward: both in forward, Unequal Forward-reverse: one in Forward, one in Reverse, Unequal Reverse-forward: one in Reverse, one in Forward or Equal Reverse: both in reverse, that's 4 perspectives, 4 possible grip positions. There are 16 total possibilities. One other little thing comes to mind like edge orientation. Let me be clear that we keep the sharp edge towards the other guy, NOT towards ourselves. I learned that as a kid: stay away from the sharp part. . There is no difference between reverse and forward grip. Both can use the tip, both can use the edge, both can strike with the butt.

There is no secret reverse grip knife fighting or any advantage over of reverse over forward or vice versa.

I used to teach the advantages of grip difference as related to range: unfortunately methods of carry, actual confrontations and lack of choice of range or grip within those confrontations has led me to now explain

quickly and briefly that forward grip is best at a longer range than is optimum for reverse grip and reverse grip is best at a closer range than is optimum for forward grip.

Most of the world is right handed; it's about 89% right now. We are physically designed to easily go from an open position to a closed: therefore what is commonly called a #1 strike in many arts especially in Arnis .It is the most common strike, coming from one's right side downward diagonally to one's left side. The second easiest strike and the return motion to a number #1 is a horizontal motion from left to right, from closed to open position called a Number # 4. The last strike used naturally in this basic sequence is a downward vertical, from basically cover one's head which we call a number # 12. Since a #1 attack is the bio-mechanically easiest to do, we learn to defend it first. When the attacker cuts a number # 1 attack, we step up with one's right foot; intercept the attack with our blade. We stop the attack with our blade, and then we make use of the edge and draw it through the target. The longer the edge is in contact the deeper the cut. We use the same #1 motion to intercept the incoming #1 attack and cut the hand, wrist or arm, check it with our non weapon hand and counter with a #4 cut to the leg or hip flexors. To stop the #4 attack, we step back with our right and with our non weapon hand intercept the attack, below the arm. And then bring the knife to the attackers hand and cut the attacking fingers off, countering with a #12 vertical attack. To Stop the #12 attack, step up right and raising the knife intercept the attack. Here's where some of the trained people make the big mistake. They check behind the blade rather than under the blade. If one checks behind the blade or the common "roof block" and a struggle or panic motion occurs, one cuts one's own wrist, arm or hand. If one inserts ones hand under one's own weapon arm, even in panic the motion of "umbrella" clears the knife away from one's own hand. In umbrella one is moving the knife edge up and the checking hand down: both motions move away from each other with no intercepting points in the motion. From this point a number #1 is the counter and of course the learning drill repeats itself.

Remember what I said previously about the marking knives? This is where, in doing this simple drill one learns to cut ONLY the bad guy, not one's self, learns the best bio mechanical counter response, and learns a simple gross motor skill action using blades with no regard to details of which hand is the tool in or what grip is it held in. Simple. How simple? I teach Military, LE and Security Teams to do all 16 possibilities plus what I call a connecting thread 1-2-2 in 6 hours and they are able to teach it to others. Not only teach it but use it in combat and under duress. It's NOT Rocket science... It is simple stepping and cutting. It is Knife training with Impact!



In future articles I'll build on this foundation and explain more of the basic Modules of Knife use and defense.

Common Sense Self Defense/ Street Combat is a tactical combat art based on the Filipino martial art of Modern Arnis as developed and founded by the late Professor Remy Presas. Bram Frank the Founder of CSSD/SC is a first generation student of the late Professor Presas, a Senior Master of the style recognized as

such here and in the Philippines. CSSD/SC Arnis-Modern Arnis is the only Filipino style officially recognized in the country of Israel. Bram's style of Knife use is used by many groups in Israel, where he teaches the yearly Knife Counter Knife camp: The Commandments of Steel. Through Dr. Dennis

Hanover, the Founder of Dennis Survival Ju Jitsu who is recognized as the Father of Modern Israeli Combat, Bram was recently recognized as "the Father of Israeli Knife Combatives". He owns several knife design patents and utility patents and his newest knife was awarded "Tactical Knife of the Year 2007" at IWA. Bram's knives are in use in many theaters of combat, Security work and simple Self Defense Response situations in the real world. Bram is the Chief edged weapons Instructor at the S2 Institute and CIS Security Company out of Clearwater Florida where security, military and Law enforcement receive new and or on going education as well as Security Teams that deploy around the world.. www.S2institute.com

He and his team are available for seminars, private lessons or team training.

Bram Frank:
www.CSSDSC.com
 email: arnisman@ol.com
Germany-EU:
Florian Lahner:
www.cssdsc.org
 (www.gunting.org)
 email: Florian@lahner.de
UK-EU: Darren Davies:
www.cssdsc.co.uk
 email: darren@cssdsc.co.uk
Italy: Marco Bellani:
 email: marcobellani@yahoo.it
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Guy Rafaeli. email: drarms@zahav.net.il

CSSD

BRAM FRANK



Arjan Marco de Cesaris

The secret of KO with a blow: myth and reality

Regardless of the topic we are talking about, Art, Philosophy, Ethics or Culture, the first impulse is always coming closer to Martial Arts, almost always the dream of getting to possess the secret infallible technique, the "movement" that will allow us to win at any time against any aggressor, or defeat the enemy that we face.

With time and practice, this initial boost is replaced with other purposes, undoubtedly higher and more dignified, but deep down every practitioner continues to grow the idea which was the first driving force of his beginning: to develop the final blow, to learn the technique to get the KO with a single blow.

For some people, the problem is less important, but for others the final blow is a real obsession, the goal toward which the entire physical and technical preparation in the discipline he has chosen is aimed. This is the case of a legend of fighting sports in Japan, the champion of Karate, Narushima Kyokushinkai Ryu.

Born in Tokyo and son of a karate master, Ryu begins to practice Kyokushinkai with his father very young, and at the age of 10, he finally begins to practice in the dojo of the founder of the style, the legendary Master Masutatsu Oyama. In short, his deep passion led him to become a champion of Japan for the first time in the weight category up to 70kg, easily defeating all the opponents he faced. His ascent seems endless, but even the most promising athlete can fall because of his own pride and thus Narushima had to accept, at the following national championship, his first defeat, by KO. After a deep crisis and a tormented spiritual and technical rebirth, Ryu returns to competition even more encouraged, coming in a few years to conquer also the national title at the senior level (up to 80kg) and incredibly, the third place in the World Open in 1997. With only 68kg weight and 1m 68cm height, Ryu was able to defeat opponents 10, 20 and up to 30kg heavier than him, fighting on equal terms, to finish in the points in a tough battle against the world super champion in the discipline, Brazilian Francisco Filho, who appeared on the mat with 108kg weight and an impressive list of achievements before the limit.

In all the years of his professional career, the primary objective of Narushima in each contest was to get a KO with a single devastating attack, which in Japanese is called ICHI GEKI.

A thorough study of the dynamics of the body and a detailed analysis of the individual offensive techniques, to make the scientific selection of those that were more adapted to his demands as a fighter, led Ryu to get an impressive series of KO, made with one of

the 4 basic movements of attack, which his master developed for him. Therefore, even today this great champion has a prominent position among the legends of this hard martial Japanese style.

But this kind of high efficiency is not common for everybody, only a few have the optimal conditions to become fighters to match Ryu Narushima, or can anyone improve his own characteristics coming to achieve amazing results in terms of effectiveness?

However, although the natural abilities represent a great help, in fact, the "effectiveness in the KO can be learned". The classic example of this aspect in Western Boxing is represented by the Italian-American champion, famous in the 50's and 60's, Joey Giardiello. The champion, holder of the world title in the prestigious category of middle weight (won in December 1963 against another great champion of that time, the powerful Dick Tiger), was considered a deadly fighter, meticulous and precise, able to project in such an outstanding way his entire body mass in each attack, with excellent timing and a lethal left hook.

In fact, during the first 53 fights of his long and distinguished career, Giardiello got only 2 victories before the limit! But the truth is that from one day to another, the victories by KO began to arrive and our champion became a real KO machine. How was all this possible?

The "secret" of the prodigious progress of Joey was called Charlie Goldman, one of the best and most unknown boxing coaches in the postwar years. After analysing the mental and physical characteristics of Giardiello, the great

Goldman understood that to overcome the chronic lack of results before the limit, he had to "rebuild" the technical repertoire of the champion, starting with the basics, that is, what in Boxing is called "footwork" and that affected the way of being on guard and move the body, following properly the flow of energy of every blow, shifting toward the opponent in the most efficient way as much weight as possible.

Thus Giardiello began beating literally with the whole body, he didn't beat "only" with his fists anymore: his actions did not seem changed in the eyes of those who watched him, but in reality, the foundations of his blows were now solid as a rock.

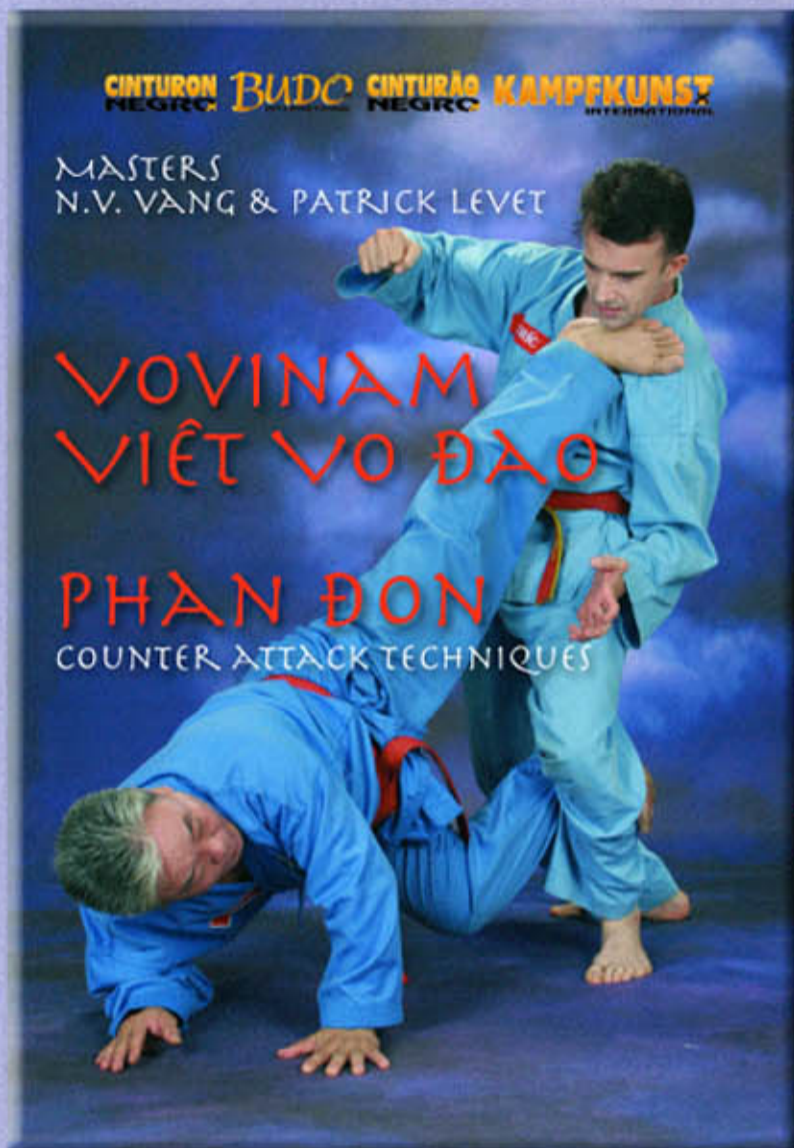
With a long and difficult work, the great coach destroyed all the misguided formulations of the expert boxer, rebuilding a new fighter who, as if by magic, began to have impressive successes before the limit.

Ryu Narushima and Joey Giardiello, two great athletes far in time and space, but united by a single passion for the pursuit of combat effectiveness: the quest for the KO blow led them to analyze their own features and shortcomings with a spirit of self-criticism, hardly present in other champions as well as athletes from much lower level. They were not afraid to face their own limits, recognizing and relying on their masters unreservedly and with great humility. That is the real secret to get efficiency, be humble and always ready to learn; pride and presumption lead to the defeat and in the best of cases, remove any possibility of progress in the art of combat.



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MASTERS
N.V. VANG & PATRICK LEVET



The old masters of Vovinam, experienced in real combat, knew that after the work of Vat (hand-to-hand fighting), the second most important topic for a fighter are counterattacks against punches. In this new DVD of the series, which was filmed entirely in Vietnam with the help of Master Van Vang, Patrick Levet presents the counterattack techniques against Phan Don Tay punches and against kicking Phan Don Chan kicks, as well as the 2 Quyen (forms) which include them: Tu Tru Quyen and Vien Phuong Quyen. These techniques, structured according to seven difficulty levels, allow the practitioner to choose the most appropriate forms of defence in accordance with his physical constitution or his skills.

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OPERA NOVA PER IMPARARE

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mi, Composta per Antonio Mancio-
lino Bolognese.



