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THE WAY OF THE WARRIOR

**BUDO  
INTERNATIONAL  
"HALL OF FAME"  
2007**

**COMMANDO KNIFE!**

**KARATE:**  
**JOSE MANUEL EGEA**  
*The best competitor of all time*

# All The KO of Kyusho!

**RODRIGO MINOTAURO:**  
*Rocky "Balboa" of U.F.C.*

**MORIHEI UESHIBA**  
*And the Internal Energy*

**EUCLIDES PEREIRA:**  
*The man who beat Carlson  
Gracie*

**KRAV MAGA:**  
*Do you train to survive?*





# New book!!!



Puntos Vitales  
**Kyusho Jitsu**



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 It also includes unpublished pictures and an entire practical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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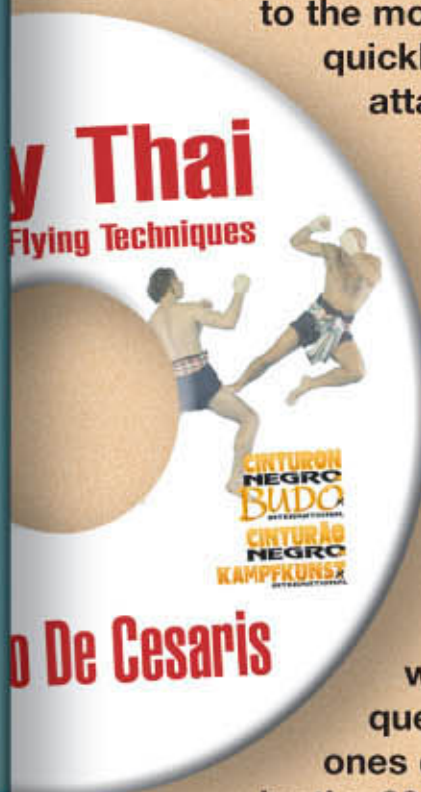
# Marco De Cesaris



A skilled, good warrior in Muay must be able to cope and face any kind of adversary or group of them. And the best system for it is a ferocious flying attack to impress and win with a single blow to the most powerful enemy, or to quickly break the siege of several attackers.

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# EDITORIAL

## THE POWER OF DECEIT

*"it's better to be praised by a few wise people, that by many fools"*

*Miguel de Cervantes Saavedra*

**W**hen orphaned of all common, North sense and direction, it finds the life to the bias binding or in I resign, but probable it is that we end up falling in the networks of some guru. They watch by all sides offering artificial paradises, beautiful tropical beaches, (but without mosquitoes, nor serpents), everything always polished, easy tuna and. Frequently seized after an enchantment mantle, originality, and shrewdness, the fake Masters, fast talkers, taken advantage of insects, absorb your blood and energy from the same moment at which quick them your attention. Good it is always and much aid, to imagine just risen to them, naked but with the put socks, removing a snot persistently taken hold to nose holes, or that so shitting? The opportunists of credulity, teachers of junk, offer their services by a few money, but the merchandise with which really negotiate is your soul. I have never gotten along with the merchants of the happiness. My friend Lorenzo, so caustic always, says that when hears that word it runs to wash the mouth with soap. The happiness is another mirage created by our mind, and the mirages of the soul are the worse ones because they jeopardize all our being. Nobody resists the comparison of the daily thing, by anodyne, and so it could be or it could. In such measures it is so easy to lose as impossible to win. Of this water Neptune drinks and what symbolizes. In the imaginary Neptune group, Poseidon, represents the energy of the deceit like no God. In their aquatic world the images are distorted, everything is extended of put size like in a magnifying glass. The sounds are cushioned and intermingled, while we floated without gravity, without hardly being conscious of the body. Neptune in astrology is associated to drugs, the escapism, and the mystic; peculiar drawer of a priori tailor, but thinks it to one, all are ewes of the same company. It governs the Cinema, the theatre, the fantasy, the fashion, that is to say everything what at heart it is only one representation, a deceit. The creative function of Neptune

is to include/understand the deep union that underlies after the apparent separation of the beings and things, within the framework of a general empathy of fusion and love. The dark back of Neptune is to look for that union through deceit, or the subterfuge. Like propitiatory victims in the altar of the sacrifice, Neptune puts to soaking its victims to soften them and thus to be able to dilute them. In positive that process dissolves the rocky egos but, to place them against an ample dimension but of the conscience of being. In negative this dissolution is only a fine deceit, a prelude for converting you in the lunch of some opportunistic substance, or those illuminated vultures that organize their sects under protection of the "good" and of the "good thing". But the deceits are not fault of others, are fed on our own credulity. We think what we want to believe, what ego flatters us, that open us door where an exit is not perceived, that makes the difficult thing easy, something transports that us without effort to the chimera, to be able to say finally! Now if that if! This it is the way! But the poet with his truth arrives and she remembers to us: "Traveller is no way, becomes way when walking". The powers of Poseidon and few are nevertheless many wickers with which a human being tiles himself. The mystic and her enchantments, the immense promises, after the always necessary sacrifice, do notch every day in but embarrassed souls. To the forts, by being it she protects, them after to have abused his strength when arrived the moment. He fakes the weaker people offering a better future to them, always "but better" whatever "beyond". The first sign of the Christian ones was a fish and in the classic astrology, the constellation governed by Neptune is Pisces. The sacrifice like last act of total abandonment and dissolution, is present in the unconscious group after the crucifixion of Jesus, frequently represented like the lamb of God, immolated in the altar of the sins of the world, an inherited tradition of the Judaism with the image of Abraham on the verge of sacrificing its son. Nor that to say has this same stamp is pre-

sent, and very alive nowadays in the Islam. It is because the human nature the one that has given form with its needs, to this manifestation which today we want here to reread between lines, through mythology and the religion. That necessity to lose the own identity and to return to the uterine fundamental magma, to the aquatic essential broth of where all life arose in the planet, is not free of the consolation necessity that can contribute the property to something but great that one same one. Nevertheless in such process it is possible to be lost, with the worse thing, the best thing of we ourselves. All way or proposal that animates to such concessions, must, in good combat, to receive his deserved and to be, as well, also put to soaking. To include/understand that we comprised of a unit beyond the appearances, cannot never justify the lost one of personal identity, nor the delivery of our energies, time or attention to those who offers euros to change for pesetas, freeways to the understanding, aid without apparent return, or wisdom without effort. In changing and false the world that we lived, everything is relative. To want to establish fixed parameters is always a boldness, but it does not justify adopting like own ideas or practices that act against our identity, or immolates that us in the service of a questionable ideal or. The Martial world, based as it is in the "hardening" of his believers, is apparently refractory to these forces, nevertheless it includes also enters his followers some stray bullet to the hunting of innocent souls needed, or individuals. There is always one who soon promises to the gold... for giving the Moor to you; it agrees consequently, that nobody lowers the guard, because the essence of the deceived being, does not depend on the one of outside, but of we ourselves, of our dissatisfaction, faults or fantasies, and those are inside: The deceit is the deceived one, says this Zen. The Gods do not have muscle, nor body. The destiny is also in our hands. The forces that intercross in the Mandala of a native letter show the map of a weather message, are not "rewind" of a tape already recorded. The own potentials of our





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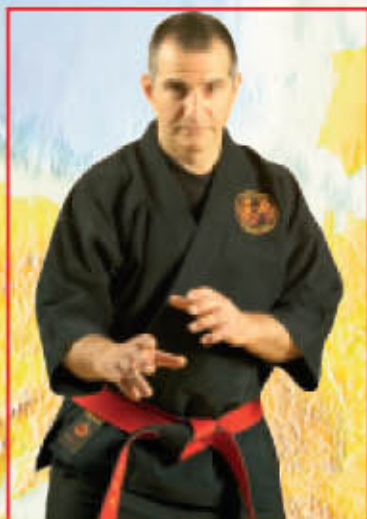
**“What sank someone  
became another one stronger,  
where it was the difference?  
The transformations that the  
Gods propose of the change  
in their turn by the wheel of  
the life, can be transmuted  
in the soul of the warrior,  
but always they have to  
find an exit”**

structure energetics, there are set out to winds of the change, represented by the transits of planets, like symbol of the fundamental forces absolutely. These synchronous forces will find their channel to pronounce themselves and they will always do it, but such manifestation will be modulated by our own disposition before the same. What to one it sank to another one did hard but, where it was the difference? The transformations that the Gods of the change in their turn by the wheel of the life propose, can be transmuted in the soul of the soldier, but always they have to find exit. The cycles of happening mark you rule unsolvable, Saturn, Chronos, always devours their children; Uranus, the ray breaks and tears, Neptune dilutes, and Pluto destroys so that everything appears again. The way of the soldier is not the one of ignorant the proud one that scorns the forces of the Universe, rather is the one of the prudent man studies that them with caution, and knowing that nothing can make change them, adjust his bubble energetic adapting to them, to lead back them to the aim in the sense of the personal growth. The disciplinary Arts, in his but high concept, are in the end a tool in such process.





## KYUSHO



p. 06

Undoubtedly the most spectacular thing in Kyusho is the KO. The use of specific points to achieve the disconnection of the nervous system, including loss of consciousness, is obviously something fabulous in self-defense. The blows or pressures on isolated points or in special combinations can cause this effect. This, which has caused controversy among many martial artists, is taught at last in a double DVD his author will introduce us today in this monographic article.

## UFC



p. 28

After a tough 2007, when he left BTT and spend almost six months sharing his trainings among friends academies, Rodrigo Minotauro Nogueira started 2008 in great style, making two of his dreams come true. First he finished his own training center (the best structure in Brazil), and finally Minotauro got a dreamed heavy weight champion's belt of UFC in a historical battle against former champion Tim Sylvia, where, after being beaten up badly during two rounds, Rodrigo showed the guts that made him famous in Japan and submitted Sylvia in the third round, being nicknamed Brazilian Rocky Balboa by American fans.

## VALE-TUDO



p. 60

While Vale-Tudo was achieving its current level, where fighters earned amounts which could stand alongside boxers, a lot of water has run under the bridges and many heroes emerged in the Brazilian rings. In the 50's and 60's, while Helio and later Carlson Gracie shined in Southeast Brazil, fighting a few times a year, in the North and

Northeast of the country, some fighters fought Vale-Tudo twice a week, to make a livelihood.

# Zusammenfassung Sommairé Sumario

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## HALL OF FAME 2007



**p. 24**

The seventh edition of the most prestigious international gathering of Martial Artists, the Budo Hall of Fame of the International School of Martial Arts has taken place in Valencia, Spain.

It seemed impossible but it has been achieved. Colonel Sanchis has bettered himself and with his personal and unique leadership, he has brought together, in an atmosphere of brotherhood and comradeship, some of the most prominent names on the world scene. The event, held under the auspices of this magazine, was presented by our director D. Alfredo Tucci along with Colonel Sanchis.



## KARATE

There are many things that should be done for Jose Manuel Egea, including a great tribute in appreciation for his work in this art, because without doubt, if someone has set a way forward, if someone has promoted it globally as its ambassador, this has been and is José Manuel Egea.



**p. 50**

## COMBAT KNIFE COMANDO



**p. 14**

Edged weapons are the bane of any expert in self-defense, but if what we are talking about is the use of commando knife, the nightmare can become quickly a real hell.

There are only a few experts who deal with this matter in a realistic way. It is not nice, subtle, or elegant. It is direct, raw, and scientific and this is the approach of this great expert, José Luis Isidro

## UESHIBA



**p. 42**

It may be shocking in the era of the atom and the computer, the fact of talking about ki or chi or internal energy. The current Western mentality, exalted in its scientific rationalism, closes its eyes to a whole series of concepts and phenomena which it is unable to understand and explain: "what is not scientifically explainable it doesn't exist", seems to be the official maxim and yet, and despite the science, Acupuncture exists and works, being one of the most clear and know examples of control and use of ki.

# Summary Sumario Sommario

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Without a doubt but the spectacular thing in the Kyusho is their K.O. The use of specific points to obtain the disconnection of the nervous system, including the lost one of conscience, is obviously something fabulous in the self-defense. The golpeos or pressures on isolate points or in special combinations can cause this effect. This, that has been cause of controversy between many martial artists, is taught finally in a double DVD that today presents/displays their author in this monographic one. Prohibited to lose it!



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**K.O.**

Kyusho Jitsu



**Energetic transfer**





### ***Energetic Transfer for Kyusho***

As Kyusho does not rely on strength, speed or even certain weaponry we need to look at another component. The Concept most vital to properly developing your skills in Kyusho, is the proper transfer of energy into the nervous system of the opponent and why although it appears easy, actually takes time to develop. It is also not just knowing the correct targets, or even the proper angles to access them, but also developing that special touch that is essential. It is why Kyusho looks so easy, but eludes the beginner from the success that more experienced practitioners realize. Once these concepts are learned it will open even more skill and possibility for every Kyusho Practitioner.

We need to explore the various ways to send an energetic pulse deep into the nervous system to cause incapacitation of the opponent. This information will help you understand and develop the Vital Touch necessary in Kyusho... and why so many that merely tried it in passing, never developed the skill and then dismissed it as fake.

### ***Fighting yourself with speed and power.***

The most common hindrance to accomplishing this type of Energetic Transfer is in the way most Striking Arts train. From the beginning the Student is trained to develop speed and power for maximum damage potential, however this method actually is quite opposite of what is needed. This is not saying that a Kyusho practitioner will not strike fast nor will they strike without power, but as a matter of training for the correct transfer of energy to disrupt and shock the nervous system the most.

When a person tightens the fist as example, the energy it takes to contract and hold the muscles in that state takes energy. The more energy that is employed in contraction of the muscles for this action restricts the transfer into the opponent. And as the body tightens to throw such a strike, more muscle contraction and restriction are set into play as antagonistic muscles restrict the correct energetic impulse. There is still of course a transfer of kinetic energy from the force and speed of such an attack, but it is received and dispersed by the receiving body in a more diverse manner. This is the same concept as is depicted in a suspension bridge which is arched to transfer weight and pressure over the arch to disperse direct pressure. The body is constructed much like this type of bridge with the curve of the skull or the rib cage. In soft tissue areas like the abdomen, the pliability and interwoven and reflexive muscles naturally ward off such a force.

Also when we deploy a very fast and powerful attack with fist or foot as example,

the body must also take into account the withdrawal of that extended limb. This is to retain balance, not hyperextend the joints and to regain a new firing position. And as these reflexive withdrawals are in play we cannot properly extend the force through the opponent.

One more concept to think of is when a body receives a strong force; it reflexively constricts and resists the force. Or it sets up a withdrawal reflex action to create distance or offset the trajectory of such an attack. Urgency is read very fast by the mind and body of the human, the faster something approaches the more the withdrawal and bracing actions affect the recipient. And therefore far more pressure, force and strength are required, which is naturally dispersed in a protective manner.

With all of these antagonistic muscles acting in unison we also lose proper trajectory and clean linear transfer of energy. As an example when you see a Martial Arts punch in normal time frame, we see such a fast powerful strike as a clean line. But when filmed and slowed down we can actually see that the line of trajectory is in rapid shift as muscles constrict along the route. It then appears as a very erratic path of travel and cannot transfer all of its potential energy in a more specific path. This will strike the opponent in a very erratic fashion causing pressure to disperse in the various directions with less clean penetration. Also with increase speed and power comes less accuracy to it the nerves in a correct direction for internal disruption or function.

### ***Relaxed Transfer***

When we relax the muscles and feel as if the limbs are pulled more than pushed, we achieve a far cleaner line of attack and in so doing, a deeper penetrating force. As a classic example look at the infamous bell ringing game at a carnival or fair where the individual takes a large mallet or hammer and strikes a pad to send a solid piece of metal up a long metal shaft to ring a bell at the top. We see time and time again large, strong individual power the hammer down on to get the solid metal object woefully short of the top. And then a young and frailer individual let's the hammer drop in a less powered action to send the object cleanly up to ring the bell. It is not strength; it is a clean line of trajectory that transfers the object further along the line. And so it is with Kyusho.

This is the best way to transfer energy into the body (specifically the nervous system) and causing more internal shock and dysfunction, is through this type of relaxed and penetrating action. Less muscle is contracted to obtain speed and in so a cleaner less erratic line of force is achieved. Yet speed can still be obtained in a whip like action and power is derived through velocity. This will also be less fatiguing to muscles as a higher degree of mobility is also maintained.

### ***Varying types of applied pressure***

Next we must concern ourselves with the type of structure we are attacking so the proper type of pressure is utilized. You do not strike a hard surface like the head the same as you attack a softer structure like the leg or abdomen. Knowing what you are attacking and how to attack it is essential for the optimum results. It is also vastly more efficient and why Kyusho looks so effortless, and why many on lookers cannot comprehend the results.

A harder surface like the head has the nerve structures very close to the surface and can easily be pinched against the bone with a quick release or transfer of energy. To hit with a heavy or powerful blow of course will damage the tissue, bone and internal structures, but only with massive power. This is due to the above-mentioned dispersal over the curvature of the skull as well as the withdrawal from the force. Hitting the head hard will cause it to repel from that strike and not cause as dramatic a compression on the nerve structure.

A softer surface like the neck, upper arms, thighs or abdomen have deeper set nerves between the layers of muscle, tendons and organs in the case of abdominal attack. To first reach the nerve structures a sharp and more deeply penetrating attack will be necessary. The best results now do not come from a quick energy transfer, as on the harder surface, it needs to be a prolonged and pulling or stretching type of action. This is because a quick release of energy will be absorbed and dispersed through the soft tissue. By penetrating to the nerve and remaining on it as the nerve is stretched will not allow the soft tissue to disperse the force and the energy is transferred directly as a nerve impulse.

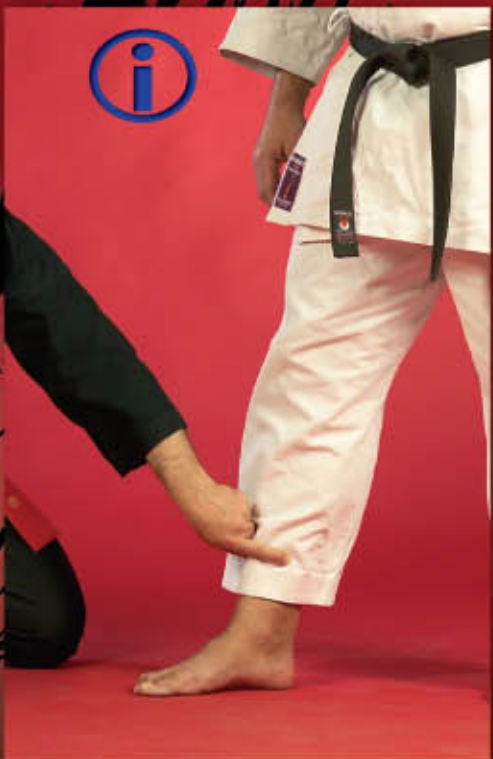
The body has a great propensity to deal with damaging forces, but not several at the same time. So another more efficient way







2



Kyusho Jitsu

# K.O.

Energetic transfer







**“The Concept most vital to properly developing your skills in Kyusho, is the proper transfer of energy into the nervous system of the opponent and why although it appears easy, actually takes time to develop”**

to disrupt the function and stasis of the body is to use combinations of the previously mentioned energetic transfers. By sending a single shock on a hard surface, or a single shock on a soft surface correctly, the body will attempt to adapt and maintain itself. But when two varying energetic transfers are introduced it is not as adaptable. And as it struggles to cope with the one attack the vastly different message being sent through the nervous system will cause increased internal shock and dysfunction.



#### ***Varying levels of power***

The body can also cope and defend against a constant pressure and why fighters can deal with multiple and powerful blows. But by varying the application of power either in quick or penetrating energetic transfers, the body cannot read, recognize and deal with the rapid succession of variances.

#### ***Varying Levels of time on target***

Some nerves respond better to a prolonged attack as in compressing and holding a nerve to cause increasing pain and dysfunction. Some respond better to a sharp rapid transfer of energy as in a quick sharp strike while still others respond to a deep penetration with a stretching but not holding action.

#### ***Hard Surface Attack (fotos en esta página)***

As an example of a hard surface attack we use the head as the target and more specifically the bone structure around the eye. The eyebrow has branches of the Supraorbital nerve on the eyebrow and branches of the Infraorbital Nerve on the cheekbone. They lay just under a thin layer of skin so by using a similarly hard striking surface like the back of the hand, the quick energetic transfer of a slap will send slightly off time neurological impulses into these branches. The brain will not be able to handle the input and neurological shock as well as

a rapid drop in blood pressure will cause complete dysfunction of the recipient.

Using the whole back of the palm to connect the bone structure of the back of the hand to the bone surrounding the eye pinches the nerves between the hard surfaces.

Use a quick energetic transfer, via a slapping action, to strike the nerves around these structures at:

BL-2 where the eyebrow and nose converge.

M-HN-6 just above the center of the eye.

ST-2 just under the center of the eye.

#### ***Soft Surface Attack. (fotos pagina 12)***

As an example for a soft tissue attack, we can use the nerves of the neck for demonstration. When you strike, or as this example points out, compress what is labeled the Lesser Occipital nerve branch, you must





first achieve a deep enough penetration to access the nerve. Then the strike or compression must add a pulling action to the nerve, as simply applying a quick energetic transfer will disperse the attack in the soft tissue of the surrounding muscles.

Using the hard structure of your wrist bone, place it on the neck nerve at GB-20.

Brace the head of the opponent so that the mobility is stopped to allow a deeper penetration at the SI-18.

Use a pulling action to access the lesser Occipital nerve and transfer energy with an inward and upward pulling action.

### ***Combination attacks***

Powerful neurological shock can be achieved by using either a hard or soft structure attack and it's corresponding energetic transference. But by combining soft and hard attacks more dramatic results can be obtained as the body cannot deal with several and varying impulses at the same

**“A harder surface like the head has the nerve structures very close to the surface and can easily be pinched against the bone with a quick release or transfer of energy.”**

time. By using the superficial branches of the Cervical Nerve as well as the deeper Vagus Nerve with a deep penetration and prolonged stretching energetic transfer or pressure, the body attempts to work to correct the dysfunction and neurological shock. This will rapidly drop the blood pressure as well which the body works to recover from.

Quickly following with a quick energetic transfer of your knuckles under the jaw to affect the Facial nerve. Will add another dysfunction to the bodies' normal function and stasis causing increased as well as compounded neurological shock and dysfunction. (Fotos en página 13)

Rub down and inward rapidly with the middle 2 fingers of your hand down affecting the nerves at ST-9 and ST-10.

Add an extra transfer of energy by poking down into the ST-10.

Then send a quick energetic transfer of energy by snapping the fist knuckles up under ST-5.





1

2

3



Another Combination of energetic transfer into points can be seen in a classic Kata move form Nai Han Chi Nidan, we can cause neurological shock and physical dysfunction on many levels. Using a quick transfer by punching the Lateral Cutaneous Nerves on the sides of the ribs pinching them between the knuckles of the fists and the ribs themselves. Using varying power levels on the simultaneous strikes will increase the affects considerably. This action will cause a rapid contraction of the Diaphragm Muscle and severely constrict or stop the breathing of the opponent. Simultaneously using a deep stretching type energy transfer to the Saphenous Nerve of the inner shin by striking in and dragging down to cause Neurological shock as well as a drop in Blood pressure. This technique causes a simultaneous contraction of the upper body with a relaxation of the lower body.

We can effectively punch with a quick energetic transfer to the ribs at SP-21 (fotos en pagina nueve) on both sides simultaneously with varying power levels to confuse the neurological system.