VOLSI Dal piu de li uolgarissimi maestri
de l'arte, che de li colpi ragioneuole Scherni-
trice, nel piu alto, & solenne canto de la sco-
la apporre un longo spiegamento di Carta, oue gli loro
capitoli esser scritti dicono. Et nel uero, chi quelli legge,
troua esser capitoli, ma quali è uenditori del uino sopra le
botte fanno, cosa piu mostruosa, che humana. Et come puo-
te esser humana, se apertamente la ingordiggia, & rapaci-
tude del maestro si dimostra. Ma come humana cosa è gio-
uare altrui, & far fede per se stesso alcuno non esser na-
so, cosi rapace, & ferrigno istinto e secondo il mo talen-

A 1



**"Anyone who wants to
learn to play well, has to
approach and follow the
most skilful and
determined people in the
art"**

Nova Scrimia

Graziano Galvani



Maestro Antonio Manciolino and the "Opera Nova"

We know very little about the life of Master Antonio Manciolino from Bologna.

What we know comes from the wonderful weapon treatise, which he left himself as a martial heritage for future generations of fencers.

However, we know the Bolognese school as the vital creator of glory for the Italian Martial Fencing. One city, Bologna, which saw the growth of several generations of men of weapons and Masters of Scrimia, who are registered in the files in Bologna, from the first half of 1300, until the three "Magistri scremaglie" Rosolino, Francesco and Nerio.

And then, a series of major figures like Masters Filippo Bartolomeo Dardi, Pietro Moncio and Guido Antonio di Luca.

Guido Antonio di Luca is likely to have been Manciolino's mentor and, besides, he was Master of the leader and count of Mòneda Guido Rangoni, of Giovanni de Medici, called dalle Bande Nere (of the Black Bands), and of another Great Bolognese Master, the gladiator Achille Marozzo. So it is well justified the title of Bonomia docet, given in ancient times to the glorious city of the two towers (Bologna is also known as the city of the two towers).

The treatise "Opera Nova"

The treatise "Opera Nova" was published in Venice in 1531, with the dedication: "Allo Illustrissimo Don Luigi de Cordola, Duca di Sessa".

As it can be deduced from the cover, the work was corrected and printed again in the same year, and even today we can't know the date of the previous edition.

Historically, Manciolino is the third author of the Bolognese school; he comes after Dardi, who wrote a book linking fencing with geometry, and Moncio (Monte or Monti), who wrote his treatise about weapons in Latin.

The treatise "Opera Nova", which Marozzo will take later and will spread to write the cover of his treatise, is divided into six books.

In the introduction, the Master, perhaps with the help of a literary man, illustrated with a creative and pleasant style the rules of Fencing.

The first book focuses on the pure teaching, explaining with great skill and precision the so-called "Accompanied Fencing", an art which was very in vogue during the Renaissance, with the sword guards, the "brocchiere" (round shield) and the attacks and defences arising from these guards.

The second book describes three interesting games with sword assaults and round shields.

The third book is devoted to the strategic and tactical exercise in the art of medium sword, or "medium sword pressures" where in order to be the best, you must show that you are the fastest with your hand than in any other game.

The fourth book continues the work of the third book and in Chapter XI it describes the game with two swords, and in Chapter XII the game with one sword.

In the fifth book we find another preface and then two chapters dedicated to the game with cape and sword, an interesting training for combat of "escaramuza" (scrimmage) and the "two-against-two game" with sharp swords and capes on the arm.

Finally, the "Game of edge to edge sword on the right with the dagger in the other hand", which teaches swordplay accompanied by the dagger, and to finish, the game of "Sword and Wheel".

The sixth book at the end of the work, after the umpteenth preface, presents excellent training for men of weapons of those times, playing with terrible iron weapons as the horn, in the Wheel game and Partegiana; against the same weapons; then the Partegiane game alone; Fighting with sword against sword; fight "rawcon" against "rawcon", and finally, spear fighting.

Lesson of a Renaissance Master

Now we will look at the transcript from current Italian, translated into English, of brief texts of the introduction of the First Book. We believe that the live and real concepts of a Master of weapons of the Renaissance don't require further comments.

"OPERA NOVA"

TO LEARN

To Fight and Wield any sort of Weapons, written by Antonio Manciolino Bolognese

We started with a few key rules, namely documents on the brave Art of Protecting

Anyone who wants to learn to play well, has to approach and follow the most skilful and determined people in the art, because, as the glory of that who wins depends on that who has expired, in the same way that who loses against a brave fighter can not be reproached for anything because it is the same glory of the winner which grants the honour to him.

The fun and the passion to train with different players allow the man to acquire mastery and reflexes, because it is from the variety of stimuli and the diversity in the ways of combat, that the shrewd and pondered experience of things is formed.

Since in the struggle both players try to understand the movements of the enemy, they should not remain in a single guard, but change from one to another, in order not to give signals to the enemy, or to confuse him.

If you play against opponents who attack vigorously and with vehement blows (so intense that some may be frightened by them), you can successfully use two (actually three) strategies: the first is the evasion of the blow, or letting him fail and returning with a blow; the second one is to close the distance, coming against the blow with an ideal coverage, when the blow is still in the initial phase, the third one is to injure the armed hand to make him doubt about the utility of hitting so strong.

When the blow on the hand is used, this is considered a valid blow because the armed hand is the first to be discovered and in a real battle that technique is very useful; in fact, the hand is the part of the body that handles the weapon, therefore, it is the part that can hurt us most...

You always have to look at the opponent's hand which is handling the sword, rather than to the face, because it is in his hand where we can understand all the possible actions that the opponent can use.

The evasion of a blow does not mean little advantage, nor is of little beauty, but rather it is a sign of greater ability to perform any blow. In fact, many can hit well, while very few know to evade the blow scientifically, to the spectators' delight.

It is necessary to know the times, without which the game can not be perfect.

When the enemy's blow goes close to your body and does not hit you, before returning to the attack I advise you to "close" with the response which is more useful at that time.

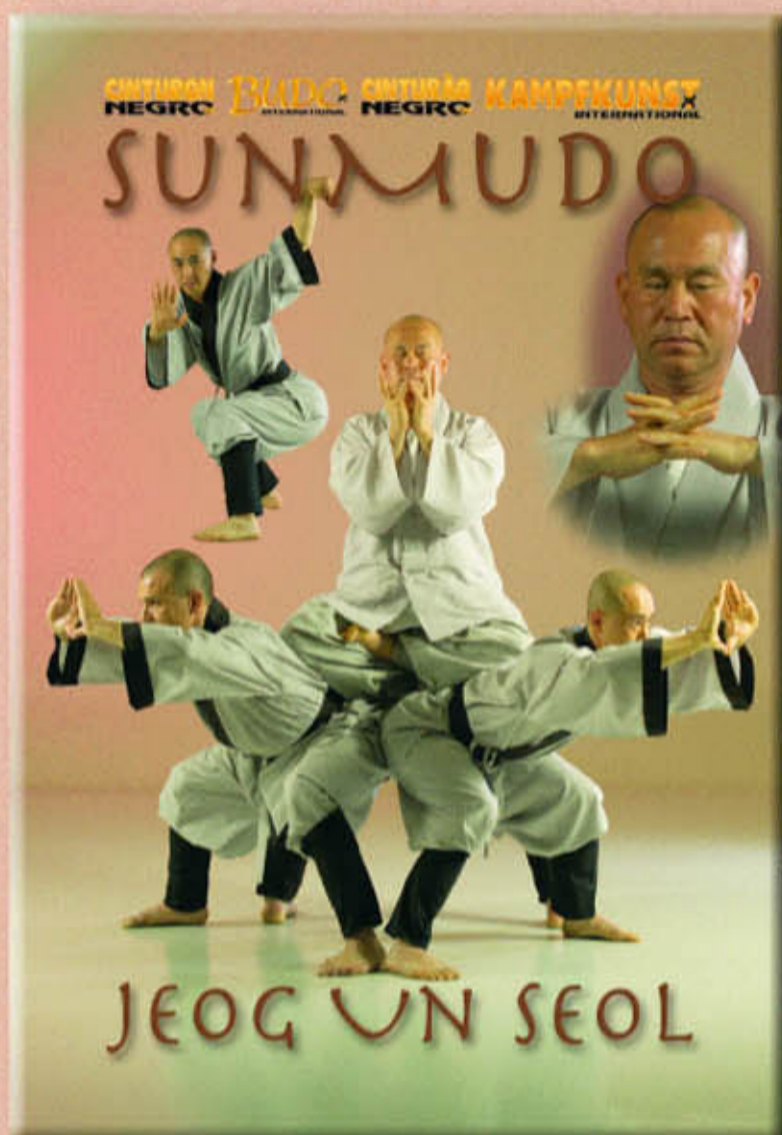
For players who play near, they have to have short weapons, because with long ones their knowledge is no longer applicable.

Handling short weapons is useful for everybody, because they force the opponents to approach. People who use them become excellent defenders with good reflexes.

It is useful to train the use of both hands, using them in every weapon game and being able to hurt and block with both of them...

The shorter the weapons are, the more dangerous they are considered, because the weapon that attacks closely is more dangerous. In fact, for its nature, those blows are hard to block. Thus, the "partegiana" rather than the spear, as the dagger rather than the sword, can be very dangerous.

SUNMUDO JEONG UN SEOL



Sonmudo is the Zen martial art derived from the ancestral methods of Korean Buddhist monks, and renovated by Jeong Un Seol, founder of the temple Golgul and the World Federation. Assisted by a group of students headed by Frédéric Foubert, representative of Sonmudo in Europe, the Great Master introduces us to this style, a combination of internal and external martial art, whose practice develops harmony of mind, body and spirit, working different ways of Yoga, Chi Kung and shapes, and movement to harmonize movements and mind. It is a huge and demanding art, which can provide what many were trying to find in other styles that have taken a more sporting drift

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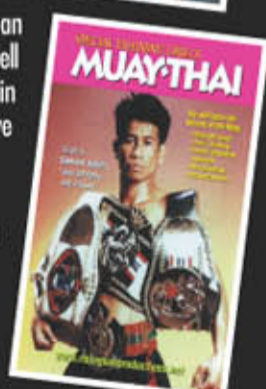
RS-0060 • Saekson is the best of the best. We say this without reservation and those of you who watch this will see why. Absolutely terrific. In this tape Saekson teaches you up close and personal more of the basics of Muay Thai including how to do those awesome kicks of Muay Thai, and as well the knee techniques, and all kinds of blocking methods against punches and kicks. He also shows several great little drills on kicks that will help you attain perfect kicks that when they hit its like a bomb going off.



RS-0061 • This DVD has more on blocking plus tons of drills that can be used in any martial art. You will learn the right way to use traditional pads as well as innovative and new pad drills that he has created himself. He also shows how and why to use paper for kicking and punching. This tape is an absolute must for trainers and fighters as well as those who want to learn how they really train in Bangkok in those Muay Thai camps we have all heard about.



RS-0071 • Featuring Master Saekson Janjira. You will be so happy when you get this one and you will learn so much from Saekson who is a master of masters.



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Hariya Sekiun the greatest swordman!

The argument has raged, is still raging and will continue to rage as to who was greatest swordsman in Japan. It is the same sort of argument as to who was the greatest boxer of all time. As long as history places men in different eras and different times, the question will always remain academic. If the criteria we use is based on success and the ability to pass on the part to a worthy successor, then we can narrow down the field perceptibly, especially in the art of swordsmanship. Fortunately, for the serious scholars of the art of swordsmanship, there was such a person, a swordsman of all times and his name means absolutely nothing to the average Japanese, such less a Westerner. Hariya Sekiun was not only the greatest, he produced Odagari Ichiun, whom Shirai Toru considered even greater than his teacher. Do not get the impression that

Hariya Sekiun stomped through the pages of History and left a mark as Miyamoto Mushashi or Yagyu Jubei. Not in the romanticized way that Mushashi or Yagyu did, in a way that warmed the hearts of all chanbara lovers. In fact, one may be lucky to find more than one page on Hariya Sekiun in most accounts. He had no appeal for the masses. Probably they did not understand his swordsmanship. And to top it off, he was a man of Zen. The masses could not relate to him for those except for those who made the martial arts their way of life.

Hariya (Harigaya) Sekiun (1592-1662) was born in Harigaya and took to the sword at an early age. He never finished school and except for the sword and martial arts, everybody gave up on him. If he had finished the school, he probably had been voted the least likely to succeed. In his lifetime, Hariya Hariya Sekiun engaged in 52 duels to the death and never lost. He swept through his opponents like fire burning dry tinder. He taught the practice of two levels - mental and physical.

He said "Overcome regret and fear through meditation. Join in harmony with the universe through the kata."

One day when he was over 60 years of age he was in his garden pruning a tree. He was suddenly interrupted by two men, both their early thirties, who arrogantly demanded an audience with Hariya Sekiun.

"I am he", Sekiun said.

Both proceed at him and a flicker of surprise for a split second crossed their eyes.

"Why" said the younger of the two, "you are an old man. Are you truly Hariya Sekiun?"

Sekiun, ignoring the rudeness went back to his pruning.

"Old man", the young yelled out, "I am talking to you. We have heard of your mighty blow, the heavenly reason you call it, and we do not believe it. And now that we have seen you, an old man, we believe more that our belief is right."

"Good," Sekiun answered, "now you can leave."

Both men left then they saw it was futile arguing with Sekiun and in their ignorance, broadcast all over town that the great Sekiun was afraid of them.

After a period of time, it dawned on them that the towns people did not believe them and they went back to see Sekiun.

"This is the second time we have come", both said.

"And this is the second time I am asking you to leave," Sekiun answered.

The two went back to town and broadcast again the fact that the great Hariya Sekiun had turned down the challenge to a match.

"He is afraid because he is old and washed up," they said.

"We do not believe you," the townspeople said, "probably he does not want to kill you."

This remark so infuriated the young men, they both charged into Sekiun's residence and issued a challenge to the death. Sekiun refused. Both men were adamant and insisted on a match.

"Well, if you insist, be sure that you put on a helmet, and also be sure that you use a real sword, so that you have a fighting chance. I shall use a wooden sword to make the match more equal," Sekiun said on accepting the challenge.

In the words of the older of the two, "Sekiun faced my friend with a short wooden sword in his hand and as soon as they squared off, Sekiun hit my friend a seemingly light blow on the helmet, but to my surprise and shock, my friend, who is very powerful for his age, collapsed like a broken egg. He fell against the tree and blood was streaming from his mouth. When I went to pick him up he was dead. What kind of man is Sekiun?"

Sekiun's main precept was, 'Take life in your hands and squeeze every second to the last drop. Enter all your daily activities as if this were the last day.' Sekiun was a man who had overcome regret and fear. Therefore, he stood at the summit.

Sensei Richard Kim



REF.: • DVD/FRANK1



Bram Frank, known as the father of Israel knife combat methods, is the founder of CSSD / SC system, a tactical fighting art based on Remy Presas' Modern Arnis, of whom he was a student himself. In this DVD Bram, through practical and direct teaching, will unveil the concepts of tactical response with knife. We will study the training system, the basic defences using our most instinctive basic motor skills, the ways of cutting and stopping the opponent from the bio-mechanic point of view, the correct use of edged weapons and the movements based on "Sombrada" and "Sinawali" from Philippine martial arts.

**NEW FOR
THIS MONTH!!!**

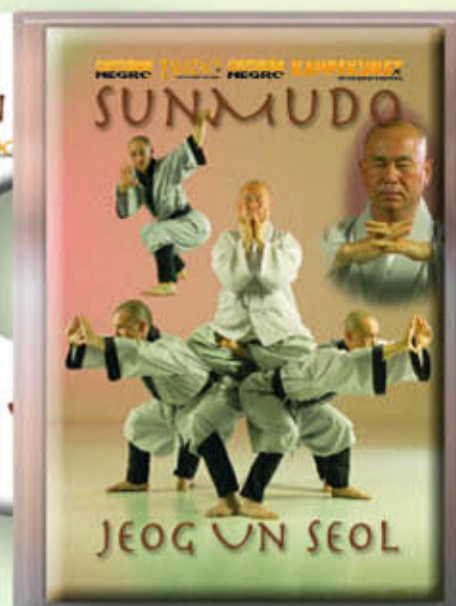
**PRICE: \$39,95
PLUS S&H**

REF.: • DVD/VIET4



The old masters of Vovinam, experienced in real combat, knew that after the work of Vat (hand-to-hand fighting), the second most important topic for a fighter are counterattacks against punches. In this new DVD of the series, which was filmed entirely in Vietnam with the help of Master Van Vang, Patrick Levet presents the counterattack techniques against Phan Don Tay punches and against kicking Phan Don Chan kicks, as well as the 2 Quyen (forms) which include them: Tu Tru Quyen and Vien Phuong Quyen. These techniques, structured according to seven difficulty levels, allow the practitioner to choose the most appropriate forms of defence in accordance with his physical constitution or his skills..

The founders of Kapap Academy, major Avi Nardia and Albert Timen, have made this new DVD to show us the methods of fitting-out for combat. They will teach how to explore and develop mental resistance under stress situations (training under water, simultaneous attack by many aggressors). In the physical part, through series of exercises and ground applications specifically developed for Kapap by John Machado, we will learn to improve balance and resistance, and we will know the most significant contribution in recent years to Kapap system, the result of Cross-Training and Brazilian Jiu-Jitsu: the principle of the relative position. It is an essential work, because the art of war consists firstly on learning how to fight.



REF.: • DVD/SUN1

Sonmudo is the Zen martial art derived from the ancestral methods of Korean Buddhist monks, and renovated by Jeog Un Seol, founder of the temple Golgul and the World Federation. Assisted by a group of students headed by Frédéric Foubert, representative of Sonmudo in Europe, the Great Master introduces us to this style, a combination of internal and external martial art, whose practice develops harmony of mind, body and spirit, working different ways of Yoga, Chi Kung and shapes, and movement to harmonize movements and mind. It is a huge and demanding art, which can provide what many were trying to find in other styles that have taken a more sporting drift.



REF.: • DVD/KAPAP5

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Kyusho Fitsu Evan Pantazi

- **Bladed Weapons** • **Ataques de cuchillo**
- **Messerattacke** • **Attacchi con coltello**
- **Attaques de couteau**



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**PRICE: \$39,95
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REF.: • DVD/KYUSHO9

In this 9th edition, Master Pantazi focuses on using Kyusho points against knife attacks through two main methods of defense that we can train: 1. Arm destruction, indicated for those who prefer working from a more defensive approach, where the main objectives are the nerves of the arm to cause dysfunction. 2. Attacks towards the source of aggression, avoiding the arm and the weapon. In this method we show ourselves totally offensive, and we instantly attack head points to get an immediate physical dysfunction. A simple, efficient, and devastating approach to self-defense, whatever martial style you practice.



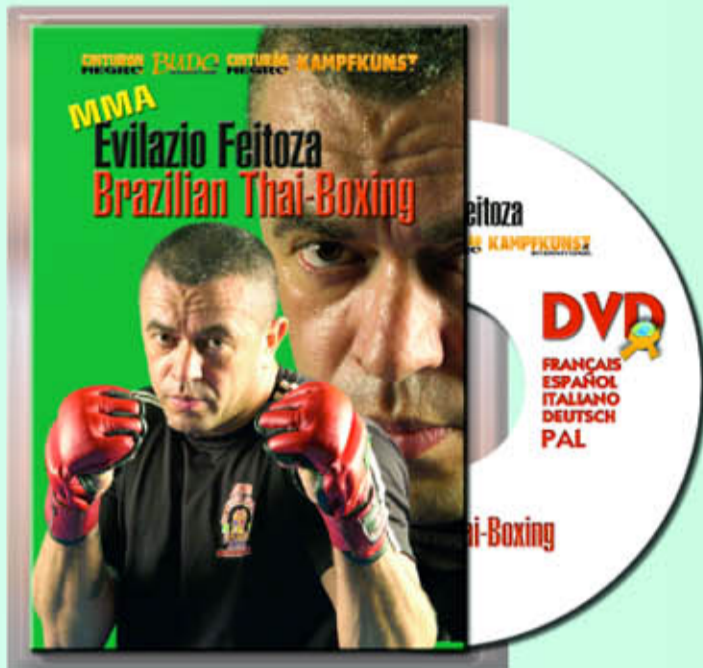
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REF.: • DVD/FEITO1



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.

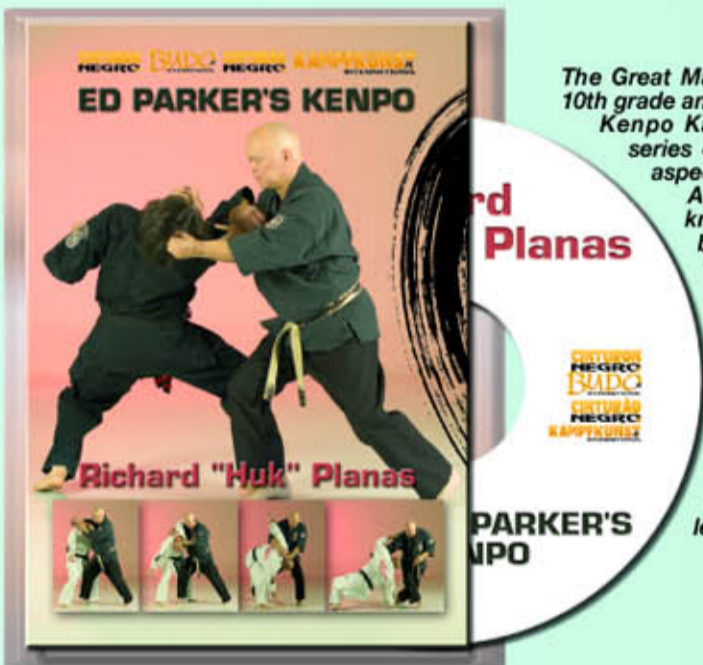
REF.: • DVD/NOVA4



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!

PRICE: \$39,95 PLUS S&H

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Vital points

Law Enforcement Program

Law Enforcement Agencies as well as Personnel are under public scrutiny more than at any other time in History. The use of force issue is one that is realizing fierce public attention and enforcement, which is making the field officer's work all that much harder as well as dangerous to their personal well being and safety. Whereas the brave Men and Women are facing more brutal and uncaring criminals, with little regard for life, they, the ones charged with protecting us from this vile element, are being forced to treat the criminal with sensitivity and regard to protect them from even minor injury.

Law Enforcement is at a disadvantage that is being pressed upon them by governmental bureaucracy at an alarming pace, which in turn is embolden the criminal element even more. The criminals know the legal limits imposed and work it against the unfortunate Law Enforcement Agents caught in the middle. It is in light of this dilemma that the Kyusho Program has been developed.

As each situation or event an Officer faces has stages of possible escalation, the Kyusho program has been designed for such probabilities. These stages begin not with initial stages of confrontation such as verbal commands, but where the event escalates to the need for control and restraint. Such restraints and controls as preparation and administration of uncuffed search, initiating and actual handcuffing to lifting the perpetrator from the prone position for transport.

Briefing

Kyusho for Law Enforcement is trained in 3 levels and each in incremental as well as escalating training sections. It should not and cannot be assimilated in one session as many courses attempt. Each training session must be concentrated on one concept or target and this must be trained throughout the session to acclimate the Officer and make it a natural response. In turn each part of the level must have worth and diversity enough that the single method is not boring or of little value to some officers. The method must be usable by Male and Female, Young and Older, Novice and Experienced equally. Also the officers must be free to experiment with the presented material in session as it relates to needs they encountered in the field. This will make it real for them as well as help them integrate it in their natural responses.

In this first level we address one human weakness and one reflexive reaction that each Officer must not only be aware of, but to integrate into their methodologies. We also work with 12 initial points for this crucial stage of escalation, turning from verbal command to physical assertion. These are crucial elements in Law Enforcement as we see a rise in Female Officers (who face mostly larger stronger male criminals), as an equalizer for the aging Officers that are facing Younger, Stronger and Quicker perpetrators, also as a non-injurious yet more powerful way to manipulate and control the criminal even facing these disadvantages.

Human Weakness

A universal human weakness is due to the influence of the right hemisphere control of the brain over the left physical actions of the body and vice versa. The human body has far more strength pulling as opposed to pushing due to more integration of muscles to facilitate this action. This is also in part because the pulling action moves the limbs toward the brain side in control. This is exactly the opposite of what most officers are taught or instinctively try to do (in their own natural pulling action), to get the arm of the perpetrator in position to move them, take them to the floor or even to position the arm for cuffing. Understanding this one human trait can give the officer a distinct edge, even facing a larger stronger opponent.

As an example and way to test this process on your own, have a person attempt to use strength by pressing forward with arms extended. To push them back requires you to have more strength, size and even stamina in this position. But if you quickly cross their arms from the wrists to the elbows, the left-brain control for the right side body as well as the right brain's control of the left body is temporarily lost and the perpetrator can be pushed very easily. This is because when you quickly cross their hands or arms, the brain becomes temporarily confused and the control and/or strength of the body is weakened considerably.

This can also be easily demonstrated with another action commonly needed and used on the arm, being to pull it to a laterally extended position. If you attempt to pull a person's arm sideways away from their body, the strength is at its maximum. However if you push it toward the center, their resistance is less than half that original strength. To demonstrate this weakness again have a person stand with two arms extended forward. Feel the resistance and strength the person has when you attempt this action and how easily it is for them to keep their arms in front of them. Now to illustrate how easy it is to push against their arm, have them start in the same posture with arms extended and feel how easy it is to now press their arms toward the center.

To work this into a handcuffing procedure, the Officer, instead of pulling the perpetrator's arm outward, should first push the arm toward the center and then as it temporarily weakens (it will be felt easily by the Officer), then continue pressing down in a circling motion and out to the side. The time lag for the brain to regain control of the limb will be ample enough to get the arm in position. Naturally practicing this over and over again will develop the habit, skill and success needed.