Kick down and in with a deep penetrating and stretching action at SP-6

So again what looks easy from less physical force, is made so by varying methods of energetic transfer. It is not magic, nor is it faked; this is simply the natural responses of the human body. Where it is hard to understand how this could be used in real conflict, due to the seeming complexity, this too occurs naturally. By constantly training varying power, time on target, level of penetration and correct application to appropriate targets, it becomes second nature. As with any endeavor skill comes from time and experience.







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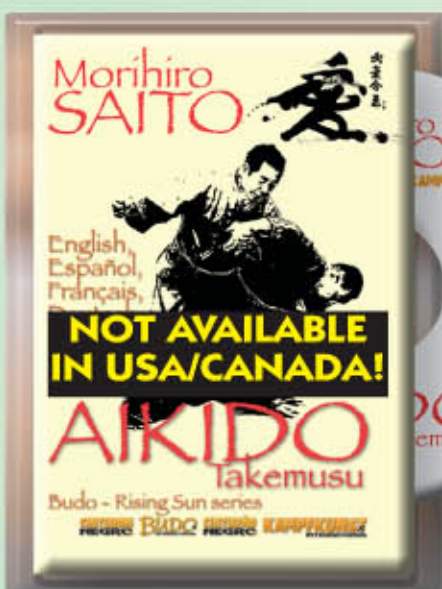


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Featuring Master Hirokazu Kanawaza, this DVD will teach you many combinations and drills, including some very unusual drills using a belt as a target plus loads of drills that will help you to integrate all your knowledge of Karate, to put hands, feet and body movements together. In this presentation you will be able to learn so much that you will have enough material for both yourself and your students, at least during the next five years. Many see him as the finest technician ever in the world of karate. Thanks to this DVD you will see why those who claim it are absolutely right.

Kyusho is not based on power, speed or handling of certain weapons. What is essential to develop skills in an appropriate way is the proper flow of energy in the opponent's nervous system. In this volume we will look at the ways to send an energy boost to the whole nervous system, to get to paralyze the opponent. This information may help you to understand and develop the Vital Touch which is needed in Kyusho... and which is beyond most beginners. It isn't just about knowing certain targets or the best angles to have access to them, but to develop such touch, which is essential. That is also why Kyusho seems easy but sometimes can be tricky, especially for beginners. Once these concepts have been learned, the possibilities and skills of practitioners of Kyusho increase.

REF.: • DVD/BC11



**NEW FOR  
THIS  
MONTH!!!**



REF.: • DVD/AKIS9

mouth smooth smooth is all one can say. Master Saito was one of Ueshiba's original students and his skill is totally amazing. He is fast, he is filled with ki, and yes he is very very smooth as you will surely see. He teaches both basic and advanced techniques in this production. He will demonstrate for you as well you see him teaching a class of students many of the techniques he personally will demonstrate in the first portion of the production. You will learn many advanced combinations, several reversals, and just so much more only watching will make you a believer.

"It isn't more effective the well-armed soldier, but the soldier who is best prepared". With this premise, Master Isidro deals with an unresolved matter for professionals in the armies: working with combat knife. We will study the main principles, the aims, the most common mistakes, the ways to cut, and the techniques applied to each of the modes of combat such as knife against knife, left-handed opponents, smooth cuts, empty-hand techniques against knife, bayonet and firearms, subduing the guard and bow and crossbow exhibitions. A work that breaks with everything which was established in hand-to-hand combat techniques with the so-called silent weapons.

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Edged weapons are the bane of any expert in self-defense, but if what we are talking about is the use of commando knife, the nightmare can become quickly a real hell.

There are only a few experts who deal with this matter in a realistic way. It is not nice, subtle, or elegant. It is direct, raw, and scientific and this is the approach of this great expert, Jose Luis Isidro.

No blockades, style or lectures. The tactic he teaches doesn't give any time to responses, we are talking about actions designed to disable the enemy in five seconds at most, and do so not only destroying him, but even leaving him unable to hurt us or to ask for help.

They are defensive techniques that destroy the offensive skills of the enemy, offensive techniques that leave him hors de combat.

They are techniques for combat professionals, that is, based on military command

tactics. The system he introduces today in his new DVD shows once again the prestige of this master and teacher of Martial Arts. He openly speaks about his real combat experience in the most varied missions, only like this you can understand the real keys of real combat, only like this the realistic formulas can be taught.





Arts of combat



C.K.C.



J.L. ISIDRO  
COMBAT KNIFE COMANDO<sup>15</sup>





### The Armies

The history of the mercenaries is as old as the history of mankind. Surely it is, like prostitution, one of the most deeply rooted professions and trades in the real history of mankind, since the beginning of time.

It is known that mercenaries have existed for much longer than the armies of each nation. But even seeming nonsense, institutional armies are and can be considered without any doubt as newly born in the dark world of war, compared to private ones, and to illustrate this let's observe the history, which speaks for itself.

Nowadays, the presence of private armies in armed conflicts is no longer an issue hidden from the public opinion. These are professional private businesses, led by professionals in war with an unusual experience, offering their services to the highest bidder; they don't understand ideals, although some of these companies are to some extent governed by a pattern of conduct with minimum principles which are regarded by most people as very reprehensible. Governments, private companies and individuals with a great economic power are their main customers. The business bill is currently around 100,000 million dollars a year, benefiting from a wide range of activities, not always considered as lawful, but which are necessary for nations and governments to clean up their sewers, that dirty work that sometimes is necessary and must imperatively be done by someone.

The services of those private armed forces often tend to be more prepared than the national armies. Their services are broader than merely providing a mercenary contingent. Being a forced international market, companies must offer diagnoses on the risk profiles that certain countries, regions, towns, companies or big industries may pose to investors. Given the sheer volume of money moving around the weapon

industry, another of the essential functions is the appropriate, timely, well-wise advice in such a complex task, with countries and armies as the U.S. in the purchase of equipment and armaments of all categories, as well as training of the same forces that make up and thicken the national armies. Thus, these private companies can contribute with professional troops to the war, or provide consultancy in social, economic and logistical analysis. Ultimately, military organization, training of special combat forces and equipment procurement of latest technology.

The activity of private armies, contemptuously called "Mercenaries" by anti-militarist groups and other opponent groups, received a powerful boost at the end of the Cold War, due to the demobilization of nearly 5 million troops, between 1985 and 1996, mainly in countries such as Russia, Ukraine, Bulgaria, France, Israel, England, South Africa, etc. Those troops, without receiving the corresponding and timely economic and social compensations, became a huge force, cheap labor for private security companies. In addition, huge quantities of individual and collective weapons, which these governments no longer needed, appeared on the market at very affordable prices. These weapons were indiscriminately spread among enterprises of private armies, dictatorial governments and, as nobody despises a sweet, also among terrorist organizations benefited from this, as they similarly acquired weapons at sale prices. All this leads to a re-activation of international conflicts, but at a greater depth with the new international terrorism led by Al Qaeda, the conflict spreading throughout the Middle East, making the old battlefield explode, which is undoubtedly the Lebanon. But it goes beyond, terrorizing the entire Western world and an endless number of African countries and Asia, basically living on tourism, which is set as the

main objective in these extremely poor countries.

Alike, due to the end of the conflict and tension that marked the Cold War, there has been a consequent decrease of interventions of superpowers in local conflicts, and a lack of active participation of the international community in the civil wars taking place in some parts of the Third World. In these places, violence affects more virulently, but, in turn, it has no economic interests for nations of high economic and military power. Consequently, these nations decide not to intervene, to avoid the enormous economic costs associated with a military intervention of such depth, and to avoid the risk of losses in troops, which undoubtedly would cause shortages in the number of votes in the elections.

At present, the services supply provided by companies running private armies grows by the day. The United States rank first in the world as a contractor of that nature. According to Pentagon documents, American mercenaries were involved in armed conflicts in Africa, with the full consent of the U.S. government, as was the case in Rwanda or the Congo. They were former soldiers recruited by U.S. companies, whose mission was to intervene in these conflicts and to officially deny such intervention if the political scene required so, so that it was not necessary to pay a political or diplomatic price for those war actions.

Although the U.S. government doesn't officially and publicly support certain companies that are not faithful to its military policy abroad, it is the most important customer of these organizations or companies in the sector of private armies. It is estimated that during the Iraq war, about ten percent of all troops deployed belonged to the private sector and the trend is expected to go in a progressive increase, as the casualties of mercenaries don't amplify



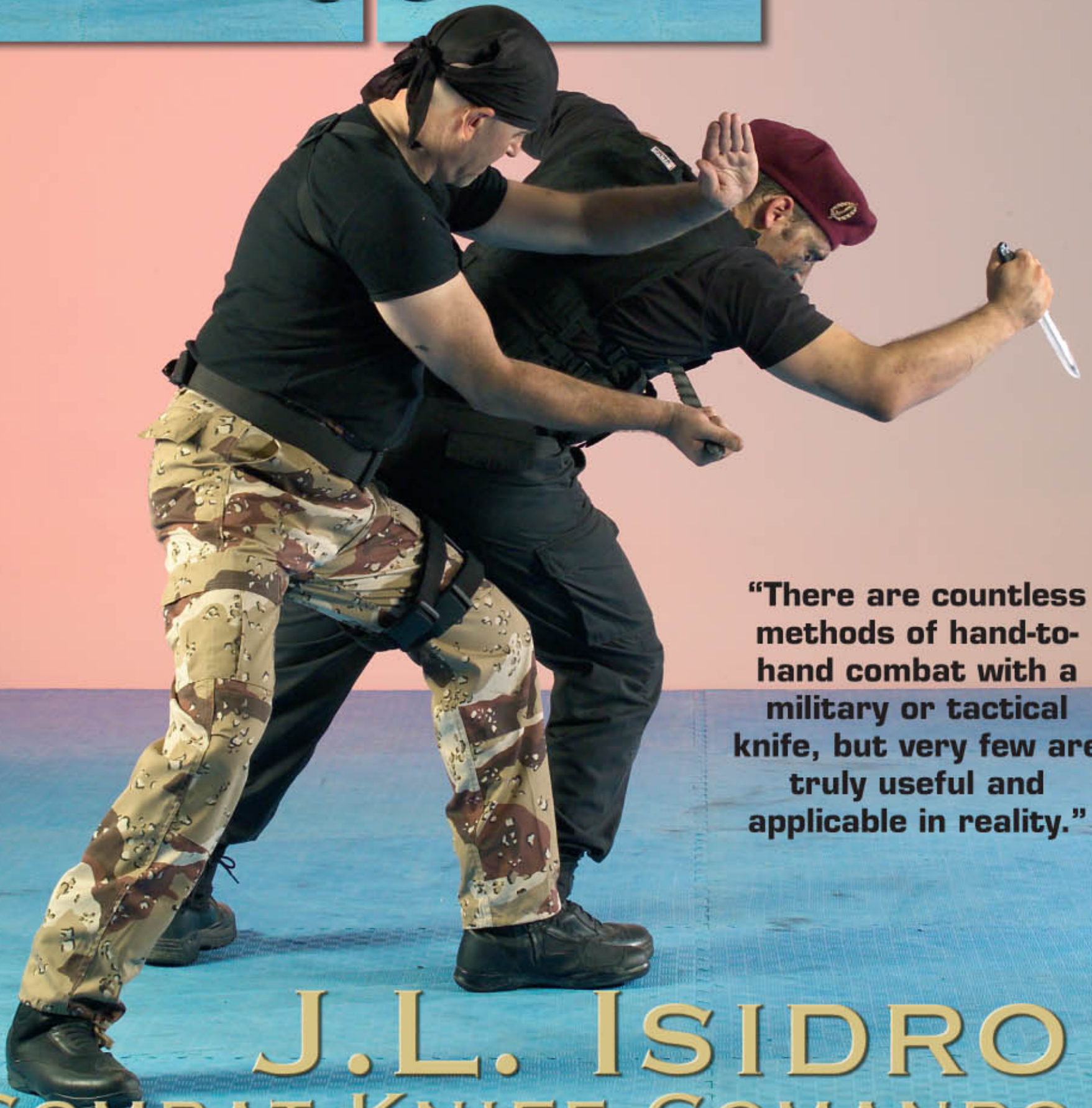
Report



3

4

C.K.C.



**"There are countless methods of hand-to-hand combat with a military or tactical knife, but very few are truly useful and applicable in reality."**

**J.L. ISIDRO**  
**COMBAT KNIFE COMANDO** <sup>17</sup> ✕





## Arts of combat

statistics of victims that undermine the image of politicians and leaders to public opinion, both nationally and internationally. For a politician it is paramount to be well valued and the casualties of the national troops pose a major scourge that requires them to give explanations, which destroy them gradually. This undoubtedly leads to all governments to escape the increasingly

both national and private. Only a very small sector of the military has the knowledge of what is shown in this video about the work of combat knife, "SILENT WEAPONS", a limited work in this video, as the spreading of such knowledge as a whole is taught exclusively in the instruction of professionals in the armed forces.

self-defence knife- in PVC, ceramic and synthetic products, materials that are undetectable in metal controls and are easy to hide and amazingly effective. The edges have nothing to envy of a good steel knife.

Combat knives are essential pieces in the provision of any soldier, in this DVD we will work with two knives, a double-edged tactical knife, as well as a second



cumbersome and unpleasant responsibility involving casualties, as we said earlier, with the consequent explanations they must give to their families and to the whole nation, causing an arduous feeling of rejection of such military missions. It is virtually impossible to draw a veil over the dead, and in a democracy this is the main reason that makes people question about the wisdom of being present in an armed conflict. However many politicians make it up with the name "peacekeeping or humanitarian missions". They are all due to some economic, tactical and national security interests, but the latter is difficult to explain and justify to the public opinion before an attack occurs, as the attacks of 9/11 or 11M. Even so, there will always be opponents to such measures. But this is just politics. Then comes the problem of the medals, if they have to be red, yellow or white. It is a puzzle that the political power doesn't always know to implement with a good and sound judgement.

### **Silent weapons**

This new video deals with a matter still pending for professionals in the armies,

Still, it will be a work that will break with everything seen and established in hand-to-hand combat techniques with the so-called silent weapons, so far in this field, which undoubtedly will give a lot to talk in professional sectors. And I am not tired of saying that it is more important to have a good knowledge than to carry a firearm. If there is any doubt, ask Gurkha.

"The most effective soldier is not the best armed, but the best prepared".

### **Military knives**

Throughout the history many peoples and civilizations have been known for their art and features in the manufacture of knives, such as Malay Kris, Scottish Dirk, Kukris from Nepal, Japanese Tantos and so on.

With the discovery of iron, knives and edged weapons in general began to be resistant and more durable and to provide sharper edges. The manufacture of knives and edged weapons has changed and nowadays iron, steel, stainless steel, carbon steel, chromium, molybdenum, etc. are used. Nowadays there is also a big trend for the manufacture of edged weapons - as the

knife, smaller, the so-called "cat's claw". But what is the use of a cutting instrument if you don't know how to use it?

### **Methods and systems**

There are countless methods of hand-to-hand combat with a military or tactical knife, but very few are truly useful and applicable in reality. Most are based in science fiction. They reflect fanciful situations and reactions, and the only outcome they can have is the death of the trainee of such a system, taken to an act of real combat. Unfortunately, many of these systems are taught to professional soldiers of most armies. "The one-eyed is the king in a country of blinds".

In this system we partially show you, we will give extensive explanations of the whys, both of the useful and useless parts of the combat techniques. We won't leave any doubt in suspense; we will show each and every one of the ways and means of combat, such as: knife to knife combat, defense against knife and bayonet to empty-hands and elimination by surprise. Let's take into account a number of principles when we are attacked with a knife by a





professional of war and his goal is to eliminate the enemy without the slightest concession. First we can't always go back, there may be obstacles at our back. A knife combat should never last longer than necessary, which we will calculate and set at a maximum of 5 seconds; longer will be considered as incompetence. The cuts and pangs can't be

indiscriminate, on the contrary they will be direct targets, following some basic principles; only then we will meet our objectives. You will never block a knife blow with empty-hands, especially if the opponent or enemy is taller, heavier or stronger than you; as we will see in the DVD, we go out of his line of attack in a natural and logic way, without interfering in it.

"In most occasions deaths and irreparable damages are a consequence of the decorative and commercial martial arts".



C.K.C.

J.L. ISIDRO

COMBAT KNIFE COMANDO





### *Get in the Form and Exit from It*

There are several forms in martial arts. The ancestors created the basic forms assuming possible cases, based on several years' experience and on their knowledge. It is clear that we should practice properly but we won't be flexible if we are inside the form. It is useless if you can't use a free form to get out of the form. Taking into account the controlled forms, we must also practice in order to control freely transformed forms. This is achieved after many years of practice, it is a habit that comes unconsciously with the help of the subconscious. In many cases, we don't even realize this habit, because we control without realizing it. We have to be careful with this habit, because if we have practiced a lot the handling of the sword, we tend to cut. Even if we are better than the enemy, he who has practiced a lot with the spear tends to hit with it.

Anyone who has worked as a civil servant for a long time, though already retired, has a certain aspect of officer, and the retired teacher has the aspect of his profession. It's hard to lose something we have done part of our nature. There is a proverb that says: "correct your behavior observing that of others". I hope that the martial art is like the actors who play the role of

different persons with different characters. It is difficult to get things come out naturally, as a habit, while not having it as an agglutinating binder. The practice of martial art is for a lifetime and you will never be satisfied. There is no end in the practice of the martial art.

### *Cast (Igata) and Form (Kata)*

The products of a foundry made in a cast, are all equal under the model. The cast doesn't serve for anything other than for these products. The martial art should not be the cast ("Igata") but the form ("Kata"), namely "the figure". We must change the reaction depending on the opponent, like the image reflected on the mirror. Even if the opponent's image changes very little, the image on the mirror also changes. This is the form of martial art. The cast ("Igata") is dead, but the form ("Kata") is alive.

The dead cast ("Igata") is useless. The form ("Kata"), for being alive, can be used. To use the form of Budo, if you don't do it thinking about the meaning and purpose, that form will be useless and, besides, it will be in vain. Although it is difficult to use the form alive, it is imperative to do so in the practice of martial art. Although it is the same way, there are differences depending on each person, because the personality of each is reflected in it.

The importance of the form and not the cast not only exists in the martial art but also in the art of calligraphy. If it falls into the cast they will be sign letters and even if it looks good and has a perfect appearance..., it is not clever. It is said that to be skilled in calligraphy you have to learn for three years how to write the letter "I", starting with how to put the brush on the paper, how it moves horizontally, how the stroke stops and how the brush moves away from the paper. If it is not shown the way of handling the brush in basic arts, the letter will be dead even if it looks good.

In Japanese dance it is the same. Although the body movement, the position of hands and feet, the eyes, everything is right, if the dance doesn't have "life", it will be tasteless. The dance is alive when it is harmonized with the music, which is the expression of the lyrics and whose meaning has to be expressed in the choreography of movements. The same can be said about theater, music and singing. It will be somewhat ridiculous if a cast is used that only harmonizes with the melody, without taking into account the meaning of the lyrics. Each movement of the form of martial art is the basis of art. This movement is like the basic arts in calligraphy. All these precise movements are the right form and they are also the square form of Chinese writing. But we must use a free and alive form. To write a letter the square form is not appropriated. Therefore, after this form a more free form must be learnt, until we reach the cursive letter to write with free link between the letters.

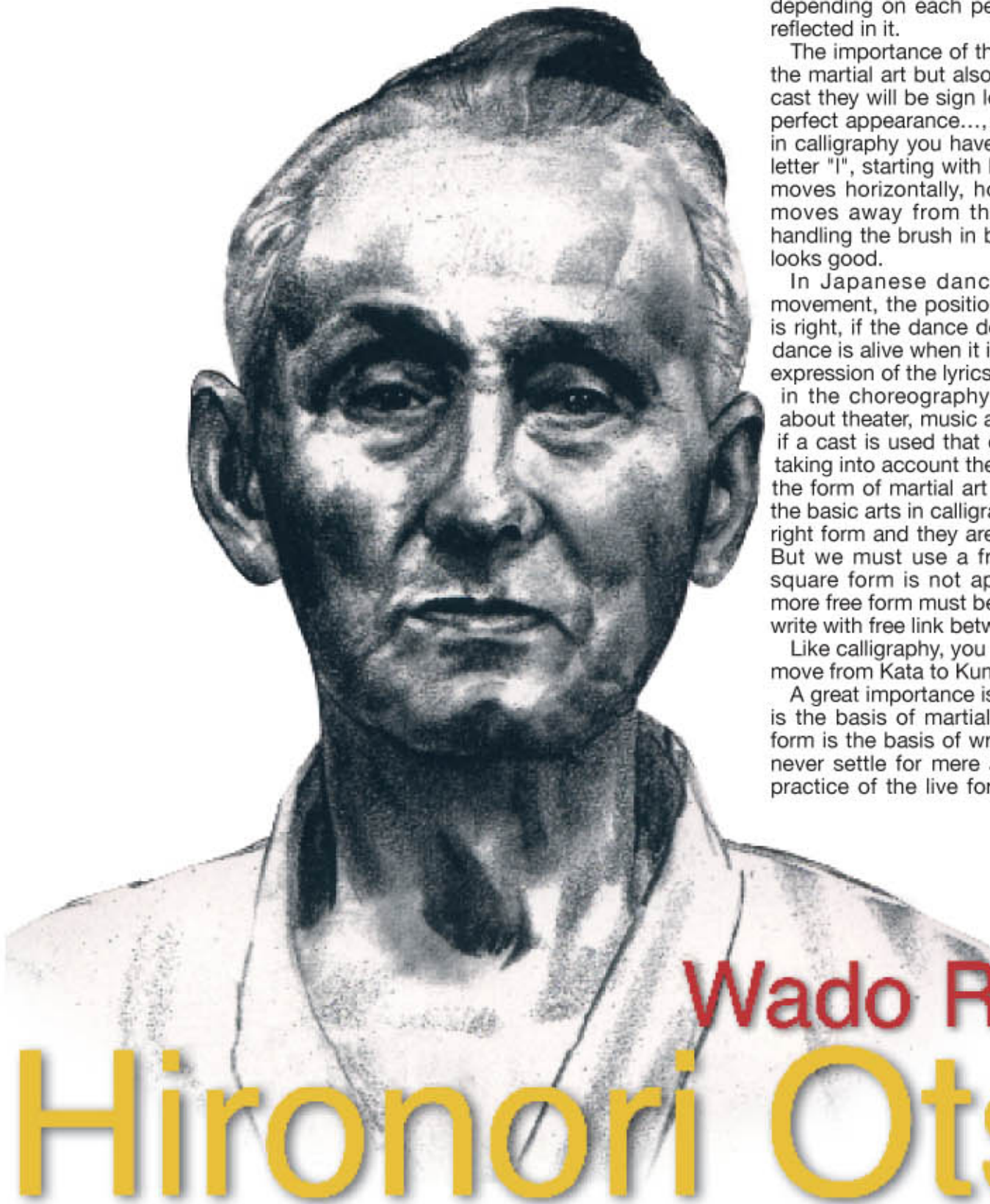
Like calligraphy, you can only use a skilful martial art when you move from Kata to Kumite, etc...

A great importance is attached to Kata, which is the basis of martial art, like the square form is the basis of writing. But we must never settle for mere appearance. The practice of the live form is important.



## Wado Ryu Karate

# Hironori Otsuka







The martial art is not the cast ("Igata"), but the form ("Kata").

### ***Big actions versus Excessive and Useless actions***

All basic movements must be free, big and useful. From this big and useful movement, we gradually move into fast movement. If we don't make progress gradually, starting with the basic movements, moving to Katas, Kumitegatas, free form of Kumitegatas..., we can't progress. The big movement is a free and effective movement which is not useless. It is not a movement with useless action. When you add a useless action, the movement is not free and big.

In competitions, we can often see that when people punch jumping forwards, many of them change the position of the fist, pulling back instead of keeping it in the middle position. This is because they try to punch just with the strength of the arm, adding a useless action because they have performed the basic punch wrongly. It is a waste of power.

When you punch while jumping, the movement is slow if you pull the fist backward to prepare it, because the body tries to get the rhythm of the punch and also the fist is not properly extended, as the blow is performed only with the power of the arm. This is not a free and big art. It is a slow movement with a useless action.

The strength before and after giving the punch, turns out to be useless and inappropriate. Power is just necessary when the punch is being performed. This can be applied also for the blockade and the sweep.

As we said before, the fight is like writing an ingenious letter with the links of the italics letters in the art of calligraphy. If a dead and meaningless cast is used in the fight, you can't give a punch if you don't pull the fist backward to prepare it each time, as it happens in calligraphy when writing the letter with the letter of the sign ("Igata"). This happens when you don't use the power of the basic punch properly; in the case of giving a punch jumping from the middle position, we tend to add a useless action, making the punch slow because it occurs after preparing the fist, and not being able to do it from the position where it was.

This also happens in competition. This action is not free, big, useful art, but it uses strength unnecessarily. If you do it once a day, in one year you will have 365 times of useless actions and also, since you will be taking a bad habit, it turns out to be an obstacle to progress.

I would like to add that there is no supreme art as we said before, though. The good and bad are relative, that is, they depend on the opponent. Therefore, if the action (even supposedly bad) serves as a threat, depending on the opponent's

ability, we can't say it is useless. It is a tactic.

### ***Quick Actions and Precise Actions***

A quick technique is a technique with a short trajectory, lacking of any useless action, which is done in the shortest time with maximum efficiency. It is an application of the correct basic movement. But it could be understood (if you read in depth about the basic movements) that the quick technique can be slow and ineffective.

It is natural to use the quick technique if it is tactically effective. But on the other hand there are specific techniques, which can be slow but which have other advantages. The precise techniques can be attacks on the eyes, pressure on vital points with the fingertips, bites, scratches, strong grips, blows with the elbows or knees. The quick technique mustn't be just fast, of course, but it must be strong and targeted.

### ***Martial Technique and Self-Defence***

Clearly, under the Rule of Law the responsible for the safety of life and the property of people is the State, but in practical reality we can't count just on the power of the Rule of Law. Sometimes unexpected damage is suffered due to a lack of attention. In these cases the damage could be prevented or reduced to a minimum, knowing martial arts.

Learning martial arts is good. However, in its practice as the way of Bu, the important thing is the mind preparation and the use of the art is the final step. What we have to bear in mind is that the practice of martial arts may cause damage if we don't pay attention. There is also the risk of mastering the art. The more is known about martial arts, the more careful we must be, because nowadays they should only be used when life is in danger. It is important to have confidence in our arts after years of practice and knowledge, but relying too much on them by pride can be very dangerous.

There is no bigger misfortune than having to use the martial art in the street. The aim of the practice of Budo lies in finding ways to fulfil the desire of not using this art in a lifetime. In other words, going deep into the path of Peace.

### ***Mind and Heart Preparation***

As we have already mentioned, using the art is a misfortune and a contemptible measure. In ancient times it was said: "once the man leaves his home, he has seven enemies". Although he has good knowledge of martial art, if he is suddenly attacked he will be in a bad way. The

discreet samurai was always ready. When he went to bed, in summer, he used to sleep with the sheath of the sword a little outside the net. There would be no remedy for him if the cord to hang the sword was cut and he would lose freedom of movement, like a fish caught in the net.

(Note by the Spanish translator: Hironori Ohtsuka told an anecdote about the well-known as "Saint of the Sword", Itosai Ito, who slept like that and who defeated in an instant an enemy that attacked him.)

Once upon a time there was a famous swordsman. One night he was invited to a friend's house, drank too much and came back home zigzagging, with the help of the lantern carried by his servant. The next morning, the servant who came to greet, asked him: "Master, you drank too much last night, but nothing would happen if you suddenly were attacked him, would it?". And he replied: "Indeed, because if I lose the freedom of movement, I will fail. A samurai mustn't drink too much". He was right, even if he was a swordsman in...a novel.

When a samurai meets someone on the road, he uses his left side to make way on his right. This is to be able to draw the sword. The Japanese habit of walking on the left side may come from this habit.

(Note by the Spanish Translator: The car driving is like this, even at present).

The samurai leaves on his left enough room to dodge an attack and he walks quietly, to be attentive to any noise. When we pass someone on his way, he walks looking at him out of the corner of his eye, without moving his head. When he turns on a corner he does it quite far from the wall (never very close to it) and when he opens the doors before entering he always makes sure if there is a danger or not. Alike, when passing through a small door, he first puts his kimono sleeves attached by the fan inside the door, then he puts his right foot and then he goes in.

A thief, if he is veteran in his profession, after removing the sliding door outside, doesn't break into a house until he verifies that there isn't an ambush (it does it by poking a stick into the place covered with a towel).

When I was a child, more or less in the year 35 of Meiji, many samurai of feudal times were still alive. There was a man who was 75, Yoshio Suzuki, whom I knew well. He was a great swordsman and when I greeted him he greeted back at me and he also looked at me out of the corner of his eye while he was walking very quietly. For him, it was already a habit, but I was a ten-year-old boy who didn't have any murderous purpose.





In the ancient times, the managers of the game clubs who had to stop many fights, sat in front of the table of a square Japanese brazier, a long cross pipe in their mouth. It was the common image that was in the movies or on television. When this person received an unexpected attack, he instantly threw the pipe to the enemy's face, while he moved his body to the left, picking the sword, he kicked the brazier with one foot to hit the enemy's shin and when he tripped over the brazier he was suddenly counter attacked. The brazier is made with a kind of elm and its wood is hard and usually quite high. The pipe, the brazier, sitting at the table, all this is a device for the daily mind preparation.

Another thing that is also in the movies: The Yakuza put their right hand closed on their chest, with a belt at their hips and the kimono very loose. The left hand inside the sleeve and the hand cloth on their shoulders. As they were caught by the neck saying "hands up", they took their hands out and they put off their kimono, as the belt was very low and the kimono could be easily put off. At that time they could be naked and barefoot. Those who attacked them had just caught their clothes, while the body wore just the belly girdle (made of white cotton cloth) where the weapon was hidden.

It is not so admirable, but it is also one of the mental preparations in their own way. When they sit, they previously pay attention to the entry and the exit and on things that are within their reach, in case they need to throw them.

The way to holding the pipe in the mouth is also a preparation. Usually it is smoked placing it straight ahead, but catching it well with three fingers is placed in crossed position, avoiding the danger of having it inside the mouth. Also very cautiously, they take aside the cup of tea without putting it on the palm of their hand and they catch it with the inside part and with the index finger. This prevents it from hitting them on the face.

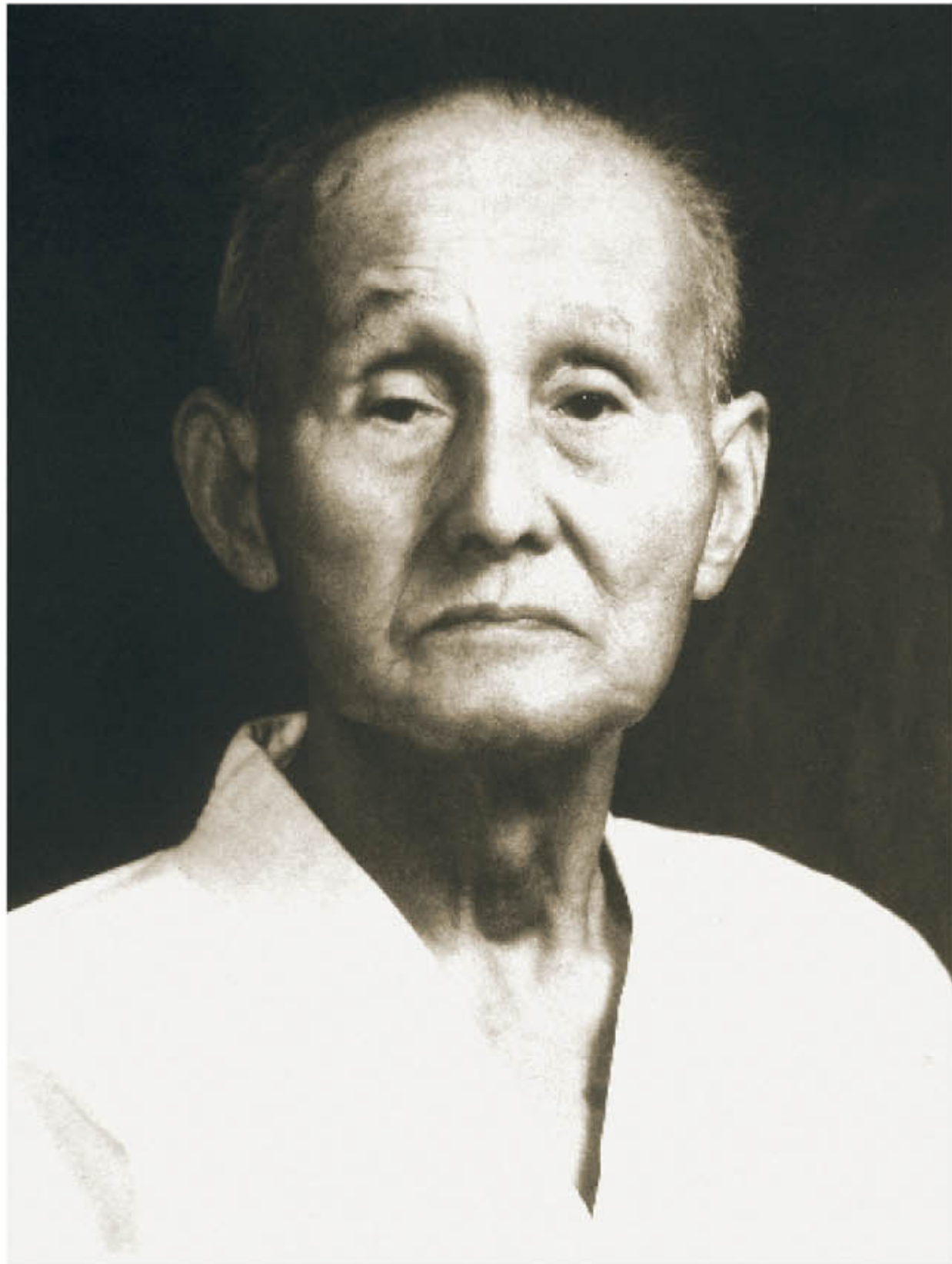
In our time, for the lady who lives alone, it will be very useful to think of ways to use the pots at home. When we go to the street, we must pay close attention at the time of crossing where there is no pedestrian crossing, when getting on the train, on the car, etc.. For example, when taking the train, it is best to get in in the middle of it. In case of an emergency stop, we must assume the impact of the head of who is next to us, as the body will be thrown in the direction of the train movement. I often go to Kansai in the express train and I have seen twice packages falling from the grid on some passengers' head. For the movement of the train, the package gradually slid and didn't fall down, but in the direction of travel. This is due to the gravity of Earth and the inertia of the

movement of the train. Of course, it depends on the weight and size of the package and also the speed of the train. Anyway, it is not useless to pay more attention on the packages. It needs mental preparation for almost 24 hours a day, since a human body or an object may fall from the top of a building, when we are walking down the street. We must think that it can fall on us, and we should therefore be vigilant and turn that attention into a habit.

I have the experience of having been saved after a big earthquake. A day that was very windy, a rather big piece of wood came flying down the street. By then, I was training many exercises for mind preparation, so I was able to dodge it and nothing happened to me, but one pedestrian was injured. This type of accident is a real misfortune.

The first thing is not going wandering without a clear objective along the neighborhoods of fun and recreation, and closing the doors, although we must think a solution in the case of a fire or an earthquake. At least, the knife, ropes or things that may become lethal weapons must be put away for not being in sight. People from the past were very well prepared mentally, for fear of having a "surprise".

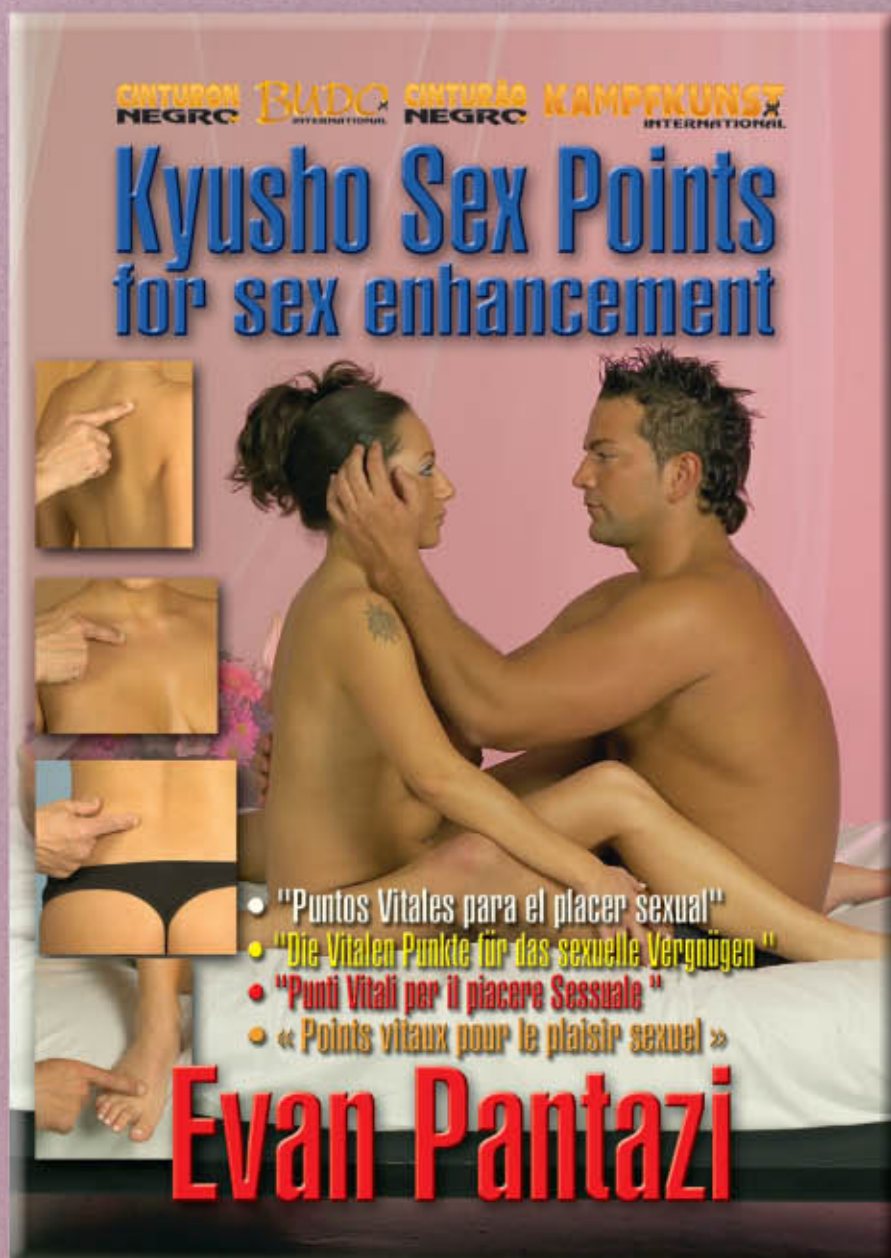
This kind of prudence has to be imitated. Especially the family education provided by mothers have much influence on the future of children. I hope that "the educating mum" will pay attention to the training of her children, keeping this prudence in our era.





# Kyusho Sex Points for sex enhancement

# Evan Pantazi



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## HALL OF FAME 2007

VALENCIA, SPAIN











# BUDO INTERNATIONAL

## The International School of Martial Arts

# HALL OF FAME 2007

## VALENCIA, SPAIN



The seventh edition of the most prestigious international gathering of Martial Artists, the Budo Hall of Fame of the International School of Martial Arts has taken place in Valencia, Spain.

It seemed impossible but it has been achieved. Colonel Sanchis has bettered himself and with his personal and unique leadership, he has brought together, in an atmosphere of brotherhood and comradeship, some of the most prominent names on the world scene. The event, held under the auspices of this magazine, was presented by our director D. Alfredo Tucci along with Colonel Sanchis.

The gala dinner was exceptionally funny and

moving, the cheerfulness and friendliness were once again in the air, full of surprises and new guests to this select club of friends who under the heading of Unit, Quality, Honor, annually meet in this unique and wonderful celebration.

In addition to the dinner, the usual joint seminar was held, and the meeting of the international confederation of police and security experts. The party and joy spread over several days, with visits to picturesque castles, and especially with this great fraternity that make this a unique and exceptional event in the world scene.

Text & Photos: © [www.budointernational](http://www.budointernational)

**G**reat mood and lots of fun, respect and kindness, friendship and cordiality as a backdrop, one more year the Hall of Fame didn't disappoint. Masters and friends of Budo from all countries met again. In addition to the usual famous names this year there were names of international stature, who visited us for the first time and left really happy. "The spirit of Budo, an exceptional environment, outstanding people" said

Brazilian master and a world reference of Japanese Bugei, Jordan Augusto, accompanied by his beautiful wife, Juliana. The board of directors of the event welcomed, as warmly as always, a new member this year, the American Grand Master George Bierman, and the "board of advisers" joined two of the most significant names in the current scene in Hapkido and Kenpo, Larry Tatum and Jon Pellegrini. "In over 60 halls of fame that I have attended throughout the world this has been

by far the most incredible one" said the great master of Combat Hapkido, Pellegrino. "We are delighted to be part of something like that, we couldn't imagine something similar", said great Master Larry Tatum, accompanied by his lovely wife. There were many new friends who enjoyed for the first time this meeting: "Wow, what incredible days, in the best company" claimed the American writer Rick Meyers after his first experience in this event. The actor Vincent Lynn, Alfredo Tucci, the







great Master of Kung Fu Paolo Cangelosi, accompanied by some of his most outstanding students (Big Fabio!), Sri Dinesh and his family, people from all over the world, a very long list that we can't enumerate, all of them with a single point in common, their real devotion to the Martial.

Masters Llongueira, Jose Luis Isidro, Dabauza, Socorro, Octavio del Valle and many others repeated as always, bringing their strength to this hard core of the Hall of fame, this year enriched with people of the stature of Salvador Herraiz or cherished people, as the leaders of Mugendo in Spain, who highly praised for the superb organization and great spirit of the meeting.

This year, as a new guest of honor, we had the osteopath and Karateka Master Gustavo Reque, from Marbella, Spain: "Congratulations for the great space of friendship and martial fraternity, full of wonderful people".

There were several exhibitions such as the one made by Sri Dinesh's children, a great performance! Indian dances, breaks and nunchaku, headed by Paul Camacho, and eventually the Spanish musicians of the Tuna! who caused the excitement of the public. After the dinner there was dancing, karaoke, and many, many laughs.

It is probably unfair not to mention all masters and friends who made part of this occasion but at least you will see the list of people who were honored.

The next event will take place the first weekend of November 2008, as always in Valencia, at the Hotel ABBA ACTEON. If you want to take part in next year's edition and for further information, visit our website [www.budointernational.com](http://www.budointernational.com) or contact Colonel Sanchis at [ismahof@gmail.com](mailto:ismahof@gmail.com).

*On this page some of those attending the ongoing joint seminar, normal meeting on this event, held on Saturday morning. In the preceding pages: Collage with the great moments of a night gala absolutely unforgettable.*



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With our most sincere thanks: Culture Councilwoman Ms. Maria José Alcón and Sport Councilman Mr. Cristóbal Grau.





# Rodrigo Minotauro “Balboa”







After a tough 2007, when he left btt and spend almost six months sharing his trainments among friends academies, Rodrigo Minotauro Nogueira started 2008 in great style, making two of his dreams coming true. First he finished his own training center (the best structure in Brazil), and finally Minotauro got a dreamed heavy weight champions' belt of ufc in a historical battle against former champion Tim Sylvia, where, after being beaten up badly during two rounds, Rodrigo showed the guts that made him famous in japan and submitted Sylvia in the third round, being nicknamed brazilian Rocky Balboa by american fans. With this new title, Minotauro completed a record of 36 fights and 31 wins (being 19 submissions), being the only fighter in the world who gained 4 heavyweight belts (UFC, Pride, Rings and Wef). Back to Rio de Janeiro, Nogueira talked to us about the title and the plans for his new training center that is already being considered the no1 team in Brazil.

*Up & down: After passing bad moments in the 2 first rounds, Minotauro finished Sylvia with a guillotine*

Text: **Marcelo Alonso**  
Photos: **Marcelo Alonso & Josh Hedges/UFC**

## MINOTAURO "BALBOA" WINS HIS 4TH BELT

**Budo International:** how do you feel after get a heavyweight title again?

**Rodrigo Minotauro:** For sure I'm very happy. I got very close to get a title again in 2004, when I was wining the fight and Fedor got cuted, latter in the end of the year He really won the fight. Last year I came to UFC, a new atmosphere, a whole new world, I did my first fight to get adapted in the octagon, which is a totally new reality. In the second attempt I got the oportunity to face the ex-champion, totally adapted to the octagon, suported by the whole cheering and in a great shape.

**B.I.:** did you expect to have such a hard time ?

**R.M.:** I knew Sylvia was a tough fighters. My idea was exchange some punches, clinch and take him down, but He was very well positioned and blocked most of my single legs and used his longer arms to hit me a couple of times from over my jab. He has a heavy hand and we stayed for about 10 minutes exchanging punches. But when I finally took the fight to my natural habitat I made my game happen. As I said before I played his game for 10 minutes and He played my game 2 minutes. I won but Tim Sylvia proved, once again, He is a great fighter who deserves all my respect.

**B.I.:** is it true that after the fight tim went to talk to you?

**R.M.:** That was true He went to talk to me saying that He always saw my fights since he started. He said He was my fan since Pride times. Tim is a very Nice guy. Actually we always had a great relationship because we use to have the same group of managers in the past. Some years ago we even talked about training together, but it never happen.

**B.I.:** tim sylvia, bob sapp or cro cop which was your toughest fight?



*Com Anderson Silva e Minotauro unidos a nova equipe já começa com dois cinturões do maior evento do mundo.*

**R.M.:** It's hard to indicate which one. This fight against Tim Sylvia was so though as all against Cro Cop and Bob Sapp, Tim was tactically well trained. I had a hard time to bring him to my game. Somehow it was cool because the Americans didn't know me well before this fight and in this fight I had the oportunity to show my style that marked many of my fights in Japan. I got happy that after the fight people were calling me the Brazilian Rocky Balboa.

**B.I.:** what passes trough your mind on the though moments like these three fights?

**R.M.:** I always think positively, I don't: think "I suffered a knock down, what's next?" Every fight I think I'll win. I keep thinking that I'm ok, I'm awake and will go like this until the end of the fight trying do submit. I always believe that I can and I'll grow on the fight. Then my resistance makes the other fighter thinks: "I'm punishing him badly, I gave all my power and he's still stands!".