Reflexive Reaction

A reflexive action of the body is to maintain balance by instantaneous body reflex. As an example if you were on the deck of a boat in calm water you are able to stand quite easily unaided. If a sudden wave was to jolt and tilt the boat and your balance was jeopardized, your entire body would also jolt into a reflexive and reactive state. Arms shoot out to the sides for ballast and balance, as do the legs without conscious thought or a moment's

hesitation. The hesitation comes after the reflexive reaction to monitor if balance was maintained. This illustrates the body when face with sudden force will strengthen as well, as the muscles tighten to react and gain wider posture to regain balance.

To utilize this in a law enforcement application, we can initiate this reflex in a perpetrator. We learned from the Human Weakness mentioned above, that pressing the limbs in is substantially easier to accomplish than pulling away from the body. Well if you press the arm inward the whole body will weaken and as it does a quick pulse or push to offset the balance slightly will initiate this reflex reaction with arms and legs shooting outward to seek or maintain balance. Also mentioned was the hesitation factor after this reaction... this is the time when arms and legs are extended and no control or resistance will be possible. This is the moment that the Officer can gain advantage and to get the arm of the perpetrator in position to move them, take them to the floor or even to position the arm for cuffing.

The opposite is also true as there is always a positive and a negative in everything. When a body is faced with strength it will respond with like strength and consequently muscle constriction and tightening. Strength must have a base to initiate and maintain from, so if the base is quickly removed the muscles must relax and consequently weaken the body. To illustrate this condition get into a clinch with a partner and instantly tighten your body, placing resistance or strength on them. Even without explanation, that pressure will initiate them do the same just as the reflexive reaction instantly takes hold. Now to gain the opposite response, just as quickly in any garb or strength match, relax to remove the base of their strength and initiate a total and unexpected relaxation, followed again by the hesitation factor as the brain and body monitor the balance.

To utilize this in Law Enforcement, if you know that a sudden strength will cause their reflexive strength and your relaxing and un-basing this strength will weaken their whole body, you can apply pressure and wait for their resistance, then suddenly relax and remove all their strength and balance as well. Now again this is the moment that the Officer can gain advantage and to get the arm of the perpetrator in position to move them, take them to the floor or even to position the arm for cuffing.

Debriefing

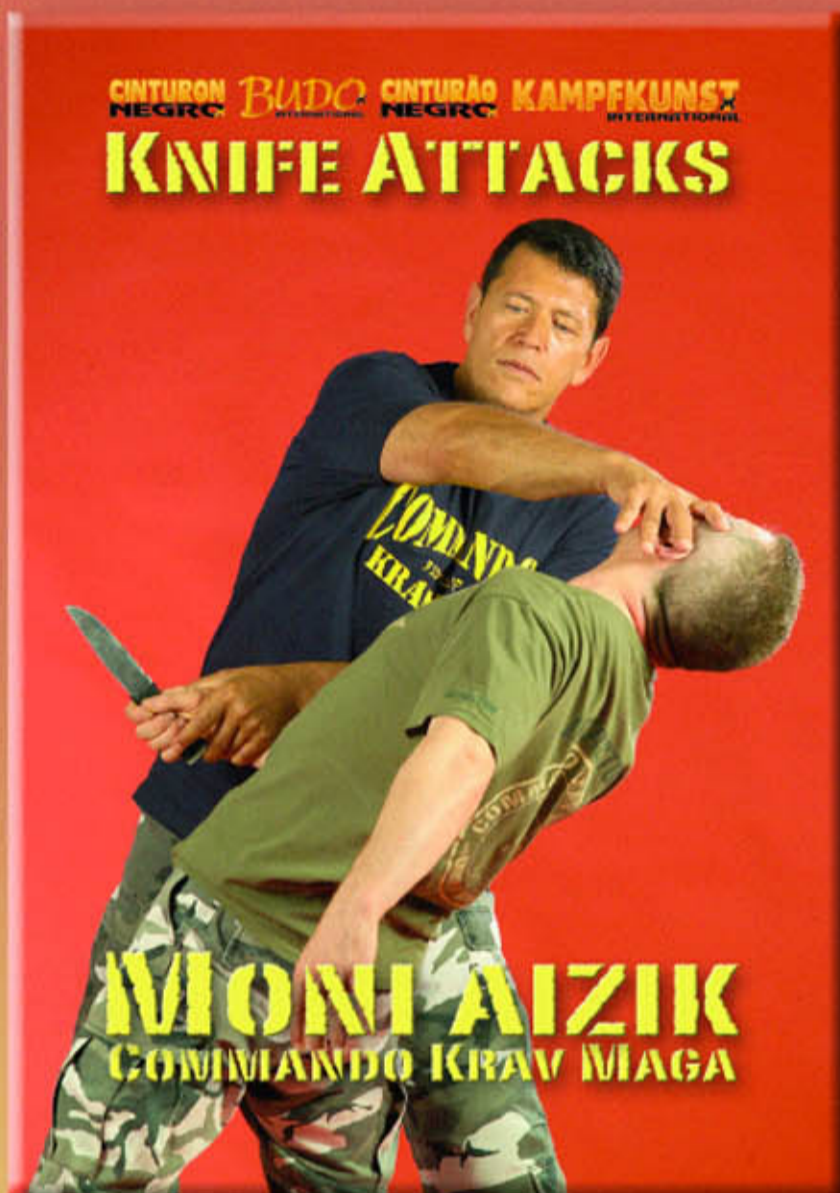
These two concepts are natural in response, but unnatural in the deliberate use. Just knowing these is not enough, as the feel and sensitivity must be trained initially. This is not a new program, but one that has been field tested by Law Enforcement Officers in many Countries and Legal Parameters. It has been not only successful on an individual basis for hundreds of Officers in the field, corrections or security, but it is now making its mark in departmentally and even on a governmental basis. This information is dedicated to the Brave and Resilient Members of Law Enforcement around the world... Thank you for what you do! In the next installment we will begin with individual Kyusho (Vital Points) and how it relates to Law Enforcement.



Evan Pantazi
 **www.Kyusho.com**

COMMANDO KRAV MAGA KNIFE ATTACKS

MONI AIZIK



When facing knife attacks, if for some reason you cannot escape, you will have to fight. In this DVD, Moni Aizik, founder of Commando Krav Maga - the reality-based system having grown more quickly nowadays and which already exists in around twenty countries- teaches how to do it, using makeshift weapons or empty hands. We will observe the most serious mistakes made when trying to disarm the adversary, as for example facing the most common lethal attacks, threat situations, what to do when we get cut, training exercises to improve our strategies and the golden rules of Commando Krav Maga system.

REF.: • AIZIK3

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In this second book I have decided to confront relative advanced topics to the traditional technical study that I have not been able to explain in a systematic way in my previous texts or videos until today, which I recommend you to learn the principles and the basic techniques. Some topics tried here are exposed for the first time and I am for sure they will be very interesting for the instructors and those fond of the Muay Boran.

Marco De Cesaris



WATCH A PREVIEW

One of the biggest experts and World Champion 2007 of Muay Boran
Arjan Marco De Cesaris

Brings you the secrets of the combat and the tradition Thai drinking
directly of their Sources

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NEW PUBLICATIONS

Some books, closely linked to this house in some way, have emerged in recent months and today we want to highlight a few of them.

Colonel Carter, who had already worked on the issue in a DVD with Budo International, has published in the French publisher Chiron (25 Rue Monge, 7755 Paris, France) about the underwater combat. Chiron has written several excellent martial texts in French.

Patrick Levet, the renowned international master and expert on Vovinam Viet Vo Dao, the true architect of its spread in the West, has published a really epic book on the subject. With 384 pages and a wide format, the reader will have the opportunity to go deeply into the history and technique of this martial style. In English. Printed in Singapore, more information on www.vovinam-vietvodao.net

Captain Levinet has finally published his book on Self Pro Krav, its own way of combat. The publisher has also been Chiron and is available in French.

Alfredo Tucci, our director, published last month his book "The Samurai inside you". It is available in Spanish, French, English, German and Italian, through the usual distributors of the products of Budo International. For more information visit www.budointernational.com

GRACIE JIU-JITSU INSTRUCTOR CERTIFICATION IN 2 WEEKS - BY THE GRACIES!

What - For the first time ever the Gracie Jiu-Jitsu Academy®, under the direct lineage of Grand Master Helio Gracie, will be conducting 2-week intensive training courses to certify individuals, regardless of their grappling experience or martial arts background, to teach Gracie Combatives, the program that was originally developed for the U.S. Army and is now the most important component of the official Gracie Academy curriculum.

Why - 99% of the schools claiming to teach Gracie or Brazilian Jiu-Jitsu teach a variation of the art that is focused entirely on sportive point scoring, weight classes and time limits, none of which exist in a real street fight. Only an instructor that offers the Gracie Combatives program to their students can be certain that they are teaching the pure, street tested Gracie Jiu-Jitsu techniques and receive full accreditation by the Gracie Jiu-Jitsu Academy®.

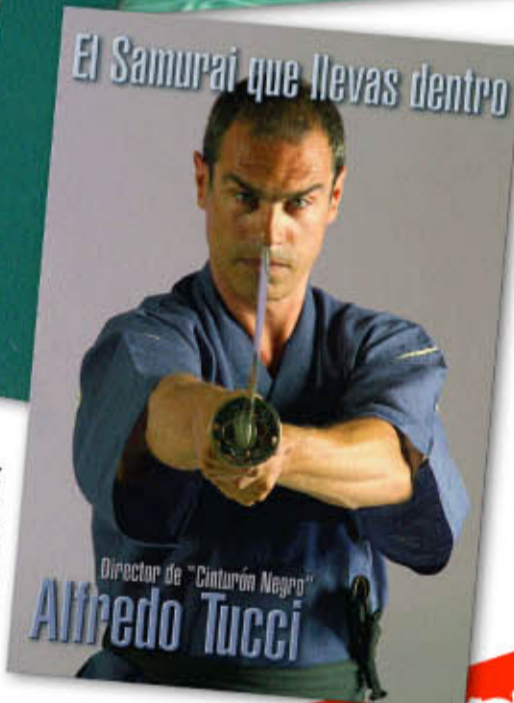
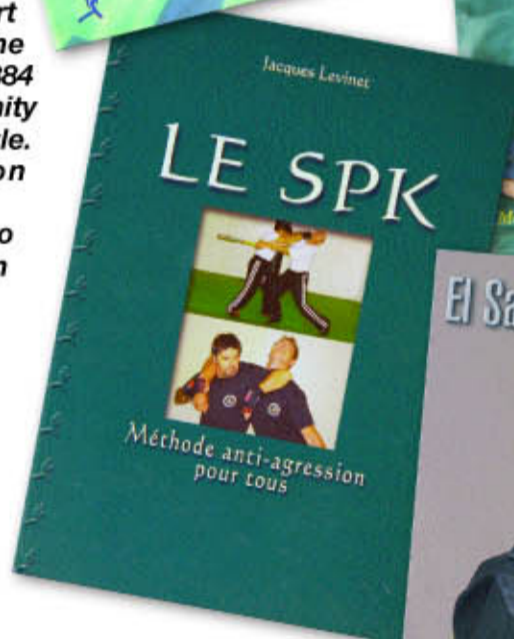
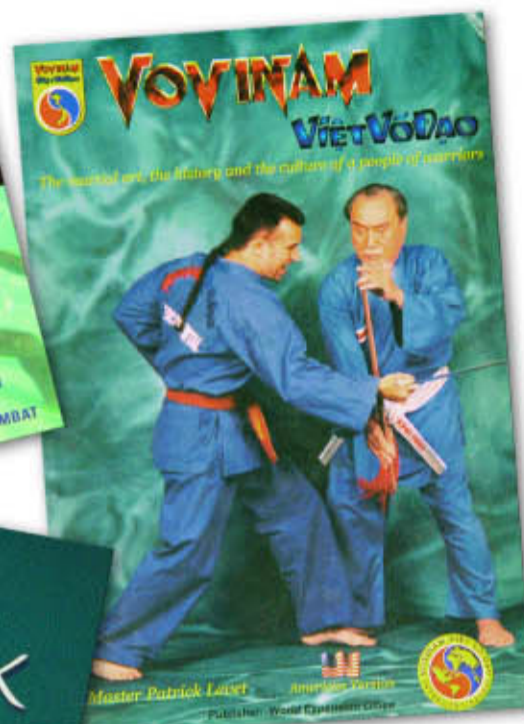
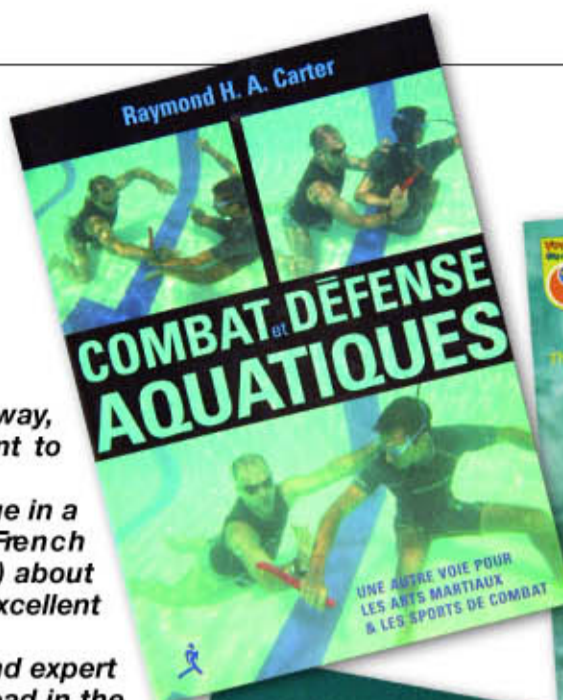
Who - The Gracie Combatives Instructor Certification (GCIC) course will be conducted by members of the Gracie Family. Finally, any individual, regardless of their martial arts experience, can get fully certified by the Gracies to teach the most effective Gracie Jiu-Jitsu techniques in only 2 weeks!