*Minotauro and his partners in his new CI*

**B.I.: who must face you next time?**

**R.M.:** I don't know yet, I face anyone UFC choose, but I really hope Randy Couture and UFC comes to an agreement. It would be a great pleasure for me to face him for the title.

**B.I.: is it true that anderson silva became part of minotauro team?**

**R.M.:** I wanna make clear that the team is not mine. There are a lot of other champions training here, so I don't think it's fair to use Minotauro Team or Nogueira Team. We have me, my brother Vitor Belfort, Rafael Feijão, Castello Branco, Cigano, Maldonado, Amaury Bitetti and many other champions training here. After his fight with Dan Henderson, Anderson, my brother and me will decide the name of the team. Today, Anderson is from my team, trains with us since 2004 and I consider him one of the most important Muay Thai instructors to me. The most important is that my dream is coming true and the training center is almost ready.

**B.I.: one year ago, chute boxe was considered the no1 mma team, because they had two R.M.:pride belts. your team**

**begins with two ufc belts, would you say that today your team is the best mma team?**

**R.M.:** I consider one of the biggest, or even the biggest. On infra-structure, teachers and students I believe that we're well. Our team is new, we have a lot of things to work and develop, we're starting now but, in one year, I believe we'll be the best MMA team of the world. We're not saving money in structure, our intention is to create a center here and one at Big Bear, to train our athletes when they fight at United States, training at 3.000 meters high. We're already BUYING the place. It won't big as big as this one, but will have octagon, bedrooms, and with that I believe that the team has everything to be the best of the world.

**B.I.: why is it harder to fight at usa?**

**R.M.:** Because there, the atmosphere is different. It's difficult to adapt your fight to American way. At Japan, the crowd is quiet, at United States there's more light on you, five cameras surrounding you while you go to the octagon. If the fighter is not too concentrated, he becomes too nervous. Cro Cop, for example, couldn't take the UFC pressure.

**B.I.: cro cop didnt get adapted to the octagon and returned to japan, would you like to do the same?**

**R.M.:** If Ultimate would make some event in Japan I would have a great pleasure to fight in there, but I wouldn't break my contract to fight in there.

**B.I.: who do you think is able to rob's quinton's belt in UFC?**

**R.M.:** I truly believe my brother Rogério would make a great fight against him, but unfortunately Rogerio is not in UFC. Concerning the fighters who are under UFC contract I believe Lyoto Machida will get this belt. I had the opportunity to train with him and I can say the guy is really tough. If they put him to face Quinton I believe He will get this belt.

**B.I.: do you believe you've showed that jiu-jitsu still is the most important art for MMA?**

**R.M.:** Jiu-Jitsu is the key of everything, the Boxing game is a lottery, I can knock out a man or he can knock me out. Otherwise, today, a man can't get in with only Jiu-Jitsu, he needs to know Wrestling, Muay Thai and Boxing.



# Half Guard Vs. Half Mount

**W**hen someone asks me why I changed the name of the Half Guard to Half Mount, I always answer that it was... for fear.

In a real fight there are blows. If there aren't... it is not real. And if there are blows... we must be afraid.

If we are fighting on the ground under our opponent and we aren't afraid of his blows, we can have a serious problem. Being afraid will make us be more careful with the movements we do in that position, both in training and in the real confrontation.

In the case of the half mount or half guard position, I firmly believe that it is high time to review the technique and apply this concept to change its name.

For years, this position was regarded as simply a variation of the Guard position because of its continuous application in grappling tournaments, with or without clothes.

Observing the position, we can see that we have one leg in the guard and the other one in the passed guard (crossed or mounted). It depends on our point of view. We can see it as a position which is closer to the guard (on the ground, considered the least dangerous position when we are under our opponent) or closer to the mount (as the opposite extreme, far more dangerous than the guard, if we are referring to a real fight, with blows). When someone associates this position to the guard, he isn't feeling threatened being under and thinks that his opponent needs to finish "passing the guard"... but this is not the case. At least it is not in a real confrontation. However, if we associate the position to the mount, when we are under the opponent we will be concerned about it, because we will think that our opponent is already almost in the mount. And I think this is a much more realistic vision.

Since the outbreak of the MMA, this position was basically used with a grappling approach where, obviously, this position offers many more offensive possibilities from below, since in those fights blows are not allowed. But when they are applied in a MMA fight, it completely changes.

For many years, when I have taught attack and defense techniques from that position to the members of the S.H.O.O.T. team (I+D) I always tell them this:

-- If you're below, with your opponent in the guard and he passes a leg... you already must be afraid. He has already 50% of the mount on you and from there he can end the fight.

-- If it is you who is over him, in the guard, and you pass your leg... you must be happy and ensure that position, because you already have 50% of the Mount on him and from there you can end the fight.

If it is the same position... why do we make a

difference in the name? Actually, its name describes it and, therefore, we see it as "safe" (Half Guard) or as "dangerous" (Half Mount)... and I want them to see it clear, realistically, with all its potential danger. When we are under our opponent, in that position, we can think: "- Well, it is nothing serious, I'm still in the Half Guard..." That is fine from the grappling point of view, because in that game our opponent can't beat us. But if we are in a real fight... a street assault, or a MMA fight..., the situation drastically changes. In that case, in a real chance to receive blows, we will really feel that we are in a very bad position. That position is now almost a mount and as such it should be of concern and thus we must defend it. In that case we should think: "- Look out! I am under the Half Mount!"

And that's why I repeat, it is not just a question of naming the position, it is much more:

Naming this position one way or another (Half Guard or Half Mount) can make the difference between victory and defeat.

## Technical Detail Of The Half Mount Position:

### Offensive:

If we fall in that position on our opponent, after projecting him, we have passed a leg from the guard or we are for any other reason in that position, we must ensure it to avoid our opponent going out of it. From there we basically have three options:

- A) Beating him
- B) Trying to end
- C) Improving the position

The selected possibility from that position may turn the fight in our favor or against us.

### Defensive:

If we find ourselves in that position, first we must grab our opponent in order to:

- A) Avoid his blows
- B) Make his endings difficult
- C) Have time to think

Then we must focus on going out of that position... and forgetting risky moves such as blows or ending attempts (from below) that could put us at a serious risk.



Alejandro Iglesias

www.franquiciashoot.com





# Illusions

**T**he sparsity of literature on the relation of Zen and the martial arts is understandable as most of the arts emphasize physical excellence and care less for spiritual development.

A strong exception has been in the art of the Japanese sword and to some extent in Japanese archery. But, it is with the sword that Zen made inroads.

Yet, even the most meticulous academic research will only bring to light that the samurai adopted Zen after proficiency with the sword and not the other way around. Did a man of Zen take up swordsmanship, become a master and propagate a school? if so, why has no light been shed on the matter and why the obscurity. I once asked a sensei and this is what he told me.

"The only exception," sensei said, "and I repeat, the only exception, has been

Tsuji Gettan, the founder of Mugei Ryu. Most swordsmen went into Zen from the sword, but Gettan went from Zen into the sword. His was a rare case and no other ryu resembles his ryu. He was a seeker of truth and reality. He did not fire the popular imagination as he did not have a record of wins,

although no one can say they beat him."

Tsuji Gettan died on June 23rd, 1726, at age 79, while sitting in a lotus position in deep meditation. Once when asked as to what style he was teaching, he said, "Mugei Ryu", which means there is no other.

My ryu is based on Zen theory,~ therefore, one must take Zen and understand Zen. Then and only then it may be possible that one can receive menkyo-kaiden.

Although from a powerful and wealthy family, he was not ostentatious. He lived a simple life. In fact, it is recorded that

if one were to see Tsuji Gettan walking down the street, one would not be able to see if he was a samurai or maybe a very poor man walking. His clothes were worn threadbare with a patch here and there, but on close examination, one could see that the clothes were clean and well cared for. It was a simple case of a man who had given up finery.

"Why Zen?" he was once asked.

Because Zen teaches you the importance of everyday living. Zen teaches you that the greatness of life is not in artificial things nor material comforts, but in ordinary life doing ordinary things in ordinary ways, and that it is a delusion to believe there is something special because we are humans and feel superior to other forms of life.

And most important of all, Zen teaches you reality," Gettan continued. Reality! And what is reality?

"Reality is life, stripped of illusion. Since we depend on our five senses - see, feel, taste, smell and hear, we deny anything that we cannot see or feel, for example, and we cling to the illusion that we call life. If the swordsman understands reality, he becomes the perfect man without illusion."

As diligently as Gettan practiced with the sword, he put in twice the time with Zen. His sword looked weak and soft to those who exulted in strength; but when anyone faced him, they found the tip of his blade right in their faces, no matter what they did.

Someone once remarked, "I felt like a small insect hanging onto the trunk of a big tree. It was a helpless feeling and I could not get away from his blade. It seemed glued to a spot right in front of my eyes"

One day when Gettan was chopping some firewood, he was accosted by a samurai who wanted to gain a name at the expense of Gettan.

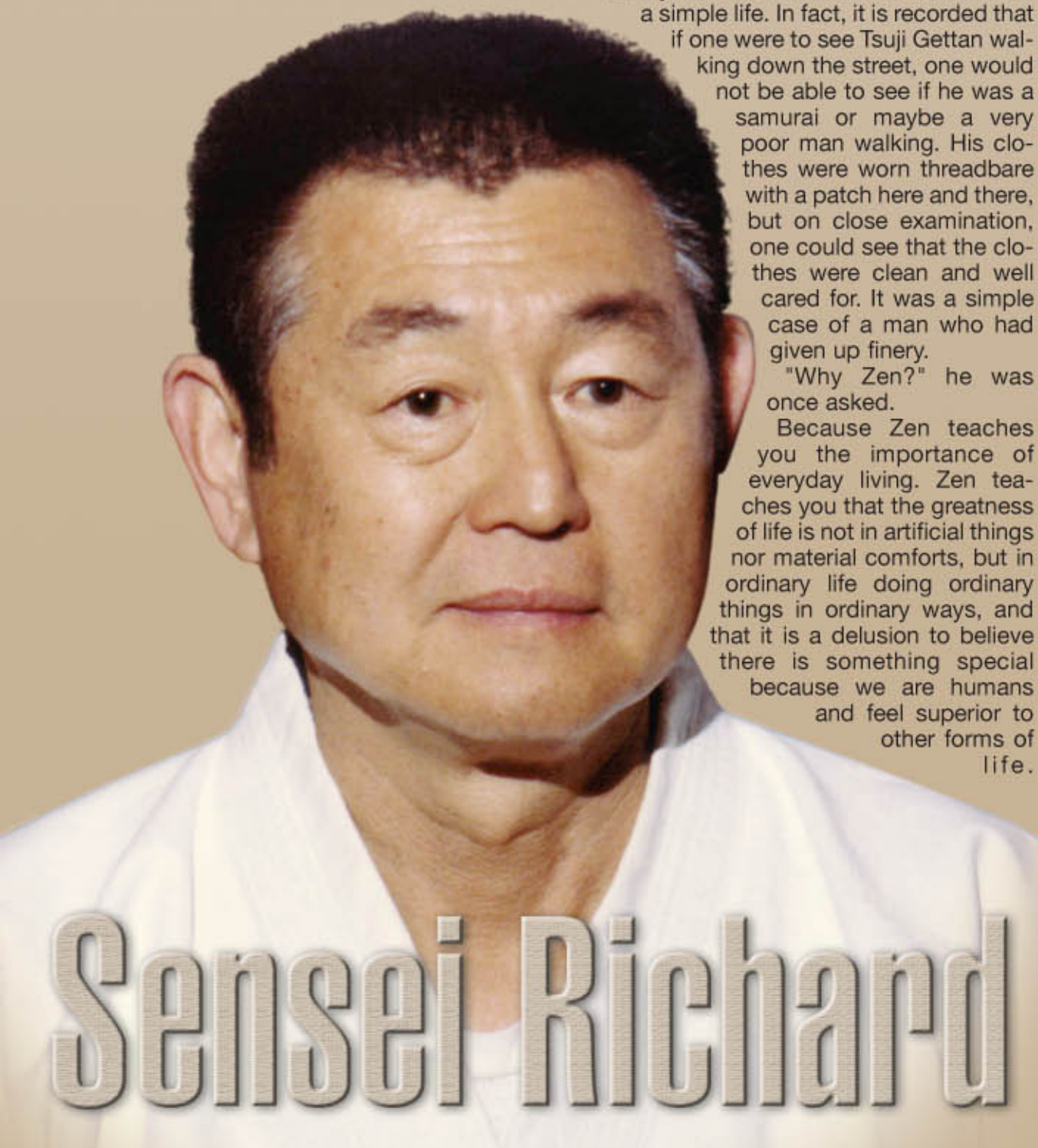
"Gettan," the samurai called out, "I have heard so much of your style compared to which there is no other. I am curious and want to see it. Can you show me?"

"There is nothing to show," Gettan answered and continued to cut firewood.

The samurai edged towards Gettan and kept on insisting, "But as you are the founder and the best exponent of your style, I insist."

And while talking the samurai came right up to Gettan, mouthing off. Before the last words were out of his mouth, Gettan said, "Something like this", and hit the samurai on the head with a piece of wood.

When the samurai recovered from the blow, sad but wiser, Gettan said, "Illusion, my dear man, has been the downfall of many. Do not be like the monkey who was seen scooping up water from a pond as fast as he could scoop and when asked as to what he was doing, replied, 'I am scooping up the moon so that I can hang it in my house and have light always.' The poor monkey did not realize that he saw the reflection of the moon in the pond and not the real thing. It was illusion and not reality."



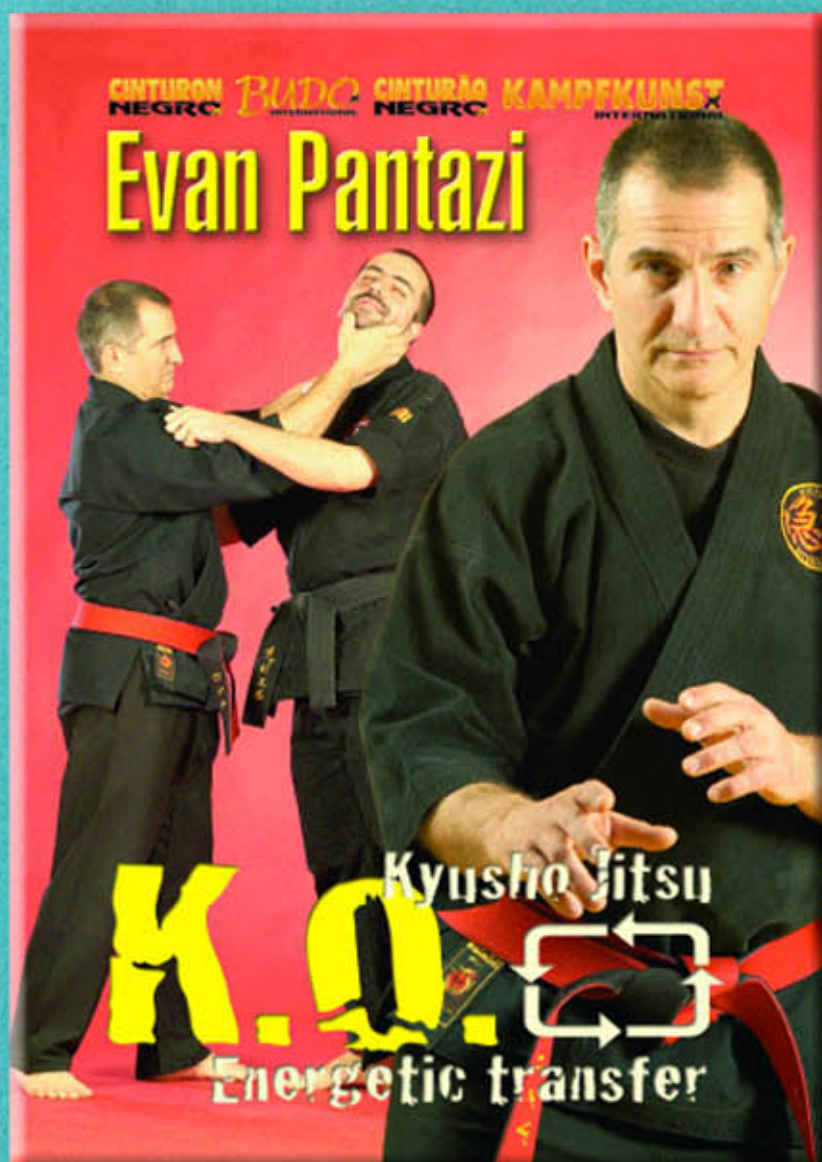
Sensei Richard Kim



# K.O. Kyusho Jitsu

Energetic transfer

# Evan Pantazi



Kyusho is not based on power, speed or handling of certain weapons. What is essential to develop skills in an appropriate way is the proper flow of energy in the opponent's nervous system. In this volume we will look at the ways to send an energy boost to the whole nervous system, to get to paralyze the opponent. This information may help you to understand and develop the Vital Touch which is needed in Kyusho... and which is beyond most beginners. It isn't just about knowing certain targets or the best angles to have access to them, but to develop such touch, which is essential. That is also why Kyusho seems easy but sometimes can be tricky, especially for beginners. Once these concepts have been learned, the possibilities and skills of practitioners of Kyusho increase.



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## Muay Thai

1

2



# The techniques of articular luxation in Muay Boran: Support

**T**he Muay Thai is known as the science of the rational use of natural weapons in the human body, mainly the hands, elbows, legs, knees and head. The aim of the offensive actions of this ancient Martial Art is to put the trainee in condition to perform blows with maximum power, taking as a target the weaknesses of the anatomical structure of the opponent, thus overcoming the limitations imposed by the physical structure itself. In the case of having to face a stronger and heavier opponent, the Thai Boxing deeply prepares the bone parts which form its armoury (fists, elbows, knees, tibias and feet), turning them into real blunt objects, even capable of killing a powerful enemy.

If it is true (and it is indeed) that the effectiveness of the Siamese fighting art is based on the application of blows performed with several body parts, of course it will be important for trainees to develop a range of support tools that put them in condition to apply the percussion techniques in the most efficient way. Among the various support actions for blows studied and trained in Muay Thai, the most elementary ones are the grips and the grappling. The classic use is to apply grips during hand-to-hand combat,

when the Muay Thai expert grabs and blocks several parts of the opponent's body, particularly neck, arms (at the shoulders, elbows and wrists level), trunk (down, at the level of the kidneys, or half back, or grabbing the opponent from behind, at the level of the abdomen), legs (ankle or knee). The main objective of these grips is to block the adversary or to pull him toward the blow which is coming, increasing the impact of the attack (fist, elbow blow, knee blow, kick or head blow).

In fact, in the technical armoury of the most expert Kru Muay (masters of fight), there are many techniques that, starting with the grips we have mentioned before, try to damage the bone structure of the opponent through twists and violent and sudden tractions; those techniques, which include articular luxations, were a part of the technical background of Muay experts for centuries, being gradually left aside after 1930, for their banning in sportive fights (actually, the subsequent use of boxing gloves made almost impossible the grips).

In the traditional forms Mae Mai and Look Mai, there are more or less explicitly many techniques of that kind, which in most cases are applied on joints in the neck, elbows, shoulders, ankles and knees.

Usually, dislocation techniques of Muay Boran have two main functions: the first one is directly damaging the joint, the second one is placing the adversary so that he can be hit more easily or with more power or taking him violently to the ground.

Contrary to what happens in other eastern Martial Arts, for example Judo and Ju Jitsu, in Muay the joint lever action never seeks to control the adversary, keeping him in an established position for a long time or making him concede defeat for a progressive increase of painful stimulus. The levers of Muay Thai seek to instantly break the joint and if they fail they quickly can be combined with a series of blows on unprotected sensitive areas.

Instead, as in other Arts, such as Karate, (to keep to the field of Japanese disciplines) the techniques of grip and luxation represent a supportive technical structure for the Thai boxer and are never used as primary techniques. In other words, Muay teaches us to hit the opponent in the most efficient way, from long, medium or short distance. In the latter case, in order to make the attack easier and the percussion more powerful, you learn to use a broad armoury of grips; if you have the opportunity during the combat, the

# Marco De Cesaris



3

4

Thailand



## Weapons

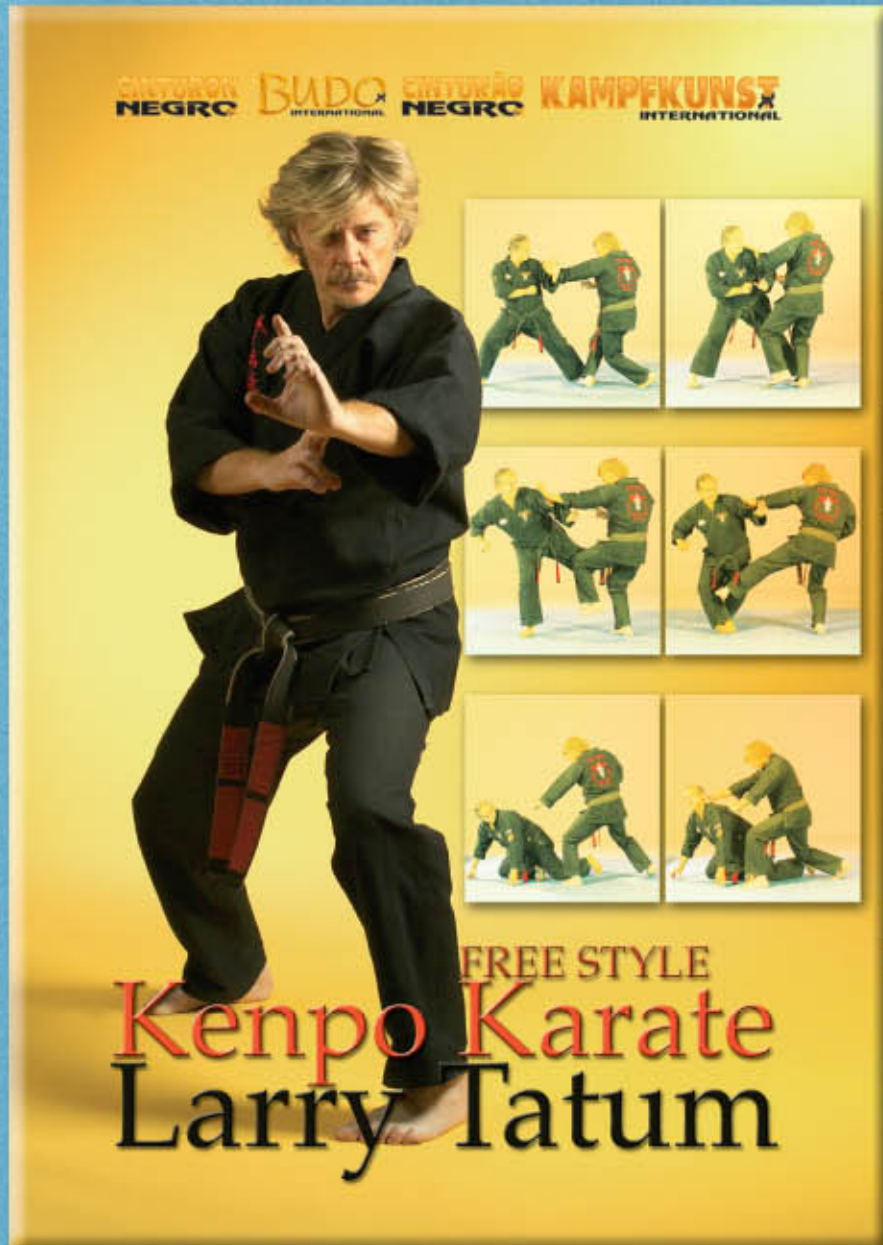
grips and blows can be combined with quick actions of articular luxations (or projections), which if successful could be more efficient than percussions. However, the Thai boxer must immediately return to his own ground, that is, to hit with natural weapons, always keeping the blows as the main system of attack.

Anyway, despite being a secondary element in the study of Muay, the explosive techniques of joint breaking used in ancient Siamese fight have a great interest for each Thai boxer, expanding the horizons of those who consider Muay Thai as a mere ring discipline, as it happens in modern Kick Boxing.

[www.muaythai.it](http://www.muaythai.it)



# FREE STYLE Kenpo Karate Larry Tatum



In this DVD the Great Master Tatum, assisted by Masters Luelmo (7th grade) and Camacho (6th grade), representatives of LTKKA from Spain, Portugal and Italy, develops the techniques called "Freestyle". With these techniques the practitioner will gradually learn the structure and will understand the process of formulation. As for personal defense techniques, there are four basic ways to face the opponent in combat. However, instead of naming the techniques, in freestyle they use letters and numbers to identify them and to create an equation for the combat, whose formula will allow us to chain movements.



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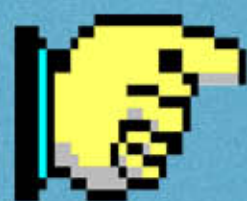


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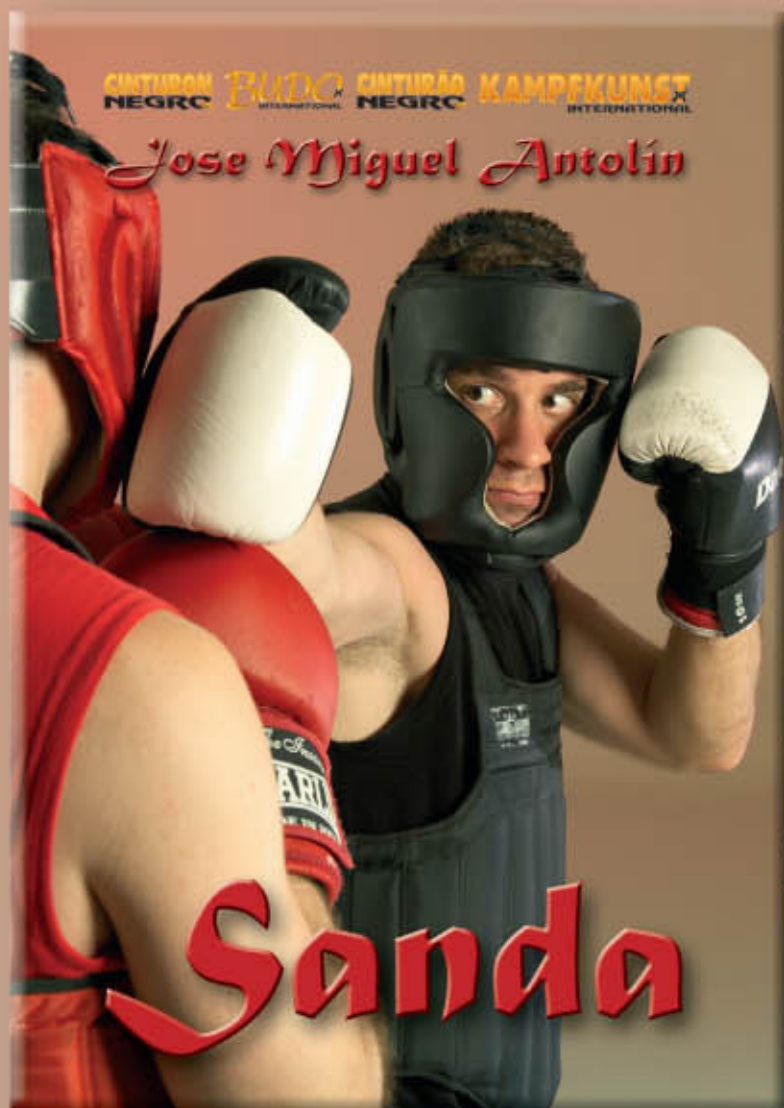
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The Sanda or Sanshou, the essence of fighting in Kung Fu, is becoming popular and is attracting the attention of practitioners of fighting sports all over the world, because of a regulation which is midway between Vale-Tudo and Kick Boxing or Muay Thai, adding projections and grips. It has a sport element missing in Vale-Tudo, a greater technical sophistication, a great spectacularity and, as a result, it has the potential to become the most complete formula of sportive combat created so far. This first DVD shows the main features of Sanda Ming Ch'uan, how it is worked, some of the most used techniques in competitions and the keys to enter the wonderful world of Sanda combat.

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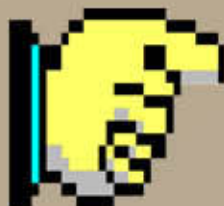


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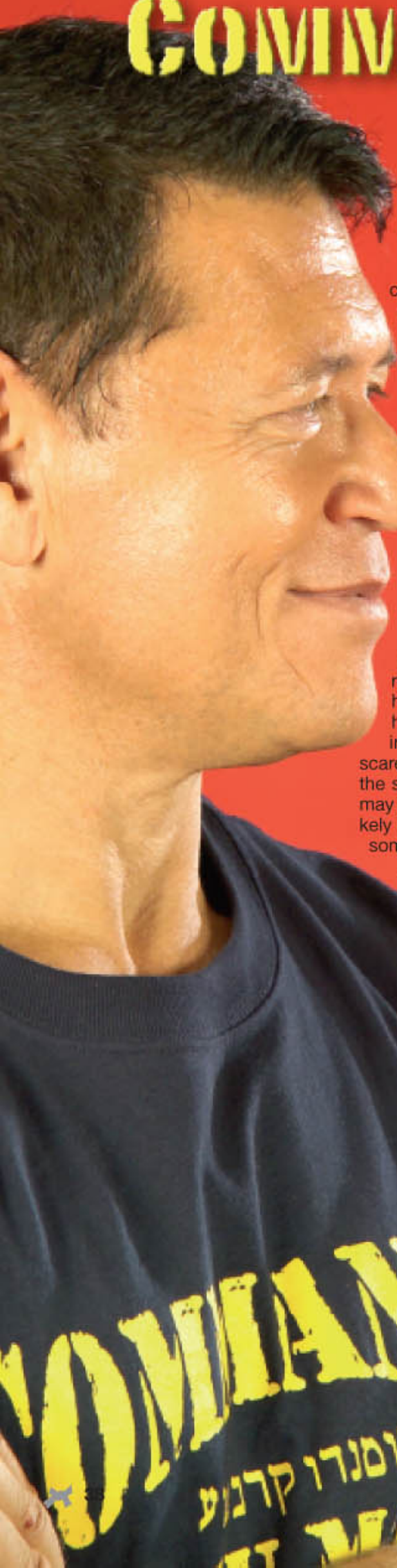




# MONI AIZIK

## COMMANDO KRAV MAGA

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**H**ow ready are you for an unexpected brutal street attack? Imagine yourself walking to the local video store when you're suddenly faced by two thugs. One is wielding a knife and the other has a small club. In your gut, you know that giving them your wallet isn't going to make them go away. Even your extensive martial arts training didn't prepare you for this. All the hitting and kicking blocker pads mean nothing right now. All the in-class sparring didn't give you the same fear or adrenaline rush that you have right now. When the moment of truth is in front of you, how confident are you of going home alive? Violence is an everyday reality that we are faced with, whether we are going to work, staying home, going for a walk or taking the subway. It is common to hear about muggings, stabbings, home invasions and shootings every time you read a newspaper or turn on the TV. If you think it will never happen to you, how willing are you to gamble your life on it? Someone called me the other day asking about reality-based training. He was concerned with his safety. He's a teacher in a school where there has already been 800 cases of recorded violent incidents since 2008, and it's only March! What scared him was that one of his female colleagues left the school last week - in a body bag. Although this may be one of the most extreme cases, it's not unlikely to hear about a fight or violent incident from someone you know. The next time, you may be the one telling the story if you're lucky to have survived.

For these reasons, reality-based self defense systems have grown in popularity over the last few years. People want to feel safer and have peace of mind the next time they walk to the bank machine or through a park. These people are looking for a system that is practical, easy to learn and doesn't require

proofing! That's why Commando Krav Maga has become the fastest growing reality-based system in the world.

I originally developed Commando Krav Maga (CKM) for the Israeli Special Forces and decided to release CKM to the civilian sector after realizing that even the common person needs to be prepared for the worst.

Derived from guerilla warfare concepts, CKM is a complete defense system that delivers devastating street-wise tactics for any type of attack. Whether it's a confrontation against a striker, a grappler, someone with a weapon or multiple attackers, CKM prepares practitioners for the unexpected. The principle behind CKM is not necessarily to punish your attackers over and over but instead, to survive the confrontation and get home alive. After all, the only winner in a street fight is the one that goes home safely to their family. It's not about egos, it's about survival.

In Commando Krav Maga training, we always train for the worst case scenario. We always assume that there will be more than one attacker, that they are bigger, stronger and are carrying a weapon. In CKM, we like to address the "what if" situations. That is the only way to be prepared. Never assume but be ready for anything. This principle is emphasized in our CKM Instructor Certification and Intensive Boot Camp courses.

CKM Boot Camps are highly intensive and is great for anyone who wants to become a certified CKM instructor or for someone who wants improve their street survival skills. CKM Boot Camps require participants to have strong mental and physical conditioning. As the camp is about survival, the mental toughness aspect is in some ways more important than just being in great shape. Even people who regularly attend the gym and think they're in great shape had trouble with the grueling demands of the camp. The most successful candidates were the people who had a strong "mind over matter" mentality with a no-quit attitude. This is the attitude you need to survive a vicious assault in the streets.

The CKM Boot Camp is very different from most martial arts courses or seminars. Instead of spending hours on theory with limited practice time, the course is all about drilling. As well, training facilities aren't necessarily limited to a dojo. Instead, it can include the park, a playground or a parking lot. Because attacks can happen anywhere, CKM course participants practice in the most realistic surroundings.

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# Are You trained to survive?

ches, kicks, chokes and weapons. You are forced to adapt, create the most amount of damage as quickly as possible and escape before the next attacker comes at you. If you end up on the ground with an attacker on top, you have 5-seconds to get up using one of the evolutionary CKM tactics or you will soon find 2 others beating you with pads. It's not pretty, but it gets the point across.

The streets are filled

with surprises. You can never be ready since an attack can happen anywhere at any time. If you're ever faced with an attack, your first instinct should be to run or avoid the situation. If you have no choice the only control you have is to arm yourself with knowledge and instinct to survive.



To read more about the CKM Instructor Certification Course/ Intensive Boot Camp or to register, you can go to the CKM web site at [www.commandokravmaga.com](http://www.commandokravmaga.com). On the website, you can also check out the online store for our library of CKM DVDs including gun disarming, edged weapon defense, ground survival and many others.

To learn more about Commando Krav Maga, please log on to [www.commandokravmaga.com](http://www.commandokravmaga.com). Please note that THE ENTIRE LIBRARY of Commando Krav Maga DVDs are available at the online store on the CKM web site.

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





# MUAY THAI

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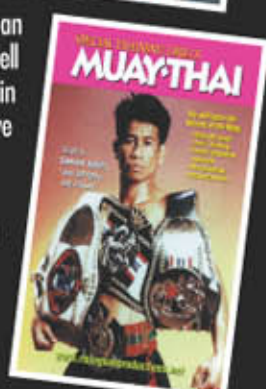
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**RS-0071** • Featuring Master Saekson Janjira. You will be so happy when you get this one and you will learn so much from Saekson who is a master of masters.



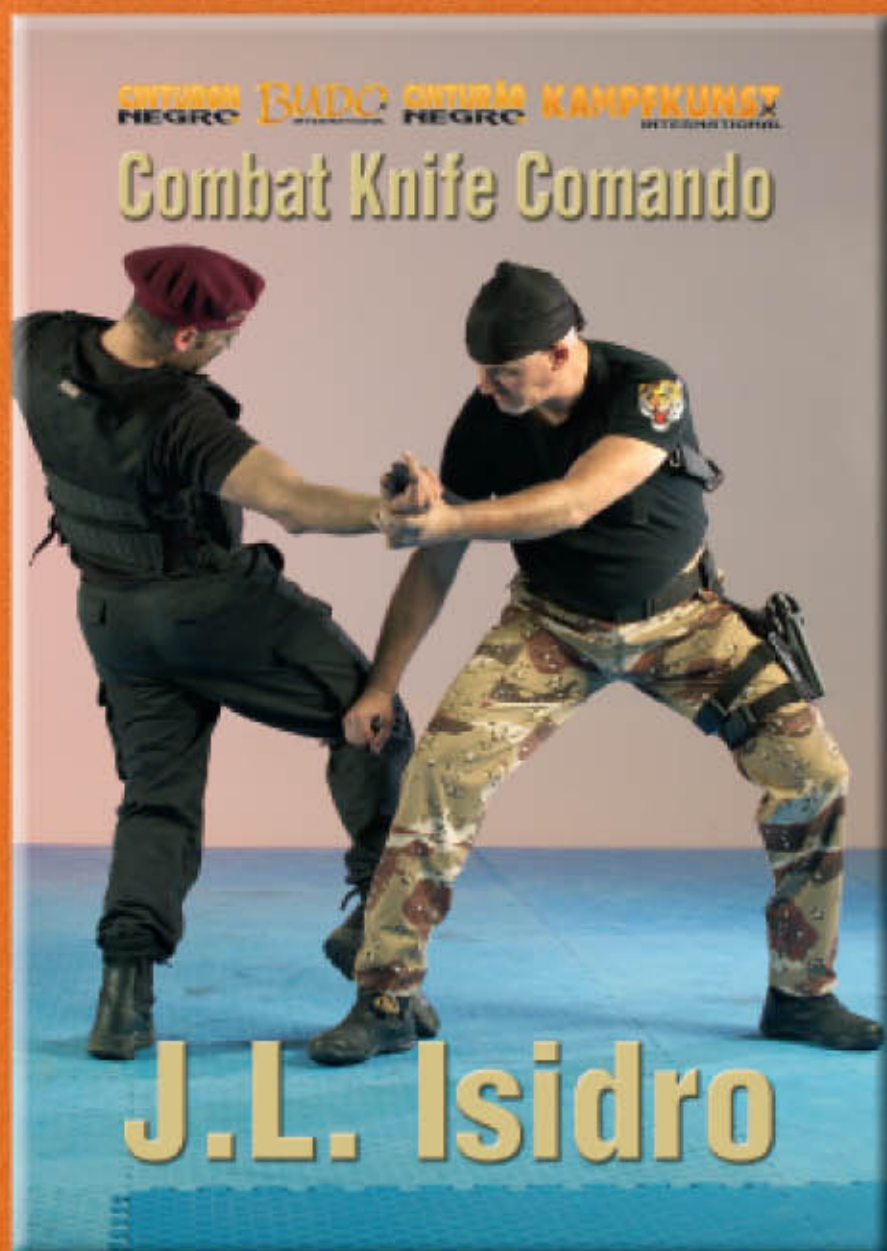
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# Morihei Ueshiba

It may be shocking in the era of the atom and the computer, the fact of talking about ki or chi or internal energy. The current Western mentality, exalted in its scientific rationalism, closes its eyes to a whole series of concepts and phenomena which it is unable to understand and explain: "what is not scientifically explainable it doesn't exist", seems to be the official maxim and yet, and despite the science, Acupuncture exists and works, being one of the most clear and know examples of control and use of ki. The world of martial arts has been cultivating this energy of life for thousands of years, although there is no need to go back so ago: Aikido, a martial art of our time, attaches paramount importance to the control of ki.

The founder of Aikido, Morihei Uyeshiba "O-Sensei," was famous for his extraordinary use of ki and for the exploits he was able of performing thanks to its control. Even the name of the martial art founded by him refers to that energy flowing both through the body and through the rest of the universe: Ai-Ki-Do (Way of Harmony or Unification with the Universal Energy).

It is known that some Great Masters, after many years of training, managed to harmonize their physical with their spirit. When this union took place, their life changed forever ... Very few have spoken or have tried to explain that moment. One of those who did it was Morihei Uyeshiba: "It was the spring of 1925. I was taking a walk in my garden, I felt like a golden spirit suddenly going out of the ground and surrounding me. At that very moment, my body and my mind were illuminated. I was able to understand the warble of a bird and I had a clear awareness of the mind of God, the creator of this universe. At that moment I was enlightened: the source of Budo is divine love, the spirit of loving and protecting all beings. A torrent of tears of joy slipped down my cheeks. From that time I have come to feel the whole world: the sun, the moon and the stars are my home.

The learning of Budo consists in becoming depository of divine love which, without any mistake, produces, protects and cultivates all things in nature, and its assimilation and application to our own minds and bodies depends only on us.

So how can you purify your corrupt mind, purify your heart and be in harmony with the activity of all things that exist in nature? First, you must make yours the heart of God. It is a great omnipresent love, which is in all places and all times of the Universe, 'In Love there is no discord, Love has no enemies'. A mind which is imbued with discord, who thinks that there are enemies, is not at all in

accordance with the will of God".

Since that day, the master's life substantially changed. His progress in the technical field was amazing. He knocked down, projected and repelled his attackers without barely touching them. That was something that exceeded the laws of nature.

His fame spread throughout Japan, many Masters and their students wanted to check the control he had of Ki. From those experiences there are many stories, one of the most famous ones is that of a young Karate trainee, a fan of his style, who was convinced that nothing and nobody could withstand the energy and power of his blows (one of the most known features of Morihei Uyeshiba was his ability to absorb blows or repel them with his own body). One day, the boy went to meet him and said: "Despite what is said, I will never believe it. If I punch you with my 80kg., I will throw you 6m away".

"It won't happen", said Morihei Uyeshiba, whose weight wasn't heavier than 56kg. The karateka challenged him to prove it and pressured him so much that he had no alternative but to set a date and a place to show him; besides he wanted the fight to be public. The day arrived and, according to the usual ceremony, master Uyeshiba came with his torso naked in front of his adversary. The boy took a run up and performed a powerful blow on the master's chest, but it was as if he had beaten in a vacuum. The master smiled, without even moving.

"I urge you to do it again," he told the bewildered boy. He took a run up again, even longer, and hit with much more power. In this second try the master didn't move more than the first time, but the karateka, by contrast, did a terrible cry of



pain. His wrist had just broken. The lesson was learned. In the first blow, he had just absorbed the blow, offering 'non-resistance', by contrast, the second time he had returned his energy, which in an incomprehensible way, was sent doubled in its return.

The control of ki allowed this small, weak, octogenarian man to move like a feline, anticipating any action from the adversary and beating apparently without any effort several opponents who fell turning around him. There are recordings about all this which are really amazing. His incredible feats have created many stories that have always been despised by the most skeptical. However, there is some evidence that can be checked at present, as it is the case of a film that shows Morihei Uyeshiba, around 75, not taller than 1.52 m, being attacked from both sides by two sturdy Judo black belts at a significant acceleration speed. If the film is watched in slow motion or it is observed carefully, it can be seen in the shots that the master remains still, while his attackers are moving toward him. Just at the moment when they are going to grab him, in the space of two shots, he moves at some distance from the point where he was. Both judokas go on running, unable to avoid colliding violently against each other, under the watchful eye of the master.

That movement, as it is shown in the film,





# and the internal energy



must have been performed in a time shorter than the fourteenth part of a second, proving that the laws governing time and space has been broken and, therefore, he has penetrated into that unknown universe, where the mind and body are unified to be a whole... This is what O-Sensei called "the union of body and mind", a process which requires a lifetime of tireless search and training of ki. When that union is achieved, you reach peace and enlightenment, the merger with the universe.

Among O-Sensei's students it was told that Morihei Uyeshiba could never be got distracted, even when he was asleep, the opponent was inevitably projected, regardless of his skill or speed, whatever the angle of attack.

One day, being sick, one of his disciples wanted to hold him in his arms and take him to bed; but he was unable to do so, the master was too heavy for him. He called another partner, and it happened the same thing, they called for a third, fourth..., but in vain they tried to lift him, it seemed he was glued to the ground. Finally he awakened, as if he was going out of a dream.

"Please forgive me - he said - I had knotted in me heaven and earth". He seemed to relax and he was immediately lifted by one of them, light as a feather.

During the war of Mongolia, the master saw a Chinese enemy

## **"The control ki allowed this small, weak, octogenarian man to move like a feline"**

aiming at him with a gun. The man was at about six meters from him. Suddenly, he was abruptly disarmed, without any real time to avoid it. "How did you do it?" he was asked. "There is a big gap -he said-between the moment when the man intends to kill and the moment when he presses the trigger". This "very long" time, undoubtedly a fraction of a second, had been enough for him to disarm his enemy...

All these feats and many more were made possible thanks to the control O-Sensei had on Ki, cultivating during much of his life the four principles, basic pillars of it, which are as follows.

The first principle is "Focusing on a point". It is an ancient Eastern tradition, whereby energy (and soul, vital breath or "Atman" in Hindi) are generated in the lower abdomen (a point just below the navel). This explains the importance attached in the East to abdominal breathing over chest breathing; abdominal muscles in China are called "muscles of health". By focusing breathing and strength on the lower abdomen, physical and mental skills increase, because that is where the ki is generated. By "focusing" they understand "flowing towards one point and from a point", never "body tension at one point".

The second principle is "total and controlled relaxation": body and mental tension block the ki, stopping the right flow throughout the body, trapping it in some points and exhausting it in others. This is an obvious source of physical and mental imbalance, which makes it essential to know how to relax and let the energy flow, especially at times of tension.

The third principle could be defined as "Naturalness or Harmony in the positions and movements" and is to avoid forced positions and movements. The body position has to be high, movements must be circular, the blows accompany the body naturally... Both the body and the mind have to move with serene harmony, without wasting energy.

The fourth principle is summarized in the sentence "Let your ki flow" and it is the result of the right application of the three above principles and of course, a lifetime of training and dedication. The development of ki happens through concentration, relaxation and harmony. They are three closely related concepts. Just by applying one of them you can envision the way leading to the other two and to the unification of body and mind. The reverse also occurs, that is, it is enough to lose one of these three principles to lose the other two and not reach the fourth one, the control of ki.