Where - Apply online at www.GracieAcademy.com. If accepted, you will be invited to participate in the 2-week Gracie Combatives Instructor Certification course at the Gracie Academy in Torrance, California. Successful completion of the 2 week course will qualify you to implement the Gracie Combatives course at your school.

When - For Upcoming Gracie Combatives Instructor Certification course dates visit us online at www.GracieAcademy.com

RORION GRACIE. NEW ACADEMY IN CALIFORNIA

The new Gracie Jiu-Jitsu Academy was inaugurated on Sunday, June 3, 2007. At hand were many Gracie family members and friends including Ed O'Neill (Married with children), David Mamet (The Untouchables), Michael Dudikoff (American Ninja), Dr. Robert Rey (Plastic Surgeon of the Stars - 90210) and the Consul of Brazil Mrs. Tereza Quintella. You can take the virtual tour at www.GracieAcademy.com





JOHN MACHADO'S SEMINAR IN ISRAEL

John Machado BJJ just teach a seminar in Israel for the Kapap Academy under Lt.Colonel Chaim Peer the seminar was at Tel aviv university and also he hold another seminars closed only to some security forces



From left to right: Ahmed Best, John Machado's student who took him to Israel, Arama, John Machado, Lt.Colonel Chaim peer, Ronen Tzukerman and David ZIF.



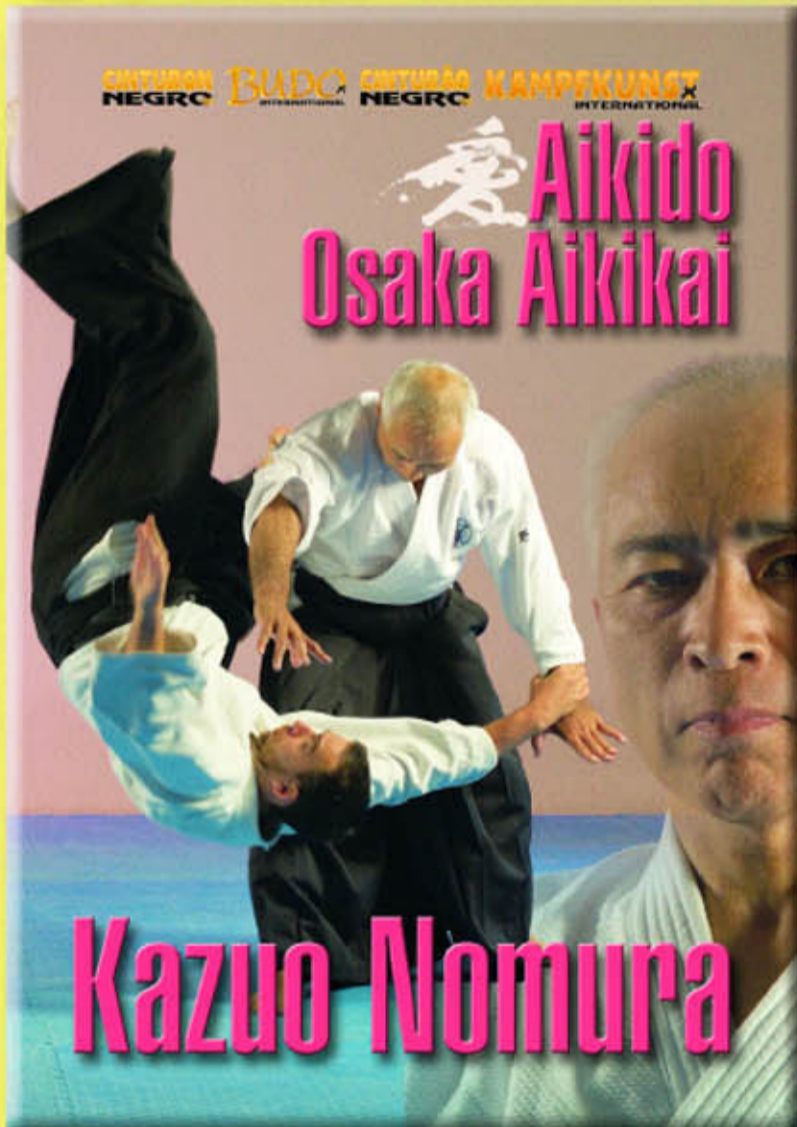
THE SPKE ON TELEVISION

El capitán Jacques Levinet ha sido el invitado de un reCaptain Jacques Levinet has been invited to a report of French Television "France 2" for the 8pm news, where, through demonstrations, he explained the discipline of SPK against attacks, which he himself has created for children. This story has attracted many spectators and martial arts clubs from all over France and beyond. In fact, some European countries, including Denmark, Italy, Austria and the United States have been concerned by the method and have sent representatives to the first European seminar for children of SPK, which had recently taken place in the academy Jacques Levinet .

KOKKAR, BACK ON TRACK!

After a long forced absence from our pages, Omar Martinez Sesto, recently promoted to Major, again visited the studio of Budo International for the recording of a new video. He briefly passed through Spain, running a seminar for the police in Valencia

Aikido Osaka Aikikai Kazuo Nomura



The Ki moves the body, both are one, that is the principle of Aikido and Budo. In his first work, Nomura Shihan, main instructor of Osaka Aikikai, presents an easy and systematic way of practicing, which will allow us to feel and grow the Ki in our Aikido. Each section in this DVD shows different techniques to make us understand it easily. However, the main concepts remain the same. We will start by practicing Kokyu-Ho, the power of breathing, and we will go on with Tenkan, Tenkan with Sabaki, Shomen Uchi, Yokomen Uchi, Tsuki, Shomen Uchi Nido Uchi, Yokomen Uchi Nido Uchi, Tsuki Nido Uchi. It is an excellent opportunity to improve your potential and motivate your practice.

REF.: • NOMURA1



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Karate

In 1392, 36 Chinese families were transferred to live to Okinawa. They were simple immigrants with the will to begin a new life there; nevertheless, this trip would receive an unusual importance for the history of the Martial Arts, as of the moment that their members began to teach the Chinese systems in the island. This trip would become thus, in the embryo that five centuries later, although is certain that along with other contributions, would give rise to a Martial Art that would extend by all the planet, the Karate. Descendant of one of those families, Meitoku Yagi got to be one of the main masters of the

Karate in the style Goju Ryu Okinawense. After the death of Meitoku in 2003, his older son, Maitatsu Yagi, 10^º Dan de Karatedo Goju Ryu, become his natural heir. Maitatsu shared but of 50 years of Karate and education privileged with his father and consequently, nowadays it is an indispensable reference in the martial tradition of the Karate. Our Rescuing collaborator Herraiz approaches to us, from the same heart of Okinawa, the figure of this important Master who received in his own house and the Meibuken dojo to us of Naha.

The Origin of Go Ju Ryu from Okinawa

Text and photos: [Salvador Herraiz](#), 6º Dan de Karate

Okinawa Goju Ryu Meibu Kan

MEITATSU YAGI





Kume, Naha

I was resting in my room in Naha, Okinawa, when I received a message from Master Meitatsu Yagi. We had made an appointment some weeks before and he was calling me to fix the day. His dojo was very close to my hotel, in the neighborhood of Kume, where more than six centuries ago the famous 36 Chinese families were installed. Meitatsu Sensei was ready, but as I was very busy in Okinawa, we left the appointment for three days later. It was Wednesday and in just three minutes walk we were in his house.

The first impression is that you are dealing with a very kind person. We have tea, juice, biscuits and we chatted for a while. The house is humble, small and without ostentations. His wife stays with us and Meitatsu is interested in my work in karate. Then he speaks about his recent activities in Canada. _ Our delegate there has done a very interesting DVD with techniques performed by me and my children as well as an interview with my father, who also appears performing Kata_. We watch the work together and it is really a treasure for the historical images of his father Meitoku. Very interesting.

Okinawa Goju Ryu MEITATSU YAGI

Then we take the karategis and we climb to the top floor of a three-floor building, where the family's dojo is, which belonged to his father, Meitoku Yagi. In the central floor, just above his, there is his brother's house, Meitetsu, 9th Dan. I hadn't expected the wooden mat, of course, with the memories of Master Yagi.

I tell him that for me it was an honor to be there with Meitatsu Yagi, Meitoku's son, who has shared over 50 years with Meitoku. As his son, but especially as his student, he was with him in all the activities related to Karate until his death in 2003. Meitatsu, Meitoku's eldest son, was born in Naha, July 7, 1944 and at the age of 5 he was already practicing karate with his father.

In the dojo there are weapons, souvenirs, strengthening tools typical from Goju Ryu style and, along with all this, in addition to an old and valuable armor, there are also some pictures.

_ Here you can see Master Yamaguchi Gogen visiting this dojo and my father _ he shows me the pictures, while we walk on the mat observing what is there.

There is no changing room, just a curtain in one of the corners on the wall, which I use today to put my karategi on.

His father, Meitoku Yagi, was born in 1912, and began his learning in karate at the age of 14, under the tutelage of Chojun Miyagi. Meitoku was influenced in his technique, as well as by Chojun Miyagi, by Shinko Ko, an expert from Taiwan in Chinese martial arts, and by Shinken Taira, known expert in oriental weapons.

The relationship between Meitoku Yagi and Chojun Miyagi became a close friendship. It is told that when the wind blew in Naha, which is relatively common, Yagi used to prepare Miyagi's house rather than his own, to deal with bad weather.

In 1952 Miyagi gave permission to Yagi to open a dojo in Naha, he was the only person authorized by Chojun to do so. A year later, Chojun Miyagi died. In 1957, Yagi's dojo is transferred from Daido district to Kume, where it has stayed until today. During a trip to Japan on the occasion of a judo tournament, Eichi Miyazato Sensei had bought a karategi for his master Miyagi. Miyagi kept and always took care of this kimono as something very valuable. In 1963, in an emotional event, the Miyagi family donated to Meitoku Yagi the karategi and the black belt which always were with him



Meitatsu with Salvador Herraiz



and today they are in his Meibuken dojo, watched over as a highly-valued piece.

In fact, after the death of Chojun Sensei, some people proclaimed themselves as his successors, but almost everyone agreed to recognize Meitoku as the more suitable heir. As Chojun's eldest daughter, Tsuru, told later:

— We highly respected Meitoku Yagi. We met to decide on the succession of my father in Goju Ryu, considering the time, dedication and loyalty shown to my father. It was decided that it would be Meitoku Yagi.

For Meitatsu Yagi this donation was a symbol and he has no doubt about the fact that his father was chosen by Miyagi:

— Given that Chojun Miyagi had not awarded any black belt during his life and then his family gave the founder's black belt to Meitoku Yagi, he could be considered as the only black belt of Chojun Miyagi.

It is a point of view, although there are graphical documents showing Miyagi's students wearing the black belt.

The development of Meitoku's children through Karate went on. In 1960 Meitatsu got his 1st Dan in Karate. In 1974 Meitoku Yagi created the Meibuken Kata Fukyu Ichi and Ni, later renamed as Tenchi no Kata. In 1986 Meitoku was declared by the Japanese Government as a National Living Treasure. In 1988 Yagi introduced the Seiryu and Byakko Katas into his system. One year later he was appointed President of the Okinawan Karatedo Goju Kai. In 1990 the Shujakku Kata was also included in the Meibuken system, which also includes the Chinese greeting, the right hand closed inside the open palm of the left hand, and the feet apart. — It represents the character of the Chinese Ming Dynasty.

Meitoku Yagi was a music lover and played piano and violin. In fact, his youngest son, Meisetsu, Meitatsu's brother, has inherited this vocation and has even come to compose a song in honour of Karate. Yagi was also an expert in Chunji (Chinese chess), a game which few people know nowadays. In his dojo, it can be seen in a special place his cup as Japan Champion and World Champion. On February 7, 2003, Meitoku Yagi died, at the age of 91.

The guarantee of his eldest son in karate is lifetime learning always with his father Meitoku. In fact, he has been more than 50 years of karate with his father until his death, which occurred in 2003, with some periods of geographical distance. Indeed, Meitatsu Yagi lived in the United States for six years, from 1964 to 1970, and then other five years in Guam. Afterwards he remained in Okinawa and twenty years later, in 1995, Meitatsu left again the Hombu Dojo to stay for two years in Saipan and then in the Philippines. Yagi learned with his father all the techniques from Meibuken Goju Ryu, Kata, Renzoku Kumite, Kakomi Kumite, Meibukan Bo,



Meibukan Sai, Nihon Kumite, Renzoku, Kakomi.

Meitatsu Yagi has been and is responsible for several Goju Ryu organizations in Okinawa (I don't want to bore the reader with the names). He is 10th Dan Karate since December 23, 1997. A popular French company of martial arts has made a great video on the Karate from Okinawa, where we can see not only Meitoku but also his two sons, performing Kata in the Meibuken dojo and in some of the wonderful natural landscapes of the island.

Technically speaking, the Katas practiced on the Yagi family's Meibukan are divided into three groups. On one hand, Katas brought to Okinawa from China by Kanryo Higaonna, that is, Sanchin, Saifa, Shishichin, Sanseiru, Seisan, Seienchin, Seipai, Kururunfa and Suparinpei. On the other hand, Katas developed by Chojun Miyagi: Gekisai Ichi, Gekisai Ni and Tensho. Finally, Katas developed by Meitoku Yagi, which are Tenchi, Seiryu, Byakko, Shujaku and Genbu.

Meitatsu's father, Meitoku Yagi, left as his most precious treasure the five Katas Meibuken, Tenshi (Sky and Earth), and the four protector guards Seryu (Blue Dragon), Byako (White Tiger), Shujaku (Red Sparrow) and Genbu (Black Turtle). The pairing of Kata makes its performance in parallel recreate a battle during the execution of the form.

Of course, Meitatsu is very clear about the importance and characteristics of these Kata created by his father:

— Tenchi (Earth & Sky) is a Kata which was first known as Fukyu Ichi (Ten), and Fukyu Ni (Chi). It was developed in 1974 and its most remarkable feature is that it is a pair of mirror Katas, that is, the techniques of one and the other correspond. Seiryu (Blue Dragon) was developed in the mid-80's and emphasizes the positions of transition and movement. It is also a Kata paired with Byakko (White Tiger). The latter was created in 1988 and uses the techniques of defence against the attacks of Kata Seiryu. Shujakku (Red Sparrow) began to be taught in 1990 and has its mirror — in the Kata Genbu (Black Turtle), which is the most recent Kata. This Kata performs defense techniques in short distance, attacks that came, as I said, from Kata Shujakku.

In Naha there are several different lines of Goju Ryu of Chojun Miyagi. We mustn't forget that we are at the very heart of Goju.

— Karate is like a tree. The roots are the same and then some of the branches have grown in different ways and through a different path. Some are strong, some are weak, some bend naturally and others



broke. I don't criticize any of them, I understand that, like the branches of a tree, they are different —.

As in other cases, the symbol of Meibukan hides an entire interesting philosophy. Meitatsu makes it clear:

“ Mei refers to the supreme karateka, pure, clean mind, — (mei to wa akaraka de tsujio o tosu i). The Mei kanji symbolizes the first syllable of Meitoku, Maeitatsu and Meitatsu. The symbol is a combination of two Japanese symbols, In-Yo. The first one means Sun and the second one means Moon. It symbolizes the origin of the style. Goju Ryu means hard and soft. The technique and the style philosophy supports on this. Balance of opposite features, and Sun and Moon kanjis symbolize this idea. ”

It is always very interesting everything related to the symbols and shields, behind which there is always some reason we can miss.

“In Japanese they say CEAh Um hi wa shimari tsuki wa hiraku —. CEAh— means exhale (open mouth) and is represented by the Moon Kanji. CEUm — means inhaling (closed mouth) and is represented by the Sun Kanji. Opposite forces working together in harmony. Exhale”.

Most Japanese temples are guarded in its entry by two statues, one with the mouth open and one with the mouth closed, so that this duality idea is the constant idea in its philosophy. — Goju hi wa futoku tsuki wa hosoku goju to arawasu —. — The Sun is thick, dense, constant, while the moon is thin, flexible, clear —. This expresses Goju Ryu's essence of hardness and softness. The Mei kanji combines Sun and Moon. Together we can read _hito tsuki_, that is, a punch. This is important because it symbolizes that a karateka should give all of his being, and even more in each action. When seeing this symbol you have to think that whoever wears it is a good person.

We are sure about it. Of course Meitatsu Yagi with his hospitality has shown me that he is a good person. Once we have done our task, we put our karategis off and we go to eat. Master Yagi wants to invite me, with my wife and my son, and so he does, in a nearby restaurant, where we arrive walking. The day is clear and apparently warm, despite being on dates where in the rest of the northern hemisphere it is freezing cold. We are in Okinawa, in the heart of Karate, what else could I ask?



Top left: Details of the Master's dojo.

On the right page: Gogen Yamaguchi (The cat) visits Meitoku Yagi in the MEIBUKEN of NAHA.

Right of these lines: Meitoku Yagi just behind Meitatsu Yagi and a group of students.

Top right: Father and son. Below: Gogen Yamaguchi sitting next to Meitoku, the young Meitatsu behind him.

Below: Maitoku in Sikodachi.





Mauricio Shogun

The number 1 to 93 kg

In 2003, Mauricio "Shogun" Rua arrived at Pride as Murilo Ninja's brother and after two impressive knock-outs he reached the place of guardian of Wanderlei Silva's belt, being invited as the 16th man to Pride Grand Prix middleweight 2005, where he was established as the best medium weight in the world, after beating Quinton Jackson, Alistair Overeem, Rogério Minotouro and Ricardo Arona. Today, at the age of 26 and with a career of 18 combats (and just 2 defeats), Shogun is changing the stamps that have marked many of his victories at Pride for elbows in the CFU.

Text: **Marcelo Alonso**

Photos: **Marcelo Alonso** Archivo personal

B.I.: Your name is Murilo Rua. Are you a relative of Marco Ruas?

M.R.: No, this is my father's surname, and he is Portuguese. I am an admirer of Ruas, which has been one of the pioneers of Brazilian Vale-Tudo. Before, you had to be good in ground or standing fight, but he was the first to show the game with ground and standing fight, and that was what motivated me to train.

B.I.: How did you begin to fight?

M.R.: My brother, Murilo Ninja, started to train with Zito in the Chute Boxe, I also went to train with him and I stayed there until the red belt. At the age of 17, I went to live with my father in Santa Catarina, in southern Brazil, where I began to train Jiu-Jitsu. I did a lot of competitions in Jiu-Jitsu, I was champion in South Brazil, and champion of the State of Parana.

B.I.: After the fight with Overeem at Pride 33, in February, you haven't fought for quite a long time. What have you been doing during these holidays?

M.R.: I have spent most of the time with my girlfriend, moving to our new home. Although I hadn't signed a fight I haven't stopped training, but now that I have signed with the UFC, I have intensified the training.

B.I.: How long have you been with your girlfriend and how did you meet her?

M.R.: We have been together for 8 months. We met by chance. I was walking my dog near my house and she was lost in Curitiba and asked me where the shopping was. I thought "what a beautiful woman", I talked to her about other things and I asked her her mobile number. She gave it to me and that evening I called her, I invited her to go out and we started a relationship. Her name is Renata Ribeiro and she is a "personal trainer".

B.I.: What did she say when you told her that you were a MMA fighter?

M.R.: It was funny. She came home one week after having met each other and when she saw all

those trophies in my room, she asked me about my job, I told her that I was a dancer and she believed it for a long time (laughs).

B.I.: What did she say when she found out you were a fighter?

M.R.: It was a surprise. There were not many fighters of Vale-Tudo in Maringá, where she lived, but gradually she started to know me. When she told her parents about it they were worried. "A fighter? How is that?", but eventually they also ended up knowing me. Now she is like my mother, a great fan, but she can't see my fights live, only after knowing the results, because she gets very nervous.

B.I.: Carlson Gracie used to say that passion makes the fighter lose concentration during the training. Does it also happen to you?

M.R.: In my case it is the opposite. When I am in love, I am more relaxed because I do not need to go out and look for women. After starting my relationship with Renata, I started to concentrate a lot in training.

B.I.: How is now your training routine?

M.R.: I weigh 105kg, but I have to reduce my weight down to 93kg because I am training a lot. I work in the gym on Mondays, Tuesdays, Thursdays and Fridays, and I swim on Tuesdays and Thursdays. On Mondays, Wednesdays and Saturdays I run. Every day in



Shogun con el cinturón del GP. Shogun entrenando. Noqueando a Ricardo Arona (BTT) en la final del Grand Prix pesos medianos del Pride, en 2003.



the morning I train MMA in the Chute Boxe and in the afternoon, Muay Thai. I also train Jiu-Jitsu (with and without kimono) every day, in the evening.

B.I.: What do you think about Forrest Griffin, your first opponent in the UFC?

M.R.: The truth is that I have never seen a fight of him. But he is a good, complete athlete, a strong fighter and he is famous in the United States. So I am sure it will be a good combat. I will endeavor to give the American public a good show.

B.I.: How are your adjustments to the rules of the UFC?

M.R.: I fought two combats in the Octagon before going to Pride and I did not feel any difference. With regard to the rules, our team is making the necessary adjustments and we are going to use more the elbows. Now, my training is based on the rules of the UFC. I no longer use stamps, and to compensate I am using elbows. My brother is already used to fighting in the Octagon and that helps me a lot in training.

B.I.: Do you see advantages in the rules of the UFC?

M.R.: The elbows. Since I started training at 15, I train elbows in Chute Boxe, in Muay Thai classes. I am sure that that will be an advantage for us, because here in the Chute Boxe we train elbows on the ground and standing. The elbows are dangerous because they cut a lot. Sometimes you can be better in the fight but you are elbowed and suffer a serious cut.

B.I.: Babalú defeated you with a guillotine. Do you think that happened because of the rules or because you were not the same Shogun you are today?

M.R.: Sure. I was 21, my normal weight was 93kg, today it is 105kg and I go down to 93kg. Today I am a different fighter, I have much more experience, I am much more relaxed before the combats, and I also think I have greatly improved both physically and technically.

B.I.: Would you like to have a rematch with Babalú, since he is also in the UFC?

M.R.: Actually that's not important to me. I am a professional wrestler, I face anyone the promoters want me to face. If they want me to fight against Babalú, I will be ready. But of course I want that rematch. Babalú is a tough athlete and he is among the best in the category.

B.I.: Is there anyone you would like to face in the UFC?

M.R.: I have never chosen the adversaries. I am a professional wrestler, I don't have it in for anyone, I respect everybody, but if I could choose, I would choose Tito Ortiz. He said a lot of nonsense about my country, he

said that he'd never lose against a fighter of the third world. When I met Dana White to sign the contract, he asked me who I wanted to fight against and I quickly said I wanted to fight against Ortiz, but Dana replied that it could not be because Ortiz had recently fought.

B.I.: Who are the most difficult athletes on your way to the UFC title?

M.R.: This is the most crowded category of the UFC. There are big names like Forrest Griffin, Quinton Jackson, Dan Henderson, Chuck Liddell. There are only difficult athletes on that way.

B.I.: Mirko had problems in his fight against Napão. Don't the new rules worry you?

M.R.: Mirko had problems with the rules of the UFC because he is not used to the Jiu-Jitsu, he is a knock-out who has a good wrestling and he trains on the ground. I have trained Jiu-Jitsu long ago, I have fought in many Jiu-Jitsu championships and I feel good doing guard below. Cro Cop began to do Jiu-Jitsu recently and that is a problem for him in the UFC. When he fell below, he knew that he could not open the guard to a black belt like Napão, who could easily pass his guard and mount, then, the only thing he could do was close the guard and wait for the judge to restart the standing fight. But when you close a guard, you give your opponent the chance to elbow you in the face and that is what happened. The truth is that it was not Mirko who lost the combat, but Napão who won. He was superior on the floor and standing and he deserved the victory.

B.I.: You have easily defeated Rampage at Pride. Do you think that he has evolved in the UFC or it is because middle weights of UFC are weaker than those of Pride?

M.R.: I don't think that he has improved so much in the UFC, because in Pride he proved to be a great fighter. He beat everyone except me and Wanderlei, which means effectively that he is a great fighter, he is among the best in the world in his category. I think that he was already among the top five when he was at Pride and he had already defeated names like Chuck Liddell, Ricardo Arona, Igor Vovchancyn. I think that he continues to show the same aggressive game, but I do not think he has added something new to his game.

B.I.: Do you expect to have the opportunity of a second fight against him?

M.R.: Yes, the UFC belt is my dream, but now I'm preparing for the combat in September.

B.I.: Minotaur thinks that the elbows in the guard open the way for his endings. How about you?

M.R.: In the rules of the UFC being below is not an advantage. The elbow is always in the direction of the one who plays below, so I will do my best to be above.