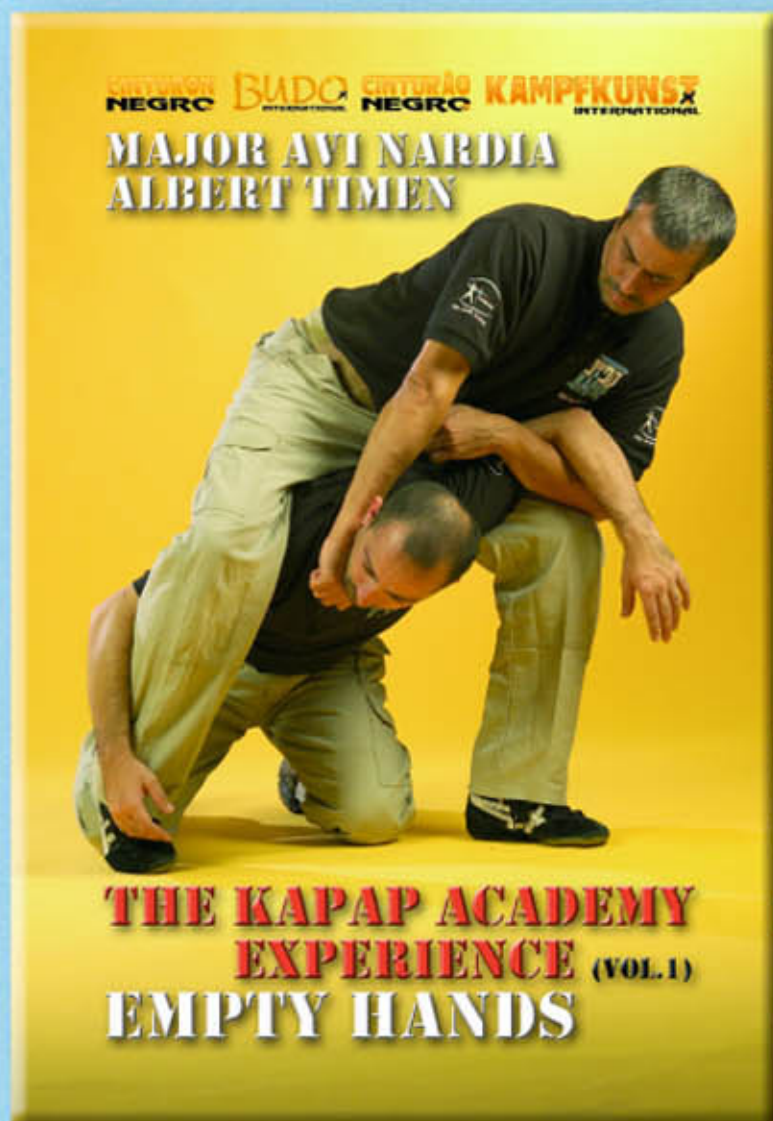
In order to control these four principles, according to O-Sensei it is necessary to sense and become imbued with the harmony of all things in the universe and cultivate, therefore, a pure love toward all beings, to achieve a state of perfection. All this implies a long process of detachment from non harmonious passions, such as hatred, fear, cowardice, vanity, idleness, lies, etc., to get to be truly free.





# THE KAPAP ACADEMY EXPERIENCE (VOL.1) EMPTY HANDS

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Jukaikido was developed to be the most comprehensive and complete form of defensive and attack methods of Martial Arts. Jukaikido is a syncretic Martial Art that brings together the finest and most precise techniques of Judo, Karate, Aikido, Ju-Jitsu (original form), Shorinji Kempo, and several other combat forms.

Jukaikido is an Art which continues to evolve. In part, it incorporates techniques of boxing, Greco-Roman Wrestling, and the use of many types of weapons. It also includes Climbing, Rappelling, Scuba Diving, and various forms of Survival Training. There are three different disciplines within Jukaikido: civilian, law enforcement, and one exclusively reserved for, and in use by, a number of Armed Forces of different nations.

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# CAMILLO AGRIPPA

The distinguished Italians martial men, heritage of the European warrior tradition, are the *raison d'être* of this column, which today brings us closer to Master Camillo Agrippa, known as "The Architect of the Fencing".

With his usual refined writing, Graziano Gal-

vani brings us closer to a lost world, where experts had to show their knowledge of fight sword in hand.

Again a heritage accessible to nowadays students, thanks to the studies of the Nova Scrimia group

Text & photos: **Graziano Galvani**



**C**amillo Agrippa is a renowned engineer of the Renaissance in Milan, who moved to Rome to work on great projects. We know about him that he wrote five treatises, among them a work of martial school, entitled **"Trattato di Scientia d'arme con un dialogo di Filosofia"** (Treatise of Science of weapons with a dialogue of Philosophy). According to the renowned martial scholar Cavalier Jacopo Gelli, the work of the Italian was also extolled outside Italy. The famous Vigeant in his **"Bibliographie del Escrime"** even defined Agrippa as the most important Master in Italy. Some scholars believe that Agrippa's work influenced the Spanish martial school; to that end we can highlight the

structural geometric relationships between Agrippa's teachings and the schools of weapons "Destreza" (skill), led by Don Jeronimo Sanchez de Carranza and his pupil Luis Pacheco de Narvaez. However, Camillo Agrippa is indeed an important figure in the history of the Italian Fencing. He is not a master of weapons, but an important architect, a mathematician and an expert fencer. These skills led him to decline his passion for the martial art, writing a very important treatise. After the treatise printed **"in Rome per Antonio Blado Stampatore Apostolico M.D.L.L III"** follows a second edition printed in Venice **"appresso Antonio Pinargenti"** in 1568 and a third one, also printed in the city of channels by Roberto Meglietti in 1604.

The first work is dedicated by "the humble servant" as Camillo Agrippa's signs, **"All'illustrissimo, et Eccellentissimo Signor Cosimo de Medici, Duca di Fiorenza"** and is dated Rome, March 15, 1553.

## The Treatise

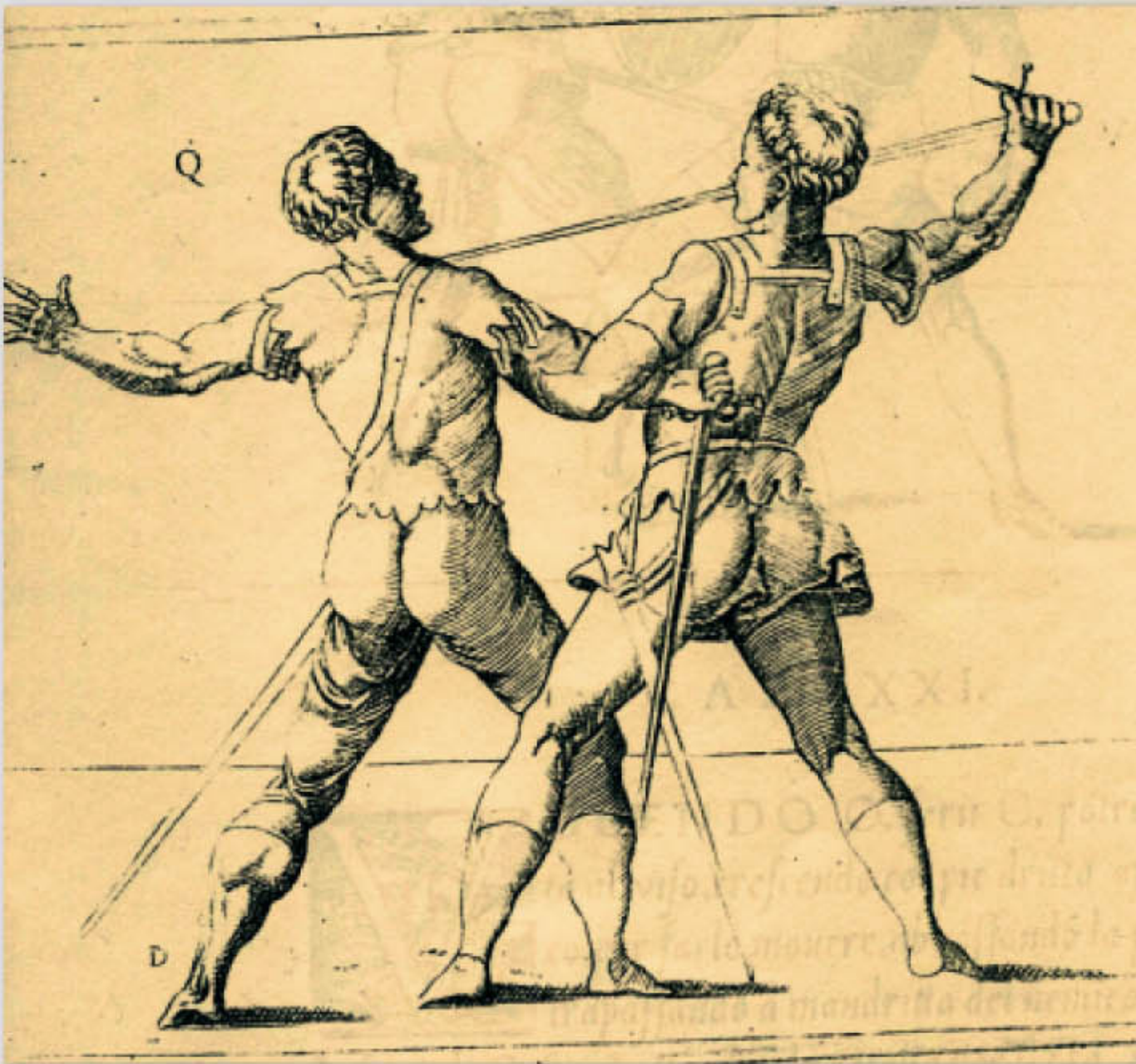
Although Agrippa's treatise doesn't have the imprimatur to the new era in the art of fencing, because we know it was Viggiani the first to break with the traditional Bolognese school, some **"operational"** choices explained by Agrippa are truly brilliant from the point of view of the strategic and biomechanical conception. Without doubt they represent a very important moment in the technical study of the Renaissance Scrimia.

The work consists of seventy pages and some charts, including the cover, a portrait of Agrippa and marginal notes.

In the prologue, Agrippa briefly explains how the science of weapons mainly consists of three parts: first and foremost justice, in which man should be judge of himself and use the art with an aggressive heart only for **"necessary defence"** with great sense of fairness and justice, after all other possible arguments have not worked.

Then there is the intelligence of the weapon, because in the logical use of the art there are life and victory of those who practice it.

Finally, the third part is the use of science and art, which should be





# "L'architetto della Scherma"



enlivened with the practice, after having been theoretically well learned.

After the prologue there is Chapter 1, where the author teaches the four main guards.

A correct intuition, the subdivision of the guards reduced to four, first, second, third and fourth, a true leap of paradigm with regard to the various guards which the Renaissance school named with symbolic and metaphoric attributes. In Chapter II there are the reasons for the use of the steps, as the half step, the full step or the ordinary step, the extraordinary and the strained. In Chapter III there are the advantages taken by several angles of bending and extending the arm, leg and

waist. Then, until the XIII, we can see extraordinary chapters devoted to illustrate strategies and actions between feints and blows, fight with sword alone and with sword and dagger. In chapter XV he deals with handles, explaining the art of fighting with sword, dagger and cloak. In Chapter XVII the Fencing with two swords; in Chapter XVIII, the hand to hand fighting lessons start, with grips, taking downs, levers and sword blows in close game. In chap. XXI Agrippa explains fencing with sword and wheel, and in chap. XXIII he writes about weapons "d'Asta". The final chapters of the book (actually very few lines), are devoted in chap. XV to two-hand saber which is compared, in the tip blows,

to the weapons "d'Asta". Finally, in chap. XXII he teaches how to fight on horseback.

## The source

If we can advise those who practice the art of Martial Fencing, we say: study the treatises and practice. The art is not made to stay indoors in the codes. The Honour and the Cavalry are waiting for new men of weapons to express their wisdom with acts and actions worthy of gentlemen of the Third Millennium.



# Nova Scrimia

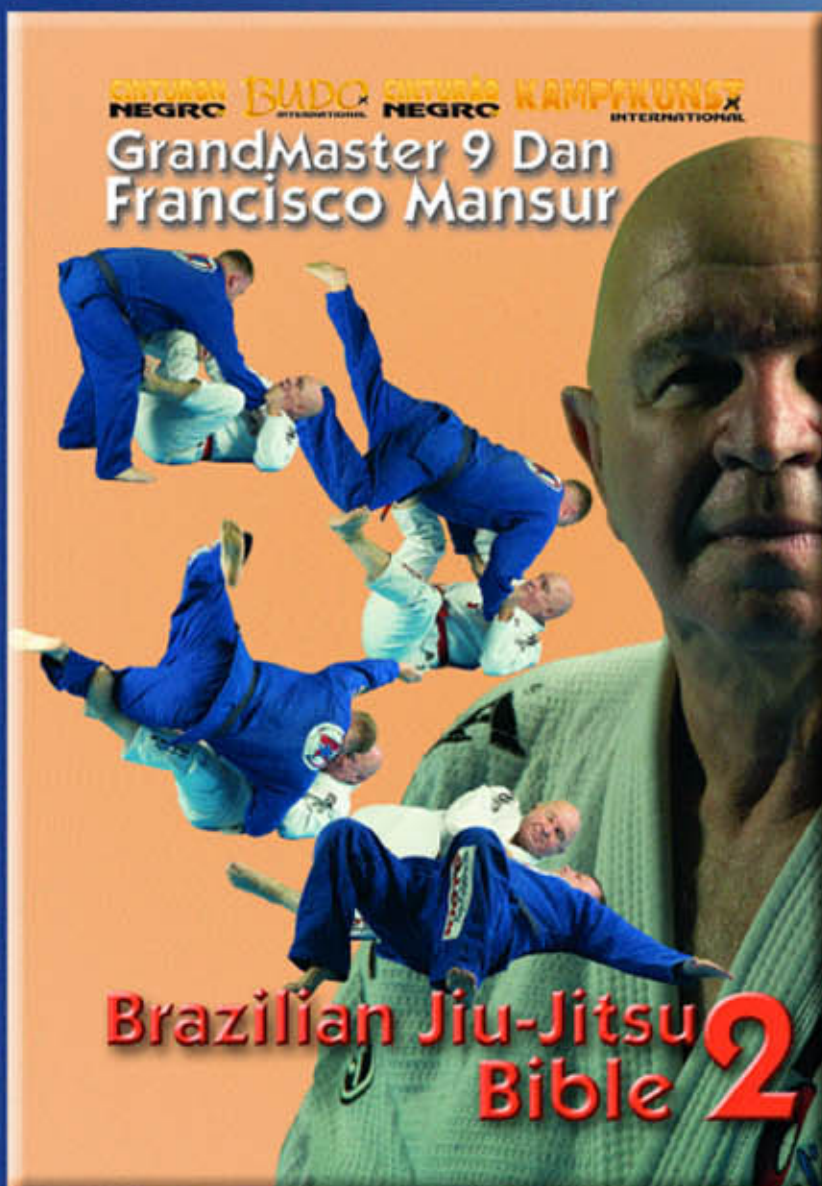
Graziano Galvani





# Brazilian Jiu-Jitsu Bible 2

GrandMaster 9 Dan  
Francisco Mansur



With this masterpiece the "Jiu Jitsu Bible" Great Master Mansur has wanted to try a new formula: combination of text and audiovisuals. After the publication of volume 1 printed in paper, Mansur insisted in making a DVD for the second volume, as there are supplementary aspects in each formula and some details would be better presented in one way or the other. A work consistently demanded by the Master's fans and in which we will learn immobilizations from 1st to 5th and their defences, guard stances, guard pass and diverse techniques with special emphasis on those aspects that others do not mention.

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## Sifu Cangelosi 30 years of School

The school of the Great Master Paolo Cangelosi turned 30 years of activity. A length and hard work, begun in the city of Genoa (Italy) and developed in all the national territory, soon to spread at international level. Today, the school of GM Cangelosi is one of the few schools that develop the martial art maintaining the values main of the art. Discipline, respect, investigation, practice and study to deepen in the Eastern culture, are the objective of the school. The programs arrive from their founder If Jo Fu Is Tong, eclectic Chinese who traveled to each region of his country to assimilate knowledge and experiences in the art of the Kung Fu. Then, P. Cangelosi, that has dedicated all their life to the martial arts, codified a variable and extensive program

being based on but styles, experiences and methodologies of training, all this organized professionally with an annual chronological order, with theoretical and practical examinations, that they take to the evolution of the medical instructor until levels superiors and for choose those who it, even to the race of education. Reason for pride of this school is to have classes formed by students who regularly train for but of 20 years and acclaimed and respected being anywhere in the world. In order to remember the history of this school, GM P. Cangelosi has reunited to its better national students to organize a theater spectacle that will reproduce the main historical times and the important legend but of the Chinese martial art. In addition one night next to friendly will be celebrated in full dress and honor guests, soon will be seminars for all the medical instructors.

# 30 TRENTESIMO ANNIVERSARIO SCUOLA DI KUNG FU GM. PAOLO CANGELOSI



### Mike Anderson

Mike Anderson, a living legend of Full Contact, received from the California governor, Arnold, the recognition for his entire career. Mike continues to work for the sport in Florida, USA.

#### Event program:

**Friday June the 27th 2008, 21:00 In the Theater della Corte (Corte Lambruschini - Brignole Station) Genoa - Italy**

**Spectacle: The Rep it of the Dragoon**

**Saturday June the 28th 2008, hours 19:30 in Villa Pagoda Genoa - Nervi, Italy**

**Night in full dress with Movie Star, Vip, Grand Masters**

**Sunday June the 28th 2008, 15:00 to 21:00 hours, near the school of GM P. Cangelosi Ascent Fieschine 17 F Genoa 16122,**

**Italy Seminaries of Kung Fu and Thai Boxing**



### Little Warrior

Carlos Newton, Pride - UFC champion of Vale-Tudo, plays with Ishaï Rafael Nardi, son of another warrior, Avi Nardia. Carlos trains Kendo with the well-known Kapap Krav Maga master, with whom he has a close friendship.

### Marco de Cesaris and John Ling, meeting in the European summit of Muay Boran

The MIMBA Winter European Meeting and Seminar. Many good instructors came from Holland, Spain, Germany, England, Poland and Italy. Among them a very famous Thai Boxing trainer from Holland John De Ling whose student is the reigning K1 Max Champion in Japan (Andy Sauwer). John is now a devoted student of Muay Boran and IMBA member!





Great Fighters



# Karate King Jose Manuel Egea



# The best competitor of all time



If Jose Manuel Egea had been born in America, certainly he would have been an idol worldwide. His image would have been the cover to numerous sports magazines, and he would also have appeared on series and television programs that would have catapulted him to Hollywood. If he had been born in the Netherlands or France he would have been a millionaire, thanks to subsidies from the state and to his courses and lessons; but, unfortunately, he was born in a country where the great champions of martial arts called "classic" are not valued as they deserve, especially in the last decade. It is a pity, because in this country of blinds, some government bodies, or even the Karate federation, should acknowledge his sport merits. The acknowledgement we are talking about is not just the delivery of commemorative plaques, honorary diplomas, because that is food for the ego, a man doesn't live on that, but a good financial aid. Of course, there must be a counterpart from him, so that others can share his knowledge and experiences.

Text: **Pedro Conde & Maria del Carmen Cañadas**  
Photos: [www.budointernational.com](http://www.budointernational.com)

**T**here are many things that should be done for Jose Manuel Egea, including a great tribute in appreciation for his work in this art, because without doubt, if someone has set a way forward, if someone has promoted it globally as its ambassador, this has been and is Jose Manuel Egea. Recently he has achieved the title of best karateka of all time, given by the World Federation through popular vote via the Internet. Recognized as the best martial artist of the century, he remains in the Guinness Records as the most prize-winning karateka in the history of this art. Nobody has succeeded in so many European or world titles as Jose Manuel Egea. In his wide list of sports achievements, we will only highlight:

- 15 times champion of Spain.
- 8 times champion of Europe (consecutive).
- 4 times world champion (individual).
- 4 times champion of the World Cup (individual).
- Champion of the U.S. open, open to all styles.
- Champion of the kumite open in Japan.
- Champion of the Paris open.

Surprisingly, despite all his titles, José Manuel Egea doesn't live on Karate. He could survive, but for quite some time now he has decided to devote himself to another job to earn his living and be able to have a decent life (he is now property developer).

"I've earned money from the gyms I've had, but from the moment I opened the first one I was aware that despite being who I was in karate, martial arts would just be 40% of my revenues, the rest, obviously, would come from other activities. Over time, this percentage dropped and fell... and frankly, rather than having a gym, as a business, with the dedication and investment it requires, I prefer to do other things and create other businesses,

which give me more benefits and require less risk, although the dedication is the same. The great passion of my life is Karate, but unfortunately, I can't live on this, at least not as decently as I wanted. Perhaps I could do it running a macro-gym, but not teaching Karate, which is why I prefer to continue practicing as a hobby and as a personal enrichment, better than having it for a living. I realize that now, this passion is not shared or understood by others, for this reason, living on martial arts at this moment is very complicated. The big problem is that there is virtually no demand for Karate or any other MM.AA. For this reason, for a gym to be profitable, we must start by eliminating them and changing them for other activities, much more demanded by the public. Many "masters", for survival, haven't had another option but to give away their belts and also their knowledge. Today, professionals in the guild manage as best they can to attract any new students and keep the few they have. At the moment, with some exceptions (they always exist) you just survive giving classes. In the 70's and 80's, even without having a gym of yourself, you could make money. In those days, it was very easy to give four classes a day and each would have 30 students or more. Today it is unthinkable, if you are Egea or whoever you are. I know many professionals who, in order to live, have had to stop teaching and devote themselves to any other job, reducing their teachings to a couple of hours per week. It is deplorable that this art, which requires more time

and dedication than any university degree, allow us only to survive. I perfectly understand why many of the so-called great masters train at a particular level and only teach in workshops, in fact, I am doing the same".







## Great Fighters

Pessimistic, or perhaps realistic? Egea travels all over the world giving seminars and knows first hand the matter. Is the future of professional Martial Arts dark?

"The future of martial arts is not very encouraging, there will be small groups left, where a few will save 'the essence'. Why does this happen? Very simple, today everything is going very fast. Young people look for information on any topic and get it on the Internet immediately. They want to communicate with someone and do so in the moment with a cell phone, etc. Everything is achieved quickly and comfortably. Unfortunately, in martial arts there are no shortcuts, everything is a matter of time, training, perseverance and sacrifice, however, how many young people are ready to have that commitment? How many are ready to make of it a way of life?"

Obviously times have changed, there are many differences from the 70's to 2008, these changes have not only been social, cultural, and technological, but also in work, especially at professional level in MM.AA.

"I come from Pan Bendito, a very humble neighborhood of Madrid, my father was a bricklayer. I decided to leave the neighborhood and go away from the wrong kind of people to devote entirely to Karate, which I saw as a way of life, in addition to being a great vehicle to escape marginalization. At that time, a master earned a very decent salary, like competitors, including scholarships, grants, aids, classes, etc. You were respected and considered for what you were. You were even regarded by some people as an omnipotent being, admired and respected by everybody. This has now changed completely, moreover, you tell anyone you are a black belt in karate and they look at you almost disdainfully".

Certainly, nowadays a black belt is not valued like a black belt in the past. Has it been devalued to that extent? Has the level also changed?

"A black belt in the 70's or 80's has nothing to do with black belts nowadays, there may be some exceptions, but broadly speaking, the level is very low. Frankly, compared with a few years ago, an orange or green belt in the 70's and 80's or even at the beginning of the 90's, is comparable to a black belt of today. I know that I lived a very special time, as I know that not everyone has great physical qualities; but before there was an attitude and eagerness to better oneself that don't exist today. Unfortunately we live in the age of convenience and this is also reflected in MM.AA".

Realistically, in the years Egea is talking about, contact sports didn't exist in the West, and only a limited number of MM.AA were known, the so-called "classic", which brought together all trainees, some of them very hard.

"When I started, only Judo, Karate and Taekwondo were practiced and known. Then other martial arts began to appear and nowadays there is a style for every master. So it is very difficult to bring together a group of trainees to press on official sectors, media, etc. Unity is strength, but that is something unthinkable in the martial collective. I give workshops throughout the world and in many of them there are young people, who are 22 or 24, who are Shihan of their own styles and treat me as an equal or ask to be treated as masters. What is surprising to me is that they ask me to teach them combat strategy, high competition, etc. After seeing them work, I recommend that we begin to train basic techniques. In more than a workshop I have had to teach how to make a gyaku Tsuki".