B.I.: What do you think about the Camerounian Sokoudjou, who knocked out Arona and Rogério?

M.R.: I think he is a good athlete. He defeated two strong fighters in the category. To fight with me he will have to go to the UFC, because now I am there. I never choose an opponent, I fight with anyone. I am paid for that and I don't choose an opponent. If he wants to fight against me, he will have to be in the UFC.

B.I.: Do you think that he is the strongest in his category or are there more difficult ones?

M.R.: I think I have already fought against stronger fighters, as Quinton. I also believe that Rogério Minotouro is better than him, what happened was a misfortune.

B.I.: How do you see Wanderlei living in the USA?

M.R.: The whole team is very sad because Wanderlei has always been a fighter admired by everyone in the Chute Boxe. Everyone sees an idol in him, inside and outside the ring, but on the other hand I am very happy because he is doing what he really wants. Surely he has thought a lot about it, before taking this decision. If he is happy, I am happy. I am sure that the Chute Boxe team is always going to be very strong.

B.I.: Do you think you will follow in Wanderlei's footsteps and go to live in the USA in the future?

M.R.: At this time I don't think about it. The headquarters of Chute Boxe are here. The Chute Boxe has the best human material in the world, their fighters. I would only change my way of thinking if the whole team moved. There is no reason to go there and stop training; I like to be training in Brazil. I love my country, I love Curitiba, and the only way to go to live in the USA would be if the Chute Boxe had a big structure there where I could find a good training.

B.I.: What has been the most exciting moment in your career?

M.R.: It was when I won the GP. It took me a week to learn what had happened. I went in as 16th fighter in the GP and I finished as a champion, with three knock-outs in 4 fights and also avenging Wandeco, at that final with Arona. I will only have a feeling like this when I get married or when I have a child.



De arriba abajo en el sentido de la agujas de un reloj.

A los seis años con su hermano Ninja, en brazos de Papá Noel.

Con sus hermanos Murilo (el mayor), Marcos (el pequeño) e su madre Clementina. Reunión familiar en su casa, con su mujer Renata Ribeiro.



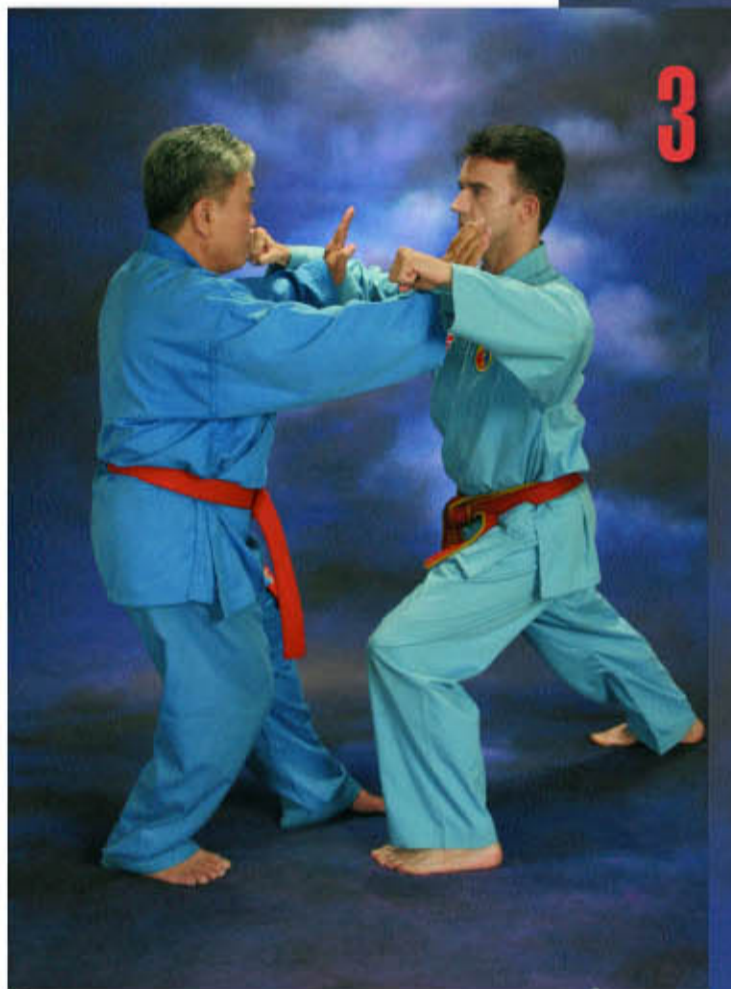
Report

The general public always tends to categorize or label all the things around us without taking into account the specificity of things, elements and arts. For the average citizen, martial arts are very familiar, he has seen them, thinks to know them and he classifies them as such: Karate is the art of katas, Taekwondo is the discipline of kicking, Kung Fu if the style of animals, Tai Ji Quan is a soft school, Vovinam is the art of scissors, and so on.

But, regardless if we are just readers of specialized magazines, practitioners or experts, we know that karate is a complete art that goes far beyond the simple practice of katas; that Taekwondo also has a large number of techniques other than kicking; that Kung Fu, a generic term that is not the name of any school if used alone, has nothing to do with certain Chinese movies which have been wrongly treated as such, and so on.

Similarly, the Vovinam, with its characteristic blue suits, has been classified by the general public as the art of flying scissors. Indeed, these scissors are such spectacular and visually appealing elements that have been heavily exploited by all of us to spread our art and thus have become a symbol of Vovinam.

Once again, the fortune smiles to this magnificent Eastern Art, having as leader and first sword to a man so given to its Art as he is Patrick Levet. From Vietnam it has recorded this new video that today displays; a wonderful work with all the details necessary to learn an Art that in spite of its growth, usually does not find one in the gymnasium next to house, reason why is scarce the information of quality and first hand as it must be and as it is the case of this video, detailed, careful and completes. It travels to the Martial Vietnam of the hand of best cicerone possible, Master Levet .



MASTERS
N.V. VANG & PATRICK LEVET



VOVINAM VIỆT VÕ ĐẠO

PHẢN ĐÓN

COUNTER ATTACK TECHNIQUES



5





Scissors and Vovinam

If other non-Vietnamese martial arts have some scissors in his program, none of them has developed both scissors and Vovinam. After the first divisions between pioneers teachers of Viet Vo Dao in Europe in the 70's, there are many schools and Vietnamese styles which included the scissors in their school curriculum. But if the scissors are the presentation of Vovinam, in fact they only represent a tiny fraction of the techniques of this style. If we look closely at the school curriculum from beginners up to the 6th Dang, we realize that the flying scissors form 16 techniques, which is a minuscule proportion of the comprehensive technical program of Vovinam.

The counterattacks against punches

The Vovinam has also kicks, elbows, fists, blockades, evasions, sweeps, arm and leg locks techniques, and one-to-one fighting techniques (Vat), breathing while moving techniques (Nhu Khi Cong Quyen), personal defense techniques (Tu Ve), and of course, the work with traditional weapons (Vu Khi) individually, in pairs, one against two and one against three opponents, etc.

There are so many techniques and they are so complete that it would be difficult to present them and avoid the public to think that this is not Vovinam. For example, presenting

"If other non-Vietnamese martial arts have some scissors in his program, none of them has developed both scissors and Vovinam"

the counterattacks against punching is very delicate, since it is not an exclusive domain of Vovinam. However, Vovinam insists a lot on the work of these techniques.

Among the old masters of Vovinam, those who had experience in real combat knew that after working one-to-one fight (Vietnamese Vat), the second most important topic for a fighter are counterattacks against punching (Phan Don Tay). The punch, in theory faster than a kick and indeed more difficult to anticipate, is a weapon that should not be scorned or ignored. The counterattacks against punches Phan Don Tay must be effective and cover all distances and all angles of attack.

The angles of attack

In Vovinam, counterattacks against punches are studied to cover three angles of attack and three height levels. Since the teaching program divides the learning and improvement of counterattacks against punches to the third dang, Phan Don Tay

techniques are divided into seven levels of difficulty.

The determination of the three levels of attacks against punches is very logical because these attacks usually come to the ribs and the abdomen, lower level (Ha Dang), to the chest, mid-level (Trung Dang), or on the head, high level (Cao Dang ou Thuong Dang). The angles of attack will be modified by another important factor: the distance. The circular strokes as hooks, force the opponent to stand a little closer, as his arm is folded when he does a crochet or a hook, and therefore "shortened", compared with a direct punch. Clearly, being the distance closer between the fist and the goal, the blow will be faster and more difficult to stop in time.

The third important point in the counter-attack against punches is the lateral angle to hit, for example in circular attacks or the so powerful direct punches in the street.

There are too many elements to determine a unique or universal technique that can define all kinds of attacks with punches and under all circumstances. However, in the real moment, we do not have time to think. The defense must be instinctive, quick and efficient. Then... Blockades or evasions?

Evasions Vs. blockades

It is true that the blockades are more simple, and that they may seem more practical, more instinctive or faster. But in a real situation they can be ineffective or inadequate. In the case of a much heavier adversary, blockades are not advised. If in a real fight, a practitioner of 60kg "simply" blocks the circular punch of a furious attacker of 100kg, the defender may not get to keep standing, and he will break his arm and will receive the blow at the same time. In this case the blockade is not adequate.

Following the principle of harmony between hard and soft (Cuong Nhu Phoi Trien), Vovinam's motto, our school combines at once evasions and blockades. The simplicity and effectiveness of the evasion is added to the protection of blockade. According to the types of attack, the defense may be more focused on blockade or evasion. In the counterattacks against direct punches, for example, the defense is a blockade with a very small evasion, almost imperceptible (positive element focused on the negative). From the second level of difficulty, a blockade of "crossed-arms" is performed. However, despite the appearance, it is not just a blockade but the defender moves 45 degrees to the "outside" of the attacker, making a slight evasion. It is called "closing the attack." By doing this simple step to 45 degrees outward with the front leg, the defender is no





VOVINAM VIỆT VO ĐẠO



62

MASTERS N.V. VANG & PATRICK LEVET



longer in danger but is still at a distance to fight back or to make an arm lock.

Other evasions used in counterattacks against punches follow a strange but effective principle: to "enter" in the opponent's distance. It is very useful against circular blows and allows to sweep the adversary or immobilize him with an arm lock. In these cases, it also combines the evasion with a blockade, but this is not performed on the forearm, but on the attacker's biceps. It is a very interesting application of the principle of opposing polarities. The smaller and skinnier the defendant is, the deeper and more painful will be the strike on the biceps. Anyone who has trained with someone all skin and bones will know what I am talking about! This is the principle of the pin in the wood.

As for the complete evasions (negative element focused on the negative end) they still use the change of angle to be outside the scope of the attack, but at a distance enough to sweep or knock the adversary down in a counterattack. The complete evasion is advised against very violent punches or when there is a too obvious difference of body mass, or in the case of very angry individuals punching with any order but extremely powerful. The feeling of "hitting to a vacuum" that the attacker feels and the consequent off-balance are some huge advantages for the defender.

Not very correct techniques

When we train in the gym hall, our training partner always hit in a "correct" manner, that is, according to the technical criteria for each style. In the attacks on the street we find all types of strokes, with the exception of those which are in the books. Apart from the attackers who have notions of combat or martial arts, for the other attackers it doesn't matter how you hit. For them, the only question is the damage they produce with the strike. The truth is that the first time that you are confronted with this situation you feel the need for a "multipurpose" technique. In Vovinam we call it "Dam Tu Do". Its name explains it all: "free punches". There are very effective techniques against any type of attack, circular, direct or "mad" something like a defense of last resort or a lifeguard.

The situation and circumstances

There are two main kinds of combat situations: fights in which both adversaries are on guard, ready for combat, and the surprise attacks.

The fights where both opponents are on guard doesn't only in competitions: with the

"Although the Vovinam was created by a single person, the Master Nguyen Loc, in 1938, has not been an only masterful one who has elaborated all the techniques that compose this discipline"

popularization of fighting sports, any citizen may have some notion of fighting or being an expert in Boxing, Kick-Boxing, etc... Whether he is a thief or an enraged car driver, the attacks on the street have become more "technical" and dangerous. Today it is not that "easy" to defend oneself. However, when our adversary is on guard we have an advantage: his blows will be less "strange" and less difficult to guess. The worry is that in that case it is not scoring points or winning a cup, but defending the physical integrity. There is no second chance, no referee to separate, no rules to limit the dangerous blows.

The second situation is the most known. The defender is not expecting the attack and is not ready for it. The victim is going out from the office, comes in or out of his car, withdraws money at the cash dispenser or simply walks. This is the most complicated situation because at the same time it is the most simple. There's nothing to rely on, there is nothing to prevent, nothing to be prepared for.

However, we can't spend our whole life being always on guard, walking on guard in the street or waiting for a possible attack... We must just be prepared to react without changing our way of being or our way of life.

The counterattacks of Vovinam include these two types of situations and the defense techniques against punches are a clear example of this diversity.