With such a variety of martial arts, contact and fight sports, the number of trainees has been fragmented, logically dividing the number of followers. The number of competitors has decreased markedly, which has affected the level and the show.

"The level at the championships has gone down a lot. When I competed to be champion of Madrid, you had to make at least 10 fights. Recently I met a former student who told me that he had won this title. When I asked him how many fights he had made, he answered that just one. Obviously, his opponent was runner. This is not an isolated case, virtually the same thing is happening throughout the world, being very detrimental for Karate, because in the end, the competition is the 'window' of martial arts. Thanks to it it spreads because, unfortunately, in martial arts there are no big promoters or marketing and this is the only way to spread it. Thanks to the results obtained, at least in Spain, we get some grants and other supports to help to maintain the federation. I know from experience that when you are young, Karate-Do is not appealing, what attracts young people is the fight and its ultimate expression was shown - at least as it was before - in competition. Nobody appears on television or in the media for having achieved the "Do", however, you do appear, albeit briefly, when you get a medal in a championship. In most cases, this was the principle to arouse the curiosity of the public and to make them go to a gym. The way which is chosen then depends on each person, but what we have to admit is that the sponsor of any style, and in particular of Karate, is competition".

Perhaps if Karate were an Olympic sport, it could reach the levels of popularity and promotion it needs, it could even be that ball of oxygen it needs. Although if this were so, would it be positive or negative for Karate?

"The Olympics can help to promote Karate, although I believe that we should

not cling to false hopes, there are many people who believe that by being Olympics all problems are solved. I don't think so, Judo and Taekwondo are Olympic sports and they don't have more trainees for it. They hardly appear in the media. They are only remembered when they get a medal in the Olympics; if they don't get results, they don't appear in the media. If Karate had been Olympics in the times in which I competed, I would have won a gold medal".

An Olympic gold would have made you become the most laureate Spanish athlete in history.

"Nowadays contact sports are fashionable, they are reputed to be tough, however Karate, as a martial art, is qualified by some people as not very real, as 'soft'. I wish that those who believe this made kumite with the 'Warriors' of this art. Here there is contact without any protections. There is only semi-contact in the face, because obviously if someone hits you full power you can cause you serious injuries. I have practiced Boxing, Full Contact and Kick Boxing and frankly, I prefer a thousand times being beaten with a glove than a semi-contact with a fist. There are still 'warriors' who keep the old spirit. Years ago, this was something widespread; both in competition and in the dojo there was very little control. Only we were careful not to hit strong on the face, in the rest of the body all was permitted. For me, in that spirit, in that hardness there is the attractiveness of Karate. I have practiced other martial arts as Judo and Aikido and despite cultivating the "Do," I haven't found in them such a power, that quintessence that Karate has. I practiced Kick Boxing, Boxing, Full Contact, but despite their hardness there was no comparison with Karate. I know many people will disagree with this view, but frankly, those who speak on the hardness of contact sports, don't know what was fighting in the finals of a national championship, or the European or the world championship. It is a pity that spirit is not kept. Before, Kumite was suffering, there were really tough people. When we put our kimonos off, we had the whole body full of bruises, some even on the face and nobody complained. For this and for many other reasons, Karatekas were so respected".

Those were the golden years of Karate, which brought together the best competitors in the history of this art and not just in Spain; that was a worldwide phenomenon, where there were tournaments with heart-stopping finals.

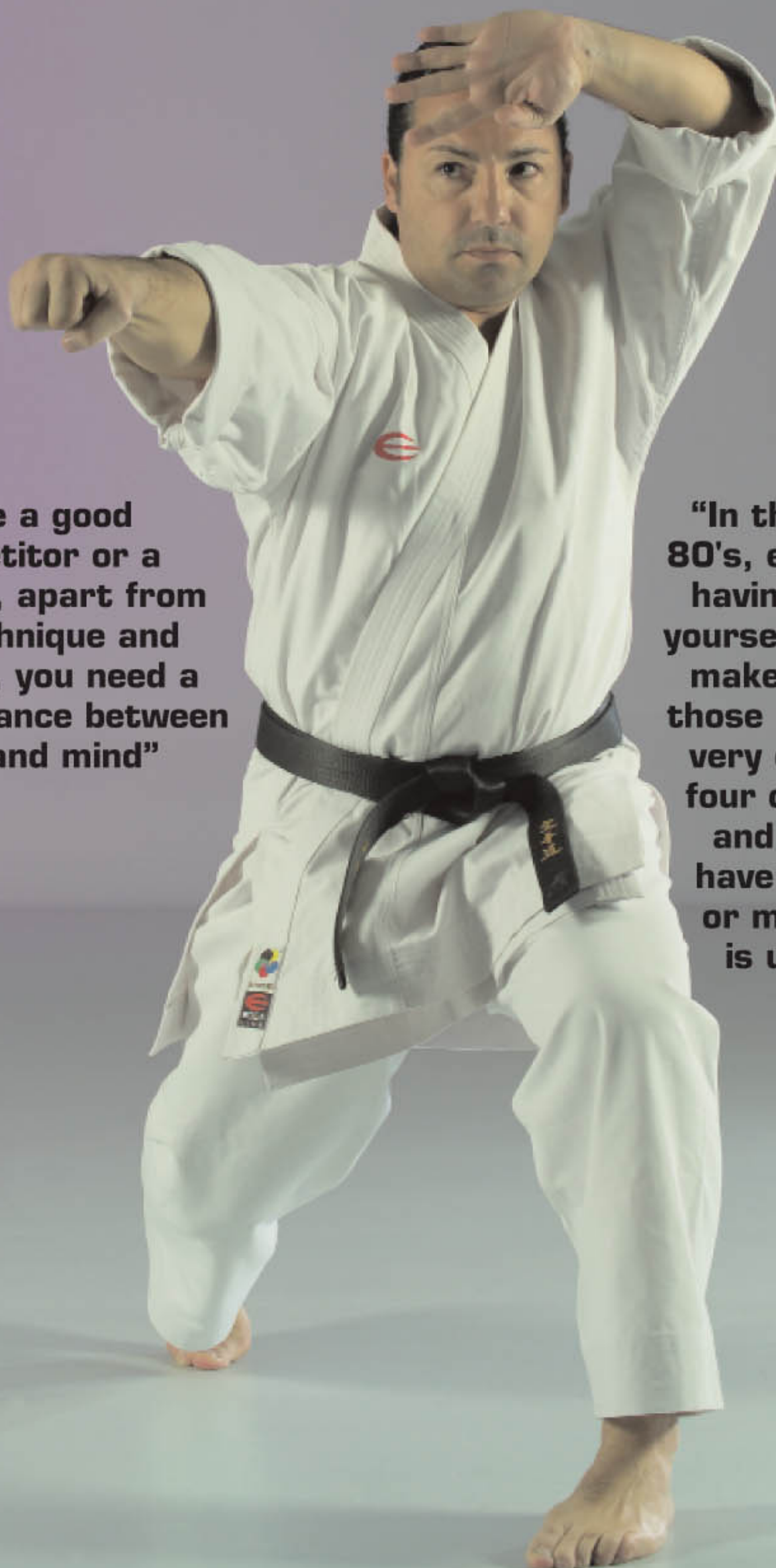
"Thanks to the high level which was achieved, there was a young group of great competitors, without a doubt, the best in the world, and the results were there. The higher the level is, the better and better prepared the competitors will be. Nowadays, as there are few, the evolution is more limited. Frankly, if the





**“To be a good competitor or a 'warrior', apart from the technique and courage, you need a great balance between body and mind”**

**“In the 70's and 80's, even without having a gym of yourself, you could make money. In those days, it was very easy to give four classes a day and each would have 30 students or more. Today it is unthinkable”**







# Karate King Jose Manuel Egea





current champions were in my time, none of them would win anything... That lack of level, of forcefulness, of spirit, of motivation, has made the show go down, which in the end the "window" of Karate. The fights of the past attracted fans. People saw us fight and they got motivation to train. The competitions today are boring, before, in the quarter-finals there were already good fights. People went to win and risked for it, they had been preparing for months for it. When you fought you had only one objective: winning. If were hit, or injured, it was bad luck, yet with injury and everything you went on. I still remember Damian Gonzalez, with a broken hand, fought a final in a world championship and won. That is the spirit they don't have nowadays".

That spirit he is referring to, purists or guardians of tradition never have valued it at its fair measure. It is true that the competition has certain negative aspects, but we must admit that it also brings many benefits to Karate and its practitioners, of course, provided that it is taken as a 'stage' more on the way and used as a hook for 'people'.

"The competition is one more stage of Karate, for you to compare yourself with others in combat. For you to apply those techniques you know in a real fight, even with some limitations and rules. Apart from that, in order to be successful in it, it requires a great self-control, in addition, of course, to certain physical qualities. If you don't have a balance between mind and body, you can win a championship, but you will never be a true champion. How often you are injured, undermined by the blows, but you compete, to defend the colors of your country! This, however, requires a strong mentality and great attitude which will then help you through the other 'stages' of Karate-do. As far as I know, all the great masters have been great warriors in their youth. After fighting and winning others, over time it is the most difficult fight which starts, the fight against oneself. Over the years we loose speed, strength, elasticity and all other attributes, then the only thing that remains is the 'essence', which is what makes you stronger, not for the rest, but for yourself. That's what is really important, but we can't underestimate nor forget the first rungs of

the ladder. Despite having competed, which I like more and I really appreciate is the practice of Karate-Do".

However, when you start, you are not prepared to value it, like everything in life it is a process.

"From a very early age I sensed that this was the way, I owe to Karate Do what I have achieved. Most of the combinations I performed in competition were movements from Bunkai of the Katas I knew. If I arrived this far in the competition, it was thanks to this. I had to adapt many of the combinations to competition combat, but the essence was the same. The power of Karate lies in the technique and its strength is hidden in the Katas. Many people despise them because they ignore their value. I have always valued them greatly, I even became a champion of Europe in Shito-Ryu Katas. I suppose that it is not a coincidence that most major Kumite competitors participate in Katas championships, winning some trophies. Thanks to Katas, many Kumite competitors could endure a few years more in competition, because when the physical condition goes down, if there is a good technical base you can continue fighting. But if there is only a physical work, you stay stagnant in combat..."

According to Egea's opinion, practitioners of Karate-Do are the best Kumite competitors, the arguments he uses to maintaining this theory are convincing.

"To be a good competitor or a 'warrior', apart from the technique and courage, you need a great balance between body and mind. If you have very good qualities, but you lack in mind, you won't achieve anything and vice versa. There must be a balance and this will only be reached by practitioners of Karate-do. Many of the major competitors lost world championships for failing to keep the serenity or for hitting stronger than permitted... when there is a control, balance, technique will flow on its own in a natural way and the command and the confidence while doing it will be amazing; although technically your fist or kick are equal to others', your balance will make it different and the others will see it like that. This is not only seen by competitors, also the people on the street will perceive it. So far I haven't needed to fight against anyone, and I've been in really

difficult circumstances, with very dangerous people... (after a brief pause, he adds): They say that I am the best competitor of all time, I feel that I'm better on the street ... I'm very convincing when speaking and so far I have won without fighting. I know it is for those specials 'something' I have achieved practicing Karate, people avoid fighting against you and the path I have followed to avoid it has been through Katas". The wise man sees the fruit, not the flower. You need a great knowledge and experience in order to value the significance of Katas in Karate. All those who have come far in this art insist on their importance, however, why are Kumite competitors more valued than Kata competitors? Why are there major differences in the performance of a Kata between a master and a competitor of this modality?

"When I attend a competition of Katas I feel I am watching a performance, a farce. They care until the minimum technical detail, but there is no feeling, no spirit. I prefer to see perform a Kata full of imperfections, but with spirit, rather than a perfect Kata, without feelings, without soul. Unfortunately, in a championship only the technique can be evaluated because, who can appreciate the feelings or spirit among practitioners? From this point of view, the only thing that judges can appreciate is the choreography which is being done if we talk about choreography. It seems that is the tendency, that is why there are musical Katas, but for me, at a martial level they are nothing. They are simply a series of spectacular moves that any dancer or acrobat performs better than a practitioner of MMA. I admit that to perform them you require a great skill and preparation, but that's just entertainment, there is no internal growth, there is no soul, they lack of warrior spirit".

Egea has gone through many phases, today he has become part of the elite of the great masters, however, also at the time he was a beginner who needed to be shown the way.

"When you start you don't value the styles, you just practice Karate. It is over the years when you give importance to it and then it's too late to change. But I think there is something more important than the style: the master. The Master is essential for the





## Karate

development and growth of any martial artist. At first, when you don't know, you go to any gym and any of them is good for you; then over time, if you are really interested in this, you look for something better. When I competed or came to a competition of Katas, seeing the attitude of the person was enough to already know who his master was. Many deducted it for their techniques, I did it for their attitudes, for their spirit. Unconsciously, that is transmitted like the technique. Students are often reflections of their masters, in the end it is with them that they have learned the technique and also their way of interpreting "Budo", the respect for the others, sportsmanship in combat, the thirst for better themselves... I have had many masters, including that one who has most influenced me, Juan Manuel Pérez, who showed me the guidelines to follow and taught me many important things, including that a champion must be so inside and outside the mat, that is, 24 hours a day. I can't conceive that you finish a class projecting an image of yourself and you go out there raising a ruckus, drinking without control, taking any kind of drugs, and so on; for me, that's not being a champion". José Manuel Egea knows Karate in depth, he is aware that many mistakes are made in its management but, from your point of view, which are the most serious mistakes?

"One of the great mistakes of Karate is to trying that all pupils repeat the same thing. It is impossible for a person of 1.60 m to move and fight like a person of 1.90 m. With Katas is the same, for many factors, including the centre of gravity. We must adapt the technique to oneself. The important thing is to maintain the essence of the style, the spirit of Karate, that's what you need to transmit, not all repeating the movements as if they were robots. Another big mistake is not taking advantage of the wisdom many competitors have, since with their experience they could avoid many disappointments and headaches to new generations. It is a pity that when you know more, you are put at the side of the road. I think that a group of members of the federation should be specialists in marketing, Karate needs much promotion and advertising. They should motivate and be more concerned about practitioners of a certain age, sometimes it seems that in Karate there is only room for young people, I am not surprised that they follow their master and stay isolated from everything; at least those who are fortunate enough to find him".

So much experience, dedication and effort should not be wasted. After sweating blood on the mat, after having won everything and having so clear ideas, it mustn't have been pleasant to fall into ostracism, will so much effort have been worth?

"For 10 years I was first in the world ranking, I was champion of Europe, world champion, thanks to this I was called from all over the world to give workshops, apart from the grants I got after my victories. Due to fame, I was contacted and took part in some television programs...

With a little bit here and there, I got money to open a gym, to buy my house, etc. At that time the most important thing in my life was

to be the most skillful, the fastest..., the best, for me it was more important winning a world championship than earning 10 million pesetas! I admit that I am a privileged. I've been one of the few who has earned money with Karate, although I am aware that I have missed great opportunities; I should have gone to the United States and have participated in Open tournaments, open to all styles, with my curriculum and if I had won a good number of trophies, I am sure I could have done films, advertising, etc. .. Surely if I had become famous, in Spain I would have been considered otherwise, because unfortunately, to be considered here, you have to succeed abroad, if you don't, you are not valued. I don't regret anything that I have done, because everything I am and what I have achieved in life has been thanks to Karate. I know that you can't depend on only one thing and that there are other factors involved in the existence of a person; but I wouldn't be honest and sincere if I didn't admit the importance it has had in my life. I met my wife through Karate, almost all my close friends are great practitioners. I have travelled and I am still travelling all over the world thanks to Karate, almost everything I have, materially, has come from it. What more can I ask!"







### ***In first person***

It is a serious mistake to promise that the practice of Martial Arts, just that, will bring an improvement in the human condition of the trainee.

Life is too short and human to allow us to achieve perfection and absolute joy; and it is even more for a dream to become true, the dream of omnipotence that underlies inside each and every one of us.

The vast majority, resentful after the frustration caused by the fact of seeing their omnipotent wishes broken, rebel childishly against the discipline on which they had built enormous castles in the air, through a paradoxical daily and obsessive practice that makes them seem faithful followers of sadomasochism. In this group there are those messianic masters who promise, devoting themselves to teach that discipline, everything that they know is incorrect, even false, after their own experience. They take revenge for their disappointment offering as absolute something which is clearly relative and is part of a cycle, even if it is properly done. They damage the discipline magnifying it well over its reality.

Bitter and destructive, as always, the taste of stupid revenge.

The remaining minority of that minority, when placed in front of the mirror on the mat, a mirror that, at this stage, allows them to contemplate, over their external image, the true nature of their internal image, know they are in a new crossroads which will force them to make a new choice.

Many people at that time leave and go, as "new illuminated", to swell and lead the ranks of messianic masters. Some of them completely change their habits and succumb entirely to orgiastic self-destruction and to power struggles; they try to make up for lost time, which amounts to accelerate, upset by a thorough knowledge of the impossibility of immortality, the process of finiteness of a life that has been overloaded with morbidity and continuous fascination for death.

Some of them remain, furious for the evidence of not being the self indulgent deity of their crazy fantasy, obsessed with purchasing the maximum benefit of the effort and time invested in learning. They try to achieve, with the resources acquired, the greatest overbearing power on the others, taking advantage of it to hurt, degrade and get rid of them. They do a vain attempt to believe they are different, although they will never reach the strength of a deception, not even partial, against the daily and verified evidence of non-deity.

This is the path that symbolizes the figure of Lucifer, the black magic and witchcraft, and the path of all those for whom the fact of overcoming big difficulties only serves to strengthen selfishness and vanity, to make them weaker, unsatisfied and resentful.

Once broken, even if the omnipotent wish is sometimes latent, very few trainees internally use the strength they get from going into the depths and essential part of the discipline.

The attendance to the mat is cheap enough and devoid of internal commitment to "give us every right" to complain if, after a few months or a couple of years at most, we haven't achieved, as if by magic, the benefit we thought we would get when we went to the mat for the first time; even though we haven't made any effort to develop a deep and self-critic attention. On the contrary, there is a widespread trend towards the narcissist reaffirmation in our vices and mistakes when we are brought to them, which is just a childish tantrum, a reaffirmation against that master who dares to correct us without being a God. They are so weak that they are unable to accept that someone else can teach them. Only a strong person in his sincerity and generous in his commitment accepts to be taught. The rest of people aren't satisfied with a master and the thorough knowledge of a specific discipline. Vanity needs of many masters and disciplines, because vanity is not meant to be taught nor accepts any master, it is so weak and unsatisfactory that it needs to be master of masters. There is nothing better for this purpose that having many masters; it is tantamount to not admitting anybody, since, making some parts of their teachings conflicting, it disqualifies one with the other and it dreams of being qualified himself.

The specific disciplines are limited and it is difficult to find people who, aware of their limitations and their mistakes, know enough as to teach without taking advantage of that role to feed their omnipotence. As a consequence, it is almost a privilege to find such a genuine convergence master-discipline that makes it unnecessary to spend more energy and attention on external searches, forcing us to use them in an internal confrontation. And in essence, the vast majority of those who claim to be motivated by the knowledge of its sameness are unwilling to undertake such a confrontation. Expressing, and even boasting of internal preoccupation, is so beautiful, and is so well considered in society, that it may make us be complacent. The therapeutic operability of the Martial Arts, in what concerns the reason and conscience, will depend on the analytical commitment and honesty of everyone; instinctive and unconscious aspects will be developed on the basis of commitment -also of inhibition- in relation to movement, cry and technique.

### ***Endorphins***

It is scientifically proven that physical exercise, done within the limits of the psychophysical ability of each individual, acts on the metabolism of the human body so as to generate opiate substances. These substances, including endorphins, are responsible for pleasure sensations similar to those felt when we make love, while acting on the brain bring special states of perception of reality and experiences in space-time, where the pace is very different from that seen in everyday life.

Contrary to what happens with drugs, not only endorphins don't deteriorate the psychophysical personality of the addict, but they reinforce it, allowing him a more comprehensive and balanced perception of reality. If, moreover, the exercise is part of an activity focused on the HARA, as it is the case of Martial Arts, it also produces:

A strong stimulation of the primitive brain or hypothalamus, seat of wisdom and main generator of endorphins;

A direct vibrational perception between the even, or the action, the environment and the HARA, which will go as non-rational information to the hypothalamus, allowing to improve conduct;

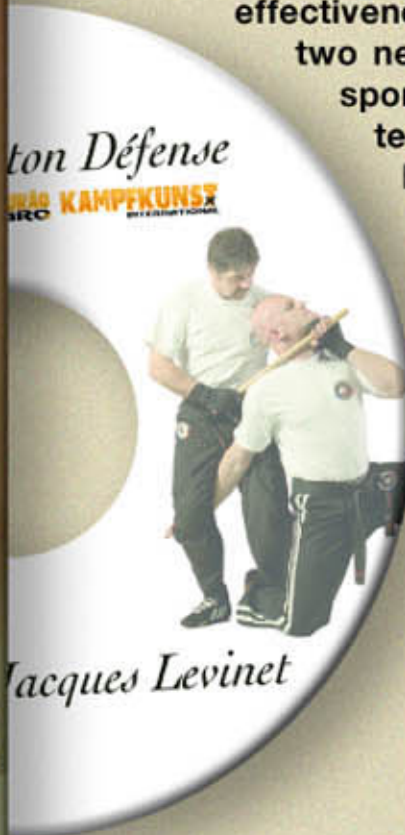
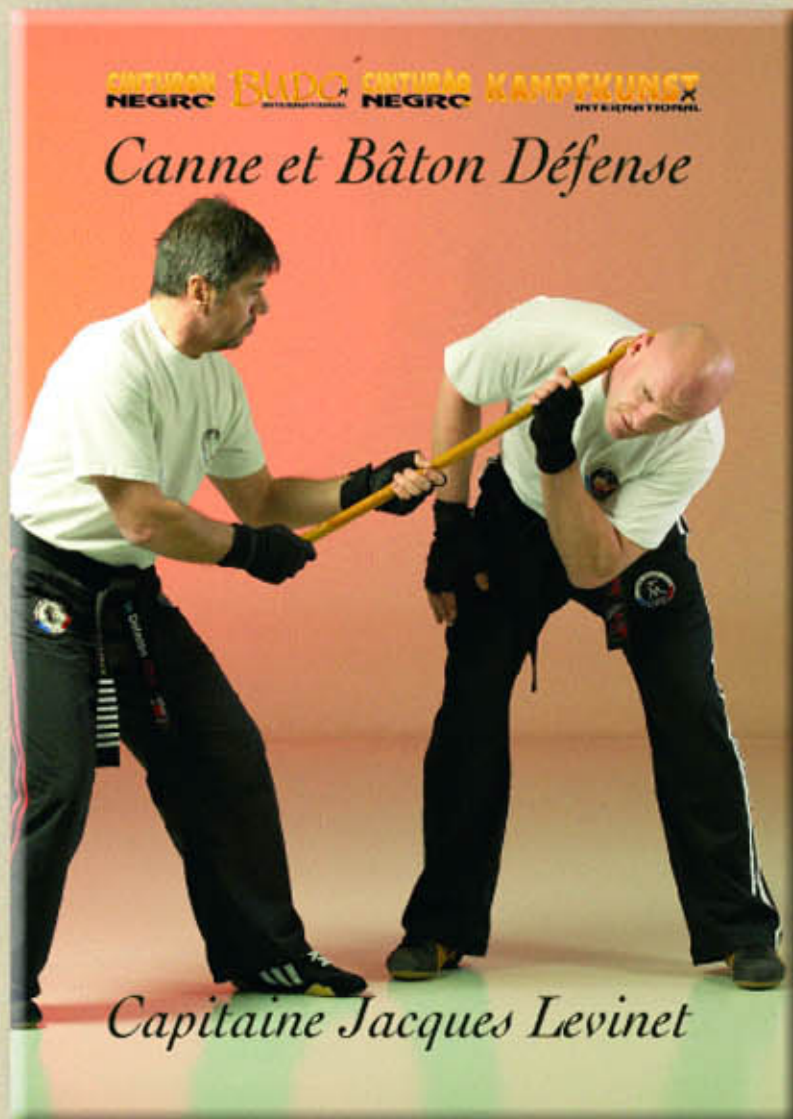
A balanced use of the two hemispheres of the brain, logical and analogical, which will make easier the visceral and intuitive understanding of the meaning of non-meaning of life and death.





# Canne et Bâton Défense

# Capitaine Jacques Levinet



Based on the operational tonfa and cane methods created by him for law enforcement, Captain Jacques Levinet has developed two new self-defense methods:

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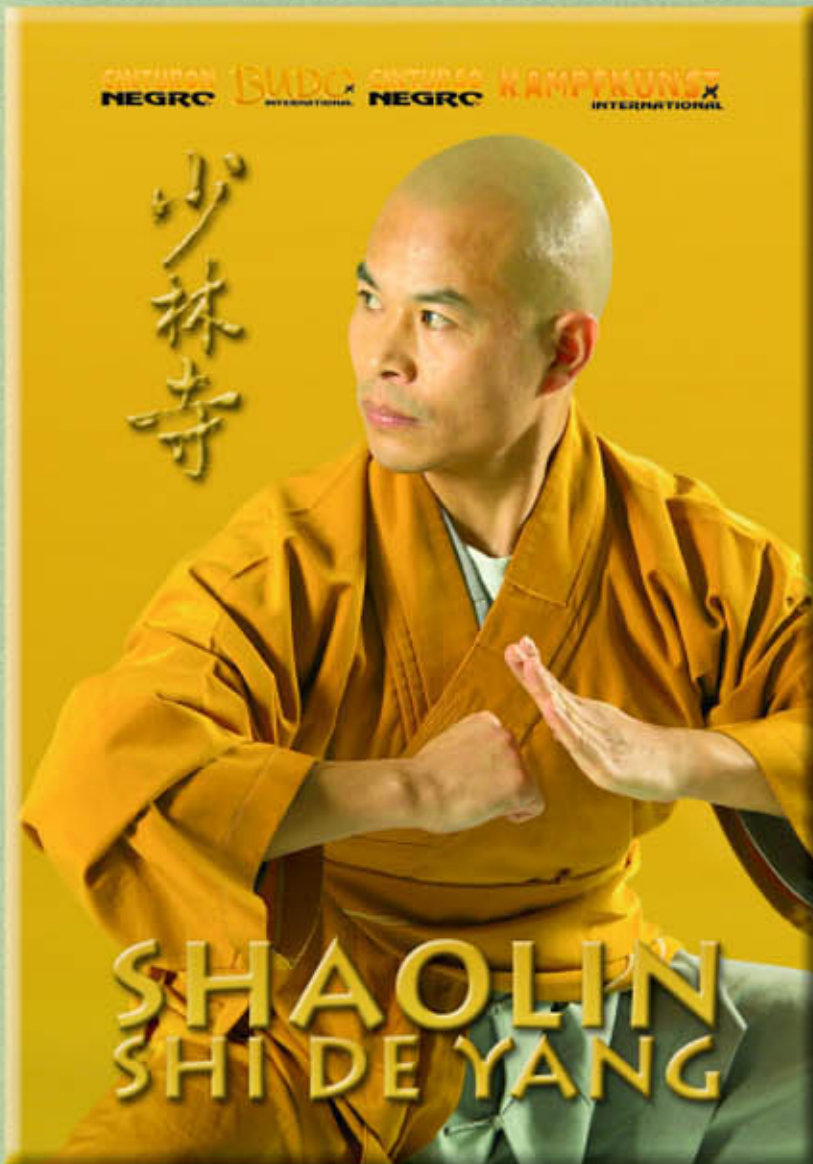
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# VALE TUDO

Text & photos: Marcelo Alonso

## Euclides Pereira THE MAN WHO BEAT Carlson Gracie

While Vale-Tudo was achieving its current level, where fighters earned amounts which could stand alongside boxers, a lot of water has run under the bridges and many heroes emerged in the Brazilian rings. In the 50's and 60's, while Helio and later Carlson Gracie shined in Southeast Brazil, fighting a few times a year, in the North and Northeast of the country, some fighters fought Vale-Tudo twice a week, to make a livelihood. Among the three major Northeast fighters of the time, Iván Gomes, Waldemar Santana and Euclides Pereira, only one, Euclides Pereira, managed to beat Carlson Gracie, the No. 1 of that time. Just 1.72 m high and 73kg, the "Blond Devil" was considered one of the most technical and complete fighters of his time, the first being trained in various styles to fight Vale-Tudo (Jiu-

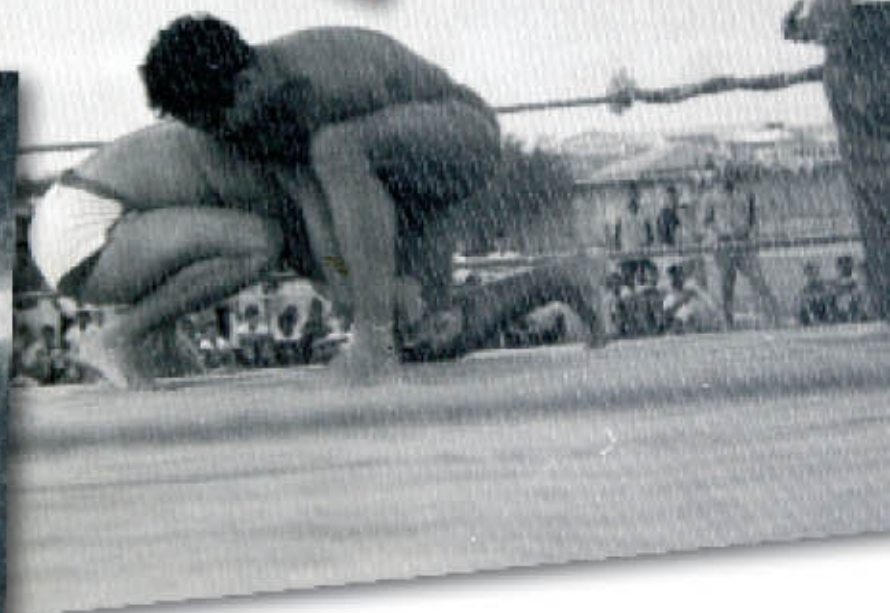
Jitsu, Judo, Boxing, Capoeira and Karate). The result of his obstinacy in training is reflected in his record, according to him, more than 570 fights and no defeat. "When the opponent was dangerous standing, as the Zulu king, I won the fight on the ground, when he was good on the ground, as Carlson Gracie, I fought standing". To learn the fascinating story of this 65-year-old man, Black Belt has travelled to Brasília (the capital of Brazil). In nearly three hours of lively talk, helped by hundreds of newspaper clippings, an excited Euclides took us through a sort of time tunnel of Brazilian Vale Tudo, where he talked to us about his major fights and we witnessed a real class of Vale Tudo, with a practical demonstration at the end and much more. You will find about it below.





## Euclides venceu Carlson

Após os dois a vitória por desistência a vitória foi para Euclides Pereira. O vencedor da luta foi o brasileiro, que venceu o americano por desistência. A luta foi muito emocionante e os dois lutaram muito bem. Euclides venceu Carlson por desistência. A vitória foi para o brasileiro, que venceu o americano por desistência. A luta foi muito emocionante e os dois lutaram muito bem.



**Budo International: Who were your big rivals?**

**Euclides Pereira:** I made more than 570 fights against all the big names of Brazil at that time, but certainly my main rivals were Iván Gomes, Waldemar Santana and Carlson Gracie. Against Carlson I fought once and I won. Against Waldemar I fought six times, I won five and I tied one. But my hardest opponent was always Iván, against whom I fought five times. All fights ended in a tie.

**B.I.: What was your harder fight?**

**Y.P.:** Certainly, against Iván. Once we fought with no time limit, the one who got to knocked out, end or submit the adversary, won. He longed to beat me no matter how. At one point he brought me down in a Kataguruma and when I was

rising to my feet again he kicked me. I had the great fortune that the kick hit on my forehead; I could have gone straight to the hospital. The kick was so strong that I almost fell out of the ring, in between the strings. I thought he had broken my head open, but it was him who was hurt at last, he broke his foot.

When we had already been fighting for almost two hours, it started to get dark and, as the stadium had no light, the authorities decided to stop the fight and declared a tie. Then, he wanted to repeat the same fight in another city without a time limit, but I didn't accept, because he was much stronger than me and about 20kg heavier, so all the advantage would be his. It was clear that he wanted to get me exhausted to beat me!

**B.I.: Is it true that before the fight against Carlson, Master Helio tested you with Rickson?**

**Y.P.:** It is true that he tested me with one of his sons, but I am not sure if it was Rolls, Royce or Rickson. That happened when I went to Rio de Janeiro to sign the contract. As Helio didn't know me, he wanted to test me with one of his sons, to see if I was really ready to fight against Carlson. My game was very vague. Helio told me "Go back to Bahia and train a lot, because Carlson doesn't go to the ring to play, he goes to hit", I replied "Yes, sir". I came back to Bahia and trained for three months as I had never trained because I knew that this was the great opportunity of my life. Carlson was famous in Brazil and in the world, I knew that tying with him would be good for me, and even more beating him.

**B.I.: And how was the fight?**





## Great Fighters

**Y.P.:** It was great. At that time, Carlson was reputed to be the No. 1 and had also once tied with Iván, but I was very well trained and won by points. Nearly 25 thousand people filled the Fonte Nova football stadium in Salvador de Bahia, to see us fight. It was on September 6, 1968.

**B.I.: Is it true that there was a large age difference between you?**

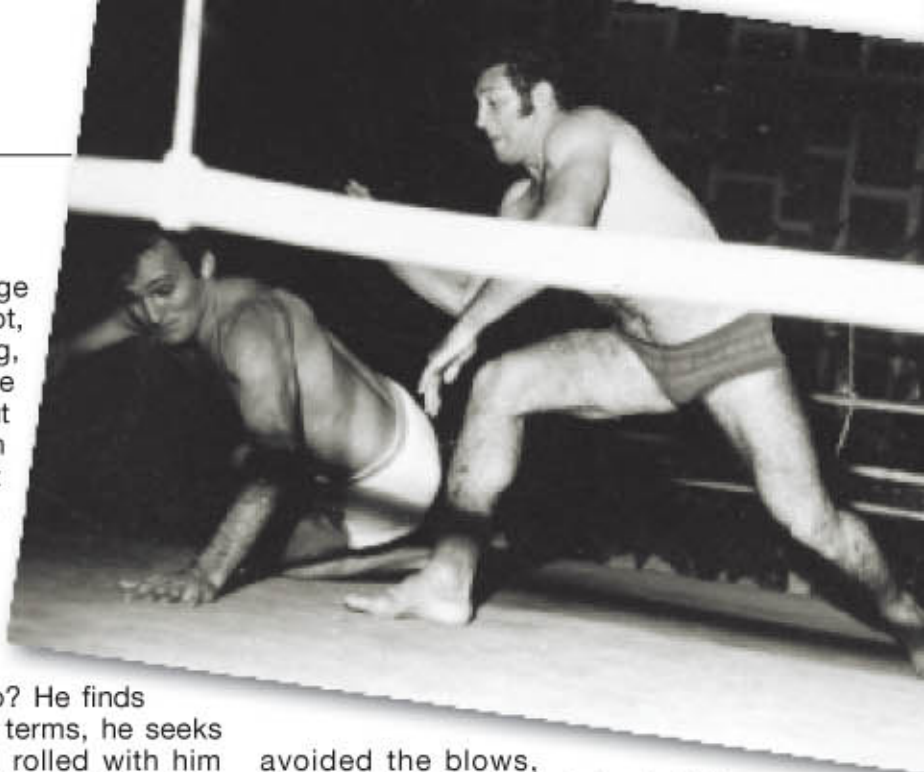
**Y.P.:** No, it isn't. I was 32 and Carlson was 35 or 37. He was a bit older. But that is irrelevant, I fought until the age of 40 here in Brasilia and I won him in all fights, at the age of 36 I was on top form. The age can't be an excuse at all.

**B.I.: What do you remember about that fight?**

**Y.P.:** There were five rounds of ten minutes each and we managed to finish, hitting him to the

ground, taking advantage on points, hitting him a lot, giving him a good hiding, as the saying goes. In the end, I won by points. But for Helio it wasn't enough and told the press that that fight was not a serious fight, because I escaped the ring. What happened was that during the fight he could make a guillotine.

What does the fighter do? He finds the solution in technical terms, he seeks to defend himself and I rolled with him outside the ring, I fell outside the ropes with him and the referee ordered him to release me and go back to the standing fight in the ring. That is called a technical resource and it is not being a coward, I would be a coward if I



avoided the blows, fleeing out of the ring. The truth is that I had a lot more initiative in the combat. I hit all the time and I won by points. Actually, this was the fight that established my reputation. With all due respect to the late Carlson, I had thought that it would be very difficult and was not. I won with a huge points advantage.

**B.I.: Did you meet Carlson after that fight?**

**Y.P.:** No, unfortunately I never had contact with him again, and I would have liked to meet him to chat for a while. Carlson was a great man, a great fighter, humble, a man who showed respect for the others... I have put him on a pedestal of the greatest sportsmen in Brazil.

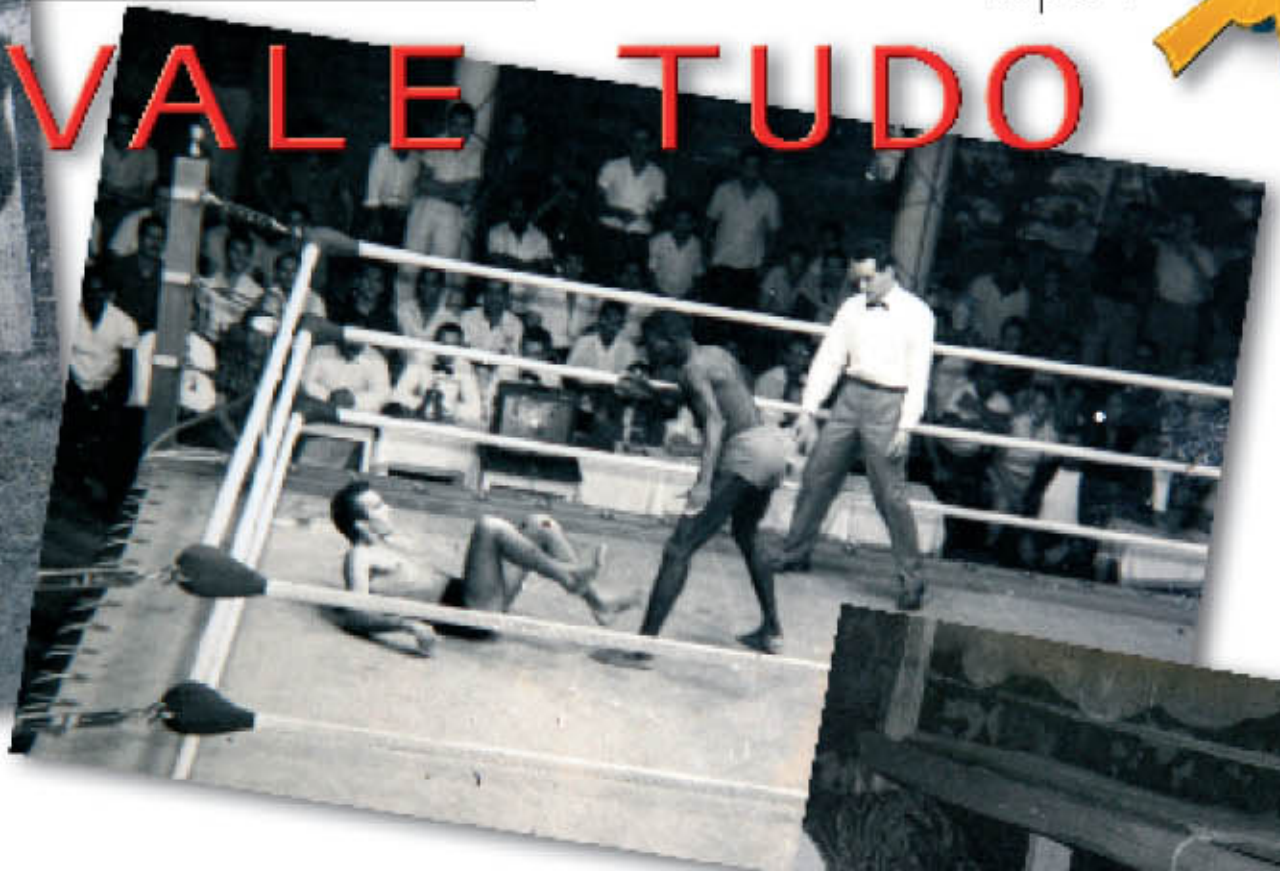
**B.I.: After that victory, at the fact that Iván Gomes had tied with Carlson Gracie, were you considered the No. 1 in Brazil?**







# VALE TUDO



**Y.P.:** I don't consider myself anything. I consider myself just a good fighter. By then, the press said I was the best fighter in Brazil, the most technical fighter, and about Iván they said that he was a troglodyte, a strong man who only used brute force. For all this, he was jealous, furious, and said that he would beat me no matter how, but he never succeeded and he also enshrined me as the best fighter and the most technical one in Brazil. That's why I arrived where I arrived, beating Carlson.

**B.I.:** Was there a big rivalry between you and Iván?

**Y.P.:** I was always humble, I respected the other fighters. Incidentally, this is a piece of advice I give to the new fighters, to be more humble, as

Minotauro, Marco Ruas. They will win a lot with this, I was in that line, Iván wasn't, he was arrogant, believed to be the stronger fighter. The truth is that he was very strong, he said he was an invincible champion and was proud, he didn't accept to tie, but still, he tied with me and he had to swallow his pride. Well, actually, I had to open my arms so that he didn't swallow me... (laughs). He was a big, huge bug!

**B.I.:** How do you think it would be a fight between Minotauro and Iván, for example?

**Y.P.:** It would be a great fight. It would be worth seeing but



## Euclides Pereira







# Euclides Pereira

unbelievable, because Iván was very good on the ground and Minotauro too, but there is no way to find out who would be the winner.

**B.I.: Carlson fought 19 times. How have you been able to reach this mark of 570 fights?**

**Y.P.:** I started to fight when I was 17. For six years I fought every Monday in the TV program Ring Torres. After finishing the program, I continued to fight once, twice or even three times a week, in the North and Northeast states, until I was 40.

**B.I.: How were the rules then?**

**Y.P.:** Only putting the fingers on the adversary's eyes, low blows and bites were forbidden. The rest was Vale-Tudo.

**B.I.: Did you retire beating Zulu King?**

**Y.P.:** Yes. This fight was in 1978, two years before Rickson fought against him. When I fought against him here in Brasília, he was 30 and I was 40. It was a tough fight from where I left very hurt. He was very strong and hit me a lot, but I got to end him with a guillotine, in the second assault. In the first round he hit me seriously.... He hit me a lot on my thighs. When I realized that he was punishing me standing, I tried to be closer to him and I could win him with a guillotine, in the second round. I retired at the age of 40 after that fight against Zulu in 1978.

**B.I.: Is it true that you started fighting every week on TV?**

**Y.P.:** It is true, the program was live, broadcasting the whole North and Northeast, it was in the "TV Jornal do Comercio, Canal Dos". That channel was inaugurated in 1971, when the program began. Six years fighting every week, on Mondays!

**B.I.: Have you always trained various styles?**

**Y.P.:** I have always believed that the Vale-Tudo fighter has to train all disciplines. I trained a lot Boxing, Capoeira, Jiu-Jitsu and Judo, the four modalities.

**B.I.: With whom did you learn to fight on the ground?**

**Y.P.:** I learned with Jurandir de Moura, with whom I started to train in 1958 at the age of 17. Jurandir was one of the great masters of Jiu-Jitsu in the Northeast. He lived two years in Rio, where he trained with Pedro Hemetério and also with George Gracie. Then he lived in Recife, where he trained with Takeo Yano, one of the pioneers of Judo and Jiu-Jitsu in Brazil.

**B.I.: What fighter do you admire most nowadays?**

**Y.P.:** I love Minotauro. Not only because he is an excellent fighter but also because

his history is similar to mine. He came from the interior, he is uncomplaining, battler and this was also my path. He is humble, he has what he has, he doesn't say what he is, he shows what he is in the ring. That is important, I was also like this, I didn't say that I was going to do this or that, I showed it in the ring. I trained with everybody, with children too, I respected everybody, which is why I could train in many academies and had many friends. At the time of fighting I showed who I was. That is what I can also see in Minotauro and Marcos Ruas. Also Rickson, who seems the living portrait of Carlson, has no limits in the fight, I don't know if he is humble, but I have already seen him fighting and he doesn't seem arrogant to me.

**B.I.: Who do you think is the best Gracie of all time?**

**Y.P.:** Rickson, because he fights a Vale-Tudo style similar to mine, a real Vale-Tudo, and he doesn't fight just Jiu-Jitsu.

**B.I.: How important are the Gracie's for Vale-Tudo?**

**Y.P.:** They were the creators of Vale-Tudo, but we can't forget that Waldemar Santana was also a creator of Vale-Tudo in the North and the Northeast; it was him who took Vale-Tudo there.

**B.I.: After being retired from the rings, you have worked for quite some time as security agent for the Federal Senate...**

**Y.P.:** I got to be a government employee thanks to sport. I passed a competitive examination and worked in the Senate for

23 years. Initially I missed the fight; I spent my whole life ready to fight and suddenly I was working all day with a suit and tie, doing waist games for the safety of parliamentarians, another world where violence can't be practiced.

**B.I.: Have you ever been forced to use your knowledge in the Senate?**

**Y.P.:** Once an Indian invaded the plenary and wanted to talk to Senator Jarbas Passarinho at all costs, but while the full meeting is taking place it is inviolable and the Indian was uncontrollable, he even wanted to bite some fellow security agents. I had to do an arm lock from behind, to be able to get him out of the plenary. Then came the head of the senator cabinet, who succeeded in taming the beast. As parliamentarians are elected by the people and the Congress is seen as the people's house, there are difficulties in the work of security... Everyone thinks you can do whatever you want in your home, but incredible as it may seem, it is easy to deal with these. The most difficult thing is dealing with senators' friends, those well-dressed, arrogant, people, who want to talk to the senator no matter how.

**B.I.: Despite having been one of the great names of Brazilian Vale-Tudo, a sport that now reaches millions, today you have nothing to do with fight...**

**Y.P.:** I wanted to have more contact with the fight. Even I am negotiating to give a seminar in Miami. I would like so much to work with the fight again, even because the fight is my life.

## VALE TUDO





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