Techniques for everyone

Although the Vovinam was created by a single person, master Nguyen Loc in 1938, has not been only one master who has developed all the techniques that make up this discipline. The variety of techniques to defend

against punches and kicks comes from the fact that it was not only one person who created it, but all the masters, when they presented their thesis for each of the passages of high grades. Thanks to them, the Vovinam consists on a wide technical range, and adaptable to every practitioner, in accordance with his physical constitution or his skills.

The seven levels of difficulty of counterattacks against punches and the two levels of counterattacks against kicking, will allow the Vovinam Sinh (practitioners of Vovinam) to choose the better forms of defense for them. But, in order to create conditioned reflexes, the addition of new forms of defense can only be made after several years of assiduous practice of the previous forms. The beginners study the level 1 of the techniques under the main angles and distances of attack, but in easy ways to assimilate, and especially adaptable to most of the situations on the street. Then, when they move in the study of Vovinam, Môn Sinh (disciple) will be launched in the level 2, which focuses more on immobilization on the ground after the attack. From the second level, the study will focus on the variants of defenses and the different ways to stop the attack: projection, arm lock, leg lock, sweeps and so on.

Levels 3 to 7 are for practitioners who have reached the level of instructor. The study of these levels takes 2 to 3 years.

Throughout his experience, the practitioner will have the opportunity to choose the technique that suits him best, according to his physical condition or his skills.

The Quyen

The practice of counterattacks against punches Phan Don Tay and against kicks Phan Don Chân goes beyond the training with a partner. Following the basic principle of Vovinam "Mot Phat Trien Thanh Ba" (one develops in three) the techniques of Phan Don Tay and Phan Don Chân come together to form a Quyen. Thus we get a way of training the techniques, which we can practice when we have no partner to train. The techniques of the first level are the Tu Tru Quyen, those of the second level are the Viên Phuong Quyen.

Either if you want to practice because you love martial arts or because you need to learn to defend yourself, or because you like martial arts for what they can offer you physically and with their philosophy, you will find in Vovinam and its techniques and a rich and interesting path.



9 Multi-Millionaires Teach You Secrets Of Their Success

Text: *NAPMA President, Rob Colasanti*

Each month, NAPMA's Maximum Impact members receive an audio program called the Sounds of Success. This CD always features a variety of powerful segments that provide our members with sound advice, in key areas, such as marketing, motivation, selling, staff building, leadership development, entrepreneurialism and virtually all aspects of quality school operations.

Over the years, I've had the honor of interviewing many extremely accomplished, expert guests on the Sounds of Success. People who already are...where you want to go. My interviews are in-depth, information packed, loaded with value and perfect for staff training. They delve into critical areas that are essential to the growth of all martial arts professionals. (Upcoming audio interviews have been scheduled with Fran Tarkenton, George Foreman, Benny "The Jet", Kathy Long, Shannon Lee and a host of other greats.) So, if you're not currently receiving the Sounds of Success, please visit NapmaFreeOffer.com to learn how you can begin receiving it immediately.

In the meantime, I'd like to share with you some very valuable words of wisdom, spoken by nine of my recent guests, on the Maximum Impact Sounds of Success CD.

Jay Abraham

"I believe, Rob, that in business, there are three types of people. People who make things happen, people who watch things happen, or people to whom things seem to always happen. The first thing is you have to decide which of those three groups you're in and there's no shame in being in any of them as long as you don't blame anybody else for where your business or your life or your financial or your family plight is."

Evander Holyfield

"The most important thing in life is love itself, because everything works off of love. I became the man that I am because I learned what love was."

Jackie Chan

"Leadership is about helping people. When you start helping people, then you learn so many new things. Slowly, the people around you, they respect you. Then you slowly become a leader."

Billy Blanks

"If you plant a seed you'll get a seed. As an instructor, to me, you have to be a farmer. You have to know how to put out the seed and then in the harvest time you reap the benefits from it. And I always say reaping the benefits of a good student is you training the student to be a better person in life...and through that I'm going to go out and tell somebody else...and the next thing you know your studio is just flourishing."

Tom Hopkins

"People don't say yes to the membership. They say yes to the physical benefits, the emotional benefits that they're going to get once they come in and take advantage of the martial arts training and become a member. Benefits are the key and it's not what it is, it's what it will do for them."

Zig Ziglar

"In the martial arts, when you're attempting

to close the sale, you must really believe that the major beneficiary will be the student and then yourself. You pull for him or her because the student will receive much more benefit than you will. If it's not for his benefit, then your body language will give it away."

Brian Tracy

"The most successful people in the martial arts are good sales people. Our business is entrepreneurial. It requires that we find people, that we talk to them, that we convince them that it's a good idea to train and then we close the sale. Many people who aren't very good at selling avoid it, or they do it poorly or feel clumsy about it."

Tony Robbins

"My guess is that in the martial arts business, instructors think, 'I could increase the number of students, but then I would lose my level of quality.' That's a lie. I used to have the same lie in my own business, because I had my own form of martial arts. Mine was psychological and emotional arts."

Jean Claude Van Damme

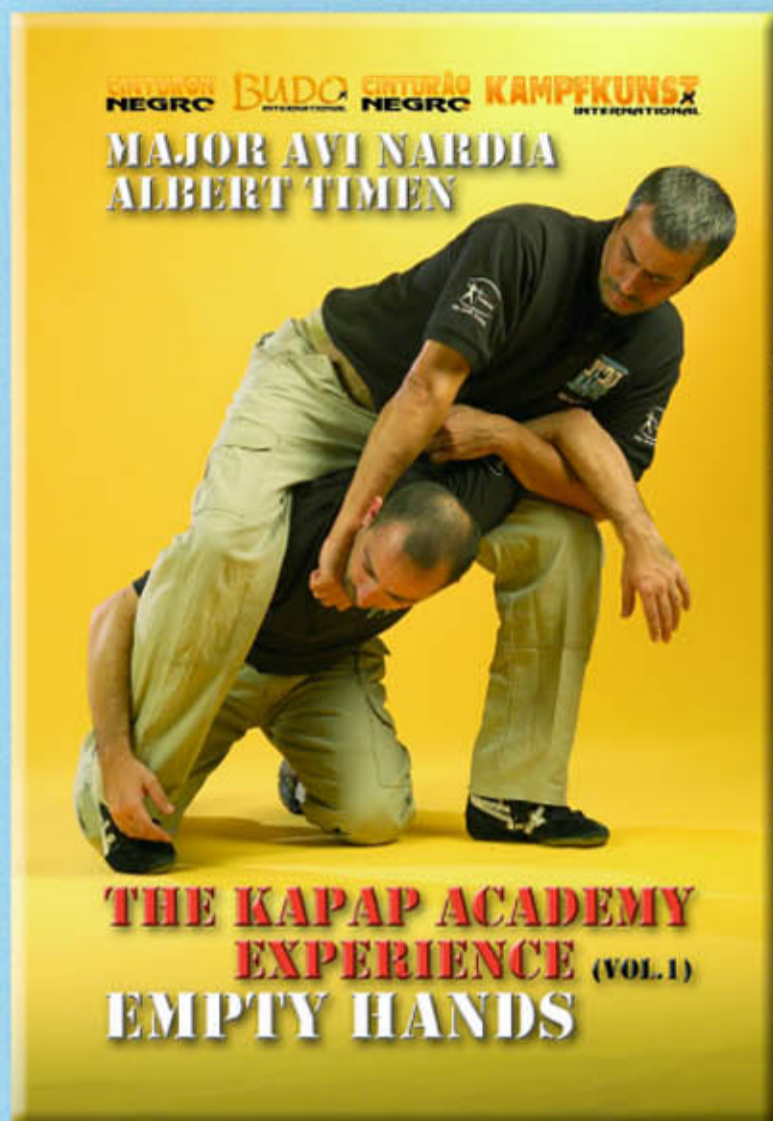
"First of all, who are you? Once you know that, then you can ask yourself what you want to do in life. What will make you the most happy man or woman on earth? Find that answer and, when you do, you will feel it. Then you create what you want to be - and feel deeply and strongly about it twenty-four hours a day!"



Rob Colasanti is the president of NAPMA and Martial Arts Professional Magazine, a veteran martial artist of more than 20 years, the author of How to Build the Martial Arts School of Your Dreams, an ACMA certified instructor and a popular speaker on the subject of martial arts school operations. For more information about NAPMA, please visit www.NapmaFreeOffer.com.

THE KAPAP ACADEMY EXPERIENCE (VOL.1) EMPTY HANDS

**MAJOR AVI NARDIA
ALBERT TIMEN**



The founders of Kapap Academy, major Avi Nardia and Albert Timen, have made this new DVD to show us the methods of fitting-out for combat. They will teach how to explore and develop mental resistance under stress situations (training under water, simultaneous attack by many aggressors). In the physical part, through series of exercises and ground applications specifically developed for Kapap by John Machado, we will learn to improve balance and resistance, and we will know the most significant contribution in recent years to Kapap system, the result of Cross-Training and Brazilian Jiu-Jitsu: the principle of the relative position. It is an essential work, because the art of war consists firstly on learning how to fight.

REF.: • KAPAP5



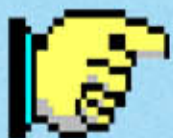
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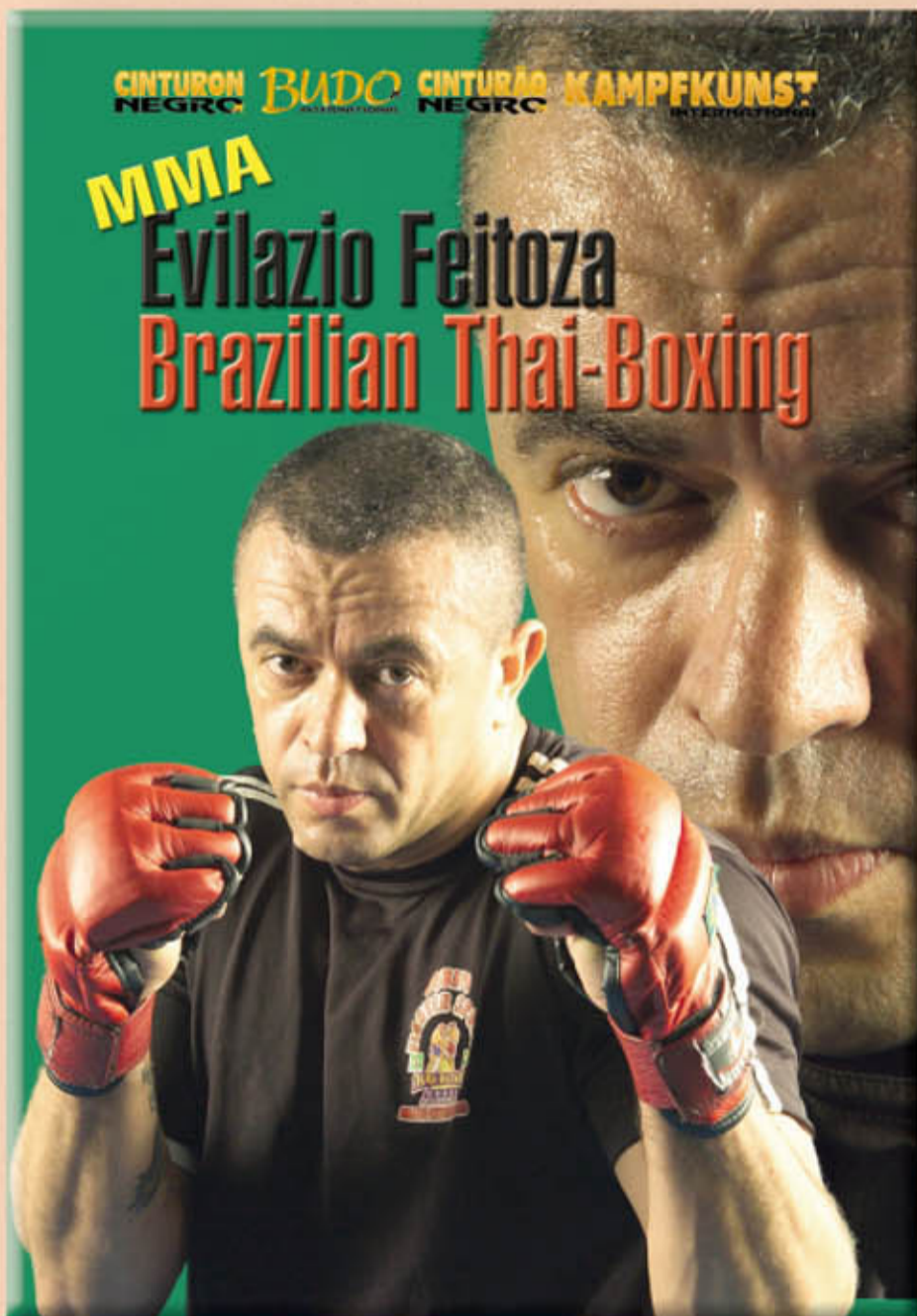
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MMA Evilazio Feitoza Brazilian Thai-Boxing



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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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